

LITTLE WATER NEEDED

Suggestion Made for Cooking Beans in Proper Manner.

Always cook lima beans in as little water as possible and cook uncovered. Let the water cook away or use it in a sauce with butter and a very little flour. Rub 1 teaspoon flour into two tablespoons butter to thicken 1/4 cup liquid.

MARSHMALLOW ROCKS

2 cakes milk chocolate
1 cake baking chocolate
2 tablespoons butter
1/4 lb. walnut meats, cut coarsely
1/4 lb. marshmallows, halved
Melt the chocolate and butter together, add the nut meats and marshmallows. Stir all well and drop in little heaps on wax paper or buttered plates.

WEIGHT ALONE MAY FAIL AS DIET MEASURE

Nervousness Among Signs That Proper Food Is Lacking.

The fact that one does not lose weight is not in itself a sure sign that he is eating the right food in adequate amounts. Loss of weight is not the only symptom of a lack of proper nourishment. One of the ways in which faults in the diet frequently show themselves is in nervous disorders. Sometimes they take the form merely of irritability and restlessness. Thus it appears that the disposition both of children and adults may depend upon the food they eat, a fact which indicates the great importance an adequate, well-balanced diet may play. A good supply of protein is a safeguard against many nervous disorders. Experiments in animal feeding have shown that a lack of protein results in extreme restlessness, fear and irritability. The same animals regained their tranquil dispositions when the amount of protein in their diet was increased. An adequate diet should include more than the minimum of protein for building and repairing tissues. There should be a good margin of safety.

APPLE-BANANA SAUCE

(Excellent with Duck or Pork)
1 apple
1 banana
1/2 cup water
1 stick cinnamon
1-3 cup sugar
Pare the apples, peel bananas, and cut in small pieces. Add water and cinnamon and cook until soft. Remove cinnamon, press mixture through a sieve and add sugar to taste. Serve in small dishes with roast duck or pork, or fill lettuce cups with mixture and place around meat on platter.

CIDER USED IN GOOD METHOD TO COOK HAM

Sweet Potatoes, Pineapples, Oranges or Apples May Form Accompaniment.

Ham cooked in cider is a grand dish, especially if it is served with sweet potatoes that have been made into a somewhat festive concoction with citrus fruit, or, better still, if they are cooked with the ham. Whether the setup calls for a slice of ham for a family of two or a whole hind leg for a larger crowd, cooking it in cider and serving cider gravy on the side insures generous rewards for all the bother. The setup follows:
Ham With Cider
The raw ham steak should be slightly more than an inch thick. Soak it in cold water for two hours or put it over the fire in cold water, heat slowly and simmer for ten minutes. Place the ham in a baking dish. Season with a skimpy sprinkling of cinnamon, ginger and dry mustard, all mixed together, then scatter on a little brown sugar. Put in enough cider to come halfway up on the ham and bake in a moderate oven, allowing twenty-five minutes to the pound. After the cider is hot, spoon it over the meat every ten minutes. Instead of adhering to this recipe, ham and cider may be regarded as a theme with variations. When half cooked it may be covered with slices of raw apples, sections of orange, pieces of pineapple, or slices of sweet potato. Some cooks season the ham, then seal it all over with a paste of flour and water before placing in a cider bath. This crust is removed cooked. Sweet Potato Souffle
Peel and mash four boiled sweet potatoes. Beat in four tablespoons cream, the beaten yolks of two eggs and a little salt and pepper. The potatoes should be warm and the oven heated when the stiffly beaten egg whites are folded in. Turn into a buttered dish and bake until light and brown. Orange Cup
Boil equal parts of orange marmalade and Hawaiian pineapple with juice. When the liquid is thick pour it while still hot over sections of orange in individual dishes. Serve very cold. Plum Cordial
Half fill glass jars with sound ripe plums. Allow 6 ounces of sugar, 1/2 inch of bruised stick cinnamon and 4 cloves to every pound of fruit. Fill up with good gin. Cork tightly and leave for three months, shaking occasionally. Strain and bottle.

VEAL COOKERY DIFFERS FROM ROUTINE FORM

Lack of Fat Makes Use of Lardoons Necessary for Proper Dish.

Veal presents a cooking problem particularly its own and it requires methods a little different from those used for other kinds of meat. Veal is a juicy meat, but since it is from a young animal, this juice is not fat but chiefly water and it may be lost in cooking unless the right methods are used. To prevent loss of juice, veal should be cooked in a covered dish, slowly and by moist heat. It should never be cooked so that it is dry, colorless and mealy. The juiciness should be retained and the meat should have a certain firmness, a crispness of texture. To bring out its fine flavor, veal is browned at the beginning of the cooking period. After that it is cooked at a low temperature, whether it is roasted, braised or stewed. It is desirable to add fat to veal in some way, by inserting lardoons into the meat or simply by cooking it with fat or fat meat.

Pans Should Be Heavy

Pans for cooking veal should be heavy enough to hold slow heat for a considerable length of time. Thin sheet iron or thin aluminum pans should not be used for the temperature will be too uneven. Here are directions for roasting veal. The problem is to prevent it from drying too much. The veal should be placed on the roaster on a wire rack with the outside or skin side of the roast up. Have the oven preheated to 500 degrees and sear without covering for fifteen to twenty minutes. Then reduce the temperature of the oven rapidly to 350 to 375 degrees, even lower than that for baking bread. Cover the roaster and cook for a period of twenty-five minutes a pound, including searing time. Veal never is served rare. Do not add any water. The drippings are rich in flavor and color and are the basis for delicious gravy. Braising is the usual method and the best method of cooking all cuts of veal. The meat is first browned, as usual in braising, then covered closely and cooked slowly in a heavy kettle on top of the stove or in the oven. It is not necessary to add any liquid, for the veal draws its own juices.

Pot-Roast of Veal

Choose an arm cut from the shoulder of veal, weighing three to four pounds, cut lardoons of fat salt pork and insert them throughout the veal.

Place the kettle over a hot fire until the pan begins to smoke. Rub lightly with a small piece of salt pork fat before putting the meat in. Sear on all sides for ten minutes. Reduce temperature, slip a wire rack under the meat, season and cover closely. Let it cook over a very low fire forty to forty-five minutes a pound of meat. The temperature should be low enough so that the drippings in the pan do not boil.

Stewing is a very satisfactory way of cooking veal. Good cuts to use are shoulder or neck, breast or shank. The following method gives best results:

Veal Stew

For a family of six choose two and one-half to three pounds shoulder cut. Divide into eight or ten pieces, about a quarter to a third of a pound each, large enough for individual serving. This is preferable to many small pieces which become dry on cooking.

In the bottom of the kettle place one-eighth pound salt pork cut into small strips or cubes. Cook over hot fire until the cubes are brown. Place the pieces of veal in the kettle and brown on all sides for fifteen minutes. A dash of sugar sprinkled over the veal before browning adds a distinctive flavor. When browned pour cold water over the meat, one cup to each pound of meat. Cook at a simmering temperature for one and one-half to one and three-fourths hours. Thicken the liquid with flour for gravy. Let this cook for several minutes, then add the meat again to reheat it. Veal chops and cutlets are put in a heavy frying pan with a little water and simmered for forty to forty-five minutes, then breaded and fried or else the cuts are breaded and browned, then covered with a sauce or gravy or steamed in their own juices.

Theory of Manna

Papayas, usually called pawpaws, are thought by a few scientists to have been the original manna.

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