

NEXT WEEK WILL BE SOME BREAKFAST SUGGESTIONS.

Home Course In Domestic Science

IV.—Vegetables In the Diet.

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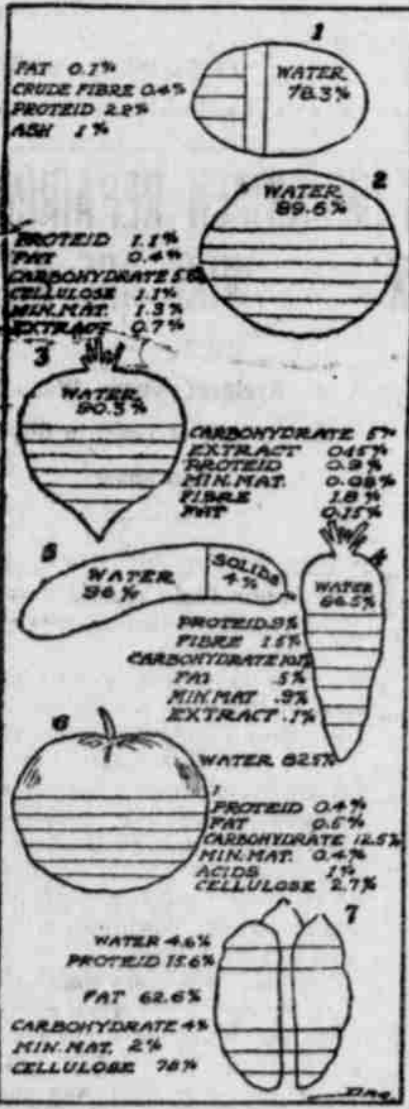
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There are three main reasons for cooking—viz, (1) to develop flavors and make foods more palatable, (2) to make some foods more digestible and (3) to kill germs. As a rule, simple methods for preparing foods are preferable because they preserve the original flavor. Vegetables, which will form the principal subject of this article, are better when cooked simply without the accompaniment of other ingredients.

In cooking any food the first great essential to success is to be accurate in method. Accuracy in measuring and combining ingredients with a knowledge of the effect of heat on different food materials, combined with interest in the task, can almost always be relied upon to insure a successful finished product. Indeed, it can be safely stated that there is no such thing as luck in cooking. Success depends upon a knowledge of certain physical and chemical phenomena which always occur under certain conditions. It is ignorance of or lack of attention to these underlying principles which results in so many unsatisfactory and indigestible dishes being served on our tables.

Composition of Vegetables.

There are a variety of food materials which cannot be classed as nutritious, and yet they have a distinct value in the diet. For instance, fresh fruit and vegetables are not especially nourishing as far as making blood and muscle and giving heat and energy are concerned, but both should be given an important place in the daily bill of



fare. There are also some food materials which, while very nutritious, require a considerable effort on the part of the digestive organs to make them available for the body. So it is clear that one must know something about the structure, composition and food value of any material before it can be handled intelligently. Now, what about vegetables and their preparation for the table? Practically all green vegetables contain a large amount of water, with a smaller percentage of starch, a very little protein, some sugar, gum and woody fiber.

The older the vegetable the harder the woody fiber becomes until the vegetable which has been left in the ground till late in the season can be torn apart like coarse threads. It is this fiber which renders vegetables hard to digest and which necessitates cooking in order to soften it. Most vegetables contain some mineral matter and certain volatile essential oils which give them their characteristic flavor. If the cooking is not properly performed the essential oils may change in their character and the original flavor of the vegetable be destroyed.

Vegetables are useful in the diet for three reasons:
First.—The mineral salts are needed to keep the blood pure and for bone formation in the young. People who are denied fresh fruits and vegetables for any length of time are likely to develop certain skin diseases.
Second.—The woody fiber, just because of its indigestibility, has a value in the diet. It furnishes waste matter

and ballast and assists the action of the intestines.
Third.—Some vegetables, such as potatoes and corn, are rich in starch and when eaten with the protein foods, such as meat, fish and eggs, serve to balance the diet.

