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HOUSEHOLD

Rice as a Diet

Rice is the staff of life of half
the human race, and in the ages
of its common use the art of
cooking it has been developed in
an almost infinite variety of
forms. It is the easiest of all
starchy food to cook and it takes
less time and fire than any of the
others. In these days a saving
of fuel is no small thing. It is a
complete substitute for potatoes
as a vegetable and it also makes
a great variety of puddings and
other dishes for every meal. Its
merits have been discussed so
widely of late in the newspapers
that the reading public is well
acquainted with its food value,
but does not comprehend the
many forms in which it may be
served on the table.

It appears from corresponden-
ce in the newspapers that many
housewives think it boils into a
mushy mess. To boil it in wa-
ter and leave every grain separ-
ate, the water should be slightly
salted and brought to a violent
boil; the rice washed in cold wa-
ter should be sifted in by hand
so as not to check the boiling,
and kept in violent agitation by
the action of the boiling water
until cooked. It should not be
over-cooked. As soon as the
grains lose their raw starchy
flavor rice is cooked. Some
cooks add a little grated lemon
peel to the water and steam the
rice in a sieve over boiling water
for a few minutes after it has
been boiled.

Rice so cooked may be eaten
with gravy or butter, as a veget-
able with any meat. In the Far
East it is eaten with stewed or
curried meats and fowl, and the
best practice in India is to make
a large quantity of liquid meat
stock and flavor it with curry
powder. In this form only a
small quantity of meat is requir-
ed. One chicken curried with
rice is enough for six hungry
people. Such a dish is a stand-
ing item on the bills of fare of
New York's finest restaurants
and clubs. Rice is eaten freely
by people who know and have
plenty of money, yet it is the
cheapest food that can be bought
to-day.

Rice can be baked, steamed
and boiled with milk and eggs,
to which all sorts of fruits can be
added according to taste. It is
the foundation of a number of
Turkish delicacies, and it is the
chief ingredient in pilaff, a Tur-
kish meat dish that is equal to
East Indian curry. Anyone who
goes to a Chinese or Japanese
restaurant will find rice served
in a variety of forms all good
and the result of centuries of
culinary experiments. Rice is
also excellent in soups.

Rice is delicious when cooked
with meat or in soup stock or
liquid in which fresh meat has
been boiled. It has a peculiar
affinity for fats and meat juices.
Such dishes are common in the
Southern States. One chicken
cut up and boiled till tender, to
which two cups of rice are added
and boiled dry and steamed
makes a meal for a large family.

Those who are accustomed to
eating rice do not tire of it any
more than they tire of white
bread. Rice, corn meal, hom-
iny, oatmeal and barley are the
cheapest foods man can eat.
Rice is the most adaptable of
any to the various wants of a
family.

STUFFED STEAK.

One skirt steak or two pounds
round steak, one medium sized
onion, one teaspoonful poultry
seasoning, one cupful bread
crumbs, one tablespoonful but-
ter.

Have the butcher cut the
steak an inch thick. Lay it on
a meat board and pound it to
break the fibres. Mince the on-
ion and steam it in the butter.
Pour over the bread crumbs
when the onion is tender, add
the poultry seasoning and salt
and pepper to taste. Mix thor-
oughly and spread over the
steak. Boil with the stuffing in-
side and fasten with toothpicks
or tie with string. Bake in a
shallow pan one hour, basting
with a teaspoonful of butter mel-
ted in a half cupful of hot water.

SOUR MILK CAKE.

Cream a scant half cup butter,
one cup sugar, one egg, one
half teaspoonful cinnamon, one-
half teaspoonful nutmeg, one
cup sour milk, salt, one table-
spoonful dark molasses, two
cups flour in which sift one lev-
el teaspoon soda, one-half cup
seeded raisins, one-half cup chop-
ped nut meats. Bake in a mod-
erate oven.

SOUTHERN SPOON BREAD.

One cupful milk, one-fourth
cupful corn-meal, one-half tea-
spoonful salt, one scant table-
spoonful butter, melted, one tea-
spoonful baking-powder, one
egg. Heat the milk and scald
the meal, add butter, salt and
yolk of egg, then fold in the
beaten white and baking-pow-
der. Bake twenty minutes in
hot oven.

HOT POTATO CAKE.

Two cupfuls flour, one cupful
of cold mashed potatoes, two
tablespoonfuls lard rubbed in
flour, three level teaspoonfuls
baking-powder, one-half tea-
spoonful salt. Mix to soft
dough with milk. Roll out one-
half inch thick, lay whole in pan
and mark off in squares. Bake
in oven twenty minutes and eat
hot.

HOUSEHOLD SUGGESTIONS

WATERPROOF SHOES.

Take rosin, beeswax and tallow,
twice as much tallow as rosin, half as
much beeswax as rosin; melt over a
slow fire, as the rosin is quite inflamma-
ble. Before applying to the uppers of
boots or shoes fill the leather with
neat's foot oil; there will be less danger
of burning it, and it will keep soft and
pliable longer. Hold it in such a way
that the melted preparation will run off
and may not lie long enough to injure
the leather. For the soles use twice as
much rosin, applied a little hotter, being
careful to hold in such a way that it
will not lie on the shank in front of the
heel long enough to burn.

Copal varnish or boiled linseed oil
applied to shoe soles makes them last
longer. Apply all that leather will ab-
sorb.

Scald all milk pails and crockery,
churn and separator in baking soda once
a week to keep them sweet, one table-
spoon to a gallon of hot water.

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Two Villages Taken

By British

London, April 5.—The capture
of the villages of Ronsoy and
Basse-Boulogne, in the sector
northeast of Peronne, is announced
by the war office to-day. The an-
nouncement follows:

"We captured the villages of
Ronsoy and Basse-Boulogne after
sharp fighting, in which we took
22 prisoners and three machine
guns. The retreating enemy was
caught in his own wire entangle-
ments and suffered heavily under
our machine gun fire.

"East and northeast of Me'z en-
Couture our troops continued to
make progress in the face of con-
siderable resistance and reached
the western and southwestern ed-
ges of Gouzeau-court Wood and
Havrin-court Wood. We captured
here a further 60 prisoners, two
trench mortars and five machine
guns."

Exodus From The

States Started

Ottawa, April 5.—Montreal Star
Special).—The entry of the Unit-
ed States into the war and the
strongly intimated probability of
compulsory military service there
is having a curious and somewhat
numerous effect. The war had no
sooner got under way in Canada
than an exodus to the United States
started from certain quarters.
Conscription was feared. Some of
the same people are now attempt-
ing to come back for the reason
that in the new land of their adop-
tion compulsory service seems more
imminent than in Canada. Head-
ing for Montreal a number were
stopped to-day. The people who
are thus attempting to evade their
responsibilities are not native-born
Canadians. Immigration inspect-
ors are applying the law and hold-
ing up their entry to Canada, with
the probability of their being kept
out altogether.

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