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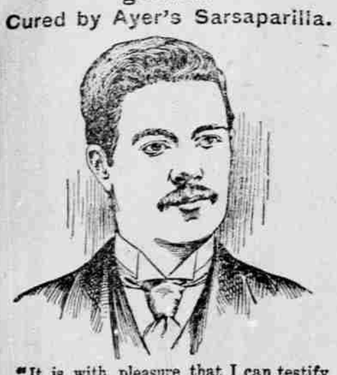

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Ayer's Sarsaparilla

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OF INTEREST TO THE HOUSEHOLD

AN INTERVIEW WITH A FRENCH CHEF

By V. D. Robie.

A thousand a year! How on earth can they afford to pay him that?" That is what you often say over your after-dinner coffee cup on hearing what my salary is. You shall know:

"It is because I can make a better dinner out of the things you give to the cat than your cooks can out of five shillings' worth of prime material. I feed very well and save. You feed yourselves badly, and waste. In my country we have a proverb which says, 'The dustbins of England would fill the souptureens of France.'

"It is true to the letter. Here are some of the things I saw in an ordinary dustbin last week, and the uses I would have put them to. First, the outside leaves of four cabbages, some lemon rind, a handful of bread crusts, two veal bones, the scraped knuckle of a leg of mutton, a lump of very hard, dry cheese, some odds and ends of carrots, a broken sprig of parsley and an extract of meat bottle with some of the extract sticking to the inside That collection from a household whose allowance was limited went to the dustheaps. I would have shredded the coarser fiber of the cabbage leaves, simmered them, cut the tender portions into little squares, reduced the liquid by boiling it, stewed the mutton and veal bones in it for three hours, strained the whole through a collander, added the carrot bits and when soft forced them through a wire sieve back into the soup, scalded the parsley, minced it and stirred it in, poured a little boiling water into the extract bottle and added it, suspended the lemon peel by a thread in the soup, toasted the crusts and cut them into dice, served them on a dish, grated the cheese to powder and served that on a separate dish, then would have served the whole thing up. At any hotel you would have paid a shilling or eighteen pence for it as Soupe Berniche au Parmesan, and would have said, 'Jove! what an artist the cook is!

"Cost—nothing. The things in the first place would never have gone near the dust-bin, but been stored in clean earthenware pans till wanted. Why do you like a 'sole frit' better than a fried sole? It is because appearances are everything, even to a hungry man, and the even-colored, light golden-grown fish you get at the Frenchman's hands is totally different from the English fried article, which generally has a flake of bare skin showing here, a patch of blackened bread crumbs there, and an almost white patch yonder. Yet ours is the cheaper way. If I were a woman I should make the sweet eyes at the baker, and he would supply me, for nothing, with a bag of breadraspings' which, though mere waste matter at the bakery, are of a lovely golden brown color. I fry the fish in those, dust a little more over when cooked, and there you are! As a man I should give the baker a cigar and ask him how his amiable wife did.

"Again, if you often have fried fish at your home you have used many shillings' worth of dripping from time to time to fry it in. The fish fried, you tip the dripping into the waste pot. What horror! I tip mine into a pan of boiling water. The crumbs and bits of fish sink to the bottom, and when cold I lift a perfectly pure cake of clarified dripping from the top of the water, and put it back in a big pot labeled 'for fish.' It is as good the hundredth time as the first. There is more waste in the cottage than in the palace.

"A year or two ago I was chef in a country gentleman's household. The morning after my arrival I looked around the kitchen garden and in the dust-bin that stood in the back yard I saw a mixture of food that could have been made into a first-class dinner. In about four quarts of milk that had turned sour were swimming stale half loaves, drumsticks of fowls, old ham bones, cold boiled potatoes, trimmings of dough made for pie crusts, cracked eggs, some old codfish and some spoiled macaroni. Next day I found a second consignment, very similar about to be carried away and thrown out. I stopped this lot, sorted it out, and, with the help of a little stock, half a dozen eggs and a hare that had been shot on the estate, served a seven course dinner for a family of ten that night, and the master of the house called me up and complimented me before the whole family on the best dinner they had had for a year.

