

# About the House

DOMESTIC SCIENCE AT HOME  
Twentieth Lesson—Sautéing Meats.

Sautéing of meat is cooking meat in a small amount of fat. It is virtually impossible, when cooking meat in this manner, to prevent the meat from absorbing the fat, thus making it difficult to digest. This is particularly true during the warm weather and therefore this method should be eliminated then.

Butter should not be used for cooking meat. By this method, owing to its low-burning point, the fat particles burn and decompose, when subjected to high temperature. Sautéing meat has nothing to recommend it to the housewife. Pan broiling will produce a better tasting food and eliminate the digestive disturbances.

Pan broiling is also a much easier method of cooking. You simply heat frying pan and place in the meat, turn and sear the other side. Repeat this every two minutes until meat is cooked, using same test as in broiling. It is also necessary that all fat melting from meat during process of pan broiling be drained off. When neces-

sary to cook meat in a fat, it should be protected by a coating such as egg and breadcrumbs, or by dipping in flour and then placed in very hot fat to brown. The meat can afterward be cooked at a lower temperature to finish it. This method prevents the meat from absorbing the grease.

Do not use a fork to turn the meat during process of cooking; the prongs of the fork puncture it, allowing the juices to escape, thus lessening its food value. The escaping juices do not remain in the pan; the heat causes them to evaporate.

Follow these points when buying meat:

Shortly after the meat is cut it should be a bright red color.

It should be firm when touched and have a pleasant meaty odor. Do not purchase meat with a strong disagreeable smell.

A layer of fat should cover the overlying muscles. The fat should be creamy white and of firm texture.

## VALUE OF SOUP IN THE DAILY DIET.

Methods of cooking in the early history of mankind were by stone boiling, a process which occupied nearly a day to complete.

Meat juices or an addition of water and the animal flesh was the basis of soups. Soupmaking is an art permanently belonging to the French people. In Europe soup enters largely into the daily life of the people; from peasant, to king the daily portion of soup is taken. The exquisite French fashionable take their morning cup of bouillon abed.

The addition of a plate of soup to the menu stimulates the stomach's action, causes the digestive juices to flow and is readily absorbed, giving the body immediate nourishment without distress to the digestive organs.

For the school child, tired business men and women it is an ideal stimulant, nourishes and refreshes, and with bread or crackers makes a substantial lunch.

Soups are divided into three classes—first, stock; second, cream; third, fruit soups. Soups made from meat and bone are called stock; those without stock as cream, vegetables, clam and oyster soups, and, lastly, those made from fruits. Stock or soup made from meat and bones, cooked by long and slow boiling, which dissolves the soluble elements of the meat and bones into water, thereby enriching it.

### The Stock Pot

This should be a deep pot or kettle

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to boil, cook three minutes and serve. To clear soup may be added macaroni, noodles or any vegetables. This is a good way to use left-over portions of vegetables that are too small to serve alone.

### To Make Noodles

One egg, one tablespoonful of water, one-half tablespoonful of salt. Beat together until well mixed, then add sufficient flour to make a stiff dough. Knead until elastic (about two minutes), roll out on pastry board until as thin as paper, using plenty of flour to prevent sticking. Permit it to stand fifteen minutes to dry. Cut in strings, thick or thin. To do this roll up loosely like a jelly roll and cut; leave on dish to dry. When thoroughly dry they may be kept in a fruit jar.

Part of the paste may be stamped out with small vegetable cutters and cooked in the soup, same as the noodles.

Vegetables cut in fancy shapes, macaroni cut in small rings, hard-boiled eggs in slices, cheese balls, slices of lemon, rice or barley may be added to soup.

### Potato Soup

Fine for luncheon. Children delight in this on a cold day. Three potatoes, one-half onion, one stalk of celery, one teaspoonful of salt, one-half teaspoonful of white pepper, one tablespoonful of flour, one-half cupful of milk, one-half cupful of stock, one-half cupful of water. Boil and mash potatoes. Heat milk, put celery and onion on to cook, add hot water and seasoning to the potatoes, rub mixture through sieve and put to boil again. Melt butter, add flour and when it bubbles add stock, milk and potato mixture, bring to boil, cook three minutes and serve.

