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FREELAND, PA., DECEMBER 7, 1893.

HINTS TO THE COOK.

Points to Be Observed in Preparing Birds for the Table.

How to Buy Game—When Maryland Canvasbacks Are the Best—Why Feathered Game Should Be Kept Three Days Before Serving.



It lives long who lives well. To live well, however, consists neither in living expensively nor luxuriously. But it does presuppose, first, that the mistress is the head of her own household and kitchen, and second, that the cook is not one of the devil's sendings.

It is important to know how to buy game as well as how to cook it. Any feathered game, says the great Sarrasin, "if eaten within three days after it has been shot has no particular flavor, lacking the delicacy of a fowl and not having as yet acquired a flavor of its own."

Baked Quails.—These are much better for first being "plumped." To do this, place them in a baking pan with slices of pork tied over their breasts; put a half cup of hot water over them, cover with an inverted pan of the same size and steam for ten minutes on top of the range; then bake twenty minutes in a quick oven, basting well and frequently with butter and water.

Orange is the very epicurean sauce which even the common people receive gladly, when served with this bird. Skim off every bit of fat from the gravy in the pan after baking; thicken with a great spoonful of flour diluted with a pint of broth and squeeze in the juice of two oranges adding the shredded yellow rind previously boiled for ten minutes to extract the bitter flavor.

Salmon Partridges.—The economical housekeeper should understand the mysteries of a salad, for there is no nicer way of serving the remains of yesterday's birds. For a company dinner it will be well to roast the birds the day before expressly for this purpose, in order to use only the choice parts, but the manner of making is the same. Cut the meat from the birds in the neatest possible pieces and lay it aside while you boil the bones, two small onions, a bunch of herbs and a pinch of cayenne, skin the fat from this broth, thicken and strain. Simmer in two dozen mushrooms for ten minutes, lay in the meat and let it get hot through; lay each piece of meat on a small, diamond shaped crouton and pour the sauce over all.

For a very well dinner there is nothing nicer than a garnishing a la Mont-glas. Proceed as above in every particular except that you do not add mushrooms to the sauce. After you have dish the croutons and fillets of partridge, pour over them a garnish made as follows: Cut fine a pint of mushrooms; add two ounces of beef's tongue, two of truffles and two of white chicken meat, all cooked and cut in dice; season with salt, pepper and nutmeg. Now add two ounces of butter and a gill of veal gravy and heat by tossing over the fire in a saucpan without allowing it to boil. Pour over the dish and salmi, turn the sauce over all.

Fillets of cooked game heated for a moment on a broiler after being dipped in melted butter are delicious served on small squares of fried mush. And now before ending this gossip on game—ending it, not because the subject is exhausted, but because the patience of my readers may be, let me just hint of a game salad. A portion of cold game, too small to use in any other manner, may be so served. Cut the meat small and let it stand in a mirande of plain salad dressing for an hour before serving. Then tear up some crisp lettuce, put in the salad bowl; add the meat and cover with a mayonnaise, garnishing with crumbled yolks of hard boiled eggs, the whites cut in dice and stoned olives.

Quails Braized with Peas.—Tress

half a dozen quails in the same way that you would a fowl for boiling; place them side by side in a steppan with half a pound streaked salt pork cut in thin slices, two or three stalks of celery and some parsley; cover with weak broth or water and simmer closely covered for three-quarters of an hour. Dish the quail in a circle placing them breasts outward; fill the center with canned peas heated, seasoned and drained. Skim the fat from the broth, of which there should not be more than a pint, thicken and color and send to table in a boat. Braized in the same way, but stuffed with stone olives, mushrooms or truffles, they are called a la perigieuse.

Perhaps never, unless you are a hunter yourself, will you know the gastronomical delight of quails a la centre. I first partook of them on a California ranch, cooked and served by the brown-eyed hunter lad who shot them. Dress and draw the birds; put the livers inside; roll them in thin slices of fat salt pork and then in well buttered white paper; cook in hot wood embers as you have baked potatoes after a bonfire during your childhood; serve them on toast with a tureen of good brown gravy.

Partridges should have the breasts larded and be baked (if they cannot be roasted) in a quick oven for twenty to twenty-five minutes. Dish up on dry toast, garnish with cresses and pass tart jelly or spiced plums with them. The drippings in the pan may be thickened and seasoned for a brown sauce, or you can serve them with a celery sauce or on a piece of celery. Either of the two latter is especially nice with boiled partridges.

The famous canvasback ducks of Baltimore come from Havre de Grace and owe their superior excellence and flavor to the wild celery on which they have fed. They are not in their prime until the middle of December, by which time they should weigh from six to six and a half pounds the pair. The mode of procedure in cooking canvasback, redheads or mallards is the same: Pick, singe and draw the birds, put a pinch of salt inside and roast rare. An overdone canvasback is no better than the commonest wild duck. It is a common fault of the American cook to kill game with kindness, that is with cooking.

The ingenious manner in which the "baited mallards" from the smaller lakes of Minnesota and Wisconsin are fed renders them of such superior excellence that they may be substituted for canvasback almost without fear of detection. Corn is spread daily on the banks of the lakes and after day the birds return to partake of this mysterious-sent manna, until, at last, like human epicures, they fall a prey to their love of good living, being captured when fat enough. To be sure that they have not hung too long, or been side-tracked on the way east, see that their eyes are bright and the webs of the feet soft.

Mr. Billus (leisurely packing her trunk)—What are you in such a hurry about, John? Mr. Billus—Why, blame it, Maria, I've got to shut the lid of that trunk down and lock it, and the train's due in two hours and fifty minutes.—Chicago Tribune.

Mr. Billus—Nellie, hand me my umbrella, will you? It has commenced to rain. Mrs. B.—I lent your umbrella to Mr. Sweetfoot last night. Mr. Billus—What in thunder did you do that for? Didn't you know it was his?—Puck.

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TEA is a Chinese word. UKRAINE is of Russian origin. GIN was first made in Geneva. ACE is formerly meant any field. VILLAIN was formerly a farmer. PILLOW lace is made on a pillow. CANDY was first made in Candia. GUINEA fowls came from Guinea. FRIEZE first came from Friesland. PECK was once only a poke or bag. LEMONS originally came from Lima. FLORINS were first made in Florence. HUZZY is a corruption of house wife. APOCYPHA means hidden or spurious. MAGNETS were discovered at Magnesia. TUBLE was invented at Tulle, in France. CANARIES came from the Canary Islands. GILLYFLOWER is a corruption of July flower. TABOO and tattoo are of Polynesian origin. SAISANET was first made by the Saracens. FAREWELL means, may you fare or travel well. BROADCLOTH took its name from its unusual width. FETISH and zebra are from a dialect of South Africa.

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