

## COOKERY ITEMS.

To be perfectly digestible rice ought to be cooked in no more water than is necessary to swell it; apples stewed with no more water than is necessary to steam them. Vegetables to be quite wholesome should be very well cooked, as this renders them easier to digest.

## A USEFUL KITCHEN UTENSIL.

A useful utensil not found in every kitchen is the rice or macaroni boiler. It is a double boiler, whose inside vessel is punctured by small holes like a colander. It is also provided with small feet, which raise it slightly above the bottom of the outside vessel, which holds the water. As the rice boils, the water goes over and through it; when it is cooked sufficiently, the draining is easily accomplished by lifting the inner vessel out of the water.

## TO KEEP CELERY FRESH.

It may interest some of my readers to know that celery may be kept for a week or longer by first rolling it up in brown paper, then in a towel, and keeping it in a dark, cool place. Before preparing for the table place it in a pan of cold water and let it remain for an hour. This will make it crisp and cool.

## SCULLERY WORK.

In these days of untrained, one might almost say untrainable servants, there is the constant cry from the mistresses concerning the reckless destruction of all kitchen utensils entrusted to their care. When one looks at the usual kitchen requisites, enamelled saucepans chipped and discoloured, the iron ones burnt and rusted, knives and skewers rusted and spoilt, and worse than all, the filthy, grease-saturated tins and dripping pans, one cannot wonder that all the cookery classes and schools insist upon all their pupils, even ladies, taking a course of instruction in practical scullery work. I see no cure for these troubles unless the mistress herself possesses the knowledge of how these things ought to be prevented, and can teach her servants how to do their work in a proper manner, and to insist upon that cleanliness which is next to godliness, even in scullery matters.

## BROOMS FOR CARPETS.

Carpets are often ruined by clumsy or imperfect sweeping. Brooms made of American fibre should not be used for carpets, even though ignorant or careless shopkeepers call them "carpet" brooms. The roughness of the fibre takes all the "nap" off the carpet. Such brushes are only fit for cocoa-nut matting, etc. Brushes made of bristles are the best for carpets. Those made double—i.e., having a set of short hard bristles and a set of long soft bristles, placed back to back on the same handle, are the most convenient and useful. The hard bristles collect the dust, and the longer bristles sweep them into the dust-pan. Hand brushes are better than long ones, and remember that carpets are soon made shabby and threadbare if swept with unsuitable brushes.

## A CHEESE SOUFFLÉ. (1)

To make a cheese soufflé prepare first a white sauce by cooking together a table-spoonful of butter and one of flour, and when they are thoroughly blended adding a generous half cup of milk. Stir until smooth and thick, when you may add four table-spoonfuls of grated cheese; salt and pepper to taste. Take from the fire, and beat into the mixture the well-whipped yolks of two eggs, and, lastly and gently, the stiffened whites of three. Turn at once into a well-buttered pudding-dish, and bake to a golden-brown into a hot oven. The soufflé will puff up to twice its original size, and must be eaten as soon as it is removed from the oven. (Yes, *at once*. Ed.)

## SPICED APPLES.

Spiced apples are both appetising and timely now that the housekeeping store of fruit is running low. Make a syrup of equal parts of sugar and water, adding a few whole cloves and a few pieces of stick cinamon. When boiling, put in firm, tart apples, peeled and quartered, and cook gently until tender, but not broken. Remove with a skimmer, boil the syrup until it thickens and pour over the apples.

(1) Properly, a *fondue*. "And for second course," said the College cook to Mr. Verdant Green, "ducklings, an apricot-tart, and a *fondew*." How do you make a *fondue*? inquired he. "Why, Sir, I takes some eggs, some cheese, and some milk, I puts them into a *fondew*-pan and I *fondews* 'em." From *f. fondue*, to melt. Ed.