

the action of the yeast on the dough is not stopped by kneading and cooking, an acid takes the place of the alcohol and the bread is sour.

We knead the dough to distribute the gas bubbles and make it fine grained, to knead in air for the growth of the yeast, to make the dough elastic. We bake the dough:

- (1) To stop the action of the yeast.
- (2) To drive off the alcohol.
- (3) To make the food in the bread digestible.
- (4) To make it appetizing and of good appearance.

FRYING IN FAT.

The method of cooking foods in a small amount of fat in a frying-pan is not to be recommended for digestive reasons. Cooking in deep fat, when enough is used to float the food is an excellent, but rather expensive manner of cooking. If, however, we consider that a pot of deep fat can be used sixteen or seventeen times, and that even then what is left can be made up into a good soap for cleaning purposes, the expense of it need not keep us from having croquettes and other fried foods whenever we want them. Any mixture fried in fat must be dipped with egg and crumbs before frying to form a coating for the prevention of fat entering the food. We know that the common use of the modern steel range revolutionized the cooking processes of people used to cooking in an open fireplace. The new things now are the fireless cooker and paper bag cookery.

FIRELESS COOKERS.

The first fireless cookers were rather crude homemade affairs, and a very useful and effective one can be manufactured at home for \$3.00. (See B. C. Bulletin "Preparation of Food.") They are made on the principle that food raised in temperature to the boiling point, and surrounded with non-conductors of heat, will, if kept closely covered, cook itself as it were. The factory-made varieties have soapstone disks, which when heated very hot and placed in these cookers with meat, will roast it to a turn. As a means of cooking beans, cereals, soups, stews and the tough cuts of meat, fireless cookery is ideal.

It must be very apparent that it would save fuel. Then the facts that the food needs no attention after the first heating, that an hour more in the cooker than the food really requires does not affect the quality of the food, that there can be no escape of juice or flavor, that all the work of preparing noon or evening dinner can be done early in the day, must recommend themselves to all. The house-keeper can attend her Women's Institute meeting, go to church, call on a friend, or entertain a visitor, without a thought about her dinner once it is placed in the cooker. Its disadvantage is, of course, the length of time such cooking requires.

PAPER BAG COOKERY.

Of paper bag cookery, brought to its highest perfection by an English cook, called Sayer, it is my experience that the bags are too expensive for very general use. They vary in price from twenty