

Health and Home

Onions are a preventive and oftentimes a cure for malarial fever.

If possible, vegetables should be cooked the same day they are gathered.

Poultry should never be eaten until twelve or fourteen hours after it is killed.

Pressed Chicken.—Boil a fowl in just water enough to cook it until the bones will slip out easily. Take off the skin, pick the meat from the bones, and mix the white with the dark. Skim the fat off the broth and season with salt, pepper, celery salt and lemon juice, and boil down to one cupful. Butter a plain round or oval mold, and arrange slices of hard-boiled eggs upon the bottom and sides alternately with thin slices of tongue or ham cut into round or fancy forms. Mix the broth with the meat and pack it carefully, and garnish the platter with celery leaves and points of lemon.

Orange Fritters.—Sift half a pint of flour with a teaspoonful of baking powder, putting it through the sieve three times; beat two eggs until very light with a pinch of salt and two tablespoonfuls of sugar; make a smooth batter of these with a scant cup of milk. Remove the rind and seeds from two or three fine oranges, leaving them in their natural divisions; add to the batter and fry by large spoonfuls in smoking hot fat. Eat with whipped cream or sauce. Peach and apple or banana fritters are made in the same way, slicing or chopping the fruit. If very juicy use a little less milk in the batter.

Lamb Cutlets.—Cut a loin of lamb into chops. Remove all the fat, trim them, scrape the bones and lay them in a deep dish. Cover with salad oil and let them remain an hour. Mix together finely grated bread crumbs, a little minced parsley, pepper, salt and some grated nutmeg. Having drained the cutlets from the oil, cover them with the mixture and broil them over a bed of hot, live coals, on a previously heated gridiron, the bars of which have been rubbed with chalk. The cutlets must be thoroughly cooked and turned often. Have ready some boiled potatoes, mashed smoothly and stiff with cream or butter. Heap the mashed potato high on a heated dish, shape it like a dome and smooth with a spoon, and around its base stand the cutlets, and on the point place a bunch of curled parsley.

Beef a la Mode.—"The reason," explains the hotel cook, "why beef a la mode is more delicious at a hotel or restaurant than when served at a private table, is because the importance of the long preliminary treatment of the meat is apt to be neglected by the average cook. The round should be simmered slowly for at least forty-eight hours, and really three days is better, immersed in vinegar and water. Tarragon vinegar is the best to use, one-third vinegar to two-thirds water being a good proportion. A few cloves of garlic and some herbs are thrown in, and it is particularly good if a pint of sour claret is added the last day. The chief point of the method, however, is the time allowed to secure the requisite flavor and tenderness."

Fat for Frying.—It should be remembered that while the same fat may be used repeatedly for frying, it needs special care to be kept in a suitable condition. It should always be carefully strained, in order to be sure that any crumbs or particles of whatever may have been fried in it are not retained. Fat, too, that has been used for fish cannot be used again for anything else except fish. Where sweets are immersed in boiling fat, the latter should not be used to fry meats, oysters, or anything that would be injured by a sweet flavor. Now that there are several grades of so-called olive oil, this vegetable fat may be used more freely than when it meant a considerable item of expense. So long as the cheaper grade is sweet, too close an investigation into its elements need not be insisted upon, where it is used for frying purposes. Food fried in the vegetable oil is more wholesome than that cooked in the animal fat.

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