

CABBAGE.

Cabbage is another badly treated vegetable, being generally half done, watery, and greasy. It can be boiled in salted water, though it is as good boiled with salt meat or pork. Boil quickly until it is thoroughly done. Strain on sieve (it will pay to get a cheap sieve if you haven't one). Season with pepper and salt, and butter, if not boiled with the meat. A bit of green or red pepper boiled with it makes it more digestible.

French Cabbage.—Cut in thin strips, boil very rapidly in salted water. Drain, season, dredge well with flour, turn into a hot frying pan with a little butter or dripping, and heat thoroughly. Butter is much better, a dessert-spoonful will do.

Vinegar Cabbage.—Shred, fry in dripping, add two small onions stuck with cloves, cover with boiling water, and let simmer until perfectly tender. Add a tablespoonful of vinegar just before taking off, also a little mustard if liked.

An exceedingly nice way for supper is to chop cooked cabbage, with or without onion or potatoes, fry in a hot frying pan with a little dripping. When well browned on the under side, fold over like an omelet. Serve hot.

SALADS.

Salads should be considered a necessary adjunct for the helping out of economical meals, and should be far more commonly used by people of small incomes. Olives and olive oil, for their nourishing qualities, are worth the money.

Russian Salad.—Russian salad leads, as all material can be salvaged from the trash heap of many meals. Every kind of cooked meat or fish or vegetable can be used in any possible combination, canned or fresh. Also any kind of dressing is suitable. French dressing is the simplest. Take a spoonful of oil or melted butter to one of vinegar. First season the salad with pepper, salt and onion, or onion salt, then mix them thoroughly. Lettuce, tomatoes, pickled beets, sliced egg, or shredded ends of cabbage leaves, can be used to garnish that or any other salad.