

REMINGTON UMC

The Elastic Leg of Lamb

For the sake of encouraging thrift, I will pass this on, although I acknowledge the liberties I took with the nether extremity of this particular lambkin, I trust his screaming spirit may not haunt me.

We are four in family. We keep no servant. The leg of lamb in question weighed 6.12 pounds and cost \$1.43. The first night at dinner it was served freshly roasted.

The second night, cold and sliced. The third night, a well-seasoned hash with cold boiled potatoes and green peppers. Before lifting hash of any kind, I pour over it several tablespoons of cream which gives an agreeable richness. If tastefully dressed and garnished, even hash can be made a good substitute for meat.

The fourth day I had occasion to be away from home at the lunch hour and, in leaving a picnic lunch in the ice box for the children, I used several slices of sandwiches. I then directed the bones of the remainder, cutting the meat in squares with enough raw potato to make a hash. I put in a casserole with boiling water (or any soup stock left over) or tomato in any measure liked, letting it simmer in potatoes were quite tender. Then set away to cool. At dinner time I made a crust, as for pie, covering top and baking thirty minutes in hot oven, serving from casserole at table.

With the bones, I put a tablespoonful of barley, an onion cut fine, or any other soup vegetable one may have at hand, seasoning well, I covered same with cold water, and let simmer for several hours, serving hot, in cups, before the casserole dish.

Thus an outlay of \$1.43 represented the meat dish for four people, at four dinners, to say nothing of the broth and sandwiches.

With the regulation green vegetables or salad and dessert, every one was sufficiently fed, with the cut included.

Seasonable Recipes.

WATERMELON COCKTAIL.

Cut a chilled watermelon in slices about three-fourths of an inch thick; pick out the seeds, then with small cutter stamp out shapes, and use to fill long stemmed glasses, sprinkle about a teaspoonful of sifted confectioner's sugar over the melon in each glass. Serve at the beginning of luncheon or dinner.

CREAM OF GREEN PEAS AND SPINACH SOUP.

Cook one cup of green peas (a little oil for use as a vegetable) until tender, as possible, and the water is well evaporated, then press at once, while hot, through a sieve. Carefully wash, drain and chop half a cup of spinach, then add one-fourth cup of butter; in it cook one-fourth cup of flour, a teaspoonful of salt, and half a teaspoonful of onion powder, then add one quart of milk, and stir until boiling; stir in the spinach and peas, two cups of hot cream and more salt and pepper, if needed. Cut this into slices of bread, freed of crusts, in half-inch squares; shake them in a little melted butter, and let brown delicately in the oven, shaking often to color evenly. Serve a spoonful of croutons on the top of each plate of soup.

CLAM CHOWDER.

Pour a cup of cold water over a quart of clams, pick over and rise in the water, then drain; add the liquid from the clams through double cheesecloth, and heat to the boiling point. Separate the hard part of the clams from that which is softer, and chop the hard part fine. Cut two or three ounces of fat salt pork in tiny bits, and let cook in a little oil until browned. Add one cup of boiling water, and let simmer ten to fifteen minutes. Pare and slice enough potatoes to make one quart, add to the boiling water, and let boil five minutes; drain, rise in cold water, and drain again. Put the potatoes and chopped clams in a saucepan, in alternate layers, strain over them the liquid from the clams and pork, pressing out all the liquid possible, then add the cups of boiling water, cover and let cook until the potatoes are tender; add the soft part of the clams, one quart of this white sauce, made with milk (one-fourth cup each of butter and flour, one teaspoonful of salt and half a teaspoonful of black pepper), and the strained clam juice. Let heat to the boiling point, then add a cooler part of the range, heat in two or three tablespoonsful of butter, in little bits, and serve without delay.

HALIBUT, TURKISH STYLE.

Peel a small, mild onion, cut in thin, even slices, and dispose on the bottom of a shallow earthen or agate baking dish. Over the onion lay a slice of halibut, cut about one inch thick; sprinkle over a slice of fat salt pork, cut in bits. Remove the skin from three tomatoes, cut them in quarters, and set above the fish; between the tomatoes dispose a green pepper, cut in slices half an inch wide, then the onion and fat salt pork, and so on, until the fish is covered. Before the shape of the vegetables is injured, remove to the floor of the oven, bake with moist heat, and let cook in about twenty minutes. Serve from the baking dish.

