

ART OF THE COOK

PROPER PREPARATION OF MEATS FOR THE TABLE.

Cheaper Cuts by Skillful Handling May Be Made as Palatable as the Most Expensive—Some Recipes in Proof.

Roasting, as it is called in this country, is in reality baking, as the meat is cooked in the oven. Roasting proper is where the joint is placed in a tin kitchen or "splt" before the fire, writes Elizabeth Pyewell.

This latter is the better method, but as few people have the facilities for it the following recipes hold equally good for baking, which is considered more economical, especially for small families, as there is less loss of weight than in roasting.

Care should be taken that the floor of the oven is not too hot or the fat may be burned, which causes an unpleasant flavor. A great advantage of baking is that it requires less attention than roasting in a spit.

The middle ribs and sirloin of beef are considered the best cuts for baking, and require careful cooking not to be burned or overdone. Pieces weighing from 10 to 12 pounds will take quite three hours and a half to cook in a moderately hot oven.

The chuck rib, brisket and round are considered by epicures to be inferior, but by proper cooking they may be made almost equal to the more expensive portions.

Not all butchers cut the meat in the same way. Occasionally there is so much of the flank on the sirloin that it will cause the meat to dry up instead of cooking it.

The operation of baking is intended to loosen the fibers and prepare it for digestion in the stomach; in this process the joint will bear a greater and longer heat than in either boiling or stewing.

Beef Baked in Forms.—Mince fine equal quantities of cold roast beef and tongue. Season well with pepper and salt and add the whole or a part of a well-beaten egg according to the quantity of meat. Mix it well.

Butter a mold, put in the meat and press it down hard to acquire the shape of the mold. Turn it out on a baking tin, wash over with well-beaten egg and brown in the oven.

Toad in Hole from Cold Meat.—Take some medium thick slices of cold, underdone beef, season with pepper and salt.

Make a batter by beating the whites and yolks separately of four eggs. To one pint of milk add the yolks of the eggs and sufficient flour to thicken; lastly, put in a little salt and stir in gradually the whites of the eggs.

Pour the batter into a deep baking dish, lay the meat on the top, set in the oven and bake until brown.

Fillet of Mutton.—Take off the chump end of a loin of mutton and cover it with buttered paper. Bake for two hours, but do not allow it to become the least brown.

Have ready some string beans, boiled tender and well drained from the water. Warm them in the gravy, put them on a dish and serve the meat on them.

Roast Beef Tongue.—Soak a fresh tongue for several hours in strong salt and water and drain it well. Boil slowly for two hours, remove the skin and roast in the oven. While cooking baste with butter. Serve with currant jelly.

Make Silk Folds.
For the making of silk folds used so much nowadays in trimming skirts, try cutting newspapers the width and length you wish your folds. Cut silk on bias wider than paper strip, pin or baste down middle, then turn over both edges, and baste down. Press hard on wrong side with not too hot an iron; take out paper strip and fold will be ready to stitch and perfectly even.

Chicory Dishes in France.
A French woman who uses chicory more than lettuce for salads uses up all the green tough parts that are not tender enough for the table in a puree. Her rule is this: Boil the chicory until it is tender in salted water and then press it through a sieve. Make a sauce with a tablespoonful of butter, a tablespoonful of flour and two cupfuls of rich milk or cream, add the chicory, bring to the boiling point and serve. Spinach, celery or almost any vegetable at all may be used in the same way.

How to Make Lamps Burn.
Any amount of trouble arises from trying to read or write by a bad light; not only does it affect the eyes, but the whole nervous system as well. For good, steady light there is nothing better than a lamp, but, like most everything, it has to have attention. After cleaning well and filling it place a small lump of camphor in the oil vessel—this will greatly improve the light and make the flame clearer and brighter. If you have no camphor add a few drops of vinegar occasionally.

SPRING KIDNEY TROUBLE.

Vividly Described by One Who Has Suffered from It.

