A FRIEND in the KITCHEN

WHAT TO COOK AND HOW TO COOK IT

BY

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IMPORTANCE OF GOOD COOKING.

HEALTHFUL cookery is not receiving the attention which its importance demands. Although we are living at a time when eating and drinking are carried to excess, and when elaborate bills of fare are frequently placed before us, yet plain, simple, and healthful cookery occupies but a comparatively small place in the culinary world to-day.

Good food is of primary importance. We live upon what we eat. It is not sufficient, however, merely to select good food. To be well digested and thoroughly assimilated the food must be properly prepared. The best food may be spoiled in cooking. The kind of food upon which we live, and the manner in which it is prepared, determines largely our physical well-being, and consequently much of our happiness or misery in this life.

> "For love, nor honor, wealth nor power,
> Can give the heart a cheerful hour
> When health is lost. Be timely wise;
> With health all taste of pleasure flies."

Moreover, the mind is affected by the condition of the body, and the morals by the state of the mind. As, therefore, cooking determines to a large degree the condition of the body, it must also affect to a considerable

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O hour of all hours, the most pleasant on earth,
Happy hour of our dinners!—*Meredith.*

Soup rejoices the stomach, and disposes it to receive and digest other food.—*Brillat Savarin.*

It is important that we relish the food we eat.—*Christian Temperance.*

SOUP is easily prepared, economical, and when made from healthful materials, is a very wholesome article of diet. It adds much to the elegance and relish of a dinner, and, if taken in small quantities, is a good means of preparing the whole system to assimilate a hearty meal.

Soups afford an excellent opportunity for using left-over foods which might otherwise be wasted. A combination of vegetables left over from the previous day, such as a cupful of mashed potatoes, some stewed peas, beans, or lentils, a few spoonfuls of boiled rice, stewed tomatoes, or other bits of vegetables or grains, if in good order, make a very palatable and nourishing soup. The vegetables should be put all together into a saucepan with enough water to cover them, let simmer for two or three hours,

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ANCIENT FLOUR MAKING.

"Two women shall be grinding at the mill." Matt. 24 : 41.

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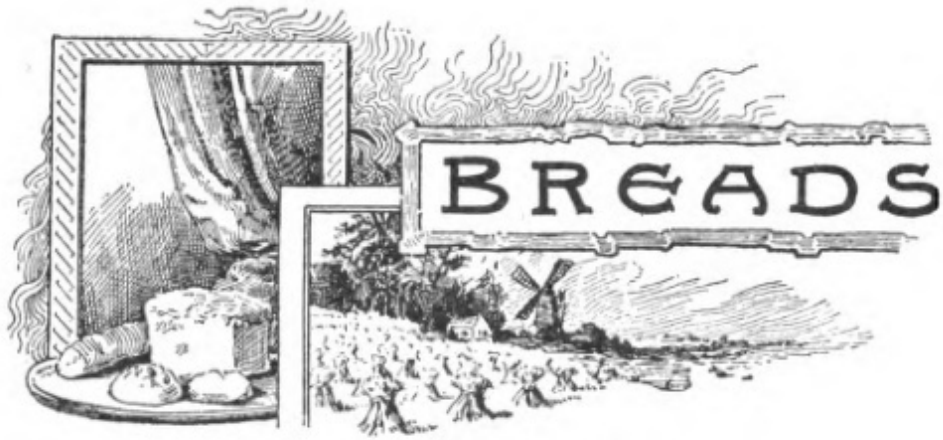

A VOICE FROM THE CORN.

"I was made to be eaten, not to be drank,
To be thrashed in a barn, not soaked in a tank;
I come as a blessing when put in a mill,
As a blight and a curse when run through a still;
Make me up into loaves, and your children are fed;
But made into drink, I will starve them instead.
In bread I'm a servant, the eater shall rule,
In drink I'm a master, the drinker a fool.
Then remember my warning; my strength I'll employ,—
If eaten, to strengthen, if drank, to destroy."

The wandering Arab lives almost entirely upon bread, with a few dates as a relish.

Behind the nutty loaf is the mill wheel; behind the mill is the wheat field; on the wheat field rests the sunlight; above the sun is God.—*James Russell Lowell.*

BREAD stands at the head of all foods. It has very properly been termed "the staff of life."

Why this is so is because wheat, from which bread is mostly made, contains more nearly than any other one article all the necessary food elements required to sustain the human system, and these, too, in proper proportions, and so forms most nearly a perfect food. From it the brain, bones, muscles, and nerves, all receive a large amount of nourishment.

This being so, bread should enter largely into the daily bill of fare of every family. It is hardly too much to say that no meal is complete without it.

