

✧ IN ✧ WOMAN'S ✧ SPHERE. ✧

CONDUCTED FOR THE "NEWS" BY MRS. FRANCES M. RICHARDS

## The Food We Eat

The chief article of a mid-winter dinner is usually meat prepared in some way. Therefore we will devote some few papers to the various ways of cooking meat. Steak is used occasionally, especially if no meat is used at breakfast, the one meat in the latter part of the day being the only one at which this heavy article of diet is to be served. To properly fry meat it should first be browned on the fire in a skillet, and then broiled, so that its digestibility may be favored, and as the quantity of it is put on the table in pans of grease and cooked until green, and meat are both toxic and use less. If you have no meat boiler, cut your meat into suitable pieces, and be sure and separate a thick one of steak from the thinner portions, as the thin will be done long before the other is cooked through. Put on your frying pan, and let it get hot. Then put in the meat, and stir it over the fire, to prevent scorching, and then put in the meat, not overcooking it, as a moment it will be ready to turn; indeed it must be turned every few minutes. That is the secret of cooking meat. Don't let the heat of your fire burn, for if it gets too hot the meat will shrink and all the rich juice will be lost. Turn the meat over after it has been turned and turned until it is done to your taste (if like I left a little rare, then take it up on a platter, and put a generous lump of butter on each piece, and send it at once to the table. If you ever learn properly to cook meat, you will never want to eat the hard, juiceless meat which was put on at the last of the last century. If you are going to cook much chop, you can serve them in the same way. Place in a great skillet, or if you do not, you ought to give them a longer time and a somewhat larger quantity of butter. If you have a veal cutlet it is to pour boiling water over them in the frying pan and let them boil about a quarter of an hour, and then broil them. If you have all boiled out. Now, put into them a generous lump of butter, that is when they are perfectly dry from the fat. Then broil them. If you have the steak until they are a delicate brown. Salt and pepper them just before taking them from the fire. If you have a roast, it is cooked in this way. In buying steak, remember that the porterhouse, although the cheapest, is the best. The tenderloin is the leanest, and there are some people who aver that a steak off the tenderloin is the best. The best steak is in the whole best. Some people chop or pound before cooking the meat, and if it is tough and old, it is better to chop it. It is not palatable. French cooks cook a tough piece of meat in vinegar for an hour, and then wash it in milk and water. The old-fashioned way of flooring the steak and dripping it into boiling fat makes the steak tough and greasy. The best way is to cook it green, and then to make it digest.

### The Clothes We Wear.

[illegible]

Our Children.

[illegible]

## Only Alternates.

Of all the diseases with which Americans are afflicted, surely this is the most common and the least respected. But it is not pleasant to bear, and yet we are those who inflict this disease upon ourselves. It is an manner of ten to mortify the cause of our sufferings to silence, to conceal, or to deny. It is a disease that is so easily treated, that it remains that we are suffering against law and nature to not only deny, or we would have known and cured it long ago. It is a disease that is so easily treated, that it remains that we are suffering against law and nature to not only deny, or we would have known and cured it long ago. It is a disease that is so easily treated, that it remains that we are suffering against law and nature to not only deny, or we would have known and cured it long ago.

## Physical Culture.

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### Discussion

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