Mrs. H. Mutzabaugh, of Duncannon, Pa., says: "I was sick and miserable all last Spring and as I did not know what was the matter I kept going down and down until I was a physical wreck. I had smothering spells, flashes of heat over the kidneys and pain in passing the kidney secretions, which contained sediment. My husband urged me to try Doan's Kidney Pills, and at last I did so. They did me much good, and I used in all eight boxes which restored me to perfect health."

Sold by all dealers, 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

THE MEAN MAN.



"I believe," his wife angrily declared, "that if I were dead you would be married again inside of a year."

"Oh, no," the mean man replied, "you are mistaken. Try me and I'll prove it."

GIRL WAS DELIRIOUS

With Fearful Eczema—Pain, Heat, and Tingling Were Excruciating—Cuticura Acted Like Magic.

"An eruption broke out on my daughter's chest. I took her to a doctor, and he pronounced it to be eczema of a very bad form. He treated her, but the disease spread to her back, and then the whole of her head was affected, and all her hair had to be cut off. The pain she suffered was excruciating, and with that and the heat and tingling her life was almost unbearable. Occasionally she was delirious and she did not have a proper hour's sleep for many nights. The second doctor we tried afforded her just as little relief as the first. Then I purchased Cuticura Soap, Ointment, and Pills, and before the Ointment was three-quarters finished every trace of the disease was gone. It really seemed like magic. Mrs. T. W. Hyde, Brentwood, Essex, England, Mar. 8, 1907."

Her Kick.

"John, I wish you would not be quite so polite, and so considerate of me when we are in company."

"Why, dear, I want them—the whole world—to see how I love you."

"That's all right but they—the whole world—thinks I've got you scared."—Houston Post.

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free. F. J. CHENEY & CO., Prop., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

Cause of Mutton's Woolly Taste.

The woolly taste in mutton is said to be due to slow dressing the carcass.

Pettit's Eye Salve for 25c relieves tired, overworked eyes, stops eye aches, congested, inflamed or sore eyes. All druggists or Howard Bros., Buffalo, N. Y.

The great doers of history have always been men of faith.—Chapin.

NEW ARRIVALS IN CANADA NEARLY 300,000 IN 1907.

ABOUT SIXTY THOUSAND FROM THE UNITED STATES.

Now that it is known that in the year just closed nearly sixty thousand from the United States declared their intention of making their homes in Canada, it might not be out of place to search for some reasons that would bring this about. These people are but following the example of the fifty-five or sixty thousand who did the same thing the year previous, and an almost equal number who the year before that but followed the example of the thousands of the year preceding. An excellent climate, certain and positive crops of grain of all kinds, good markets for their produce, land—and good land, too—at low prices, easy terms of payment, (not forgetting the 160 acres of land given free by the Government, particulars of which the Canadian Government Agent whose name appears elsewhere will tell you about) and then the splendid social conditions. The situation is pretty well sized up by a writer in one of the magazines. Quoting from this article, we find this: "Those of us who made good in the States," interjected another settler as if to continue the story of his neighbor, "have had it easy from the start; a little money is a mighty good thing on coming into a new country. But those who make an entry, or even buy lands at low rates, are able to square things in two or three seasons' crops. There are hardships in building shanties, and then with increasing prosperity getting things into shape for better homes. But affairs go much as in the States. We have the largest liberty in the world; there is more home rule in the Provinces than in the several states of the Republic. Taxes are light and with only a few million people west of Winnipeg we don't get in each other's way. One's friends over the line probably thought we would not live through the winter; and while it is cold, real cold, it is free from the moisture experienced in the east. Schools are good as encouraged by the Government; the enterprising American promoter and Yankee drummer see to it that we take notice of the latest improvements and best agricultural machinery. Altogether we are as near to affairs as we would be on our own farms in the States. Winnipeg bears the same relation to us as Chicago did at home; and Edmonton with the surrounding region advances as Omaha did in the days when we were as young as the boys yonder. We get together much as they did in the granges over the border; the government has established experimental schools of agriculture, and progress in every line is stimulated. This is a great region for grazing," we hear the Calgary citizen continuing, "and then with building elevators of wheat at one dollar a bushel, many of us find time to go over to the live stock exhibition in Chicago or visit old friends during the course of the winter. Every man is taken for what he is worth or for what he can raise; and in this good air and on this fertile soil we intend to show our old friends that we are made of the right stuff—that we are chips of the old block who built up the American West."

