

labor, might pause to read and ponder. The pernicious properties of hot grease and substances soaked in it are published in the market-place of medical and domestic journals. "As a broad rule," says Dr. Fothergill, "the harder the fat, the less digestible is it." When all that is volatile and soluble is driven out of it by rapid heating and cooking, and the ever-nauseous touch of calcined grease is superadded, the digestive organs give over trying to assimilate it.

Yet our dear sisters continue to fry everything that can be fried; to grow sallow and spleeny; to take patent medicines to patch up the coats of their stomachs. In the certainty that no one journal or writer can reverse the habit of generations, I modestly essay to palliate the evil by telling how frying ought to be done.

Griddle-cakes should not be fried at all, but baked on a soap-stone griddle, if your cook will keep one intact. If on an iron surface, rub it lightly while hot with a bit of salt pork. The cakes should be as dry on the outside as muffins when taken off. For real frying have plenty of fat, heated gradually to the boiling point. Drop in a bit of bread or dough to test it. If it sinks for a few seconds, then rises to the top and begins almost directly to color, you may risk whatever may be the subject-matter in hand. Put in a few articles at a time, turning them but once, and when of the right shade of brown take them up directly with a split spoon or strainer, then shake and lay in a heated colander to get rid of clinging drops of fat. Potatoes thus treated will not oil the napkin on which they are laid. Fish-balls, croquettes, chops, cutlets, sweetbreads, etc., must be rolled in egg, then in crushed cracker, before immersion.

The whole croquette family should be moulded hours before they are cooked, that, by stiffening, they may the better resist the soaking grease. Mush, hominy and fish must be coated thickly with flour. The object of this and of the egg and cracker process, is to form at the instant of the plunge a crust impervious to the fat, which is the unwholesome element in fried foods. Properly treated, the interior of a fried fish-ball or doughnut is no more indigestible than if it had been baked, *provided* it is taken from the oleaginous bath as soon as it is done, and shaken free of fat.

To sum up the stages of the operation: 1. Prepare the substance to be fried by moulding, or trimming, or (as with oysters) drying for the grease-proof coating, and apply this before the pan goes on the fire. 2. Heat enough lard, or butter, or dripping, or oil, to float the objects and slip them in gently the moment it boils and has been tested, as directed. 3. Keep the heat steady rather than fierce. 4. Take up promptly, shaking and draining off the grease. 5. Serve soon and hot.

TOBACCO AND THE PULSE. — Dr. Troitski (*Jour. de Med. de Bruxelles*) has made a number of observations upon the effects produced on the temperature and pulse by smoking. He found that in every case, varying according to the condition of the individual, there was an acceleration of the pulse rate and a slight elevation of temperature. If the average temperature of non-smokers were represented by 1,000, that of moderate smokers would be 1,008; and while the heart in the former case was making 1,000 pulsations, in the latter it would beat 1,180 times. It is in the latter effect that he thinks the danger of tobacco smoking is manifested.