

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 $\frac{1}{2}$ cup liquid.MARSHMALLOW ROCKS
2 cakes milk chocolate
1 cake baking chocolate
2 tablespoons butter
1/2 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 MEASURENervousness 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 of 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)
2 apples 1/4 cup water
4 bananas 1 stick cinnamon
1-3 cup sugar

Par 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 HAMSweet 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 or 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 bather.

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 coat it all over with a paste of flour and water before placing it in a cedar 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.

Plum Cordial

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 in 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 260 to 275 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 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.

Pork Should Be Heavy

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