

good from evil, and that she should see and know all things. Eve was thus deceived by the serpent and so she ate some of the fruit. Then the serpent told her to get Adam to eat some of it too; and when she told him she had eaten some, he ate also and then they were no longer like little children but like grown up men and women. They saw that they were naked and being ashamed to be seen that way, they made some aprons out of fig leaves. By and by they heard the footsteps of the Lord walking towards them and they ran and hid themselves, they were so ashamed. When the Lord found them, He was very, very sorrowful; but they had broken the law, and so He was obliged to let the penalty of the law come upon them. First, however, He called the serpent who was that Devil, and told him he should be cursed; and then Adam and Eve were driven out of the lovely Garden, and thorns and thistles,—you know what thorns and thistles are, that which stings your hands on nettle bushes and rose trees should grow on the earth. Adam was told he would have to work for his daily bread, and Eve was to bear children in pain and sorrow and that they were, out of that lovely place, away from the presence of the Lord, and in the world where things are dark and gloomy and full of pain and trouble. Then the animals began to fight each other and to kill each other. And Adam began to kill animals for his food.

Now, my dears, mamma wants to tell you that all this was part of a plan. But you must be much older than you are now, before you can understand it all. However, when you come to the story of Christ you will see that He came here to redeem all of us from the curse which the disobedience of our first parents brought upon the earth. [Let the mother go on and tell the beautiful story of Adam's offering sacrifice as related in the Pearl of Great Price. Then go on and on.]

Holiday Cooking.

MINCE MEAT.

There are some things for the holiday cooking that should be prepared at least a week in advance. The first thing to be considered is the mince meat. My mother was brought up to cook "from her head," as it was termed in those days. She was and is a superb cook, but, alack, I could never glean much help from her receipts, for when I enquired how to make this or fashion that, I was enlightened with the indefinite directions of "a handful of this and a pinch of that." A cupfull of flour might mean, for aught I knew, a pint or a gill. So then I went to the other extreme, and knew nothing about cooking without it was measured and weighed with accurate nicety. If I wanted to cook in a friend's house, I was sure to spoil all of my work, for her cups were not the same size as mine, and her scales were not the same weight as mine. I made no study of the proportions of different ingredients, and so was perfectly helpless without book and weights and measures. It is provoking to see a woman unable to tell how she does this or that, but it is still more so to find one who can only do things which she finds in a book.

Cooking is a science, not luck or a knack. I know this will meet with much opposition from some of my readers, but it is the exact truth. If you put your

materials together in certain proportions, you will produce certain results, and there need be no vagueness in your mind as to the cause of failures or successes. Therefore I would respectfully urge the young and progressive housekeeper to evolve from the olden time guess work and modern unbending rule of recipe, a domestic science that shall enable her to make biscuits with water and flower, or with anything better she can get hold of; to concoct toothsome dishes out of all sorts of odds and ends, and to make mince meat from apples, meat, and fruit, or without any or all of these materials. The way to do this is not to follow a blind instinct, nor cling to set rules; but to learn from success, and mostly from failure, what you can do and what you cannot do in the line of compounding the chemicals of the kitchen. I sometimes think if we only understood the full scientific value of every element we use in the kitchen, could separate each compound into its original element by chemical analysis, we should feel much more interested in the work in hand, and cease to call it drudgery and monotonous. The day is certainly coming when we shall have cooking schools, not places where we can learn to make not only dainty trifles, but to prepare every sort of proper and improper food. The march of progress is onward and upward, and as I have heard President George Q. Cannon say oftentimes, it is more necessary for our girls to study the science of hygienic cooking than to understand all the "ologies" of the day.

With this preliminary chat we will see what we must do, in order to prepare our mince meat in due season for the coming holidays, that the season may not be left meaningless to those ever hungry youngsters to whom Christmas means presents and goodies to eat, far more than it means spiritual feasts, or renewed hopes and friendships.

