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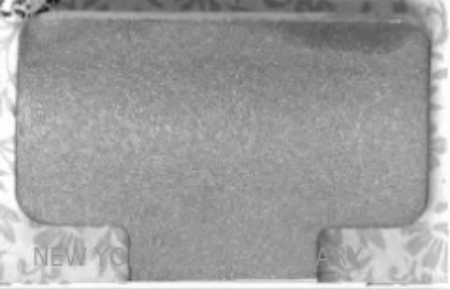

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Lesson V.—Roasting.

Roast Beef. Gravy. Franconia Potatoes. White Sauce. Creamed Cabbage. Scalloped Apple.

Lesson VI.—Broiling.

Beef Steak. Pan Broiled Chops. Potato Soup. Cottage Pudding. Lemon Sauce.

Lesson VII.—Frying.

Fried Potatoes. Split Pea Soup. Griddle Cakes. Doughnuts.

Lesson VIII.--Bread.

Bread.

Lesson IX.—Invalid Tray.

Soft Boiled Egg. Dropped Egg. Beef Tea. Gruel. Milk Toast. Egg Nog. Tea. Bird's Nest. Baked Apples. Lemon Jelly.

Lesson X.—Stirring. Beating. Folding.

Omelet. Soft Molasses Cookies. Chocolate Layer Cake. Boiled Icing.

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DIGESTION.

Digestion is the process by which food is changed into a liquid and becomes a portion of the blood; the source from which the entire system draws for all its needs. There are three distinct processes which take place:

First—in the mouth.
Second—in the stomach.
Third—in the intestines.

As the food passes through the body it meets with five digestive juices which act on the different foods.

1. Saliva—acts upon starchy food.
2. Gastric—acts upon nitrogenous food.
3. Bile—acts upon fat and retards decomposition.
4. Pancreatic—acts upon fat.
5. Intestinal—has the power of all the other juices.

1. *Saliva.*—When the food enters the mouth it meets the first digestive juice, which is the saliva, and is stored in three pairs of salivary glands, which lie under the ear, side of the throat and under the chin. The saliva is alkaline, is mostly composed of water, to dilute the food; a small quantity of saline matter to season the food and give it the taste; and a peculiar substance, called ptyalin, which forms less than one five-hundredth part of the whole saliva. It is this substance that changes the starch into sugar, and after a while the sugar into lactic acid. This saliva also froths easily and so carries oxygen with the food into the stomach.

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tough meat, making them more digestible. The water in which they have been cooked should be used, as there is nutriment in it.

BOILED VEGETABLES.

Green vegetables should be well washed if at all wilted; lay in cold water for some time before cooking, then put into boiling, salted water, and cooked rapidly, uncovered, until tender.

New potatoes may be boiled as soon as pared, but in the late spring, old potatoes should stand an hour in cold water before cooking. Potatoes and cauliflower should be boiled slowly.

GRAINS.

All grains should be put into boiling, salted water, boiled rapidly ten minutes, then steamed, or simmer, until each grain is tender.

SIMMERING.

Much of our food is wasted by hard, rapid boiling. Albumen coagulates at 180°, but if put into boiling water, at 212°, it is toughened and made indigestible. When the nutriment is to be partly in the water, it is necessary to cook the food by simmering, instead of boiling. Bring the water to the boiling point, then add the food to be cooked, and keep the saucepan where the water will just bubble a little in one place.

All albuminous foods are best cooked in this way.

STEAMING.

There are two ways of cooking our food by steaming. One is by having a steamer, or covered pan,

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Never break this crust by sticking a fork or knife in, or you will let out the juices. Always place the meat on a rack to keep it from the fat. Put bits of suet on top of the meat and in the pan. If you have no suet use clarified drippings. Put no water in the pan, as it will produce steam in the oven and reduce the temperature to that of boiling water 212°. Place in the hottest part of a very hot oven, let it bake for a few moments, this is to seal it, then, if in danger of burning, move to a cooler part of the oven. Baste often with the melted fat, and place a thin pan under the baking pan, to prevent the fat from burning. Dredge with flour once while baking.

Chickens and turkeys should be rubbed with soft butter, and some of the fat laid on top of them. You may cover any portion browning too quickly with oiled paper. After the outside is well seared, you may baste with a little butter dissolved in a little hot water, if they are not fat enough to baste with their own fat.

