About the House

A NICE DINNER.

There are many occasions on which the average housewife finds it is necessary to cook and serve dinner and when such occasions arise she is anxious to plan a meal which, while consisting of the usual number of courses, will not entail the expenditure of too great a time. Such a dinner we give here with full directions for each dish. There is an added advantage in the fact that a portion of the meal can be prepared in advance if it is so desired.

Onion and Cucumber Soup.
Boiled Leg of Mutton.
Nasturtium Sauce.
Potatoes. Stuffed Peppers.
Salad.
Wafers. Cheese.
Peach Fluff Pudding. Custard Sauce.
Coffee.

In looking over this menu it will be seen that a portion of the work may be done quite early in the day. Lettuce for the salad can be thoroughly washed and placed in the icebox to become crisp, the tomatoes which go with it can be quickly scalded and the skins removed, and several hours in the same cool atmosphere will materially improve them. The dessert is a cold one, so it, too, must be made in advance, while the soup can be partially prepared, the peppers filled ready for baking and the potatoes scraped and laid in cold water.

A small leg of mutton weighs six pounds at least, generally more. When buying for a large family it will often be found economical to buy the entire hind quarter and have the loin cut into chops. For a family of six there will also be needed for this dinner three cucumbers, three onions, a half cupful of nasturtium seeds, a quart or more of potatoes (depending upon their size), half a dozen sweet green or red peppers, material for stuffing (cold rice, chopped meat, crumbs, etc.), a large head of lettuce, three large, firm tomatoes, a plate of wafers, cheese, one quart of peaches, four eggs, three pints of milk, sugar and coffee.

The dessert is the first item to be considered, as it is to be served very cold. Separate the whites and yolks of three of the eggs. Beat the yolks with three tablespoonfuls of sugar, add one pint of milk which has been heating on the fire, return all to the double boiler and stir until the mixture thickens to a soft custard. Strain into a serving pitcher, flavor with a few drops of almond extract and set aside to chill. Peel half a dozen of the ripest peaches, cut fine and put over the fire with the pits and one pint of water. Cook slowly until very soft, remove the pits and rub the remainder through a sieve. Return to the fire and when boiling turn in quickly three scant tablespoonfuls of cornstarch and a pinch of salt mixed to a thin paste with cold water. Stir until thick and clear, add sugar to sweeten well, draw to one side and cook slowly for ten minutes. During this time add a pinch of salt to the egg whites and whip them to a very stiff, dry froth. Stir them into the cooked mixture and cut and turn until evenly mixed. Continue the slow cooking for two minutes longer, then take from the fire. Add the remaining peaches peeled and cut fine, and turn into six small molds which have been rinsed in cold water. Set aside with the sauce.

From the peppers cut the stem ends and with spoon and vegetable knife remove the white veins and every seed. Prepare about a pint of stuffing; this may be some cold cooked cereal such as rice or hominy, cold cooked meat, chopped fine, meat and bread crumbs in equal proportion or simply crumbled stale bread—any ingredients may be utilized which will give a savory result. Season well with salt, onion juice, chopped parsley or other additions which will harmonize, but do not pepper, as the vegetable itself will supply the needed amount. Add sufficient gravy or stock slightly to moisten, one beaten egg and three tablespoonfuls of melted butter. Lightly fill the pepper shells and arrange them in a shallow baking pan.

Peel the onions and cucumbers, cut them in thin slices, add 1½ pints of boiling water and a half teaspoonful of salt, and simmer slowly until soft enough to be pressed through a fine sieve. Scald the remaining quart of milk in a double boiler and thicken it with two tablespoonfuls of flour moistened with a little cold water. In this state the two portions which make the soup may be set aside if they have been prepared considerably in advance of the meal hour. The lettuce for the salad may now be looked over, cleaned leaf by leaf, rinsed and set aside in the refrigerator, the tomatoes quickly scalded, skinned and set on ice to chill.

