

## About the ...House

### SELECTED RECIPES.

**An Economical Dish.**—Chuck steak it "tendered" and well larded with fine clear suet. It is then spread out and dredged with flour. Next peas, potatoes carrots and bits of celery are cut into dice and strewn over it. It is then rolled over and over and the ends well secured by strings or skewers. Afterwards this is placed in a casserole, in which is good beef gravy, a bay leaf or two and a few pepper corns, and allowed to simmer till meat and vegetables are tender.

**Potatoes and Bacon.**—A delicious breakfast or luncheon dish is potatoes stewed with tender bacon. Cut the bacon into large dice and fry until very slightly colored. The bacon should not be allowed to crisp. Drain and mix with creamed potatoes prepared in the usual manner, that is, cut in cubes, and warmed in a rich cream sauce. Let the potatoes and bacon simmer for a few moments before serving that the two flavors may have a chance to mingle. Sprinkle with minced parsley.

**Escalloped Cauliflower.**—Cold cauliflower can be made to do duty as a brand-new dish on the following day by being escalloped. Break up the sprigs and cover with boiling milk in which a tablespoonful of flour and butter have been blended. Season to taste. Cover the top with grated bread and put in oven to bake, moistening during the process by basting with the milk in which the cauliflower is cooking.

**Way of Cooking Rice.**—Fry well-boiled and cooled rice in a little fresh butter, with a sprinkling of grated nutmeg, and pepper and salt to taste; when quite hot in the pan add the whites of some hard-boiled eggs chopped fine, and also a dried haddock, boiled and shredded, first removing the skin; mix well, pile up into a cone on a hot dish, and decorate the top of it with the yellows of the eggs rubbed through a wire sieve and mixed with a little grated cheese; garnish with fried croutons round the base; stand the dish in the oven for five minutes to make quite hot, and to give a slight golden tint, and serve immediately. The Illustrated London News suggests still another appetizing method of cooking rice. This begins with boiling the rice with onions, then frying it in flat or cork-shaped portions, and serving with a brown sauce poured around them. Or the rice can be mixed with beaten eggs, salt and pepper to taste, and a pinch of mace and saffron and finished in the oven.

**Rollmups.**—These little spicy rolls of fish are a German conceit and very tempting, particularly when served for breakfast with French fried potatoes and crisp radishes. To prepare, select plump salt Holland herring; remove the backbone and divide lengthwise into fillers and soak for six hours in cold water; drain and on each piece lay three pepper-corns, a tiny piece of a bay leaf, a bit of lemon peel, two or three cloves and half a teaspoonful of chopped onion; roll up, tie with thread, or fasten with tiny skewers and place in a crock; heat sufficient vinegar to cover the fish and pour over it, repeat this process for three mornings, when the rollmups will be

## CONSUMPTION

Right food=right  
medicine=right time=  
these three things are  
of the utmost importance  
to the consumptive. Right food  
and right medicine—  
these are contained in

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Right time is at first  
sign of disease. Right  
time is now.

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ready to serve. If the vinegar very sharp dilute with water to amount of a third.

**Cooking Fruit in the Oven.** Many fruits are richer and better being cooked in the oven, instead of stewed on top of the stove. This is especially the case with apricots, prunes and apples. All fruit cooked in the oven should be closely covered to prevent its browning. It should be cooked slowly, care being taken that it does not dry on the dish. This will not happen if it is well covered with water at first and taken from the oven when the water and sugar have boiled down to a jelly. In most cases the fruit should be cooked about half a day, or several hours. A stoneware pipkin or a heavy earthen pudding dish, covered with a plate, is the best thing to cook fruit in. Prunes, if cooked in this way, should be sprinkled with fine shavings from the yellow rind of an orange. They "dry down" easily and therefore should be tightly covered and cooked slowly. Apricots should be cooked a long time. After the sugar is added take off the cover and let the fruit glaze a little. Do not harden.

### HOUSEHOLD HINTS.

In cleaning coat collars, vests, et instead of using a cloth to apply the naphtha try an old toothbrush. Velvet can be best cleaned in this way.

It is alleged—we know not whether how much veracity—that a small corked vial of kerosene oil placed in the clock case will evaporate rapidly enough to oil its bearings.

A contributor says she covers her comfortable first with mosquito netting in the usual fashion. Then she puts on the regular cover, of whatever material she pleases, tying on in about six inches. Any time the outside is soiled it can be removed washed and put back. The advantage is that the cotton is not wet and thus remains in better condition. In addition, this contributor will hang her comfort in its stripped condition before a fire or in hot sunshine she will find the cotton in "livened up" to a considerable degree.

Chicken broth made from the feet of fowls is no new thing in French kitchens. Immerse in scalding water to skin the feet and place in a saucepan with cold water. Let the water just bubble for several hours, when strain and season. This is a great addition to cold sliced chicken, as jellies when cold.

Before washing linens embroidered with blue, or the pretty light blue Japanese linen embroidered in white, soak for an hour in cold water which an ounce of sugar of lead each gallon of water has been dissolved.

Apricots are rather insipid eaten raw, but they make many delicious desserts. Apricot jam and marmalade are easy to make, and form the basis of a number of dainty dishes. An omelet spread with apricot jam and sprinkled with powdered sugar is very good. A custard pie with a layer of apricot jam spread over the under crust is also recommended.

Lamb stew is very much improved by the addition of curry powder, especially if it is a rechauffe or "left-over." Made of cold roast meat with fresh raw potatoes and the curry it becomes a delicious entree, deserving of a more euphonious name than "stew."

A sandbag is said by Health to be greatly superior to a hot water bag, which many people prize so highly. Get some clean, fine sand, dry it thoroughly in a kettle on the stove; make a bag about eight inches square of flannel; fill it with the dry sand, sew the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and will enable you to heat the bag quickly by placing it in the oven or on top of the stove. After once using it you will never again attempt to warm the feet or hands of a sick person with a bottle or brick. The sand holds the heat for a long time.

### KITCHEN DON'TS.

Don't litter up the kitchen with getting a meal, because it will take hours to "clean up" after the meal is over.

Don't put a greasy spoon on the table. It leaves a stain which requires time to erase. Put it in the saucer.

Don't crumple up your dish towels. Rinse and hang them in the sun.

Don't pour boiling water over china packed in a pan. It will crack by the sudden contraction and expansion.

Don't black a stove while it is hot. It takes more blacking and less polish.

Don't put damp towels and napkins in the hamper. Dry them first or they will mildew.

Don't use knives for scraping the table and pots.

Don't pour boiling water and soap on greasy spots. Moisten the spot with a cold saturated solution of soda, then scrub them with the grain of the wood, using cold soapsuds.

Don't put egg dishes into hot water—it makes the egg adhere. Soak the dishes first in cold water.

Don't put tin pans on the stove to dry. They become heated, the solder loosens and they soon leak.

Many a good man has been seen to realize the hardness of the road by stepping off a moving car backward.

MOST OF THIS PAGE IS MISSING