"Afterwards his wife sent for me and told me that though pleased with the dinner she feared I had been too extravagant, and said that her rule was not to allow more than seven shillings per head in housekeeping. It was a severe shock to her to hear I had fed the family on the sins of the cook that had left the day before, the cost being not over ninepence per head. 'Why is a French-cooked shoulder of mutton more juicy and tender than an English one?'

"Because you place your joint away from the fire at first and increase the heat later; consequently you draw the moisture out of the meat, and when it is cut you see the grain of the fibers. We put ours into an oven too hot for the hand to bear for a minute. This hardens a brown coating the thickness of a six-pence all over the joint. Then the heat is reduced and the meat cooks like an egg in its shell, and is full of gravy and tender as cream when served."

THE INVALUABLE BATH BAG.

Wise women wonder why their sisters do not more generally use the invaluable bath bag. They are made by filling a thick muslin or thin calico bag with two-thirds of bran or oatmeal, bits of soap and orris root, just to give a sweet savor. Let this soak in the water before entering the bath and make a splendid lather all over the skin; if you use this only two or three times a week it will make the body smooth. But each bag is good for only twice using: once sour it does more harm than good. It is a great secret in most toilet preparations to use them while fresh. There is a most delightful cream which works veritable wonders if employed as soon as it is made and never after it has been mixed more than a week or so. Blanch for the purpose four ounces of sweet almonds and pound them till they are quite smooth, add the yolks of three eggs and mix with fresh milk or cream; boil as you would a custard, stirring all the time, and remove as soon as it thickens; then add the perfume you prefer. Seal while hot. Every night before retring is the best time for devoting just a little while to the care of the complexion and hands. Ten minutes can be spared and no more should be taken. It would else be time wasted.

RETURN OF THE POLONAISE.

Fashion seems to predict that the polonaise effects of the '70s are to be with us again. Polonaise coats of lace are among the novelties of the season. These garments are worn, not as integral parts of the costume, but more as dress accessories, usually over gowns of contrasting color. Of course, the lace must be handsome, or the effect is disastrous. Imitation laces may occasionally be used in the trimming of a frock, but never except when accompanied with other materials. Just now these elaborate coats are a feature of the up-to-date wardrobe. It is not the coat intended for warmth, but a dressy house coat, with long tabs, a fancy girdle and costly buckles and buttons. Those who ought to know assure us that this will develop into the old-time polonaise. Certainly the coats as at present shown are the acme of dainty elegance. Those of point venise lace are extremely chic. One recently seen at a casino event was in Italian filet, but the effect produced was anything but gratifying.

DINNER BLOUSES.

The beguiling note of the dinner blouse just now is its little basque. On the blouse of lace, whether the belt be deep or narrow, this shaped piece hangs down below; if of silk, there is a plaited, gathered or plain addition below the waist, and if of velvet it is all the same. Well cut, well made and on a pretty figure it is difficult to believe there was charm in a blouse that did not have it, and it is the slight English figure that it becomes so well.

HOUSEHOLD HINTS.

Keep the wax-coated boxes in which crackers are packed, as they made excellent polishers for irons instead of the little blocks of wax generally used.

Soak new brooms in strong, hot, salt water before using. This toughens the bristles and the brooms last longer.

Graniteware should not be left to dry over a hot fire, or the heat will cause the outside to scale off.

To restore the color to ivory-handled knives and forks that have turned yellow rub them with fine emery or sandpaper.

Pour a few drops of ammonia into every greasy roasting pan or greasy cooking dish after half filing with warm water. A bottle of ammonia should always be kept near the sink for such uses. Never allow the pans to stand and dry, for it doubles the labor of washing, but pour in water and use ammonia and the work is half done.

A little friction with emery paper will remove the shine from the shoulders and elbows of one's growns. Rub just enough to raise a little nap and then go over it with a warm silk handkerchief.

