

# SCHOOL FOR HOUSEWIVES

BY MARION HARLAND

## PALATABLE HASHES



Use Scissors to Cut Meat



Wooden Bowl With Double Chopper



FLOUR



Garnish With Eggs and Lettuce Leaves

THE utmost concession I shall make to popular prejudice, always mightier than popular principles, is to vary my talk of hash by calling it sometimes "mince."

A stew is not a mince or hash. Nor is a ragout or a salmi. Materials for these English dishes with French titles are cut into cubes or strips or joints, with a sharp knife, and retain shape and identity when cooked.

I would impress upon our housewife's mind one or two general rules for hash-making before proceeding to offer recipes:

1. Avoid incongruous mixtures. Certain combinations are harmonious in cookery as in colors. Ham and tongue, chicken and tongue, chicken and ham, beef and potatoes, veal and rice, lamb and peas, mutton and tomatoes, accord well the one with the other.

Veal and ham fall into step naturally.

Don't mix beef and ham, or fish and rice, for example.

2. Make it a point before essaying a mince to have stock or gravy wherewith to wet it.

3. cannot make good hash without it or butter rolled in browned flour. Chopped cold meat, wet up with salted water, and perhaps onion juice, and piled loosely upon buttered toast, is not a dainty dish to set before anybody, be he peasant instead of king.

Save bones and other scraps for gravy-making, and keep a supply on hand for the enrichment of left-overs.

### Hash Pates.

Mince cold chicken, or veal or lamb, and mix with it a third as much cooked ham or breakfast bacon, chopped fine. Add as much fine crumbs as you have ham. Toss and stir until they are thoroughly incorporated. Wet quite soft with gravy or good stock, season with paprika and onion juice to your taste

and set over the fire until very hot.

It loses flavor if allowed to boil. Have ready, by the time it is scalding hot, a number of rounds of stale bread, in the center of which you have cut smaller circles, and scraped out of these the crumbs, leaving thin walls all around sides and bottoms. Dip these in a mixture of two beaten eggs and a cupful of milk.

Soak each round of bread, then drain off superfluous liquid and try to a light brown in hot fat.

Drain in a hot colander; fill with the smoking mince, and serve.

### Hash Pates With Poached Eggs.

Make as directed above and lay a poached egg on the top of each.

### Hash Pates and Baked Eggs.

In filling the fried bread shells with the mince, as I have described, level the latter a little below the tops of the shells and drop a raw egg carefully within each cavity. Set in a quick oven to form the egg. It should not be hard.

### Veal and Mushroom Mince.

Make a sauce of weak soup stock, heated in a saucepan with a spoonful of butter. When bubbling hot, stir in a

large spoonful of flour and cook for a minute, stirring smooth. Now, season with onion juice, salt and pepper, and add nearly a cupful of strained tomato sauce, well thickened and seasoned with pepper and salt, a little sugar and a lump of butter.

Veal needs much "trimming" to make it savory. When the contents of the saucepan bubble all over, stir in two cupfuls of cold veal, chopped rather coarse, and a cupful of minced mushrooms.

As soon as it renews the bubble, take from the fire and serve.

### Mounded Mutton and Rice.

Make just such a mince as I have described in the last recipe, but instead of the mushrooms, stir into two cupfuls of minced lamb or mutton a cupful of cold boiled rice, and a small sweet green pepper, scalded and chopped.

The hash should be stiff enough to hold its shape when made into a mound in the middle of a hot platter. About the base of the mound lay fried eggs, resting on edge and lying against the mince.

Outside of the eggs arrange thin slices of fried bacon, curling and crisp.

### Beef and Potato Hash.

Mince cold roast, or better still, cold corned beef. Mince meat for hash rather than grind it. The "cutter" takes out taste and goodness in reducing the meat to powder.

Have ready boiling in the saucepan a good gravy, or soup stock, made richer with butter rolled in browned flour. Season highly. Mix with the beef one-third as much mashed potato, and stir both into the boiling gravy.

Stir until the surface bubbles all over and dish.

