

## Household Suggestions.

### Plain Versus "Fancy" Cookery.

By Christine Terhune Herrick.

There has always been a goodly band of conservatives opposed to what they call fancy cooking. Generally, in common with the untrained domestic servant, they reckon all efforts of the culinary art with which they are unfamiliar as "French cookery,"—to them the final term of opprobrium. Let us look at the latter in the right light. For, be it known, there are few things more expensive than so-called "plain" cookery. While it may eschew French dishes and imported delicacies, its stronghold is in roasts, steaks, chops, meat soups and the like. Good steaks and chops do not cost as much as sweet breads and game, but they are far more costly than the many savory dishes that can be prepared by a little attention to the stigmatized "fancy" cookery.

If the housekeeper will but turn her attention to the possibilities of cheap cuts of meat, she will be surprised to see how she can reduce her butcher's bills. Well-seasoned stews, appetizing pot roasts or braised cuts will often take the place on her table of the plain roast or boiled. In the using of left-overs in a palatable fashion, the despised French cookery is invaluable, since it gives the secret of sauces that disguise the warmed-up flavor of the meat, and make a palatable dish out of what, in old time, would have been the everlasting cold roast, or the equally long-lived hash. Hash is an excellent thing, but a change to minces, meat pies, salmis, pates and the like will usually prove acceptable. In soups the same rule prevails. A soup for which stock must be bought cannot fail to be expensive, and not even mock turtle is as high-priced as a fine, clear soup made from fresh meat. The woman who has studied fancy cookery is familiar with a notable army of "soupes maigres," or soups without meat. Among these are the homely and old-fashioned bean and split pea soups. Black bean soup, lentil soup, tomato soup and vegetable broths may all be made without meat stock, and when one enters the region of cream soups containing no meat, the list is practically endless.

Hardly second in importance to this economical view of "fancy" cookery, comes the consideration of variety. Few indeed are the people who are always contented to have their potatoes served baked or boiled plain, their cold roast in unaltered form, and their soups always clear and never diversified even by the addition of macaroni, shredded vegetables or barley. In summer, when fresh vegetables are in the market, there is no better way of serving them than the simplest fashion. In winter when one must take so-called green vegetables canned, or not at all, the case is different, and then the "fancy" cookery lends its aid. Canned corn is made into pudding or pancakes, canned tomatoes are stewed or baked, and other tinned vegetables are submitted to similar treatment.

To the student of food values, it belongs to take the best wherever she finds it, to adapt foreign fashions to home uses, and out of the many varying methods of cookery to produce a school of dietetics which shall not be French or English, fancy or plain, but broadly and sensibly Canadian.

### Breakfast Custard.

Allow for each egg two tablespoonfuls of sweet milk, warm it, add a bit of butter the size of a walnut and a little salt and pepper; when nearly to the boiling point, drop in the eggs, broken one at a time in a saucer; with a thin bladed knife gently cut the eggs, and carefully scrape up the mixture from the bottom of the cooking vessel; watch closely that it does not harden; remove from the fire before quite done, turn up from the bot-

tom of the dish a moment longer, serve at once in a hot dish; when properly cooked, the mixture will be in large flakes of yellow and white, and as delicate as baked custard.

### Cup Egg on Toast.

Butter six small cups and dust them with bread crumbs, put into each one a raw egg and sprinkle of salt; set the cup in a pan of hot water on the stove, cook until the whites are firm. Have ready six pieces of round buttered toast laid on a hot dish, put on to each piece one egg, and garnish with watercress or parsley.

### Chocolate Custard.

Dissolve three ounces of cooking butter in a saucepan, and when dissolved add three ounces of mashed potato, ditto castor sugar, and the well-beaten yolks of two eggs. Stir the mixture over the fire, one way all the time, till it becomes the thickness of honey, then add the grated peel and juice of half a lemon, a dessertspoonful of brandy and currants as desired.

### Chicken in Rice Casserole.

Wash one cupful of rice, throw in boiling water, boil for twenty minutes, then drain. Add half a cupful of milk, a tablespoonful of butter, a level teaspoonful of salt and a quarter of a tablespoonful of pepper; stir to a rather smooth paste. Brush custard-cup with butter and line them to the depth of half an inch with the rice mixture. Rub two tablespoonfuls of butter and two of flour together; add a pint of milk, stir until boiling; add a teaspoonful of salt, a dash of pepper and one pint of nicely-seasoned blocks of cold chicken. Fill this mixture in the centre of the cups, cover with a layer of rice, stand in a pan of boiling water, and cook in the oven for twenty minutes. Turn carefully on a heated dish, garnish with nicely-seasoned peas, and send to the table.

### Mock Terrapin.

Cut bits of cold roasted fowl, turkey or duck in cubes of one inch. Measure, to each pint allow two tablespoonfuls of butter, one tablespoonful of flour, half pint of milk and the hard-boiled yolks of three eggs. Tub the butter and flour together, add the milk, stir until boiling; add this gradually to the yolks of the eggs, rubbing all the while. When you have a perfectly smooth, thick, yellow sauce, add the chicken; stand it over hot water for at least twenty minutes, add a level teaspoonful of salt, a tablespoonful of white pepper and a teaspoonful of Worcestershire sauce. Serve smoking hot.

