to get rid of excess fat.

ed, then reduce heat.

and removing string.

to cook turkey.

hand for seasoning.

leave bones casily.

lesson 1 for gravy instructions).

To Stew Chicken

Stewing a chicken leads the way t

many good dishes: The second most

popular way to cook chicken, is to stew

it—and this is also a very delicate way

An older bird, which would not be suit-

able for roasting, will make many delic-

dous dishe if it is first stewed properly

Follow the same rules as for stewing

meat-put chicken in large pot' (I con-

Bring to boil, then reduce at once

and simmer gently, always below boiling

point, until meat is tender enough to

Hot stewed chicken-or as it is often

celled, "boiled chicken" (although i

is very good served with drawn butter

sauce (Lesson 1) poured over it-and an

extra sauce-boat filled with sauce. Minc-

sauce is also good over stewed chicken.

Or the chicken may be carved in

pieces for serving and piled on its platter

with the sauce over it. A border of fluffy

fresh-baked tea biscuits should surround

arately or right in the stew pot with the

chicken at the end of its cooking period.

You have learned how to make both the

biscuits and the dumplings in Lesson

Deep Chicken Pie-Put-neatly carved

stewed chicken into deep baking dish;

small balls or dice of partially cooked

potatoes, carrots, tiny onions, may be

added or cooked celery, mushrooms or

Cover with medium-thick cream sauce

dough (having it a little stiffer in small

Chicken and sauce may be heated be-

Broiled or Fried "Chicken" - Carve

till surface is crisp and brown. Or dip

in fat and flour and pan-fry; or use

Other Methods

broiling iron and press split young chick-

en flat upon it. Brush skin with melted

butter or bacon dripping and broil over

Fried Spring Chicken .- Cut young

chicken in pieces for serving, roll in seas-

oned flour and brown in plenty of very

hot fat in frying pan, turning to brown all

surfaces evenly. Then pour in about 1/4

cup bolling water, cover tightly, and

cook slowly until tender-probably 30 to

40 minutes longer. Remove chicken to

hot platter in oven and make a milk

chicken as for pan frying. Put in bak-

ing dish, with plenty of bacon dripping

or other fat, and cook about 45 minutes

or until tender, in hot oven, 450 degrees

F., turning frequently to brown evenly.

Or dip chicken pieces in melted fat,

then in seasoned flour, spread on baking

pan, bake in hot oven, 425 degrees F.,

till brown; turn in 1/2 cup boiling water,

cover, and finish at moderate heat 350

degrees F.-probably % to 1 hour total

(Concluded on Page Seven)

GROWING DEAF WITH

HEAD NOISES?

. TRY THIS

postrils should open, breathing become

who is threatened with Catarrhal Deaf-

ness or who has head noises should give

this prescription a trial.

Oven-Fried Chicken - Prepare young

gravy in the pan. (See Lesson 1).

Broiled Spring Chicken

Make a crust of plain or richer soft

Or steamed dumplings-cooked sep-

ed parsely improves the sauce.



A complete Cookery Arts Course in 12 Lessons dealing with all the Fundamentals of this Important Subject. Thoroughly practical to the beginner as well as to the experienced Cook who is interested in the newer, better, more economical methods.

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MEAT, POULTRY, FISH

LESSON 5

cookery; and because they are so closely related. I am going to talk also about bit of sage pressed into deep cuts made the cooking of poultry and fish. There are two main methods of cook- gives. Allow 30 minutes to the pound.

ing meat—and a third method which to some extent combines the other two.

General Methods of Cooking

least long enough to seal in the juices, as we do when we roast or broil. Suitable for tender cuts.

when we simmer meats (stewing). Suitable for cuts not naturally tender.

when we first sear meat, then cook it in a covered vessel with water (braising and pot-roasting). Suitable for medium

I am'not going to discuss how to ham was cold. choose meats in this lesson, because you will find all that information in my little book, "Marketing and Meal-Planning," which I hope every student of these lessons will have. You will learn or pot roasting is very suitable. It gives in it exactly what cuts you can buy to the rich nutty, roasted flavor, but with make each kind of meat dish to advant- added long slow cooking, its fibres are

Roasting Meats

Prepare the roast, according to its tell you what to buy for pot roasts. needs. Wipe over with a damp cloth. Put meat on a trivet (a low rack) in same as for a tender roast, or brown

Have oven ready at right time-very frying pan. hot, 500 degrees F. Put meat in at this high temperature until its surfaces are seared—that means, closed up, so that all the juice is held inside the meat.

is well browned; finish cooking at 350

degrees F .- moderate heat. If using open roaster, baste the by lifting the hot fat with a longhandled spoon and pouring it over the top of the meat-about every 15 min-

-If using a self-basting covered roaster cover when roast has been browned

Sometimes it is more convenient to start roast when oven is first lightedand many modern authorities advocate this method—the inevitable one if an automatically started oven is to be used to full advantage. In that case, add the extra time required to that given in instructions.

