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Domestic Science Department

Conducted by
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A Practical Dictionary for the Everyday Kitchen

The first essential to uniform results in cookery is the knowledge of the proper methods to use and accuracy of measurements. Materials are too expensive to use carelessly, and no matter how good the ingredients, if not properly put together the finished product will not be a success. If the housewife does not understand measurements and the meaning of the various terms used in cookery, she will not be able to combine materials so they will produce satisfactory results. All cook books and tested recipes call for measuring cups and level measurements, and flour is sifted once before measuring. This will insure uniform results, providing that oven heat and methods are correct.

A standard measuring cup holds just one-half pint of liquid or half a pound of butter or sugar, or one-fourth pound of flour. A level cup of any material is all the cup will hold. Fats should be packed solid or weighed. The cups are marked to indicate halves, fourths, and thirds. Each kitchen equipment should include at least two of these cups.

Measuring Spoons Obtained in Sets

Measuring spoons come in sets containing tablespoons, half tablespoon, teaspoon, half and quarter teaspoons. The standard tablespoon or teaspoon may be used, but be sure measurements are level.

The term mixing is a general one and may mean stirring, beating, kneading, or folding and cutting, according to the dish under preparation and the quality and texture of the materials to be used. Stirring is the most general method used. Liquids are stirred while cooking, thin batters, such as pancakes, are mixed by stirring with a spoon. Cereals, jams, sauces, etc., are all mixed by stirring.

Beating Method Used For Lightening Eggs

Beating is the method used to lighten eggs, mix cakes, whipping cream, etc. Beating may be done with a rotary egg-beater, fork, egg whip or perforated wooden spoon. If using an egg whip, fork or wooden spoon, the mixture is beaten to inclose a quantity of air. When using a rotary egg beater the ingredients are well mixed and light, but not nearly so much air is beaten into the mixture as when using the egg whip.

Folding and cutting are usually applied to the manner in which eggs are added to cakes, muffins or waffle batters, souffles or puffy omelets. Sponge cakes made without baking powder depend upon the air beaten into the egg whites for lightness and texture, the air beaten into the eggs expanding with the heat of the oven.

Try These Tested Recipes

Scrambled Eggs And Cheese

This is a good luncheon dish: Beat four eggs until light; add one-quarter teaspoon salt, a little paprika, four tablespoons milk; melt two tablespoons butter, pour in egg mixture, stirring constantly. Just before taking from the fire add one-third cup grated cheese. Serve on toast.

Macaroni a la Italienne

One and one-half cups macaroni broken in one-inch pieces; cook until tender in four cups boiling salted water; then drain and rinse in cold water; make a sauce of two tablespoons butter, two tablespoons flour, one-half teaspoon salt, a little pepper, one cup of stock or one cup hot water and a bouillon cube, one-half cup tomato sauce; melt the butter, add flour, cook until smooth, then add stock and tomato; cook until thick; add macaroni and one-third cup grated cheese. Lift macaroni with a fork and spoon, mix in the cheese thoroughly; one-quarter cup soaked dried mushrooms may be added to the sauce.

VILLA STILL AT IT.

CHIHUAHUA CITY, Mex., Feb. 14.—Francisco Villa's personal command of approximately 50 or 60 men was reported recently as operating near his former headquarters at Satevo, Chihuahua. The rebel leader was believed to be planning some coup against what he might consider a vulnerable spot in the federal defenses.

Some other bands of his followers were said to be scattered near Parral, Santa Barbara, and in the Palomas mountains near Ojinaga. Jesus Rodriguez, chief of a band of

Rule Applies to Souffles and Omelets

This rule also applies to souffles, prune whip and puffy omelets. But unless extreme lightness is desired, eggs do not need to be beaten separately for muffin or waffle batters. By folding and cutting, eggs are added carefully to the mixture, the batter being turned over the beaten eggs until all have been folded in. If the eggs are stirred or beaten into the mixture, the result will not be spongy and light. This method seems to be one of the least understood.

Kneading is applied to the manner in which stiff doughs are handled. This term usually refers to yeast mixture. After the ingredients have been mixed, the dough is turned out on the molding board and kneaded. This is accomplished by slightly flouring the board and hands, then one-half the dough is folded over the other half, pressing down with the ball of the hand.

