

cooking, yet the changes which various foods undergo during the process and the losses which are brought about have been but little studied. Few persons know, for instance, that in a hundred pounds of uncooked cabbage there are but 7 1/2 pounds of dry matter, and of this dry matter from 2 1/4 to 3 pounds are lost in the cooking pot. Experiments with potatoes showed that in order to obtain the highest food value potatoes should not be peeled before cooking, that when potatoes are peeled before cooking the least loss is sustained by putting them directly into hot water and boiling as rapidly as possible. Even then the loss is very considerable.

If potatoes are peeled and soaked in cold water before boiling, the loss of nutrients is very great, being one-fourth of all the albuminoid matter. In a bushel of potatoes the loss would be equivalent to a pound of sirloin steak. Carrots contain less nitrogen, but relatively more albuminoid nitrogen than potatoes, and therefore furnish more matter available for building muscular tissues. In order to preserve the greatest amount of nutrients in the cooking of carrots, the pieces should be large rather than small. The boiling should be rapid, so that the food value of the vegetable shall not be impaired, as little water as possible should be used, and if the matter extracted is made available as food along with the carrots a loss of 20 to 30 per cent or even more of the total food value may be prevented. In the cooking of cabbage the kind of water used has more effect on the loss of nutrients than the temperature of the water at which the cooking is started. In any case the loss is large. The losses which occur in the cooking of potatoes, carrots and cabbages vary with the different methods of boiling followed.—Pittsburg Dispatch.

STEWES

First and foremost in economical cookery comes the stew. Now, as you all know, there are stews and stews. Some people seem to imagine that tough, gristly pieces of meat swimming in greasy water constitutes a stew. Small wonder is it therefore, that many people shudder and turn up their noses at the very mention of the stew. To make a good family dinner, commend me to a piece of shin of beef, stewed in an earthen jar; this can either be put in a corner of the oven or set in a saucepan of water. If cooked in this manner, and a long time allowed for the process, I venture to say, you will have a tender, nourishing dinner, far better, in fact, than the finest steak cooked in a hurry. This stew can be thickened at first, as the flour cannot sink to the bottom and burn as when cooked in an ordinary saucepan; add a few vegetables and spices to your meat, and let it stew slowly at least four hours. The addition of a few forcemeat balls will make this stew nearly equal to hare, especially if served with red currant jelly. Stewed liver cooked exactly like the beef also makes a savoury dish, going much farther than when fried. A few suet dumplings added to the stew is a great improvement.

APPLE CHARLOTTE

The old fashioned Apple Charlotte is about as acceptable to the general palate as anything made of apples, especially with its many "improvements," and served with cream. Pare and slice twelve tart apples; cut up stale bread into dice, a quart bowlful. Now put several bits of butter into a pudding dish, then a layer of the sliced apples, then of the bread crumbs, a pinch of salt, butter and ground cinnamon and sugar, all added liberally. Repeat the order of ingredients till the dish is very full—as they settle down in cooking—having apples and spice on the top. Use one and a half cup of sugar and a generous half cup of butter altogether. Now over all pour a coffee cup of boiling water. Cover with a plate and bake in a moderate oven a full hour. When about half done remove the plate with a spoon, press down the apples, sift sugar over them, return to the oven, and cook till done. It needs close watching, but well repays the trouble. The bread seems turned to jelly, and the pudding is of a deep red color. It is good hot or cold, and with cream or without.