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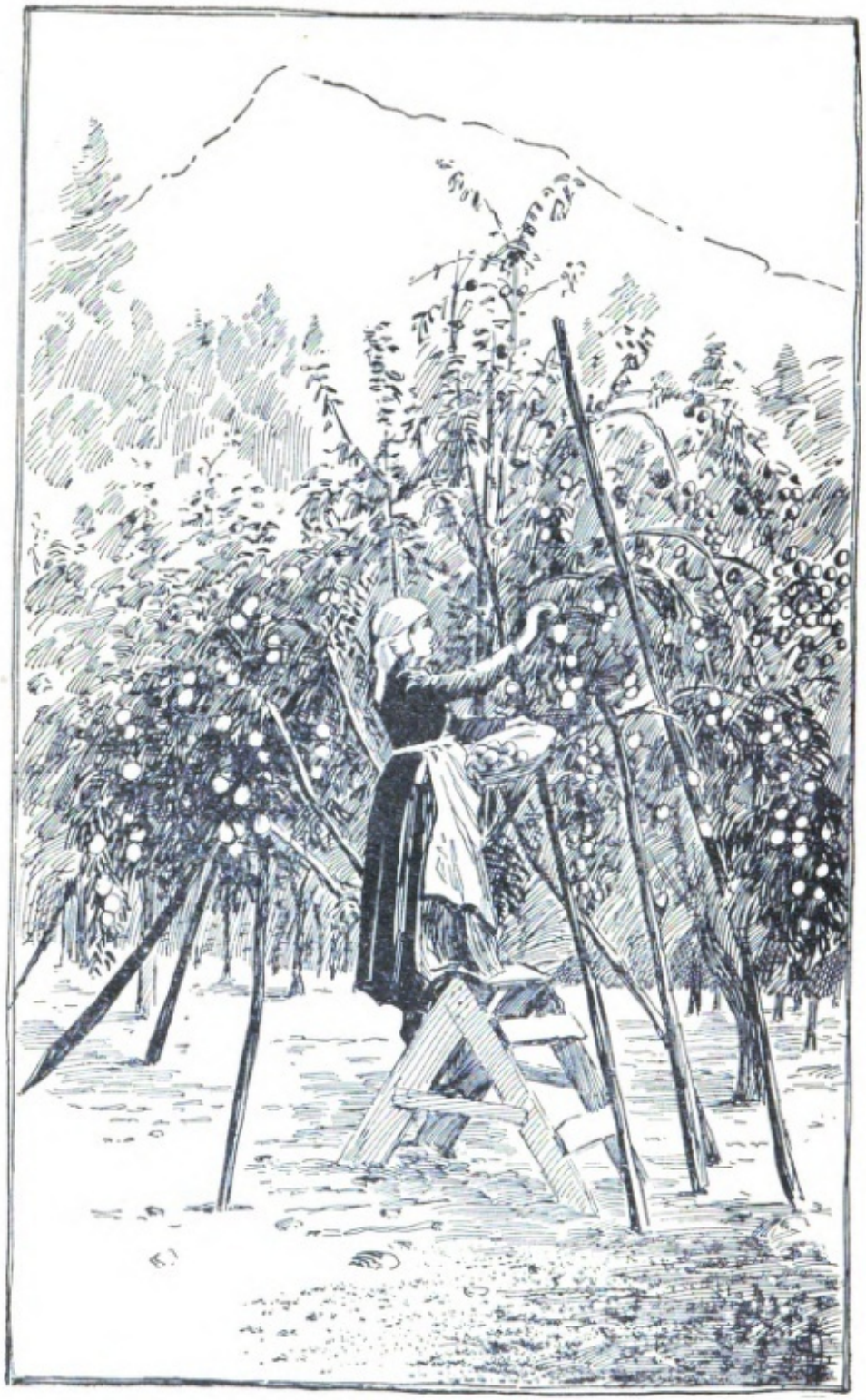

GATHERING FRUIT.

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FRUITS

The earth to thee her increase yields
The trees their fruitage bring;
And glittering in the sun-lit fields,
The vines with bounty spring.

"Every tree, in the which is the fruit of a tree yielding seed, to you it shall be for meat." Gen. 1:29.

If families could be induced to substitute the apple—sound, ripe, and luscious—for pies, cakes, candies, and other sweetmeats with which children are too often stuffed, there would be a diminution of doctor's bills, sufficient in a single year to lay up in stock of this delicious fruit for a season's use.—*Professor Faraday.*

There is much false economy; those who are too poor to have seasonable fruits and vegetables, will yet have pie and pickles all the year. They cannot afford oranges, yet can afford tea and coffee daily.—*Health Calendar.*

FRUITS are a natural food. They form no inconsiderable part of those products of the earth given by the Creator to our first parents as food. "Behold I have given you," He says, "every herb bearing seed, which is upon the face of all the earth, *and every tree*, in which is the *fruit* of a tree yielding seed; to you it shall be for meat." Gen. 1:29.

Fruits are not only delightful to the eye, pleasing to the smell, and satisfying to the taste, but they contain elements which are necessary for the best maintenance of the system; hence the natural craving for them when the system is in a normal condition.

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While not containing a large amount of nutrition compared to their size, they are, nevertheless, valuable on account of their juices, and also because of their giving bulk to our food,—a very necessary thing to be considered.

Containing as they do from seventy-five to ninety per cent. of water, their use naturally allays thirst. If their use were more general there would doubtless be less desire for unnatural drinks.

As a rule, fruits, and especially acid and sub-acid fruits, are cooling to the blood, and most kinds act also as a laxative to the system, tending to keep it free and open. They should therefore be freely used in the daily bill of fare, though in proper combinations. Fruits go well with grains and milk, but not so well with vegetables, especially acid fruits.

And what gives a nicer appearance to the table than a dish of fruit! Its very sight is inviting and appetizing.

In preparing fresh fruit for the table care should be taken to select only that which is sound and ripe. It should also be carefully cleaned. Apples should be wiped with a damp cloth, and their beauty will be further enhanced by polishing them with a dry one. Plums should be likewise treated. Grapes should be washed, and the stem ends of bananas cut off. Bananas may also be peeled, sliced, and served with cream.

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It is very desirable to have the fruit fresh, as picked from the tree or vine; but many of the nicest and most juicy and delicately flavored fruits, such as strawberries, raspberries, currants, gooseberries, plums, blueberries, cherries, peaches, and apricots, are in season for only a comparatively short time. It is therefore of value to know how to preserve these for the unseasonable portions of the year. It is a matter of no little convenience for the housewife to have these delicious fruits in her house, ready for use at a moment's notice. But this can be the case only by having on hand a supply of canned fruit.

Some may think that this supply of canned fruit can readily be substituted by the same kinds of fruit put up in jams, marmalades, etc., and that these can be purchased at reasonable prices at the stores all ready for use, and the trouble of preserving fruit oneself saved. While this may be true, the fruit prepared thus is not to be compared to fruit in its more natural state. The amount of sugar generally used in making jams and marmalades causes them to be too rich in saccharine matter, and consequently more liable, if freely used, to injure the teeth, cause acidity of the stomach, dyspepsia, and liver trouble, while nearly all, even dyspeptics, can eat simple stewed fruit of one kind or another without injury.

SELECTING CANS.

In canning fruit care should be taken to provide good cans and perfectly fitting covers. This is a matter of much importance. The Mason glass cans or jars, with the white porcelain lined covers and white rubber bands, are perhaps the best. It may seem a little expensive on the start to purchase these, but there is practically no further expense connected with them, aside from providing new rubbers or covers occasionally, as the jars can be used year after year, or until broken. Either the pint, quart, or two-quart jars may be used, as best suits the needs of the family.

Mason Can.

If a Mason can opener is not at hand, the process of opening the jars may be made easier by first running the edge of a thin knife blade around under the rubbers, care being taken not, by prying or otherwise, to injure the rubbers or lids.

