Pomestic Peparimeni. Three Simple Breakfasts.

BACKAGE TOART, -- POTATOPS CREAMED.

and flour rubbed together, and one of this article at two minutes' notice Serve with hot rolls

DEFENTEAR BROILED.

Try this simple way of brotting not. steak. Have the fire clear and the gridiron hot. Rub the bars with a bit of suct; lay on the steak, and if the gridiron is a double one, turn it over! several times while broiling. If it is not, you must turn the steak over, and the meat, which would allow the juices to escape. It is absurd to attempt to give you the requisite time; the state of the fire and the thickness of the meat will have to determine that. You must simply learn by experience. Given a proper fire and a steak threequarters of an inch thick, and eight minutes will suffice. Lay it on a hot dish and not until this moment will you season it. Dot with bits of but tunate as to have an adjacent pusture where mushrooms grow, in wise enough to profit by your good fortune. Peel All sorts of lovely dishes can be preter, senson and pour over the steak. I never can think of beefsteak and

LIVER HASH WITH CHEPPED POTATOES.

Cold baked or fried liver makes a: most delicious hash. Chop it very fine. Heat a little gravy, thicken with flour and butter put in the minced liver, heat very hot, season highly and garnish with buttered toast. The excellence of this will depend upon your judgment in seasoning, as indeed all minces do. It must be made tasteful before it comes to the table - Sciented.

Coffee.

Coffee acts upon the brain as a stimulant, inciting it to increased activity and producing sleeplessness; to narcotic poisons. It is also suptissues of the body, and in that way enables it to support life on less food. These effects are due to the volatile oil and also to a peculiar crystallizable nitrogenous principle, termed caffeine. The leaves of the plant likewise con- enough to take the bones out; then tain the same principle, and the inhabi-tants of the island of Sumatra prefer chop some sage fine, mix it with the an infusion of the leaves to that of the berries. Its essential qualities are also at a good fire, baste it well, make a greatly changed, the heat causing the development of the volatile oil and peculiar acid which gives aroma and flavor. Christian Cynosure.

A Dainty Dish.

Tip. palate has had much to do with the world's good and eval. If we blot out of the history of the race trolled and misguided, climinate the offects of distilled drink in all its forms, and what a great and blessed blank you leave in the story of the world's forward the work of building men's hodies into fit temples for their souls, and of destroying the craving for unnatural stimulants, and see what you have added to the world's credit side of the true and beautiful.

Cooking, according to its nature, may aid the demon or the angel side of human nature. Certainly Natan is pleased when some woman who should know better is unconsciously pushing his cause over her kitchen stove in her crude and ignorant preparations for a meal. A meal it may be, but such a one as sends its victims to the bar

of a saloon for soluce. On the other hand, the woman who lias never made a temperance zpeech, or written a temperature article, or presided over a W.C.T.U. meeting, may make the influence of her white riblion as deeply felt as either writer or speaker, or president, if she knows how to make her broad light and sweet, her butter golden, her vegetables tooth-

"Thrico armed is he who hath his quarrel

Thrice armed is the woman who in this quiet, but most effective warfare against wrong and for right can call to her ald a score of delicate, nourishing, Bearn the sausages in boiling water, dishes easily and quickly prepared by fry until cooked through then mince any cook who possesses the gift of them time and spread on hot buttered gumption. The new food material toast. This makes a delightful change called cerealine, has the valuable quality from plain fried sausage. Cut the ity of working into wholesome dishes, potatoes in thin slices; for a large and of cooking very quickly. One of vegetable dish full of these, but a pint the most nutritious and appetizing dish-of milk over the fire, and when hot es the writer has ever tried for breakstir in a tablespoonful each of butter fast or supper can be prepared with very finely minced parsely. Boil up Pour into your granite kettle a quart once, throw in the potatory, shake the of milk, and set it over the fire. Shake pan, using neither knife or spoon to into this one and a half pints of cerealavoid breaking them. Season with ine flakes. Boil one minute and pour pepper and salt, simmer five minutes. in the dish. Serve with white sugar and cream, and you have a dish quite good enough to set before an American king Lydin Strawn, in Union Sig-

Entrees and Little Dishes.

THE great secret of French cookery is the aptness their cooks display in to do this, insert the fork carefully into odds and ends that in most American making numberless little dishes out of the rim of fat, and by no means into households are thrown away, or returned to the table in such an unsightly manner that they are not tempting to any one,

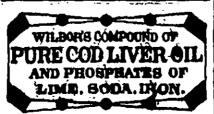
Americans as a rule do not approve of "warmed over 'food, their imagination in many instances reaching no farther in that direction than the much abused hash. I say much abused, because I contend that hash, properly prepared and served, is not to be de spised; that it can be made desirable ter and serve hot If you are so for as well as economical, and I would iccommend it as an occasional but not a

poultry, and what is not suitable for salad for instance, the dark partsmushrooms, as I used to have them in will make a meat southe or croquettes, my old country home without getting which, served with a rice or potate border -said border having graced the dinner table, perhaps—is a beautiful as well as an economical breakfast or luncheon dish.

The fashion so many people have of having nothing for breakfast but "a cup of coffee is, I believe, one of the most prolific causes of intemperance; as, if a man starts out to light the daily bittle of life on an empty stomach, he is sure to want something stimulating before the dinner hour arrives, and I have no doubt that scanty, tisteless breakfasts are the source of the craving for strong drink among such a large proportion of the working classes. The prectical inference suggested by this belief is that speech-making and pledgesigning can only effect temporary hence it is of great value as an antidote results, unless supplemented by satisfying the natural appetite by food that is posed to prevent too rapid waste in the not only nutritious, but savory and varied, Union Signal.

> To Rosst & Pio's HESD - Ingredients Half an ounce of sage, one dessertspoonful of pepper. Boil it till tender good gravy and pour over it. Apple sauce is caten with it.

PLUM PUDDING .- Ingredients -- Half a pound of beef suct, half a pound of raisins, half a pound of currants, half a pound of sultanas, quarter of a pound of mixed peel, quarter of a pound of bread crumbs, quarter of a pound of flour, one lemon, half a pound Toronto Shoe Combany, of moist sugar, four eggs, one gill of the evils evoked by appetite uncon-milk, two ounces of almonds, half a nutmeg, a little salt. Chop up the suct, wash and dry the currents, stone the raisins, clean the sultanas, taking Reliable Boot and Shoe Store, off the stalks, cut up the peel, blanch want, woo and sin. Put into that and chop up the almonds. Put the blank the story of what good food flour into a basin, and rub the suct inflour into a basin, and rub the suct inproperly prepared has done in helping to the flour with your hands, sprinkle in a little salt, add the crumbs, curand mix all well together. Grate in half a nutmeg, the rind of the lemons, and add the almonds. Put the eggs into another basin, stir to them the milk, and mix with them the fruit, taking care to mix all these ingredients very thoroughly together. Turn the pudding into a mould or floured pud ding cloth, put it into boiling water, and let it boil for five or six hours.



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