

somewhat laxative. Jerusalem artichoke tubers may be left in the ground over winter, and are welcome and refreshing in spring when fresh vegetables are scarce. The carbohydrates (heat and energy producers), which constitute 14 or 15 per cent. of the tuber, consist largely of inulin instead of the starch which is so characteristic in most other tubers.

The true roots most used as table vegetables are beets, radish, turnips, parsnips and celeriac. Both the parsnip and salsify may be left in the ground over winter, and used in early spring. . . . The onion is the bulb most used in this country, but in Europe, leek, shallot, garlic, chives and cibol are also much used.

The herbaceous vegetables—cabbage, lettuce, celery, spinach, etc.—are valuable for their refreshing qualities, the salts they yield, and the variety they give to our diet, but owing to the amount of water they contain, 90 per cent. or more, on an average, their food value is low. The more rapidly these vegetables grow, the more tender they will be.

Fruits used as vegetables include tomatoes, okra, squash, pumpkin, cucumber, eggplant and peppers, among others. In the case of globe or French artichoke, cauliflower and broccoli, the flower buds are the parts eaten.

#### GENERAL PRINCIPLES UNDERLYING VEGETABLE COOKING.

The simpler the methods of cooking and serving vegetables, the better. Badly-cooked, water-soaked vegetables very generally cause digestive disturbances. All green vegetables, roots and tubers should be crisp and firm when put on to cook. If a vegetable has lost its firmness, it should be soaked in very cold water until it becomes plump and crisp. Vegetables that form in heads, such as cabbage, cauliflower, etc., should be soaked, heads turned down, in salted, cold water to which a few spoonfuls of vinegar may be added. If there are any worms in these vegetables, this will drive them out. To secure the best results, all vegetables, except the dried legumes, must be put in boiling water, brought to a boil again as quickly as possible after the vegetables are added, and kept boiling steadily until cooked. Herbaceous vegetables should boil rapidly all the time—tubers, roots, cauliflower, etc.—just quickly enough so that the vegetables may not be broken. If green beans, peas, etc., are a little old, a small piece of baking soda added to the water will make them more tender.

During the cooking of all vegetables, the cover must be drawn to one side of the stewpan to allow the volatile bodies, liberated by the heat, to pass off in steam. The best seasoning for most vegetables is salt and good butter. Vegetables that are "blanched" and then cooked with butter and other seasonings, and very little moisture, are more savory and nutritious than when all the cooking is done in a good deal of clear water.

#### BLANCHING VEGETABLES IN COOKING.

"Blanching," which in cookery is entirely different from the bleaching or blanching of green vegetables in the garden, is a cooking process often used to remove the strong acid taste of some vegetables. It is also convenient, since blanching may be done at any time, and the cooking completed in a very short time when the dish is to be served.

Have a large stewpan half full of rapidly-boiling water. Add a tablespoon salt for every two quarts water. Have vegetables cleaned and drained. Drop them into the boiling water, and bring to boiling point as quickly as possible. Boil rapidly, with the cover partially or wholly off the stewpan, five or twenty minutes, depending upon the vegetable, then drain off the water. If the cooking is not to be finished at once, pour cold water over the vegetable to cool it quickly, then drain and set aside until needed.

If the cooking is to be continued at once, it will not be necessary to rinse in cold water. When needed, simply put the vegetable in a small stewpan with butter or drippings and seasoning, and cook gently until done. A few spoonfuls of the liquid will be required for every quart of very juicy vegetables, and half a pint for drier vegetables. The stewpan is now to be covered, only a slight opening being left for ventilation. Chop rather finely, either before or after the blanching.

#### LOSSES IN COOKING VEGETABLES.

In baking vegetables, there is little loss of material, except the water which is driven off by heat. When vegetables are immersed in water, as in boiling, a greater or less loss of material is almost inevitable. In experiments carried on under the auspices of the Office of Experiment Stations, it was found that when potatoes were boiled in their jackets, the loss of material was very trifling. When peeled and soaked for several hours before boiling, the loss, in round numbers, amounted to about 50 per cent. of the nitrogenous material, and 40 per cent. of the mineral matter present. When peeled and placed at once in boiling water, only 8 per cent. of the proteid (nitrogenous matter) and 19 per cent. of the mineral matter were extracted. When peeled potatoes were boiled, the amount of starch removed by abrasion was at times nearly 30 per cent. of the total value of the potato. Some recent German experiments have shown that when vegetables are steamed, only one-third as much material is removed as when they are boiled.

