

Gettysburg, Friday, April 20, 1890.

GETTYSBURG, Friday, April 20, 1890.
RECIPE FOR STEAK—HOW TO CHOOSE AND HOW TO COOK IT.

The Heart and Home says:—The steak usually considered the best is cut from the loin, the place formerly almost universally used for roasting, and called the rib steak. This is the celebrated porter house steak. It has the tenderloin, with its delicate soft fat for those who like tender meat, and the sirloin, which is somewhat more highly flavored. The porter-house steak is better than the tenderloin or fillet; the latter is very tender but does not have much flavor, and should be served with some made sauce to a good dish. The small sirloin steak is almost as good as the porter-house. A magnificent steak, and one very seldom out in this country, is from the ribs, the second cut ribs, which are usually counted the best roasting pieces. This steak, if properly cooked, can hardly be excelled by the best porter-house steak.

It should be an axiom with all good cooks, that no steak can be properly cooked that is less than an inch and a quarter in thickness, and it is better an inch and a half thick.

To broil a good steak is easy, and at the same time it is difficult sometimes to make cooks appreciate the importance of broiling, and to force them to disregard certain old-fashioned, mistaken notions connected with the preparation of the steak, which are only the result of culinary operations, it will seem almost preposterous to say that a good steak should not be broiled; but it is a fact that implements have been devised and used for broiling that purpose alone. Do not pound a good steak but flatten it a little with the side of the chopper, trim it properly, prepare it carefully, and broil it rapidly.

Some opinions regard it as very important to season the steak before cooking, it, while others do not put anything upon it until it is done. This question, about which there is considerable difference of opinion, is of little practical importance. If the meat be good, it makes no difference when the steak is salted and peppered.

To prepare the steak in salt and pepper, well with the hand, and grease both sides slightly with sweet lard or fresh butter. Use none of the strong butter of inferior quality, commonly known as cooking butter. The steak thus prepared should then be placed between the bars of a well warmed gridiron, so that it can be easily turned over the fire. The preparation of the fire is the most important point of all. The very best is a clear fire of bright hickory coal. The next best is a fire of good anthracite coal, and a third best is a fire of good bituminous coal. The fire should be so arranged that the steak will broil evenly, and that there should be no smoke from dripping grease, which can easily be avoided with proper care. Put the steak over the fire, and turn it over every five minutes. When the steak is well broiled, place it upon a hot dish, sprinkle over it a little sweet salt and pepper, spread over it a little sweet butter, and let it be served and eaten immediately. The difference in taste between a well cooked steak eaten immediately and one served five minutes after it is done is enormous.

A great deal could be said about the chemistry of such a steak as we have just described. So far as the development of the aromatic principles of the steak is concerned, this dish is simply perfect. The brick-bat rapidly coagulates the tissue of the exterior, and prevents the escape of the juices, while frequent turning prevents the third being charred. The result should be cooked evenly through, and the interior should be of a uniform red color—never dark and raw. When such a steak is served, the material is of the best quality, the steak will be broiled in the red gravy, which is the real juice of the steak. Such a dish is not only most savory and appetizing, but it is exceedingly digestible. If physicians would learn to give meats prepared in this way to their patients, they would recoveries from exhausting diseases would be more rapid and complete; and if more attention were paid to the little health and happiness would be greatly promoted.

Orchard Grass.—We have no knowledge of the value of this grass for fattening cattle; but we think our dairymen are to learn how valuable it is for their cows.

It is sown through this section hardly by one farmer in twenty—way, we do not know, excepting that it would be an innovation on the routine system of clover and timothy, which has been in vogue for a hundred years. Orchard grass is one of the very earliest to start in the spring. It not only comes up early, but it grows continuously through the season. It does not suffer at all from drought, or will bear without injury heavy stock. It seems to grow and keep green all winter long, and is most especially a permanent pasture, lasting many years, improving the soil by the radiation of its numerous fibrous roots, and will crowd out daisies and most other vegetation. It wants to occupy the ground solely.

Orchard grass is, however, the most unsatisfactory of all grasses, on account of its rank growth and tendency to grow in bunches. This is obviated in the field only by thick sowing, which would be no less than two bushels to the acre. For hay it should be cut early enough, and a good pasture should be cut early enough. It is a sower clover with it. This lasts a couple of years, when the orchard grass will grow out and take possession. An orchard grass sown on being ploughed up, is always found on being ploughed up, is a mellonist and improver of the soil—Practical Farmer.

How Lows Shows Cows are Mended?—Every cow that rears a calf annually should go dry, for the purpose of rest and recuperation, not less than four weeks; and, in some instances, the time should be extended to eight or ten weeks. If a cow is to be full when she is about to come in, during the growing season, she may be milked eleven months in a year. On the contrary, when the same cow is expected to come in during the folding season, she ought to go dry at least two months. If a cow be in thin flesh she should have three months for recuperation and rest, capacity if it is desirable to rear a good calf. The shortest husbandry should describe such procedure and discretion in deciding how long a cow may be milked, as no rule can be given that is applicable to even a majority of cows. We do not know this much, that a cow that is in thin flesh at the time of her calving will produce less milk than a cow that is in good flesh at the time of her calving.

FRANK BOLL—One cup of home-made yeast, one egg, milk enough to make a dough. Beat the butter through the flour, beat the egg and milk, add the yeast, milk and a little salt. Knead the dough until it is light enough to cut into large loaves and bake them on fire.

To destroy lice and other vermin on poultry, dip the skin under the feathers with water, then sprinkle a little sulphur on the skin. Let the bird be covered with insects of parasites, they will disappear in the course of a few hours.

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