When the gilt frame of pictures or looking glasses have specks of dirt upon them from flies or other causes, they can be cleaned with the white of an egg gently rubbed on with a camel's hair pencil.

A DAINTY WEDDING GIFT.

A dainty and inexpensive present for a bride consists of a set of scent-sachets, commencing with a couple about eight inches long by six inches wide, for hanging in the wardrobe among the dresses; a dozen about three inches square for laying in the drawers among the linen, and the same number of quite tiny things for sewing in the corsets, keeping in the purse, or among the writing paper. These are best expressed in oriental satin of soft, delicate hue of the bride's favorite color, and are filled with sachet powder, which represents her favorite scent. The sachets may either be left quite plain, garnished merely with ribbon of slightly darker shade, or painted or embroidered with representations of the flowers from which the perfume they contain is obtained.

AN INFANT'S WEIGHT.

An infant loses from three to six ounces in weight during the first three to six days; by the seventh day it should have regained its birth weight; from that to the fifth month it ought to gain five ounces a week; at the fifth month it should have doubled its birth weight, and in sixteen months have quadrupled it.

FASHION NOTES.

Earrings are again coming into favor.

Green seaweed is used on some of the hats.

Pongees are as popular as they were last year.

There are many new effects upon the spotted nets.

Big white pearl buttons trim the linen walking suits.

Terra cotta is said to be a coming fashionable color.

Very fine tucking trims the dainty dimities or organdies.

A group of girls in evening dress resemble an animated flower garden.

Hemstitching is used with good effect on batiste, linen and muslin frocks.

Ribbon lacings are a good deal used, particularly as a front bodice trimming.

There is a new batiste with wool finish which looks quite like a wool stuff

One knot or loop of black and white striped ribbon is sure to be introduced on the chapeau decorated with ribbons of many colors.

RECIPES THAT ARE PRONOUNCED GOOD

CHICKEN GUMBO.

Young tender chicken, cut up, seasoned, and rolled in flour. Wash two dozen okras; pod and slice them very thin, throwing away the stems. Peel and slice one onion; cut a quarter of a pound of ham in small pieces, putting them into enough smoking hot lard to half cover them; then add the okra, onion, pepper, chicken, and enough broth to cover all. Season, and stew gently until the chicken and vegetables are quite done.

Rice, tomatoes, a tablespoon of chopped parsley, and chopped thyme, two bay leaves, and a few Tarragon leaves may be added.

CREAM OF CORN.

One can of corn and one quart of water boiled together for one hour, then taken off and strained. Add two eggs, beaten well, one pint of milk, five tablespoons of cream. Mix all well together. Do not put on the stove until almost ready to serve; then stir until it is taken off. Hot toasted crackers are nice served with this.

OLD-FASHIONED VEGETABLE SOUP.

Half a shin of beef.
A knuckle of veal.
Two pounds of mutton, off the neck.

Put this on the fire in a large soup kettle, in water to much more than cover it, without salt; let it simmer all day; set it off the fire in the evening in a cool place; in the morning put in carrot, potatoes, onions, turnips, cabbage, soup greens, half a can of tomatoes, half a cup of large barley, salt, and black pepper, and a large tablespoon of brown sugar, and let it cook two or three hours. The vegetables should all be cut in small pieces, but not chopped in a machine,—that is not "old-fashioned."

SOUTHERN CHICKEN PIE.

This looks like a lot of bother, but it's worth it. Select a yellow Philadelphia fowl weighing four or five pounds; clean carefully, singe, and put it on in boiling water enough to cover it, and let it simmer gently until it begins to grow tender. Save this broth with the giblets. Now cut the chicken in small pieces; slice a quarter of a pound of fat pork very thin, and fry it with the chicken until it is brown. After the chicken and pork are fried, take them up, and stir into the pan in which they were cooked a tablespoon of flour. Stir it over the fire until brown; then add a pint of the chicken broth, a tablespoon of salt, quarter of a salt spoon of pepper. Stir this gravy until it has boiled two minutes, and use it for the pie.