From the meat trim off superfluous fat and look over carefully that all woolly particles and hairs are removed, as these would impart a strong taste. Note the weight and allow eighteen minutes to the pound and ten minutes addition in which to heat through. In the kettle put a small peeled onion, stuck with a clove, one medium-sized carrot, a scant teaspoonful of salt and two tablespoonfuls of washed rice. Add three quarts of boiling water and when the water again boils rapidly put in the meat, adding more liquid if necessary to submerge it. Cover and boil rapidly for five minutes, then draw gradually to one side, where the water will keep at a gentle, but constant, bubble. The addition of vegetables and seasoning will make the base of a palatable thick broth for lunch or dinner next day. When the meat is almost done, take out a pint of the broth, thicken it slightly with a little flour wet to a thin paste, add seasoning to taste and the fresh nasturtium seeds and simmer for five minutes; if the seeds are not liked, use capers or two tablespoonfuls of finely chopped parsley.

The potatoes, which have been scraped and well washed, will require about half an hour boiling. Drain them and return the kettle to the back of the fire for a few moments, dropping over them about a tablespoonful of butter cut in bits. Bake the peppers in a hot oven for 35 minutes. For the salad, arrange the lettuce in the salad dish, cut the tomatoes into dice, drain for five minutes and scatter over the lettuce. Mix together four tablespoonfuls of olive oil, half a teaspoonful of salt and several dashes of pepper. Drop slowly into this, stirring hard, one tablespoonful of vinegar. When properly blended it should be very slightly thickened and with no perceptible globules of vinegar. Pour this over the salad, then sprinkle with a little chopped parsley and the salad is ready. It should not be put together until about fifteen minutes before dinner, as the dressing separates rapidly. The two portions of the soup are to be reheated and stirred together over hot water. Add seasoning to taste and one teaspoonful of butter and it is ready to serve two minutes later.

After-dinner coffee should be clear as crystal and very strong. It is usually made in some kind of a drip pot rather than boiled, and for a majority of persons it is served without milk or cream. The usual proportion is one heaping tablespoonful of very finely ground coffee to each half pint of boiling water.

USEFUL HINTS.

The onion should never be added to the soup till the last thing. Cut fine and boil the soup only a few minutes after the onion is in, as long boiling kills the flavor.

Okra may be cooked until it is tender and then be sliced and served with a white sauce and used as a vegetable, or it may be covered with French dressing and do duty as a salad. It also may be added to the vegetable salad mixture.

In making oatmeal cakes mix three handfuls of fine meal with a pinch of baking soda, two teaspoonfuls of dripping, and enough water to make a soft dough. Roll out thin, cut into rounds, and bake it on a hot griddle over a quick fire, then toast in front of the fire.

Always wash baby's mouth and gums every morning with water, in which you have put a pinch of borax. It keeps the mouth fresh and sweet and prevents that uncomfortable affliction, a sore mouth, with which so many poor babies are troubled when their mouths are not kept perfectly clean.

A little salt strewn on the lid of a saucepan will prevent the contents from being smoked. If the housewife has the misfortune to spill milk or fat on the kitchen range, a little salt thrown on it will keep down the smell, and if grease is spilt on the table, salt will keep it from sinking into the wood.

Black gloves which have become rubbed and poor looking may be made to look like new by covering them with a good black ink and rubbing them when dry with a polishing cloth. Black shoe polish may be used for the same purpose, although it is more liable to rub off, but it is very satisfactory in dyeing straw.

Mildew is easily removed by rubbing or scraping a little common yellow soap on the article, and then a little salt, and starch on that. Rub all well on the article, and put in the sunshine. Or apply to linen previously wetted, salt and lemon juice on both sides. Expose for several hours to the sun; then wash out with clear water.

When paper cannot be retained on a wall by reason of dampness make a coating of the following ingredients: A quarter of a pound of shellac and a quart of naptha. Brush the wall thoroughly with the mixture and allow it to dry perfectly, and you will find this process will render the wall impervious to moisture and the paper in no danger of being loosened.

