

About the ...House

THE MEAT LEFTOVERS.

Why I buy such a large roast of beef or mutton is often a puzzle to some of my good neighbors, who don't happen to manage just as I do—you know we're not all alike in this world, anyhow, says Laura Whittemore. But the fact remains that when the roast comes onto the table it is not greeted with a boarding house smile, and no one remarks that "it is beef all this week."

In the first place, I get a roast without bones—I like a rump roast pretty well. It is possible to cut off a few slices of steak for the first meal. Then comes the juicy roast, cooked rare. Such a piece of meat can be warmed in the oven and served a hot roast twice in succession if desired. The main thing is to let it remain in the oven the second time just barely long enough to heat through, so as not to allow it to dry. After that, the large, thin, delicate slices of meat that can only be cut off with a very sharp knife, are arranged evenly on a platter with some bits of green stuff scattered around the edge, to make it look real pretty.

The warning over stage has now arrived, and to be prepared for it I try to keep some nice soup stock on hand and a supply of bread crumbs. We like it sliced very thin and then placed in plain hot gravy for a few minutes. It should never be allowed to boil, as that toughens it. Or sometimes I just cut it up into little pieces and warm it the same way. It depends upon whether it can be nicely sliced or not.

Another nice way I find is to cut into pieces about two inches square and one inch thick, fry a good brown in drippings, and bake very slowly in a tightly covered dish, keeping it supplied with enough water to cover. This also makes a delicious foundation for a potpie. A little bread dough rolled out makes a nice crust; so does mashed potato. Be sure to be particular about the seasoning, for that and the way the cooking is done are the necessary points. Use salt and pepper always, then a little celery salt, some Worcestershire sauce and tomato catsup are often desirable.

Sometimes I scallop meat and carrots. Slice the carrots very thin and cut the meat into small, thin pieces. Put them into a well-buttered pudding dish, layer upon layer, seasoning as you proceed. Moisten thoroughly with soup stock. Cover closely and bake ever so slowly for a long time. A few moments before serving remove the cover and brown slightly. A finely chopped onion improves it for some tastes. Cabbage, potato, cooked rice or bread crumbs are all suitable to scallop with.

When there is a cup or two of tomato left and the gravy is all gone, I add a little water and stew the tomato slowly. Then I strain it and season carefully, adding 1 tablespoon butter and flour rubbed together. Cook this until thickened, then add the meat cut into small pieces. Let it heat through, but don't boil it one bit.

Of course, one can make various combinations for croquettes, the same as in scalloping. Always add a beaten egg, and dip into egg, then bread crumbs, and fry in deep fat. It only takes a jiffy to fry them, and the mixture can be prepared some time beforehand. Of course everything must be chopped very fine.

