

About the House

Useful Hints and General Information for the Busy Housewife

Can You Make Gravy?

It is really amazing how many fairly good cooks fail in the simple art of gravy making, who, instead, serve up insipid greasy brown water that really spoils the meat. Yet it is the easiest thing in the world to make well and add immeasurably to the pleasure of a meal.

Real gravy is the juice from the meat which runs out in the course of cooking, so it is a very valuable part of the food and should not be wasted on any account.

To make these juices really nice, seasoning must be added, and in some instances a slight thickening is correct.

Gravy for roast beef, mutton or lamb should be unthickened, and the best way to make it is the following: Put any trimmings, such as gristle or odd rough pieces from the meat, in a small pan and simmer while the meat is cooking. They will make very good stock.

When the joint is cooked lift it from the baking tin on to a dish and keep it hot in the oven.

Then pour the hot drippings from the tin into a clean jar. Do this very steadily, so that all the brown part remains in the tin. Put the tin over the fire and pour into it the cupful of hot stock you have got ready, or any other you may have. If you have no stock you must use boiling water. Then, with an iron spoon, scrape well over the tin, and you can also scrape the bars of the grate, if one has been used, as the meat always leaves some of its brown covering on them. It all helps to color the gravy.

Let the gravy in the pan boil well, and if there is any fat skim it off.

Season with a little pepper and salt, and if it seems too pale in color add a little brown salt or caramel.

Strain a little round the joint, but do not put much, or the carver will splash it over when serving. Strain the remainder into a really hot tureen or sauce-boat, and send to the table as hot as possible. Nothing is more disagreeable than tepid gravy.

Gravy served with poultry, veal and pork is usually slightly thickened.

Pour off the dripping as before, but leaving a little behind in the pan. Stand the pan over the fire and shake into it about a teaspoonful of flour and stir well into the dripping till it becomes a good brown color, but do not allow it to burn.

Then add the stock and boil up scraping the tin well. Skim away any surplus fat, add pepper and salt, and strain into a hot tureen.

Selected Recipes.

Children like fruit drop cakes for their school lunches. Beat the yolks of four eggs until thick. Add the grated rind of one-quarter of a lemon and one teaspoonful of lemon juice and beat again; then work in gradually one cupful of ground nut meats and one cupful of fine-chopped dates. When thoroughly beaten stir in the stiffly whipped whites of the eggs and two tablespoonfuls of whole wheat flour. Drop by small spoonfuls on flat greased pans and bake in a moderate oven.

Peach Cream.—Two tablespoonfuls granulated gelatin, one-half cup cold water, one-half cup boiling water, one pint crushed peaches (or apricots, if preferred), the whip from one pint of cream, one-half cup sugar. Soak gelatin in cold water, dissolve in boiling water. Add fruit and sugar, stir until mixture begins to thicken. Cut and fold in the whip from the cream. Line a mold with halves of apricots or peaches, pour in cream mixture. Chill, garnish with beaten cream and halves of fruit.

Pineapple Marmalade.—Two pineapples, one basket apricots, six large oranges, eight pounds sugar. Shred the pineapples, wash apricots, cut into halves without removing skins; cut oranges into small pieces, carefully removing rind and thin white skin. Put in preserving kettle pineapples, apricots, oranges; add sugar; let simmer until fruit is clear and forms a jelly substance. When cold put into glass preserving jars.

Unfermented Grape Juice.—Wash grapes and pick them from the stems. Mash the grapes and squeeze gently through cloth. Have sterilized bottles prepared. Into these put the juice, but do not fill quite to the top, then cover lightly. Place a cloth in the bottom of a kettle and fill about half full of water. Set bottles into the kettle and put on to boil. When the boiling point is reached remove the bottles and set them in cold water. (When placing the bottles put them into the water with a slanting position or they will break.) Repeat the process for three successive days, and the last time seal well.

Mexican Relish.—Thirty-six green tomatoes (medium size), five large onions, five green peppers, one cup sugar, three cups vinegar, two tablespoonfuls salt, one teaspoon cloves, one teaspoon cinnamon, one teaspoon allspice, one teaspoon white mustard seed. Chop tomatoes and onions fine, cover with the salt, let stand overnight; in the morning pour off the brine, add all the other ingredients but peppers; after cooking ten minutes add the peppers, chopped fine.

