

## HOUSEHOLD.

## Cooking Rice.

(By Eleanor M. Lucas, in 'Presbyterian Banner.')

Rice is a staple article of diet that the housewife will find an agreeable food both in winter and summer. It is easily digested and pleasant to most palates. It can be prepared in so many dainty ways, and if properly treated may appear several times in the course of a meal without exciting either surprise or remark.

A cream of rice is an excellent soup to precede a light dinner, as it contains greater food value than a clear meat soup. Boil three tablespoonfuls of well-washed rice in a quart of water, add one green onion, three outer leaves of green celery, a sprig of parsley and one bay leaf. Cook until the rice is very tender; rub through a sieve. Return to the fire, add a teaspoonful of salt, a dash of cayenne, and the yolks of two eggs, well beaten and mixed with a pint of hot milk. Let it just come to a boil, and serve. In place of the egg and milk, a pint of stewed tomatoes may be used.

Rice Quenelles are excellent to serve in soups or stews. Boil half a cup of rice in one cup of water for twenty minutes, adding a teaspoonful of salt. Remove from the fire and add two eggs that have been well beaten. When cool enough to handle, form into very small balls, about the size of a small plum, roll in flour and drop into boiling soup, or into the stew. Cook ten minutes.

Rissote. This is an Italian method of cooking rice and finds favor with many. Fry one tablespoonful of chopped onion in a tablespoonful of butter. When slightly brown add one cupful of well-washed rice, stir over the fire until the rice is pale brown. Be careful in stirring, as it burns readily. When brown add two cups of boiling water, stir until the water is well mixed with the rice, add a teaspoonful of salt and half a teaspoonful of pepper. Cook half an hour on the back of the stove, and serve as a vegetable. Children are very fond of this rice, and served with good beef gravy, it forms a substantial meal. Rice should always be very gently stirred, so as to keep the grains as whole as possible, and a fork is to be preferred in stirring, as a spoon is liable to crush it.

A savory method of cooking a round steak, which, as a rule, is rather tough, is to cut two pounds of steak in thin strips. Fry it in a tablespoonful of butter until brown. Place it in a saucepan, scatter over it three tablespoons of raw rice, add a small onion sliced, a bunch of parsley, a heaping teaspoonful of salt and a red pepper pod. Cover with a quart of water and simmer very slowly for one and a half hours. In place of beef you can use sausages, when it will require about half an hour's cooking.

Rice and tomatoes; Wash one cupful of rice and drain it well. Butter a two-quart baking dish, put in the bottom half a can of tomatoes, over it scatter the rice, add a teaspoonful of salt and half a teaspoon of pepper. Cover with the remainder of the tomatoes. Put a cover on the dish and bake in a slow oven for one hour. This is excellent to serve at luncheon, or with meat at dinner.

Rice well boiled in salted water and cooled in a square pan, then cut in thick slices, can be used in various ways. It is nice fried and served with poached eggs for breakfast; or spread with grated cheese, place on a baking pan and set in a hot oven to heat and melt the cheese; or it may be spread with apple sauce, and placed in the oven to heat, when it forms an excellent dessert for little folks.

Rice croquettes may be served as an entree with a meat course, or for dessert. If to be served as an entree serve with them some thick unsweetened sauce. This may be a cream sauce, a tomato sauce or a nut sauce. Rich meat sauces are also served with rice croquettes.

Rice soufflé: This is an excellent dish for breakfast, and may be made from left-over rice. Mix one cup of cooked rice with one cup of hot milk. Place it over the fire, and when it comes to a boil, remove and add the yolks of three eggs, beaten until thick. Butter a shallow baking-pan, add the whites of the eggs, beaten to a stiff foam, to the rice,

turn into the baking-pan and bake in a hot oven for twenty minutes. Serve in place of an omelette. If half a cup of sugar is added to the rice, it may be served as a dessert, with custard or fruit sauce.

Rice with peaches: Cook one cup of washed rice in boiling salted water until tender. Place on the back of the stove and cook very slowly, until the water is all absorbed. Line small buttered cups with the rice, fill the centres with canned peaches, cut into small pieces; cover the peaches with more rice. Steam them over hot water for twenty minutes. Turn from the cups and serve hot with a peach sauce. Use the juice drained from the peaches, add an equal bulk of water and thicken with a tablespoonful of flour, rubbed in a tablespoonful of butter. Add the juice and grated rind of a lemon and strain.

Rice and orange pudding: Boil the rice as in previous recipe until tender. Put half in a buttered pan, spread over it three oranges that have been peeled and divided into small pieces; add a cup of sugar, cover with the rest of the rice and spread the top with bits of butter. Cook in the oven for one hour. Serve hot. This is a very delicious pudding.

## Advertisements.

THE MOST NUTRITIOUS.

## EPPS'S COCOA

Prepared from the finest selected Cocoa, and distinguished everywhere for Delicacy of Flavour, Superior quality and highly Nutritive properties. Sold in quarter-pound tins, labelled JAMES EPPS & CO., Ltd., Homeopathic Chemists, London, Eng'land.

## EPPS'S COCOA

BREAKFAST—SUPPER.

## NORTHERN MESSENGER

(A Twelve Page Illustrated Weekly).

One yearly subscription, 30c.  
Three or more copies, separately addressed, 25c. each.  
Ten or more to an individual address, 20c. each.  
Ten or more separately addressed, 25c. per copy.

When addressed to Montreal City, Great Britain and Postal Union countries, 52c postage must be added for each copy; United States and Canada free of postage. Special arrangements will be made for delivering packages of 10 or more in Montreal. Subscribers residing in the United States can remit by Post Office Money Order on Rouse's Point, N.Y. or Express Money Order payable in Montreal.

Sample package supplied free on application.

JOHN DOUGALL & SON,  
Publishers, Montreal.

## ON TRIAL

Two Great Journals,

Weekly Witness  
World Wide.

To January 1st, 1902.

Only 20 Cents.

Samples Sent Free on Application.

Please tell your friends of this offer.

JOHN DOUGALL &amp; SON, Publishers, "Witness" Building, Montreal.

## Advertisements.



A good looking horse and poor looking harness is the worst kind of a combination.

**Eureka Harness Oil**

not only makes the harness and the horse look better, but makes the leather soft and pliable, puts it in condition to last twice as long as it ordinarily would.

Sold everywhere in cans—all sizes. Made by  
**IMPERIAL OIL CO.**

**Give Your Horse a Chance!**

**We Will Give \$5.00**

For the best Essay written by a Boy or Girl under 15 years of age—essay to contain not more than 200 words: on

**'WHY I EAT SHREDDED WHEAT BISCUITS'**

The competition closes on Nov. 30th, 1901.

Send your Essay, giving age and name, to

**THE NATURAL FOOD CO.**  
61 Front Street East,  
Dept. W. TORONTO.

USE **BABY'S OWN** SOAP

THE 'NORTHERN MESSENGER' is printed and published every week at the 'Witness' Building, at the corner of Craig and St. Peter streets, in the city of Montreal, by John Redpath Dougall and Frederick Eugene Dougall, both of Montreal.

All business communications should be addressed 'John Dougall & Son, and all letters to the editor should be addressed Editor of the 'Northern Messenger.'