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The Home

CLEAR AS YOU GO.

Whether a woman elects to do her own work or employ a maid, she should adopt the motto "Clear as you go." One-half the horror of the house cleaning time is the disposal of accumulated rubbish. When a thing is seen to be of no use it ought to be at once consigned to the ash heap. Nothing is gained by tucking it away in some drawer or corner, or to be taken forth and inspected another day. That is merely wasting time, just as the room occupied by such an article is wasted space. There would be fewer nervous breakdowns among housekeepers if this "Clear as you go" motto were practically carried out. A piece worker in a factory or a man who addresses envelopes for a dollar a thousand knows that he must economize time on every turn of the wrist. There must be no waste energy, no unnecessary movement, no superfluous handling. How many housekeepers figure on these things?

To illustrate: If the things taken from dining room in clearing the table—the cruet, the saltcellars, the sugar bowl and spoon holder—if these things are at once disposed in their proper places on the kitchen dresser or in the china closet, the operation has been accomplished with no waste of energy; if they are placed on the kitchen table first, thence removed to their place, they have been handled twice, and just so much time and strength have been thrown away. Try setting rooms in order as you pass through them, putting things away as you go along, and see how many wearisome steps can be saved.—Exchange.

A saddle of lamb is a great delicacy. It is roasted in the same manner and carved like a saddle of mutton, the knife being inserted at each side of the backbone, cutting the meat across the grain lengthwise. Cucumber sauce is often served with saddle of lamb. It consists of two large cucumbers which have been cut in thick slices and soaked in cold water for an hour; drain them and put them in a saucepan with one medium sized sliced onion and enough white soup stock to cover them. Stew gently for a quarter of an hour, season well with salt and pepper, add a little thickening strain and serve in sauceboat.

Leg of Lamb a la Francaise. Put a good sized leg of lamb in as small a kettle as will hold it. Put in muslin bag one onion, one small white turnip, three sprigs each of sweet marjoram and summer savory, four cloves; tie the bag and place it in the kettle with the lamb and pour over it two quarts of boiling water. Let this come to a boil, and then skim carefully; then add four heaping teaspoonsful of flour which have been mixed with one cupful of cold water, two tablespoonsful of salt and a dash of cayenne; cover tight and set back where it will just simmer for about two hours. In the meantime make a pint and a half of either chicken or veal forcemeat, which make into little balls and fry brown, boil six eggs hard, and when the lamb is cooked take it up and skim all the fat off the gravy and take out the bag of seasoning. Then put the kettle where the contents will boil rapidly for ten minutes. Put three tablespoonsful of butter in the frying pan, and when hot stir into the flour; cook until a good, rich brown and stir into the gravy. Have the whites and the yolks of the eggs chopped separately; pour the gravy over the lamb and garnish with the egg and the forced meat balls, also parsley.

Stewed Lamb.—Lay a breast of lamb or two strags in a broad pot, meat downward; scatter over this a sliced turnip, a sliced onion and two sliced tomatoes, with a little pepper and salt. Add a cupful of broth, and cook slowly one hour; then turn the meat and cook one hour longer very slowly. When tender, dish and keep hot. Strain the gravy, thicken with a little flour, season let it boil up once and pour over the meat.

Lamb pudding consists of a sufficient quantity of cold lamb chopped fine and mixed with a little good gravy, a few bread crumbs, one tablespoonful of butter, two

eggs, pepper and salt. Mix in one fourth as many bread crumbs as there is meat. Beat in the melted butter, the eggs and pour into a buttered mould, set fit into a pan of water, and cooked covered in a good oven or one hour. Turn out and pour the gravy over it.

Meat Mold. Chop very fine half a pound of any delicate meat, like chicken, tongue or veal. Mix with it two tablespoonsfuls of cream, a tablespoonful of chopped parsley, salt and pepper to taste. Prepare a jelly by soaking an ounce of gelatine half an hour in four tablespoonsful of cold water. Put a pint of cold water in a small saucepan, adding to it a slice of onion, a few leaves of celery, half a bay leaf and a clove. Boil several minutes, add a teaspoonful of beef extract and stir until dissolved. Strain into the gelatine, salt lightly and set in a cool place to harden. As it begins to stiffen pour half into a small mould. Spread the meat mixture evenly over the top, though not reaching quite to the edges. Pour the remainder of the jelly over the meat and set away to harden. When ready to serve turn on to a platter and garnish with olives, slices of pickle or cucumber. Cut in slices to serve, sending mayonnaise around with it, if preferred. In that case put each slice on a leaf of lettuce.

SICK ROOM HINTS.

In a sick room never whisper. If you do not wish the patient to be disturbed by your voice do your talking in another room. Keep everything in the room scrupulously clean. Put all the medicine bottles out of sight. Regulate but do not banish, light and ventilation. It can easily be done by means of screens. Do not allow several people to stay and chatter in a sick room, even though they should not be addressing themselves to the patient. Flowers are always pleasing to the eye, but do not introduce those of strong scents into an invalid's room, and be careful to remove all cut flowers at night, as they absorb the air and leave it less fresh for the patient.

MUTTON CUTSETS.

Beat the cutlets flat with the flat side of a kitchen chopper, season with pepper and salt. Dip them in beat egg in which a pinch of herbs have been put, the roll them in fine bread crumbs and fry in boiling fat about eight minutes. Drain free from fat and arrange them, touching one another, around a mound of mashed potatoes. Cutlets should be cut from the fore quarter after the shoulder is taken off and the bone scraped clean for about three inches down and the slim bone chopped off.

CAUSED BY THE HEAT.

A Rash on Baby's Skin That Often Alarms Careful Mothers.

During the summer months a rash often appears on the face, neck and body of babies and small children which is liable to alarm the careful mother. It is due to the excessive heat, and while not dangerous, is the cause of much suffering. Immediate relief is given by dusting the eruption liberally with Baby's Own Powder, which may be had at any druggist's, but to cure the trouble a medicine must be given that will cool the blood of the little sufferer. Baby's Own Tablets will be found a positive blessing in such cases, and will soon restore the clearness and beauty of baby's skin. Mrs. Clifton Cuyler, of Kincardine, Ont.: "My baby had a rash break out on her face and all over her body. I gave her medicine, but the eruption never left her until I gave her Baby's Own Tablets, and after using them a short time the rash entirely disappeared. I have also given her the Tablets for constipation with the best of result they act gently but promptly, and always make baby quiet and restful. I think the Tablets a splendid medicine for young children." Baby's Own Tablets may be had from all druggists at 25 cents per box, and Baby's Own Powder at the same price. If you prefer to order direct they will be sent post paid on receipt of price by the Dr. Williams' Medicine Company, Brockville, Ont.

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S. Kerr & Son expect a big rush at the Business College in September. Inquiries and applications are in from near and far, and all preparation has been made for all who come.—Telegraph.