Let boil one hour. This relish will keep without sealing.

Apple Flame.—For eight apples use two cups sugar, one cup water, raspberry jam, little rum or brandy and one cup beaten cream. Pare and core apples, boil sugar and water together ten minutes, arrange apples in buttered baking dish two inches apart, add syrup, cover and bake until apples are tender. Be careful to preserve shape of apples. Remove from dish, boil syrup until thick, fill cavities in apples with jam, pour syrup around them, and just before serving pour over them rum or brandy. Light and serve. The apples are delicious without the rum or brandy served with a little whipped cream. Some housewives add chopped nuts to jam in filling.

Preserved Quince.—Pare and quarter the quince, remove the core, and take equal weight in sugar. Cover the quince with cold water and let them come to a boil slowly. Skim and when nearly soft put one-quarter of the sugar on the top. When this boils add another part of the sugar, and continue this way until all the sugar is used up. Let them continue to boil slowly until the color is either light or dark, as you prefer, or, another way, is to cook until tender, drain and put in a stone jar, with an equal weight of sugar, and cover. They will keep fully perfect. They will be found more tender than when cooked in the syrup. Watch the first month to see if there is any sign of fermentation. If so, heat by setting stone jar in hot water until thoroughly scalded. In cooking quince one may add equal parts of sweet aple, which makes an excellent preserve.

Household Hints.

Use a clothespin for scraping pants, etc.

Bread, cheese and fruit make a perfect lunch.

Cream puffs take twenty-five minutes to bake.

Cheese soup is much more nutritious than any other kind.

Muffin and cake batters require half as much liquid as flour.

Yeast bread is as a rule reckoned more wholesome than baking powder bread.

Peppers can be stuffed with almost any thing that is well seasoned and savory.

Asparagus prepared as usual on buttered toast and with grated cheese scattered over it is often a pleasant change.

Mashed summer squash should always have a pinch of sugar stirred in with the butter, pepper and salt used for seasoning.

When putting away the fatirons, if the house is to be closed for any length of time, take the precaution of rubbing them over with a little lard; then there is no danger of their rusting.

A brilliant polish may be given to brass door fixtures ornaments, &c., by washing them in alum and lye. Make a solution by boiling an ounce of alum in a pint of lye and wash the articles in it.

It is a good plan to suspend from a nail on the kitchen wall, a pad and pencil. During the cooking, when any article of food is nearly used up, jot it down so when you make up your order, nothing will be forgotten.

To make a sofa pillow that will be almost as fluffy as though stuffed with goose feathers, use cotton that has been torn in bits and thoroughly heated in an oven. It will not pack or get hard if it has been heated enough.

GERMAN FOOD SHORTAGE.

Fear Situation Will Be Made Excuse to Keep Captives Hungry.

Considerable alarm exists over the possible consequences to British prisoners of war in Germany because of reports of food shortage there, received from sources generally regarded as reliable.

While he was unable to give a definite confirmation of these reports, Lord Robert Cecil, Minister of War Trade, discussing the reported food shortage in Germany, said:

"I am so impressed by the reports of a food scarcity, that I trust the existence of such a condition will not be made an excuse by the Germans to cut down the necessary food of their war prisoners. For such an action would produce a terrible storm of indignation in this country, greatly increasing the bitterness of the struggle—the most bitter in history."

Canadian Timber Values.

According to a recent Commerce Report the values of the various classes of timber produced in Canada in 1914, together with the values of the forest products, total \$176,672,000, being divided as follows: Lumber, lath and shingles, \$67,500,000; fire wood, \$60,500,000; pulpwood, \$15,500,000; posts and rails, \$9,500,000; cross ties, \$9,000,000; square timber exported, \$400,000; cooperage, \$1,900,000; poles, \$700,000; logs exported, \$850,000; tanning material, \$22,000; round mining timbers, \$500,000; miscellaneous exports, \$300,000; miscellaneous products, \$10,000,000.

THE SUNDAY LESSON

INTERNATIONAL LESSON
JULY 23.

Lesson IV.—Paul At Corinth.—Acts 18. 1-22. Golden Text Acts 18. 9.

Verse 1. Corinth.—The chief commercial city of Greece, and still notorious for profligacy.