#### CHANGES INDUCED BY COOKING.

In cooking, the cellular tissue is softened and loosened; the nitrogenous substances are coagulated; the starch granules absorb moisture, swell, and burst, and flavors and odors are developed. Starch will not dissolve in cold water, but pure starch gelatinizes readily in hot water, and, if the temperature is high enough, will become gummy and opaque. If starch is cooked in just enough moisture to swell and burst its granules, and is then kept hot, but without additional moisture, a change will continue to take place, though the starch will remain dry and glistening. The flavor grows sweeter and more nutty the longer the starchy food cooks in dry heat. Potatoes, if kept in a closely-covered vessel, or with the unbroken skins on, will become soggy, and have a rank flavor. If the skins are broken, and the vessel ventilated, they may be kept warm a long time without spoiling. Ventilation is always necessary while cooking vegetables or any other foods.

(To be continued.)

## Current Events.

An Imperial edict, decreeing compulsory education for everyone, has been issued in China.

Floods in Spain and France have caused the loss of millions of dollars' worth of property.

The enrollment of the students in the University of Toronto this term is about 3,500. Queen's hopes to number 1,400 by spring.

The Marconi Company has stated that, with the two stations which are to be opened for trans-Atlantic wireless telegraphy, they can handle as much business as eight ordinary cables.

In a circular issued to all the trainmen of the G. T. R., it is provided that all train crews shall take their eight-hours' rest after sixteen hours on the road. Failure upon the part of any employee to comply with this regulation will result in instant dismissal.

The first section of the new Trans-continental Railway system is being put into operation this week. It covers a distance of 130 miles, and extends from Portage la Prairie to Miniota. It is announced that the C. P. R. will, in the early future, build a line from Lethbridge to Saskatoon.

The offer of a group of Canadian and United States financiers to buy up 1,000,000 acres of land in New Ontario for \$1,000,000, has been turned down by Premier Whitney. The Legislature decided that it would not be advisable to tie up such a

large area of land, which should be held for distribution to settlers.

The Dominion Government is having prepared a complete statement of Canada's argument against a continuance of the present large influx of Japanese into Vancouver. The statement will be presented to the Mikado's Government at Tokio by a Canadian Minister, possibly Hon. Rodolphe Lemieux. Hon. Mr. Nosse, Japanese Consul-General in Ottawa, will also go to Japan to assist in the settlement of the difficulty.

## The Ingle Nook.

### CHRISTMAS GIFTS.

A girl said not long ago, "I always begin collecting Christmas gifts in September. You can get those you buy much cheaper then, and have plenty of time for those you make." At first thought, the first of these reasons seems a little mercenary, and yet why should it? If you can buy an article early in fall for half the price you must pay for it immediately before Christmas, when prices are always pushed to the limit, what harm can there be in being thus provident?

However careful one may be, there is all too often a tendency to exceed one's means at Christmas time. Of course, there is the feeling that one would like to give, give, give—there is a positive pleasure in it—and nothing seems too good for one's friends; nevertheless, common sense should enter into the question. I know many a girl to whom Christmas comes, in one sense, as a positive burden. Could she only give to immediate relatives and friends the matter might be simplified, but the girl has begun by giving to one friend and another, sometimes because she "just wanted to," at other times as a mere matter of being "even," until the circle has gone beyond bounds. As a consequence, she spends ten or fifteen dollars, chiefly in mere trifles of no great use to anyone, and is obliged to go without something she really needs herself. . . . The girl of moderate means who has wealthy friends is, perhaps, in the worst case. She receives costly and often comparatively useless presents, which she feels obliged to return in like kind, and the tax is no easy one. One girl whom I know has in this way been the recipient of three expensive manicure sets. Of course, she has returned as much in value; her money has gone; her wealthy friends are really none the better of it; while she herself has needed waists and has instead—three manicure sets.

The first step in making calculation for Christmas gifts would seem to be, then, to make a judicious selection of those to whom they are to be sent. In making out this list, it is well to bear in mind the old counsel: Do not give, unless in exceptional cases, to those who are much wealthier than yourself, lest your giving may appear an invitation to them to remember you in like manner; nor to those who are much poorer (except where actual charity may be bestowed), lest you may compel them to spend more than they can afford in returning the courtesy. This does not, of course, cut out the sending of pretty cards or dainty notes of remembrance, which should give quite as much pleasure to a right mind as more expensive gifts.

Having weeded these out, it is very likely that your list will be narrowed down—as it is in some places by custom—to those who are very nearest and dearest to you, and those upon whom you can confer charity without fear that your giving may compel return.

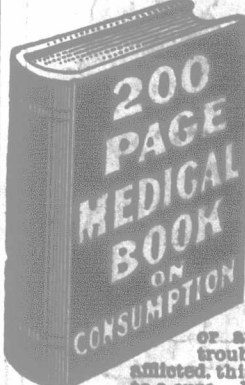
In choosing gifts for your friends, you will, of course, be guided somewhat by the amount of money and time you have to spend. If you have plenty of money there are no restrictions, and you can indulge in beautiful things to your heart's content; if you have plenty of time, there is an opportunity for the loving stitches or strokes of the brush which mean so very much more than anything money can buy. But if, on the contrary, you are hampered by want of both money and time, more consideration may be necessary.

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