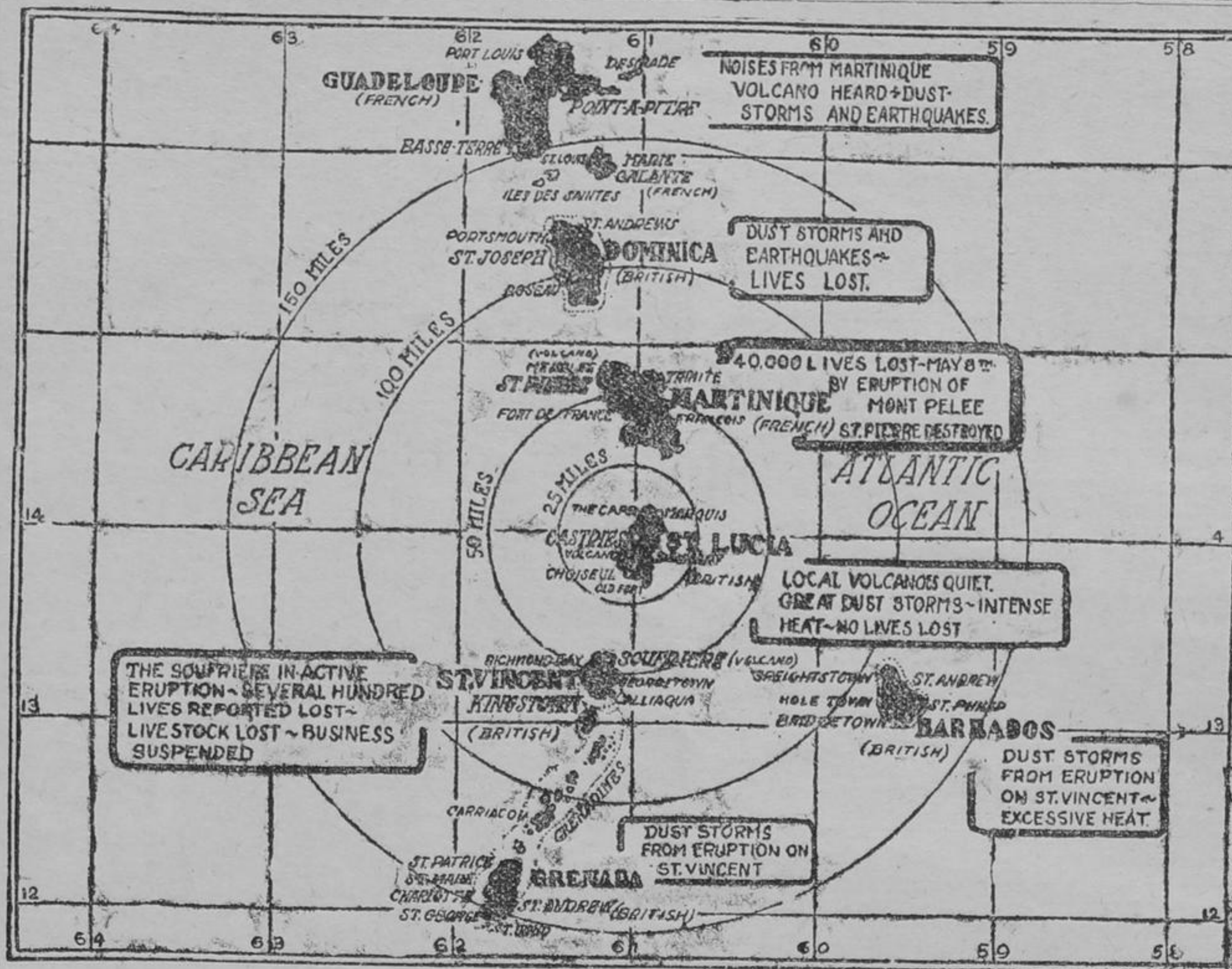
Moistening finely chopped meat with a little soup stock or tomato gravy in which has been melted a little gelatine, and seasoning with sage and summer savory, besides the salt, pepper and Worcestershire sauce, makes a delicious loaf, after it has stood several hours, or over night.

Everyone thinks they know how to make hash, but really there is hash appetizing and hash otherwise. I always put a generous amount of drippings in the frying pan, then put in the hash, cover tightly and let it heat through slowly and evenly, stirring occasionally with a palette knife. Lastly, I mold it into a loaf shape and let it brown nicely. Then it can be turned over into a platter, and put on the table with some claim to be recognized as something more than "just hash."

TESTED RECIPES.

Puree of Split Peas—Soak 1 cup yellow split peas over night. Wash carefully in plenty of water the next morning. Boil steadily all the forenoon, keeping them well covered with water, to which has been added 1 scant teaspoon salt. A little while before serving, rub through a colander. They should be cooked to a soft pulp. Then return to the stove and add 1 qt hot milk. Boil up once and add 1 tablespoon melted butter and the same amount of flour stirred together. Boil a few minutes until the flour is cooked, season with pepper and a little tomato catsup. Serve at once. It should be the consistency of thin cream, and must not stand, as it will thicken as it cools.

Genuine Brown Bread—One cup entire wheat or graham flour, 1 cup rye flour, 1 cup corn meal, 1/2 cup molasses, 2 generous cups sour milk,



MAP OF VOLCANIC CENTRES IN THE WINDWARD ISLANDS.

1 scant teaspoon soda. Beat well, pour into a brown bread tin or pail with a tight cover, and set into a kettle of boiling water. Cook five hours, replenishing the water in the kettle as it boils away. The longer it cooks the better, and the deeper brown it becomes.

A Substitute—Stale bread may be used instead of graham flour in brown bread. Soak about 1 cup in the sour milk until soft.

Graham Pudding with Fruit—Take 1 1/2 cups graham flour, 3/4 cup molasses, 1/2 cup melted butter, 1/2 cup buttermilk, 1 egg, 1 teaspoon soda, 1/2 cup English currants, 1/2 cup raisins, 1 teaspoon each of cloves and cinnamon, 1/2 nutmeg. Steam three hours and serve with the following sauce:—One cup sugar and 1 egg beaten thoroughly. Melt a piece of butter half as large as an egg in 1/2 cup hot water and add gradually to the egg and sugar, beating all the time. Set in a double boiler until it thickens, and add juice of 1 lemon and serve.

Sugar Cookies—Take 2-3 cup butter, 2-3 cup sugar, 1 egg, 2 teaspoons cream tartar, 1 teaspoon soda (or 1 heaping teaspoon baking powder), 1/2 cup warm water, and flour enough to roll out.

