

HOUSEHOLD.

A Few Directions on Roasting

One of the commonest modes of cooking we find to be roasting. Though by no means an easy task if properly done, we find it too often sent to the table in a condition nearly raw or cooked so much as to leave no gravy or nutriment in the joint. We will consider a joint properly prepared to send to the table when it contains most if not all of the red juice, secreted in it when it was put into the oven, and at the same time to have all of the juices in the meat at its own particular flavor, rendering it more digestible and palatable. To accomplish this result decide upon the meat that is to be served at the meal. If a rib roast is to be purchased select one or more of the first five ribs. The meat should be a bright red in color and the fat rather a cream color, and the flesh to be well marbled with fat. When it is brought to the home it should be immediately removed from the brown paper, placed upon a plate or platter and put in a cool place until ready to be roasted. In purchasing your meat, if the bones are removed and the fat cut off, have the butcher send all with the meat, to be used later on in the stock pot and to replenish the dripping jar or pail. When it is time to cook the meat in a coal range see that the fire burns clear all the way through. If the roasting is to be done in a gas range light the burners in the oven ten minutes before putting in the meat. Wipe the joint of meat with a wet cloth (never wash meat for roasting), sprinkle it over with salt and a little flour; place it in the dripping-pan; put it in the hottest part of the oven (the top), with the fat. At the end of ten or fifteen minutes the meat will look brown and with the aid of the floor and the intense heat a crust will have formed over the meat and the juices are all shut in. Reduce the heat of the meat by placing the pan in the bottom of the oven, and if the oven seems intensely hot lift off the centre cover of the range for five minutes. Begin to baste the meat and continue it every ten minutes. Basting meats makes them more tender and more juicy. When the roast is to be turned in the pan stick the fork into the fat of the meat and never into the lean. If the flesh is pierced the juices start to flow and will flow until the meat is removed from the oven, and the gravy is in the pan instead of being in the meat. Allow eighteen minutes to the pound for roasting. If a very heavy piece, ten pounds or more, allow twenty minutes more. Never put water in the pan for roasting meats. When the meat has become roasted sufficiently lift it to a hot platter, keeping the fork from the flesh. Then pour off the fat into the dripping jar and proceed to make the gravy. An oily appearance on gravies is very objectionable and is overcome by adding flour enough to the amount of fat used for the foundation of the gravy. If the directions for roasting are followed the meat will be perfectly cooked, and when the top slice is removed the second slice will be pink and juicy. When the meat is purple or dark red in the centre the joint has not been heated through—'Catholic News.'

Taking Salt Water Baths at Home.

For a hand-bath (a bath given to the body by use of the hands only, or by sponge or cloth) place a handful of the salt in a basin as ordinarily filled for washing. Allow the salt to dissolve, or hasten the action by stirring with the hand. The water should be as cold as you have vitality to withstand. Use no soap. Bathe the entire body. Do not neglect the face and neck in the free use of the salt water. This bath has an exhilarating influence, tones the entire system, and gives to the skin a healthful condition that amply repays for the time and trouble involved. If used in the winter, it will be an excellent preventive of colds, besides being a substitute for face cosmetics. No chapping, no roughness of the skin and no clogging of the pores will trouble the person who systematically and regularly takes a bath of this sort. Ordinary table salt or rock salt will do, but will not do so well. The sea salt contains me-

dicinal properties not found in the others. Whether one exercises or not the body should receive a daily hand-bath of cold or cool water, especially in the summer, either upon rising or before retiring—or both.—Dr. E. B. Warman.

Garner the Beautiful.

(Anna R. Henderson, in 'Woman's Home Companion'.)

Garner the beautiful as you go;

Wait not for a time of leisure,
The hours of toil may be long and slow,
And the moments few of pleasure.
But beauty strays by the common ways,
And calls to the dullest being;
Then let not thine ear be deaf to hear,
Or thine eye be slow in seeing.

Kind nature calls from her varied halls,
'I will give you balm for sadness';
Let the sunset's gleam and the laugh of the stream
Awaken thoughts of gladness.

If a bird should pour his song by the door,
Let thy heart respond with singing;
The wind and the trees have harmonies
That may set thy joy-bells ringing.

Pause oft by a flower in its leafy bower,
And feast thine eye on its beauty;
A queen hath bliss no rarer than this,
'Tis thy privilege and duty.
And oh, when the shout of a child rings out,
And its face is bright with gladness,
Let it kindle the shine of joy in thine,
And banish care and sadness!

Then gather the beautiful by your way,
It was made for the soul's adorning;
'Tis a darksome path which no radiance hath
At noon, at eve, in the morning.

Hard is the soil where we delve and toil
In the homely field of duty;
But the hand of our King to us doth fling
The shining flowers of beauty.

Useful Hints.

If soot has been spilled on the carpet, cover with salt, and every trace will have disappeared in about ten minutes' time.

A nap after dinner is worth two hours of sleep in the morning to the mother. Mothers, more than most people, wear out if they are not repaired, and it is the duty of the family to see that repairs go on before the dear tenement falters. So many people paint the house and have the rooms cleaned and repapered and the furniture retouched, who never think of repairing the mother. Think of it, to let a mother wear out for want of a little repair.

A very useful hint to those who have to sit up at night with an invalid is one with regard to making up the fire while the patient is asleep. The act of placing a shovelful of coals on the fire must necessarily produce some noise, and is as likely as not to rouse the sleeper when it is most important that the sleep should not be broken; putting little lumps of coal on with the fingers is a way to avoid the disturbance, but not a very pleasant way to the performer. Both of these difficulties can be avoided by the simple plan of having scoopfuls of coal put into ordinary paper bags; the lifting of one of these bags

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