After the fruit has been used from the jars, wash and dry them, place the rubbers inside, screw on the covers, and set away for future use.

PROCESS.

Select good, sound, fresh fruit, but not overripe, or it will be mushy and insipid when cooked. The larger fruits should not be quite as soft for canning as for eating.

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Cook in a granite-ware or enameled saucepan or preserving kettle. Iron, tin, copper, or brass should not be used.

Always cook slowly, as rapid boiling breaks up the fruit, and causes it to lose much of its nice flavor.

Cook thoroughly and evenly, in small quantities, and in as little water as possible, fruit being better cooked in its own juice, which soon boils out. The length of time required for cooking will depend upon the kind and quality of fruit, hard and less ripe fruit requiring more time.

Utensils for Canning Fruit.

From two or three tablespoonfuls of sugar to a quart of fruit will generally be found sufficient for the milder fruits, the more tart, such as plums, currants, gooseberries, etc., will require from four to eight tablespoonfuls.

While the fruit is cooking, place the rubbers on the jars, and immerse two or three in a large pan of scalding (not boiling) water, laying them down if there is room. If the jars are new, put them in cold water, and gradually raise the temperature to prevent them from breaking. Likewise put the covers in a basin of hot water. Much depends on keeping everything hot.

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should be used. To extract the juice from berries, crush, heat in a double boiler, strain through a jelly bag, let drain slowly, squeezing but little least the pulp be forced through. Reheat, and can the same as fruit, adding sugar or not, as preferred. Mixed juices often give a fine flavor, as currant and raspberry, or blackberry and mulberry.

GRAPE JUICE.

Take fresh, well-ripened, dark, juicy grapes, such as the Black Prince or Concord, pick from the stems, rejecting all that are imperfect; wash well, and put to cook in an enameled saucepan with a pint of water for each three quarts of grapes. Cook slowly for half an hour, or until the grapes burst open; then drain off the juice through a jelly bag, filtering the skins and seeds through a separate bag. Reheat, add one-half cup of sugar to a quart of juice if desired to sweeten, and can in jars the same as fruit; or, put in sterilized bottles, filling within an inch of the top, and cork at once with good, solid corks; cut off the corks close to the bottle, and seal over with sealing wax. Bottle the juice from the skins separately, as it will be less clear. Keep in a cool, dark place, and do not move about unnecessarily.

A WISE CHOICE.

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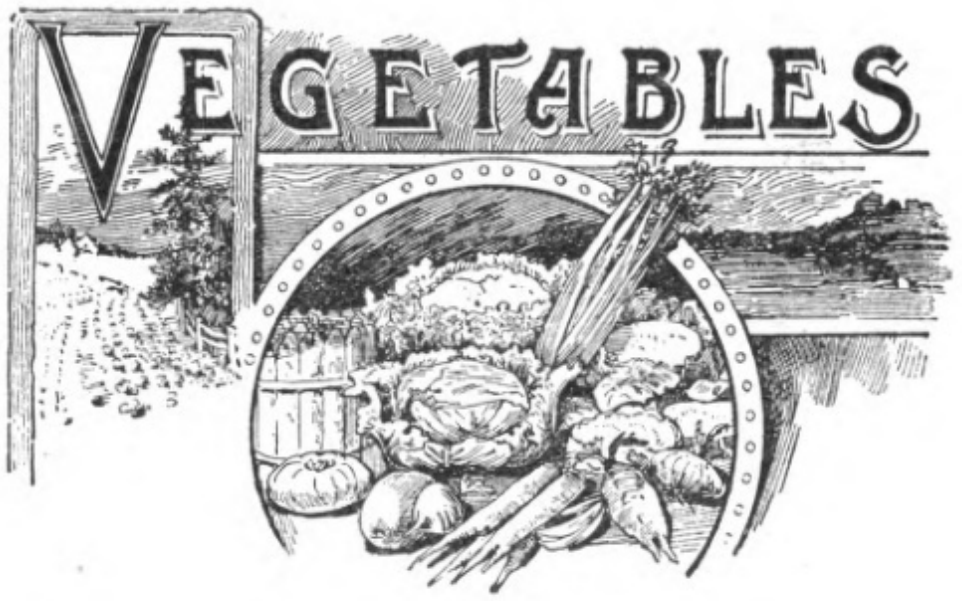

The first wealth is health.—*Emerson.*

Vegetarians suffer little from thirst.—*Hygienic Review.*

Let them give us pulse to eat, and water to drink.—*Daniel.*

Sir Isaac Newton, when writing his great work, "Principia," lived wholly upon a vegetable diet.

Body and mind are much influenced by the kind of food habitually depended upon.—*O. W. Holmes.*

* * *

WHILE not furnishing the most nutritious diet, vegetables contain many nutritive elements in moderate degree, are rich in mineral substances, and being composed largely of water, perfectly supply many of the needs of the human system. Such vegetables, however, as peas, beans, and lentils, properly termed legumes, are highly nutritious. They are commonly understood to be of the nature of the "pulse" upon which Daniel the prophet subsisted in preference to the king's meat. While an exclusive diet of ordinary vegetables might fail to give sufficient nourishment to meet the demands of the

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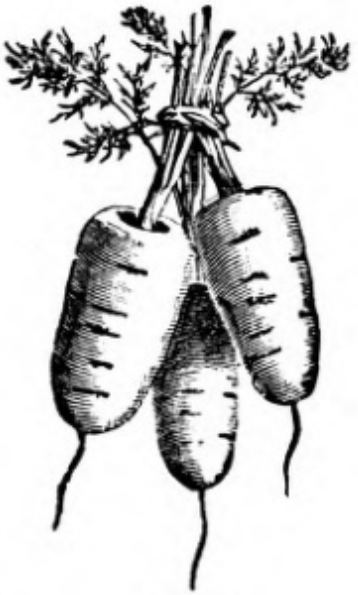
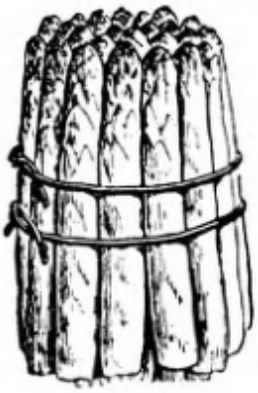
Turnips.



