

which it were quite as well not to admit to the nursery. Unless the story is of a soothing nature it should not be related just before the child goes to bed. This is not a good time for stories, especially with sensitive children. The stories are apt to awaken the imagination and leave the brain too active, with the result that sleep is slow to come and likely to be restless and disturbed. Stories that arouse fear should be avoided. However, what will frighten one child will not so affect another. To the child who has never experienced the sensation of fear, stories very seldom awaken the emotion, but if, on the other hand the child has been frightened it is necessary to be very careful not to stimulate that emotion, for there is no other that has such a blighting effect on a child. The child who has never been taught to fear bugaboos, ghosts, hobgoblins, bears and other terrors that are permitted to disturb children's minds, will not be oversensitive about these things in stories, but if he is it is well to make him understand that such things do not happen to children now. Such fears have been known to be productive of very serious results both physically and mentally, and the child should be most carefully guarded from them.

Another point to be considered is the ending of the story. I always make the story end pleasantly. I cannot see my little girl depressed and troubled by a sad ending. Children are serious in their interest in the story. I hope the mothers of this corner do not frighten their little ones by telling them something awful will get them if they are bad. I spent many a night when a child with covers over my head to keep the big black man from finding me.

RECIPES.

The prize this month is awarded to Mrs. J. Shenleigh for the most recipes for cooking meat. In the next issue a prize of a cook book will be given for the most recipes for sauce. Send in your recipes before the 5th of January. (Editor.)

Chopped Steak

Put two pounds of lean beef through a meat-chopper; add two level teaspoonsful of salt and a saltspoonful of pepper; mix thoroughly and form into one large steak. Broil slowly over a perfectly clear fire or in a hot pan; cook on one side, then turn and cook on the other for about ten minutes. Dish on a heated plate, and put over it a tablespoonful of butter and a tablespoonful of chopped parsley, or serve with tomato sauce.

Stuffed Breast of Mutton

Make small pockets in a breast of mutton and fill them with chopped celery; place it in a baking-pan, dust with a tablespoonful of salt and a saltspoonful of pepper. Add a cupful of water and bake in a quick oven for twenty minutes, then more slowly for one hour. Serve with brown sauce.

Creamed Chipped Beef

Chip a pound of dried beef very thin and pull it apart in small pieces. If it

is very salty soak it in boiling water for fifteen minutes. Put two table-spoonfuls of butter in a frying-pan; add the beef and stir over the fire until thoroughly heated; then sprinkle over it two rounded table-spoonfuls of flour; mix and cook. Add half a pint of stock and half a pint of milk. Stir until boiling. Add a teaspoonful of kitchen bouquet and a dash of pepper. Take from the fire and add the yoke of an egg beaten with four table-spoonfuls of cream. Heat quickly and serve in a deep dish garnished with toast.

Beef Olives

Cut a very thin slice of round of beef in strips four inches long and two inches wide. Mix half a cupful of soft bread-crumbs, a teaspoonful of salt, a table-spoonful of chopped parsley, a dash of pepper and a table-spoonful of melted butter. Put a thin layer of this over each little piece of beef; roll and tie tightly. Heat four ounces of suet in a frying-pan; dust the rolls with flour, and brown them all over in the pan; then put them in a stewing-pan; mix; add a pint of stock or water; when boiling add a table-spoonful of kitchen bouquet, a level table-spoonful of salt, and strain it over the rolls. Cook and stew gently for an hour and a half. Wash and soak in boiling water a dozen stoned olives. Cut a piece of stale bread in a four-inch cube; dip it in milk or beaten egg, and plunge it in deep, hot fat, or you may toast it in the oven. Stand this in the middle of the platter. After removing the strings heap the beef "olives" around the crouton and strain the sauce over them. Arrange the "olives" in little piles at the ends of the dish.

Mock Fillet

Remove the muscle from a good-sized flank steak and trim it in shape. Cover it with chopped parsley, then with chopped onions, and dust it lightly with pepper. Roll the steak cross-wise, tie it in 3 places, giving it the shape of a fillet. Put it in a pan with a cupful of chopped celery and onion mixed, a bay leaf and half a pint of stock or water, and a teaspoonful of salt. Bake for one hour in a quick oven, basting frequently. When done dish and remove the strings. Rub together in the pan two table-spoonfuls of butter and two of flour; add half a pint of strained tomatoes and half a pint of stock, and stir constantly until smooth. Add a table-spoonful of Worcestershire sauce, half a teaspoonful of salt, and strain it over the "fillet." Serve with potato croquettes and spinach.

Baked Sweetbreads

After washing the sweetbreads and removing the "tubes" put them in boiling water; add a teaspoonful of vinegar, a teaspoon of salt, a bay leaf, a slice of onion, and cook gently for three-quarters of an hour. Drain and save the liquor for stock. When the sweetbreads are cool remove the membrane and place them in a baking pan with half a cupful of chopped celery and half a pint of the boiling stock. Bake in a very quick oven, about 400° Fahrenheit, for three-quarters of an hour, basting frequently. If you have glaze melt a little over each sweetbread and put them back in the oven for five minutes to fix the glaze. Cover the bottom of the serving-dish with a pint of nicely seasoned green peas. Dish the sweetbreads on top of the peas.

Creamed Sweetbreads

Boil the sweetbreads according to the above recipe. When cold pick them apart, rejecting the membrane. Drain, wash and chop fine a can of mushrooms and add them to the sweetbreads. Rub together two table-spoonfuls of butter and two of flour; add a pint of milk, and stir until boiling. Then add a level teaspoonful of salt, a saltspoonful of white pepper, and the sweetbreads and mushrooms. Cover and stand over hot water for twenty minutes. Serve in a border of rice.

Crown Roast

Trim the bones of a rack of mutton the same as for Frenched chops; cut through almost to the skin and fold it

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around, skin side in, making a crown of the upper part and fastening it in shape with twine and skewers. Bake in a quick oven for three-quarters of an hour, basting frequently. While it is baking, boil and mash six potatoes and heat a can of peas. When the roast is done remove the fastenings and dish it. Put the mashed potatoes in the centre, using a pastry-bag with a star tube for garnishing the top; put the peas around the outside of the dish.

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Cut one pound of the round of beef in cubes of one inch; flatten them with

a hard blow from a potato-masher. Pare and slice three good-sized potatoes and four onions. Put a layer of potatoes in the bottom of a baking-dish, then a layer of meat and onions; dust lightly with salt and pepper. Put in another layer of potatoes, meat, onion, salt and pepper. Peel and cut in halves four good-sized tomatoes, chopping the flesh fine, put over the top of the dish and add a table-spoonful of butter cut in pieces. Pour over all half a cupful of thick, sour cream. Cover, stand in a pan of boiling water and cook in a slow oven for two hours and a half.