Cream Filling—Boil nearly 1 pt. milk, then stir into it 2 tablespoons cornstarch, or flour, moistened in water or milk, 2 eggs, 1 teacup sugar. When nearly done, add 1/2 cup butter, and flavor to taste.

HINTS TO HOUSEKEEPERS.

If you have to buy new baking tins for bread, get the long, circular pans, which give a brown, crisp crust all round. The crust, hygienists tell us, is the most healthful and nutritious part of the loaf.

Water bottles and vases are sometimes clouded by the deposit from the water. To remove it dry some egg shells, break them up fine, put them in the bottle with a little warm water and shake vigorously until the deposit is dislodged.

Baked bananas are nutritious food and can be eaten by those with whom the raw fruit disagrees. They are especially nice for breakfast. To prepare clip the ends, slit the skins from end to end, but do not remove, and bake fifteen or twenty minutes. To serve, remove the skins and sprinkle with a little sugar.

The small brushes for cleaning vegetables are a necessity to the woman who cares for the appearance of her hands. They are too cheap to be dispensed with.

MILITARY CRIMES.

Hardship and privations do not improve the temper, and insubordination easily supervenes, while the temptation of drink, if it is to be had, is too often irresistible to weak but well-meaning men long deprived of such dissipation. Another fruitful source of transgression which, if we are to trust vague reports, became at times epidemic, was the almost natural surrender to physical exhaustion, says Maj. Arthur Griffiths in the Fortnightly Review. To sleep on sentry is one of the most serious of military crimes; it is inexcusable from the military point of view, for the safety of thousands may hang upon the vigilance of one man, yet the strain of some wearisome, long-protracted march or fatiguing operations will sometimes explain what cannot be defended. Nor can we shut our eyes to possible guilt of a more contemptible, if not more flagrant kind. Misbehavior before the enemy, cowardice, in plain English, is not absolutely unknown in our or any other army; it is wiser, perhaps, to draw a veil over its exhibition and the punishment that must follow, yet we cannot shut our eyes to the certainty of its occasional occurrence.

HOW THE "PLANET" CAME IN.

Happy Ending to a Grim and Gruesome Voyage.

The story of the rescue of the scurvy-stricken sailing ship Planet, from Mexico for Queenstown, by Fred W. Bryant, second mate of the steamer Crown Point of Philadelphia, is one which no invention of Mr. Clark Russell could surpass in interest. The Planet, delayed by head winds and hurricanes, was one hundred and sixty-seven days out, and her food had "gone bad," when she signaled the Crown Point and asked for a tow. Her erratic movements had already attracted attention; something was clearly wrong. Mr. Bryant was sent aboard her and the case explained. A hawser was then attached, but it parted with the first strain, and his captain decided not to try to tow, if Bryant would undertake to sail the vessel into port with such help as her sick crew could give.

The young man thought he could do it; it should be but a week to Queenstown. He found that the first mate had already died; the second mate and the captain were dying. There was no well man on board, and some were suffering terribly. The vessel belonged to Hamburg, and of the German crew but one man spoke English, and he employed this language promptly to inform his new officer that there were other foes besides the scurvy on board—the second mate's terrier, which guarded his berth and would not leave it, had hydrophobia, while the vessel was infested with poisonous "schmall schnakes mit feet"—that is, scorpions, which had escaped from the logwood of which the cargo consisted.

Another trouble was that the ship's medicines—and Bryant had to be prescribing physician as well as sick nurse and navigator—proved to be labeled in German, which he could not understand nor his ignorant interpreter translate.

THE CROWN POINT

had left good provisions for a week, but the ship was becalmed and they ran short. Worse than lack of food was lack of sleep, which he could not be spared to take. From the logbook which he kept during that dreadful fortnight some entries have been published. They need no touch from any romancer's pen to heighten the picture.

"Friday. Called at 1.30 a. m. to

go to second mate, but went on deck first and found ship staggering under mainroyal with nearly a gale of wind blowing. Took in royal, fore-topgallantsail, mizentopmast stay-sail, gafftops and outer jib. Saw second mate, who appears to be delirious and wants me with him all the time. I saw that he couldn't possibly last long, poor fellow. * * * Second mate died. Nobody but the boy Max and I was with him at the end. I am pleased to say that he lost consciousness about 4 o'clock, and his death was a very peaceful one. * * * Took in maintopgallantsail. What with the death of that poor man and a gale blowing, my hands are pretty full. I do wish I could get some sleep. * * * 7:37 p. m. Buried second mate, Max reading prayers for the dead from the German prayer-book. Blowing a gale with mountainous sea. Ship plunging heavily at times.

