

Eggs boiled twenty minutes are more readily digested than if boiled five; they are dry and mealy and more easily acted upon by the gastric juice.

The whites of eggs will froth more rapidly if very cold; a pinch of salt added helps to cool them in warm weather.

ODOURS FROM COOKING FOOD.

Everyone knows that whilst some odours which arise from cooking are agreeable, others have a coarse, offensive smell, which insinuates itself into every room in the house unless proper precautions are taken. There are, however, some simple methods of counteracting disagreeable odours which should be known in every kitchen.

For instance, adding charcoal to the water in which cabbage is boiled, vinegar to boiling fish, and having an open vessel of vinegar boiling on the range while cooking onions. The last is exceptionally effective. But if an abundance of fresh air is constantly supplied to the kitchen, and if there is a free exit for that which is odour-laden; if all vessels are closely covered during the process of cooking, and all doors leading from the room tightly closed; very little of even the strongest odours will permeate the other rooms of the house.

To apply labels to tin, use glue softened in water, then boiled in strong vinegar, and thickened while boiling to a stiff paste with wheat flour. A little quinine added will keep the compound from spoiling.

Stains of eggs may be removed from silver spoons by rubbing them with a little finely powdered salt.

Chop lemon peel fine, mix with it a little salt, and store in wide-mouthed bottles, to season meats and soups. (1)

(1) Lemon-peel, like nut-meg should be used very discreetly. Ed.

Salt dried in the oven, then reduced to a fine powder in a mortar, (1) if stored in airtight cans or boxes, will not harden even in damp weather.

The Garden and Orchard.

(CONDUCTED BY MR. GEO. MOORE).

THE POTATO.

Chemical composition of the potato

(Continued).

As the chemical composition of the potato-tuber greatly controls its proper cultivation, its proper storage, its comparative nutritiousness, and its tendency to healthful development or disease, it ought to be thoroughly understood by every farmer, every gardener, and every dealer in potatoes.

If the peculiarities in the chemical composition of the potato had been known and attended to, more effective methods of treatment than any yet practised would have been adopted, and many errors arising from ignorance, or a desire to experiment, might have been avoided. A few of these peculiarities, as comparing the chemical characteristics of the potato with beans, oats or turnips, may be pointed out in order to show that the most intelligent handler of potatoes has something yet to learn.

The proportion of water is much greater than in beans, wheat, or oats, but smaller than in turnips. The consideration of this fact should influence the method of storing: potatoes should be always quite dry when stored for the winter. The potato, after the quantity of water is taken away, is not much inferior in its proportion of starch to corn, while the turnip contains none. This gives the potato a high standard, in some respects, as an article of food.

(1) A "pestle and mortar" are necessary adjuncts to every English kitchen, but are seldom seen here. Ed.