



THE YOUNG CITIZEN PANTRY



VEGETABLES

BEFORE they are cooked or served, vegetables of all kind should be thoroughly picked over, and all the decayed or unripe parts thrown out. They should be well washed several times with a different clean water each time. Most vegetables are better when laid in cold water a short time before cooking. They are better when freshly gathered and cooked as soon as possible.

Baked Potatoes

Select large potatoes of uniform size and shape. Wash and scrub them with a small brush. Then bake them in a hot oven for about an hour. Press them to see if they are done, but do not stick them with a fork. When they are soft, serve at once. They become watery if kept.

Fried Potatoes

Slice cold boiled potatoes. Put them into a skillet with butter, and cook until browned on both sides. If rolled in flour they will form a crisp crust.

Raw potatoes are sliced and put into cold water. Then they are dried on a cloth and immersed in hot fat until done. Fry them to an amber color and serve at once.

Baked Sweet Potatoes or Camotes

Wash and scrub the potatoes without breaking the skin. Bake them until soft. Then break the skin in one place, and serve at once.

Stewed Tomatoes

If fresh tomatoes are used, remove the skins by placing them in boiling water for a few minutes. The skins will then peel off easily. Cut the tomatoes into pieces and stew in a granite-ware saucepan until tender. To one quart of tomatoes add one teaspoonful of pepper and a tablespoonful of butter. Then add one-half cupful of cracker or bread crumbs.

Scalloped Tomatoes

Season a can of tomatoes with one teaspoonful of salt and one-fourth of a tea-

spoonful of pepper. Cover the bottom of a shallow baking dish with a thin layer of bread crumbs. Pour the tomatoes into the baking dish, and sprinkle over them a tablespoonful of sugar and a few drops of onion juice. Cover the top with a cupful of bread crumbs which have been moistened with a tablespoonful of melted butter. Bake in a hot oven for fifteen minutes. Serve in the same dish.

Baked Onions

Cook the onions in two waters until tender. The second water should be salted and boiling. Drain well. Press each onion in a coarse cloth, gently so as not to break it. When they are all dry, lay them all together, side by side, in a bake-pan. Add pepper, salt, and butter, and a cupful of stock (a thick soup). Brown in a hot oven. Take out the onions and keep them hot in a deep dish while you thicken the gravy left in the pan

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OBEDIENCE

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who did not obey the laws of the land.

If early in life one learns to obey, it will not be a difficult task to be obedient in later life. But the child who is permitted to have his own way, to be disobedient to those in authority, is learning to do that which will bring sorrow and suffering to himself and others.

Boys and girls, make this your rule and never break it: I will always obey my parents and my teachers, and those who have rightful authority.

 SOMETHING TO THINK ABOUT

1. Are you obedient?
2. Must your parents obey the laws?
3. Must the president of the Philippines obey the laws?
4. Must the president of the United States obey the laws?
5. Why is obedience necessary?
6. When should one learn to be obedient?
7. Read the rule in the last paragraph of this article. Then memorize it.
8. Why will disobedience bring sorrow?
9. What is a criminal?

VEGETABLES

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with browned flour. Pour the gravy over the onions, set in the oven for two minutes, and serve.

Rice Croquettes

Put three-fourths of a cup of milk in a sauce-pan over the fire with a generous tablespoonful of butter, a heaping teaspoonful of sugar, and when it comes to a boil, add a cup and a half of boiled rice, some powdered cinnamon or nutmeg (if desired), and salt to taste. Mix well; then let it come to a boil. Add a beaten egg, remove from the fire, turn into a plate to get cold, form into cylinders, and fry in hot butter.

Ways of Cooking Cabbages

Select firm; crisp heads of cabbage. Boil the cabbage briskly in plenty of water, keeping it closely covered. Or if possible, remove the hard core, and then steam it. This will avoid the odor of cooking. When perfectly tender, chop in a wooden bowl. Have a white sauce ready of milk well thickened with cornstarch and flavored with nutmeg. Into this stir the chopped soft cabbage. Beat it vigorously until it becomes pulpy. Add a lump of butter the size of

a small egg. Serve it hot with any roast meat or poultry.

Cabbage is delicious when cooked with butter and flour. Put the cabbage in a frying pan. Add a heaping tablespoonful of butter and a level tablespoonful of flour. Cook it until tender.

Boiled Beets

Wash and cook the beets in hot, salted water from two to three hours, according to age and size. When done, throw at once into cold water to loosen the skins. Peel them quickly and slice them thin. Pour over them a sauce made of three tablespoonfuls of scalding vinegar, a tablespoonful of butter, and a little pepper and salt. Serve hot.

Stuffed Green Peppers

Cut the tops off the sweet green peppers and carefully remove the seeds. Chop together very fine two peppers, one small onion, and one large peeled tomato. Add an equal amount of stale bread crumbs, one teaspoonful of salt, and sufficient melted butter to moisten the mixture. Fill the peppers with the mixture, replace the tops, and bake for half an hour in a moderate oven.