



EVERYWOMAN'S HOUSEHOLD DEPARTMENT

Food and Housekeeping Efficiency
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The Interesting Italian Way

Dishes That Give a Touch of Difference to Our Cookery

THE PERSISTENT use of sauces in Italian cooking is the outgrowth of a persistent scarcity and costliness of meat and of all highly concentrated food stuffs. Out of this condition, Italy, so much poorer than the younger countries of the world, has evolved a system of seasoning which is delicious, and which substitutes art for nature.

American cooks have not learned, as yet, but the time is coming when they may have to do so, if it is not already here. The sauce is the wonder of many an "a la" this or that, but were the secret known, it would be found to be merely our common old friends, beef, or lamb, or kidney stew, masquerading under an assumed gentility.

The American housewife, tired of the menus which she finds in her cook book, will find pleasure in tickling the appetites of her family, if only occasionally, by planning an Italian dinner.

THE antipasto of Italian dinners is really the *hors d'oeuvres* of the French, save that it is used before the soup, and not after it. The Italians, too, are apt to arrange all the antipasto on a large platter, leaving the selection to each individual, whereas the French arrange the *hors d'oeuvre* on each individual plate.

Cabbage Soup

BOIL a large lamb or veal bone until the marrow comes out, then put in the pot two onions, a small cabbage and a pint of dried lima beans which have been soaking all day. Just before serving, add two handfuls of the small pastes in

the shape of stars, fish, etc., which you will find in all Italian shops. All the vegetables for this soup should be cut into long, thin strips, and the soup itself should be thick with them.

Spaghetti Milanese

BOIL spaghetti fifteen minutes in a large pot, taking care that the water is boiling hard, and that you do not break the strands. Meanwhile, open a can of tomato paste and one of

of bacon, drain it, and serve it, heaped up around the chops. The Italians never chop the spinach, as the French do, and never serve hard boiled eggs with it. The French, on the other hand, boil it, chop it fine, press it into the appearance of a mould and garnish it with hard boiled eggs.

Romaine

THIS is sometimes called "cos lettuce," and has long, narrow leaves. It is especially good in the winter. The leaves should be broken in two, as they are usually too long to lie on a salad plate. In dressing all salads, use the combination of olive oil, vinegar or lemon juice, salt and pepper. Chives, shallots, green peppers, paprika, garlic, parsley—are sometimes added, to give variety. The materials for salads must be thoroughly dry. Shake and wipe each separate leaf so that it will "take" the oil. Both French and Italian people are very particular about this. Dress the salad at the table, as it should never stand for a second after being prepared. Use a wooden fork and spoon, as any other material affects the flavour.

In making custard for this menu, remember that the trick of having it firm is to heat the milk almost to the boiling point before beating it into the eggs. The sauce is made by breaking up half a cake of sweet chocolate, adding a little water, and letting it cook until it dissolves. It is poured over the custard when it is hot and the custard cold.

All European dinners end with black coffee, which is invariably made in the percolator.
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One of These Italian Dinners Will Make a Change

ANTIPOSTO Tuna Fish Celery	ANTIPOSTO Tomatoes Salami	ANTIPOSTO Sicilian Sausage Shallots
SOUP Cabbage	SOUP Vegetable, with Cheese	SOUP Dried Lima Bean
ENTREE Spaghetti Milanese	ENTREE Risotto and Clams	ENTREE Chicken Livers
SALAD Fried Pork Chops Breaded with Spinach	ROAST Roast Chicken, Chestnut Stuffing	ROAST Cold Roast Chicken
ROAST Romaine	Fried Cauliflower	Sharp Sauce
DESSERT Custard with Chocolate Sauce	SALAD Chicory	Cappelletti, Tomato Sauce
	DESSERT Raisins and Candied Fruit	SALAD Romaine
		DESSERT Fruit

vegetable paste, mix them with an equal amount of water and put on to heat, with two cupfuls of salami, chopped into very fine pieces. Drain the spaghetti through a colander, arrange it in a deep platter, pour the sauce over it and add half a cupful of grated parmesan cheese.

Fried Pork Chops with Spinach

SELLECT small, lean pork chops for this dish. Drop them in a beaten egg, dip them in very dry, fine bread crumbs and fry them in a pan of deep hot fat. Boil the spinach with a small bit

Buffet Service Solves The Problem

The Attractive and Convenient Way to Serve a Maidless Luncheon or Supper

THERE are so many occasions in the spring when a luncheon seems the one desirable form of entertainment—the only difficulty that deters many an eager hostess being that of service. A formal luncheon may easily become a formidable luncheon, if one has not trained servants who will carry it through without a hitch.

It is to the eager would-be hostess who has no servants or perhaps one maid on whom she would scarcely care to place the responsibility of cooking and serving the dainty meal, that the idea of the buffet lunch or supper appeals. And if she is equipped with a chafing dish, she may plan a jolly little party that will be all the more certain of success by reason of the absence of formality and the pleasant interest that will centre about the simple cooking operations. Besides—and no successful hostess ever overlooked this very material reason for the success of her entertainments—food that is carefully planned and prepared beforehand and then cooked and promptly served all in one motion, as it were, will undoubtedly taste delicious.

If buffet service is to be your plan, try to arrange everything on the sideboard or serving table, placing each article so that it will be most readily accessible when needed. Think out each move ahead, and have every requirement just at your hand.

The first essential is the menu. There are plenty of delicious chafing dish recipes to be had. But just a word of warning—don't have too many things that require to be cooked, or there will be an awkward delay between courses. Just one or two dishes from the chafing dish will create the atmosphere desired and supply sufficient hot food for this season of the year. Never have two successive courses that need the chafing

dish, if the second one will require more than a few minutes to cook. And for real success, eliminate your kitchen entirely, if possible; at best, use it very little.

Creamed dishes are easily treated in the chafing dish way and are certain of success if rightly handled. Let us decide, therefore, on a creamed

Working backward and forward from this dish, we may build such a menu as the following (always having in mind that for a ladies' luncheon, daintiness is more important than richness, new dishes preferable to many dishes):

Crab-meat Cocktail
Creamed Chicken and Sweetbread with Peas or Mushrooms
Brown Mashed Potatoes
Fruit Salad, Whipped Cream Dressing
Individual Ices or Jellies
Small Cakes
Coffee



With things arranged in the order they will be required, buffet service is smooth and simple.

main dish—say chicken and sweet-bread. We will augment it by a dish of potatoes, mashed and browned in the oven. These can be boiled, mashed with a little cream, salt, pepper and butter, beaten until foamy and put into a baking dish. Place in the oven (which should be only moderately hot), just about the time your guests tempting brown on top, when it is time to serve them.

the sauce has been cooked sufficiently, turn in the diced meat, and the mushrooms or peas (or both). If only one course precedes this, as in the menu given, the sauce might better be made already and kept hot in the chafing dish, needing only the meat, which should be added at the commencement of the luncheon. If you have not a set of ramekins, the little paper ones sold in the shops will answer admirably. Place each ramekin on a small

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