Beef-Brush cut surface with soft fa sprinkle with salt and pepper, and with flour, if liked. Sear and finish by roasting rules. A meat thermometer offers the only real certainty (except long experience) of time required-because roasts differ so cuch in size, cut and kind. Less time is needed by meat with large bone than by thick-solid piece: a small cut requires a different time per pound from that needed by a large roast." You will have to learn to adjust all differences or as suggested use a meat thermometer. Allow 15 to 20 minutes to the pound for rare to medium-done beef.

Lamb-(a) Leg, loin, rack or rolled shoulder-same as beef.

(b) A boned shoulder may have cavity left by bone filled with mildly flavored stuffing; tie up and treat same

as beef.

Veal-Because it is very lean, a solid cut of veal such as the filet or cushion (the top of the leg) or the shoulder should be "larded." This means that pan; cook over alow heat, pouring off the thin strips of salt pork or fat side extra fat so becon will crisp. Sliced ham becon are put into a larding-needle, and or lean back becon usually needs drawn through the solid zneat, an inch fat. To fry meats, (most are better or so spert. Or alashes may be cut in broiled or pan-broiled) heat pan and fat: the mest and thin slices of the very fat | cook mest, turning until suitably cooked pork or becon alipped into the cuts. on both sides. For breaded chops, coat This gives delicious flavor to the mild with seasoned sifted crambs, dip in yeal and adds the fat it needs. Use lated slightly-beaten egg. coat well with bacon fat if possible for basting veal crumbs, and fry in hot deep fat. Some-

ing. A boned shoulder may be filled

with stuffing flavored with sage (or other herbs) and onion. A solid piece In this lesson, I want to give to my like the butt (a convenient and econommeat ical roast, particularly good for slicing cold) may have chopped onion and a tiny in the peat, if you like the flavor this

Ham Any but the finest ham should be boiled before baking. Put 1 cup molasses, 2 carrots cut lengthwise, 2 stalks celery in the water. Cool ham in its 1. By applying intense heat for at liquor. Peel off skin (it comes off very easily) before baking. Rub with equaparts dry mustard, cinnamon and cloves, twice as much flour as you have mixture. 2. By long, slow cooking in water—as and maple syrup or corn syrup to make paste, or use seasonings only. To bake, score fat in diamonds cover with a coat-3. Combining these two methods—as ing of equal parts fine sifted dry crumbs and brown sugar, (paprika adds rich color and flavor too), stick a whole clove each diamond and bake until brownallowing time to heat thoroughly also, if

Braising and Pot Roasting

For the medium tender cuts of meat, tender. the combination type of cooking, braising softened and it becomes tender as the on "Marketing and Meal Planning," I purposes.

There is little difference between Season all surfaces with salt and pepper braising and pot roasting. Sprinkle the and if you like a very brown and slightly meat with saft, pepper and flour and crusty surface, dredge with a little flour, either brown it in a very hot oven the roasting pan, with plenty of suitable fat. all the surfaces in a very hot, greased

> Then put the meat either into a cov- you. ered roaster or baking dish, or a covered pot for top-stove use. Add a small amount (about % cup) of boiling water and allow the meat to cook slowly in the steam, keeping closely covered. Allow 3 or 4 hours slow cooking-enough to make meat thoroughly tender. The less tender the cut is naturally the longer it needs to be gently cooked. Add little more water if necessary.

Part way through cooking, diced vegetables may be placed in a thick layer under the meat-carrot, turnip, onion, celery. The flavors all blend-a delicious mixture.

Sometimes we slash beef in 6 to 1 places and slip a strip of fat salt pork or bacon into each cut before cooking as

Broiling and Pan-Broiling; Frying Suitable for Tender Cuts - Steaks. Chops, Tenderloin, Meat Cakes, Ham

Real Breiling-Wipe meat with damp cloth, remove extra fat, rub heated broiler wires with some of it. Brush meat over with melted butter, bacon fat, oil hours. or French dressing. Place it in broiler cand cook by exposing to strong direct heat from clear fire electric element or gas flame. Sear one side, then turn, and brown other side; turn every half minute till cooked. Allow chops 8 to 15 minutes, a 1-inth steak 5 to 8 minutes, 1%-inch steak rare, 7 to 12 minutes; longer if preferred well done; season, serve on hot platter, garnish. The rich juices caught in the broiling pan, act as gravy. Butter is added to

steak, fish, etc. Pan Broiling-Wipe and trim mest; rub very hot frying pan with pieces of the fat; sear meat quickly on both sides, then reduce heat and turn meat every half minute. (Never thrust fork into the lean meat.) Keep pan free from

fat. Allow same time as for broiling. Frying-Bacon should be put in a cole or water to half depth of chops, cover Perti-A lots of pork, the richest roast and cook slowly for 34 hour longer. is naturally fat and needs only season. This may be done in a moderate oven.

