

FOR THE HOME

Recipes for the Kitchen, Hygiene and Other Notes for the Housekeeper.

A MARKETING LESSON.

The aitch or edgebone is a part of the rump and presents its edge to view before the round and rump of beef are cut apart. In various markets this bone is handled differently, but it is usually cut fairly well on to the round, for the reason that the steak of the rump where it joins the round does not cut to as good advantage as rump steak and is really inferior to the best part of the round; also if it is cut in this way the grain is left in a better direction to cut across for steak. By skillful handling this meat can be changed from the poorest part of rump steak to the best of the round because of the different way in cutting.

The edgebone is thus left weighing about one pound, or a little more, on the top of the round. From its peculiar form the steak does not slice nicely if the bone itself is simply cut out, for the round is then left ragged in appearance. Therefore a good amount of the finest of round steak is cut off with the edgebone in order to secure good slicing and a handsome first cut of round steak.

Now it is plain that the bone weighs a given amount and the remainder is really fine steak, so if you are economical you order the edgebone cut to weigh four to six pounds, or even more if the marketman is willing, without greatly increasing the price per pound, and presto! there is your round steak and your roast and your soup bone all bought at once. Of course, the heavier the edgebone is cut the more steak you have and your butcher must charge a higher price for the heavy cut than if merely the bone itself and a very little meat were included. You will find either very great economy or no particular gain in buying an edgebone, according to the keenness of the butcher, the judgment of the buyer and the demands of the trade. No rule can be given, but to those who do not insist on large slices and perfect form in their steaks, it is usually a decided economy to buy a cut weighing about five to six pounds or a little more.

With round steak at fifteen cents per pound, a six-pound edgebone ought to be bought for about seven or eight cents per pound. It should contain about two pounds of excellent but not perfect slicing steak, about two and a half pounds of fine roasting beef, and less than one and a half pounds of bone and surplus tallow. The bone is, next to a shin bone, the best for soup. The cost will be 42 to 48 cents for thirty cents worth of steak and thirty or more cents' worth of roast, while a little soup material will be left costing nothing.

Not all marketmen will allow so good a bargain, but the prices given are commonly secured by good buyers. The steak should be counted as of even higher value than was stated as it is the best part of the round. But when you buy an edgebone cut to weigh four pounds, for five cents per pound, and about one cent per pound for each added pound, you have the acme of economy in a seven or eight pound cut. These suggestions may help towards bringing a roast and steak into the class of economical meats, a place not usually accorded to them.

Beef Rolls.—Cut steak from the edgebone in pieces two inches wide and four inches long and one-half inch thick. Chop three slices of raw bacon and an onion fine, season with pepper and a little salt. Cover the piece of beef with the chopped mixture and tie in a roll with coarse white thread. Roll each piece of meat in flour. Melt some of the fat or some beef dripping in a saucepan and when it is hot brown the rolls in it, turning them over and over, then pour in one-half cup or more of hot water or stock. Put the meat into a covered dish like a casserole and set in a slow oven for two hours, and even three will not overcook it, as long as the dish is tightly covered. Fifteen minutes before the time for cooking is completed add one-quarter cup of sweet cream or the same amount of cold roast beef gravy. The secret of having this dish in perfection is to keep it covered closely and the heat moderate.

Macaroni, Italian Style.—Cut one-half pound of soup beef into small cubes. Melt two level tablespoons of butter in a saucepan, add a small onion sliced, and when this has cooked until yellow turn in the beef and brown it. Now add a little salt and pepper and a bit of bay leaf or a very small amount of sweet herbs. Be careful not to use too much of these seasonings. And also a small carrot, scraped and cut fine, the juice of half a lemon and one and one-half cups of hot water. Cover and set on the part of the range where the meat will simmer for three hours. Strain and take off the fat if there appears an undue quantity.

Cook one-third of a pound of macaroni in boiling salted water until tender, drain and heat with two

level tablespoons of butter and two level tablespoons of grated Parmesan cheese. Turn the hot strained beef broth over the hot macaroni and serve hot.

