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JOHN KILLAM,  
North Kingston, N. S.

## The Home

Steady Effort.

The value of systematic, steady effort in accomplishing the tasks of the household cannot be overestimated. The fable of the slow tortoise who overcame the swift hare applies in this case, as it does in so many others. Nothing is gained by rapid spurts of effort, because everything is lost by the nervous exhaustion that follows such work. The reason why so many women fail to accomplish their household work without suffering physically from it, usually is because they have not yet learned to do it in the simplest and most methodical manner. We have only recently learned to economize effort by doing all work of one kind at one time. In our factories and other places of work it has been found that there is a large gain in time by keeping employees each engaged in one portion of the task to be done. Not only do the workers thus become perfected in doing the special parts of the work assigned to them, but they do not lose time and nervous force by changing the work from one part to the other, as old time workers, who made an entire garment or accomplished any other piece of work in all its minutiae. Work that runs with the smoothness and system of a machine is not as exhausting as work done by starts, or, as housekeepers expressed it in old fashioned language, by "fits and starts."

The housekeeper who has so learned her business that it has become a second nature who calmly takes up the various parts of her tasks, doing each one in turn, as it should be done, does not become a nervous invalid. Above all things, the systematic housekeeper avoids dropping one task for another unless it is absolutely necessary to do so. There is a great deal of justice in the much criticised complaint of the poor servant who objected to being called away continually from one task to another, so that she never knew what her work was. The mistress who thus adds to her maid's burdens is not only a foolish manager, but a very unpopular person with help of any kind. With all deference to the mistresses' rights to respect, we do not hesitate to say a mistress cannot command as she should the respect of her household if she is unpopular. It pays to be just with household help. It pays to give them the chance to do their work in their own way. It pays, likewise, to be just to yourself, and to do your own work in a systematic manner, so as to save effort. A fidgety woman uses two or three times as much nervous energy in doing her work as a calm, deliberate worker, even if she has no untoward accidents to recover from, as she frequently has. The nervous worker invariably allows too little time for necessary work, and attempts to do things that are unnecessary, so that, like the hare in the fable, she is beaten in the race by the deliberate housekeeper, who never plans to do more than she can, and, like the steady, slow tortoise, persists until it is all successfully accomplished.—Sel.

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### A Cold Roast Chicken.

A French chafroid of chicken is literally a cold roast chicken, but is quite a different dish from the remnants of a dinner of the day before, served without garnish or grace of appearance. The French cold roast is not always an accident of leftovers. It is often roasted, or, better still, braised carefully for the occasion, though the chicken left from a dinner may be served in this way. To prepare this dish remove the skin from all parts of the chicken as soon as it is cold. Cut it up into neat joints and trim each into shapely form. Place them on a platter while you prepare a sauce. To make this sauce prepare some "velvetlike" white sauce. The adjective is the cook's way of describing the best of white sauces. Melt a teaspoonful of butter in a frying pan and add two teaspoonfuls of flour. Stir well, but do not let the mixture brown. Thin it with a cup of good veal or chicken stock. The gravy in which the chickens were braised will do if strained. Add to the sauce a spray of parsley, half a small bay leaf, a tiny sprig of thyme and a small bit of celery stalk; salt and pepper, and, if con-

venient, add one or two mushrooms and two tablespoonfuls of water. Let the sauce simmer slowly for about three-quarters of an hour. To half a cup of this sauce add half a cup of cream and a cup of stiff jellied stock. Simmer this sauce until it is reduced to one-quarter its former measure—that is two say, half a cupful. If stiff jellied stock is not on hand, make a jelly by using a quarter of a box of English gelatine which has been soaked for two hours in three tablespoonfuls of cold water, and also a cup of rich, seasoned stock. For the latter a cup of the gravy in which the chicken was braised will do in this case, as it did for the other stock, providing it is strained. This cup of stock must now be added to the half cup of the velvet sauce prepared and half a cup of cream. The mixture must then be reduced to half a cupful. The soaked gelatine should then be added, and the mixture should be strained. Cool the sauce, but do not let it form. Dip each of the chicken joints into this sauce, coating them evenly, and put them on a wire gridiron to form. When cold they should be well glazed. Pile them in the centre of a platter. If there is any sauce left, melt it out by setting the dish containing it in a pan of hot water, and pouring it over the pyramid of chicken. If the sauce is melted out without heating it it will form the moment it is poured over the pieces of chilled and glazed chicken. But if it is hot it will melt the glazing already on the meat. Ornament this pyramid of chicken in any way that presents itself.

A picturesque way to garnish it is to arrange a border of stewed and stuffed olives around the side of the platter. As such stuffed olives may now be procured ready stuffed, their preparation does not take undue time. Inside this border and against the chicken arrange slices of seedless red tomatoes, alternating with tufts of watercress dressed with vinegar, salt and pepper, or lettuce dressed with oil, vinegar, salt and pepper. Serve a muslin sauce with this dish. This is a delicious as well as an ornamental sauce. Whip up a gill of aspic jelly. This can be made from the gravy of the braise when the sauce used to coat the joints is prepared. It should be whipped until it is stiff and frothy. Add a gill of stiff mayonnaise to it and a gill of stiffly whipped cream. Add a dash of cayenne pepper, a pinch of salt and a desertspoonful of tarragon vinegar or any delicately flavored salad vinegar. Whip the sauce well and chill it on ice. Serve it in a boat with the chicken, or pour it over the chicken.—Ex.

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### Crumbs of Bread.

Crumbs of bread are always valuable in breading chops and other meats for frying to spread over scalloped dishes, fried meats, fish and for other purposes, as well as for puddings and sweet dishes.

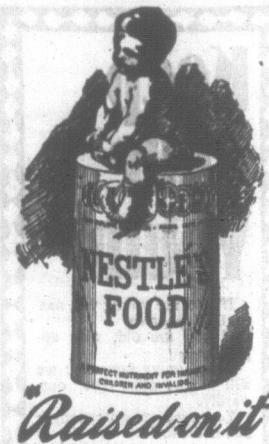
The secret of preparing these crumbs so they will keep indefinitely without mould is to dry them so that all moisture is removed from them. Spread the bread on a tin in the warming oven under or above the stove, as it is located, and after it is perfectly dry roll it out and sift the crumbs. Roll out those that will not go through the sieve, and roll and sift them again until there is merely a handful of crumbs in the sieve. These few coarse crumbs are valuable for frying in butter, when used to scatter over macaroni, noodles and other pastes prepared to serve with meats. For puddings dried crumbs should have boiling milk poured over them, and they should remain soaking in the milk for half an hour or longer until the milk has cooled, when eggs, raisins or fruit is added and seasoning is put in. Such puddings are excellent baked slowly or boiled in a form. For stuffing the soft crumbs inside a loaf of stale bread are used instead of dry crumbs. Dried crumbs make sweeter puddings. Toasts for use as a garnish to soup or to serve with game or chicken should be cut up in ornamental shapes in quantity while soft, dried thoroughly and stored away in boxes for use when required. When needed, brush them over with melted butter and brown them in the oven or fry them a delicate brown in hot fat.

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156

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