

# About the House

DOMESTIC SCIENCE AT HOME

## Nineteenth Lesson—Cooking of Meats.

Boiling, braising, steaming, grilling, broiling, sauteing, roasting and baking are the various terms used to denote the methods employed in cooking meats.

Boiling is a term used to denote a process of cooking meat by boiling in water. Two methods are used in this process, namely, cooking meat in soup, second as in stewing.

### Boiling as in Soup

The meat is placed in cold water and brought slowly to a boil. It is then cooked for time necessary to obtain the nutriment in the broth or liquid, usually three-quarters of an hour for each pound of meat.

### Boiling as in Stewing

Plunge the meat into boiling water. This causes the albumen to form a coating over the surface of the meat, thus protecting the juices. It is a well-known fact that the albumen in the meat coagulates upon the application of heat. The meat is then cooked until it is tender. Time allowance is about thirty-five minutes to the pound.

### Correct Method of Boiling Meat

Place the meat in a saucepan of boiling water and then keep the water boiling rapidly for five minutes after the meat is added. Then place the saucepan in a position where it will cook just below the boiling point for the required length of time. Constant and rapid boiling will cause the albumen in the meat to harden; therefore no amount of cooking afterward will soften the fiber. It will only cause the meat to fall apart without being tender.

It is important to keep the saucepan closely covered. This will prevent the delicate aroma from evaporating.

Braising: Meat is placed in a hot saucepan and turned frequently. It is cooked in its own juices in a closely covered saucepan.

Steaming: Cooking meat by placing in steam bath or steamer.

Grilling: Cooking meat over a hot fire on a grill made for this purpose.

Broiling: A very hot fire is necessary for this mode of cooking meat. Only the choicest, tenderest and most delicate cuts are suitable for cooking by this method. The strong heat instantly coagulates the albumen by searing it, thus retaining all its juices and flavor. That this method may be successful it is very necessary that the meat be turned every few moments. This also insures it being cooked evenly.

Pan Broiling: This is another method of cooking the fine cuts of meat when it is not possible to broil them. Broiled meat is more healthful and also less wasteful than any other form of cooked meat.

### To Pan Broil

Heat an iron frying pan red hot, then place in it the meat. Turn it constantly until cooked. When using gas range for broiling always place

## PUDDING FOR DINNER.

**Cornmeal Plum Pudding.**—Scald one-half of cornmeal with three-quarters cupful of boiling water. Cool and add one-half cupful of chopped suet, one cupful of fine breadcrumbs, one-half cupful of molasses, one and one-half cupfuls of raisins, chopped fine, three-quarters cupful of mashed potatoes, one-half teaspoonful of salt, one-half teaspoonful of cloves, one and one-half teaspoonfuls of cinnamon, one-half teaspoonful of ginger, one teaspoonful of baking soda, six tablespoonfuls of water, three-quarters cupful of flour, one tablespoonful of baking powder. Mix thoroughly,

then pack into two well-greased molds. Cover. Then boil in deep kettle or place in the oven in a pan of water for two hours. When ready to serve, reheat by placing in boiling water, or cut in thin slices, then lay in a baking pan and heat in the oven. Serve with vanilla sauce.

**Apple Tapioca.**—Select eight medium-sized apples. Core and remove a thin strip of peel from the stem end of the apple. Wash half cupful of pearl tapioca. Place in a saucepan with one quart of cold water and cook slowly for one hour. Now add the apples and simmer slowly for three-quarters of an hour. Sweeten to taste. Season with one-quarter teaspoonful of cinnamon. Serve cold, garnished with fruit whip.

**Snow Pudding.**—One cupful of water, four tablespoonfuls of cornstarch, four tablespoonfuls of sugar, white of one egg, one-half teaspoonful of vanilla. Dissolve water and starch in saucepan and then bring to a boil. Cook until clear, about five minutes, and then remove from the fire. Add the sugar, flavoring and stiffly beaten whites of egg. Pour into cups that have been rinsed in cold water. Leave in cup until ready to serve. Make a sauce of one cupful of milk, two tablespoonfuls of cornstarch, yolk of one egg, one-quarter cupful of sugar, one teaspoonful of vanilla. Moisten the starch in the milk. Place in a saucepan on the fire. Cook until the boiling point is reached. Remove from the fire and then add the yolk of egg, sugar. Beat well and then add the flavoring of vanilla.

