

a digestive juice, of not much importance; its sole object being to convert cane sugar into grape sugar.

I had a dinner yesterday. Part of that dinner is now writing this article. It does so in the following manner:

My dinner consisted of roast beef and fat, potatoes, bread, salt, water and coffee.

These foods have the following composition:—

Roast beef	=	proteid
Fat	=	fat
Potatoes	=	starch
Bread	=	{proteid starch
Salt	=	salt
Water	=	water
Coffee	=	{caffeine water

So that my dinner consisted of proteid, fat, starch, salt, water and caffeine. If you have

carefully followed this article you will be able to follow this:

The proteid was converted into peptone by the stomach and pancreas.

The starch was converted into sugar by the spittle and pancreas.

The fat was converted into soluble fat (soap) by the liver.

The water, salt and caffeine need no digestion, they can enter the blood direct.

So this dinner was absorbed by the intestines and got into my blood. The blood circulated through my brain and hand, and gave them nourishment which enabled them to write this account of their nutrition.

Is there anything in the digestive organs of man that tells us what we should eat? Most certainly there is. As we have organs which digest a mixed diet it must follow that we require a mixed diet. And so we do. Again the length of our gut (twenty feet) also suggests a mixed diet, for it is intermediate

in length between that of a carnivorous and an herbivorous animal.

Those who read this paper and are unfortunate in regard to their digestions can gather many valuable hints from this brief account of the physiology of digestion. I will enumerate the chief points here suggested.

1. Thorough mastication of food is indispensable.
2. Starchy foods must be thoroughly mixed with the saliva.
3. What you take by your mouth finds its way into the blood.
4. A mixed diet is the physiological diet of man.
5. Drinking in large quantities at meals is to be avoided.
6. Greasy food should not be taken when there is a tendency to biliousness.
7. If you have palpitation, you have probably *not* got heart disease.

COLD MEAT COOKERY AND VEGETABLES.

MINCE.

Ingredients.—Half a pound of cold meat, one small onion, one ounce of dripping, half an ounce of flour, one gill of stock, pepper and salt.

Method.—Mince the meat finely and remove all skin and fat; slice the onion and fry it brown in the dripping, take out the onion and stir in the flour, let it brown and then add the stock by degrees and the minced meat. Let the mince get quite hot and serve with a border of mashed potato or well cooked macaroni round.

RISSOLES.

Method.—Make in the same way as mince, using only half the quantity of stock, and then spread the mixture on a plate to cool. When cold divide into equal portions, flour the hands, roll into balls, egg and crumb and fry in deep fat a golden brown.

HASH.

Ingredients.—Slices of cold meat, a slice each of carrot, turnip and onion, half a pint of stock or water, half an ounce of dripping, one ounce of flour, sippets of fried bread sauce, browning, bay leaf.

Method.—Chop up the bone from the cold joint and put it to simmer for an hour in the water or stock. Fry the vegetables in the dripping, add the flour and fry that brown, pour on the stock from the bones, stir till it boils, add the bay leaf, pepper and salt, put on the lid and let all simmer half an hour. Put in the slices of cold meat and let them heat gently in the sauce, take away the bay leaf, add a little Harvey or ketchup and a little browning. Serve on a hot dish with sippets of fried bread round.

CURRY OF COLD MEAT.

Ingredients.—Half a pint of curry sauce—(See Chapter on "Sauces.")—cold meat, rice.

Method.—Cut the cold meat into dice and let it heat in the curry sauce. Serve with a border of boiled rice—(See "Odds and Ends.")

COLD MEAT MOULD.

Ingredients.—Three-quarters of a pound of cold meat (minced), a quarter of a pound of cooked ham (minced), one egg, two tomatoes, one small onion (chopped), parsley (chopped), half a gill of stock, one dessertspoonful of flour, pepper and salt.

Method.—Butter a pie-dish, slice the tomatoes and ornament the dish with them. Mix the meat with the onion, parsley, pepper and salt; mix the flour smoothly with the stock and stir it until it boils in a small saucepan;

beat the egg and add it to the sauce when it cools; mix well with the chopped meat, etc., and press all into the ornamented piedish, cover with a greased paper and bake half-an-hour in a moderate oven. Turn out when cold.

COLD MEAT PATTIES.

Ingredients.—Any scraps of cold meat, pastry, pepper and salt, a little stock or water, beaten egg.

Method.—Cut the meat into little pieces and take away any skin. Line some patty pans with short pastry: season the meat with pepper and salt; put some meat on each patty pan and a very little stock or water for gravy; cover with pastry, brush with egg, make a little hole in the middle of each and bake twenty minutes.

VEGETABLES.

GENERAL RULES FOR COOKING VEGETABLES.

1. Green vegetables must be cooked with the lid off the saucepan to keep them a good colour.
2. Root vegetables can be cooked with the lid on as they will not discolour if the steam is shut in.
3. Pulse (i.e., peas, beans, and lentils) must not be cooked with salt in the water as the salt hardens them.
4. Potatoes, artichokes and turnips must be put into water as they are peeled to prevent their turning a bad colour.
5. All vegetables except pulse must be cooked with salt; green vegetables need a pinch of carbonate of soda.
6. Salt for boiling vegetables is used in the proportion of two ounces to the gallon.

BOILED POTATOES.

Wash the potatoes and dry them, pare them thinly, putting them as you do so into clean, cold water; boil gently with salt in the water, from twenty to thirty minutes according to their age and size. When tender pour off the water and put the saucepan back on the stove with the lid off for the potatoes to dry. Sprinkle with salt and shake slightly.

BAKED POTATOES.

Wash the potatoes and dry them. Lay them on a tin and bake them an hour or more until they feel tender. When half baked turn them over.

NEW POTATOES.

Wash the potatoes and scrape them. Boil gently with a sprig of mint from ten to fifteen minutes. Drain and dry on the stove; melt a

little dripping in the saucepan, put in a little chopped parsley, and toss the potatoes in this.

CARROTS.

Wash and scrape, if large split in halves. Score across the thick end with a knife and boil one hour.

TURNIPS.

Wash and pare thickly, boil half an hour, drain, mash with pepper and salt and a little milk.

ONIONS.

Cut off the top and bottom and take away two skins; blanch them by putting them in a saucepan of cold water, bringing to the boil and throwing the water away. Boil three-quarters of an hour.

PARSNIPS.

Wash and scrape, cook like carrots.

CABBAGE.

Put to soak in cold water with salt, head downwards, to draw out the insects. Take away the outer leaves, cut off the stump and score through the thick end to help it to cook. Boil from twenty to thirty minutes. Drain and press well; cut up small. Young greens need hardly any leaves removed.

CAULIFLOWER.

Cook in the same way as cabbage but serve whole.

LEEKs.

Cut off the roots and the top part of the green leaves; wash thoroughly, boil gently about twenty minutes until tender and then drain.

GREEN PEAS.

Shell and rinse; boil gently with a lump of sugar and a sprig of mint about twenty minutes. Drain when tender and toss in a little butter or dripping.

BEANS.

Rinse the beans and cut them in pieces. Boil until tender and drain well.

ARTICHOKES.

Wash and peel, boil gently about twenty minutes until tender. Serve at once as they soon lose colour.

SPINACH.

Pick the stalks off and wash very thoroughly, letting the tap run on it and turning it over and over. Rinse out a saucepan and put in the spinach. No water is needed. When tender press and drain well and toss in a little butter or dripping; add pepper and salt and serve.