

# SCHOOL FOR HOUSEWIVES

BY MARION HARLAND

## CHESTNUT COOKERY



Fresh from the Trees

Dropping Nuts in Hot Fat

Removing Shell

Preparing Stewed Chestnuts

Putting the Nuts through Vegetable Press

IN OUR desire to introduce into our dietary all the kindly fruits of the earth, no matter from what clime they come, we have laid under contribution the nuts of foreign lands.

The chestnut seems thus far to be the nut which lends itself most readily to use on our tables, whether as a savory or as a sweet. Until within a few years its value was known chiefly to our foreign population, and to those of us who, having traveled "far lands for a see," had met the chestnut in regions where its possibilities were appreciated.

Now it is rapidly gaining an important place on our tables. Our native chestnuts are usually too small to be employed in cookery without an amount of trouble in preparation which makes the work a burden to one whose time is of value.

Its flavor is, however, all that one could desire. I have eaten purées and puddings and creams made from it which were not one bit behind those prepared from the Spanish or Italian chestnut three times its size.

### BECOMING A STAPLE

These may now be bought in all large cities, and most small ones, and are becoming more and more part of the stock of the first-class grocer.

The tyro in chestnut cookery is likely to have some trouble at first in their preparation. If she attempts to peel them before they are cooked she will find the work tedious and tiresome.

On the other hand, if she boils them too long in her efforts to loosen the hulls she will have chestnuts which are discolored from the action of the cooking on the outer shells.

The best way to make them ready that I have thus far found is to boil them for about ten minutes and then remove the shells and the inner skin.

The chestnut will not be cooked for eating then, but the outer coating will come off with comparative ease and the peeled nut can then be boiled in water or stock or gravy or what you will, to the desired degree of tenderness for use.

I may add that chestnuts thus prepared may be used as sweet potatoes

would be in a pie or pudding, and are much like them in flavor, although richer.

The excellence of the Spanish chestnut when roasted and served hot with butter, deserves to be more generally known.

**Chestnut Soup, No. 1.**  
Put two pounds of French or Spanish chestnuts over the fire in a frying pan, first cutting a hole in the shell of each nut. Toss them about briskly until they are crisped a little on the outside. Five or six minutes ought to do this.

While they are still hot, remove the shells and skins, put the nuts over the fire in a quart of good white stock and boil for three-quarters of an hour. At the end of that time, remove them, cut about a dozen of the chestnuts into dice and set them aside.

Put the rest of the nuts and the broth through a vegetable press or soup strainer, rubbing through to get as much of the "meat" as possible.

Put the part that goes through back over the fire with a pint of good stock or chicken or veal is best—a teaspoonful of salt and a saltspoonful of white pepper. Cook ten minutes.

Put in half a pint of cream, boil five minutes longer, add a good tablespoonful of butter and the chestnut dice, and serve.

**Chestnut Soup, No. 2.**  
Chop half a dozen stalks of celery, one medium-sized onion and one carrot and fry them until brown in two tablespoonfuls of butter. Put with them a quart of milk, three or four cloves and stew together for an hour.

Add salt to taste, divide the stock into portions, and into half of it put a pound of peeled and blanched chestnuts which have been boiled ten minutes.

Stew gently for half an hour. Set aside a few whole nuts, chop the others fine and put through a colander, with a pinch of salt, a dash of lemon juice and a dash of cayenne and a saltspoonful of black or white pepper. Moistened with the yolks of two eggs.

This is a delicious stuffing for turkeys, ducks or chickens.

**Chestnut Salad, No. 3.**  
Cook together a tablespoonful of flour with one of butter until they bubble, pour on them two cupfuls of hot milk, or of stock, and stir until smooth.

Add to this a pint of Spanish chestnuts which have been peeled and blanched, a dash of celery salt and a little cayenne. Boil half an hour.

Roll all through a colander, add a pint of milk, which should be half cream, and one egg, stirring it in carefully. Boil at once, salt to taste, and serve.

**Chestnut Purée.**  
Shell, blanch and boil until soft a quart of Spanish chestnuts. Rub them through a colander, add to them two tablespoonfuls of butter, two tablespoonfuls of cream, a quarter-teaspoonful of onion juice and salt and pepper to taste.

This is delicious to serve with roast fowls of any sort, or with game.

**Stewed Chestnuts.**  
Shell and blanch three pints of chestnuts, and fry in two tablespoonfuls of butter, a tablespoonful each of minced onion and celery.