Stewing Meat - Cut meat in small sider it holds more juice and flavor if pleces, dredge with salt, pepper and flour | cooked whole); cover with boiling water, brown in very hot fat in-frying pan, add salt and pepper, a few slices carrot, then turn into a kettle with any bones a stalk or two of celery, when possible and trimmings and add boiling water-1 parsley, and if liked, a slice of onion. quart to each 11/2 pounds meat; cover Or you may use some celery salt or onion closely and simmer gently, keeping al- salt-convenient seasonings; or perhaps ways below boiling point, until complete- you keep some dried celery leaves on

ly tender—an average of about 3 hours. An hour before finishing, all such vegetables as cut-up carrots, celery, turnips, potatoes, onions (the onions may be browned in pan before the meat), season stew with salt, pepper, sweet herbs, a little bit of bay leaf or a few cloves. with celery salt or dried leaves-just should never really boil while cooking) whatever seasonings you like best.

Dumplings are good with stew-make them by either the standard flour method or prepared flour method, as you learned in Lesson 3. A border of plain boiled rice or macaroni increases the food value, or either one may be added, uncooked, to stew, as may pearl barley, tapioca, sago, coarse hominy or oat flakes. Allow time to become

Just as for the meats. I am going to refer my students to "Marketing and ! Meal-Planning," to learn how to buy higher-priced cuts. In our little book poultry, and what to buy for different

To Prepare for Cooking

We have to prepare chickens, turkeys, green peas. ducks, geese and other birds in pretty much the same way. Poultry bought from the butcher is drop biscuit dough (an egg in it is

usually delivered already cleaned. Your good), and drop it over the top; bake in best way to learn to clean a bird your- a hot oven 30 to 45 minutes-covering self-is to have someone actually show with paper if necessary. Or shape, the Singe off down and hair quickly over biscuits and arrange these over the sur-

open flame. Remove pin-feathers (with face of the pie and bake in a hot oven tweezers if possible). Cut out oil sack This requires less time. Wash bird well inside and out. Baking

fore adding biscuit dough to lessen soda in hot water or rubbed into the skin and rinsed off, is helpful. Oily birds like goose, should be scrubbed. Flush stewed fowl, dip in melted fat and broil out inside with running water and be sure nothing is left, olinging to the inner flour, then egg and seasoned breadcrumbs and fry in deep, hot fat. The giblets should be delivered with

the bird. Split gizzard, remove the inner sack (uncut if possible): heart, gizzard: add the neck and wing tips, and simmer them together to make stock for gravy, or you may cream this meat or make up some little attractive or under direct heat. dish with it and left-overs.

To Boast a Bird

Time Table:-Sear bird in very hot oven, 500 degrees F., then reduce heat to 375 degrees F. and allow: Chicken - 15 to 20 minutes to the pound, with 20 minutes extra.

Turkey-(8 to 10 pounds) 21/4 to

Turkey—(13 pounds up) 31/4 to 5 hours Goose-25 minutes to the pound with 20 minutes extra. Duck (domestic)-20 minutes to the

pound with 20 minutes extra. Clean and prepare as needed. Stu suitably. (I will give stuffing recipes later.) The body cavity is stuffed in all the birds-the crop also in the turker (a different stuffing from the one used in the body, sometimes gives a useful alternative). Allow space for stuffing to expand in cooking. Mould trukey

breast to be evenly rounded.

Truss the stuffed bird into good shape. Use one long skewer to fasten legs high and close to body, another through the wings. Twist the middle of a yard or so of string around the ends of the legs drawing them together if chicken or turkey, leaving them an inch apart if duck or goose. Carry crossed string under to the two ends of the leg skewer and twist around securely. Then cross the two ends of string on the back the bird and carry to the ends of th wing skewer: twist tightly around then tie the string drawing tight. This keeps all the string on the back of the bird, so that its breast and top not marked. Turn down the long flap o neck-skin over the back, and fasten with a short skewer.