**Indian Apple Pudding.**—Scald one-half cupful of cornmeal with one and one-half cupfuls of boiling water. Beat smooth and add three-quarters cupful of syrup, one-half cupful of water, one-half teaspoonful of grated nutmeg. Mix thoroughly. Now grease a pudding dish well. Place in the dish a layer one inch deep of peeled and thinly sliced apples. Cover one-inch deep with the cornmeal mixture. Repeat until the dish is full. Bake for thirty-five minutes in a moderate oven. Serve with plain fruit sauce.

The jawbone of a whale of average size measures about 7 feet in length. crops distributes labor more evenly throughout the year.

## A LION HUNT.

How a Hunter Captured Four Beasts For a Zoological Garden.

To the "tenderfoot" a mountain lion scarcely seems to be a beast that one can afford to be familiar with, but among hunters who know his traits there are some at least who hold him in scorn. One such is Mr. M. H. Baker who describes in Outdoor Life how he captured four of the big cats for an Eastern "zoo."

I had heard, he says, that there were some lions near Troy, Montana; and so Charlie Wood and I bought food enough to last us four or five days, and started out to look for tracks. Finally we found a track two or three days old and set our dogs on it. Before long they were out of hearing, but we followed their trail for about a mile and came to where three other lion tracks joined the one they were on. We travelled as fast as we could through the snow, and every time we reached a divide we listened for the dogs, but could hear nothing. We knew that they would never quit until they had every lion up a tree, and that they would hold them there until we came even it took us two or three days.

At two o'clock the next afternoon we stopped at the top of a mountain to listen, and we could hear the dogs giving tongue about halfway down the other side. In an hour we were down to where the dogs were and found that they had two half-grown lions in large fir trees. They had held them there all night. After we had fed the dogs Charlie cut me a pole about sixteen feet long, and I went up the tree where the first lion was and put a wire loop round his neck and chained him to a big pine tree, just as you would tie a dog. Then we went to the tree where the dogs had the other lion; but just as I was near enough to put the wire noose round his neck, he got uneasy, and down the tree he came. Away he went with the dogs at his heels. After running about seven hundred rods the dogs freed him, and I tried the same tactics again. This time he was not so spry, and I put the wire round his neck. We tied him also to a tree.

That night we stayed at a ranch house, and at daylight the next morning went back to where we had tied the last lion. We found that he had broken the chain near the collar and escaped. When we turned the dogs loose on his track they led up the mountain to a deer carcass, where we found the tracks of two other lions. Pretty soon the dogs barked "treed," and we captured another lion, which we took down and tied in the barn at the ranch, because the day had turned snowy.

The next day we returned to the place where the lions had killed the deer and found two sets of tracks in the snow—one leading up the mountain and the other down. The dogs took the upper track, and in less than fifteen minutes they had the lion up a tree. We captured him in the same manner as before. He wasn't a very big one, and so I just put him in my pack sack and carried him down the hill to the place where we had seen the other track. The dogs were only a few minutes treeing this lion, which was the one that escaped with our collar. This time he climbed as high as he could, but I followed and caught him with the wire. We hired a wagon and team and took the four lions to Troy, where we boxed them for shipment to an Eastern "zoo."

## WHENCE CAME THE PUSSY CAT?

Your Tame House Animal Is Really a Wildcat From Egypt.

Thousands of years before the beginning of the Christian era Egypt was a land of storehouses overflowing with the rich produce of the fertile Nile Valley. Rats and mice found nowhere such food supplies and hospitable hiding places as in these granaries.

It is surmised that the first attempt at domesticating the cat was made when specimens of the feline tribe (which abounded in the region) were caught and locked up in the grain houses to kill the rodent vermin.