Preparing Vegetables For the Table.
All green vegetables should be fresh and crisp when put on to cook. If for any reason a vegetable has become soft or withered it should be soaked in very cold water until it again becomes plump and crisp. All vegetables should be thoroughly cleaned before cooking. Cabbages, cauliflower and brussels sprouts should be soaked, heads turned down, in cold, salted water to which a few spoonfuls of vinegar may be added. If there are worms or bugs in the vegetable they will crawl out in half an hour or a little longer.

To be cooked properly vegetables require rapid cooking until tender. Salt is usually added to the water before the vegetable is put in, except in the case of potatoes, which are better if salted just before draining. It is always better to cook vegetables uncovered, as this allows the escape of gases formed in the cooking. If these are retained they give the vegetable a strong odor and flavor and are sometimes found to be injurious. We all know that cooked cabbage seems to be more difficult to digest than when eaten raw. This is because the kettle is generally kept closely covered and the gases do not escape. Cabbage contains a relatively large amount of sulphur, which makes it indigestible and will cause flatulence when improperly cooked. It is one of the most useful vegetables, being available almost any season of the year, when other green vegetables are difficult to procure. It is therefore worthy of care in its preparation to suit it to the individual tastes and appetites. The quickest and simplest methods of cooking it are the best. It requires plenty of boiling water, a hot fire to keep the water bubbling all the time and thorough ventilation, that the strong smelling gases may be carried off in the steam. Young cabbage will cook in twenty-five minutes. Late in the season it will require at least forty minutes. Overcooked cabbage is dark colored, has a strong flavor and is a cause of digestive disturbances. When the cabbage has been cooked until tender it may be served with only butter and a seasoning of pepper, or either of the following sauces:

Sauce No. 1.
One cupful of cream, one teaspoonful of salt, one-eighth teaspoonful of pepper, one tablespoonful of flour, one tablespoonful of butter, one egg yolk and four tablespoonfuls of cheese. Melt butter, blend with dry ingredients; add cream. Cook until mixture thickens and pour gradually over egg yolks. Add grated cheese and allow to melt.

Sauce No. 2.
Serve with one-quarter cupful of melted butter, one tablespoonful of lemon juice or vinegar, three teaspoonfuls of Worcestershire sauce and one tablespoonful of chopped pimento or red pepper.
Universally as potatoes are served, there is no vegetable which is more often sent to the table absolutely unfit to eat. When kept in a closely covered vessel or allowed to cook in unbroken skins they will become soggy and dark and have a rank flavor. If put on in cold water or allowed to cook slowly so as to become water soaked the potatoes will be most unpalatable. Few vegetables are more popular or more delicious than a potato properly baked, while one that is heavy, watery or baked until the skin is thickened and toughened is sufficient to cause dissension in the family circle.

For baking select medium sized potatoes, scrub well and dry them. Bake in a shallow pan in a moderately hot oven until soft—about forty-five minutes. When soft press between the fingers to break the skin and allow the steam to escape.

Creamed Potatoes.
Wash, peel and cut in dice of uniform size two cupfuls of raw potatoes. Cook in boiling water until tender, adding salt just before draining. Drain, return uncovered to fire to dry off; then add one cupful of white sauce. Cold boiled potatoes may be used cut in dice and reheated in milk.

White Sauce.
Two tablespoonfuls of butter, two tablespoonfuls of flour, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, one cupful of milk, one-fourth cupful of cheese, grated, and one tablespoonful of parsley. Melt butter, add flour and seasoning and when blended pour on milk gradually, stirring constantly until boiling.

Potato Salad.
Three cupfuls of cold boiled potatoes, four tablespoonfuls of oil, two tablespoonfuls of chopped parsley, two tablespoonfuls of vinegar, one tablespoonful of onion, one-half teaspoonful of salt, one-fourth teaspoonful of pepper and two hard cooked eggs. Blend carefully and allow to stand on ice for one-half hour. Combine with boiled dressing. Chop whites and grate yolks.