Put the chestnuts with this, add three tablespoonfuls of tomato catsup and a pinch of water to cover them, stir, add a tablespoonful of oil. Cook over a slow fire in a double boiler for about an hour, stirring often.

Serve very hot.

**Chestnut Croquettes.**  
Boil and blanch a quart of Spanish chestnuts. Put them over the fire in strong veal or chicken stock. Cook until tender—about half an hour. Rub them through a colander, or put through a vegetable press.

Work into them a half teaspoonful of onion juice, two tablespoonfuls of butter, two tablespoonfuls of fine crumbs, salt and pepper to taste, and the yolk of an egg.

Heat in a double boiler until the mixture is hot, set it aside, and let it get better cold before forming it into croquettes with the hands. Roll in egg and in crumbs, and fry in deep fat.

They are better when quite small.

**Chestnut Forcemeat (for Stuffing Turkeys, Etc.).**  
Roast and blanch a pint of chestnuts, and boil them for about twenty minutes in strong veal or chicken stock. Drain and put through a vegetable press or through a meat chopper.

Add to them the boiled liver of the fowl, a slice of ham, both ground fine, a spoonful of onion juice, two tablespoonfuls of butter, a teaspoonful of salt, a pinch of onion juice, a dash of cayenne and a saltspoonful of black or white pepper. Moistened with the yolks of two eggs.

This is a delicious stuffing for turkeys, ducks or chickens.

**Chestnut Salad, No. 1.**  
Boil and blanch the chestnuts, cook them until tender in boiling water, take them out, throw into cold water, drain and dry in a soft cloth.

Arrange them on lettuce, pour over them a French dressing, and serve.

**Chestnut Salad, No. 2.**  
Prepare the chestnuts as before directed, cut each one in two, and cover them with the grated rind of an orange. Arrange on lettuce leaves, garnish

with sliced orange, and serve with mayonnaise dressing.

**Chestnuts in White Sauce.**  
Prepare chestnuts as before directed and boil in salted water for ten minutes after they are blanched. Prepare a white sauce by cooking together two tablespoonfuls of butter and one tablespoonful of flour, and pouring over them a cup of milk.

Stir until you have a thick, smooth sauce, season with a teaspoonful of onion juice, a dash of celery salt, and pepper and salt to taste.

In this sauce lay the chestnuts and let them simmer for half an hour. Serve very hot. They make a very good vegetable.

**Chestnuts in Brown Sauce.**  
Make a sauce of a tablespoonful, each, of butter and browned flour and stir into it a cupful of well-seasoned chicken gravy. Good stock for this may be made from the giblets.

Add a little onion juice and a tablespoonful of good catsup if the gravy be not highly seasoned. Lay in the chestnuts prepared as in the preceding recipe and cook for half an hour. This also is excellent to serve with fowls, roasted or broiled.

**Chestnut Sauce for Fowls.**  
Shell, blanch, boil and put through a vegetable press two cups of Spanish chestnuts. Add to them a full cup of hot chicken stock, a tablespoonful of mushroom or tomato catsup and set to one side.

Cook together in a frying pan two tablespoonfuls, each, of butter and flour. If there is good, sweet fat from fowls, this may be used in place of butter. When the fat and the flour bubble add to them the puree of chestnuts already prepared, season to taste with salt and pepper, and serve very hot in a sauce boat.

**Chestnut Cream.**  
Shell and blanch two quarts of chestnuts. Put them over the fire in boiling water and cook until tender enough to put through a sieve.

Toss them up lightly with a fork, add to them a tablespoonful of powdered sugar, a wineglassful of brandy or sherry and a little vanilla.

Heap high on a dish and cover with a pint of cream whipped light, with a little powdered sugar.

**Chestnut Compote.**  
After the chestnuts are boiled and blanch make ready a syrup by cooking together in a saucepan a gill of water and a half pound of granulated sugar.

When it comes to a boil drop in the chestnuts, and let them remain at the side of the stove where they will be at a very gentle simmer. When they

have absorbed the syrup take them out, arrange them on a dish and sprinkle with fine sugar. They may be served cold, with or without whipped cream.

**Chestnut Custard.**  
Make a good boiled custard in the proportion of five eggs to a quart of milk and a scant cupful of sugar. Prepare chestnuts as for chestnut cream, and stir them, after they have been put through a sieve, into your custard.

You will need a full quart of the chestnuts to a quart of custard. Flavor with a teaspoonful of lemon juice and a little nutmeg, and when very cold turn into custard glasses. Heap whipped cream lightly sweetened on top of each glass.

