

THE MOST SUCCESSFUL SOUPS, STEWS, OR PUDDINGS

often owe their attraction merely to the intelligent addition of one of just such odds and ends. No cook worth the name ever dreams of wasting these leavings; she knows their value too well, and counts them as a constant source of economy, for they enable her to utilize otherwise uninteresting, though wholesome, remainders.

Many might be the useful experiences exchanged on the subject of

LABOUR-SAVING DEVICES FOR THE REMOVAL OF DIRT.

whether it be spillings on the stove, stains on china and saucepans, or dust on furniture and floors.

It is perhaps too commonplace to remind readers of the value of an instantaneous sprinkling of salt over spillings of any kind on the stove or in the oven; or of the desirable self-control which leaves grease to cool on floor or in pans or sink, when it can be easily peeled off with a flexible knife, instead of hastily deluging (and incidentally spreading) it by the application of hot water.

How few people trouble to provide themselves with small iron rings to place beneath pans on the stove and so save themselves the cleaning of

BURNT SAUCEPANS:

but probably all of us know that if a stew or soup "catches," much of it can be kept eatable if the saucepan be instantly plunged into cold water. The quick cooling of the contents of the burnt pan checks the formation of steam, which otherwise would rise up through the whole of the liquid, carrying with it the objectionable "burnt" flavour. When emptied, the pan should be half-filled with a strong solution of salt and water, and left to soak for some hours, after which it will be cleaned quite easily.

Many an experience could also be exchanged upon

WHAT TO DO WHEN THINGS GO WRONG.

In order to save the time and material expended on the spoiled dish, as well as the labour and expense of preparing another one. Curdled custard, for instance, may often be converted into a usable sauce in the following way:—

Mix two level tablespoons of corn starch into smooth paste with cold water or milk. Strain the curdled mixture into this, stirring it the while to keep it smooth. Continue to stir, after returning to the stove, until the sauce thickens and boils; an extra egg stirred in, after removal from the fire, will be an improvement.

To take another illustration of this point. Sometimes a hastily made sauce will become oily instead of smooth. To make an oily sauce smooth, take it at once off the stove, add a little cold water or milk, then stir it over the fire until the first signs of boiling appear, when the pan must be drawn to one side of the stove; for were the sauce to reboil the "oiliness" would recur, and instead of saving labour, extra time and trouble would have been wasted.

At this point it is tempting to introduce hints on personal experiences of

THE CONNECTION BETWEEN POSTURE AND ECONOMY OF HEALTH,
FATIGUE, AND TIME.

Unfortunately, the limits of space permit of but one or two suggestions on this very important branch of my subject.