Potato Apples.
Two cupfuls of hot mashed potatoes, two tablespoonfuls of butter, one-third cupful of grated cheese, one-half teaspoonful of salt, a few grains of cayenne, a little grated nutmeg, two tablespoonfuls of thick cream and yolks of two eggs. Mix ingredients in order given and beat thoroughly. Shape as small apples. Roll in flour, egg and crumbs. Fry in deep fat and drain on brown paper. Insert a clove at both stem and blossom end.
There are numerous ways of preparing all vegetables; but, as previously stated, the simple methods are the best. The main point to remember is rapid cooking in constantly boiling water until tender.

FIRMS MUST SEND IN STATEMENTS

Revenue Collector Ready to Receive Them as Basis of Corporation Tax.

The collector of internal revenue is now ready to receive from firms statements required as the basis of their corporation tax. According to the United States statute, each corporation with a net earning of more than \$3000 is liable to a corporation tax of 1 per cent on the income exceeding \$3000.
The law also requires that each corporation coming under the law shall make a complete statement of its business and send the same to the local collector of internal revenue before March 1 of each year. These statements are, in turn, sent to the commissioner of internal revenue, who, in turn, computes the amount of tax due, and returns the statement to the sending corporation.
The tax must be paid by July 1 of each year. Failure to send in the required statement or to pay the tax is punishable by a fine in proportion to the amount of the tax and the circumstances of the case.

MANY INJURED WHEN CAR PLUNGES INTO DITCH

PITTSFIELD, Mass., Feb. 9.—Miss Jessie Ryan, 21 years of age, was instantly killed, an unidentified man fatally hurt and 50 persons seriously injured when a suburban car left its tracks near Hinesdale, crashed down an embankment into a railroad abutment.
A relief car sent to the scene of the wreck from this city jumped from the tracks within a few hundred yards of the first accident. No one was injured. A second relief car brought the injured to this city.

OVER 1,000,000 ACRES OF FOREST RESTORED

WASHINGTON, Feb. 10.—Six hundred thousand acres of Oregon and Washington national forest acres will be restored soon, and 470,000 acres in Idaho, as a result of the policy adopted by Pinchot, when forester. During the past year surveys of boundaries had been going on under Pinchot's direction, looking to the elimination of all lands possible for settlers to use without destroying the value of the forests as conservators of stream flow and to prevent soil erosion.

While it is often impossible to prevent an accident, it is never impossible to be prepared—it is not beyond anyone's purse. Invest 25 cents in a bottle of Chamberlain's Liniment and you are prepared for sprains, bruises and like injuries. Sold by all druggists.

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HOOD RIVER CHANGES NORMAL SCHOOL PLANS

HOOD RIVER, Or., Feb. 10.—Developments of the past few days have caused the committee on normal school of the commercial club to give up the idea of opening a campaign for a single state normal, to be located at Hood River until the people of Oregon have actually expressed themselves as against the continuance of the three schools formerly conducted at Monmouth, Weston and Ashland. These districts will appeal to the people for appropriations to reopen the schools at the next general election, and the law does not allow a measure calling for a new state institution outside of Marion county to be submitted to the people until it has been acted on by the legislature. As Oregon at present has no normal schools, Hood River citizens expressed themselves in a recent mass meeting as in favor of a single school for the whole state here. Since initiative petitions will be sent out asking the re-establishment of the schools formerly maintained by the state, Hood River will await the decision of the voters and if they should refuse to vote money to run three normals, the legislature will then be asked to establish a school here.

Plan Celebration.

The Oregon Agricultural College will celebrate its quarter centennial as a state institution at the close of the present college year with the most elaborate function ever held at the institution.

A few minutes' delay in treating some cases of croup, even the length of time it takes to go for a doctor, often proves dangerous. The safest way is to keep Chamberlain's Cough Remedy in the house, and at the first indication of croup give the child a dose. Pleasant to take and always cures. Sold by all druggists.

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Several nice small tracts near town just coming in bearing.	House, two lots, well located; price \$1700; terms.	Several acre tracts, fine location to subdiv. lots for sale.
	293 acres near coal mines, \$9000, easy terms.	