HALIBUT A LA AURORE.

If you have no serving dish in which a fish may be cooked, flatten the edge of a tin cracker-box cover; brush it thoroughly with butter, and set it under the broiler in the cooking dish. When the fish is done, lift the tin with a spatula and gently push the fish from it to the serving dish. Have a slice cut thin, and lay it over the fish. Pour over it a little hot cream, let bake about half an hour in a moderate oven, basting three or four times with hot cream or the liquid in the tin. Drain on a platter. Sift over the yolks of two hard cooked eggs, and set rings of the white of egg around the edge. Cut a slice of butter and melt it in a pan with the egg whites, and pour over the fish. Use the liquid in the pan with milk or fish stock in making a white sauce to serve with the fish.

HUSH STEW IN EARTHEN CASSEROLE.

Have two pounds of chops from the best end of a neck of mutton, trimmed of all fat. Have pared and sliced about two quarts of potatoes and six onions of medium size. Put a layer of potatoes and onions at the bottom of the casserole, and sprinkle with salt and pepper; above set a layer of meat, then vegetables, seasoned as before, until all are used. Pour in boiling water or broth to come nearly to the top of the last layer. Cover and let cook gently on the top of the range or in the oven about three hours.

BREADED VEAL CUTLETS.

Cut veal steak into pieces for serving, roll in cracker crumbs, then dip in an egg beaten and mixed with a cup of milk, and again roll or pat in cracker crumbs, to cover completely. Cook bits of fat salt pork in a hot frying pan very slowly until the fat is well tried out; in this cook the prepared veal until brown on one side, then turn to brown the other side. Remove to a platter, and do not cook the pork or veal too fast; the veal should be an amber shade when finished; remove the veal to a white-lined platter, and let the pork cook until the veal has plenty of room on the bottom of the dish; pour in hot, well-seasoned tomato puree (cooked tomatoes pressed through a sieve), and broil with water to surround the meat, but not to cover it; cover the sauceron, and let cook, barely simmering, about one hour. Carefully cooked, the breading will not start from the veal.

BAKED SWEET POTATOES AND BACON.

Bake either sweet potatoes or yams, after scrubbing them well. When nearly tender, remove from the oven on a fork, and carefully take off the skin; with two wooden toothpicks, make a hole in each around each, set the potatoes in a baking pan, and return to the oven for about ten minutes, or until the bacon is cooked, when the potatoes should also be cooked.

HOMEMAKERS' COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor HOMEMAKERS' COLUMN, Oxford Democrat, South Paris, Me.

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Climbing in June Snows.

WOMAN PIONEER OF THE SIERRA CLUB DESCRIBES AN EARLY YOSEMITE TRAMP.

(Marie Randall Parsons, Treasurer of the Sierra Club.)

In June, Yosemite Valley is at the very height of its beauty. The deciduous trees are in new leaf, green and dappled with pastel shades of pink and red in prophetic of the autumn. The grass is lush and full, and the meadows a rippling mass of exquisite grass brightened with flowers. In June, too, the wild beauty while the fast melting snow still lies deep in the upper forests and on the higher mountain slopes.

After a week or more in the valley, following the better known trails, getting muscles in condition again after city-bound days, we were about to start on a spring-like in the snowy upper country. Accordingly, as pack animals were not to be obtained for love or money, we prepared to make a pack trail of our own, and knapsack over to Mount Clark (11,500 feet) on the south-western boundary of the park, the most popular route to the high Sierras.

There were four of us in the party, two men and two women, and we planned to be out two nights with a night in the lower country, and a night in the high Sierras. Bacon, hardtack, and that blessing to mountaineers, soup, made up the bulk of our commissary. We carried, besides, a tin of raisins, chocolate, dried fruit, beans, spaghetti, and cheese. Our personal outfit, of course, was reduced to bare essentials. A sleeping bag, a change of hose, toothbrush, hairbrush, towel, a box of matches, and a tin of adhesive tape would complete our list. The tin buckets, a small frying pan, and a tin cup and spoon again completed the camp equipment.

SHARPLAKE WITH THE MEN.

We women who "knapsack" pride our selves on being able to do our share, while we do not pretend to carry our heavy packs as the men, we carry our own outfit and a part, at least, of the commissary. We are not, however, as hard as the men, and we do not "shock" bad hats, as we are easy in our own clothing and, as a rule, we do not wear the men's trousers.