Marion Harland

## FAMILY MEALS FOR A WEEK

### SUNDAY

#### BREAKFAST.

Grapefruit, farina and cream, stewed lamb kidneys, quick waffles, toast, tea and coffee.

#### LUNCHEON.

Cold meat (a left-over), anchovies on toast, apple and celery salad, hot crackers and cheese, prune jelly with whipped cream, cake, tea.

#### DINNER.

Chicken gumbo soup, mock squabs with tomato sauce, macaroni with cheese sauce, scalloped sweet peppers on the half shell, queen of puddings, black coffee.

### MONDAY

#### BREAKFAST.

Grapes, cereal and cream, scrambled eggs and minced ham, breakfast rolls (warmed over), toast, tea and coffee.

#### LUNCHEON.

Mince of veal (a left-over) from mock squabs), hashed potatoes browned, oyster salad, graham bread, cut thin and buttered; crackers and cheese, stewed pears with cake, cocoa.

#### DINNER.

Gumbo and tomato soup (partly a left-over), mutton chops, cauliflower au gratin, green peas, cracker and raisin pudding with hard sauce, black coffee.

### TUESDAY

#### BREAKFAST.

Fruit, hominy and cream, bacon and apples, cornbread, toast, tea and coffee.

#### LUNCHEON.

Cheese fondue, tomato toast, baked sweet potatoes, cream and butter, cauliflower salad (a left-over), crackers and cream, cheese, canned peaches (home-made), cake, tea.

#### DINNER.

French onion soup, braised fresh beef's tongue, with sauce piquante; string beans, boiled beets, mashed potatoes, custard pie, black coffee.

### WEDNESDAY

#### BREAKFAST.

Oranges, mush and cream, calf's brains on toast, graham muffins, toast, tea and coffee.

#### LUNCHEON.

A "Cape Cod feller" (made of salt cod), potatoes boiled with butter and parsley sauce, egg salad with French dressing, crackers and de bris cheese, rice blanc mange and cream, cake, tea.

#### DINNER.

Glasgow broth, boiled chickens with egg sauce, fried sweet potatoes, baked beans with tomato sauce, apple dumplings, black coffee.

### THURSDAY

#### BREAKFAST.

Fruit, oatmeal porridge and cream, liver and bacon, fried hominy (a left-over), toast, tea and coffee.

#### LUNCHEON.

Chicken cream soup (based on broth in which chickens were boiled), roast beef and Yorkshire pudding, boiled onions, spinach, cranberry punch, black coffee.

#### DINNER.

Oranges, mush and cream, omelet with cheese browned on top, graham gems, white and brown toast, tea and coffee.

### FRIDAY

#### BREAKFAST.

Curried shrimp, rice croquettes, baked toast, tomato and nut salad, crackers and Swiss cheese, minute pudding and liquid sauce, tea.

#### LUNCHEON.

Scotch broth (left over from Wednesday), baked chowder, whipped potatoes, stewed celery, chocolate pudding, black coffee.

#### DINNER.

Grapes and pears, cracked wheat and cream, bacon and sweet peppers, fried bread, toast, tea and coffee.

#### LUNCHEON.

Cold roast beef, German potato pancakes, cornmeal muffins, apple cake, cocoa.

#### DINNER.

Brown gravy soup, roast ducks, apple sauce, green peas, browned potatoes, whole orange fritters with wine sauce, black coffee.

## IF YOU WOULD KEEP SERVANTS

PAY good wages and always be punctual in paying.

Be liberal in the matter of food, remembering that good work cannot be done on an empty stomach.

Never nag. When reproach is needed give it with firmness and without fear, but kindly.

Give praise whenever it is due. It is well to acknowledge good work and thus encourage good service.

Never allow yourself to get familiar nor in any way become involved in the family affairs of the servants.

When things go wrong take time to investigate before reproving, and never scold or rebuke when angry.

## TO CLEAN CHAMOIS

THAT useful friend of the housekeeper, the chamois, has an amazing habit of stiffening after a bath unless it is given with great care.

