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HOUSEHOLD

MUTTON AND ITS VALUE.

A great many Canadians have
got into the habit of eating only
"lamb." Our butchers call it
lamb until a year old, and by
keeping it in cold storage extend
the season, so it comes that you
may hear, "Now I don't want
mutton be sure to give me lamb"
at any time in the year.

Possibly because our sheep are
of a larger, heavier breed, and
mature more rapidly, their
flesh is not so fine grained and
sweet as the mutton of the older
countries, but it is wholesome
and nourishing, much more so
than lamb. If properly dressed
and cooked it should never have
the strong odor and taste which
has prejudiced so many against
it.

Because mutton readily ab-
sorbs odors and flavors, special
care should be taken of it. It
should be thoroughly wiped with
a damp cloth, and any thin pieces
of bits, fat or membrane which
have the least strong odor should
be removed. If you have a
quantity on hand use the flank,
ribs and other thin portions first.

Another thing to guard against
is laying the meat directly in the
pan in which you roast it. If
you have not a roasting rack, im-
provise one with a couple of
patty pans, a gridiron, or any-
thing which will lift the meat up
and prevent the fat being scorched,
for that will affect the flavor
of the whole piece.

Fruit Relishes with Roast Mutton.

1 cup prunes cut into small
pieces; 1 1-2 cups water, 3 table-
spoons sugar; 1-2 teaspoon
ground cinnamon; 2 tablespoons
currant jelly; juice of half or-
ange. Boil together until the
prunes are soft. For the prunes
in this recipe, raisins or a mix-
ture of equal parts of raisins and
prunes may be substituted. One-
fourth cup of butter is some-
times added. These fruit re-
lishes may be served also with
sliced cold lamb or mutton, and
are very palatable.

Bean-Pot Roast.

3 pounds mutton, shoulder, or

DOLLAR DAY

AT
The Ladies Wear
Feb. 18

BIG BARGAIN

Mrs. F. L. Mooers

BOOST your HOME TOWN
and at the same time
HELP YOURSELF

3 pounds round, or chuck steak;
1 cup carrots, cut into small
pieces; 1 cup potatoes, cut into
small pieces; 1-4 cup sliced onion.
Cover the meat with boiling wa-
ter. Place the cover on the bean-
pot and let the meat cook in a
moderate oven for two hours;
then add the vegetables in half
inch cubes, with 2 teaspoonfuls
of salt; cook until the vegetables
are tender, which will require
about one hour; then serve, pour-
ing a sauce over the meat, made
from one cup of liquid in which
the meat was cooked, thickened
with two tablespoonfuls of flour.

Montana Steak

One pound lean mutton free
from bone, 1 egg, 1-2 cup of
milk, 1 teaspoonful salt, 1-2 tea-
spoonful pepper, few drops onion
juice. Chop the meat finely,
add the other ingredients, form
into small cakes, and either boil
or fry them. While this dish is
more delicate if the egg and
milk are used, it can be
made without them. In this
case it resembles very closely
Hamburg steak, as it is ordi-
narily prepared from beef. It
may be made with or without
onion.

Haricot of Mutton

Two tablespoonfuls butter, or
drippings, 2 tablespoonfuls
chopped onions, 1 1-2 pounds
lean mutton cut into two inch
pieces, 2 cupfuls water, salt and
pepper, lima beans, chopped pars-
ley. Fry the onions in butter,
remove the onions, add the meat
and brown; cover with water

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A Saving of 25 to 50 Per Cent.
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See that Vertical Hot Blast Draft
tube Feeding the Fuel with Hot Air
All the Time

THE QUEEN HEATER is more
of a heating machine than it is a
stove. It can be regulated like a
lamp. You can have your room
any temperature you wish. You
positively keep a slow fire burning
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stick or knot. Will heat a room
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Absolutely AIR-TIGHT and the
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PARLOR STOVES—Best in the
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SITTING-ROOM STOVE—Be-
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BEDROOM STOVE—The finest
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DINING-ROOM STOVE—Be-
cause you heat your room in ten
minutes.

The Queen Top Draft Stove is only sold by
W. F. Dibblee & Son.

The Hardware Dealers

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and cook until the meat is tender.
Serve with a border of Lima
beans, seasoned with salt, pepp-
er, butter and a little chopped
parsley. Fresh, canned, dried
or evaporated Lima beans may
be used in making this dish.

CONSTANTINOPLE
BANKS REMOVING.

London, March 3.—Telegrams
received today by diplomats in
London confirm the report that
the Ottoman Bank and the Ger-
man Bank of Constantinople are
transferring their effects to Kon-
iush, Asia Minor, and that the
archives of the Turkish Govern-
ment already have been removed
to that point.

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say's Josh Billing's, it makes its
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