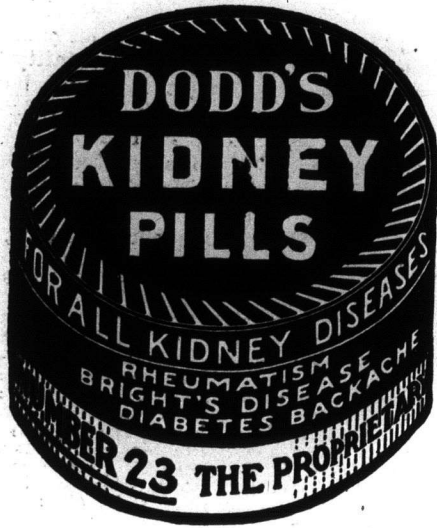


## Woman and the Home

## Good and Bad Frying

By Eliza Belle Sturgis

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It has been held that our national disease, dyspepsia, is due largely to the great popularity of the frying pan or spider, especially on the farm and in the country home. Several years ago one of our great weekly magazines, in conducting a campaign against patent medicines, especially the kind commonly known as bitters, discovered that most of these quack remedies were consumed on the farm or in the rural sections. When I read this statement, knowing the methods of cooking on the average farm, it at once occurred to me that there was a direct connection between the sale of these medicines and the universal use of the frying pan in farm and country cooking.

As a rule not so much fresh meat is used on the farm as would be used by a family of similar size in a large town. Farmers count upon providing most of their own meat in the shape of pork products, poultry, and by occasionally killing a steer or calf. When it does appear on the table, however, it is usually as a steak, fried until it is hardly palatable. I have eaten in farm homes in many sections of this country, and have yet to be served with broiled steak.

The overuse of frying does not apply to meats only. It is rare to get any but fried eggs at a farm home; yet where else could such delicious poached ones be had? Usually they are fairly cooked in grease. I am fond of fried potatoes when they are cooked properly; but I have rarely found them so cooked in a farm home. A large quantity of lard is usually put into the frying pan and allowed to melt, and the potatoes are then added. The pan is covered, and the potatoes are allowed to stew in the lard.

## Palatable Potatoes

The proper way to fry potatoes is to put enough lard in the pan so that when the potatoes are added the pan will be almost full. Bring the lard to a scorching heat, set aside for a moment until the boiling ceases, then drop the potatoes in, a few at a time, and be sure that they are reasonably dry, so that they will separate as soon as they strike the hot fat. Fry them until they are a light brown. In the meantime, set a colander in a pan in the oven, and as you take the potatoes out of the hot fat, put them in it to drain and dry.

The secret of the only kind of frying that is in the least measure healthful is, in the case of vegetables and such things as breaded cutlets, croquettes, fried oysters and fish, to use plenty of fat and have it boiling hot when the things are dropped into it. The boiling fat at once puts a crust on the outside of the article, thus preventing the entrance of the fat to the inside, which is then cooked merely by the heat from the boiling fat.

When I have spoken on this subject to women, on and off the farm, the objection has always been raised that the family, especially the children, are very fond of gravy, and insist on having it with all meats to eat on their bread and potatoes. I have searched many cookbooks, but in none of them does it tell how to have gravy with broiled steak, so I studied the problem out for myself. Use one of the double-faced wire broilers, which can be purchased at any of the novelty stores for from fifteen to twenty-five cents. Rub the wires with some of the tallow from the meat, and put the steak between the two parts of the broiler. Have a big fire of hot coals, bright and clear of all flame, and hold the meat close to it in order to brown it quickly. Then hold it farther away until the meat is almost but not quite so well done as you like it. Have a cold frying pan at hand. Gash the meat five or six times on both sides with a sharp-pointed knife, and put at once into the cold pan and set over the fire. The juice will escape, and by the time the meat is well heated it will all be out. Remove the steak to a hot plate, put in the pan the kind of fat you use, bring to a boil and stir in the browned flour, previously rubbed smooth in a little water or milk. It will improve this gravy if stock, instead of water, is used to thin it.

Another thing that has had a tendency to perpetuate the frying pan in so many kitchens is the lack of the proper utensils for baking and roasting meats. Every farmer's wife, and other wives as well,

should have at least two good roasters: one for small roasts of beef and other red meats and chickens, and the other for turkeys and for occasions when a large roast is required. The roasters can be used many times instead of the frying-pan to cook meats and other foods. The small roaster can be used for cooking slices of ham instead of frying them. Sauerkraut cooked in one is immeasurably superior to that boiled in a kettle. A fish, like shad, which it is desired to cook and serve whole, should be cooked in a roaster, with strips of bacon on it, and a little water in the bottom of the pan.

But even when it is not possible to go to the expense of roasters, the art of pot-roasting is still possible. This is roasting meats in an iron or stoneware pot in the oven, putting in potatoes, if desired, at the proper time and taking off the cover toward the last to brown the contents. This is a very simple form of cooking and a good one.

Some things, however, such as breaded cutlets, croquettes, doughnuts, Saratoga and French-fried potatoes and fried oysters must be fried in hot fat. To cook these properly a frying-kettle, holding at least from three to five pounds of fat, is essential. The fat should be smoking hot but not scorched, and the things to be fried should be as dry as possible, so that they will not repel it. Put the things in, a few at a time, and remove them as they brown. This is not so expensive as it may seem, for the fat can be used over and over again, if it is strained through several thicknesses of cheesecloth while it is still liquid in order to remove the remnants of the foods cooked in it.

In view of the fact that there are open to the housewife other ways of cooking, such as boiling, baking, stewing, broiling and pan-frying, it seems to me that she is not giving proper care to the health of her family if she still prepares in the old-fashioned frying pan foods that may be served in any of these ways. Here are three meals that may be prepared without the use of the frying pan:

Breakfast	
Mush and Milk Cream	Poached Eggs
Buckwheat Cakes with Syrup	Baked Sausage
Coffee	Milk
Dinner	
Baked Sauerkraut with Pork	Mashed Potatoes
Dried Corn Stewed Apples	Dumplings
Dessert	Coffee
Supper	
French-Fried Potatoes	Broiled Steak
Stewed Tomatoes	Biscuits
Coffee	Jelly
	Milk

These are meat-three-times-a-day meals, for most farmers' families insist on them. Any intelligent housewife can think of dozens of similar menus for meals that may be prepared without using the frying pan.

Training the Boys and Girls to Help  
By Blanche Gertrude Robbins

"Dorothy Blair, there's a whole table full of dirty dishes in the kitchen sink waiting to be washed and the longer they stand the greasier they get," called Mrs. Blair from the back doorway, then turning her face toward Mrs. Green, the neighbor standing on the adjoining stoop, she continued, "goodness! it's like getting blood out of a stone trying to get any work out of my children. I declare I might just as well do the dishes myself. It takes more out of me setting Dorothy at it."

Mrs. Blair fanned her hot cheeks with a corner of her kitchen apron as Dorothy stumbled sullenly up the back steps. "That's what I say," agreed Mrs. Green, posing her plump person on the narrow rail of the neighboring back porch. "Mr. Green insists that Kitty is big enough to help with the house work, but dear me! when I've traipsed all over the neighborhood hunting her up and coaxed until my patience is exhausted, I'm more fagged than if I had done the work myself. And as for getting errands done—well the grumbling and

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