Wash a chamois in soft water to which has been added a little borax and enough soap to form a lather. Shake up and down in the water and rub very gently. Rinse in cold water, shake in the air to get out as much of it as possible, pull it out well and lay it flat until partly dry. Now pull it through the hands several times and again spread out flat for further drying. Repeat this process several times and there will be little danger of a chamois ruined by drying hard and stiff.

## SUGAR AND PHYSICAL EXERCISE

ALL persons taking violent muscular exercise crave sugar, and it is one of the most important articles in the mountain climber's pack, which may perhaps explain the supremacy of Swiss chocolate. Children, naturally active, need a great deal of it, but, on the other hand, women who have sedentary occupations should take very little, as it will increase the weight. As a matter of fact, sugar is nearly pure carbon, and such a fat producer is indicated only, as before said, where heavy physical exertion is the rule.

## A FEW MORE SPOTS AND THEIR REMOVAL

GREASE spots on wallpaper may be removed by covering them with blotting paper to which a hot flatiron is then applied.

Paint stains on a floor, or, in fact, any wooden article, may be scoured off by soaking them for a short time in benzine or turpentine and then rubbing them with emery paper or a little pulverized pumice stone applied with a damp cloth.

For mud stains on dark clothes, allow them to dry thoroughly before attempting to remove them. Then a brisk brushing will probably take all the mud away, without leaving any traces of the ugly mark that would have remained otherwise.

For tea and coffee stains on household linen, rub with butter and afterward wash in hot soapsuds.

For cocoa or chocolate, on the other hand, wet with ice water and stretch on a cup placed beneath the cloth. Then in about five minutes rub hard with a napkin dipped in ice water, and soon the stain will disappear.

Ink stains on linen may be removed with turpentine and soap. For rain or other water spots on delicate velvet, rub gently with a sponge dipped in chloroform. Remember that chloroform is an explosive, and do the work out of doors.

To remove ink stains from the hands, rub the juice of ripe tomatoes over them, and then rinse in warm water. Tomato juice, indeed, is a prime remover of stains. It is good for those caused by ink, wine or fruit.

## THREE GOOD CEMENTS

FOR wood, metal or earthenware, mix litharge with glycerine to the consistency of thick cream, or use thin putty. It must have time to harden—at least a week—and will stand the action of either hot or cold water, as well as intense heat.

Transparent cement—Grind rice until as fine as flour; wet with cold water; then add boiling water, and boil till as thick as paste. When cool, add a little alum or oil of cloves.

Waterproof cement, for repairing marble or porcelain, is made by mixing plain white glue and milk. Unslaked lime and the white of an egg makes a good cement for ordinary use, as does also plaster of Paris blended to a cream with the white of an egg.

## TO REMOVE FINGER MARKS

THE finger marks so frequently left on painted doors by children or careless maids may be removed by rubbing with a perfectly clean cloth dipped in a little paraffine. The place should be afterward carefully rinsed in cold water and given a final polish with a clean, soft cloth. There is no real remedy for finger marks on light wallpaper, but sometimes simply rubbing with a clean cloth will help. Water accidentally spilt on wallpaper will usually not injure it, and should be left alone to dry, as interference may cause a lasting stain.

## HELPS FOR HOUSEWIVES

TO bleach handkerchiefs after washing let them soak over night in water in which a bit of cream of tartar has been dissolved.

Grass stains may be removed by dipping them in molasses and then washing out in clear water.

## HAT HANGER

BY taking a small piece of tape and tacking it on the band of a hat as you would a hanger on a skirt, the hat can easily be hung up on a hook without danger of being pushed off by any one brushing against it.

## THE HOUSEMOTHERS' EXCHANGE

WOULD you kindly tell me in next Sunday's paper how I may clean my crumpled raincoat? I am in haste to know. M. M. (Philadelphia), Pa.

Before this can reach your eyes, you will have made up your mind that the postal conveying your wish never reached me.

In the first place, a postal cannot be answered by mail, because it contains no stamp.

Secondly, yours had no address of street or number. But for the postmark on the reverse side I should not have known from what city it came.

Thirdly, it was written in pencil, and most penciled letters go unread until those that are written with pen and ink, on one side of the sheet and signed at the bottom of the last page, with name and address in full, have been examined and docketed for reply.

