

HOUSEHOLD.

Roast Fowl.

('Womankind.')

The good housekeeper likes to put upon her table in winter, a nicely roasted fowl, but many cooks spoil even the best of fowls in the oven. Emily Ford, the cooking expert, says that by a good cook a hen from four to six years old may be made not only as tender, but of richer flavor, than her descendants, and a practical housewife has put the recipe for so doing into every-day language for the benefit of housekeepers.

The day before they are to be served take one or a pair of old hens and stew gently for four hours, allow to cool over night, in the water in which they have been boiled, then roast in the oven in the usual way; that is, a low ten minutes to every pound, basting often with the drippings of roast beef or bacon fat, a large teaspoonful of which must be put in the pan with the chicken when first put in the oven. If young housekeepers would only awaken to the necessity of roasting fowls often, they would avoid the dry meat, that is too often found at otherwise daintily served tables.

The stuffing for fowls is also a rock upon which too many young housekeepers split, failing to realize the value of beef suet as the foundation for the same, using instead butter, which is far more expensive and much less satisfactory in its results. For a pair of chickens, take a cup of suet, finely chopped and free from strings, rub this between the hands in two cups of the crumbs of a stale loaf, a tablespoonful of chopped parsley and a teaspoonful of chopped green thyme (or in the winter dried), and pepper and salt to taste; break an egg, without beating, into this, stir with a fork to a paste, pat into balls and fill the crops of the fowls to a slightly plumpness, the remainder to be put inside. Such a stuffing or seasoning as this will be crisp yet moist, instead of the sloppy mouthful of salted and peppered bread one too often finds served as bird stuffing. For ducks and geese nicely boiled onions, well drained and chopped with sage and pepper, and salt to taste is the proper stuffing, and they must never be offered without a generous dish of tart apple sauce, the snowy whiteness of which is attained by beating in half the juice of a lemon to each quart of sauce. With chicken and game cranberry jelly is preferred by many to currant, and an easy and unfailing rule that is sure to 'jell,' as the country people say, is to boil a quart of the fruit first for one minute with a quarter of a teacupful of water, then press through a bright tin colander or coarse hair sieve, return to the fire, let come to the boil with a large breakfast coffee cup heaping full of sugar and pour into the mould. This, made in the morning, will be properly stiff by evening, and will be just in the quivering stage without being too firm.

A thick chicken soup should always be made from the broth in which a fowl has been stewed, as when this is eaten the full nourishment of the chicken is obtained. Made as follows it is one of the most delectable soups ever tasted, once tried it will be a standing favorite, and is a recipe for which a notable cook is justly famous: Melt in a good-sized agate or porcelain lined saucepan a heaping tablespoonful of butter, when boiling hot, but not brown, stir in two scant tablespoonfuls of sifted flour, add salt and white pepper to taste, then stir slowly into a quart of the broth and a pint of milk boiling hot, stir until it is of the consistency of thick cream, and should invariably be served with croutons. The last named are merely made from thick slices of a stale loaf cut into dice and thrown into deep, boiling lard to brown.

Grace at Meals.

Grace at meals is one of the sweetest and most impressive services of family religion. We have our Lord's example for it on many occasions, and if Paul could observe it in the midst of a shipwreck, there can scarcely be a domestic emergency which would justify its omission. While some would hesitate to use an extempore form of prayer, except a very short sentence, which repeated in a perfunctory manner by perhaps the youngest child present, soon loses all meaning, many would be glad to know of a metri-

cal form which could be said or sung in concert by the whole family or the assembled guests.

In the school founded by John Wesley at Kingswood, that place of 'unequaled Methodist memories,' the pupils, standing, would devoutly ask the blessing by reciting in concert the beautiful Wesleyan form, probably a translation from the original Moravian verse:

Be present at our table, Lord,
Be here as everywhere adored!
These creatures bless, and grant that we
May feast in Paradise with Thee.
At the close of the meal it was their custom to 'return thanks' in the same manner and in the equally beautiful sentiment:
We thank Thee, Lord, for this our food,
But more because of Jesus' blood;
Let manna to our souls be given,
The Bread of Life sent down from heaven.

At an orphanage in Switzerland the children recited in concert the very simple form:
Come, Lord Jesus, be our Guest, and bless
what Thou hast provided.

In his Mount Hermon School for Boys at Northfield, Mass., Mr. Moody has taught the pupils to stand and repeat the following lines as a grace before meals:

God is great and God is good,
And we thank Him for this food;
By His hand must all be fed;
Give us, Lord, our daily bread.

The influence of the 'Cottar's Saturday Night' and all that it implies is plainly in the 'Grace for Meals' which Robert Burns has written. Trustfulness and submission have here an unsurpassed expression:

O Thou, who kindly dost provide
For all Thy creatures' wants,
We bless Thee, God of nature wide,
For all Thy goodness lent;
And if it please Thee, Heavenly Guide,
May never worse be sent;
But whether granted or denied,
Lord, bless us with content.

When the Queen and Prince Consort took up their residence in their new marine palace at Osborne, on the Isle of Wight, and sat down at their first meal, the prince said: 'We have a psalm in Germany very suitable for such an occasion as this.' He then spread his hands, and devoutly quoted Sir Theodore Martin's translation of Luther's paraphrase of the One Hundred and Twenty-first Psalm:

God bless our going out, nor less
Our coming in, and make them sure:
God bless our daily bread, and bless
What'er we do, what'er endure!
In death unto His peace awake us,
And heirs of His salvation make us.
A grace at once so comprehensive and devout is suitable for any home and any meal.
—'Evangelical Churchman.'

Selected Recipes.

Salmon Croquettes.—Flake one can of salmon; rub the yolks of three hard-boiled eggs to a paste and mix well with the salmon, adding the soft crumbs of a thick slice of stale bread, with pepper, salt and

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celery salt, moistening with lemon juice. Shape into finger rolls, dip in beaten egg and fine bread crumbs, in egg again and fry in hot lard.

Herring Salad.—Pour boiling water over three small herrings, and when the skin slips off easily, skin, clean, split and pick into small pieces. Chop fine three small potatoes, or one large one, one hard-boiled egg, a sprig of parsley, and one pickled cucumber, adding a finely minced small white onion. Mix with the fish. Season with salt and pepper. Serve a dressing of beaten oil and vinegar, equal parts, and a little made mustard, or any sour cream dressing will do.

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