

HOUSEHOLD.

Savory Dishes.

(Emma Dixon in 'Cottage and Artisan.')

HARICOT BEANS AND ONIONS.

The careful wife and mother should bear in mind that beans, peas, lentils, and pearl or Scotch barley, properly cooked, are as nourishing as beef or mutton, and much more easily digested. It is always better to put the beans to soak in cold water over night, or some hours before they are to be cooked, but if this is impossible, then allow half an hour longer for the cooking. From two to three hours should be allowed for either, peas, beans, or lentils.

Wash a large cupful of beans—either large or small haricots—and put them into a saucepan with a quart of water, a piece of fat pork or bacon, or a bone and scraps of fat that may have been left over from dinner, but to make the beans savoury, and appetising, fat of some kind must be boiled with them. An ounce or two of dripping will do if there is nothing else at hand.

Have ready, peeled and sliced, two or three onions, and add these about an hour before the supper is to be served, with salt and pepper to taste. Keep the contents of the saucepan boiling briskly, so that the quart of water is reduced to a pint by the time it is done. Stir it occasionally, and be careful that it does not burn, but do not break the beans more than can be helped. A round of toast served with it instead of bread is an improvement.

For a change, lentils might be used, or Scotch barley, or split peas, but the secret of making all these dry grain foods appetising, as well as more nourishing, is the addition of fat in some form or other. Vegetarians would prefer butter. That is more expensive, but it would serve the purpose so long as a sufficient quantity was used. But no one would care for a meal of haricot beans unless they were cooked with plenty of fat of some kind.

A change of flavor might be made by the addition of turnips, carrots, or parsnips instead of onions, according to the individual taste, or all the vegetables might be used, and a few pot-herbs for flavoring occasionally added. A nice addition may also be made by well scouring a few potatoes and baking them in their skins. This is an economical way of using up small potatoes, but to bake them nicely rather a brisk oven is required, and this is not always convenient or economical.

POTATO PATTIES.

For this dish, cold potatoes left over from dinner may be used, as it is necessary to boil them before making the patties. Have ready a small shallow tin dish, or patty-pan such as are used for mince pies. Mealy potatoes should be chosen, and they should be rubbed fine.

Then add pepper and salt, and butter or dripping, kneaded in as for pastry, moistening it with a little milk or water; half fill the dish or patty-pan, pressing down the potato in a thick layer. Now cut some pieces of cheese very small, or some dry cheese may be grated and used. Put a moderate layer of this. In determining the quantity, the cook must be guided by the strength of the cheese, and the individual taste, only it should be in wafer-like slices and well covered all over.

Now add another layer of potatoes and some more pieces of cheese, and a tiny piece of butter here and there. Bake for about twenty minutes in a steady oven, or until they begin to brown. Toast served with these, either dry or buttered, is a nice addition.

POTATO CAKE.

For these, cold boiled mealy potatoes are required. Three or four good-sized ones should be crumbled and mixed with an equal quantity of flour, and a small teaspoonful of baking powder. Then work in about two ounces of butter or dripping, and make a stiff paste with water, roll it out until it is about half an inch thick, and afterwards cut it into triangles two or three inches in length, or dip the edge of a cup into some flour, and press this through so as to cut them into rounds.

Put the cakes on to a greased paper or tin, and bake them in a brisk oven for half or three-quarters of an hour; or they can be cooked in a frying-pan, care being taken that

they are not allowed to burn, or too much dripping used in the frying so as to make them greasy.

When they are done, put them on a hot dish, cut them open, and spread between any sort of jam that may be liked, or thin layers of cheese, and a little piece of butter may be used. If the latter is preferred, they must be replaced in the oven as quickly as possible, and allowed to remain there for at least ten minutes. These homely cheese cakes are generally a favorite dish.

MACARONI AND CHEESE.

For this dish the straight macaroni, which is cheaper, answers just as well as the more expensive twisted variety. Break it into pieces of a few inches in length, and put into a pie-dish; two or three layers at the most is all that should be put into a rather deep pie-dish. Sprinkle a little salt over it, and well cover it with milk or water—milk if possible. Let it stand in a slow oven, or until the macaroni is nicely softened and swollen.

While it is in the oven, cut into thin flakes a good-sized piece of cheese, take the dish from the oven, and gently move, without breaking, the pieces of macaroni, so that the pieces of cheese may fall between, as well as on the top, as you scatter it in the dish.

If all the milk has been absorbed, pour a little more over the mixture, add a little pepper and a few little pieces of butter, and bake for about three-quarters of an hour. If the oven is at all fierce, cover the dish with a plate for the first half-hour, lest the top should become dry and chippy.

Household Hints.

To prevent mildew in bookcases stand a saucer of chloride of lime inside. It can be out of sight.

Fried fish, croquettes, etc., by no means deteriorate by being rewarmed; they rather gain in crispness.

Kidneys, when to be stewed, must be cooked very slowly; if allowed to boil they become as tough as leather.

When grilling be careful to always heat the grid first, and rub it over with a piece of suet or some dripping.

Articles scorched in the ironing should be laid in hot sunshine. This will remove a scorch that is not very bad.

The water fish has been boiled in is excellent for fish sauces, instead of milk or water. It may also form the foundation of delicate fish soups.

When lamps are clogged with oil the burners should be boiled in a strong solution of soda and water, and allowed to get thoroughly dry before being used again.

All green vegetables should be kept in a cool, dark place, but not in great quantities. Roots of all kinds should be kept in dark, dry places, because light, warmth, and moisture produce either germination or decay.

Do not set earthen dishes in a hot oven or upon the stove. It cracks the glazing and renders them unfit for use. The smell of such dishes is very disagreeable, and cases of poisoning have been traced to their use.

To clean white feathers take a nice, firm pad of white wadding, well filled with thoroughly dried plaster of paris, and rub the feathers briskly, working from the quills so as not to disarrange them. Continue the rubbing till clean.

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To preserve fish for a day or two boil together three quarts of water and a pint of vinegar; when quite boiling put in the fish and just scald it, but not for more than two minutes. Then hang the fish in a cool place, and it will dress as well as if quite fresh.

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