Yorkshire Pudding.—This pudding is a time-honored accompaniment to roast beef. Sift together one and one-half cups of flour and a half teaspoon of salt. Beat three eggs very light and add the flour and an equal amount of milk which will make a pour batter. Have the dripping pan in which the meat was baked made very hot and pour in the batter. The beef drippings in the pan will rise up around the pudding as it bakes and will make it crisp and rich. The oven should be quick, as the lightness of the pudding depends entirely on the egg and the beating.

TWO LUCIOUS DISHES.

Southern Muffins with Strawberries.—Nothing can be more delicious than the following recipe of southern muffins served during the strawberry season for breakfast: Take 4 eggs, 2 cups milk, 2 cups flour, a little salt. Beat the eggs very light, whites and yolks separately. Beat in 2 cups milk, add the flour very gradually, beating all the time; $\frac{1}{2}$ teaspoon salt. Bake in well greased muffin tins from 20 minutes to half an hour in a very hot oven. If properly cooked they will puff up so that, when done, the inside is very nearly hollow. With a sharp knife cut off the top of each muffin. Fill the hollow center with selected ripe strawberries, sprinkled with sugar. Put on the top of each muffin and sprinkle with powdered sugar. Serve with cream.

Strawberry Sponge Cakes.—Beat 2 cups granulated sugar and the yolks of 6 eggs together. Add the 6 whites beaten stiff, 2 cups pastry flour, 1 heaping teaspoon baking powder, sifted twice, and lastly 2 tablespoons boiling water. Bake in two long baking tins. Make a soft frosting with 1 cup granulated sugar, $\frac{1}{2}$ cup milk boiled until it strings. Pour it into a bowl and add 1 teaspoon flour. Beat until thick enough to spread. Take one cake from the tin, spread with frosting and cover with halved strawberries; dust with sugar, and put the other cake on top. Cover with sugared strawberries.

DO YOU KNOW—

That rubbing a hot flatiron with a piece of hard soap will smooth and clean it quite as well as beeswax?

That soap should never be used in washing silk, or silk stockings. Use bran water, four tablespoonfuls of bran to a quart of water.

That when the potatoes get old and tasteless rice makes an excellent substitute?

That a small broad paint brush, bought, of course, especially for the purpose, is very useful in the kitchen. With it bread and rolls may be lightly rubbed with warm milk, and buns and cake pans neatly greased without soiling the fingers. Much neater than a bit of rag or paper.

That a large cloth on a mop kept especially for the purpose, is better to take the dust from hardwood floors than the broom covers that are usually employed?

That old linings that are to see service again, and muslin dresses, are greatly improved by dipping them in gun arabic water instead of starch? Four ounces of the gum are dissolved in a quart of boiling water and bottled. Dilute according to the fabric. The gum water does not thicken the material like starch, and makes it look like new.

That the pretty halftones and photogravures found in the magazines of to-day, that one hates to throw away but doesn't know how to keep, may be mounted on white or gray mats, which can be procured quite cheaply, and form an interesting collection?

LAMP CHIMNEY APPLICATIONS.

A chimney taken from a lighted lamp is one of the best and most quickly prepared "hot applications." Simply slip the hot chimney into an old stocking, and apply to the pain. If steam is needed, take a damp warm cloth, and wrap around the chimney. If the heat is for a cough or the croup, wrap in flannel rag smeared with mutton tallow and turpentine. Applied to the chest or throat, relief will be had almost at once. If your feet are cold at night, place a hot chimney to them and they will soon be warm. A lamp chimney is especially practicable during summer months, when the fires are out, for you can light the lamp and thus have hot applications in a few minutes. Croup, colic, toothache, earache, coughs, rheumatic pains and many other ills flee before the hot lamp chimney in this household.

TO SPONGE BROADCLOTH.

Spread out the number of yards in double width. Wring sheets from cold water, fold, and place over the cloth; then fold in half-yards. This leaves every other layer next to the sheet. Set away over night. In the morning unfold and hang over a door to dry.

