

A. Tea, of course, should be made without boiling. The boiling develops or draws out the tannin. The tea pot should be scalded. Allow a teaspoonful of tea to a half pint of water; put the tea in the pot; take the water at the first boil, pour it over the tea, cover the pot with a cosy; allow it to stand for five minutes; stir and use.

Q. Must the meal for porridge be fine or coarse?

A. If you use the Scotch oats, you know it is medium; the grains are slightly cracked, but it is not rolled or crushed; ordinary rolled oatmeal will cook in, perhaps one hour.

Egg Dishes.

Scrambled Eggs.—Break six eggs into a soup-plate, add four tablespoonfuls of cream, and season with salt and pepper. Melt one tablespoonful of butter in a spider and before it browns slide in the eggs. Break them as they cook, and as soon as the whites are well set take them up on a hot platter. The whites and yokes must not be blended, but show thin, separate colors through the mass.

Steamed Eggs.—Into half a dozen little china dishes (egg-shirrs) break half a dozen fresh eggs, add one tablespoonful of cream, and season with salt and pepper. Stand the cups in a steamer over boiling water, cover and steam until the whites set—about five minutes. Small tin tart or patty pans, just large enough to hold the egg and cream, may be used instead of regular shirring cups. Eggs cooked in this manner are specially delicate.

Baked Eggs.—Very convenient shallow pans (like pie pans) of blue-enamel ware, porcelain-lined, now come in all sizes, and these may be used in preparing many egg dishes. Adjustable silver rims for them may also be had. For baked eggs cover the bottom of a large-size pan with half an inch of bechamel, or rich white sauce. Break in six eggs, sprinkle with six teaspoonfuls of good cheese (preferably Parmesan), dust with pepper and salt, and cook on the grating of the oven until the whites are well-jellied. Bread-crumbs, buttered, or merely a lump of butter on each egg may be used in lieu of cheese if preferred.

Curried Eggs.—The trouble with most curried eggs is too little curry. Its presence should not be guessed at, but be strongly apparent. Boil half a dozen eggs as above directed for "hard boils." Melt one heaping tablespoonful of butter in a spider, and fry in it one dessertspoonful of minced onion to a golden brown; blend in one heaping tablespoonful of flour and one dessertspoonful of curry powder (more if the powder is not full strength); add now one cupful of chicken or veal stock and simmer three minutes, then add one level teaspoonful of salt and three-quarters of a cupful of cream.

Heat again just to the boiling point. Take the eggs from the hot water, shell them, and cut them in halves, quarters or slices; arrange them neatly on a hot platter, and pour the sauce over and around them.

Breaded Eggs.—Hard-boil four eggs, cool and cut in thick slices. Dip each slice into raw beaten egg, roll in crumbs, and fry in deep fat. Season the beaten egg with salt, pepper and celery salt or onion juice.

When Company Comes in the Country.

"Begin to enjoy yourself when your guests arrive—in fact, before they arrive," is Mrs. John B. Sims' advice to the hostess in an article on "Entertaining in the Country," in the July *Ladies' Home Journal*. "Do not try to serve such an elaborate dinner that the work of getting it ready will draw so upon your physical powers that they will be strained to their utmost endurance. When your visitors arrive, greet them with a hearty handshake; make them feel that you are ready for their coming; speak of the pleasure that you hope the day may bring; compliment them on their good appearance; notice the neckwear, the dainty handkerchief; be thoroughly interested in each and every one. When the time comes for you to prepare the dinner and place it upon the table, leave your guests as gracefully as possible. If the dinner be not too elaborate, and the mental atmosphere be clear and bright, your friends will come again. 'Eat to live,' and not 'Live to eat,' should be the motto of every household."

Love the Farm and Farm Home.

"The only drawback to any intelligent country community enjoying educational and refining privileges is lack of co-operation between the farmers themselves. "Whenever a farming community realize that in themselves lie the means of educating their sons and daughters to love the farm and the farm home, and that because one does not have the privileges of the town or large city there is no reason why he should stagnate either mentally or socially, they will have solved the problem of how to live happily and contentedly on a farm."

Good Cooking and Morals.

When the introduction of cooking into the public school system was first suggested, one of its most earnest advocates argued that it was a step taken in the interest of temperance and morality as well as of education. She said—for it was a woman who recognized that side of it—that among a certain class of people there was a lamentable

ignorance regarding the very simplest rules for preparing nutritious, well-cooked food, and that it was in this very class that intemperance existed to such an alarming degree. And this is natural. When a man does not get the stimulating nourishment which his nature craves he resorts to liquor to supply the want. With this fact staring one in the face, is it not wise to teach that unfailingly good food, with all the elements that stimulate and nourish the body and the brain, has its moral as well as its physical benefits?

There are cases on record, as a proof of what this public school has done, where the domestic sky has been perfectly cleared of clouds simply because good food was offered where before it had been badly cooked and consequently did not properly nourish. In one home the substitution of a well-cooked cup of cocoa for the sloppy, herby tea that had become a component part of every morning meal, and a nice Indian cake or plate of muffins for the dry baker's loaf, began a work of reform. The father was proud of the daughter's skill as a cook; the mother, who had grown careless and shiftless and indifferent, was shamed by it. The consequence was better provision on the part of one and more care in preparation on the part of the other. The mother was by no means above turning to account some of the practical knowledge the daughter had acquired under such competent training, and she began also to brush up her own knowledge that she had carelessly allowed to fall into disuse. The result is a happy home, a united family, a cheerful, contented, busy wife, and a man who puts into the family larder what formerly went to the saloon.

You see what it was—just the case of a man going to the bad simply from an unsatisfied appetite, and a discouraged wife who didn't understand what was the matter.

So you see the question of good cooking does involve good morals as well as comfort, and health as well as both.—*Sallie Joy White, in Woman's Home Companion.*

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