Carrots.



Asparagus.

Onions.

Turkscap.

SOME STAPLE VEGETABLES.

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ashes, then with live coals. Turn occasionally. The coals may need renewing several times. When done, remove the ashes with a brush, wipe with a dry cloth, and serve. Sweet potatoes are nicer and more mealy when prepared in this way.

YAMS.

Prepare the same as roasted sweet potatoes or baked sweet potatoes. Boiling them is thought to quite spoil their flavor.

STEWED TOMATOES.

Take nice, fresh tomatoes, peel, and slice into a saucepan, and cook slowly for half an hour. Then add salt, a little butter or sweet cream, and a half cup of bread or cracker crumbs. Sugar may be added if desired.

BAKED TOMATOES.

Select smooth, even-sized, ripe tomatoes. Peel, remove the stems, and place in an earthen pudding dish; season with a little salt and butter or cream and bake in a rather hot oven for half an hour.

TOMATOES AND MACARONI.

Put to cook one-half cup of macaroni broken into inch pieces into three cups of boiling water; boil for about an hour, or until perfectly tender, adding more water if necessary. When done, put into a pudding dish, and pour over two cups of stewed tomatoes previously rubbed through a colander.

Colander.

Add a little salt, a few bits of butter, a half cup of sweet milk, and bake in the oven till done. If the tomatoes are quite juicy a teaspoonful of flour may be used for thickening.

SCALLOPED TOMATOES.

Can Opener.

Take two cupfuls of stewed fresh or canned tomatoes, rub through a colander, and thicken with a cupful of bread or cracker crumbs; add a little salt, a few spoonfuls of cream, or half a cup of sweet milk and a few bits of butter, and bake for twenty or thirty minutes.

TOMATO SALAD No. 1.

Peel smooth, ripe tomatoes, cut into thin slices, and arrange in layers in a dish, sprinkling each layer with sugar. Turn over the whole a half cup of lemon juice before serving.

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RADISHES.

Wash, cut off the tops, small ends, and rootlets, and place in cold water before serving. Arrange in a glass dish with the large ends downwards.

LETTUCE SALAD No. 1.

Separate the leaves, look over, wash, and put into cold water a while before using. When ready to serve, place on a dish and pour over a dressing made of equal quantities of lemon juice, sugar, and water.

LETTUCE SALAD No. 2.

Wash and shred two heads of lettuce. Boil two eggs until hard, remove the shells, and mash the yolks fine; mix well together the juice of one or two lemons, two or three tablespoonfuls of water, one dessertspoonful of sugar, one-half teaspoonful of salt, one tablespoonful of sweet cream, adding this last to prevent curdling, and the yolks of the eggs, and pour over the lettuce. Cut the whites of the eggs into rings and arrange on the top. A few onions sliced fine may also be added.

SWEET CORN.

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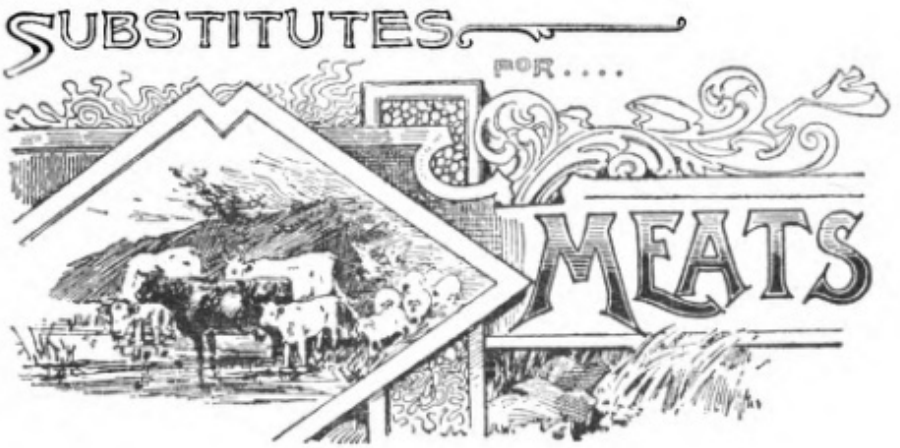

As a man eateth, so is he.—*German Proverb.*

Lord Byron refused to eat meat because, as he said, "It makes me ferocious."

The flesh of animals tends to cause grossness of body, and to benumb the finer sensibilities of the mind.—*Bible Hygiene.*

The eating of much flesh fills us with a multitude of evil diseases, and a multitude of evil desires.—*Porphyrises*, 233 A. D.

Animal food is one of the greatest means by which the pure sentiment of the race is depressed.—*Alcott.*

The candidates for ancient athletic games were dieted on boiled grain with warm water, cheese, and dried figs, but no meat. Modern athletes are not allowed meat while in training.

I have known men who prayed for a good temper in vain, until their physician proscribed eating so much meat; for they could not endure such stimulation.—*Henry Ward Beecher.*

The liability to disease is increased by flesh eating. Where plenty of good milk and fruit can be obtained, there is rarely any excuse for eating animal food.—*Christian Temperance.*

* * *

FROM the instruction given at the beginning respecting foods, it is evident the Creator did not design that either man or beast should subsist on flesh foods. To Adam and Eve He said: "Behold, I have given you every *herb* bearing seed, which is upon the face of all the earth, and

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in boiling water, and cook slowly. When very tender, and quite dry, mash smooth, season with salt and a little nice sweet cream, and serve hot.

STEWED SALSIFY OR VEGETABLE OYSTERS.

Wash, scrape, cut into slices about one-fourth of an inch in thickness, and drop at once into cold water to prevent discoloring. Then put to cook in an enameled saucepan, in a small quantity of boiling water, about equal parts water and salsify, adding a little salt. Cook from twenty to fifty minutes, according to age, and when tender add a little more water if at all dry, a cupful of cream or rich milk, and simmer for a few minutes. Have ready in a dish some slices of toasted bread cut in halves, pour over the salsify, and serve.

OTHER TASTY DISHES.

In addition to the foregoing recipes, baked beans, vegetable pie, savory soup, nut butter sandwiches, and other nut food preparations, found elsewhere in this work, are all excellent substitutes for meats, are tasty, and afford actually more nourishment to the system when in a normal condition than do meats, as may be seen by examining the table "Nutritive Value of Foods," on page 123.

