

## THE ART OF SHOPPING

lean a bright red and in the best meat is intergrained with fat, the fat a creamy colour. Mutton should be firm, the lean darker than beef, the fat whiter and harder. Lamb, an immature meat, is lighter in colour than mutton. Veal, also an immature meat, should be very light in colour, as it is bled, and must be small. Pork should be dairy fed, small, firm, and with a thin skin. Bacon of good quality is firm, the fat a clean white, the lean a good red. In the chapter on Meat, joints and pieces suitable for a small family are given.

**A chicken** should have a smooth skin; when the bird is young the end of the breast bone is gristle and is easily bent. Game that is tainted should never be purchased. A young rabbit has soft ears and sharp claws, the inside is a bright pink.

**Root vegetables**, such as potatoes, carrots, onions at their best when young and freshly dug, may be bought in quantities and kept in a wire vegetable stand, they should always be firm: Green vegetables should be fresh and crisp. Fruit, ripe and sound, is an important item in the day's catering. Unripe fruit is usually bought for cooking. Bruised fruit is dear at any price, the damaged parts are waste and the remainder is often unwholesome. Soft fruits, such as pears, greengages, medlars, and all berries should be carried home in baskets or trays, and not in paper bags. The best methods of growing, packing and delivering are encouraged by purchasers insisting on all fruit being sound and in good condition.

**Dried fruits** are at their best at the beginning