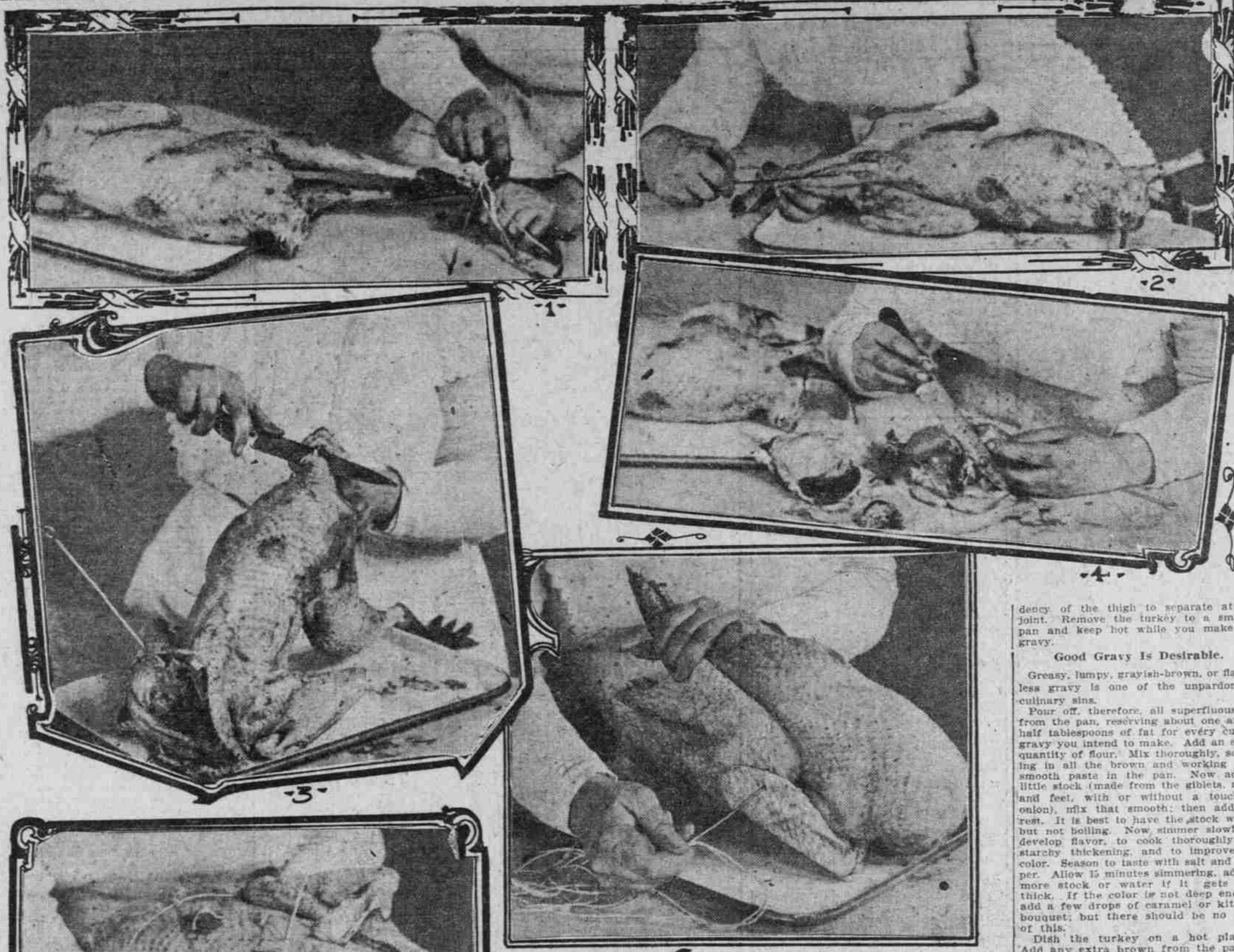


PREPARATION, DRESSING AND COOKING OF THE TURKEY

Lillian Tingle Gives Points to Busy Housewife on Proper and Practicable Methods of Performing Delicate Task Which Comes but Once a Year.



BY LILLIAN TINGLE.

FOR most of us, to think "Thanksgiving" is to think "turkey"—a pleasant correlation of ideas, as a rule. But for some of us—especially if we happen to be young and inexperienced housekeepers—to think "turkey" is to think "Mercy me! I've got to cook it. What shall I do?"

Also for others of us—masculine mostly—to think "turkey" is to think "Bill's" and "Mercy me!" (equivalent masculine "expression") "I've got to pay them—!" But this is another story.

