KENTVILLE, FEB. 6, 1917. WHEN COOKING MEATS

When boiling ham, place a plate beneath it to keep it from sticking to the bottom of the ketle. Trim off the rine, the brown sugar into the fat, and brown the ham in the oven be-

Save scraps of fat and skim all of the grease from the top of gravies and soups. Bring slowly to a boll and strain thru a fine wire sieve. Use for frying nurnece

a fine wire sieve. Use for frying purposes. Do not mix mutton or lamb fat with other fats. Melt it in a pan, and add a pinch of salt and a litle boiling water to cause the sediment to settle, Strain and turn into molds. Muton fat mak-es the best of cosmetics for chapped and bleeding hands. To make a tough steak tender place it on a deep platter and sprinkle it with three table-spoons of vinegar or lemon juice and one of olive oil. Turn it several times and let it soak two or three hours before broil-

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two or three hours before pron-ing. Fried meats should not be given to oun children. A child of 2 or over, should be given at least two ounces of meat, fish or poultry, except on days when an egg is caten. It is important to teach children to chew meat thoroughly.

Broiling and roasting are the best methods of preparing ten-der meat for children. Tough meat should be chopped before





SUNDAY IN BOSTON

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THE ADVERTISER

STARTLING
Troiling and roasing are the best methods of preparing tender should be chopped before the source of the sou

NEWS PRINT CH ENGI London, — On that misery loves suffering publishe may draw conside from the plight of ren in England. If conditions are bac ed States, they ar possible on this sid November news permitted to use 6 the quantity curie them in 1914. the quantity curre them in 1914. thought these con pretty bad, but the gling along, doing could, when the notified them that allowance would be five-sixths of the 1 which is coujualed hve-sixths of the 1 which is equivalen per cent of the 1 Recently there has talk of making a cut to a 40 per c compared with 19 posed action led to in force to Prin when about forty proprietors header when about forcy proprietors, head urnham of The Dai were received at 10 They made vigoro tations as to the newspapers to the time and the neces paper to the newsp will receive the san tion from the Gove would be acorded

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