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Food should be prepared with simplicity, yet with a nicety which will invite the appetite.

There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation.

BOILED EGGS.

If desired to have the white set, but the yolk a liquid, boil three minutes; if preferred to have the outer edges of the yolks a little hardened, boil four minutes. The water should be boiling when the eggs are dropped in.

If desired to have the yolks dry and mealy, and at the same time the whites not hard, tough, and leathery, cook for twenty minutes in water a little below the boiling point, or at a temperature not above 165° Fahrenheit. Eggs are best cooked thus.

For garnishing salads, etc., boil about ten minutes, then place a moment in cold water to prevent the whites becoming discolored.

POACHED EGGS.

Put into a shallow pan as much scalding, not boiling, water as will cover the eggs well; break the eggs one at a time into a saucer, being careful not to break the yolks, and slip them into the hot water, which should be kept below the boiling point. Let stand for about five minutes, or until the white is firm, but not hard, and the yolk enveloped in a film of white. Remove one at a time with a skimmer or large spoon, sprinkle with salt, and serve in egg saucers, on toast, or with the following sauce: Pour a half cup of water into a saucepan, add a teaspoonful each of lemon juice and butter, a little minced parsley, and salt to taste; let boil a few minutes, then stir in a well-beaten egg, being careful not to allow to curdle, and pour at once over the eggs in a dish.

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PLAIN OMELET.

Beat the yolks and whites of three eggs separately; allow one tablespoonful of milk to each egg. Stir the milk and yolks of the eggs well together and season with salt; then with a spoon carefully fold in the stiffly beaten whites of the eggs. Turn all into a hot frying-pan, sufficiently buttered to prevent sticking. Cook rather quickly, being careful not to burn. Carefully lift the edges of the omelet while cooking, with a knife or spoon, that it may be equally cooked. When well set, double one part over the other, remove to a warm dish, and serve at once, as an omelet is not so good when cold. It should be very light and tender, and nicely browned.

FRUIT OMELET.

Prepare as above, spreading a thin layer of any kind of jelly over one-half before folding the other half over it; add a sprinkle of sugar if desired.

BREAD OMELET.

For each person allow one egg, three tablespoonfuls of milk, and one tablespoonful of finely-grated bread crumbs; beat well together, and add a little salt; butter a deep plate or shallow pan, pour in the mixture, and bake in the oven until well set.

MACARONI OMELET.

Take a small handful of macaroni broken into small pieces, drop into hot water, and boil until tender; drain. Heat a cupful of milk to boiling, and stir in two even tablespoonfuls of flour rubbed smooth in a little cold milk. Stir until thickened; remove from the fire, add the macaroni, a few bits of chopped parsley, and four eggs well beaten; season with salt; pour all into a hot, buttered dish, sprinkle with a small handful of bread crumbs, and place in the oven till nicely browned; then turn out on a hot, flat dish, and serve with brown sauce.

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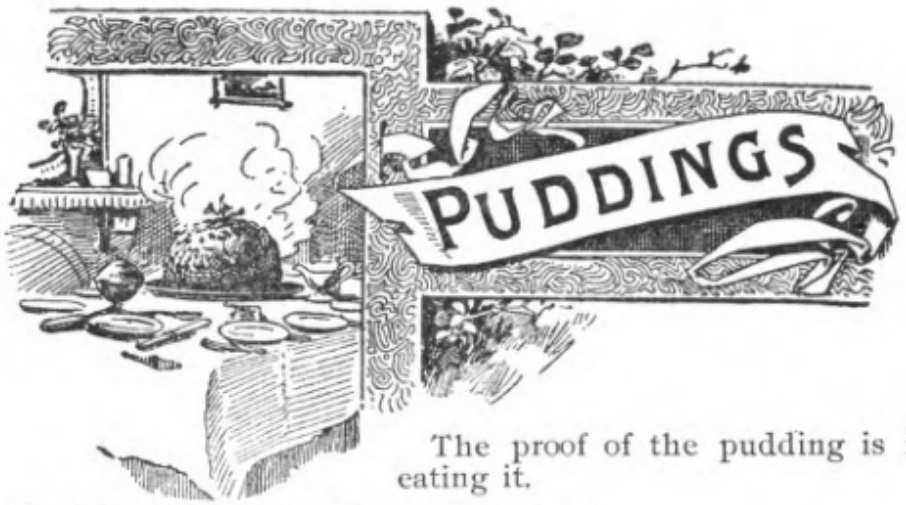

The proof of the pudding is in eating it.

Eat to live, but do not live merely to eat.

Health is the greatest of all possessions, and 'tis a maxim with me, that a hale cobbler is better than a sick king.—*Bicherstaff.*

In order to preserve health, temperance in all things is necessary—temperance in labor, temperance in eating and drinking.—*Christian Temperance.*

SAGO PUDDING.

TO five cups of boiling water add a cup of sago, previously soaked in a cup of cold water for twenty minutes, two-thirds of a cup of sugar, and a half a cup of well-washed raisins. Cook all together till transparent, flavor with lemon or vanilla, and serve with cream or boiled custard sauce.

SAGO PLUM PUDDING.

Soak for twenty minutes two-thirds of a cup of sago in enough cold water to cover. Add two-thirds of a cup of sugar, and stir all into four cups of boiling water. Cook slowly until transparent; then stir in one cup of stewed plums, which have been rubbed through a colander, and pour out into a dish. Serve with milk or cream. Raspberries, strawberries, or currants may be used instead of plums.

TAPIOCA PUDDING.

Soak one cupful of tapioca overnight in a pint of water. In the morning add one quart of milk, stirring gently, and boil about twenty minutes; then add the yolks of four eggs well beaten, and one cup of sugar, and boil a few minutes longer; pour

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CUSTARDS & CREAMS

Simplicity is the highest art.

Many dishes have induced many diseases.—*Seneca.*

Study simplicity in the number of dishes, and variety in the character of the meals.

It is not the chief end of man to gratify his appetite.—*Christian Temperance.*

CREAM MOLD.

Heat two cups of milk to boiling; then add one-half cup of sugar, and three tablespoonfuls of ground rice, wet in a little cold milk; flavor with vanilla, and stir well until it thickens; pour into cups or molds previously wet in cold water, until set, then turn out on a large plate or into little dishes. Have ready a cup of whipped cream, and put some over each mold with a bit of jelly in the center of each, or serve with fruit sauce.