TO KILL WEEDS.

You need not despair because of the many weeds on your path, for this will kill weeds of every kind: Take of sulphur one pound, the

same quantity of lime, and dissolve in two gallons of water. Pour this liquid on the weeds and it will destroy them.

CHARACTER IN SMOKING.

Ideas of a Woman Who Has Been Sizing Up the Other Sex.

According to a man's manner of smoking you shall know him, is the opinion of a keen observer of habits and characteristics.

Let him gnaw at the end of his cigar and roll it between his lips and you may depend he is cynical, likely to look always on the wrong side of human nature and not to trust any one completely.

The man who smokes with his cigar tilted upwards has the traits that make for success, is brisk, aggressive and likely to triumph over interference with his wishes.

The smoker who guards his cigar jealously and will smoke it almost up to the point of charring his moustache or burning his nose is a tactician, scheming, self-seeking and with an intense desire for power.

The cigar tilted toward the chin denotes the day dreamer, the person who may have ideas and ambitions but seldom the practicality to carry them out.

The cigar held steadily and horizontally indicates a callous, calculating nature, strong traits, but poor principles, the sort of man who could be brutal with indifference should occasion arise.

Men who let their cigar go out and then try to relight it, also those who, after smoking for a while let the cigar go out and then throw it away, are likely to be irrational and without the capacity to put their powers to use.

Men of quick, vivacious temper hardly touch the tip of their cigar with their teeth and after taking two or three whiffs will remove it and hold it in their hand in absent-minded fashion. They are men who change their opinions and ambitions often and require the spur of novelty or necessity to make them

EXERT THEIR BEST POWERS.

The man who, after lighting his cigar, holds it not only between teeth and lips, but with two, three or four fingers of his left hand is fastidious and possessed of much personal pride. Such a smoker will often remove the cigar and examine the lighted end to see if it is burning evenly and steadily. Such actions indicate carefulness, sagacity and a character worthy of confidence and esteem.

The smoker who sends forth smoke from both corners of the mouth in two divergent puffs is crotchety and hard to get along with, though he may have good mental qualities.

The spendthrift, sometimes the adventurer, is declared by the act of biting off the end of a cigar. Lack of judgment, dislike to pay debts and not over-niceness of habits are declared by this practice.

The pipe smoker who grips his pipe so firmly between his teeth that marks are left on the mouthpiece is mettlesome, of quick, nervous temper and likes to be tenacious of his opinions one way or another.

The pipe held so that it hands somewhat toward the chin indicates the listless, ambitionless person, who might stand up to such responsibilities as come to him, but would never seek them or strive for high place.

The man who fills his pipe hastily, haphazard fashion, and emits irregular puffs of smoke is of incautious, generous impulses, the sort of man who is a good comrade and has powers of entertaining, but whose friendship is not likely to be lasting nor to warrant implicit confidence.

The man who fills his pipe slowly and methodically and smokes mechanically and regularly is likely to be reserved, prudent and a good, dependable friend, while not of showy exterior.

Many smokers, no matter how many cigar cases they have, carry their cigars in the upper left-hand waistcoat pocket. This habit indicates a love of self-indulgence and disinclination to make the slightest exertion other than absolutely necessary.

These observations, it should be remembered, are those of a woman who has been observing men who smoke.

TAXES FIVE CENTS A YEAR

QUEER THINGS ABOUT THE REPUBLIC OF ANDORRA.

This Little State Is Hidden Away in the Shadow of the Pyrenees.

There are no footprints of time, in the political, social or commercial sense, on the placid surface of the most interesting country, considering its size, of Europe. A tiny republic set in the midst of empires, its character, customs and boundaries unchanged in six centuries, Andorra, even in this age of universal publicity, has escaped notice altogether. Few tourists have ever heard of it. Fewer still have passed within its not inaccessible boundaries. The discouraged seeker for a political and economic paradise has overlooked entirely this extraordinary survival of a more primitive age.

