

Meat is cooked in two ways—(1) by the application of dry heat and (2) by moist heat—yet in both processes, if properly conducted, the fibers of the meat are cooked in their own juices. The ideal method is roasting before an open fire in a free circulation of air with a constant basting of hot fat. Our nearest approach to this is broiling over hot coals, baking in an oven, or frying in a deep kettle of hot fat. These methods develop the finest flavors, and by quickly searing the surface cook a coating of the albumen nearest the outside and so close the pores, keeping the natural juices in the meat.

Roasting Meat.—The "cuts" best adapted for roasting are those from the ribs, though sometimes tender "shoulder" and "rump roasts" can be obtained. In buying beef select meat of a good red color, smooth, open grain, and white fat. Bear in mind that the more cut surface you have the more chance there is for the juices to escape. For this reason it is not advisable to have your roast boned and rolled; also because there is not so much chance of destroying any injurious germs with which its surface may have been contaminated by contact with tainted meat or blocks in the market, as the inside of the roll does not reach the high temperature of the outside, which temperature is sure death to parasites. Remove any wrapping papers from your meat as soon as received and wash off with a wet cloth. Never plunge meat into cold water to wash it or you will waste some of its juices. Sear the outside quickly by turning it about in a hot pan or kettle containing a little hot fat, then place in a hot oven (about 340° F.), elevating it above the pan on a meat rack or a few iron rods. If the meat is very lean lay on it a piece of suet or even fat pork to baste with. Do not put any water in the pan. Baste every ten minutes or oftener and when half done salt, pepper and flour may be dredged over it. Keep on basting and if the fat is likely to burn a very little water may be added when the cooking is well advanced, or, better still, reduce the heat by setting a separate dish containing water beside it in the oven. Allow about twelve to fifteen minutes to the pound if in a square or compact form, but, of course, a long, narrow shape would cook more quickly. The smaller the piece the hotter the oven may be, for if a large roast were exposed to a fierce heat the outside would burn before the inside could be sufficiently heated. The light pink heart of a roast would register only about 160° if tested with a chemist's long thermometer. An iron frying-pan is good to use in cooking small roasts. These general rules apply to the roasting of different kinds of meat. Pork, however, must be cooked at least twenty minutes to the pound, and veal even longer or one and a half to two hours for a piece under four pounds, as they are not wholesome unless thoroughly cooked. To make the gravy, remove the roast, add an equal quantity of dry flour to the fat in the pan, cook a minute, season and add hot water to make of right consistency.

[TO BE CONTINUED.]

Domestic Girls.

To the weary business girl who rushes through life like a whirlwind the dear little domestic home girl is as refreshing as a lake breeze. If you are a wage-earner with your mind all befuddled with business cares, just seek one of these little housewifely maidens and you'll get as much comfort just from looking at her as you would from a two-weeks' vacation. She is so restful. She hasn't been foolish enough to save some money and invest it in stock and then have her brain temporarily unsettled every time the price goes down a notch or two. She doesn't care two cents whether it rains or storms—she can fuss around with her flour sieve and her cake tins and be as happy as if the sun were shining.

A Word to the Boys.

If you have anything to do, do it at once. Don't sit down in the rocking-chair and lose three-quarters of an hour in dreading the job. Be sure that it will seem ten times harder than it did at first. Keep this motto: Be on time, in small things as well as great. Habit is everything. The boy who is behind time at breakfast and school will be sure to get "left" in the important things of life. If you have a chronic habit of dreading and putting off things, make a great effort to cure yourself. Brace up! Make up your mind that you will have some backbone. Don't be a limp, jellyfish kind of a person. Depend upon it that life is very much as you make it. The first thing to decide is, what are you going to make it. The next thing is to take off your coat and go to work. Make yourself necessary somewhere. There are thousands of boys and young men in the world who wouldn't be missed if they were to drop out of it to-morrow. Don't be one of this sort. Be a power in your own little world, and then, depend upon it, the big world will hear from you.

Educational Item.

A Texas gentleman took his rather obtuse son to a school to enter him as a pupil. The teacher did a sum on the blackboard, as the would-be pupil could not do it himself, remarking: "Now that I have shown you how to do that sum, I'll prove it to you, to show you that it is correct." "No need of proof, professor. I will take your word for it. I know you wouldn't tell a lie," replied the pupil, much to the disgust of his parent.

Our Most Gracious Majesty.

In a recent number we spoke of our honored Queen in her character of sovereign, and of the increase of the power and influence of Great Britain during her long reign. The progress made in industry, art, science, and literature is marvellous; education, instead of being the possession of a favored few, is now the heritage of every British child.

Our Queen has done all in her power to promote the advancement of all that is good, she is interested in all true work, and the ablest minds of the day know that they will receive encouragement from her.

No nation can help being interested in its sovereign, and we are fortunate in having a queen whose character and actions have so endeared her to the hearts of her loyal people that any information regarding her is eagerly welcomed. When the Archbishop of Canterbury and the Lord Chamberlain went to Kensington to inform her of the death of King William, her first words were, "I ask your prayers in my behalf"; and when she went in state to dissolve Parliament she addressed the House thus: "I ascend the throne with a deep sense of the responsibility which is imposed on me, but I am supported by the consciousness of my own right intentions and my dependence upon the protection of Almighty God"; and throughout her long reign, during which she has passed through many and deep trials, has her faith been unwavering. In Her Majesty's first great grief—the death of the Prince Consort—knowing what was expected of her, she called her children around her and appealed to them to give her their assistance, that she might do her duty to them and the country. "I must not fret too much," said she; "how many poor women have to go through the same trial." And the Duke of Argyll writes that "during all the years of the Queen's affliction, she omitted no part of that public duty which concerned her as sovereign, but devoted herself without



one day's intermission to those cares of government which devolved upon her."