BOILED CUSTARD.

Put one quart of milk and one-half cup of sugar into the inner vessel of a double boiler, let heat to boiling, then stir in slowly three eggs well beaten, and one tablespoonful of cornstarch rubbed smooth in a little cold milk; add any flavoring desired. Stir well, and when well set, turn into a dish to cool.

FLOATING ISLAND.

Put a pint of milk into a double boiler; let heat to boiling, then add the well-beaten yolks of three eggs mixed with three tablespoonfuls of sugar. Stir well, and when done turn into the dish from which it is to be served. Beat the whites of the eggs to a stiff froth, and drop by spoonfuls for a few seconds into a pan of hot water; let them stand for a moment, then turn over, but do not allow them to harden. Remove with a skimmer or spoon,

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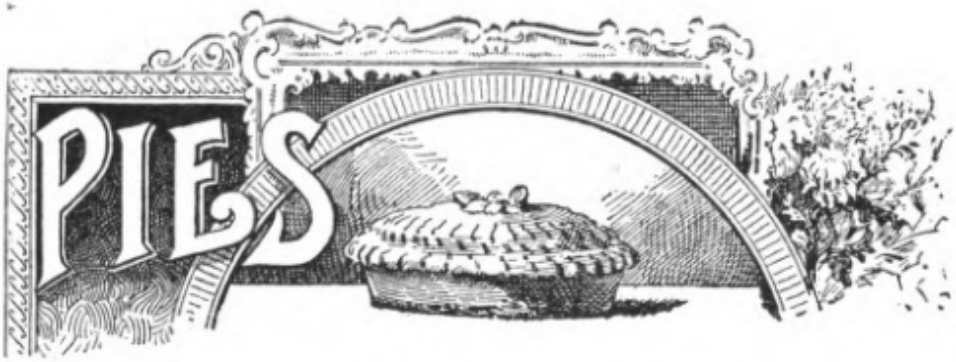

" To keep in health this rule is wise:
Eat only when you need and relish food,
Chew thoroughly, that it may do you good,
Have it well cooked, unspiced, and undisguised."

Food for repentance—mince pie eaten late at night.—*Sel.*

He who eats till he is sick must fast till he is well.—*Sel.*

* * *

ONE of the greatest objections to pies is that they are generally made too rich. When a large amount of grease is employed in making the crust, and the filling is seasoned heavily with spices and various condiments, they can hardly fail to be unwholesome.

But pies need not be made in this way. If proper ingredients are used, and simplicity is studied in making them, there is no reason why they should be seriously objectionable.

Pie Dish.

There are two styles of pie in general use, one baked in a deep dish, frequently with only a top crust, the other in a shallow dish, usually with two crusts, an upper and an under. Custard, cream, lemon, and pumpkins pies, however, have only an under crust. Most of the recipes here given are for the shallow pies with two crusts.

Custard, pumpkin, and other pies in which milk and eggs are used, should be baked in a slow oven. They

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Feed sparingly, and defy the physician.—*Sel.*

Who lives to eat, will die by eating.—*Sel.*

Whoever eats too much, or of food which is not healthful, is weakening his powers to resist the clamors of other appetites and passions.—*Christian Temperance.*

The best seasoning for food is hunger.—*Socrates.*

Reason should direct, and appetite obey.—*Cicero.*

Men should be temperate in eating as well as drinking.—*Dr. Brandreth.*

TO make cake, get everything in readiness before beginning. Mix the ingredients in a granite-ware, enameled, or earthen basin. Sift the flour before using. If baking-powder is used, sift together with the flour two or three times. Use white sugar unless brown is called for.

Beat the whites and yolks of the eggs separately; the yolks until they cease to foam, and the whites to a stiff froth. Eggs will beat to a stiffer froth if cold, and beaten in a cold dish, and in a cool room. Use earthen or china bowls or plates to

Dover Egg-Beater.

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beat eggs in—a bowl if an egg-beater is employed, and a plate when a fork or egg-whip is used. The Dover egg-beater is doubtless the best.

First rub the butter and sugar to a cream, then add the beaten yolks of the eggs, and beat and stir well; then the milk and flour, and lastly the beaten whites of the eggs.

Have the oven less hot for cake than for bread, but hotter for thin cake than for loaf cake. A cake is baked when a clean broom-straw may be passed through the thickest part without any dough adhering to it. If it is necessary to move the cake about after putting it in the oven, it should be done carefully, as jarring it in any way is liable to make it fall and become heavy.

Cake Pan.

A tube cake pan, as shown in the accompanying cut, is very good for baking ordinary cakes, as the tube causes the cake to bake more evenly, and renders it less liable to fall.

To prevent cake from sticking to the pan, rub the pan with cold butter, and sprinkle with flour before turning in the batter.

If raisins or dried currants are used, they should first be carefully looked over, washed and dried, and then dusted with flour. The raisins should also be seeded. A good way to wash these fruits is to put them into a colander, set the colander in a pan of warm water for a short time until they become plump, which will loosen the sand and grit, and then rinse by dipping the colander in and out of clean water several times. Then spread the fruit on a clean cloth to dry. The raisins may easily be seeded just after being washed in this way.

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Write it underneath your feet,
Up and down the busy street;
Write it for the great and small,
In the palace, cottage, hall,—
Where there's drink there's danger.

—*Selected.*

Water is best.—*Pindar.*

Tea is a stimulant; sale coffee is a hurtful indulgence.

Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise.—*Solomon.*

If you wish to keep mind clear and body healthy, abstain from all fermented liquors.—*Sydney Smith.*

Many who never touch alcohol ruin their health by tea.—*Hygiene Review.*

Temperance is the parent of health, cheerfulness, and old age. —*George Mogridge.*

* * *

CEREAL COFFEE.

Take three cups of bran, one cup of corn-meal, oatmeal, or grits, one-third cup of molasses, and one egg; beat the egg and molasses together, and mix thoroughly with the bran and meal. Place on shallow tins, bake in a moderate oven until a dark brown, stirring frequently, taking care not to burn. If inclined to be lumpy, take out, roll out fine with a rolling-pin, and return to the oven until thoroughly browned. It may then be ground through a coffee-mill before putting away for use. For every cup of coffee required allow one heaping tablespoonful; pour boiling water over it, and steep, not boil, for fifteen or twenty minutes. More may be used for greater strength if desired. Strain through a wire coffee strainer. Serve with plenty of cream

Coffee Strainer.