For, at first sight, this diminutive State, hidden away in the shadow of the Pyrenees, is a political paradise

indeed. Corruption and official scandal are unknown within its staidly republican government. Dreams of empire do not keep its statesmen awake of nights—indeed, it has no army nor even a single soldier. The country has never been in debt and the citizens are rarely taxed. Crime is almost unknown, as also money worship and all forms of envious rivalry. Nobody in Andorra suffers from poverty and everybody is as happy as a king. And there is not a modern improvement from one end of the little state to the other. Plainly, the Andorran situation is worth looking into.

Long ago a peaceful and fruitful little valley country, lying between the Spanish province of Lerida and the French Department of Ariège—it amounts in all only to six hundred square miles—was

MADE INTO A STATE.

Some believe that Charlemagne himself was the author of Andorra's being; others attribute the honor to Louise le Debonnaire of France. At all events, in 1278 the suzerainty of the little country was divided between the Bishops of Urgel in Spain and the Counts of Foix in France. Though the rights of the Counts of Foix were later made over to the French Government, this system of double suzerainty has existed ever since and has preserved Andorra from destruction.

The machinery of government that has served for so many centuries to keep the Andorrans in order is very simple. The country is divided into twelve parishes, each headed by two consuls and several councillors. As the law of primogeniture still operates in full force in Andorra these officers are chosen by the heads of families, rather than by popular vote.

The twenty-four Consuls form the General Council of Andorra, which meets twice a year and whose function it is to elect the President and Vice-President of the republic. The relations of Andorra with its co-princes, French and Spanish, is a little complicated. France sends a permanent delegate to Andorra and each of the princes has a representative in the republic.

The most agreeable feature of the local administration is that there is so little of it. There are, however, two judges, each appointed by a co-prince, and a Judge of Appeals, alternately appointed by the princes' lieutenants. Equity, rather than any exact system of law, is followed in the court proceedings, which occur but twice yearly and which are short and simple by reason of the high standard of virtue among the 6,000 inhabitants of Andorra. It has never been considered necessary to have a prison in the republic. Such sentences as are meted out to criminals are served in France, but only twice in twenty years has Andorra sent a delinquent to the French penitential colonies.

As for the national finances, there practically is none. The President's salary is \$32 a year and the Councillors receive much less. As there is absolutely no other outlay, and the parishes have a good revenue from their pasture lands, the average individual tax is

FIVE CENTS A YEAR.

In some years there is a surplus of revenue, and in that case the excess is divided among the citizens. Thus fiscal problems are unknown. So are Crokers and Deverys. They will not thrive in Andorra.

What is the secret of it all? Simply, that the Andorrans have never eaten of the tree of modern civilization. It is difficult to believe that there is a race whose customs have not changed in six centuries, but such is the case. Shut in as they are by Pyrenean snow peaks the Andorrans have rarely any communication with the rest of Europe. There is no way of getting into this ideal republic save by a mule path, and during six months of the year it is unapproachable from the French side. The country is as innocent of carriage roads as it is of railroads. Of public sanitation and sewerage it has doubtless never heard.

Public instruction exists in theory; in fact it is of the most occasional nature, and 80 per cent. of the healthy and happy inhabitants are illiterate. Of letters, music and art they are cheerfully ignorant, and are conscious of no lack. Thus there are no pretensions to "culture" in Andorra. Nominally, there is a postal service, but this is as unreliable as its administrators are nonchalant. Now and then a messenger is despatched from the capital of the State to deliver letters to their proper destination; but it is only now and then. But what need have the Andorrans for correspondence? They have no business relations with the world of railroads, automobiles, newspapers, stock exchanges and trusts. And as for their pleasures, they are all confined within the limits of Andorra.

A worthless servant, applying for a character to his master when the latter discharged him, received the following: "This is to certify that it is my opinion that John Jackson would prove invaluable in any position that he is capable of filling."

At a Reception—"Sir, allow me to shake hands with you, just by way of showing that I know somebody here." "With pleasure, sir, as I am precisely in the same boat as yourself."