### Creamed Fish.

Rub together one tablespoonful of butter and one of flour; add half a pint of milk, stir until boiling; take from the fire, add a level teaspoonful of salt, a saltspoonful of pepper, and one pint of cold cooked fish, picked in flakes; stand this over hot water until thoroughly heated. Serve on toast, in pate shells, paper cases or in a potato border.

### Potatoes au Gratin.

Put a pint of cold mashed potatoes in a saucepan; add half a cupful of milk; stir, and beat until the potatoes are hot and smooth. Take from the fire, fold in the well-beaten whites of two eggs, heap in a baking dish and brown quickly in a hot oven. Serve with roasted or broiled beef.

### Creamed Hashed Potatoes.

Chop cold boiled potatoes rather fine, season them with salt and pepper; fill them in a baking dish; pour over sufficient good milk or cream to just cover, and put in a quick oven until nicely browned.

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## He Bought Her a 1900 Washer

One of Our Readers Tells How Her Husband Learned

### What Washday Means to a Woman.

Dear Editor,—Most men have no realization of what "wash-day" means to a woman. My husband is one of the best men that ever lived, but he laughed when I asked him one day to get me a 1900 Gravity Washer. I told him it would wash a tubful of clothes in six minutes. "Why, wife," said he, "a washing machine is a luxury. And, besides, there's no better exercise than rubbing clothes on a washboard. It's good for the back. I think we had better wait till we get the farm paid for before fooling away money on such new-fangled things as washing machines."



John's Busy Days

That settled it. I gave up the idea, and kept right on washing in the same old way. I confess I felt hurt, but I knew John had no notion how hard it was to do the washing for a family of five—three of them little tots. I am not very strong, and the washing, with all my other work, finally got the better of me. I had quite a sick spell, and after things had gone at sixes and sevens for nearly two weeks, I suggested to John that he had better do the washing. We couldn't hire a girl for love or money, and the situation was desperate.

So one morning he started in. My! what a commotion there was in the kitchen. From my bedroom I occasionally caught glimpses of poor John struggling with that mountain of dirty clothes. If ever a man had all the "exercise" he wanted, my husband was that man! Couldn't help feeling sorry for him, and yet it made me laugh, for I remembered how he made fun of me when I hinted so strongly for a 1900 Gravity Washer. When he finally got the clothes done and on the line he was just about "all in."

That evening John came to my room and said, kind of sheepishly: "What's the name of the firm that makes those Washers you were telling me about?" I looked up

their advertisement, and found the following address:—

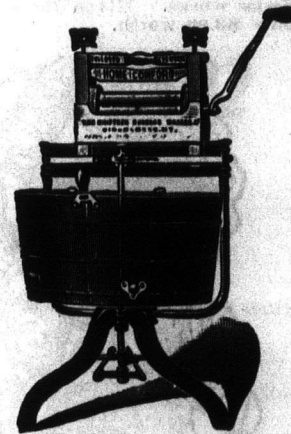
W. H. N. BACW, Manager,  
The 1900 Washer Co.,  
357 Yonge Street, Toronto, Canada

That's all he said, but he lost no time in sending for their Free Washer Book. The book came in due time, and with it an offer to send the 1900 Gravity Washer on thirty days' free trial. My husband jumped at the chance to try the Washer without having to spend a cent. "We'll have four weeks' use of the Washer anyway, even if we don't decide to keep it," he said. So he told the company to send the Washer.

It was sent promptly, all charges paid, and the 1900 Washer Company offered to let us pay for it in little easy payments. The next week I felt well enough to use it. It is the nicest Washer I ever saw, and it almost runs itself. Takes only six minutes to wash a tubful, and the garments come out spotlessly clean.

We were all delighted with the Washer, and wrote to the company that we would keep it and accept their easy payment terms of 50 cents a week. We paid for it without ever missing the money, and wouldn't part with the Washer for five times its cost.

If women knew what a wonderful help the 1900 Gravity Washer is, not one would be



without it. It saves work and worry and doctors' bills. Takes away all the dread of wash day. I feel like a different woman since I have quit the use of the washboard. If any woman's husband objects to buying one of these labor-saving machines, let him do just one big washing by hand-rubbing on the old-fashioned washboard, and he will be only too glad to get you a 1900 Gravity Washer. Anybody can get one on free trial by first writing for the Washer Book.

Don't be talked into buying any other machine—there are many imitations, but none "just as good" as the 1900 Gravity Washer.

Excuse me for writing such a long letter, but I hope, Mr. Editor, you will print it for the benefit of the women readers of your valuable paper. Sincerely yours,

MRS. J. H. SMITH.

The secret of the easy operation of the 1900 Washer is in the peculiar "S" shaped links, which no other washer can have; then it has no iron to come in contact with the clothes, and also has a removable tub, which is a great convenience. The above offer is not good in Toronto, or Montreal, and suburbs, special arrangements are made for these districts.

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