

have been carefully washed, they should be put into a cheese-cloth bag and kept in a refrigerator.

Meat and fish should be taken out of the paper wrappings immediately, as the paper absorbs some of the juice of the meat. Meat and fish should be wiped clean with a piece of cloth dipped in salted water. The trimmings should not be removed at the butcher shop, as they may be used in many ways. Extra fat on the meat should be removed before cooking and used as a butter substitute. (See page 38.) Fat of meat may be used with vegetables and in suet puddings, in cookies, soups and sauces. Bones and left-over meat may be used in making soups, croquettes, meat pies and hashes.

Fish or other food with a strong odor should be kept in a covered dish that the odor may not affect other foods. A tin lard pail is good for this. Head, tail and bones of fish may be used in making fish soups and fish sauces.

Cheese should be kept in a cool, dry place, wrapped in a clean cloth which has been dampened in vinegar.

Bread should be kept in a covered box or crock. Pieces of stale bread are good for toasting and bread puddings. Odd pieces of bread should be dried and crumbed, and are kept best when left in a paper bag.

Flour should be kept in closely covered bins. When empty, the bins should be washed, scalded and dried in the sun, if possible.

Cereals should be kept in covered jars.

Baking-powder should be left in the tin can, closely covered.

Bottles containing flavoring should be kept closely covered and should never be allowed to stand any length of time uncovered. Flavorings should be added to mixtures after cooking, when possible.

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## MEASUREMENTS

Much good food is spoiled in cooking. In order to have good results in cooking, reliable recipes should be followed accurately. Correct measurements are absolutely necessary to insure successful results.

### A FEW GENERAL RULES

Sift flour, meal, powdered sugar, confectioners' sugar and soda before measuring.