The only comfort I can offer for the latter class of sufferers is the report that turkeys are plentiful and likely to be a little less costly this year than last.

For the timid new housekeeper, facing the entertainment and possible criticism of "this folks," I offer some detailed instructions, which I hope may be helpful for the preparation of the festive bird.

The experienced housekeeper may think some of the details too small to mention. But this article is not for her. Possibly she never knew, or has forgotten, the time when she first encountered, single handed, a large lump turkey-bird, all legs and neck, and when, on turning to her imposing new oilcloth covered cook book, she found her implicit trust betrayed by the hairless directions "Dress clean stuff and truss a ten-pound turkey; place in dripping pan, baste carefully," etc., the inference being that dressing and trussing a turkey comes by nature.

As for basting, I know of several cases where a young woman more familiar with the vocabulary of the dressmaker than that of the cook, imagined that "baste carefully" referred to the sewing-up process after stuffing. One I know, in her anxiety to follow instructions, took so many small close stitches—with an occasional "back-stitch" to make sure, that it was impossible to remove the thread after roasting, and "John" got a mouthful of sewing material along with the goblet stuffing. And you know how a mere man loves to remember and remind you of little things like that.

Choose Birds Carefully.

To begin with, then, choose your turkey carefully, and if you have little experience in marketing, order early from a man who has a reputation to live up to. Thanksgiving turkeys vary in grades and prices. The experienced buyer can sometimes secure bargains; but bargain-turkey hunting is dangerous for a beginner. The cook book will tell you some of the signs of youth in a turkey—thin feathers, flexible breastbone, smooth black legs, etc. Hard, heavily scaled feet and mottled hairs on the body indicate the bird has arrived at years of discretion—discretion on the part of the buyer, I mean. Such birds call for special treatment; for example, steaming a while before going to the oven, if they are to be anything but dry and flavorless. Hen turkeys are generally considered superior to roasters. Here is a chance for a suffragette argument; but if we are drawn into that, goodness knows when the dinner will be cooked.

Have Feet and All Delivered.

Having given yourself the best chance with a good bird of size suited to your circumstances—eight to ten pounds is a good "medium" size—take care to have it sent home with the feet left on. You have to pay for them, anyway; and you can't draw the tendons if the feet have been hacked off at the joint.

Drawing the tendons makes a great difference in the texture and appearance of the drumstick; and also makes you feel mightily clean the first time you accomplish it all by yourself.

There are regular tendon pullers on

the market; but here is a way that is easy for a beginner. Break each leg an inch or so below the joint, by pressure over the edge of the table. Make a lengthwise cut, through the skin only, at this point and catch up each tendon separately, with a strong skewer. Give the skewer a half turn—for "purchase," pull gently but firmly, and the tendon will come away without difficulty.

Pull Out All Tendons.

Keep pulling until all are out; then count them if you want to know how many there are. In class work someone always asks me:

"How many tendons are there, Miss Tingle?" I really don't know. Nor do I wish to know. Just keep pulling, one after another, until the foot hangs by the skin only.

Now cut off the feet and put them into boiling water. Later you can strip off the dark outer skin and claws and use the nice white gelatinous feet to give body and smoothness to your gravy stock.

The dark stumps on the end of the drumsticks should also be dipped in boiling water and skinned. These stumps are quite important. They help to prevent shrinking of the flesh to the top of the drumstick; they make neat trussing easier, and finally they may be removed and leave a clean, unburned joint for serving.

It does not matter much whether the pin feathers, and remaining wing feathers are removed before or after the feet, as long as they are all removed. If the last stiff wing feathers are hard to take off, try hot water.

Bathe the Bird Next.

Now give the bird a bath in lukewarm water, to which a little soda or borax has been added to remove the grease from the skin. Scrub with a clean vegetable brush. Now look at the water. You'd never think the bird was so dirty, would you?

Next dry the creature, and singe it. If you have a gas stove, just turn the bird about the flame. If not, you can use a wisp of flaming paper, or better still rub on a little pure alcohol and set it alight in sink or dishpan.

Now twist and break the neck just below the head and cut off the latter. In dressing the turkey, it is a good plan to make a lengthwise slit down to the base of your board or table. Then the "unsightlies" can be easily and quickly wrapped up and dropped out of the way into pail or stove. Have a bowl of clean water at hand for the giblets. Have ready also a sharp knife and a trussing needle, threaded with string. A trussing needle costs 5 to 10 cents at any hardware store, and makes neat trussing the easiest thing in the world. And neat trussing means a good appearance at table, an easy job for the carver, and less chance of dryness in roasting—all important points.

