Woman's Work -:- Fashions -:- Health Hints -:- Household Topics

Right Ways of Cooking Vegetables

Maria Lincoln Palmer in the Delineator All types of vegetables, green vegetahies, roots and tubers, should be crisp and firm when prepared for cooking. Ideally speaking, because vegetables begin to ferment and lose their wholesome flavors shortly after being gathered. they should jump from the garden to the kettle on the fire. This is an enviable possibility for the housewife with a home garden. Should the vegetable to be cooked have lost its firmness and be wilted, soak it in cold water until crisp and firm. But do not pare such regetables as potatoes until after they have soaked.

While vegetables are commonly boiled, carning is a method which should be more generally adopted. This is especially true or those which belong to the cabbage and squash families. Food cooked by steam is generally more pai-stable and easier to digest. The perntage of evaporation or loss is less the case of steam-cooked food. Only one-third as much material is removed as when they are boiled. The dry heat of steam cooking has a different chemical action on food from the boiling. The succulence of the vegetable is retained. while the cellular fibers are thoroughly separated, and the vegetable is rendered

very tender.
Whenever vegetables are to the boiled, be sure that the water is boiling when they are put in, and the water brought again to the boiling point as quickly as

Blanching, as applied to cookery, is a process wuich is used in connection with boiling, as it removes the strong taste and improves the quality. To blanch, drop the prepared vegetables into an abundance of rapidly boiling, salted water. Beil rapidly from five to twenty minutes according to the vegetable, in an uncovered dish. .. rain off the water and finish cooking, with butter, seasonlngs and very little water or other mois-

In cookery, vegetables are divided into two classes: those which have a strong flavor, such as onlons, cabbage, turnips; and the sweet-juiced ones, such as corn, cans, peas, spinach and young carrots. the case of strong-juiced vegetables. softening of the cellular structure may be aided by the use of a little sods in the water if the water is very hard. In the case of sweet-juiced vegetables, soda should not be used, as it destroys the delicate flavoring, whereas salt inweses it, but only a small amount of salt should be used. Salt tends to draw out the juices and toughens the fiber.

Practical Points.

As the majority of vegetables contain volatile oils in small or larger amounts, oll vegetables when boiled should be cooked with the cover of the receptacle partly off. This method permits the olatile oils, which are ...erated by the heat, to pass off in the steam. As sweetflavored vegetables owe their special invidual flavors largely to the presence of these oils, they should invariably be boiled in this manner. Vegetables are thus rendered more delicate, of better flavor, and more easily digested, as well as more wholesome than when cooked in tightly covered receptacles.

Cabbage, for example, contains a relatively large amount of sulfur. This, when retained in the vegetable, renders it the contrary, if cabbage is cooked in plenty of water which is kept constantly oiling rapidly, with thorough ventilation, it will be delicate and digestible Cabbage is very useful, since it is procurable when other green vegetables are BCHTCE.

Not Too Much Water. Sweet-juiced vegetables should

cooked in as little water as possible. The water in which they are cooked would be served with the peas and beans. or in a separate dish, to be added by those who care for the liquid. It contains valuable mineral salts which are the most important elements. Any surplus liquid may be used for soups.

Cook strong-flavored vegetables rap'dly simmer gently the sweet-juiced.

Do not previously melt butter which is to be used as a dressing for vegetables; the heat of the vegetable should be suf-

We need to attach more importance to the proper paring of vegetables. With the exception of turnips, which should be pared inside the dark encircling line, all vegetables should be pared as thinly as possible to prevent unnecessary loss, especially of valuable mineral saits. Vegetables which are cut before boiling lose much of their valuable material.

Time Needed for Cooking.

Cooking various vegetables depends on such factors as whether the vegetables are young and tender, old and tough, fresh or wilted. In general, cabbage will boil in twenty-five to sixty minutes; large, firm heads of cauliflower never require more than thirty minutes, small heads twenty to twenty-five minutes. Caulifiower begins to lose ita delicate quality as soon as it is even slightly overcooked. This condition can told by the development of a dark color and disagreeable flaver. Overcooking also makes cauliflower indigestible. Brussels sprouts need fifteen to twenty minutes, depending on the size of the heads; spinach, fifteen to twenty minutes; asparagus, from fifteen to thirty minutes, depending upon its freshness as well as tenderness.

Young, tender peas will cook in twenty to thirty minutes. Green beans need no knowledge. to be blanched for twenty minutes, then drained and cooked in boiling saited and buttered water until tender, twenty to forty minutes. When over-cooked, the green beans become yellow.

Older string beans often require from one and one-half to two hours. It is always wise to start the boiling in plenty of time, as they are not injured by standing if kept hot. Shelled beans require simmering for two hours: green limas, forty-five to sixty minutes.

Boiled potatoes of the usual size require twenty-five to thirty minutes; baked potatoes from forty-five to sixty minutes, while older ones cut in large alices require forty-five minutes. Celery needs at least forty-five, usually sixty

ike peas, green corn needs special

nce, a longer period is needed.

Birds of a Feather A Bird of By Nell Brinkley



"They include some of the most beautiful of all the feathered race. The loveliest has a bloom of purple, pure white, rich chestnut, across the breast a band of golden green, the head pale gold. Most exquisite of all are the long, rich drooping plumes that spring from the body and dress it all in yellow and pale, gilded brown."

This the bird of paradice! the palpitant, living creature clothed in beauty, made for warm, soft climes and flowery places. We see herglimpses of her in the city world, faithful copy of the bird only in her silken splendor of plumage and gold, and perhaps like its name to some worshipper.

