

BEVERAGES (*Contd.*)

The Coffee Pot—A tin or iron pot should not be used, as it taints the coffee; a worn enameled pot has the same objection. The French pots are a great convenience, but with any earthenware pot good coffee can be made.

Every time the coffee pot is used it should be thoroughly cleaned, spout and all. If neglected, or if the coffee is allowed to stand long in the pot, a sort of black, greasy deposit will form on the inside, and it will spoil all coffee made in the pot while it is there. So wash, scald and dry the pot each time after being used. Dry each piece of a French coffee pot separately. Scald it out with hot water—cold water sets the greasy film, and is worse than useless. Do not use any soap or soapy water, but fresh, hot water merely.

If the pot has been neglected, and is coated, put in a tablespoon of washing soda, fill it with water, and boil it for a long time; then scrub it out well, rinse it with hot water, and dry it. Boil the strainers and all parts in the soda water, and scrub them also. Do not heat the coffee-pot too hot in drying it, or the next coffee made in it will taste burnt.

The Healthfulness of Coffee

Mrs. S. T. Rorer, the eminent authority on cooking, in writing on Beverages in the "Ladies' Home Journal," says:—

"Of all the so-called beverages, coffee occupies the most important place. An infusion made moderately strong, **with fresh boiling water**, is a slight stimulant and prevents the waste of tissue. Coffee of **good strength** is a deodorizer, disinfectant, and antidote to many poisons. **Good Coffee is harmless.** Good coffee is more easily made than bad, for this reason I cannot understand why one finds so much bad coffee."

Other prominent authorities have also clearly shown that good coffee, properly made, is perfectly healthful, and is valuable as a tissue saver, gently stimulating the muscular energy without any injurious after-effects.

But it should on no account be boiled, or it will be ruined. It should be made quite strong, as it is then much more beneficial than when weak.

An Easy Way to Make Good Coffee

Use water fresh from the tap or well, bring to boiling point, and use at the first brisk boil.

Scald out the coffee pot, and while hot put in a tablespoonful of Blue Ribbon Coffee to each pint of water. Pour on the fresh boiling water, and set the pot where it will keep hot, **but not boil**, for from 2 to 6 minutes; then serve immediately. The coarser the coffee is ground, the longer it needs to stand.

Many other recipes for Beverages will be found in the Blue Ribbon Cook Book, pages 117 to 121.