About the House.

Article No. 3-Meats.

(Continued.)

Last week we dealt particularly with the roasting and boiling of This week we propose to deal meat. briefly with steaks, soups, stews,

It is, for a great many people, a very difficult task to have beefsteak just as tender and juicy as desired. Usually the fault is that the fire is not hot enough. The steak "sizzles," the juice boils out, and the result is a tough, gray, unappetizing mass, instead of the rich brown article, deliciously juicy, with tints of rich pink in its depths. Occasionally, too, steak is fried to death, browned throughout, hard almost as a chip, and scarcely more digestible, Just here it may be noted that a taste should be cultivated for rather rare beefsteak, which is much more nutritious and much more easily digested than the well-cooked article.

Beefsteak should always be cut in rather thick slices, then pounded well across the cut ends, to break up the long fibres, so that the gastric juices may more readily reach them in the stomach. One authority states that the necessary tenderness may be obtained by soaking the steak 11 hours before cooking in olive oil, but this, possibly, is not a plan which will be readily adopted by people who are obliged to economize.

Having wiped and pounded the meat, then, it may be either broiled or fried. To accomplish the former, have a good fire of clear coals, place the meat in a broiler (a wire toaster will do). Sear on one side, then on the other, as quickly as possible, so that none of the juices may escape, then continue to turn frequently until cooked. According as each piece is broiled, place on a hot frying-pan, season with salt, pepper and butter, and serve as quickly as possible.

To fry steak, have the pan very hot, either dry or greased, but never "swimming" with fat. Toss the steak on and sear well on each side, then cook VERY QUICKLY until brown on the outside. Season and serve at once.

STEWS

In making stews, the meat should always be cut into small bits and thoroughly browned, along with any juicy vegetables that are to be used, e.g., onions. Next, the flour, a tablespoonful or so, should be added and browned. Then the water should be put on, sliced potato, carrot, etc., added, and the whole simmered for

two or three hours, the result being a rich brown, appetizing stew. As bits of the neck and cheaper parts of the meat may be thus cooked, stews are very economical, as well as nutritious.

SOUPS

In making soup, it is, of course, not necessary that the juices should be retained in the meat at all. On the contrary, the object now is to get them out of the meat and into the soup, hence the meat used for soup should never be put into boiling, but always into cold water. When thus treated, as will be seen, the meat itself will be comparatively useless, and the foolishness of ever using a good cut for soup will appear. The water from a "boil" is, of course, to some extent, useful to serve as a vehicle in which vegetables, rice, etc., may be cooked to form a vegetable soup; but for richer meat soups, or when the water from a boil is not on hand, soupbones, scraps, etc., of little use for anything else, should always be used.

Just here, however, we may say that soups (except when made of milk) are not very nutritious, the proportion of nutritive matter, unless when peas, beans, lentils, etc., are added in quantity, being very small. Even beef tea, when carefully made, has been proved, by chemical analysis, to contain only about two per cent. of nutritive material.

The deficiency is, of course, due to not only very easily digested, but the excessive proportion of water. For this reason, it will be seen that beef tea, soups, etc., except when by direction of a physician, should never be depended upon to furnish nutriment to the sick. A distinguished English physician has said: " All the bloodshed caused by the warlike ambition of Napoleon is as nothing compared to the myriads of persons who have sunk into their graves from a misplaced confidence in the food value of beef tea." This is probably overdrawn, but it serves to emphasize the point. Beef tea may be rendered much more valuable by adding to it the beaten white of an egg; the latter must not, however, be put in until the tea has cooled somewhat, else it will harden.

It must not be inferred from all this, however, that soups are of no value. When used in moderate quantity at the beginning of a meal, they stimulate the flow of gastric juice in the stomach, and so assist in the digestion of the food subsequently taken. For this reason, a small quantity of soup might very advisably form the introduction to each dinner

PORK AND OTHER MEATS.

In regard to other meats not yet touched upon, it may be said that pork, with the exception of bacon, is one of the most indigestible. Bacon, strangely enough is, when well crisped,

exceedingly nutritious. Mutton, cspecially if fat, is not generally considered as digestible as beef. Veal is quite hard to digest. Breast of chicken and game, sweetbread and tripe, are all very easy of digestion, and quite valuable foods. Kidney and liver are not very readily digested, except when well chewed, or minced very finely before cooking. In all cases, they must not be fried in a quantity of fat. Fat, although valuable as a source of heat and energy, when taken in moderate quantities, is, when used to excess, very bad for the digestive organs, especially when cooked at a very high temperature. In winter it may be used more freely than in summer, a rule which may apply to all the parts of meat, as well as to the fat.

We hope, soon, to give a number of ways of cooking the different species of meats which may ; ford a variety that may be appreciated for the daily menu.

The Metamorphosis of an Old Brass Kettle.

An old brass kettle? The graceful, glittering jardiniere shown in our illustration does not look much like one, does it? And yet, the body of this jardiniere is nothing more nor less than an old brass kettle, which has seen its day of pickling and preserving-and, yes, perhaps, dyeingjust as any other old brass kettle of your grandmother's or nine. With new feet and graceful handles of brass, with its dull old sides polished to a glittering brightness, it has been metamorphosed almost as much as the chrysalis that burst forth as a butterfly from the gray homespun of the cocoon.