ON THE RUSSIAN FRONTIER.

How an Englishman Was Treated at the Custom House.

Many travelers have serious complaints to make of the dealings of Russian officials, but Mr. A. H. S. Landor, in "Across Coveted Lands," tells an amusing incident where expected trouble and annoyance vanished before courtesy and kindly interest. In Mr. Landor's sleeping car there happened to be some French merchants on their way to the fair of Nizhni Novgorod. On perceiving his two rifles, a good-sized ammunition case and two cameras, one of these gentlemen informed him that all those things would be confiscated at the frontier.

"Evidently," shouted one of the Frenchmen, at the top of his voice, "this is your first journey abroad! We," he added, "are great travelers. We have been once before in Russia."

"You are great travelers!" I exclaimed, with the emphasis very strong on the are, and pretending intense admiration.

Naturally, the Franco-Russian Alliance was dragged into the conversation; were I a Frenchman I might fare less badly. The Russians and the French were brothers. But a British subject! A hated Englishman bringing into Russia two rifles, two revolvers, six hundred cartridges, two cameras, a large case of scientific instruments, all of which I would duly declare! Why? Russia was not England! I would soon experience how Englishmen were treated in some countries. "Russians," he exclaimed, "have not a polished manner like the French! Ah, non! They are semi-barbarians yet. They respect and fear the French, but not the English, per exemple!"

The frontier station of Alexandrovo was reached, and a horde of terror-stricken passengers alighted from the carriages, preceded and followed by bags, portmanteaus, holdalls, and bundles of umbrellas, which were hastily conveyed to the long tables of the huge custom house inspection room.

The two Frenchmen had their belongings next to mine on the long counter, and presently an officer came. They were French subjects and they had nothing to declare. Their elaborately decorated bags were instantly ordered open and turned upside down, while the officer searched with some gusto among the contents now spread on the table. There was a small pocket camera, two packets of photographic plates, some soiled handkerchiefs, collars and cuffs, a box of fancy note paper, a bottle of scent, a pair of embroidered pantofles, and a lot of patent brass studs and cuff links.

With the exception of the soiled linen, everything was seized, for all were liable to duty, and some sharp words of reprimand were used by the officer to my now subdued French neighbors for attempting to smuggle. Then the officer moved on to me.

"Monsieur," mournfully remarked the Frenchman, "now you will be done for."

I declared everything and produced a special permit, which had been very courteously given me by the Russian ambassador, and handed it to the officer. Having eagerly read it, he stood with his heels together and gave me a military salute. With a profound bow he begged me to point out to him all my luggage, so that he could have it stamped without giving me further trouble. He politely declined to use the keys I handed him, and thinking that I might feel uncomfortable in the hustling crowd of people, he conveyed me to a chair in order that I might sit down.

I turned round to look at the Frenchmen. They had altogether collapsed.

"I thought you said that Englishmen were hated in Russia, and that they would confiscate all my things. You see they have confiscated nothing," I meekly remarked to the Frenchmen, when they returned to the sleeping car. "I do not think that I have met with more polite customs officials anywhere."

"Oui, oui!" muttered the stouter Frenchman, who was evidently in no mood to enter into further conversation.

WARFARE MORE HUMANE.

When the International Conference meets at Geneva, Switzerland, next fall, for the purpose of extending and revising the Geneva treaty of 1864 various topics will be considered looking to the amelioration of the sufferings caused by war. Among the proposed amendments is one providing that after a battle the bodies of the slain must be carefully examined so as to avoid burying or burning anyone alive. Another plan is to oblige every soldier to bear on his person some suitable mark of identification—"the loud tattoo," possibly. Then there is a scheme to make field hospitals neutral in all circumstances.

MATCH-BOX WARNINGS.

Just now, when so much is heard of the agitation against expectation in the streets, it is interesting to learn that the Argentine Health Department has experimentally arranged to have comprehensive instructions printed on the labels of over eight million match-boxes, explaining how the spread of tuberculosis might be prevented.