

from which so many people, young and old, suffer so much in this country, viz., dyspepsia.

CARVING

Talking about cooking brings one to the fact that after a joint is well cooked, it must be well carved, but how often is the poor housewife filled with despair at seeing her work of preparation hewn and hacked to pieces by an unskilful carver ! To carve well is an art not learnt in a day, but one that must be studied to know how to do it to perfection.

Let the young people watch well the actions of a good carver ; noting well with what ease it is done, and the care that is taken to cut and serve each bit nicely ; note the careful way each slice is put on the plate to avoid messing it, the gravy is served with the same care, to avoid splashing, and then if the vegetables are taken, or served with the same care so as to avoid mixing two sorts, much has been done to tempt the appetite. A good carver will make a joint go farther than a bad one, and will always leave a joint so as to look well if wanted to be served again cold.

Young people should be made to practise carving by their friends in private, and thus avoid any shyness when called upon to do it. Many people who are fair carvers of joints come to grief when called upon to carve poultry, and in no case is the carver's power more severely taxed than in carving a turkey so as to avoid waste and at the same time to serve each person big and little with the part and quantity required.

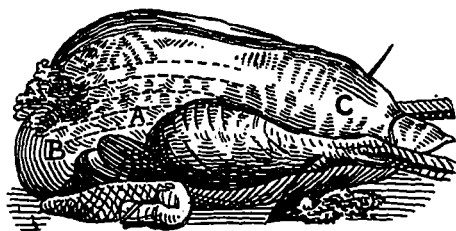


ILLUSTRATION.

Begin by carving slices from each side of the breast, in the lines marked in the engraving, cutting from A. to B.

Then remove the legs, dividing the thighs from the drumsticks, an instrument called a disjointer will be found useful to the unskilled carver, for

unless the turkey is a young one and the exact spot known how and just where to catch the union of the joints, carving becomes difficult.

The disjointer will do the work well and enable the carver to divide a thigh in two, thus allowing a smaller portion to be served if wanted.

The pinions and that part of the body removed with it, are always a delicacy, and care should be taken to carve them nicely : the joint of the pinion will be found at B.

The stuffing you will find by making an opening at C.

Ordinary forcemeat is found by helping the breast.

BONING

Talking about serving brings one naturally to the subject of boning. In the case of a prime or inferior joint, boning a joint makes it go a long way, as the carving is so much easier. Take for instance a loin of mutton or pork, boned and rolled it will go twice as far as when served in the ordinary fashion, and then the bones make a delicious soup or gravy, so there is no loss whatever. With boned meat we generally get such accessories as stuffing, and this again, ekes out a joint. The usual stuffing for mutton is the same as for veal, but some people I know, who like onions, stuff it with sage and onions, and call it "mock duck." This, of course, is a matter of taste, personally, I prefer the veal stuffing. A rolled stuffed loin of mutton served with good gravy and red currant jelly is a dish for an epicure. Perhaps poultry is a little more difficult to bone than is a joint, both require a little skill which only practice can give. A housekeeper, who will give a little time and patience to the matter, will soon acquire the necessary skill and will feel repaid by the number of original and tasty dishes she will be able to place upon her table. A good rule to follow in boning is to use a very sharp pointed knife, and to keep it close to the bone all the time, bones can then be removed without destroying the symmetry of the joint, or hacking about the flesh. Fish, too, pays for boning or filletting, a good subject to practice on being a flat fish, such as a flounder, for instance. I should advise an amateur to start the boning of meat by practising first on a breast of veal or lamb, either of these joints rolled and stuffed makes a very nice dish indeed.