The careful housewife or the laundress has a trial at this time of year with the innumerable stains that must be removed from clothing or else leave a disfiguring spot. Grass stains may be removed by soaking the spot in pure alcohol and then rubbing. Most fruit stains will yield to boiling water. They should be taken out before the garment or table cloth is put in the wash tub. Soap must not be applied to the stains before taking out else many of them cannot be removed at all.

MOTHER'S TEN COMMANDMENTS

1. Be healthy.
2. Be joyful.
3. Be beautiful.
4. Be gentle and placid.
5. Be firm without severity.
6. Do not stint with your mother love. Tenderness is not effeminacy. And just because a sunny, bright, glad childhood is a blessing for the whole life.
7. Discipline as life disciplines. It does not scold; does not plead; it does not fly into a passion. It simply teaches that every deed has its adequate effect.
8. Do not laugh at the little sorrows and pains of child life. Nothing wounds a child more than to find ridicule where it looked for sympathy.
9. In illness and danger protect, nurse, cherish and cheer as much as in your power. And yet do not weaken your vitality by giving way to anguish and sorrow. What can be done must be done as well as possible.
10. Do not forget the happiness of having a child includes the duty of smoothing his way in the world—of endowing him with health, gladness, courage, vigor; of finally letting him live his own life freely and in his own way. Your pay you have had in advance, for your sorrowing was happiness and your sacrificing joy.

AGONY AFTER EATING.

Dr. Williams' Pink Pills Cure the Worst Cases of Indigestion.

"I suffered so much with indigestion that my life had become a burden," says Miss Nellie Archibald, of Sheet Harbor, N.S. "Every time I took even the lightest meal it caused me hours of agony. The trouble caused a choking sensation in the region of my heart, which seriously alarmed me. My inability to properly digest my food, left me so weak and run down that I could not perform even the lightest housework, and I would tire out going up a few steps slowly. I sought medical aid, and tried several medicines, but without getting the least benefit. My sister, who lived at a considerable distance, and who had been an invalid, wrote us about this time that she had been cured through using Dr. Williams' Pink Pills, and this decided me to give them a fair trial, practically as a last resort. In the course of a few weeks there was a noticeable change in my condition, and I began to relish my meals. From that on I began to gain strength, and by the time I had used seven boxes, all signs of the trouble had vanished and I was once more enjoying good health, and I have not since had any return of the trouble."

Dr. Williams' Pink Pills cure indigestion, because they make the rich red blood that brings tone and strength to the stomach. Nearly all the common ailments are due to bad blood, and when the bad blood is turned into good blood by Dr. Williams' Pink Pills, the trouble disappears. That is why these pills cure anaemia, dizziness, heart palpitation, general debility, kidney trouble, rheumatism, sciatica, lumbago, and nervous troubles, such as neuralgia, paralysis and St. Vitus dance. That is why they bring ease and comfort at all stages of womanhood and girlhood, and cure their secret ailments when the blood supply becomes weak, scanty or irregular. But you must get the genuine pills. Substitutes and imitations which some dealers offer never cure anything. When you buy the pills, see that the full name, Dr. Williams' Pink Pills for Pale People is printed on the wrapper around each box. Sold by all dealers or sent by mail at 50 cents a box, or six boxes for $2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

LIFE IN JAMAICA.

A very interesting story is told in the "Lancet" of the disturbance of the balance of nature in Jamaica. Snakes were at one time numerous in the island, but now there are none. Rats amounted almost to a plague. In order to keep both down the mongoose was imported from the East. This brave little beast soon made an end of the snakes, while the rats, in order to save themselves, took to the trees, and became egg eaters and bird destroyers. This reduced the number of birds and in turn the cattleticks increased and became a nuisance. Now the ticks are worrying the mongoose by getting into its ears, whence the intruders cannot easily be dislodged.

A bird on the hat is worth two in the bush.

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PEOPLE WHO DISAPPEAR

QUEER OCCURRENSES ON SHIP BOARD.

Inexplicable Incidents Which Are By no Means so Very Uncommon.