2. Jew.—It seems to be suggested that he and his wife were not yet Christians; more economical conditions in daily work gave them an obvious motive for joining together. Priscilla.—Except here and in I Cor. 16. 19, she is always (four times) named first—a very unusual practice, suggesting that in birth, or more probably in brains and character, she was the "better man." The conjecture that she wrote the Epistle to the Hebrews has everything to recommend it. Less than two centuries later, Origen declared that only God know who wrote it; and a woman's authorship best accounts for the suppression of the name needed in 13. 28. She was evidently a commanding personality, and we may well believe her capable of such a work. The Book of Humanity is hardly complete if there is nowhere a woman's hand! Claudius.—Emperor A. D. 41-54. "He expelled the Jews from Rome for perpetual riots, under the instigation of Christus," says Suetonius, his biographer; and it is generally believed that this is a muddled notice of Jewish persecution of those who declared Jesus to be "Christ"—a name the Romans could not understand. The Jews were soon back again (see Acts 23. 15).

3. Paul had a trade, though a well-to-do man's son, for the rabbis laid down the healthy maxim that one who did not teach his son to work taught him to be a thief. He came to need it when his father cut him off on his becoming a Christian, according to the probable conjecture noted earlier. The industry was a staple one at Tarsus, whose special breed of goats supplied the material for weaving this coarse cloth. We can picture Paul talking to his workmates through long hours of manual labor, and rewarded by the winning of his most valued helpers.

4. Sought to persuade.—Or pleaded with; the margin is important, and ought never to have been excluded.

5. See note on verse 15, Lesson Text Studies, July 2. Constrained.—The word of 2 Cor. 5. 14. The verb is in the continuous tense, but it seems to describe a new campaign of evangelism which began when his comrades returned. Their report of work done in Macedonia may well have kindled him afresh, after the deep discouragement under which he began his ministry in Corinth (1 Cor. 2. 3). No wonder he felt it acutely, as a genius and a scholar, when he was cut short with jeers in the intellectual metropolis. He could only devote himself to necessary toil for daily bread, and a seemingly unsuccessful weekly argument in the synagogue. The coming of his friends gave him new courage and zeal. Compare 2 Cor. 7. 6. It is always well to remember that Paul was very human, and liable beyond most men to suffer under emotional strain.

6. Reviled (margin)—So read. Your blood [is] upon your own heads.—So read. The words are a solemn declaration, not a curse.

7. Apparently Paul left Aquila's house, not because of disagreement with him and Priscilla, but because the move to a Gentile lodging, conspicuously near the synagogue, would bring home to the Jews the significance of his action. The next verse shows that there was one prominent Jew at least who took the warning. Titus—Read Titus, a surname (nomen), not a prenominal, or "Christian name," as we should call it.

8. Crispus.—He and Gaius and the family of Stephanus were the only Corinthians whom Paul personally baptized (1 Cor. 1. 14, 16); compare note on verse 48, Lesson Text Studies for April, 16. Believed the Lord (margin)—That is, believed the gospel to be true.

9. That the Lord Jesus vouchsafed him a special message of encouragement is a fresh sign of the depression under which he was suffering. (Compare 17 Cor. 2. 3.)

10. So Paul's "fear" at this time was partly of personal violence, but more of another failure, discrediting the gospel. Much people.—The latter word is especially used of God's own "people." Compare 1 Pet. 2. 10.

11. During this time he is usually supposed to have written the two letters to Thessalonica.

Striving to Please.

"John," said the minutely observant woman, "didn't you forget to tip the waiter?"

"No, I attended to that right at the start. I handed him all the money I can afford to spend and told him to take his tip and then bring us something to eat with the change."

Sure Sign.

"Harold isn't doing so well in school as he did."

"Did the teacher say so?"

"No, but the boys have quit teasing him about being teacher's pet."

Freedom is the very essence of humanism as it is the very essence of the gospel.—Henry Mills Alden.

THE FASHIONS

Fashions in Summer Fabrics.

Summer finds us very much inclined towards stripes, in linens, pongees, tussahs, voiles, crepes and the various imported and domestic novelty cottons. The ground of these materials is usually white, or the natural crash or linen color, and the stripe, either a vivid or a soft tone, according to the purpose of the frock, or the fancy of the wearer. These striped materials are usually combined with a plain fabric, corresponding with the color of the stripe, or the ground. On the Russian blouse models, and the other designs, Norfolk, and the various peplum models, now so well liked, the striped silk or linen is used for the



Plain and Blocked Voile Taffeta Trimmed

coat, and the plain for the skirt, or vice versa.