Do not use potatoes that are too large. Celery salt may be used in place of celery and a tablespoonful of finely chopped parsley may be added before serving.

## A WAR WITHOUT ILLUSIONS.

As Seen By a Young American of the Field Service.

To most of the young soldiers who are fighting in France war has no illusions, but they are none the less determined to see it through. One who is an assistant chief of his section in the American Field Service writes thus to a friend in his home town:

"I had thought of war as an impressive, triumphal onrush of cavalry; I had associated with war the flare of trumpets, the roll of drums, the knitting of socks and sweaters, the singing of the national anthems and the steady tramp of feet to the tune of 'Tipperary.'

"But this war is the most stupendous, grim, hard-headed business proposition that the world has witnessed. The partners go about the business heralded by no trumpets, with but little music in their hearts, but with the determination that success shall crown their efforts. This is the least ostentatious of businesses; it is a great war, in which the prime factors are money, men and transportation, and the cardinal conditions of success are patience and stern determination. This is a war of drab, of dirty gray smut—wholly unlike the old wars of gold, tinsel and blood red.

"And yet the blood red tint is the very element with which my work must reckon. Instead of the care of huge guns, the march of reinforcements or the observation of enemy operations from the air, my work is with the bloody freight of the trenches after the attack, with the wounded and dying. I see these men going up to their work in long lines or trucks—silent, thoughtful men, full of determination; I see them in their trenches, seemingly listless, fatalistic in their attitude; but I work with them shortly afterward when they are brought into the little underground 'poste secours' on stretchers, borne by brancardiers, where their wounds are dressed and where they are loaded into our ambulances, to be sent back a mile or two, either to be patched up for further use or to expire under the kindly benediction of their Mother Church. And through it all there goes that grim set jaw and fighting determination which meant for France the superb victories of the Marne and Verdun. With never a groan where the roads are rough or when shells make travel impossible, but always a faint smile of gratitude at the end of the painful journey—and often a hand clasp—these men are worthy to be masters of others because so splendidly masters of themselves."

### Imitate Britain.

The talk of learning by Britain's "mistakes" makes one tired, says an American writer. Of course, she has blundered here and there—we do not need to copy the admitted errors. But if we will take note of the way she puts in the field first-class fighting men and keeps them at the top-notch of efficiency by the most careful regard for every phase of their welfare, we shall do better than if we pay heed merely to the places where the system now and then has broken down or the individual has performed disappointingly.

## THE WAR AS THE SOLDIER SEES IT

### ARMY MEN VOICE THEIR CONCEPTION OF MILITARISM.

They See Through the Agony of War the Dawn of a New Order of Things.

In that graphic book, "Under Fire," in which Henri Barbusse tells the story of the daily life of the French army squad of which he was the leader, there is a particularly impressive chapter in which some common soldiers voice their conception of the war and of what must be its outcome. On the day before they had taken part in a fierce battle a little group had been separated from their companions, had lost their way, had finally, overcome by weariness, sunk down on the side of a small mound and slept through a night of pouring rain. They awakened to find themselves floating in mud, inticed in mud, and some of them drowned in it. M. Barbusse writes of it:

"I used to think that the worst hell in war was the flame of shells; and then for long I thought it was the suffocation of the caverns which eternally confine us. But it is neither of these. Hell is water.

### Impossible to Imagine.

"They begin to talk of the immensity of the misery. Says Paradis: 'All we can see is only a speck. You've got to remember that this morning there are 3,000 kilometers of equal evils, or nearly equal, or worse.'

"A bass voice rolled to us from further away, 'No; one cannot imagine it.'

"At these words a burst of harsh laughter tore itself from some one else. 'How could you imagine it, to begin with, if you hadn't been there?' 'You'd have to be mad,' said the chasseur.

"Then he who spoke sorrowfully, like a bell, said, 'It'll be no good telling about it, eh? No one can know it, only us.'

"No, not even us, not even us! some one cried.

"That's what I say, too. We shall forget—we're forgetting already!

"We've seen too much to remember!"

"And everything we've seen was too much. We're too little to hold it."

"If we remembered," said another, 'there wouldn't be any more war.'

