

labour to do this and the general opinion will be : serve him right.

RECIPE FOR GINGER BEER.

3 gallons of water. 5 pounds of granulated sugar. The juice and sliced carcasses of 7 fair sized lemons, or 6 large ones.

3 oz. of well bruised root-ginger.

Boil one hour.

When cool add 3-4 of a cake of Fleischman's yeast dissolved in a half tea-cup of luke-warm water. Pour this on to a large piece of toast floating in the beer.

Let it stand in a warm place thirty hours, then bottle, cork securely, and tie down. This will be found good to drink a couple, or even one day, after bottling.

HINTS ON THE ART OF STEWING.

In France this simple, wholesome, and most economical method of cookery, which well deserves to be very highly recommended, is adopted to a much greater extent than it is with us, and those of my readers who have been privileged to taste a skilfully-prepared French stew will, I feel sure, testify to its excellence, it being one of the most popular amongst their delicious dishes, whose name truly is legion. In the majority of English homes, however, stews are not by any means so favourably regarded, and I fear they never will be until house-wives fully realise the fact that stewing, which means a constant gentle simmering, is an entirely different process from boiling—a point which it is very difficult indeed to get people to believe. But the fact remains nevertheless, and can very easily be proved by those who care to do so. The true economy of stewing is very evident in more directions than one, as, for instance, by this method meat which, in comparison with the finest joints, would be regarded as decidedly coarse and inferior, and fowls which have outgrown their youth, can be rendered most delightfully tender and juicy, and at the same time very nutritious, not a particle of good contained in the meat having been wasted or lost ; while the same art-

icle of food, if boiled, would become quite hard, tasteless, and indigestible, affording neither pleasure nor benefit in the eating. Of course, the finer or richer the meat or the younger the birds the better will be the stew, but when we have to content ourselves with the less expensive items it is well to know how to cook them to the very best advantage. Then another point, and one which we cannot afford to overlook, is that in stewing not nearly so much heat is required as in roasting, grilling, frying, etc., therefore a much smaller fire will suffice for the purpose, and this is certainly a matter of no small importance, especially at the present time, when fuel is so very expensive that one hesitates to make up a large fire if it can possibly be dispensed with. For these reasons, then, besides others which might be mentioned, housewives would be wise to study and practise the art of stewing, as by doing so they will be able to provide most dainty and appetising dishes at a comparatively small cost, the following being a few examples which are well worth a trial.

STEWED KNUCKLE OF VEAL, ETC.

Cut off the meat in small neat pieces weighing about 3 oz. each, then season these pleasantly with salt and pepper, rub them over with fine flour, and fry them quickly in hot fat until just lightly coloured, after which drain thoroughly and place the meat in a stewpan with sufficient stock made from the bones to just barely cover ; put on the lid, which must be very tight fitting, as one very important point in successful stewing is to entirely keep in the steam and bring slowly to the boil, then skim carefully, draw the pan further from the fire, and simmer as gently as possible for an hour. At this stage add some carrots, cut in slices about an eighth of an inch thick, some chopped onions, and a sprinkling, according to taste, of mixed herbs finely powdered ; then cover again very closely, and continue to simmer evenly and constantly, but still very gently, for quite three hours longer, or until both meat and vegetables are perfectly soft and