

HOUSEHOLD.

Roasting Meats.

'I picked up a cook-book the other day,' said a woman who is noted for the daintiness of her cooking, 'and one of the first things my eyes fell on was this statement: "Almost any housekeeper knows how to roast beef and mutton."

'I have boarded quite a number of years of my life, and have travelled around the world a good deal, and I must say that my experience decidedly contradicts this assertion. I emphatically declare that the people who know how to roast beef and mutton are few and far between—at least, if one may judge from the results of their efforts in this direction. Perhaps it is because they do not select the right kind of beef and mutton, to begin with, but certainly the chippy, tasteless and unrelishable stuff that passes under these names is anything but a compliment to the skill of the cook.

'To begin with, there is often a grievous fault in the roasting-pan. It may have been carelessly washed, and the taste and smell of stale grease may be lingering around it in an unmistakable atmosphere. The roasting-pan ought to be cared for with just as much attention as a milk-pan, for if the taste and smell of dead dinners gets into fresh meat it takes away the fine flavor of the very best article. The pan should be scalded in very hot soda or potash water, not merely washed over, but thoroughly cleansed, then rinsed with boiling water until no suggestion of meat odor clings to it. The meat should be washed and all scraps trimmed off, also all bloody pieces, for here the first unpleasant taste of stale meat begins. Indeed, in hot weather it is scarcely possible to keep it fresh for twelve hours. Put the meat into a very hot oven, that it may commence to cook immediately. This gives a much better flavor than when it gradually warms up, and also keeps in the juices. Meat that is sizzled and simmered in an oven is scarcely worth eating. Some cooks save the drippings from the previous roast, then use them for basting; but they must be very sweet, and should be carefully covered to be fit for this purpose. It is well to put the roast in the oven without any seasoning for the first fifteen or twenty minutes, then add a little boiling water and the required seasonings. Some cooks sprinkle a dessertspoonful of sugar in the pan; others sprinkle flour over the meat. One of the best of cooks sprinkles her roast with corn meal which has previously been browned in a frying-pan over a hot fire. This gives an extremely rich and delicious gravy. After the meat has cooked half an hour, it should be thoroughly basted every ten or fifteen minutes. The main points in the roasting of meats are a perfectly clean pan, a very hot oven, and thorough and frequent basting.—'New York Ledger.'

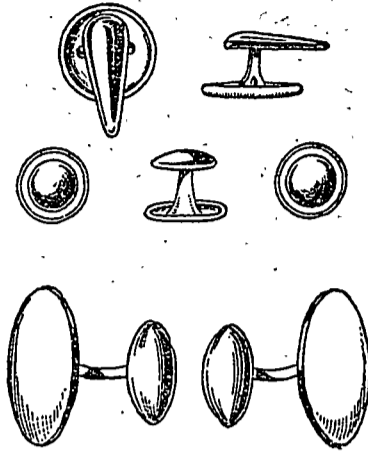
A Stand-By Dessert.

We both like sweet things, and as we are seldom without friends staying with us, I never have a dinner without a dessert, though not of the elaborate kind. In strawberry season I have strawberries and cream from one week's end to another, and if there is a sameness about it, I am reassured from time to time by hearing some one quote Sydney Smith's remark, that no doubt the Creator could have made a better berry, but he never did.

In summer time, after the clear stone peaches begin to ripen, I have peaches and cream, and I am very sure that any doctor would agree with me that peaches had better come on the table in this form than as pies, especially pies of the deep dish variety, abounding in crust, no matter how light that crust might be. It is not until the last clear-stone peach of autumn has been gathered that I fall back on what my husband alludes to as my 'old stand-by,' and my little two-year-old niece, my most frequent visitor, calls 'apper float.' Apples are to be had during the greater part of the year, and as my husband always keeps a prize cow, and my hens never stop laying altogether, I can nearly always have apple float, when other desserts are out of reach; and I have never yet had anyone at my table who falls to eat it. And then I can prepare it without giving myself a headache. No matter how busy the cook may be, it does not interfere much with her other duties to stew a few apples in a saucepan after I have

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peeled and cut them up. After that is done I run them through a sieve, sweeten them slightly, and then add them spoonful by spoonful to the whites of three or four eggs that I have been beating up in a flat dish; after they have been thoroughly beaten together, I drop the mass, spoonful by spoonful, into a dish of cream that has been sweetened and flavored—vanilla is my favorite extract—for this purpose. When berries or peaches are no longer to be had for the gathering, and when one hasn't time or energy for desserts requiring more care, there is nothing within my experience as a housekeeper preferable to apple float. It has the merit of being always wholesome, and always a success. Cakes may be stratified, and puddings may be lumpy; pie crust may be heavy and ice cream may come to grief in the making; but when the ingredients are what they should be, it is simply impossible for apple float to turn out a failure—'Christian Work.'

Rusty Irons.

Flatirons that have become rough from rust or starch should be rubbed with yellow beeswax. Have a cake of the wax tied in a piece of coarse cheesecloth. Heat the iron until it is very warm, but not hot; rub the iron briskly with beeswax, and then rub quickly with a clean, coarse cloth until the surface is smooth.

Selected Recipes.

Old-Fashioned Cookies.—Cream together, says the New York 'Ledger,' in a large earthen bowl two cups of granulated sugar and one heaping cupful of butter. After these ingredients have been beaten and stirred to a cream add one egg, beating it thoroughly through the sugar and butter. Grate in a quarter of a nutmeg, and if one likes add also a level teaspoonful of caraway seeds. Gradually pour in a cupful of milk, stirring gently through the mixture. Sift two and a half cupfuls of flour with three teaspoonfuls of baking powder into another dish. Gradually stir the flour into the mixture in the earthen bowl. If this amount of flour does not make a paste stiff enough to roll out, add a little more. The paste, however, must be soft to give them the delicacy so desirable. Roll the dough out a quarter of an inch thick on a floured board, cut with the cutter and bake in rather a quick oven, watching closely that they do not burn. In order to have them crisp and snappy do not put in a jar or box until they are quite dry after baking.

Raisin Cake.—Cream one cup of butter and two cups of sugar. Add one cup of milk, three eggs, two cups of raisins (stoned), one grated nutmeg, a tablespoonful each of grat-

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ed cloves and cinnamon, about four cups of flour, two heaping teaspoonfuls of baking powder. Make about as stiff as pound cake.

Ginger Cookies.—Take one cupful of molasses, let it scald, and stir in one dessertspoonful of soda; then pour it over a mixture of one cupful of sugar, one teaspoonful of ginger and one egg. Stir well and add one tablespoonful of vinegar; add flour and roll thin.

Rusks.—Bread dough, sufficient for loaf of bread. Knead in one heaping tablespoonful of butter and one cupful of sugar. Roll thin. Spread with melted butter, then sprinkle with sugar and cinnamon. Roll together in form of roll of wallpaper. Cut crosswise in pieces one inch thick. Place in pan and set to rise. Bake brown; serve warm.

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