To return to the turkey; hold the skin tight over the neck at the back, and make a lengthwise slit down to the base. Lift aside the neck from the skin, windpipe and gullet; push it back against the shoulders, break and cut it off. Put it with the giblets in cold water and use it to make stock. The neck would make an unattractive appearance at table, and would be dried up in roasting. Besides, you need the flap of skin for extra stuffing.

How to Do the Drawing.

Separate the crop and windpipe from the skin and draw them carefully out. Next remove the oil bag from the tail to prevent its imparting a "strong" flavor. If the bird came ready drawn from market, you simply put the giblets, liver, heart and gizzard, ready cleaned, into cold water with the neck. Then make

- 1.—Drawing the tendons.
- 2.—Slit the skin at back of neck.
- 3.—Removing the oil bag. Notice flap of skin, for stuffing, where neck was removed.
- 4.—Gizzard split through thick part. Removing gall bag from liver.
- 5.—Notice position of wings at back.
- 6.—Use of trussing needle. Thighs drawn up to breast.
- 7.—Turkey ready for roasting pan. "Barde" of salt pork protects breast.

sure that the lungs, lying close against the ribs, and the kidneys, lying in hollows beside the backbone, have been completely removed. Lack of attention to this means an unpleasant flavor in your stuffing.

If you have to draw the bird yourself, make a neat incision, just above the vent, cutting through the skin only. If the bird is very well fed, there will be a "fear" of fat to cut through as well. Slip two fingers into the cavity and work them gently around close to the sides, until everything is loose. Do the same at the neck end. Go back to the other opening, take hold of the gizzard—distinguishable by its size and hardness—and gently but firmly draw the whole of the bird's interior arrangements out on a sheet of paper. Cut off the end of the intestine; reserve the heart, gizzard and liver; wrap up and burn the rest.

In separating the liver from the greenish gall-sac, be careful not to break the latter, for the gall will impart a permanent bitterness to everything it touches.

Clean the gizzard by carefully cutting through the thick red muscle (not the flat blue sides) to the skin, and peeling it away from the enclosed inner sac.

The cook book may tell you to "wipe the inside of the bird with a damp towel; but if you are wise you will quickly wash the inside with lukewarm water and a little borax until not the slightest trace of odor is perceptible. This insures sweet dressing and inside bones to pick. Work rapidly, so as not to lose the juices. Never let the bird soak in a pan of water. Give a final rinse under the flowing faucet and wipe inside and out with a clean dry towel.

Now for the Stuffing.

Now comes the stuffing. Of course you have your chosen kind already prepared. Don't fill the body too full, for most dressings swell in cooking. If the turkey is a very large one, slip a few thin strips of fat pork or bacon between the skin and flesh of the drumsticks to improve their flavor and prevent dryness. Then sew up the body with a few large easily removable stitches.

Next insert some stuffing—another kind, if you choose, in the fore part of the turkey under the flap of neckskin. Make a fine, plump chest and fasten the skin with a stitch or two at the back.

Now twist the wings under, close to the sides, with the tips crossing the flap of skin. Bring the thighs close up to the wings, pressing them downwards on the table. Notice how this "humps up" the breast. Pass the threaded trussing needle through the middle joints of legs and wings and through the body of the bird. Tie at the back; then bring the string down the back and knot together near the tail. Bring to the front, tying tail and ends of drumsticks close together.

See what a compact shape the bird has and how much more easily it fits into the roasting pan! But it is not yet quite ready.

Protecting the Breast.

You should have a piece of salt pork or bacon, neatly cut, to protect the breast. You can order a quarter pound or so of the fattest, cut in two slices but not separated at the rind. This is called a "barde." Cut slits in it, to prevent its curling up unduly, and remove it just at the last when the breast is ready for the final browning. Then, although the skin is a rich deep color the breast meat, immediately below will be snowy white.

Now work together equal parts of four



and butter, or a mixture of butter and bacon fat. Season it with salt and pepper and spread this culinary "complexion cream" thickly over the bird, paying particular attention to the most exposed parts, such as wings and drum sticks.

Now the roasting. A good modern roasting pan soon saves its cost and makes failure almost impossible. There are some with arrangements for cooking the bird breast downwards; but with the "barde" this is hardly necessary.

Have the oven hot for the preliminary searing; then check the heat and give long, slow cooking to insure tenderness. A general rule for poultry is about 20 minutes a pound and 20 to 30 minutes for turkey, so not less than three hours and a half would be needed for a 10-pound turkey. Horrying the cooking at a higher temperature means dryness and lack of flavor.