Baking Powder Dough

The dough is turned constantly and in this manner a new portion of dough is brought uppermost to fold over each time. This process is continued until the dough is smooth and elastic. Baking powder or soda raised doughs should be kneaded very lightly if at all, otherwise they will not be light.

Rolling is quite different from all other processes, and is used in making pies, biscuits, cookies, doughnuts, rolls, tarts, etc. Pastry should be rolled and handled quickly, and should always be rolled in one direction and the rolling done as lightly as possible.

Eggs and crumbs are used for croquettes, fish and other foods cooked in deep fat. The food to be fried is first dipped in fine bread or cracker crumbs, then in eggs, and in the crumbs a second time. The egg should be slightly beaten and one tablespoon of cold water added; or the egg white slightly beaten may be used instead of the whole egg.

Molding Required For Gelatine Desserts

Molding is used for charlotte russe, blancmange and gelatine desserts. Food is poured into a wet mold or form, chilled and then turned into the serving dish. The form should stand perfectly level during the chilling, and when ready to unmold run a sharp knife or spatula around the edge of the form, turn over on a flat serving dish, shake the mold, or tap lightly on the bottom. When the pudding should unmold. The form should always be thoroughly wet and cold when the mixture is poured into it. Dipping the mold in warm water for a second is another method of unmolding.

Potato Salad

Boil potatoes without paring; then remove skins and cut in cubes or slices; make a French dressing, adding one tablespoon onion juice; pour over potatoes and let stand an hour or more; when ready to serve arrange on lettuce leaves with a teaspoon of thick mayonnaise on top. Sprinkle the mayonnaise with capers or finely chopped hard-boiled eggs.

Veal Cutlets

Wipe cutlets with a damp cloth, sprinkle with salt and pepper, dip in flour, eggs and crumbs. Melt fat and fry slowly until brown. Then pour over them one and one-half cups of stock or hot water. Place over a very low fire and simmer gently until tender. Thicken and season the stock for a sauce to serve with the cutlets.

Baked Prunes

Wash a pound of prunes and soak for several hours in cold water. Place in a covered baking dish in the oven, covering with the water the fruit was soaked in. Bake in a slow oven until tender, then add sugar to taste if necessary, return to oven and cook ten minutes. A little lemon or orange peel may be added to the prunes when put in the oven.

CHINESE GETS MEDAL.

TSINGTO, China, Jan. 5 (By Mail) Wang Yu-shan, who was Laborer No. 15,333 of the Chinese Labor Corps in France, has received the Meritorious Service Medal. At the risk of his life, he extinguished a fire in an ammunition dump near Marcoing, France in June 1919.

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PROSECUTION OF PROFITEERS COSTLY

LONDON, Jan. 23. (By Mail).—Twenty-four convictions obtained before the 1,900 anti-profiteering tribunals set up throughout England have cost more than 1,000 pounds each. It was declared by Captain Wedgwood Benn in the House of Commons during discussion of a proposal to extend the Profiteering Act for another period of six months.

Captain Benn summarized the results of the act, during its first six months of life, by stating: "Nineteen hundred committees have been appointed; 1,935 cases have been heard—one case per committee; twenty-four convictions have been obtained; 25,000 pounds has been spent. And the cost of living has gone up!"

Supporters of the bill argued that six months had not given the administrators of the law fair opportunity of demonstrating its worth.

The proposed extension of six months was voted.

HYDER FIELD IS EXPECTING ROOM

SEATTLE, Wash., Feb. 14.—Hyder, Alaska, center of the Stewart River mining properties, will become a tent city rivaling Nome and other famous "strike" towns, if the expected spring influx of prospectors is realized, according to James W. McDonald, pioneer of the Klondyke, who was in Seattle recently.

"The world is going to see another tent city in the spring," Mr. McDonald said. "Hyder's future is assured, and there is every indication that when the snow goes off thousands of people will flock to the little town."

Most of the newcomers will be disappointed, Mr. McDonald asserted. Hundreds of them are used only to placer mining, while the Stewart River properties are all hard rock. The district will not be fully developed for five years, he said.



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