The idea proved such a success that the priests (who were the real rulers of Egypt) declared the cat a sacred animal. Temples were built in honor of the cat goddess, Pasht, and pussies were mummified with as much ceremony as men and women.

The Phoenicians, those hardy voyagers, found cats useful to catch rats and mice on shipboard. They carried them from Egypt to all parts of the then known world and thus the animal became cosmopolitan.

### Similar.

A lesson in natural history had been about the rhinoceros, and the teacher wanted to know how well the lesson had been learned.

"Now, name something," she said, "that is dangerous to go near to and has a horn."

"I know, teacher—I know!" called a small boy.

"Well, what is it?"

"A motor car!" replied the boy.

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## MUSIC IN THE HOME

### In The Rural Districts.

Scarcely a dozen years ago it was impossible for the great majority of the people on this Continent to see the most distinguished actors or to hear the best concert artists. That privilege was reserved for folk living in the larger cities, and perhaps it was one of the reasons for the drift of population from the rural districts. Assuredly, the advantages of city life included these privileges as well as that other one of living in a four room apartment at sixty dollars a month. Two great inventions have swept away some of the distinctions between Town and Country. The Moving Picture industry has attracted some of the most eminent players on both continents. To-day we see Sarah Bernhardt and Sir Herbert Tree in the little playhouse of the country village, at a negligible cost. To-day we may hear in our own drawing room the limpid voice of Marie Rappold or Alice Verlet by the aid of the phonograph. These singers still go to the large cities, but they are going as well to the sod-house in the Peace River district, and even to the shores of the Arctic ocean. It is interesting to read over the names of

some of the artists under contract to one of the great record producing companies. Besides those mentioned, there is Mme. Matzenauer the great mezzo-soprano, Albert Spalding the violinist, Herman Sandby the Scandinavian 'cellist, Glen Elliston the Scottish baritone, Caroline Lazzari the Italian contralto and Reed Miller the American concert tenor. Another producing agency has a still longer list which includes some of the most eminent singers and musical artists in the world. What effect will familiarity with the work of such singers have on the musical taste of our Canadian people? Surely it ought to develop a sense of appreciation and understanding that hitherto has been foreign to our people. The time will soon come, if the advantages of the phonograph are brought before the public, when good music should exclude a great deal of meretricious stuff which has lasted too long in popular affection. We laugh in these days over The Battle of Prag or The Maiden's Prayer, both beloved of our grandparents. Possibly our posterity will smile as cheerfully over some of the music which won high favor amongst us in this year of grace, 1917.

## A RUSSIAN DUNGEON.

The Fortress of St. Peter and St. Paul Opposite the Winter Palace.

The fortress of St. Peter and St. Paul, in which some of the Russian reactionaries have been recently imprisoned, is a huge mass of stone on the bank of the Neva opposite the Winter Palace. According to the Manchester Guardian, it is a place of sinister memories. Within its walls Peter the Great tortured his son Alexis to death. It was there that the Princess Tarakanova, placed in a cell that became flooded during an inundation, found rats climbing on her to save themselves from drowning. In the same fortress Catherine II. buried alive the unhappy persons who ventured to object to the murder of her husband.

Torture of a more refined nature has been employed upon its prisoners in recent years. Prince Kropotkin tells how the revolutionary Karakozoff was kept awake for a week at a time by guards who sat on either side of him to rouse him whenever he showed signs of falling asleep. The unhappy man at last acquired the art of swinging his leg while he slept, so as to delude his guards into the belief that he was awake; but they detected the trick. As a result of that treatment Karakozoff was in such a state of collapse that when he was at last led out for execution that it seemed as if his body did not contain a bone unbroken, and the rumor ran through the crowd that his jailers had

killed him in his cell and had brought out an India-rubber doll for the scaffold.

Kropotkin himself spent some unhappy years in the fortress in the seventies. The floor and five-foot thick walls were covered with felt, so that the silence became unbearable. Kropotkin, however, had a happier lot than some, for at the request of the Geographical Society of Russia he was permitted to continue his work on the glacial period. Pens and ink were provided for his use by special permission of the czar, but he could use them only until the hour of sunset, which in a Russian winter is three o'clock.

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