To make the crust:

Mix together in a bowl with a knife one pound of flour, one teaspoon of salt, two tablespoons of butter, and just enough cold water to hold it together. Roll it out about an inch thick; cut a quarter of a pound of butter in large slices, and lay it all over the paste; fold it and wrap in a floured towel, and put in the ice box for half an hour. Roll it out, repeating same with another quarter of a pound of butter. Roll it to a thickness of half an inch, fold it in three thickness, and roll it out again. If the butter breaks through, fold it again in a towl, and cool for half an hour before using. Line a deep dish; then put in alternate layers of chicken, pork, and sliced raw potatoes; pour in as much gravy as the dish will hold. Sprinkle with a little chopped parsley, a dash more salt and pepper, and cover with a top crust, wetting the edges to make them adhere. Cut a hole in the top to allow the steam to escape.

TO COOK BACON PROPERLY.

I can't remember where I got this, but I do recall that it was couched in such flowery terms it sounded appetizing.—as a colored girl said the other day, "it looks good to me,"—so I tried it and it is all that it promises.

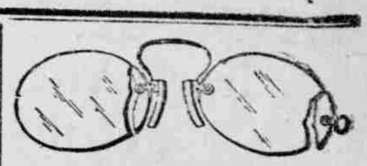
To crisp bacon to that point of toothsome delicacy that it breaks in the mouth and liberates not a suspicion of grease, lay the slices on a hot spider and turn them frequently, pouring off the melted grease as it gathers. When brown, lift it out carefully on to soft paper, and set it in the oven to dry. The bacon will be clear enough of all grease to serve on a napkin, if prepared in this manner.

SARAH'S FRUIT CAKE.

One dozen eggs.
One pound of butter.
One pound of flour.
Three pounds of raisins.
Three pounds of currants.
Three pounds of candied citron.
One pound of almonds.
One pound of Sugar.
Two teaspoons of cloves.
Three teaspoons of cinnamon.
One teaspoon of mace.
One teaspoon of nutmeg.
Two tablespoons of rose-water.
One pint of brandy.
One teaspoon of soda and two of cream of tartar mixed with a little milk.

Rub the butter and sugar until it creams; beat yolks of eggs; add to the sugar and butter; then add the molasses, the spices, the flour, the raisins, (carefully seeded), the currants, (cleaned as for Mother's English plum pudding), the citron, the rose-water, and brandy. Dissolve soda and cream of tartar in a cup of milk, and add; then the flour. Blanch the almonds, which means to pour boiling water over them to take the skins off; split them and add. Mix well. Bake in a moderately heated oven four hours. Put in stone jar, when cool; pour over it one quart of the best French cooking brandy, and cover securely from the family. This is to be kept one year, occasionally adding brandy as it is absorbed.

A tip from one who knows,—keep this in the safe and guard the combination well, as it is very tempting.



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TIME TABLE
October 6, 1904.
OUTWARD.
For Waianae, Waialua, Kahuku and Way Stations—*9:15 a. m., *3:2[illegible]
For Pearl City, Ewa Mill and Way Stations—†7:30 a. m., *9:15 a. m., [illegible] a. m., *2:15 p. m., *3:20 p. m., *5:[illegible] 9:30 p. m., †11:15 p. m.
INWARD.
Arrive Honolulu from Kahuku, Waialua and Waianae—*8:36 a. m., *5:[illegible] p. m.
Arrive Honolulu from Ewa Mill and Pearl City—†7:46 a. m., *8:36 a. m., *10:38 a. m., *1:40 p. m., *4:31 p. m., *5:31 p. m., *7:30 p. m.
* Daily.
† Sunday Excepted.
‡ Sunday Only.
The Haleiwa Limited a two-hour train, leaves Honolulu every Sunday at 8:22 a. m.; returning arrives in Honolulu at 10:10 p. m. The Limited stops only at Pearl City and Waianae.
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