

to melt the butter, add the dry ingredients and then the milk gradually, then stir over the direct heat until the mixture thickens. A very thin sauce of this sort is the foundation of cream soups, such as potato, tomato and corn soup. A somewhat thicker sauce (the one mentioned above in fact) is served with vegetables or fish, while this same sauce with left-overs of meat or fish or vegetables added may be baked as a scallop for breakfast or supper. A very thick sauce may have chopped meat or fish added, may be shaped into cylinders coated with egg and dried bread crumbs, fried in deep fat and called croquettes. In such ways as these the economy of cooking becomes very apparent.

COOKING OF VEGETABLES.

All foods that contain starch such as beans and cereals must have long, slow cooking by moist heat to burst the starch grains and make the food digestible. A large amount of liquid is needed in the cooking of all such foods. Rice and macaroni should be cooked uncovered in a large amount of boiling salted water.

Vegetables need careful cooking to preserve their best flavors. Either steaming or baking is a better method for squash than boiling. The quickest possible cooking in rapidly boiling water, and immediate draining when tender, and then proper seasoning and serving hot, are the essentials of successful vegetable cookery. Cabbage, lettuce and celery when served in salads must be made crisp by standing in cold water before use.

BAKING POWDER MIXTURES.

In the cooking of mixtures made light by soda or baking powder, the things that make for a good finished product are:

- (1) Cold materials.
- (2) The smallest possible amount of handling.
- (3) Quick work — no delays in mixing.
- (4) Immediate baking in a hot oven.

The heat of the oven acts upon the moistened baking powder causing it to give off a gas. This gas in trying to escape through the doughy mass puffs it up. Before it has time to fall the heat of the oven stiffens and cooks the dough. From this it may readily be seen why biscuit or muffins cooked in a too slow oven are apt to be soggy.

SCIENCE OF BREAD-MAKING.

The process of making bread has enough of history, science and art about it to furnish material for a whole lecture. Suffice it to say here that bread is made light by the gas given off by the action of yeast upon a kind of sugar found in moist flour. Exactly the same process goes on when bread is rising as when fruit juice is fermenting and the same products alcohol and carbonic acid gas are the results. The gas in trying to escape puffs up the dough. We know fermented fruit eventually turns sour if exposed to the air. So, if