or chicken with soft butter or become

dripping-and if a crisped skin is liked; make a paste of fat and flour and rub

it in. Duck and goose, because of their own natural fat, need only be dredged with flour. An especially fat goose may be steamed for an hour before reasting, Set bird on rack in roasting pan; it to find sum Laurels, she seed she had is a good plan to lay a few strips of ben reading a lots here of lately about fat bacon over the breast of chicken or turkey. If prefer to do this after the

skin has browned. Have oven hot 500 degrees F .- until breast is lightly brown- or nand man here at the Ory house today and tonite Jake and me went Have plenty of bacon dripping or un- down to the hotel to see him and we flavored fat in the pan and baste the bird-with it regularly—every 15 to 20. degrees F. If using cover put it on at sed Well she shud ought to let us in becuz ue was his Suns, and she replyed To test when done, thrust tine of cook- and sed. Well I declare I diddent no

move it to hot platter, taking out skewers Sunday-The boss down at the noose Pour off extra fat in pan, carefully and sed Mr. Flick was very very angry saving brown sediment and 2 tablespoons becuz they was a peace in the noose fat for each cup gravy desired. (See paper witch sed. Mr. Flick was among

SLAT'S DIARY BY ROSS FARQUHAR

so menny people using there Laurels

Saterday-They was a famious slite ing fork into leg flesh and twist slightly that you see I am his wife. We diddent if flesh leaves bone, bird is cooked. Re- see him

> paper where pa wirks called up pa today the Rotters witch attended the Basket ball game at the Harrison school on up to it."-Joseph Caillaux.

Friday nite. What pa ment to say was

Munday-I seen Blisters today and Friday-Ant Emmy tuk the bus and he sed he had got a licking on Saterday went to the city today and tonite she nite after him and his pa had a argucum home very very Tired becus she had mint baout whether that was the Sater-Skoured the stores in the City trying day for Blisters bath or not. Blisters sed he was sure he tuk a bath the Saterday nite before.

> Teusday-Ira Nox has lost his tob over at the Cort House. Pa sed he had nothing to do but the boss that he wassent doing a very good job so they fired him. Wensday-I gess pa is about sick of the moose paper bisiness Yesterday he printed the news about Mabel Fudge getting marryed to Harve Furry and he went and got the rong hed line over in witch red. Local Man gets Tough Sent-

ence. Mabel is sore. So is Harve. Thirsday-I went and ast pa today whut they call a man witch will never never Give in as long as he Knows he is right and pa sed They call him Bactheler. Ma was in the cellar at the

"Science has left man behind an man is losing his breath trying to keep Keepon the

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silent-but-full of virtues; and the blockhead resembles the warrior's drum, noisy

but empty.-Sadi the Persian.



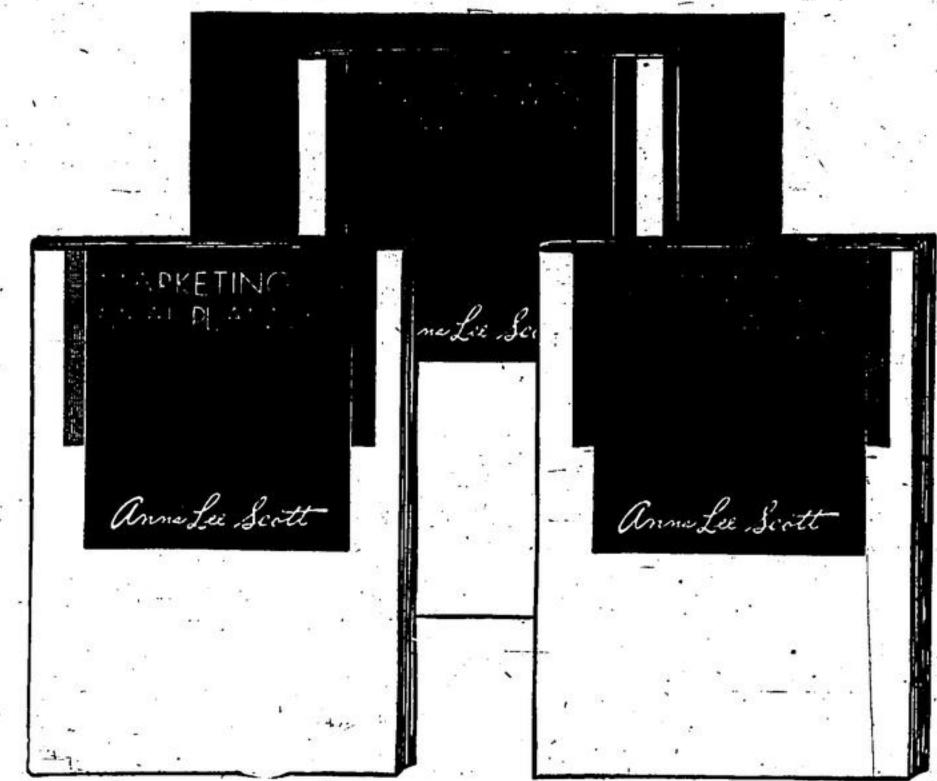
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