

EDITORIAL CHIT-CHAT.

THE RIGHT WAY OF ROASTING.—In a former number we gave a few hints as to frying, and in a subsequent one a hint or two as to broiling. Such of our subscribers as are fond of housekeeping have been greatly pleased with what we said; and so, in answer to a very general request, we give here a short chit-chat on roasting. And first, in roasting, the time should vary. From twenty minutes to half an hour, less will do, in hot, summer weather, like this, than in the winter. Fresh killed meat, also, will take longer than meat which has been hung. The average time for roasting is rather better than a quarter of an hour for every pound of meat, if the ordinary flat dripping-pan and stand be used; but if a meat-hastener, or tin screen be employed, about twenty minutes less than the time thus calculated will be sufficient. It is very difficult to roast with anything like precision without using a screen; the best constructed kitchens being generally draughty, and the fire-place exposed to currents of cold air.

Fast boiling is well known to make meat tough; quick roasting has the same effect; on this account it is advisable to make up what cooks call a "mending fire;" but if it should happen that this cannot be accomplished, means should be taken to check the effects of too sudden exposure to heat. This may be done by covering the meat with a greased paper, or by spreading cold dripping over the joint; the latter plan is less troublesome, and insures the joint being kept moist when first put down—a precaution which is rarely taken by inexperienced cooks. Their usual mode of proceeding is to leave a joint, for the first hour at least, to take care of itself, by which time it usually happens that the outside is converted into a coat of mail, through which the heat penetrates with difficulty to the center. Joints that are enveloped in fat may, to a certain extent, be left without constant basting; but lean meat, poultry, and game require incessant care. A very excellent basting for such meat consists in salt and water. About half a pint of salt and water should be put into the dripping-pan, and the meat kept constantly basted with the mixture for the first twenty minutes. The liquid should then be removed, and the joint basted with butter or dripping in the ordinary way. Those who have not tried the experiment may safely do so, and they will find that not only is the meat more evenly cooked, but the color is heightened by this means. Many kinds of meat which are considered dry eating, such as rabbits, are rendered comparatively succulent by the use of salt and water.

A good cook prides herself upon the color of her roasts; not content with knowing that the joint is really done, she strives to give it the appearance of having obtained the point of perfection at the moment of sending to table. To impart this appearance the practice of "frothing" has become general. A well-dressed joint, however, requires no art in frothing, but will wear the desired appearance naturally if proper precaution be taken to preserve the gravy in the meat whilst roasting. The usual mode of frothing a joint consists in removing it from the fire about twenty minutes before dishing-up time, and dredging the meat lightly with flour. The meat should be afterward basted until the flour is just brown. The great fault in frothing consists in using too much flour, and converting the outside of a joint into a paste of soddened flour and fat—a mere sprinkle of flour is sufficient.

Greasy gravy is one of the greatest eyesores in roast meat. Many cooks float a joint in a dish half full of an

odious mixture made in the dripping-pan, and sent direct therefrom to table. Gravy in a dish containing roast meat is a violation of good taste. The dish should be dry and hot. The only gravy required is that which flows from a well-dressed joint. In a properly-roasted joint the gravy should follow the knife, and flow into the well designed expressly to receive it in the dish. A sauce-boat containing additional gravy should be sent to table for the use of those who prefer it.

"Made gravies" are quite out of place as an accompaniment to roasted joints of meat. A good manager will always have plenty of suitable gravy from previous roasting, without having recourse to the dripping-pan. The mode of supplying the right gravy is thus: when a joint is roasted, the dripping which has been used should be strained from the dripping-pan into a clean, dry basin; when cold, the glaise, which has flowed from the meat, will have settled at the bottom of the basin. The only trouble necessary to convert this glaise into gravy is to add a little salt and water to it. When boiled and strained, the mixture is ready to send to table in a sauce-boat. If people prefer gravy in the dish to having it sent to table in a separate boat, the above gravy should be strained, not over the joint, as common cooks are apt to do, but carefully at the side. The shanks of mutton and bones of beef should be boiled, and the liquor used instead of water.

This may seem a hot subject to talk about on a sultry summer day; but people eat roast meats in August as well as in January; and if one would avoid dyspepsia, one's roast ought to be perfect in summer, if ever.

TO MAKE A CUP OF GOOD TEA is an invaluable feminine accomplishment. We fear that our grandmothers, as a rule, made better tea than we do ourselves. The tea-pot, if of metal, should be bright; since polished metal gives out heat very slowly, and therefore keeps the water hot much longer. As to the tea itself, that must depend on the taste of the consumer. We need not dwell on the universally-known fact, that boiling water is quite necessary to success in tea-making, and that scalding the pot should never be omitted. Where only a small quantity of tea has been used, and strong is, nevertheless, desired, it is not a bad plan, after the tea has stood a few minutes, to stir the leaves before pouring out the tea. There is less nourishment in tea than coffee; but both, as also cocoa, possess the peculiar property of serving as food for the brain. This is rather a recent discovery. Taken in moderation, they benefit the nervous system.

CAPE MAY AND ITS TOILETS.—Our subscribers know, we suppose, that Cape May is one of the most popular sea-beaches on the Atlantic coast. One of our artists has just been there, and has illustrated the toilets he saw. In one picture, we have the belles and beaux, in full dress, when walking or flirting on the beach; in the other, we have the same persons when in bathing costume. Those who have never been at Cape May will have a hearty laugh, we suspect, over the metamorphose. We, who have often been at the Cape, can testify that the picture is not exaggerated.

FOR PROMOTING THE GROWTH OF THE HAIR nothing is better than cold water. Camphor and borax is preferable to soda for washing the head; some skins would be much injured by the use of soda. Generally, cosmetics are injurious.