Winter the Most Deadly Season. In most large cities the death rate in winter is much greater than in summer.

Smokers have to call for Lewis' Single Binder cigar to get it. Your dealer or Lewis' Factory, Peoria, Ill.

The more a man doesn't know the less he doubts.

W. L. Douglas shoes are made of the old block who built up the American West.

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MADE HIS MEANING CLEAR.

Professor's Son Translated Father's Speech into the Vernacular.

A college professor, in company with his son, was enjoying a walk in the country, when he met an old farmer. It had been a very wet season, and the professor, thinking to start the conversation in a way that would prove interesting to the farmer, remarked:

"There has been a rather abnormal precipitation of late."

The farmer seemed somewhat embarrassed, and the professor's son, who used a different vernacular, though he was a student in the college to which his father was attached, attempted to straighten out the matter. Drawing the farmer to one side, he said in a superior way:

"The governor means that we've been having a devil of a lot of rain."

—Harper's Weekly.

A human act once set in motion flows on for ever to the great account. Our deathlessness is in what we do, not in what we are.—George Meredith.

Truth and Quality

appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing. Accordingly, it is not claimed that Syrup of Figs and Elixir of Senna is the only remedy of known value, but one of many reasons why it is the best of personal and family laxatives is the fact that it cleanses, sweetens and relieves the internal organs on which it acts without any debilitating after effects and without having to increase the quantity from time to time.

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W. N. U., LINCOLN, NO. 16, 1908.

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K C Baking Powder will do it! Get a can. Try it for your favorite cake. If it doesn't raise better, more evenly, higher, —if it isn't daintier, more delicate in flavor, —we return your money. Everybody agrees K C has no equal.



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The State of Wyoming

Is preparing to open for settlement ten thousand acres of irrigable land, under the Carey Act, at 50 cents per acre, as an addition to the now famous Wheatland Colony. For further information write to

J. R. MASON, General Immigration Agent, Wheatland, Wyo.

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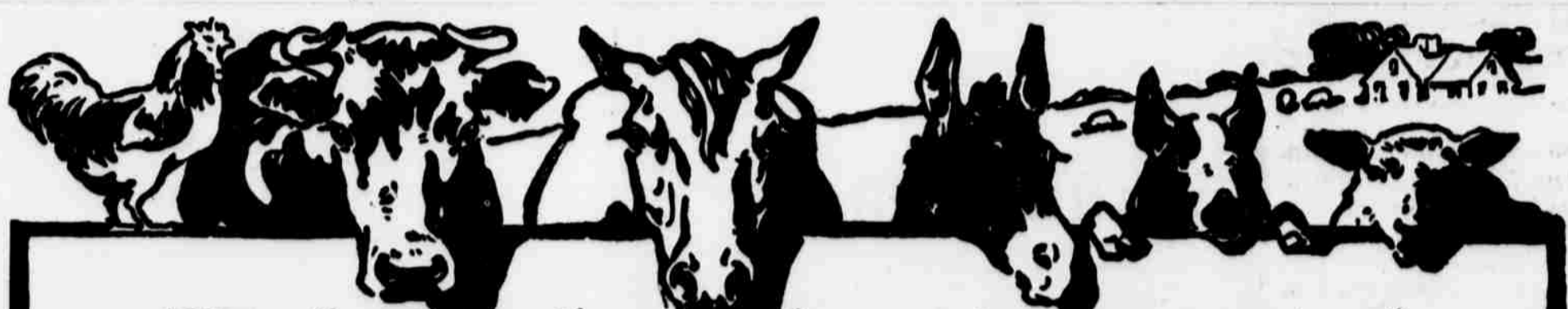
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