

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

Right Ways of Cooking Vegetables

Maria Lincoln Palmer in the Dellinator. All types of vegetables, green vegetables, roots and tubers, should be crisp and firm when prepared for cooking.

While vegetables are commonly boiled, steaming is a method which should be more generally adopted. This is especially true of those which belong to the cabbage and squash families.

Whenever vegetables are to be 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 possible.

How to Blanch. Blanching, as applied to cookery, is a process which is used in connection with boiling, as it removes the strong taste and improves the quality.

In cookery, vegetables are divided into two classes: those which have a strong flavor, such as onions, cabbage, turnips; and the sweet-juiced ones, such as corn, beans, peas, spinach and young carrots.

As the majority of vegetables contain volatile oils in small or larger amounts, all vegetables when boiled should be cooked with the cover of the receptacle partly off.

Cabbage, for example, contains a relatively large amount of sulfur. This, when retained in the vegetable, renders it indigestible and causes flatulence.

Sweet-juiced vegetables should be cooked in as little water as possible. The water in which they are cooked should be served with the peas and beans.

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

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.

Cooking various vegetables depends on such factors as whether the vegetables are young and tender, old and tough, fresh or wilted.

Young, tender peas will cook in twenty to thirty minutes. Green beans need to be blanched for twenty minutes, then drained and cooked in boiling salted and buttered water until tender.

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.

Boiled potatoes of the usual size require twenty-five to thirty minutes; baked potatoes from forty-five to sixty minutes. Young carrots require thirty minutes, while older ones cut in large slices require forty-five minutes.

Young peas will cook in an hour; older peas require from two to four hours.

Birds of a Feather A Bird of Paradise By Nell Brinkley

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"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."

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.

Forget Him. Dear 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.

Dear 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.

These Two Books Free!

Advertisement for Henry Field Seed Co. featuring two books: 'Truth About Seeds' and 'Information About Gardening'. Includes a portrait of Henry Field and details about the books.

The Game of Marriage

By Dorothy Dix.

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.

Indeed, to do anything else is for the woman to stultify herself, and give the husband a crooked deal for her, poor man, was under the impression that his wife knew what she was getting when she married him.

This spirit of the tin-horn sport is also abundantly manifested in the way that so many women perform their obligations to their families.

How many a housekeeper do you know whose abode is immaculately clean, whose food is always deliciously cooked, whose thrift is marvellous?

How many a wife do you know who really does 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?

How many mothers do you know who do devote themselves to their children, who toil and economize that their girls may have good clothes, and their boys go to college?

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.

There is a gambling maxim which says, "put up, or shut up," to the bluff. To women might be added this further admonition: If you are going to do your duty be a sport. Do it without whining.

Advertisement for Carnation Bread by J. D. Crew. Features the text 'The Finest Bread on the Market' and 'DELIGHT'.

Advertisement for Basket Stores. Text: 'PRICES ARE A TALKING POINT ONLY WHEN QUALITY IS 100%. PRICE AND QUALITY BOTH TALK TO YOU AT THE BASKET STORES'.

Advertisement for The Peoples Market. Lists various goods and prices, including flour, sugar, and meat.

Advertisement for The Empress Market. Lists goods like pure leaf lard and pig pork loins.

Advertisement for Public Market. Lists goods like fresh chickens and spare ribs.

Advertisement for Cackley's Remodeling Sale. Text: 'Cackley's Remodeling Sale Still in Full Swing'.

Advertisement for The Excelsior. Text: 'THE EXCELSIOR For old whiskies see us—Old Taylor, Cedar Brook, Sherwood, Rye, Shively, etc.'

Large advertisement for Butter-Nut Coffee. Text: 'This is for Butter-Nut Coffee' and 'The Coffee is Delicious'. Includes an illustration of a child and a woman.

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