

MAKING THE FARM KITCHEN PAY

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Making the Farm Kitchen Pay by Adeline O. Goessling

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ADELINE O. GOESSLING

**MAKING THE FARM
KITCHEN PAY**

One Month
of Care



YOURS FOR ECONOMY ON THE FARM

Making the Farm Kitchen Pay

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The Farm and Home Cook Book
The Housekeeper's Reference Book
The Good Housekeeping Needlework Book
The Orange Judd Cook Book



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INTRODUCTION

This is not an ordinary "cook book" of the conventional kind. In fact, much of what is generally to be found in the ordinary cook book will not be found in this book at all. On the other hand, much of what is not generally, almost never, found in the ordinary cook book *will* be found in this book.

This book is intended for use in the ordinary farm kitchen, to supplement the conventional cook book. Economy is its keynote, inasmuch as it tells the housewife how to conserve certain farm products, so as to eliminate waste—in other words, how to make the farm kitchen pay. The fine illustrations with accompanying recipes will doubtless be considered in the nature of the spice that lends variety to an otherwise prosaic combination.

A. O. G.

DRIED VEGETABLES AND FRUIT

To Dry Corn—Preparations

In the first place do not attempt to dry too much corn at once. A better plan is to do a little at a time, and in that way the labor is less and results more satisfactory.

Select perfect "roasting ears" of sweet corn—not over-ripe nor under-ripe—plunge immediately after picking into unsalted boiling water, cover closely, and boil actively about five minutes, or just enough to "set" the starch and milk.

Remove from water, cool, and cut kernels from cob, using a very sharp knife, and being careful not to cut too close to the cob. What remains on the cob can be scraped off with the back of a silver knife and used for a corn pudding for dessert. This is made with the addition of milk, eggs, sweetening, salt and flavor. Do not put the scrapings with the clean corn kernels to be dried, as it has a tendency to make the whole mass sticky and more difficult to handle and dry.

Drying Methods

Corn is best dried in a moderate oven with the oven door left partly open. The drying process is in this way more rapid and insects cannot get at it. However, in climates where the days are long, sunny, dry and hot, outside drying is perhaps just as well, if due precautions are taken to keep the corn from effects of dampness and insects. To do this, screened and properly ventilated trays or racks are needed, these to be carried indoors when weather is

damp, and after sun sets. The corn kernels should be frequently stirred and turned, and the layers of corn should be spread thin and evenly.

Oven Racks

When the oven-drying method is used, racks or trays made of unpainted wire mosquito netting are the best and most convenient. The handy man, woman or boy can easily make these. Use light strips of clean wood and make a frame to fit your oven, and over this stretch and tack on the wire. Then put another wooden frame over the wire, so both sides are alike—the wire between two frames. Make all the trays the same size, so they will stack up without any trouble.

Oven Drying

On these trays spread thin layers of corn kernels prepared as directed, and place in a moderate oven, leaving the oven door partly open. Too hot an oven will cook or scorch the corn, while too slow an oven will sour it. Change the order of the trays once in a while—that is, put those that were in the center on top or bottom, where heat is greater, so as to give all a chance to dry evenly. Stir up the kernels with a silver or wooden spoon, spread layers evenly again, and return to oven.

If screen trays are not available, milk, bread or meat pans, or any flat pans can be used. Place sticks of wood under them, and a layer of paper in them, so the corn kernels will not scorch or stick to the bottoms of the pans. Some of the racks, trays or pans can also be placed on the top of the stove.