BROILING.

Broiling is cooking over bright-red coals. It is the most intense heat that we can get for cooking, and only the tender fibres of meat and fish are adapted to this way of cooking. The fire should be to the top of the fire box, bright red coals, with no blue flame, as this shows there is gas in the fuel. All the draughts should be open, that the smoke and gases may escape up the chimney. Have a large pan handy to hold the broiler over when you need to take it from the fire. Grease the broiler well with a piece of suet or salt pork. Do not salt, pepper, or

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seconds turn it, so as to seal the other side. Put the fork in the fat when turning it, so as not to let the juices out of the meat. When done, turn up on the fat edges, to cook the fat. Cook about four or five minutes, according to the thickness of the meat. As the fat melts drain off every drop, or it will be fried meat instead of broiled. Salt and pepper it when done, and serve on hot dish at once.

BRAISING.

Braising is a kind of stewing in a covered pan in the oven. It is an excellent way to prepare the tougher and less expensive cuts of meats, and if properly prepared the meat will be tender and palatable. The meat should be first salted, peppered, dredged with a little flour, and browned in a little fat; then put in a deep baking pan, and enough stock or water added to half cover the meat. This does not mean to use two pounds of meat and a pan that will hold a gallon of water. You may add any spices or vegetables that you desire. Keep the pan well covered and baste the meat frequently. The meat should cook slowly, and as the liquid evaporates do not add any more, but use the little left, as the foundation to make the gravy with.

FRYING.

Frying is cooking in deep, hot fat. There should always be enough fat to cover the article to be fried. The fat should be tested, and never used till hot enough to harden the outside of the article to be fried, and so protect the inside from absorbing the fat. A covering of eggs, or eggs in the material is

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and open the window a little from the top and the bottom.

TEST OF FAT FOR FRYING.

When a small piece of bread browns in thirty seconds it is hot enough for potatoes and oysters. When it browns in forty seconds it is hot enough for material already cooked, such as fish balls, croquettes. When it browns in sixty seconds it is hot enough for material uncooked, such as doughnuts, fritters, fish, meat.

Test the fat always before frying anything. *Do not guess at it*, but take accurate time.

After frying one panful, allow the fat to heat again and test it every time before using.

If the fat is the right temperature you may fry anything and it will not taste; fish, then crullers, etc.

It is best to leave, if possible, all breaded articles till the last, as the crumbs drop off and burn in the fat, and may adhere to other material cooked.

All fried food should be drained on coarse, unglazed brown paper, which you can get at any meat market.

When you have finished using the fat, remove from the fire at once, let stand ten minutes to settle, then pour off slowly and carefully through a fine sieve, all but the sediment. Wipe the pan out with paper and save it for starting the fire in the morning. The fat may be used with care many times until it becomes very dark, when it is good only for soap grease.

SAUTÉING.

This is cooking in a little hot fat, browning first one side and then the other. But few articles are

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We *stir* in order to blend the material; this is done by keeping the spoon in the bowl and moving it round and round, having the bowl of the spoon touch the bottom of the dish and mash against the sides of the bowl.

We *beat* to entangle air in the mixture, such as beating eggs or batters. This is done by moving the spoon in a circle, scraping the bottom and sides of the bowl each time, bringing the spoon into the air and over into the opposite side of the dough. The bowl should be slightly tipped, and the spoon and bowl should be scraped, so that all the material will be well beaten.

We *fold* or *cut in* to avoid breaking the air cells, which we have made by thorough beating, as in the well beaten whites of eggs. This is done by turning the mixture over with the spoon, cutting through and folding over gently, but not *stirring* round and round. Stirring breaks the air cells, and all mixtures in which you have eggs used to raise the ingredients, should have a good beating just before baking, but do not, after you have beaten the mixture, stir it. Never stir or beat the mixture after folding in beaten whites or whipped cream.

BREAD CRUMBING.

Save all bits of bread that have been left over. Equal parts of crust and inside make the most appetizing color. Bakers bread is by far the best for this. Use no *burnt* or very dark-colored crusts. When dry and crisp, roll and sift through a fine sieve, and keep some constantly on hand, stored in a covered can or jar. When needed, season with a

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