"There'll be no more war," growls one, 'when there is no more Germany.'

"That's not the right thing to say," cries another. 'It isn't enough. There'll be no more war when the spirit of war is defeated.'

"Germany and militarism,' some one in his anger precipitately cut in, 'they're the same thing. They wanted the war and they'd planned it beforehand. They are militarism.'

"Yes. To-day militarism is called Germany."

"Yes, but what will it be called tomorrow?"

"I don't know," said a voice serious as a prophet's. 'If the spirit of war isn't killed, you'll have a struggle all through the ages.'

### Renewal of Hope and Courage.

They have much discussion, as they flounder in the mud, pull themselves out of it, sink down with the bleeding of their wounds, of the cause of war, of where and how the spirit of war has its origin, of justice and equality. And then the author goes on:

"My still living companions have at last got up. Standing with difficulty on the fouler soil, inclosed in their bearded garb, laid out in strange upright coffins of mud, raising their huge simplicity out of the earth's depths—a profundity, like that of ignorance—they move and cry out, with their gaze, their arms and their fists toward the sky whence fall daylight and storm. . . . But their eyes are opened. They are beginning to make out the boundless simplicity of things. And Truth not only invests them with a dawn of hope, but raises on it a renewal of strength and courage. 'That's enough talk about those others,' one of the men commanded; 'all the worse for them! Us! Us all! The understanding between democracies, the entente among the multitudes, the uplifting of the people of the world, the bluntly simple faith! All the rest, aye, all the rest, in the past, the present and the future, matters nothing at all.'

Bran is one of the most important ingredients of poultry diet, and should be fed daily. It is rich in nitrogen, carbon and mineral matter.

Warmth should never be secured in the sheep-barn at the expense of ventilation. Sheep have a protecting covering of wool, which, so long as they are dry, shields them from the influence of severe cold.

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### WHAT SOLDIERS EAT.

Articles Which Comprise the Modern Army Diet.

The old idea that army diet should consist largely of beans, hardtack and coffee is no longer approved. In the present training camps meat, preferably beef, is served twice a day, with white bread baked in the general camp bakery and kept twenty-four hours before serving. Where green vegetables can be obtained they are used, otherwise canned goods are substituted. Coffee is served at breakfast and buttermilk, lemonade, tea, cocoa or water at other meals. Meals, which in the vernacular are "mess" or "chow," are served cafeteria style. Every soldier is furnished with an outfit which consists of a meat pan, knife, fork and spoon and a long-handled cup. The cover of the meat pan serves as a plate, and the outfit is so arranged that each man may do his own cooking in case of an emergency. Each man takes his meat pan and passes before a table, where he is served with the various dishes prepared. He then goes to a table, or if there is none, drops down on the ground and eats in absolute contentment. Don't feel too sorry for the boys, even if they do write longingly home wishing for mother's cookies or Jane's fried chicken. Men in outdoor training have good appetites, and they are far better off physically than if fed on the salads and ices and sodas they probably would have at home. What they miss most is sweets. If you are sending things from home put in cookies, candies and jams or jellies. Milk chocolate is one of the things a soldier seems to crave, and a jar of malted milk will come handy if he is not feeling well. Be sure not to send food that is too rich. The boys are on a plain diet, with extremes of climate, and sometimes doubtful water supply—and boys never do have sense when it comes to eating!

### Kind-hearted Rena.

The wife of a successful young literary man had hired a buxom Dutch girl to do the housework. Several weeks passed and from seeing her master constantly about the house, the girl received an erroneous impression.

"Ogscuse me, Mrs. Blank," she said to her mistress one day, "but I like to say somedings."

"Well, Rena?"

The girl blushed, fumbled with her apron and then replied, "Vell, you pay me four tollars a week—"

"Yes, and I really can't pay you any more."

"It's not dot," responded the girl; "but I be villing to take three tollars till—till your husband gets vork."

Apple Dumplings.—Make a crust as for biscuits, using suet instead of butter. Roll to a quarter of an inch. Cover with a layer of finely sliced apples. Sprinkle over with sugar and cinnamon. Sew this into cheese cloth as for Rolly-Polly. Fasten the ends. Plunge into boiling water, and boil rapidly forty minutes.

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