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O blessed health! thou art above all gold and treasure. He who has thee has little more to wish for; and he who is so wretched as to want thee, wants everything with thee.—*Sterne.*

Give a wise man health, and he will give himself every other thing.—*Colton.*

It is health that makes your meat savory, your drink palatable, your sleep refreshing, your delights delightful, and your pleasures pleasurable.—*Combe.*

THE following specially prepared health foods are beginning to be manufactured, and a brief description of their nature, and a few directions for their use, therefore, may be of service here.*

Granola.

Granola is a grain preparation thoroughly cooked and partially digested. It contains a large amount of nutri-

NOTE.—These foods may be obtained by addressing St. Helena Sanitarium Health Food Company, St. Helena, California, or Battle Creek Sanitarium Health Food Company, Battle Creek, Michigan. See notice in back of this book.

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Health—thou chiefest good,
Bestow'd by Heaven,
But seldom understood.—*Lucan.*

Diet cures more than doctors.—*Scotch Proverb.*

A merry heart doeth good like a medicine.—*Solomon.*

Health is not quoted in the markets, because it is without price.—*Sel.*

The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman.—*Sel.*

The less the attention is called to the stomach the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget your troubles; think of something cheerful. —*Christian Temperance.*

* * *

FOOD for the sick should generally be of a very simple character. It should be such as will furnish the most nourishment with the least tax upon the digestive organs. It should be prepared with care and scrupulous cleanliness, well cooked, and served in the most inviting manner. Cover the tray with clean white linen, and use the daintiest dishes the house affords.

Other dishes suitable for the sick, besides those here given, will be found among the Toasts, Breads, Fruits, Wholesome Drinks, etc.

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OATMEAL WATER AND MILK.

For an infant under three months, put one tablespoonful of fine oatmeal into a pint of boiling water, boil for an hour, replenishing with boiling water to keep the quantity good; strain, and add one cup of sterilized milk. Feed in bottle. For infants from three to six months, use equal portions of milk and oatmeal water, and after six months, two-thirds milk.

SUBSTITUTE FOR MOTHER'S MILK No. 1.

Take one ounce cow's milk, two ounces cream, three drams milk sugar, one grain bicarbonate of soda, and one ounce of water. Increase the quantity of milk and cream as the child gets older.

SUBSTITUTE FOR MOTHER'S MILK No. 2.

Take one tablespoonful of cream, four tablespoonfuls of milk, two tablespoonfuls of lime water, and four tablespoonfuls of sweetened water. Sugar of milk, two ounces to a pint of water, is preferable to ordinary sugar for preparing the sweetened water. This will generally agree with the most delicate stomach.

WHITE OF EGG AND WATER.

Stir well the white of an egg into a cupful of as warm water as can be used without coagulating the egg. Good for infants suffering with extremely weak digestion, and unable to take milk.

PROPER CLOTHING FOR CHILDREN.

In providing clothing for children two things should be specially considered—comfort and modesty. A child's limbs should be thoroughly protected from the cold by good warm underclothes and full-length stockings; otherwise the blood passing through the unprotected parts becomes chilled, and colds and other complaints result. A child is not modestly clothed if left to go about without suitable underclothing or none at all. Better to use the extra time and means expended on needless trimmings in dressing the child modestly and comfortably.

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TO STERILIZE MILK.

As soon as received, heat rapidly in a double boiler to nearly the boiling point; keep at this temperature for half an hour; then remove from the fire, and cool as quickly as possible, by pouring it into clean pans, previously scalded, and placing these in cold water. It is safest to use milk and cream which have been sterilized, as otherwise they are frequently a means of communicating diseases, such as tuberculosis, diptheria, and typhoid fever. The heat destroys the germs.

COTTAGE CHEESE.

Set a pan of thick sour milk in hot water, or in a warm oven where it will heat gradually; scald until the whey separates from the curd, but do not allow to boil, as it will make the curd tough. Line a colander with a coarse cloth, dip the scalded curd into it, then tie the corners of the cloth together, and hang up to drain. When quite dry turn into a dish, and rub fine with a spoon; add a little salt, a few spoonfuls of cream or rich milk, and beat together until light and smooth. If desired, it may be formed into balls with the hands. Put in a cool place. Very nice for lunch or tea, and is best when freshly made.

HOMINY OR HULLED CORN.

To hull four quarts of corn, use one heaping tablespoonful of soda, and water enough to cover the corn. Boil for four hours, or until the hull is well loosened and can be readily removed. Then wash in cold water thoroughly, stirring, rubbing, and rinsing until the hulls have all been turned off. Soak in clear water overnight to remove all traces of soda, and cook in a kettle or large saucepan all day in clear water, stirring occasionally to prevent burning on the bottom, and replenishing with hot water as needed. Season with salt, put into a jar, and keep in a cool place. Warm in small quantities as needed, with a little cream, or milk and butter, and serve hot. A little sugar may be added if desired. This will be found an excellent addition to the winter's bill of fare.

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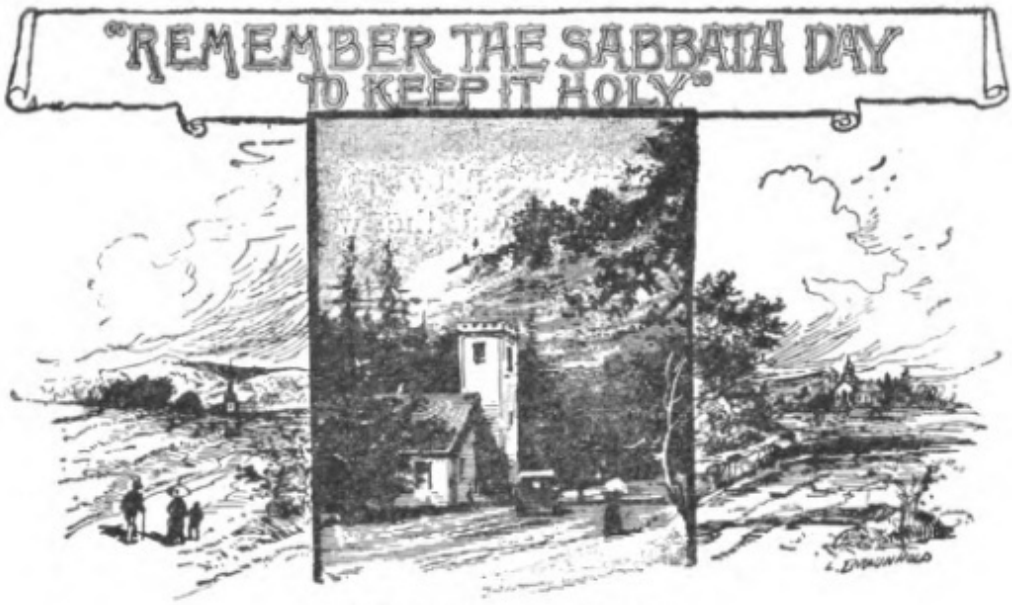