Birds of only a feather! For her heart is not the timid thing that pulses under the bird's "bloom" of purple. Sometimes it's as hard, surely, as a dried little green apple, for she wears the dead, pitiful paradise bird in her hair or hat, made for the jungles and odorous opens. but swinging the soft gold of his dead adorning at the opera, in the muddy streets, on a thoughtless woman's dressing table, glass beads where his bright eyes were, his kind growing fewer and more few in the islands in the South Sea.

So you see her heart is not "of a feather." She is hothouse grown, and the bird dies in captivity. Her network of comings and goings is laid out in a town, and the bird keeps to no path even in the trackless air.

Just in a picture, just for play, just for a minute of make-believe, let's pretend that the exquisite little bird of the Papuan Islands hovered a breath on a fine lady's finger to show you how like his plumage is to hers-all purple and NELL BRINKLEY.

of Marriage By DOROTHY DIX.

The Game

The great thing that the present mania for outdoor sports is doing for women is not so much in giving them stronger muscles as it is in giving them stronger mental and moral fiber. And its crowning blessing is that it is teaching them how to play the game of life squarely, and accept its results without whining, Women are not sports by nature. They like to gamble, but they want to do it without risk, and when they lose they howl to heaven. They cannot understand why you cannot have your cake and eat it, too, nor why one should stick to the bad bargain one has made.

One of the chief reasons that there are so many divorces is because women are so lacking in the sportsmanlike spirit. A girl will deliberately marry a man knowing him to be a drunkard, and then divorce him because he drinks, which is manifestly both absurd and unjust. Or, a girl will marry a poor young man and make his life a terment by her continual complaints because she can't have the clothes and jewels and automobiles of a millionaire's wife.

If these women had a drop of sporting blood in their veins they would accept with philosophy the fates they had brought upon themselves. The drunkard's wife would meet her intemperate spouse with a red rose in her hair and a smile on her lips when he came reeling home at 3 g. m., and spend the balance of the night applying ice cloths to his fevered brow. The poor man's wife would be strong for the love-in-a-outtage stuff, and simply flaunt her handne-downs in the face of her little world. Indeed, to do anything else is for the woman to stultify herself, and give the husband a crooked deal, for he, poor

she married him, and that he represented her choice in life partners. This spirit of the tin-horn sport is also abundantly manifested in the way that so many women perform their obligations to their families. They do their duty, but they do it with groanings and complaints that make their ministrations

man, was under the impression that his

wife knew what she was getting when

hard to endure. How many a housekeeper do you know whose abode is immaculately clean, whose food is always delictously cooked, makes her home worse than a peatilence because she is always complaining about what a slave she is, and how hard she

How many a wife do you know who really does do her wifely duty to her husband to the last button on his shirt. but who robs it of all flavor by continually reminding him of the sacrifices she makes for him, and the work she does for him?

How many mothers do you know who do devote themselves to their children, who toll and economize that their girls may have good clothes, and their boys go to college, but who never weary of bemoaning the hardships of a mother's lot, and telling what martyrs they are to their children?

These women can never understand why they are not honored for having done their duty by their families, and loved for the sacrifices they have made. It is because they have not played the game in a sportsmanlike manner. They haven't taken the loss, along with the

gain, with an even mind. There is a gambling maxim which says, "put up, or shut up," to the bluffer. To women might be added this further adconition: If you are going duty be a sport. Do it without whining.

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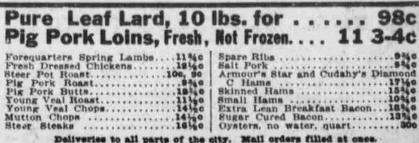
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Advice to Lovelorn By Beatrice Fairfax

Not Proper.

Dear Miss Fairfax: For the last two years I have met a certain young man on the train going to and from business. Coming home the other night he spoke to me and said he had often hoped that he might be introduced by someone, but, not getting this opportunity, he took the liberty of addressing me without an introduction. He asked me if he might call and I hestiated. Kindly advise me if it would be all right for me to keep up the acquaintance. R. B. D.

No, it is not proper for you to continue No. it is not proper for you to continue this acquaintance. It is not even safe

Forget Him.

bear Miss Fairfax: I am a girl 22 years old. I work in an office and dress very well, due to the fact that I make my own clothes. I was introduced to a westithy young man, who became infatuated with me. He took me out to dinner several times in his machine and nwould proclaim his love to me. He also sent me very costly presents. I did not like him at first, and tried to avoid him but I suddenly found myself infatuated with him. Finally he asked to call at my home, and since, though it is very simple. I am not ashamed of it. I consented to let him. But when he called potatoes of the usual size rewenty-five to thirty minutes;
wenty-five to thirty minutes;
totatoes from forty-five to sixty
Young carrots require thirty
while older ones cut in large
quire forty-five minutes. Celery
I least forty-five minutes. Celery
I least forty-five minutes.

Your first instinctive feeling of dislike for this man was probably based on a subconscious recognition of his are in cooking. When a few young ears character. He is a snob and a weakling are put in plenty of boiling unsalted and you would do well to dismiss all water, they should be cooked in ten min- thought of him from your mind. Seel utes; where a large number are cooked at other companionship and busy yourself about your work. Don't waste your emo-Young beets will cook in an hour; elder tions on a man who simply is not worth; beets require from two to four hours. of a place in your thoughts.

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