

HOME

With Eggplant.

To Prepare Eggplant.—It goes without saying that an eggplant should be fresh and sound, without spots. You can tell whether it is fresh or not by the green cup around the stem end. If this is blackened, the vegetable is not fresh. The other end also will be wrinkled and dull, whereas a fine eggplant is smooth and plump and shining. Wash the skin as one would a tomato, and then pare and cut up. It is usually sliced, but sometimes cut into dice or julienne strips. It turns dark quickly, so it should be cooked immediately. One can have ready a savory dish of eggplant in fifteen minutes. Perhaps the reason that the fried eggplant one gets at some eating places is bitter is because it stands after being cut up. When it is to be stuffed, the skin is left on. It is then either parboiled whole or cut in half and cooked, the skin loosened around the edges. It may then be fried in deep fat, the cut side down. It may also be stuffed and baked.

Baked Eggplant.—Baked eggplant commonly means one elaborately seasoned; but this is not necessary. Wash and put into the oven to bake in the same way you would a potato. A small one will require about thirty minutes to bake, and is done when a fork shows it is soft all through. Take off the skin, mash and put into the frying pan with plenty of butter over a hot fire, and stir until the water has evaporated. This tastes and looks somewhat like the chop sueys without crisp vegetables, and like all eggplant, should be served hot. It needs little seasoning, but when a bit of onion is fried with it the resemblance to chop suey is not lessened.

A cook from India, in describing baked eggplant, says: "A person does not know the real flavor of eggplant until he has eaten it baked." He gives this method as an alternative of boiling, but prefers this, as it preserves all the delicate flavor of the vegetable. He says also it may be used as the foundation of a number of dishes, such things as eggplant croquettes, as well as eggplant stuffing for fowl, being mixed with bread crumbs and egg and seasoned with salt and pepper. This pulp also is used for eggplant soufflé and omelet.

Grilled or Boiled Eggplant.—Thin slices of this vegetable may be rubbed with butter or oil and broiled, but this makes them a little too dry on the surface. They may, however, be served with a tomato sauce.

Fried in the Pan.—The easiest and quickest way to prepare the eggplant is to fry or sauté it in a pan with a little butter or oil. Cut the eggplant into one-third inch slices, season with salt and pepper which has been mixed together, and then fry in a little oil or butter until soft. It also may be rolled in flour and fried in this way, or even dipped in egg and crumbs. Seasoned with salt and pepper only, and then tried with tomatoes which are served on the slice of eggplant it is good or it is good enough quite by itself and looks much like a small buckwheat cake.

Escaloped Eggplant.—The eggplant is combined with tomato in slices and baked in escalop, with oil instead of milk, and with other additions to taste or the cooked pulp finely broken is combined with grated bread crumbs, well seasoned with

a little bit of cream and finally a well-beaten egg. It must only be heated through in the oven and not dried. No matter how eggplant is cooked is must not be too dry, although we cook it to dry it somewhat.

Stuffed Eggplant.—This is a great subject by itself. The eggplant may be boiled whole or baked, one end cut off the pulp scooped out, leaving a little layer to support the thin skin, then the pulp mixed with bread crumbs, seasonings chopped meat, etc., and put back into the oven for fifteen or twenty minutes. It is often cut in half lengthwise, cooked, the pulp scooped out, prepared, and put back, then baked.

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Household Hints.

A hinged shelf is a great comfort to the housekeeper in the kitchen.

Turpentine will be found very good for cleaning an enamel or porcelain tub.

The points of economy in clothing are careful buying, mending and laundering.

If you mix plaster of paris with vinegar, instead of water, it will be like putty and will harden slowly.

The cloudy look on a piano can be removed by a cloth dipped in soap and water wrung very dry.

Whitewash made of white lime and water only is the best known agency for keeping the air of the cellar sweet and wholesome.

Good crackers to serve with salad are made with a half-inch cube of cheese set in the centre of each cracker, which then is browned in the oven.

When cooking asparagus in broken pieces, it is a good idea to add the tender tips after the tougher pieces have begun to come tender.

With salmon, cut big cucumbers into three-inch lengths and scoop out the centre. Mix minced canned salmon with mayonnaise dressing and pile it into the cucumber boats.

To clean furniture thoroughly and produce a fine lustre, wring a cloth out in a pail of water in which a teaspoonful of coal oil has been mixed. Wipe the furniture with the cloth wrung very dry.

Just as a small scoop or tin cup is handy in the flour can, so a teaspoon is handy, kept in the tea box or soda jar. Buy cheap tin spoons and bend back the handles so that they will readily slip into the jar or box.

Use neatsfoot oil to clean leather by adding an equal quantity of beeswax and melt over hot water with twice the quantity of turpentine. Apply soft, but not liquid, putting on enough to be absorbed.

In stitching seams cut on the bias

always begin at the widest end. Keep the garment as flat as possible, and do not let it fall over the edge of the table. This prevents dragging. Also use as small a stitch as the thickness of the material will allow.

When canning peaches, pour boiling water over them and the skins will slip off easily, leaving the fruit smooth and perfect. This method can also be used with tomatoes.

Chemists say it takes more than twice as much sugar to sweeten preserves, sauce, etc., if put in when they begin to cook, as it does to sweeten after the food is cooked.

Have all dishes for the refrigerator of white enameled ware of various shapes and sizes and keep them just for holding left-overs. There will be no broken china if this plan is followed.

Flies can be driven out of the house by making the rooms very dark, excepting one crack of light leading into the out-of-doors. The flies will be attracted to the light and crawl out.

Magistrate—"Can't you and your husband live together without fighting?" Mrs. O'Clarty—"No, yer Honor, not happily."

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