

IN THE KITCHEN

How to Tell Good Meat

If more women knew how to test meat and fowls they would not only have more tender flesh for their tables, but in hot weather would often avoid buying tainted pieces. Then, too, once they can tell a fresh or tender steak or a chicken that has just been killed, they are no longer dependent upon the mere word of the butcher, for they can apply their own knowledge and be sure that their selection is good.

A tenderloin or porterhouse steak should be plentifully streaked with fat and of a bright red color to be tender, according to a prominent wholesale dealer. "When the flesh gets darker, a deep red," he says, "a woman may be sure that it has been cut for several hours, perhaps, and will not have the delicious flavor of the pieces that are of a bright shade. If there is but little fat or white seams running through the grain the meat will not be as tender nor as good to the taste. Besides the color test, the tenderness of the flesh may be largely determined by pushing the dull end of a skewer into it. If the wood is easily put into the surface of the meat a person may be sure that it is tender, but if there is resistance it is an unmistakable sign that the flesh is tough.

"A careful housewife or one who wants an especially good piece of veal should not even consider cutlets or a roast unless the meat is white and fat. For if it is pinkish around the edges a person may be sure that it is and will not have a desirable flavor.

Recipes You Will Like

FOAM OMELET—Beat the yolk of one egg to a cream and beat the white to a stiff froth. Add to the yolk one teaspoonful of bread crumbs, one teaspoonful cream, season lightly with salt, and add one-third of the stiffly beaten white. Oil the omelet pan on an iron spider, gently pour in the omelet mixture; cover and place the pan on the range where the heat will be continuous. Do not stir, but carefully, as the egg sets, lift the omelet occasionally by slipping a broad-bladed knife under it. It should cook quickly, but not so quickly as to burn. From three to five minutes will generally be ample time. When slightly browned on the bottom, spread the remaining white on top; then put into the oven for a minute or two until the white is set. Fold at once and serve.

CREAM OF SPINACH SOUP—To one tablespoonful or one ounce of cooked spinach pressed through a colander, add one-half cup or four and one-half ounces of rich milk. Add salt to season. Heat to boiling and serve.

BEAN CROQUETTES—Take two-thirds cup or four and one-half ounces of bean pulp (which is prepared by pressing well-cooked navy beans through a colander). To this add two teaspoonfuls of milk and salt to season. Form into croquettes. Beat one-half egg; roll the croquettes into four teaspoonfuls bread crumbs first, then into the beaten egg, and lastly into the bread crumbs. Bake on an oiled pie tin in a hot oven until slightly browned.

BOSTON BROWN BREAD—Mix thoroughly together two cupfuls of white

corn meal, one of rye meal and one of flour with one-third of a teaspoonful of salt and three teaspoonfuls of baking powder. Dissolve one-quarter of a teaspoonful of soda in a teaspoonful of warm water, stirring it into one cupful of molasses, and when lightly foaming turn it into the flour mixture. Add one pint of milk. Beat thoroughly and pour the batter into well greased molds and steam. Pound baking powder tins make satisfactory molds.

AN INEXPENSIVE SALAD—Chop fine six medium sized half ripe tomatoes and add one-half can of salmon and about a pint of cold boiled potatoes. Make a dressing of one tablespoonful of mustard, one teaspoonful of suet, one cupful of milk, one cupful of vinegar, one egg. Mix the sugar, mustard and suet thoroughly; slowly add the milk, then the vinegar, and lastly the egg. Boil until like custard and pour over the salad when cold.

The Use of Salt

If any dish, either soup, vegetable or sauce becomes too salt, dust in a little coarse brown sugar and the dish will again become palatable. Brown sugar is the antidote for salt.

Do you want to rush the contents in the inner vessel of your double boiler? Add some salt to the water underneath half a tea cup to two quarts of water. Boiling salty water generates quickly a strong heat. Salt again can be used to great advantage if the whites of eggs will not froth easily. Just dust in a dash.

The Broom of the Stomach

Have you ever heard spinach called "the broom of the stomach"? It is the most valuable of all vegetables and saves many times its cost in doctor bills and medicine.

Keep the Dishcloth Clean

Be particular with your dishcloth. Do not hang it in a damp warm place in a sink cupboard, there to breed disease germs. Wash it in soap and clean hot water each time after using, and then hang where it will dry in the sun and fresh air.

Clean dishcloths and towels are as necessary for health as is clean, inviting tableware. Even though rinsed and carefully dried each day, they should be placed in the wash each week and put through the same process to which other soiled articles are subjected.

Too many housewives neglect to oversee this highly important part of the household machinery. Ignorant domestic frequently use one dishcloth until it has become so greasy, stained, and ragged that it is hardly fit to touch, to say nothing of being fit to wash the family plates and cups.

Soft pieces of the checked linen cloth, hemmed (in order that the raveled ends may not make work for the plumber), make the most satisfactory cloths for the silver and china, while coarser pieces of crash, unbleached, may be used for the enameled and tin ware and the iron cooking utensils. The cloth should be soft and pliable and easily absorbent. Good results can not be obtained from a harsh, starchy cloth.

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