To come down to the prosaic fact, these kettle jardinieres are becoming very popular. We were told by a friend who travelled much last summer, that she saw them everywhere, even in our Eastern Canadian cities, sometimes in residences, sometimes in art-store windows, where, occasionally, they were " put up" at the modest little price of \$35 or \$40 each. When it is considered that these old kettles were probably bought up in the farming communities for 75 cents or a dollar, the profit will appear.

So now, when some one comes along wanting to know if you have "any old brass kettles lying around," you may be reasonably sure that the sly buyer is only after your Aladdin's lamp, and if you want to have a handsome jardiniere in your own house, be careful how you exchange " old lamps for new.



An Old Brass Kettle. Photo by W. R. Marshall, London, Ont.

Quiet Hour.

The Bondage of Sin.

answered them Veri say unto you, Whosoever committeth sin is the servant of sin.-St. John 8: 34.

While they promise them liberty, they themselves are the servants of corruption: for of whom a man is overcome, of the same is he brought in bondage.-2 St. Pet. 2:19.

We hardly need our Lord's solemn "Verily, verily, I say unto you," to convince us that one who carelessly or daringly yields to the temptations of the world, the flesh and the devil soon becomes a slave, tied and bound with the chain of his sins. St. Peter's warning is a matter of everyday experiencethose who give way to sinful self-indulgence have a false promise of liberty held out to them, only to find themselves entrapped and held fast in a cruel bondage. On all sides danger-signals are displayed, beacon lights warning men to avoid the hidden rocks which are sure to make shipwreck of happiness and real prosperity. Go into the slums of any great city, and you will see these danger - signals on all sides. They are written plainly on the dirty walls of comfortless rooms, on the hardened faces of men and the bold faces of women, on the swollen features, the shaky hand and with unsteady gait of the habitaal favorite pursuit. Sin promised to make misery, which cut deeply into body and star

with worse than no parents, find the sins or power, if only he would disobey his get what they want, when they know it misery dog the footsteps of sin, refusing fool can learn by his own sad experience, but surely we are wise enough to profit by the experience of others, and avoid the breakers which have ruined their lives and shattered their hopes. But this must be done in good time. It is folly to drift pleasantly down the swift current of the Niagara River, intending to row against the stream when the rapids are nearly reached, and it is far more recklessly foolish to yield without a struggle to temptation, intending to stop the downward course before the glory of manhood or womanhood is in danger of being lost. Sowing wild oats is not a harmless pastime, for what we sow that we shall most certainly reap, and no deliberate sin in deed or word or thought can fail to leave an ugly mark on soul and body. And to yield to small temptations without a struggle is a sure way of blinding the soul to danger ahead. Does anyone think that the poor drunkard, the miserable miser, the broken-down gambler or the hardened criminal had any expectation of falling so low when he let himself drift without self-restraint. He saw the danger-signals as plainly as you do, and had no intention of becoming a slave to his downward path is paved with shame and not

of their fathers visited on their heads. conscience and God's commandments in a is displeasing to God and contrary to his eyes to the fact that shame and will I give thee," says the tempter, "if wilt fall down and worship me." It to be shaken off. Even an animal or a seems liberal payment for a small amount of service; but, too late, he awakes to find himself tied and bound with the invisible but mighty chain of bad habits. Then he probably struggles to free him sell, makes resolution after resolution to reform, but the apparently easy-going master, whom he had willingly obeyed, rises up in his true colors, and, like Pharaoh of old, refuses to let him go It is never safe to deliberately choose to do a wrong thing, thinking that it is only a small matter and you will not let it become a habit. Disobedience to our higher instincts is never trilling. That was the lie the Scrpent used suc cessfully in the Garden of Eden. He persuaded Eve that the wages of a small disobedience could not possibly be fetal. She accepted the subtle, lying logic-as many have done since—and found out that shame, disgrace, degradation and banishment followed swiftly. Is the punishment for sin too heavy in proportion to the guilt? Surely we can see in it the sternness of merciful love, the awful mercy of a wise surgeon who cuts. The swiftly and deeply to remove a deadly cancer while there is yet time. Well indeed, it is for weak humanity that the dest drunkard. Miserable, neglected children, him free, to give him pleasure, money soul. Like Balaam, those who try to precion

One must be blind indeed who can shut few triffing matters—" all these things their own higher nature, are stopped on which the soul rides. The body is holy, being the temple of the Holy Chost, and no one can indulge in the lusts of the flesh-in thought or word er dead without losing something in the matter of physical vitality and gladness of spirit Sins of the flesh, which may seem very triding such as injudicious diet or laziness in the matter of healthy evereise- bring their own punishment, as all sins do. The man cannot do his work properly mass he keep the body, through which his soul must work, in as good condition as possible. drifts along in casy self-initulgence soon incls that his will is a slave to his hompered body, and it is indeed "a perilons. These when the will gives its

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