"Sunday. Breeze dies away again, and we are becalmed. This is perfectly sickening, and I feel nearer disheartened to-night than I have done before. My head is very funny, and I am afraid to lie down at all, for I feel I am thinking of three or four things at once. I hope I shall not go off my head. I don't think I have far to go."

His strength held out, however, and port was reached in safety. The rescued crew, already recovering under his care, thanked their exhausted preserver with three deep-throated German cheers as he left the ship.

The story became public through the testimony necessary to adjudicate the salvage, and Mr. Bryant was thanked by the British Board of Admiralty, and promoted by the owners who employed him—a happy ending to a grim and gruesome voyage.

GRIM SIGN OF PROSPERITY.

The Kansas papers are boasting that within the present year more than \$25,000 worth of monuments have been erected in the local cemetery, owing to the good times, which have enabled people to pay more than the usual attention to the resting places of their dead. There is something novel in the thought that the material condition of a town may be discovered by a glance across its graveyard.

78,000 emigrants return from America every year to their old homes in Europe.

FOOT BINDING ABOLISHED

CHINESE EDICT ADVISING AGAINST THE PRACTICE.

Another Imperial Edict Permits Intermarriage Between Manchus and Chinese.

An imperial edict published in the Pekin Gazette on Feb. 1 says:

"The Chinese women for the most part have followed for a long time the custom of foot-binding which is an injury to the good order of creation. Hereafter let the officials and gentry all exert themselves gently to persuade and lead the people and cause them all to understand, in the hope that this old custom may be gradually abolished."

The reigning dynasty in China has for centuries been Manchu and the Manchus have never been addicted to the habit of foot-binding. The Empress Dowager therefore in giving her influence to reform in this respect is not treading on the toes of any of her own people.

It is appalling to think that hundreds of thousands of women in China are crippled for life by the practice of foot-binding. This custom does not prevail among the lower classes. Poor girls need to work for a living and their efficiency would be almost destroyed if they were compelled to hobble through life on mere stumps of feet. It is the wealthy and the well-to-do that subject their daughters to this terrible mutilation and the reason for it is that the Chinese are very jealous of their women and very fearful that

THEY WILL GO ASTRAY.

The Chinese missionary, A. H. Smith, wrote awhile ago that as soon as a Chinese girl becomes of marriageable age she is proverbially a commodity as "dangerous as smuggled salt." When once she is betrothed she is kept far more secluded than ever before. The smallest and most innocent circumstance is sufficient to start vicious and malevolent gossip and it is a social axiom that scandals cluster about a widow's door.

According to all accounts the evil of foot compression in China is mitigated to some extent by the fact that little or no pain is associated with the process by which the deformity is caused. The feet are bound when the baby is only a few days old.

The bones are extremely soft, the little feet are scarcely more than a mass of pulp and compression simply arrests development. It certainly causes some discomfort; but physicians say that acute pain is not involved in the process.

The Pekin Government has also declared itself in favor of another remarkable innovation. For ages there has been no intermarriage between the Manchu and the Chinese people. The hundreds of millions of Chinese have permitted themselves to be governed by the Manchus, though a sharp line of demarcation has separated them into

TWO DISTINCT PEOPLES.

The Imperial edict goes on to explain that the original reason why intermarriage between the Manchus and the Chinese was prohibited when the Manchu dynasty came into power was that the customs and speech of the two peoples were considerably unlike and therefore it was thought best to keep them distinct.

"Now, however," says the edict, "customs and beliefs are alike, and more than 200 years having passed, we ought to defer to the general feeling and remove the prohibition. We, therefore, command that Manchus and Chinese, whether officials or people, be allowed to intermarry. Let there be no bigoted adherence to old custom."

The edict, however, makes it clear that the Government wishes to avoid too far-reaching reforms.

"At the times for selecting girls for palace attendants," continues the edict, "the Manchus must still be chosen. There must not be any selection of Chinese, lest we fall into the corrupt practices of the former Ming dynasty. We, therefore, make this restriction out of deference to the feelings of the Chinese people."

The Emperor's attendants will, therefore, continue to be Manchus. It would be an innovation indeed if the palace grounds were permitted to be overrun with Chinese.

LETTING HIM HAVE IT.

