

When bread forms the principal article of diet, unless taking a large amount of exercise, the regular use of meat in large quantities must be cautiously indulged in.

Dried peas are a very nutritive food, as they contain much vegetable caseine, analogous to the curd of milk, which contains more plastic matter adapted for building up the animal tissues than that of wheat, oats or any other grain.

Fruits should be consumed freely when ripe, as they supply to the blood the saline constituents it generally needs, cooling the system and acting as a gentle aperient. The more easily digested kinds are those that are soft and pulpy.

Meats and Made Dishes.—It is most important that meat of any kind should be in perfect condition, and free from disease. Beef should be a deep red color, the fat a creamy white; the flesh should be firm and not show a finger mark when pressed, or become moist when kept.

Mutton is a deeper color, the fat a pure white and very hard. Small-boned mutton is best.

Pork should be white, finely grained, smooth and dry; the fat firm and the rind thin.

Beef and mutton should always be hung until tender. White meats, such as pork and veal, taint quickly and should not be kept long.

The same rule applies to the cooking of all joints. The application of a quick, strong heat to the surface coagulates the albumen; this prevents the juices escaping. For this reason a fork should never be used for turning meat during the process of cooking, as the little holes made would allow the juice to escape. Fifteen minutes to each pound and 15 minutes over is the average time for **lightly** cooked meats. Twenty minutes to each pound and 20 over is fully required for all white meats, and half an hour's **slow** cooking will not be found too much for tough meats, especially in summer when they cannot hang. After the joint, etc., has been well browned, the heat should be lessened, the meat kept frizzling, basting occasionally from the pan. In roasting have the fattest part upward; as the fat runs down, it bastes the lower part. Fried meats and grills are cooked on the same principle. No salt should be put on any of them until a little before serving, as salt helps to extract the juice. Boiled **fresh** meats are plunged into boiling water to close the pores at once, then simmered slowly; salt meats should be put into cold water and brought gradually to the boiling point; this draws out the salt which penetrates to a certain depth according to the time salted. This causes salt meats to lose a certain amount of nutritive qualities; fat is not affected by this, therefore fat bacon is more easily digested than lean.

Stews and made dishes are more economical and nourishing than joints; no part is wasted. The meat should always be browned