There are some busy mothers who do not feel over delicate about grocery dainties, and to such I would say, go down to the corner grocery, buy as much made mince meat as you wish, add chopped apples and fruit; if you buy a quart of made meat add a pint of chopped apples, a half pound of currants, a pound of raisins, and your meat is ready to use. You can treat canned mince meat in the same manner. All such boughten preparations, that is, all that I have seen, are full of meat and spice, but sparing of fruit and apples. To the economical housekeeper, I would advise her to buy dried apples, they are much cheaper and I think quite as nice. Stew them and chop them, saving all the juice to give flavor to the mince. The meat from the round, or better from the shank, is the cheapest and most suitable for your purpose. Put your meat on with boiling water! after it has boiled up set it back and let it simmer all day. Then take out all the gristle, skin and fat, and chop it well. There is just one thing to remember in making mince meat the rule to go by as to proportions, is one third meat and two thirds apples. After that you can use as many pounds of raisins as you choose, the rule being as much fruit as apples. The more fruit you use, the richer and better will be your mince meat, only do not use more than the proportion of apples. If you wish to keep the mixture for some time, you must mix it up with brandy and wine. This, with the spices, will keep it all winter.

Here is a safe and rich recipe for
MINCE MEAT.

Two pounds of lean, fresh beef, boiled and chopped fine; one pound of finely chopped suet; five pounds of apples, chopped; two pounds of ordinary raisins, seeded, and chopped; one pound of sultana raisins; two pounds of currants, carefully washed and looked over! three fourth pounds of citron cut up fine; two tablespoonfuls of cinnamon; two grated nutmegs; one tablespoonful of mace, and same of cloves and allspice; two and a half pounds of brown sugar; one quart of brown sherry; one quart of good brandy.

This recipe can be taken from in almost any particular, but it would not be safe to add anything to it, as it is quite rich enough to give ordinary people indigestion.

FRUIT CAKE.

Another thing that should be made a few days before Christmas is the fruit cake. I have had some experience in making this delicacy, and have come to the conclusion that given one or two safe rules, you can make fruit cake out of almost any cake recipe. The fruit cakes which we find in the cook books are made up on the pound cake recipe. That is, a pound of flour, same of butter, same of sugar, one dozen eggs, one pound of raisins, one pound of currants, and tea spoon full each of spices, with a half pound of citron cut up. Like the baker's pound cake, this recipe depends upon the most careful mixing and baking for its success. But I have found that a very good fruit cake can be made on the old fashioned One, Two, Three, Four recipe, and such proportions of fruit can be added as desirable or practicable. Let me give you my recipe for good fruit cake: one cup of butter; twelve cups of sugar; three cups of flour; four eggs; one cup of sweet milk, or water if preferred; one and one-half teaspoonfuls of baking powder sifted into the flour; three-fourths pound of raisins, stoned, if you prefer them; three-fourths pound of currants well washed and carefully looked over; one-fourth pound of citron, cut up fine; one teaspoon of cinnamon; one-half teaspoon of cloves and allspice; one nutmeg, grated. Mix the cream, butter and sugar, add the beaten yolks of the eggs, the milk, then the beaten whites, then the flour into which has been sifted the baking powder, then the spices, and lastly the fruit, dried and dredged with flour. Bake in a slow oven, at least an hour and a half.

MRS. FRANCES M. RICHARDS.

Taking Care of One's Dresses.

* The most satisfactory way of economizing in the wardrobe is by taking care of one's clothes. A good garment, well made and fitting nicely, looks respectable, and is to a certain degree "in style" as long as a rag of it remains.

For example, a well-cared for dress skirt may be rehung again and again, and when it has passed all usefulness as an outside garment it makes a good petticoat, as every woman knows. A good waist that is not permitted to waer out in spots lives to have new and fashionable sleeves put into it year after year, and finally it ends its days as a lining for something else.

A few of the precautions which may be taken to keep the wardrobe in order are as follows:

Mantles and draped dresses are better hung up in wardrobes or small closets,