

## HOUSEHOLD.

## Hints For Girls Making Visits

When the note of invitation from your friend arrives, the first thing to do is to answer it, setting the day and the train when she may expect you. She probably mentioned the first in her invitation, and enclosed a time-table so that you might select your train. Having decided on this, keep your engagement. Do not allow a slight inconvenience, or an invitation elsewhere, or a caprice, to let you change your plan. Go when you are expected, and stay as long as you are asked to stay. An invitation usually mentions whether your friend would like you to come for a week, or ten days, or a fortnight, or it may read thus: 'Please give us the great pleasure of a visit from you. Come on Friday afternoon and stay until Tuesday,' or on 'Monday, and help us celebrate Louise's birthday, which occurs on Tuesday; we will hope to keep you with us until Friday.' It is very much pleasanter to know for how long you are invited than to have it left uncertain; but when no time is mentioned, one takes it for granted that a week will cover the period of the visit.

A girl will find her pretty travelling dress, with a jacket, and a neat little hat, suitable for walking, driving, and sight-seeing while away from home. She must be sure that her boots and gloves are in dainty order, without missing buttons. For use in company, afternoon teas, evenings, little gatherings of friends at dinner, or any fete to which she is invited, a pretty waist of silk or chiffon and a skirt of silk or fine wool will be appropriate. In packing waists use plenty of soft white tissue-paper, so that they will come out uninjured at the journey's end. Your mother will provide you with a simple evening gown, if she thinks it needful, and a girl never looks sweeter than in simple white muslin or in a white gown of some sort. With the white gown must be white shoes, and house gowns of all kinds need dainty foot-gear.

Now then forgive me, but when going on a visit never omit your night-gowns, changes of underclothing, stockings and handkerchiefs in abundance. A lady is never unprovided with enough of these essentials. Take your own comb and brush, your tooth-powder, tooth-brush, cold cream and all the little toilet accessories which you like to have at home. Supply yourself with pins, the common kind and the sheath kind, and have your needle and threads in case of a rent to be mended.—Harper's Round Table.

## Walking For Health.

To derive benefit from the exercise of walking, it is necessary to walk with a light, elastic step which swings the weight of the body so easily from one leg to the other that its weight is not felt, and which produces a healthy glow, showing that the sluggish blood is stirred to action in the most remote veins. This sort of walking exhilarates the whole body and produces healthful fatigue. To lessen the fatigue of walking up-stairs, step leisurely and hold the body erect.

The following is taken from 'M'Cheyne from the Pew:—'In the city of Alexandria, in Egypt, a lady happened to be staying at one of the hotels there. Something had irritated her, and she launched forth against professing Christians as just a lot of hypocrites. She would not believe any of them. They would cheat wherever and whenever they could. "Well," said one who was patiently listening to this tirade, "did you never, in all your life, see one Christian, one follower of the Lord Jesus Christ, you believed in?" There was a pause. Then the lady, in a calmer voice, said, "Yes, I saw one—a man—a minister in this hotel—a tall spare man from Scotland. He was a man of God, I watched him, and felt that he was a genuine Christian. His very look did me good." That minister was Robert Murray M'Cheyne. His holy, consistent life was telling in that hotel among people he had never seen before, and many whom he would never see again. Christianity thus lived tells.'

## Savory Items.

Instead of roasting the whole of a leg of mutton, we cut off about six inches from the end, trim off the meat and treat it like the veal; but instead of carrot and parsley and tapioca, we seasoned the mutton with a cup of strained tomato and a cup of parboiled macaroni.

The mutton is taken from the stew before serving, and made into croquettes, or added to a tablespoonful of flour browned in a tablespoon of butter and a cup of boiling water, thus forming a savory mixture to be served on slices of toast.

But our best stews are made without any regular 'soup bone.' In ordering beef, veal or mutton steak or chops for a family of five, one-fourth of a pound extra is bought. This amount is set aside raw with such bones as can be cut out, and bits of grisly lean and of fat. Add also all that remains on the platter and in the gravy boat. Brown the raw meat in hot butter, and if it is beef, also a finely cut onion, pepper and salt to taste; add two quarts of warm water and a cup of mashed or creamed potatoes; plan to have this quantity left at the meal before the stew is made. Sliced potatoes parboiled may be used, of course, but the others are much better. A little Worcestershire or home-made Chili sauce gives a pleasant added flavor to this beef steak stew.

The processes for making stews which have been described, each result in a savory and satisfying dish very different from the rank or insipid combination of a big raw soup bone with water and raw vegetables. The main point of difference between a good and a poor stew lies in that word 'raw.'

Half the quantity of meat first browned in butter will give not only much more of the meat taste but a far better flavor than the raw soup bone commonly used. Secondly, adding raw potatoes, carrots, rice, macaroni or tapioca to stew imparts a pasty, disagreeable taste. This is from the raw starch, freed in the first stage of boiling. Hence the need for pouring away this starchy water, so that the parboiled vegetables can give their proper flavor to the stew. They should be put into plenty of boiling, salted water, and when half done drained in a colander, and cold water poured on. This keeps the separated parts from mushing up, that is, leaves the little pipes of macaroni and kernels of tapioca and rice whole, though tender.

Long and gentle boiling for several hours is needed to extract the goodness of the materials of a stew into the water, and render it rich and appetizing. Of course, the parboiled vegetables should not be added until about an hour before the stew is done, or they would be overdone.

Different vegetables and meats may be combined in a great number of ways; but as parsley and carrot are pungent, and veal has little distinctive flavor, they supply this lack. Or, with your veal use the cut up tops of a bunch of celery, and instead of tapioca, a cup of boiled peas, mashed fine.

Beef steak, being rich, is best supplemented by neutral potato; with onion and Worcestershire sauce for zest. Mutton, being so greasy, needs the counteracting acid of tomato, and nothing combines better with tomato than macaroni, though rice makes a close second.

A little celery seed adds a pleasant flavor to any stew, and some milk and cream never come amiss, added just before serving.

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Corn is apt to be hard and tasteless if put in whole kernels. Crushed first in a vegetable press, it is good, as are also beans treated in the same way. All gravy, except, of course, that of fish or ham, adds much to the richness of stew, and 'little dabs' so often thrown away should be saved for the stew dinner, which by a little planning and painstaking may and should be rescued from its undesired unpopularity.—Clara Porter Colton in 'Christian at Work.'

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