

IN THE KITCHEN

Care of Moist Foods

Moist foods left over from one day to another should be re-cooked at boiling temperature. There is danger of mold when the food is stored in a basement cellar unless the apartment is more than ordinarily dry, light and well ventilated.

If neither ice nor a cool room is available, perishable foods may be suspended near the water in a deep well, or put where a constant stream of cold water will surround the dish containing the food, as in a spring house. A pail placed inside a larger one containing cold water, which is changed as often as it becomes warm, or a tightly covered dish sunk in moist sand at sufficient depth to keep it cool, are other devices for the same purpose.

An effective method in common use in hot countries depends upon the cooling effect of the evaporation of water. The articles to be cooled are placed in a vessel which is wrapped in straw, moss, or other porous material. This is kept moist with water. The cooling effect is sometimes increased by suspending the containing vessel and keeping it swinging in the air.

Moist foods with a probable tendency to spoil before there is opportunity to use them, should be sterilized before setting away. Turn the food into a deep dish and after covering it with a basin or projecting lid, steam thoroughly for half an hour, then set away in a cold place until needed. Liquids may be put into bottles or cans, the top being first closed by a thick plug of cotton and then steamed for a half hour. The articles thus prepared should not be uncovered until ready to use. The principles involved in this method of preservation are: that germs are subject to the laws of gravity, so that whatever will shed water will shed germs; neither can they work their way through dry cotton.

Good Recipes

WHOLE WHEAT BREAD—Scald one cupful of milk, add one cupful of water, one teaspoonful each of salt, sugar and butter. When this is lukewarm add one-fourth of a yeast cake dissolved in one-half of a cupful of lukewarm water, and enough whole wheat flour to make a thin batter. Have this done by six o'clock and set in a warm place until ten o'clock. Add enough flour to make a soft dough, kneading well. Let it rise until morning. Then stir down and pour into well greased pans and let it rise half an hour. Bake one hour in a moderate oven.

HORCH POTAGE—Horch potch is an old-fashioned Scotch dish, made in the spring, when there are plenty of fresh vegetables. It is a thick puree-like soup. It may be made either from fresh or cooked meat. This is one way of making it. Three or four pounds of loin chops are put into a saucepan with about three quarts of boiling water. Peas, haricot beans, carrots, half a turnip, parsley, a little bit of cabbage and some green onions are added. Boil this very slowly for an hour and a quarter, season with pepper and salt. It should be a thick broth when done.

STEWED VEAL WITH BARLEY—Put a knuckle of veal in a saucepan with

a bit of butter the size of a walnut, and fry the meat a nice brown all over. Just cover the meat with quite boiling water, put in a tea-cupful of barley, two heads of celery, cleaned and cut in inch lengths, two carrots, two turnips, two large onions, a sprig of lemon thyme, marjoram and two sage leaves. Let this simmer for two hours—put the meat on a hot dish, season the vegetables with pepper and salt, pour over the meat, and serve with a tablespoonful of finely chopped parsley sprinkled over.

How to Wash Butter

Butter should be washed if pastry is to be of the best, so as to remove salt and buttermilk.

Scald an earthen bowl with hot water, then chill with cold water. Heat the palms of the hands in hot water, then chill them in cold water. By following these directions the butter will not adhere to the bowl nor the hands. Wash the butter in the bowl by working with the hands until soft and waxy, having the bowl under a cold-water faucet and allowing the water to run. Remove from the bowl and pat and fold until no water flies.

Devonshire Meat Pie

Remove the meat from a knuckle of veal. Put the bones in a kettle, cover with cold water, and add one slice of onion, one slice of carrot, a bit of bay leaf, a sprig of parsley, twelve peppercorns and two teaspoonfuls of salt; then heat slowly to the boiling point. Add the veal, and let simmer until the meat is tender; remove the meat and reduce stock to two cupfuls. Put a one-half pound slice of lean raw ham in a frying pan, cover with lukewarm water, and let stand on the back of the range for one hour. Brown four tablespoonfuls of butter, add four tablespoonfuls of flour, and when well browned pour on gradually, while stirring constantly, the two cupfuls of stock; then add veal and ham, each cut into cubes, and let simmer for twenty minutes. Put in a serving dish and cover with a top made of puff paste of correct size. It is much better to bake the paste separately and cover the pie just before sending to the table.

Household Hints

To have one's kitchen free from smoke or odor when frying griddle cakes try adding one teaspoonful of melted lard to the batter, and do not grease the griddle.

For polishing windows and mirrors there is nothing that does the work quite so well as newspaper, owing, it is said, to some quality of the printers' ink.

Excellent dish cloths are made of knitted cotton, for they are very strong and can be washed and boiled again and again, and will come out like new. Every time a dish cloth is used it should be washed with soap and soda and hung out to dry. A dirty dish cloth is a disgrace to its user. Children who are beginning to learn to knit are generally very willing to make dish cloths, both when there is no little knitter and the housewife is very busy, neatly hemmed squares of coarse crash will answer the purpose very well, and these are made "in no time."

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