The Queen tried to soothe her own sorrow by relieving the sorrow of others, visiting the sick and dying, reading and praying with them, rejoicing to take with her delicacies to tempt the appetite or warm clothing to increase the comfort of the sick and afflicted.

Her Majesty's subjects are preparing to celebrate the Diamond Jubilee in the manner most in accordance with the wishes of the Queen, with deeds of mercy and charity to assist the sick and suffering. Our sovereign is revered by all countries throughout the world, and congratulations will flow in from princes and rulers of every nation, but that which our Queen values most is the fidelity and love of her own people, and these will never fail her.

Proper Care of a Piano.

A musical instrument may be regarded in the light of an exotic, costly and requiring constant and careful attention.

Frequently, though, a costly and beautiful piano grows worthless and tuneless because it is neglected.

In frosty weather, especially, always close it when not in use, and, if possible, throw a cover over it. Keep in a moderately warm room, not too near the source of heat, and let the temperature be even—not cold one day and hot the next, but warm all the time—say 60 or 70 degrees the year round.

Always place the piano against an inside wall, and a little out from it. Do not allow the children to drum on it.

Frequent wiping off of the case with chamois skin wrung out of tepid water is recommended; and where the case is very highly polished and dark, this is not only necessary but productive of good results and little else will answer to remove the dust that settles resolutely in the rightly named fretwork.—Lillie Winter.

THE QUIET HOUR.

Weary Not.

Sow with a generous hand:
Pause not for toil or pain;
Weary not through the heat of summer,
Weary not through the cold spring rain;
But wait till the autumn comes
For the sheaves of golden grain.

Sow, and look onward, upward,
Where the starry light appears—
Where, in spite of the coward's doubting,
Or your own heart's trembling fears,
You shall reap in joy the harvest
You have sown to-day in tears.
—Adelaide Proctor.

Scattering to Keep.

"There is that scattereth, and yet increaseth; and there is that withholdeth more than is meet, but it tendeth to poverty."

This paradox has become familiar by frequent use. The proverb, like a well-worn coin, has become smooth by long-continued handling, and passes easily from mind to mind in the intercourse of life. It is a sharp weapon, always at hand, by which a man may deal a blow against selfishness in himself or his neighbor. In agriculture, to scatter grain is the only way to increase it. The farmer exercises faith in the unseen when he casts good seed into the ground. His direct design in scattering his corn is to increase it, and his faith is rewarded by a manifold return. If in stupid, short-sighted carelessness, he had hoarded the precious seed, the hoarding would most certainly have "tended to poverty."

To distribute portions of our wealth in acts of wise philanthropy is like casting into the ground, as seed, a portion of the last year's harvest. It goes out of your sight for the moment, but it will spring in secret and come back to your own bosom again.

An unwise man may indeed scatter his corn on barren ground; and though he sow bountifully, he will reap sparingly there. So when a man lays out large sums on unworthy objects to feed his own vanity or gratify his own whims he neither does nor gets good. The outlay is necessarily unprofitable.

To give money, for example, indiscriminately to beggars who tell a whining tale and cunningly enact distress, is worse than to sow precious seed on the sand of the seashore. The seed cast on the sand is lost, but money given to the profligate is worse than lost. It is not barren; it multiplies and replenishes the earth with vice.

The law that judicious liberality enriches, while selfish niggardliness impoverishes, may be seen in its effects by any intelligent observer. If one should demand how this can be, it would be sufficient answer simply to repeat that it is, and appeal to the history for proof. But, farther, we may answer by another question: How does the scattered grain increase? In point of fact it does increase, and that is about all we know regarding it. Shall we refuse to sow it until we understand the process of growth fully. Both as to our money and ourselves, it is better to wear out than to rust out. This is an earnest time. Seek a good investment, but lay it out. Sometimes investments are not secure, we hear of many a heavy crash, and pity the victims as they crawl from the ruins. Might we not expect that, after these disappointments, men would be seen hastening to invest in God's hands. This lending to the Lord affords the best security and gives the largest rate of interest. Remember, "he that hath pity upon the poor lendeth unto the Lord; and that which he hath given will He pay him again." Is not that a safe investment? And think of the rate of interest—"shall receive an hundred-fold, and shall inherit everlasting life."

We think ourselves a practical generation, let us prove ourselves so by scattering with a wise and liberal hand our time, money and opportunities of good. Men cannot get forward even in things temporal unless they believe that God is, and that He is the rewarder of them that diligently seek Him. W. A.

The Lord's Portion.

A man, trading in the market, happened to pay to the huckster-woman a battered and very questionable-looking penny. She examined, and was about to return it, but suddenly dropped it into her pocket, saying, "It will do to put on the plate!"

The incident is a most painful evidence of the utter disregard of fair dealings with the Lord which so generally prevails in Christian lands. The poorest we have and the very smallest sum which will save us from being set down as penurious, is about the average rule of our offerings.

Why is it that men so soon wax weary in labor? How is it that there have come amongst us such low standards of giving? How comes it that we think it enough, if out of the abundance that is given to many of us we give but the paring and and off-scouring of our abundance to Him? How is it we give the day to our work and the night to our pleasure, and think it much if we remember Him in a hurried prayer that we feel rather glad to have said? Because His presence is not by us; because we do not realize that His eye—the discriminating eye which saw the poor widow offer her mite and the rich man cast his unwarded gift into the treasury—that discriminating eye is beside us now. It is that that makes our labor so little and our gifts so poor. If you and I can get