Another Find in the Upholstery Department

Last summer we took crumpon from the upholstery department and transferred it in great quantities to the dressgoods counter; still on the lookout for novelties, we discovered this season, that the plain and striped cotton and linen homespuns, intended for summer cottage furnishings, were charmingly suited to sports suits and skirts, being especially practical for those which require a bit harder wear than the ordinary linen or silk garment will stand. These also have the natural crash and linen grounds, and are striped in the same tones, barring the softer shades. The black and white combination is especially smart, and there are bright green, purple, orange, and a wide choice of the other bright shades which are so much in favor for sports wear. This material is wide and inexpensive. One especially effective suit developed in this homespun has a plain crash-color



Flowered Organdy with Georgette Collar

skirt, combined with a black and white striped coat. The pocket flaps on the skirt were of the striped material and collar, cuffs, pocket flaps and belt of the Norfolk coat, of the plain.

Combinations of Figured and Plain Materials in Lingerie Frocks

As we combine stripes with plain materials in our sports costumes, so do we combine figured with plain fabrics in our lingerie and tub frocks, both for grown ups and for small girls.

There are sprigged and dotted dimities, embroidered and printed voiles, flowered organdies, embroidered muslins, and batistes, each with its corresponding plain material, to be combined in the slip-on blouses, Russian, and numerous other smart peplum designs. The flowered dimities are especially pretty for the very small girl, and many a tiny frock of

rose-bud and white dimity trimmed with frills of Valenciennes lace and insertion, is being displayed in the smart shops, for the little miss of two or three summers.

The flowered, printed or embroidered crepe and voiles are very pretty used this way, and there are printed silks being combined with plain tafetas and satins, in the same way, for afternoon frocks.

Handkerchief Linen for Blouses

For blouses, both of the sports type and the more dressy models, the striped and figured handkerchief linens are modish. These have usually whitest grounds with colored stripe, flower, or conventionalized pattern. The stripes are much more in evidence than the figured linens. For the costume blouse Georgette crepe is the general favorite. In white or the soft tones of pink, blue, café au lait, Nile green, and the various other pastel shades, this material washes perfectly; the dark tones are excellent and are practical for the tailored suit, being selected to harmonize, or match the shade of the suit.

Linen and Georgette are often combined most effectively in the smart afternoon models for country club and like wear. One unusually attractive costume shows a Russian blouse of mauve color Georgette worn with a full, short skirt of mauve linen; another imported model, made on Russian blouse lines, shows the novel combination of foulard and muslin; the blouse is of the muslin and the skirt of foulard.

Trimmings for Lingerie Dresses

Much narrow Valenciennes and flet lace edging and insertion is used to trim the dainty muslin and voile dresses this summer. It edges the frills of bodice and skirt, finishes the collar and cuffs, joins the seams, or is applied in any way that strikes the individual fancy. Embroidery is another strong trimming feature. Scarcely a blouse or tub-frock but shows a frill of white or colored handwork on collar, cuffs, belt, or at the closing. Novelty buttons, embroidered or stenciled, lend a touch of effective color to the dark linen or serge frock, and light crystal buttons add a pretty finish to the voile and crepes.

These patterns may be obtained from your local McCall dealer, or from The McCall Co., 70 Bond St., Toronto, Ont., Dept. W.

THE BRIGHT SIDE OF LIFE.

With all its cares and woes,
The disappointments grim
And all the grief it knows,
The hopes, far off and dim,
With all its bickering small,
The hours of hateful strife,
There's something after all
That makes a joy of life.

There's something every day
Or so it seems to me
That truthfully I say
I'm glad I've lived to see.
Despite the care and pain,
The heartache and the tear,
The sun comes out again
And I am glad I'm here.

There have been times I thought
The end of joy had come,
That all in vain I'd wrought,
And sick at heart and glum
I've heard the robin's song,
The baby's prattling voice,
And that I've lived along
To hear them I rejoice.

It's all worth while, I find,
Each burden that I bear;
The tears that come to blind,
The dreary hours of care
Depress me for a time,
Then splendid joys appear
And life becomes sublime
And I am glad I'm here.

