

In the Kitchen

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into the stock-pot. Ham, beef, veal, mutton, lamb, pork, bits and bones of poultry, game, in fact, the bones or remains of any kind of meats should go into the stock-pot. Eggshells should occasionally be put in; they tend to clarify the stock. Crusts of dry bread may be thrown in; they gather the scum, which should be taken off three or four times a day. Cold carrots and parsnips, or the remains of onion sauce or gravy; the outside stems of celery, thoroughly cleaned and cut into small pieces; and all similar substances, should invariably go into the stock-pot, which should always be kept simmering by the fire, the exhausted bones, etc., being removed day by day, as the stock is drawn off.

The stock-pot thus managed will always be ready to supply the ground work of almost all kinds of gravies and soups. A basin of soup, with the addition of a little water, thickening, and a sprinkling of herbs, may be served at a moment's notice. Hashes, meat pies, savoury puddings, and all gravies sent to the table may be enriched thereby.



Lessons in Food Values

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From the point of view of obtaining sufficient of the anti-scorbutic vitamin, raw fruit should be included in the diet whenever possible. The more vegetables we consume, the more chance we have of obtaining the necessary ration of vitamin C, even if a certain proportion is destroyed in the cooking. This question obviously presents more difficulties to the town housewife than to the country one, as in towns, where most vegetables have to be bought, the portion for each individual is necessarily smaller. All town dwellers, therefore, should eat oranges, tomatoes, etc., as an essential part of the diet, and not as "extras." Institutional catering is often very bad in this respect; in many cases no raw fruit is given at all.

Tinned fruits are obviously useless as sources of vitamin C, because the temperature used in canning destroys the vitamin. There are many ways of remedying this defect—for instance, the food value of a fruit salad made from tinned fruit is greatly increased by the addition of a raw orange or, in the case of a very sweet syrup, some lemon-juice. In winter, a roll and cheese with an orange provides an excellent substitute for a pudding.—From *Good Housekeeping*.

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