Thus it came about that your communication was overlooked for some days. I hope others will read this explanation and that they and I may profit by the plain statement of facts that count for much in a busy life.

Lay the raincoat out smoothly on a table and sponge with alcohol and ether in equal parts.

Then lay in the shade, but in the open air, to dry in the wind. Wash the sponge several times in a cup of pure alcohol during the operation. You will be amazed to see how much dirt it has brought away.

### Asks Information

Will "L. B." (Ottawa, Canada) tell us how she gets along when using borax instead of starch to stiffen laces?

Doesn't it stick to the iron? I used to use it, but I have given it up. Do you suppose the borax I had was impure? Or "L. B." suggestion appeared several weeks back, but it is never too late to learn a better way than one knows, especially if one is not satisfied with that way. E. K. W. (Buffalo, N. Y.).

You are right! A maxim to which I consider that I owe more than to any other bearing upon everyday life is "Never lose a thing for the want of asking for it"—"telling" meaning here, information that may be useful.

Before "L. B." gets in a better reply than mine, let me suggest that lace should never be pressed with the naked iron. Nor should silk and ribbon. Lay thin muslin, slightly dampened, between the article treated with borax and the flatiron, and it cannot stick to the heated surface.

### Proper Diet for Dogs

I saw in The Exchange some weeks ago that somebody asked your advice as to the proper diet for dogs. My experience goes to prove that Indian

meal is poor stuff upon which to feed dogs that are confined to the household. I do not wonder that one of those spoken of has died.

If that diet is kept up the other will follow his example. Young dogs should have boiled meat and puppies bread and milk. At least, this is my way of feeding them.

They need also quite a good lot of running around to keep them healthy. My dog is never sick and he gets the diet prescribed above.

A. E. C. (Summersville, Minn.).

More city dogs die for want of exercise than from improper feeding.

When the two are combined the poor creature has a hard battle for existence. My sympathies go out with force that waxes into indignation at the cruelly unnatural lives led by dogs in own whose owners seem to consider their duty done with regard to exercising the pampered quadrupeds when mistresses or housemaids have walked them around the block twice a day, the unhappy beast straining at the end of a taut leash in the frantic desire to use his legs as they were meant to be employed.

If he be so unfortunate as to belong to a woman who owns a carriage, he

takes his airing on wheels, perched in splendid misery upon a cushion and envying with all his canine soul the cur mawing a bone in a vacant lot, where he may scamper and fight other Arabs at will.

A cat takes kindly to the domesticity of an artificial civilization. In her native wilds she sought her prey by slinking and crouching and crawling.

The dog and his brother, the wolf, lived by the chase. They were built for speed. Think of this, ye that pet fox terriers and fatten mastiffs in kitchens and tie ribbons about the shaggy necks of collies!

### Treatment for Quince Trees

I have a few quince trees growing in my yard. They have never borne fruit, although now eight years old.

Will you kindly advise me how to treat them in order to get fruit from them next year?

I don't want to dig them up if anything can be done to make them prolific. I know you have horticulturists among your readers. Will they help me? W. K. B. (Frankford, Pa.).

Have the trees ever been grafted? If not, they may be seedlings, and fruitless on that account. Have them grafted at the proper season by a competent gardener or fruit grower.

If your trees were near enough to get the pollen from fruit-bearing trees when the latter are in bloom, they might change their habits.

This is an unprofessional opinion, founded upon observation of my own orchard.

I am only a learner in the wonderful school of nature. Wiser horticulturists will answer you.

## HINTS FOR THE HOUSEKEEPER

A PAN of borax and sugar, kept under the sink, will discourage roaches.

Plenty of hot water and washing soda put down the sink pipes will keep them clear, and lessen the plumber's bill.

A piece of lime or charcoal in the new refrigerator will prevent the "new" odor and taste from clinging to eatables.

To successfully bake a piecrust with-out its filling, line it with paraffine paper and fill with uncooked rice.

A tablespoonful of borax is an agreeable addition to the dishwater, and helps to keep the hands soft instead of irritating them, as soda does.