"THE QUEST OF THE ETERNAL"

The Creator of Man is the Firm Support of All That Exists.

"I have set the Lord always before me."—Psalms, xvi., 8.

The determination to have the Lord ever before his eyes occurred to the ancient bard only after a variety of experiences during a life of trial and hardship. From the context we may learn that the utterance was not due to a mere formal expression of a pious sentiment, superficially felt.

Many a one, like the Psalmist, after a career of suffering is compelled to arrive at the same conclusion, and proclaim his faith in the Lord as the only satisfying and comforting result of his thoughts.

Everything in the universe, so far as man can see, is shifting and changing. Existence and transmutation are ever linked. Birth, growth, decay and death mark the history of the organism on earth.

Unreliability of Man.

Amid all this uncertainty in which the planets revolving in their orbits, organic life on the earth and all things else have a part, the individual man may well pause in confusion before assuming and well defined attitude toward the universe of phenomena. Would he venture out of the safe harbor of childish thoughtlessness he would encounter the restless and resistless turmoil of the ever moving ocean. Would he build his house that is to stand as a perpetual monument of his might and power of construction, then the apparently firm foundation of his skill and ingenuity is found to be resting upon sand, which sooner or later, shifting its position,

HEALTH

Malaria.

A few years ago, before we knew that malaria was always caused by the bite of a mosquito, people used to attribute every fleeting indisposition to "a touch of malaria." We know now that we cannot have a touch of malaria without the touch of the insect that carries it; but the phrase is a convenient one, and the belief in it dies hard.

It is quite possible to mistake other things for malaria, and when there is any difficulty in making a diagnosis a microscopic examination of the blood should be made. The characteristic malarial parasite will be found if it is that which is making the trouble. The sufferer may have typhoid fever or tuberculosis or some septic condition of the blood. If so, it would be a pity to waste valuable time making guesses at a diagnosis that the blood examination would make certain at once.

Malaria yields to proper treatment, and is not often fatal, especially in nontropical countries. The disease is most likely to attack the very young or the very old, those who have not had time to become acclimated to a new place of residence, and those who live in hard circumstances—such as the poor and soldiers in trenches.

Malaria is one of the disorders that we know how to prevent. We must destroy the mosquito that carries it, and until that is done we must try to keep it from getting at human beings. The Anopheles mosquito usually bites between sunset and sunrise, and it is at night, therefore, that we must be most careful. The best way is to have our houses and porches thoroughly screened. Sleeping in the open air is a good way to keep the Anopheles. It is not enough to screen the windows, for the insects may gain access somewhere else, and then the bedroom will become merely a trap to keep them in. Windows and doors and chimney openings both upstairs and down—nothing must be forgotten.—Youth's Companion.

Takes Thirty-Six Bites.

A good deal of cheap fun was poked at Gladstone some years ago in consequence of a statement which he made, that before swallowing his food he invariably gave every particle 36 bites, says London Answers. But it was evident, even to the humorists, that the "Grand Old Man" owed much of his splendid vitality to his careful mastication. His words seemed many funny things.

By the way, in which people who ought to know better "bolt" their food, one might fairly infer that they believe their stomachs to be constructed on the same principle as that of a lobster, and contain teeth to facilitate the process of digestion.

Experience has shown that when food is properly masticated about a third less is required than when insufficiently dealt with by the teeth. What happens is that by effective chewing much more nutriment is extracted, and therefore less food has to be eaten, a desirable result now.

Every time a man starts in business for himself he learns a lot of things he would rather not know.

An Irish Proposal.—She—"I love Ireland. I think I was meant for an Irishwoman." Pat—"On the contrary, I think you were meant for an Irishman."

One Infinite Existence.

"I want, I need, I must have, the immutable, Eternal Rock that will not fail me and to which I may cling in my adversities and always!" is the cry of the uncertain, tortured spirit of man.

"Eureka!" comes the final exclamation after many attempts to discover the one element needed to resolve man's doubts and to answer his anxious inquiries. It is the one Infinite Existence, the Rock shielding and protecting. Then, through troubles, though waves threaten, storms rage, despite wickedness of men, even when the now enlightened soul is set to exclaim with the Psalmist, "The Lord is always before me."—Samuel Greenfield.