After searing you may add a few table-spoons of hot water to the pan, so as to have liquid enough to dip over the turkey with your basting spoon; but with the self-basting roasters now so generally used both extra liquid and "every 10 minutes" basting is quite unnecessary.

Baste the bird when you lift the cover to look at it; but don't do this too often. Attend to the regulation of your temperature and don't worry. With a gas stove properly adjusted, I have actually left my turkey in the roaster, gone down town for two or three hours and found on my return a perfect brown bird, cooked by the "absent treatment." But perhaps this would hardly do for a novice.

You can tell when the bird is nearly ready by the time, the color and the ten-

dency of the thigh to separate at the joint. Remove the turkey to a smaller pan and keep hot while you make the gravy.

Good Gravy Is Desirable.

Greasy, lumpy, grayish-brown, or flavorless gravy is one of the unpardonable culinary sins.

Pour off, therefore, all superfluous fat from the pan, reserving about one and a half tablespoons of fat for every cup of gravy you intend to make. Add an equal quantity of flour. Mix thoroughly, scraping in all the brown and working to a smooth paste in the pan. Now add a little stock (made from the giblets, neck and feet, with or without a touch of onion), mix that smooth; then add the rest. It is best to have the stock warm, but not boiling. Now simmer slowly to develop flavor, to cook thoroughly the starchy thickening, and to improve the color. Season to taste with salt and pepper. Allow 15 minutes simmering, adding more stock or water if it gets too thick. If the color is not deep enough add a few drops of caramel or kitchen bouquet; but there should be no need of this.

Dish the turkey on a hot platter. Add any extra brown from the pan to the gravy. Taste the latter and give a "final seasoning" of a few drops

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rest a paraphrase—"while theologians are fighting the layman may have his sayings." This thought is suggested by the neat way in which Father Augustin seems to have earned on Professor Howe in The Oregonian of November 14, declaring the latter not a Christian, leading the layman to inquire, "What is Christianity and what constitutes one a Christian?"

In legal and governmental affairs the Constitution is appealed to as the fountain-head of authority, and the same course would seem proper in theological controversies. In theology the creed in the constitution, and to it the Father appeals, and thereby seems, in the vernacular of the boys, to have got the professor "where the hair is short." The layman examines the constitution of theology and finds there—space permitting only an epitome of the portion involved in the present scrap—these fundamental propositions, viz.: The deity created the first man, who sinned upon the first day, and thereby incurred the wrath of his creator upon himself and all his posterity. In order to appease the wrath of the first person in the trinity, the third person in the trinity begot of a virgin a son—second person in the trinity, through whose suffering and death the wrath of the first person in the trinity might be sufficiently appeased, that such persons as could and would place implicit faith in this somewhat complicated and intricate plan, might be saved from the consequences of both their own and inherited sin. This sounds much like a word puzzle, but it is not, and seems all right when disentangled, and is all in the constitution with much more in similar vein.

The professor repudiates the miraculous conception, abolishes the third person of any wrong, declares the second person, his death had not the efficacy set forth in the constitution.

The good Father's belief in the whole constitution seems implicit, and in the laws as well, and from that standpoint seems entitled to and does call the professor un-Christian.

A saying is attributed to Cardinal Newman on his leaving the Anglican for the Roman establishment, that "there is no logical standing ground between atheism and Romanism," which seems quite applicable to this case. Father Augustin, wielding the keen broadsword of implicit faith, appears to have caught Professor Howe astride the fence, the rapier of his partial faith in one hand, while with the other essaying a weak hold on the scientific of the agnostic, with usual result of a divided against a centralized force.

KNOT LIKE WOMAN'S FACE

"Dad" Johnson, of St. John, Picks Up Odd Curio.

"Dad" Johnson, father of C. L. Johnson, a Congressman of St. John, recently found on the river bank near the Richmond-street dock a knot which bears an almost life-like resemblance to a human face. The ear, mouth and eye of a profile view are very prominent, while a twig



Knot Resembling Woman's Face Picked Up on St. John Beach.

projects in front, making a prominent nose. Another twig reaching out from behind the face, with wavy lines around it, bears a resemblance to a knot of hair with a large pin in it.

Mr. Johnson has named the curio "the Suffragette."



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PRIEST VERSUS PROFESSOR

While Theologians Fight, Laymen Get Their Innings.

PORTLAND, Nov. 18.—(To the Editor.)—There is a saying that "when rogues fall out honest men may get their dues." This saying is applicable to the case indicated in the above caption only to sug-