"I remember a queer incident which occurred on board a vessel on which I was serving some twelve years ago," said the purser attached to one of the big liners to the writer, recently. "The trip was to Calcutta, and I recollect it was my first voyage to India. Among the passengers was a pretty woman of about thirty, who, with her two children, was on her way to pay her husband, an Army officer, a short visit. I recollect at the time hearing that she would be returning to England very shortly on account of the children, who would not be able to stand the Indian climate. The children were boys—one five and the other seven—and being well brought up they were favorites with the other passengers. They had an Indian nurse with them, who was apparently devoted to her charges.

"Well, one morning there was a terrible commotion—the eldest child had disappeared, and no trace of him could be found. The ship was searched above and below, passengers banded themselves together and examined every nook and corner, but to no purpose. The mother was in hysterics, the ayah so frightened that nothing intelligible could be got from her. All she was able to tell us was that she had left the two children in the cabin, and when a few moments later she returned only the younger, Frank was there. The captain busied himself in the matter, and with the first mate visited the state-room where the children had been last seen together and thoroughly examined it. He found that both port-holes were closed but not fastened.

"After threatening the nurse with all sorts of terrors unless she told the truth he sternly demanded whether the port-holes were closed when she came to look for the children. The terrified woman replied that one was open. Then he examined the little five-year-old Frank, taking him on his knee and cross-questioning him with the tact of an advocate. The child said that his brother was looking out of the 'window' watching the waves when he suddenly called out and disappeared.

"In this case the mysterious disappearance was explained, for it was apparent that the child had climbed up to the port-hole and was watching the rollers when the ship gave a sudden lurch and shot the little fellow through the window before he had time to save himself.

"One of the most inexplicable things which ever came under my notice occurred on a Fall River boat from Boston to New York. One of the passengers was a Harvard student named Carter, the son of a rich Boston merchant, an all-round athelete, and one of the most promising students in the college. He went on board on the night of April 11th, 1896, was spoken to by several of the passengers whom he knew, had a word with the purser, and then declared his intention of 'turning in.'

"When morning came and some of the passengers began to inquire for Mr. Carter, no one had see him, and it was thought that he was taking an extra amount of sleep, but when the bedroom steward visited his state-room he found it empty. He informed the captain, who immediately went to the cabin and found that, though the berth had not been slept in, the passenger had evidently made preparations for his night's rest, for a night-shirt was carefully laid out on the bunk, his hair-brushes were on a chair, and there was even clean water in the basin. His valise was open, his overcoat hanging up, and his cap on the bed, but of the young Harvard student himself there was no trace whatever. That was nine years ago, and to this hour no one has been able to solve the mystery, though many detectives have taken the matter in hand.

"Women also occasionally disappear just as mysteriously as men, and I recollect a case which occurred in 1899 and which baffled all efforts at solving. We had on board an opera troupe, and in the company was a young lady of about nineteen, who was apparently as light-hearted and free from anxiety as any of them. When we reached our destination the young lady was reported missing; in fact, as it afterwards transpired, she had disappeared some hours before we docked. She shared a cabin with another member of the company, who declared that she had helped her to pack the night before, when she appeared to be in her usual spirits.

"It was thought at the time that the girl had hidden herself as a joke, or for the purpose of supplying the Press agent with a good story, and had then managed to get ashore without being seen. But though this idea was held by many for a few hours, it soon had to be abandoned, for the young lady never turned up, and the case was ultimately put in the hands of the police.

"Her mother was communicated with, but she could offer no reason for her daughter's disappearance, and so the matter remains a mystery to this day. Although this happened nearly six years ago, the detectives who were engaged in the case still hold the opinion that one day the long-lost actress will turn up again, an opinion which is shared by the girl's mother, who is still spending every penny she can gather together in her long search after her daughter."

"Are you happy now that you are rich?" asked the old-time friend. "I don't know as I'm happy," answered Mr. Cumrox, "but I'm dead sure I'm not as discontented as I would be if I was broke."

The Weary Wayfarer—"I wouldn't swap my old hat for both the Sultan's fez and the Czar's crown."

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