

INTRODUCTORY OBSERVATIONS.

tion of provisions, the *best* is generally the *cheapest*. Half a pound of good meat is more nutritious than three times the amount of inferior. As to vegetables buy them fresh. Above all, where an income is small, and there are many to feed, be careful that all the nourishment is retained in the food that is purchased. This is to be effected by careful cooking. Cleanliness is an imperative condition. Let all cooking utensils be clean and in order. Uncleanliness produces disorder, and disorder confusion. Time and money are thus wasted, dinner spoiled, and all goes wrong. In the cooking of meat by any process whatever, remember, above all, to cook the juices *in it*, not *out* of it.

BOILING.

In boiling, put the meat if fresh into cold water, or, if salt, into luke-warm. Simmer it very gently until done. It is a general rule to allow a quarter of an hour to every pound of meat; but in this, as in everything else, judgment must be used according to the bone and shape of the joint, and according to the taste of the eaters. All kinds of meat, fish, flesh, and fowl, should be boiled very slowly, and the scum taken off just as boiling commences. If meats are allowed to boil too fast they toughen, all their juices are extracted, and only the fleshy fibre, without sweetness, is left; if they boil too long they are reduced to a jelly, and their nourishing properties are transferred to the water in which they are boiled. Nothing is more difficult than to boil meat exactly as it should be; close attention and good judgment are indispensable.

ROASTING.

In roasting meat the gravy may be retained in it by pricking the joint all over with a fork and rubbing in pepper and salt. Mutton and beef may be underdone, veal and pork must be well cooked. Young meat generally requires more cooking than old; thus lamb and veal must be more done than mutton and beef. In frosty weather meat will require a little more time for cooking. All joints for roasting will improve by hanging a day or so before cooking.