

Household Matters.

The Gift of Cooking.

Cooking, as a high art, can be learnt by professional training, but simple cooking for one's own household must be learnt by experience, there is no rule for such.

The professional cook has only to concentrate his mind on his dishes while his heart may sleep :

On the contrary, she who has to provide for a family has need of a strong, quick heart.

Her feelings must move in many directions ; she has to study the taste and distaste of her family, so that each taste shall be considered in turn.

The robust members cannot be treated as the delicate, old, or young.

What a pleasure it is to hear a few words of approval on the appearance of a new dish on the table for the first time ; how it gladdens the heart and cheers the spirits to know that her loving work has not been in vain. There can be no better greeting to long absent friends than to serve up a well remembered dish which they are known to like ; the smile of delight with which it is greeted with many words of praise and thanks to the kind heart, that has done its best to remind them that time has not obliterated her memory of long ago, well repays her for her trouble.

A badly cooked and untidily served dinner causes many a man to spend his evenings from home.

On the contrary, a well cooked and nicely served dinner makes a man feel contented with himself and his surroundings ; his pipe and book will do the rest ; and he is quite willing to spend his evening in the bosom of his family.

FOR THE CHILDREN

Golden Taffy

One cup of New Orleans molasses,

One of brown sugar,

One tablespoon of melted butter.

One tablespoon of vinegar.

Mix altogether boiled without stirring until it will harden when dropped into cold water.

When sufficiently boiled add one teaspoonful of baking powder. Beat well. Pour into buttered tins. As soon as cool enough to handle pull until a pretty golden color.

A most delightful occupation for children is making popped corn. To do this properly, the corn should be placed on an iron shovel or a fine wire one is much better for the purpose ; hold the shovel over the bright flame till the corn is ready either to eat hot or to be made into a sweetmeat. If you desire to prepare it in the latter fashion, put into an iron saucepan three tablespoonfuls of water, one of butter, and a teacupful of white sugar. Boil these ingredients till they are ready to candy, throw in the popped corn and stir well so that every portion of the grain is well covered with the sugar. After this is done, remove the pan from the fire, and stir continuously till cold. Then take out the corn, and allow it to harden. This quantity of syrup will coat three quarts of corn. Any sort of small nuts are nice prepared in this manner.

FOOD WASTED IN COOKING.

Life-Sustaining Value of Meat and Vegetables Lost Through Ignorance.

A series of investigations by experts connected with the United States department of agriculture go to show that there is an immense amount of popular ignorance in the matter of cooking ; that, while the greater part of the food of man is prepared for use by