

looking after a house, and keeping the expenses within bounds mean play, if so, let them take up the task for a few days, and they will soon find out what it is to provide for and look after a family, where good food must be served at a given time to the workers so that everything shall work evenly.

It is quite certain that the kitchen ought to be one of the brightest rooms in the house, with no stint of the many appliances for the work done there.

The heavy pots and pans of the past have disappeared, and in their stead we have the lightest and most useful vessels of the day.

The paper washtub and pail have greatly simplified and taken away the terrors of washing day.

And where the mistress is blessed with good health she need no longer look forward to the new day with dread, but after starting everything in good working order she will find time for a little well earned recreation.

#### VEALETTES.

This dish should prove an agreeable surprise to any one willing to try it. I can speak from experience, and say that it is a most delicious way of cooking veal, and not at all a difficult dish to prepare. Cut from the leg of veal three or four large slices about half an inch thick. Trim these neatly, and on each lay a large tablespoonful of dressing made from a cup of bread crumbs, half a teaspoonful of salt, a good dash of pepper, a tablespoonful of powdered sage and lemon thyme mixed, a tablespoonful of butter, and a well-beaten egg. Roll up the slices, secure with tiny wooden skewers, and put them in a baking tin with a little water and butter. Place in a hot oven, and bake for about three-quarters of an hour, basting frequently. When done, take up on a very hot dish, thicken the gravy, pour it over the veal, and serve with slices of lemon.

#### POACHED EGGS WITH TOMATO SAUCE.

Where eggs must be served in place of meat for a meal like dinner it is well to use an acid vegetable of some kind as a sauce. Put half a can of strained tomatoes in a saucepan; add a slice of onion, a bay leaf, and a sprig of celery. Cover, simmer gently for five minutes, strain again; add two tablespoonfuls of butter and two tablespoonfuls of flour that you have rubbed to a smooth paste. Stir constantly until boiling; add a teaspoonful of

salt, a quarter of a teaspoonful of pepper, and stand aside until wanted. Cover a dish with squares of bread nicely toasted. Then poach the eggs, slip them on top of the toast, pour around them the tomato sauce, and sprinkle with finely-chopped parsley.

A delicious baked custard is made in this way. Put one quart of milk on the stove to scald; beat six eggs, one cupful of sugar and half a teaspoonful of salt well together; pour the milk, when boiling, into this, and add a piece of butter the size of a hickory nut. Turn into a pudding-dish, and bake fifteen minutes. These custards are very wholesome and nutritious.

#### TO WHIP CREAM.

Cream may be easily whipped when it is about 24 hours old, of the proper consistency, not too thick nor too thin, and perfectly cold. Turn it into your whip-churn, which should also be cold; turn the handle slowly and continuously for about two minutes. If you are without a whip-churn put the cream into a bowl, stand it in another of ice water or cracked ice, and use either an egg-beater, a wire spoon or an ordinary syllabub churn. Skim off the froth as it comes to the surface.

#### THE FLAVOR OF EGGS.

Good feeders have long known that certain kinds of food would greatly improve the flesh of animals for human consumption. The feeding of roots improves the quality of mutton; artichokes improve the quality of pork. Enterprising duck farmers have found that the feeding of celery improves the flavor of their birds, and chestnuts are fed to fattening turkeys to produce a game flavor. Green cut bone is fed to chickens for the same reason and to increase the size of the fowls and to increase and improve the flavor of their eggs. Careful experiment and practical experience have proved beyond any question of doubt that the liberal feeding of green cut bone will double the egg yield from a given number of hens. Green bone is the cheapest egg food on the market to-day, and in many places can be had for the mere asking. In those places where it has acquired a commercial value it can be bought for 25 to 30 cents per 100 pounds. This is much cheaper than wheat, which is the best of the cereal egg-producing foods. Green cut bone has such a potent force in increasing egg production that it will be found especially