It was rather hard for us to serve ourselves to meet the stares and queries of the tourists we met along the trail, but we were not to be deterred. All the way up to Little Yosemite we were beset with questions—Where were we going? Didn't we find it very hard work? Wouldn't we get lost? Weren't we afraid of getting sunburned? We had an inkling that we were being looked at as proper looking folk.

In Little Yosemite we made a camp beside the smoothly flowing Merced, and after lunch sat out on a grassy slope toward the base of Half Dome. Up the clouds from the forest to the brink of Tenaya Canyon, a gorge almost as deep as Yosemite Valley, inaccessible to all but the hardest mountaineers. The great chasm, more than 2,000 feet deep, lay at our feet. Half Dome, lower and more accessible against the sky, and still farther we could see the shadowed cliffs of El Capitan and the Cathedral Rocks.

A BUCK IN VELVET.

My companion on his ramble elected to climb Clouds Rest before returning to camp, so I made my way back to Little Yosemite alone. Near the foot of the trail, a beautiful buck, with a velvet coat, surprised a beautiful buck, the largest I ever saw in the Sierra. His horns were in velvet, and he stood as proudly as a king. He was looking at me, and I was looking at him. He was looking at me, and I was looking at him. He was looking at me, and I was looking at him.

That Last Chapter

How a Detective Story Was Finished.

By F. A. MITCHEL

"Hello!"

"Well?"

"Are you Mr. MacKinnon?"

"Yes. What is it?"

"I'm Hayden, composing room. The last chapter of that detective story is missing."

"Missing?"

"Great Scott! What are we to do? Connelly read it and I sent up the manuscript just as I received it from him. You say it is a detective story?"

"Yes. That's what the title indicates."

Here was a beautiful situation. A detective story with the last chapter missing! Connelly was the only person connected with the office who had read it, and he had gone away. I ordered a search made for the missing chapter without success. No one could be found who had read it. I called to the telephone operator, "Give me No. 2078, please."

It seemed an hour, though it was but forty seconds, before I heard a click, and a woman's voice answered:

"Is this Miss Quigley?"

"This is Miss Quigley's home, but she's not here. She called this morning for Japan."

The groan I gave was doubtless audible to the wire, for she asked if anything was the matter. In reply I asked her if Miss Quigley had left any manuscripts or parts of manuscripts with her. The reply was that before leaving the author had given her a copy of the story, and that she had not had time to read it. I groaned again and hung up the receiver without even thanking the person for her information.

There was nothing for it but to read the story and write the last chapter. I wrote that—make an ending to a detective story, a detective story written by a woman famed for weaving plots that no man being but herself could unravel! I must first write through a labyrinth of incidents in order to throw the reader off the track, my head at the same time being full of other matters. Connelly added to such work, and I knew little or nothing about it. He had gone away, and I was left to my own devices. I hid in my room, and I hid in my room, and I hid in my room.

Mother Remembers.

A hall bedroom, a battered suit case, a single bed, a cheap washstand, plaster falling from the walls, loneliness and a post card from mother!

Your birthday? Huh! Almost forgot. Funny that mother didn't forget. No-o, she didn't forget. It isn't a mother's way.

What, weeping? Let 'em come, boy. Tears were many were never shed. Save the card. It's sacred. Twenty years from now you'll weep over it again and thank God for the chance.

Say a prayer for my sender, the best mother a fellow ever had.

And then sit down and write—well, write just the kind of letter she's been waiting to receive from her boy—Cleveland Press.

BRAKEMAN WAS CURED

F. A. Woolsey, Jacksonville, Texas, writes: "I was down with kidney trouble and rheumatism; had a backache all the time and was tired of living. I took Foley Kidney Pills and was thoroughly cured." Thousands have written similar letters. Foley Kidney Pills are tonic in effect and act promptly.—A. E. Shurtleff Co., S. Paris.

TWO COMMON SUMMER AILMENTS

Thousands of hay fever and asthma victims who are not able to go to the mountains find relief in Foley's Hay and Tar Compound. It allays the inflammation, soothes and relaxes, and eases the bronchial tubes and helps to overcome difficulty in breathing, and makes sound, refreshing sleep possible.—A. E. Shurtleff Co., S. Paris.