SABBATH DINNERS.

The Sabbath is the day of rest. In order that it may be devoted by all to religious exercises, holy meditation, and spiritual delight, it should be as free as possible from the ordinary duties and cares of life. To make it thus, preparation on the day before is necessary. The Lord calls the day before the Sabbath "the preparation" day. Luke 23:54. Of the work to be done on this day He says: "To-morrow is the rest of the holy Sabbath unto the Lord; bake that which ye will bake to-day, and seethe [boil] that ye will seethe; and that which remaineth over lay up for you to be kept until the morning." Ex. 16:23.

The Sabbath should not be made a day of feasting. The labor of the week being laid aside, a moderate amount of plain, wholesome food is all that is necessary. To gormandize on this day, as is the custom with many, causes the mind to become dull and stupid, and unfits it for spiritual devotion.

With proper planning, very little, if any, cooking need ever be done on the Sabbath, aside from simply warming over some of the foods prepared the previous day.

Brown bread, fruit bread, sticks, or French rolls; warmed up potatoes, or potatoes with cream; baked or boiled beans; split pea or lentil soup, with rolled crackers or croutons; sago, tapioca, or some other simple pudding or pie; canned or stewed fruit; and fresh fruits and nuts, make an excellent Sabbath dinner. All these may be prepared on the previous day. The potatoes may be boiled ready to warm up, the beans baked or boiled, the peas or lentils cooked and rubbed through the colander ready to add the seasoning and necessary water for soup, the croutons or rolled crackers prepared, the fruit stewed, the pudding or pie baked and the nuts cracked. Then the dinner may be made ready quickly, and with but little effort.

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NUTRITIVE VALUE OF FOODS.

The nutritive food elements are classified into three groups: The *nitrogenous*, or muscle and tissue building; the *carbonaceous*, or heat and energy producing; and the *mineral*, or the bone and nerve building.

Albumen, gluten, and casein belong to the nitrogenous; starch, sugar, and fats to the carbonaceous; and salts, cellulose portions, and inorganic substances to the mineral.

The nitrogenous elements are of prime importance, as they nourish the brain, nerves, muscles, and the more highly vitalized tissues of the body. The carbonaceous, however, are required in much larger quantities, the correct proportion being about eight or ten of carbonaceous to one of nitrogenous.

FOODS.	Nitrogenous.	Carbonaceous.	Mineral.	Total Nutritive Value.
GRAINS.				
Wheat	10.8	72.5	1.7	85.0
Barley	6.3	76.7	2.0	85.0
Oats	12.6	69.4	3.0	85.0
Rye	8.0	75.2	1.8	85.0
Corn	11.1	73.2	1.7	86.0
Rice	6.3	80.2	0.5	87.0
FRUITS.				
Banana	4.8	20.2	0.8	25.8
Date	9.0	58.0	....	67.0
Grape	0.8	14.3	0.3	15.4
Apple	0.2	10.3	0.4	10.9
Pear	0.2	10.2	0.3	10.7
Peach	0.4	7.8	0.4	8.6
Plum	0.2	9.3	0.6	10.1
Cherry	0.9	15.3	0.6	16.8
Blackberry	0.5	5.8	0.4	6.7
Gooseberry	0.4	8.9	0.3	9.6
Raspberry	0.5	6.4	0.5	7.4
Currant	0.4	5.0	0.5	5.9
Apricot	0.5	12.2	0.8	13.5
VEGETABLES.				
Arrowroot	.....	82.0	.....	82.0
Potato	2.1	22.2	0.7	25.0
Sweet Potato	1.5	27.5	2.6	31.6
Carrot	1.3	14.7	1.0	17.0
Beet	1.5	11.3	3.7	16.5
Parsnip	1.1	15.9	1.0	18.0
Cabbage	0.9	4.1	0.6	5.6
Turnip	1.2	7.2	0.6	9.0

FOODS.	Nitrogenous.	Carbonaceous.	Mineral.	Total Nutritive Value.
LEGUMES.				
Peas	23.8	60.8	2.1	86.7
Beans	30.8	50.2	3.5	84.5
Lentils	25.2	58.6	2.3	86.1
NUTS.				
Peanut	28.3	48.0	3.3	79.6
Almond	23.5	60.8	3.0	87.3
Coconut	5.6	43.9	1.0	50.5
Walnut	15.8	60.4	2.0	88.2
Hazelnut	17.4	60.8	2.5	89.7
SWEETS.				
Sugar	.....	95.0	.....	95.0
Molasses	.....	77.0	.....	77.0
MILK.				
New Milk	4.1	9.1	0.8	14.0
Cream	2.7	29.5	1.8	34.0
Skimmed Milk	4.0	7.2	0.8	12.0
MEATS.				
Lean Mutton	18.3	4.9	4.8	28.0
Lean Beef	19.3	3.6	5.1	28.0
Veal	16.5	15.8	4.7	37.0
Pork	9.8	48.9	2.3	61.0
Poultry	21.0	3.8	1.2	26.0
White Fish	18.1	2.9	1.0	22.0
Salmon	16.1	5.5	1.4	23.0
Egg	14.0	10.5	1.5	26.0

NOTE.—From the above it will be seen that grains, legumes, nuts, and sweets, as well as some fruits and vegetables, contain more nourishment than do meats.

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