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To Whet Spring Appetites.

To adapt the bill of fare to spring appetites, especially in the roasts and other meats, will soon confront the housewife as a perplexity. Red, juicy roasts that are liked during the winter are sure to lose their popularity with the first warm days, and white meats will supplant them. After March, fresh pork is too rich a meat to be either palatable or wholesome. Yet it is not an uncommon thing for some housekeepers to buy fresh pork as late as June, though country butchers are the only ones who find any sale for it at that season. Veal comes into market in abundance early in the spring to take the place of pork. Both meats must be thoroughly cooked, the suggestion of redness in either meat, when served, being enough to repel the sharpest appetite. It must not only be thoroughly done, but should be crisp and brown. The fine gelatinous character of the fat requires that it be so well cooked that in roast pork it must be reduced to a ‘crackling,’ and in veal to a substance very like it—a deep, rich, golden brown. Both veal and pork must be thoroughly and carefully basted and roasted by the most intense fire that can be obtained. If it is carefully cooked, a stuffed roast of veal is one of the most delicious of roasts for the spring. The breast of veal, a portion which is often carelessly prepared, and so too often comes to nothing, is an inexpensive, excellent choice for a roast of veal. It is not so costly as the racks of veal—which also come from the forequarter and correspond to the prime ribs of beef—but the meat is equally sweet and delicious. While the racks of veal sell at twenty cents a pound, and sometimes at much more, the breast of veal may be obtained at six or eight cents. There is some waste on account of the bones, and it takes some time for the cook to bone the breast; but when it is once prepared and properly stuffed with forcemeat, it amply repays for the trouble of cooking it. It can then be carved as easily as the cutlet. The much vaunted cutlet, which brings so high a price because of the absence of bone and fat, is a dry meat, and no caterer for the table ever thinks of buying it for roasting. The loin of veal makes a better roast, but no one who understands meat considers it equal in any way to the juicy flesh of the racks of veal; and when the amount of bone in the racks of veal is counted out, the price of them is as high as any portion of veal. Almost any butcher will bone a breast of veal, but he will probably do it with more waste than a conscientious cook. The French know the value of this cut of veal, but the French ability to cook any cut of veal amounts to genius. When the breast of veal is properly boned it is a flat piece of meat which can be laid out and spread thickly with forcemeat or stuffing. To make the forcemeat, chop fine two small onions and brown them in a tablespoonful of butter. Wet the soft crumb of a small loaf of bread, rejecting the hard crust. In about five minutes press the water out of the bread with the hands, add the chopped onions, two raw eggs, a tablespoonful of sage and a teaspoonful of minced parsley. Add also half a pound of salt pork and a pound and a half of raw veal, both minced as fine as possible and rubbed through a sieve. Mix all these materials together, kneading them with the hands repeatedly, and finally rubbing them through a sharp

sieve. Spread the breast of veal with this forcemeat, and roll it up, tying it firmly so as to prevent the contents from breaking out. Rub it with butter, dredge with flour, season with salt and pepper, and lard the roll with about a dozen lardons. Lay it on a rack in a dripping-pan or in a braising kettle. If it is roasted in the oven baste it every fifteen minutes until it is a rich brown roll thoroughly done, and serve it with the brown gravy in the pan. If it is to be braized put a pint of brown stock over it when it has browned a little and let it slowly simmer in this stock on top of the stove or in a very hot oven until it is thoroughly done. If it is braized in the oven it must be basted repeatedly and browned down. Renew the stock from time to time if it is necessary. A carrot and an onion improve the flavor. This roast takes some time to prepare though not as much as an expensive loaf of cake. It is one of the cheapest roasts of meat as well as one of the most nutritious. Served with new spring parsnips in cream sauce and a good lettuce salad, or with macaroni and tomato sauce and lettuce, it will make a substantial and delicious dinner which will repay all the trouble taken in its preparation.

Putting in the Kisses.

‘Four pairs of little baby stockings, and not a hole in one of them!’ said mother, sorting out the clothes from the wash and laying the four dainty pairs across her lap.

‘This bouncing little girl has grown right out of them,’ said mother, throwing a loving smile over to the corner where baby sat among her dolls and blocks.

‘I can tell you what to do,’ said Aunt Susy in a minute. ‘Don’t you know that pretty little woman round on Damon street? Her husband hasn’t had any work for four months, and I can’t help thinking such things would come handy.’

‘Do you suppose she would take them?’ asked mother, doubtfully. ‘She has a little pride, I think, and I wouldn’t like to hurt her feelings.’

‘O’es, she would,’ spoke up the baby, eagerly. ‘She’d say “Thank you,” if I gave ‘at baby all my pink stockings! ‘Cause she’d like the kisses in ‘em.’

As she spoke the baby jumped up and ran over to her mother’s lap and picked up all the stockings, one by one. Into the top of each she dropped a mouthful of kisses. Aunt Susy looked up with her eyes full of questions.

‘It’s a little way we began long ago,’ said mother, answering. ‘She grows so fast that she really has had a great many things to give away in her four little years of life. I have always tried to make her feel that “the gift without the giver is bare.” I don’t know but the darling is right. I am sure she would be if the baby’s mother could see her putting in the kisses.’

‘I’ll tell her,’ said Aunt Sue, getting up to put on her hat and cloak, and taking the tiny bundle.—‘Weekly Magnet.’

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