POSTPONING OLD AGE

Overworked, weak or diseased kidneys make one feel old before middle age. Rheumatism, aches and pains, too free perspiration of strong odor and other symptoms are warning that the kidneys need help. Foley Kidney Pills make the kidneys strong and active.—A. E. Shurtleff Co., S. Paris.

CHILDREN'S SUMMER COLDS

It is wrong to neglect a cold at any time because it weakens the system and lays the sufferer open to attack from other diseases. When a child is suffering from a cold, sudden changes in temperature and sleeping uncovered at night cause many children's colds in summer. Foley's Hay and Tar Compound gives sure and prompt relief.—A. E. Shurtleff Co., S. Paris.

TAKE OUT THE ASHES

Uremia is due to the circulation in the system of poisons and waste products that should be removed from the blood by the kidneys. If the ashes are not removed the fire dies and the machinery stops. So with the waste products of the system. Foley Kidney Pills help the kidneys remove waste matter that causes rheumatism, aches and pains, stiff joints and sore muscles.—A. E. Shurtleff Co., S. Paris.

How does it happen?

The teacher to the new pupil, "that your name is Allen and your mother's name is Brown?"

"Brown?" explained the small boy, after a moment's thought, "you see, she married John and I didn't."

Cleanness of Beavers.

Some beaver dams, if built by human beings, would be styled fets of engineering. They are by no means located in the most favorable spots, and are selected and each dam accomplishes a purpose that seems as if reasoned out in advance. Trees are felled with a nicety that can be duplicated only by skilled woodsmen. And the beaver does not limit his tree cutting to saplings and small trees, but he cuts down the largest trees and more in diameter. They prefer yellow birch and poplar, though they will cut any tree that seems necessary to their purpose. The dams are built of mud, sticks, and grass, and are finally thickened with moss, making a solid wall that often must be dynamited to be effectively destroyed. The cutting teeth of the beaver are very sharp, and there is great power behind the little jaws. Ordinarily beaver chips are not cut half the size of the chips made by the average woodchopper, and most such resemble chips made with an ax, so smoothly are they cut.

A White House Fete.

I know nothing more impressive in its dignity, more complete in its way, than the White House fete. It embodies all our best tradition of hospitality and cordiality of perfection without ostentation. When there is something in the atmosphere which hangs about it—especially during the days of a closing administration—makes one think of that serenity that seems to cling around the woods of Mount Vernon and which appears the almost like a material reflex from the calm and tempered ripeness of its own era's soul. There is, I imagine, an affinity, a certain likeness in the magnanimity of all generous, wise and simple men whether of ancient or modern times. One has only for our generation to be a good citizen to follow or even respect! The only hindrance which is preached nowadays is "one's duty to oneself."—"Pieces of the Game."

His Real Victory.

The writer has seldom witnessed deeper feeling or more enthusiastic applause from a student audience than that which greeted the confession of a southern student who arose before the class and confessed his own dishonesty in debate. The young man had recently won the sophomore-junior prize debate, but later in chapel he asked permission to make a statement to the student body, saying: "I overheard my opponent rehearsing his debate in an adjoining room, and although I stopped my ears and refused to listen, my roommate took down the points. Afterward the temptation was so subtle and strong that I took the points and arranged my debate accordingly and won. But," said the student, with feeling, "I stole it, and I have come to plead the forgiveness of the student body."—Christian Herald.

The Worm.

The Meek One—My wife says I'm a "meek" one. "Why don't you retaliate?" The Meek One—Why, if I "turned" she'd be sure of it.—Puck.

Real Estate for Sale.

No. 277-21 acres, 10 acres tillage, smooth early crop land, 7 acres to pine, 100 cords pine bolls, dwelling 1 1/2 stories, 6 rooms, stable, 100 ft. deep, 1 horse stall, best of water, only two miles from Norway. Price \$1000.

No. 277-20 acres, 30 acres smooth, level tillage, 30 to 35 A. Hay, 200 young, thirty apple trees, 1200 worth of pine and hemlock; splendid 1 story dwelling, large stable and barn, high pressure water system, all rural conveniences. One of the best offerings on the market. Price only \$300. 13 days.

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At a very low price we have bought a full car load of the

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which we shall receive before May 1st. This is an electric welded fence and has stood the test for years. It costs no more than the inhuman barbed wire fence which so many times injures your stock.

Stock fence runs from 32 inches to 68 inches in height, poultry fence in any height desired.

Remember we bought very low by taking a full car load and shall make our price accordingly.

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