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Answers to Correspondents will be found on page 29.

### AN IDYL OF THE KITCHEN.

*In brown Holland apron she stood in the kitchen;  
Her sleeves were rolled up and her cheeks all aglow;  
Her hair was coiled neatly when I, indiscreetly,  
Stood watching while Nancy was kneading the dough.  
Now, who could be neater, or brighter, or sweeter,  
Or who have a song so delightfully low,  
Or who look so slender, so graceful, so tender,  
As Nancy, sweet Nancy, while kneading the dough?  
How deftly she pressed it, and squeezed it, caressed it,  
And twisted and turned it, now quick and now slow.  
Ah, me, but that madness I've paid for in sadness!  
'Twas my heart she was kneading as well as the dough.  
At last when she turned from her pan to the dresser  
She saw me and blushed, and said shyly:  
"Please go,  
Or my bread I'll be spoiling, in spite of my toiling.  
If you stand by and watch while I'm kneading  
The dough."  
I begged for permission to stay. She'd not listen:  
The sweet little tyrant said, "No, sir! no! no!"  
Yet when I had vanished, on being thus banished,  
My heart stayed with Nancy while kneading the dough.  
I'm dreaming, sweet Nancy, and see you in fancy,  
Your head, too, has softened and paled my brow,  
And we, dear, are each in a dainty wee kitchen,  
Where Nancy, my Nancy, stands kneading the dough.*

—Century.

ONE of the last crops to be gathered in is the homely but useful potato. Whilst it is true that some people, if one may be allowed to say so, are intemperate in their use of the potato, still the fact remains that it has much, very much in its favor, as one of our staple articles of food when well grown and well cooked. The potato is mainly water and starch, but is also rich in salts, which are necessary to a healthy condition of the blood. Starch forming such a large proportion of the potato it is classed among the foods as a carbohydrate, or a heat-giving food; and to make a fully nutritious dish it should be combined with some flesh and muscle-forming food, such as milk, butter, eggs, etc.

The "potato plan," introduced by Mayor Pin-gree, of Detroit, has proved such a success that it is to be hoped that Canadian towns and cities will not be backward in following so good an example.

#### Creamed Potatoes.

Put one tablespoonful butter in a frying pan, and when it bubbles add one tablespoonful flour. Add one cup hot milk, with salt and pepper to taste. Add one pint cold boiled potatoes cut into small dice. Cook until thoroughly hot. Garnish the dish with chopped or whole parsley.

#### Potato Croquettes.

Two cups of cold mashed potatoes free from lumps, two eggs beaten to a cream, one tablespoonful of melted butter, salt and pepper to taste; form into little cone-shaped rolls, roll lightly in flour, then in beaten egg, and lastly into cracker crumbs, and fry in hot lard or cottolene.

#### Scalloped Potatoes.

Butter a baking dish—pare potatoes, and cut them into very thin slices. Put in the dish a layer of potatoes, and sprinkle lightly with salt and pepper, and a little butter; then another layer of potatoes, etc., until the dish is nearly full. Then fill with milk or cream. Bake for an hour and a half.

#### Saratoga Potatoes.

Peel and slice very thin six large potatoes, put them into cold water for an hour, then thoroughly dry them on a clean towel. Drop each slice separately in a kettle of boiling lard or cottolene, fry until crisp and of a golden brown color. Take out of the boiling oil with a spoon-shaped wire egg beater, drain on a piece of porous brown or white kitchen paper; sprinkle with salt while hot.

#### Potato Salad.

One quart of potatoes, boiled with skins on one small white onion, two teaspoonfuls of olive oil, pepper and salt, and a little parsley; one-half cup of weak vinegar, to which a tablespoonful of Saragon vinegar has been added. After the potatoes are cold cut into small squares chop the onion and parsley very fine, and mix all together; put upon the ice, or in a cold place for about an hour before serving.

#### Conrad's Potato Salad.

Boil three large sweet potatoes, cut into half inch squares. Add to the potato two stalks of celery. Cut into very small pieces, season with salt and pepper, and pour over a French dressing made as follows: Three tablespoonfuls salad oil, two of vinegar, one teaspoonful finely chopped onion, one salt spoonful each, salt and pepper. Let the salad stand on ice or in a cool place for two hours. Garnish with pickles, olives and parsley.

I have lately been reading a most interesting little book by Louise Hogan, "How to Feed Children," and it seems to me that all the mothers into whose hands it may happen to fall will heartily thank Miss Hogan for having prepared in such an interesting manner—a review, as it were, of all the best that has been written upon that most important subject—the food of the rising generation.

The few recipes that she gives are well chosen, and all the directions are most simply and plainly given.

The volume is of a convenient size, and besides is bound so that it will lie open by itself; altogether it is a most interesting and pleasant book for mothers, or anyone who has to do with children, to read.

It will be seen by the following extract from a sermon by the Rev. Madison Peterson, D.D., of New York, "Upon Young Men and Marriage," that the subject of household training and domestic science is gaining ground in popular opinion. He says that "no matter what a girl's accomplishments may be, her education is incomplete if she has not some knowledge of bake-ology, boil-ology, roast-ology, stitch-ology and mend-ology." I wonder how long it will be before mankind in general will be imbued with the same idea, and domestic science become a recognized part of a girl's education.

One of the most convenient articles that I have seen lately of the labor-saving nature, is a small table on casters, with a movable zinc-lined tray on top, and a shelf half-way down which was for rolling from the pantry to dining-room or kitchen, with dishes, etc., thus saving steps and time: and why should this not be as important an object for a housekeeper as for the nurses in hospitals, etc., where tables of a like nature are considered a necessity, and not a luxury.

#### Broiled Oysters.

Select large oysters. Drain them on a clean cloth, turning them from one side to the other, to make them as dry as possible. Meanwhile soften some butter, and season some cracker crumbs with salt and pepper. Then, holding each oyster on a fork, dip it into the crumbs, then into the melted butter, and again into the crumbs. Arrange them in an oyster-broiler (which has the wires much closer together than in ordinary broilers), and broil over a hot fire for about two minutes, turning the broiler every few seconds. They should not be shrivelled but plump, soft, tender and juicy. The salt and pepper in the crumbs will sufficiently season them.

#### Oysters Roasted in the Shell.

Wash the shells very carefully with a brush, put them in a wire broiler over glowing coals; the round part down so as to hold the juice. Cook them quickly, turning once or twice until the shells open. They may also be done in a quick oven. When done remove the upper half of the shell; season them quickly with salt, pepper, and a tiny bit of butter, and vinegar if liked; and serve them whilst they are very hot. The true oyster flavor is delightfully developed by preparing in this way. They may also be served with melted butter, seasoned with salt, pepper and lemon juice.

Oysters are a highly prized food, though why, it is difficult to say, as they are not easy of digestion; nor are they very nutritious. But they are acceptable to most palates on account of their delicate insinuating flavor, and probably they are really valuable for the salts they contain. But the greatest possible care is needed in their preparation, as many cases of illness, and even death have been caused by eating oysters so long dead that poisonous substances had formed in them. Also it is well to remember when cooking oysters that they are mainly composed of an albuminous juice which increases in hardness, with an increase of temperature just as the white or albumen of an egg does; therefore subject them to a low temperature, and for a short time, bearing in mind that 160° F. is the cooking temperature of albumen.