Crossing a field one day a man was pursued by an angry bull. He made for the fence but soon discovered that the bull was overtaking him. He then began to run round a haystack in the field, and the bull pursued him, but in making the short circles round the stack, he was the faster, and instead of the bull catching him, he caught the bull and grabbed him by the tail, with a firm grip and a controlling one. He began to kick the bull, and the bull bellowed with agony and dashed across the field, with the man hanging to his tail, and kicking him at every jump, and as they flew along, he yelled at the bull: "Bother you! who began this fight?"

18,000,000 English passengers travelled by rail in 1842. 920,000,000 is the average for the last three years.

Of every 1,000 British soldiers in hospital, 161 are sufferers from bronchitis.

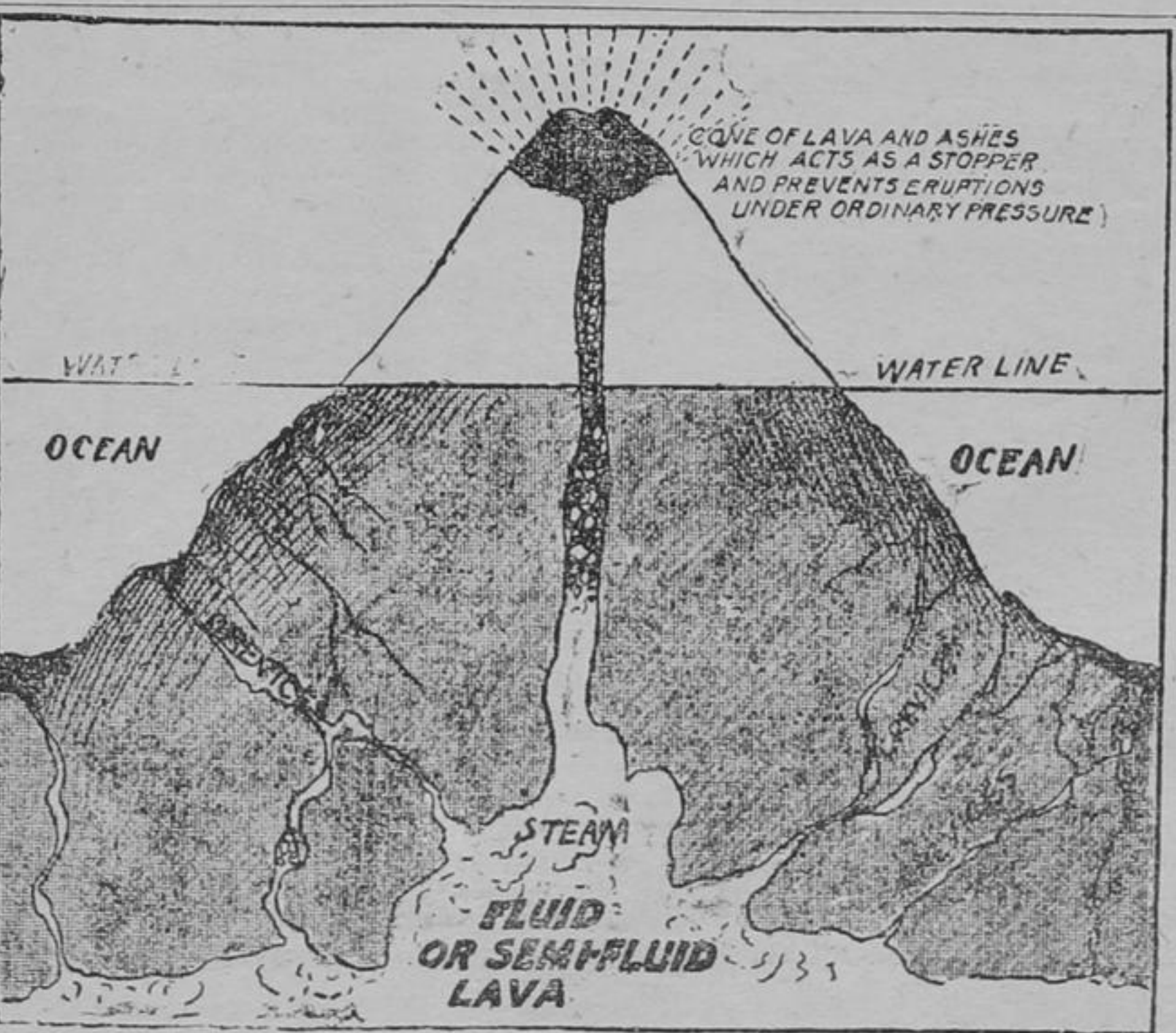


DIAGRAM SHOWING HOW VOLCANIC EXPLOSION IS CAUSED

A study of the above picture will show how the molten mass in the mountain's interior melt the water, and how the steam generated thereby, following the line of least resistance, blew off the top of the volcano.