*Marion Harland*

## Family Meals for 1 Week

### SUNDAY

#### BREAKFAST.

Oranges, corn bread, cream, fried scallops, white bread toast, tea and coffee.

#### LUNCHEON.

Cold lamb (a left over), potato puff macedoine, salad, Boston brown bread (warmed over), crackers and cheese, home-made canned peaches and cream, cake, tea.

#### DINNER.

Cream of spinach soup, pot roast of beef, sweet stuffing, onions, boiled in milk, almonds blanc mange, cake, black coffee.

### MONDAY

#### BREAKFAST.

Baked apples and cream, bacon, boiled eggs, white and brown bread toast, tea and coffee.

#### LUNCHEON.

Baked eggs, sliced sweet potatoes, fried (a left over), soufflé of onions (a left over), tomato soup, chicken, home-made dressing, cake and coffee.

#### DINNER.

Potato soup, roasts of yesterday's beef, steamed in the oven and baked with gravy, mashed potatoes, succotash, peach meringue pie, black coffee.

### TUESDAY

#### BREAKFAST.

Fruit, cereal and cream, broiled oysters, tomato soup, toast, watercress sandwiches, tea and coffee.

#### LUNCHEON.

Mince of beef and potatoes (a left over), baked succotash (a left over), tomato soup, chicken, home-made dressing, cake and coffee.

#### DINNER.

Bean soup, stuffed breast of veal, stewed tomatoes, eggplant, chocolate custard, black coffee.

### WEDNESDAY

#### BREAKFAST.

Grapes, hominy and cream, apples and bacon, popovers, white bread, tea and coffee.

#### LUNCHEON.

Curry of veal (left over), boiled rice, bean soup, chicken, home-made dressing, cake and coffee.

#### DINNER.

Bean and tomato soup (partly left over), smothered chicken, baked rice (left over), lima beans, prime pudding with whipped cream, black coffee.

### THURSDAY

#### BREAKFAST.

Baked pears and cream, clam fritters, French rolls, toast, tea and coffee.

#### LUNCHEON.

Cheese soufflé, tomato toast, olive and cream cheese sandwiches, rice custard pudding, tea.

#### DINNER.

Cream of corn pudding, chicken pie (left over), string beans, vegetable marrow, jelly, pumpkin, black coffee.

### FRIDAY

#### BREAKFAST.

Oranges, mush and cream (boiled overnight), cheese omelette, brown and white bread, toast, tea and coffee.

#### LUNCHEON.

Plum pudding, breaded and fried; baked potatoes, soufflé of vegetable marrow (left over), warm gingerbread, American cheese, cocoa.

#### DINNER.

Clam chowder, halibut steak, potatoes a la bretonne (left over), stewed carrots, string bean and lettuce salad (left over), apple dumplings and hard sauce, black coffee.

### SATURDAY

#### BREAKFAST.

Fruit, cereal and cream, poached eggs on toast, mush (left over), toast, tea and coffee.

#### LUNCHEON.

Scallops of halibut (left over), stewed potatoes, baked and stuffed tomatoes, beans and cream, cake, tea.

#### DINNER.

Julienne soup, boiled leg of mutton with caper sauce, stuffed eggplant, fried scallops, cottage pudding and wine sauce, black coffee.

PLEASE tell me through your Exchange how to serve boiled eggs for breakfast.

I mean in what sort of a dish.

And are the old-fashioned egg cups the "proper thing" now? I am expecting a quart on the subject.

2. I should also be glad to know if a fork or a spoon should be placed on a dish of fried chicken before serving.

3. In setting the table should the tines of the fork be turned up or down?

4. In conveying food to the mouth, what food should be taken with the tines down, and which with them up?

5. Should one transfer the fork to the right hand after cutting meat, or just use the fork in the left hand after cutting the same?

M. E. C. (Louisville, Ky.).

Boiled eggs are served in a deep or in a flat dish developed in a napkin.

The dish should be heated, then lined with the warmed napkin, the eggs laid within the napkin and this folded over them.

The most approved way of eating boiled eggs is in the English style—from the shell.

They are set, small end uppermost, in the heated cup; the person served chips a piece of the shell from the top, seasons it to his taste with butter, salt and pepper and eats delicately with the egg-spoon, adding seasoning as he goes deeper into the egg.

Americans have been slow in adopting the mode.

It is still the custom in many hotels and private houses for the waiter to break the egg into a glass before offering it to the person who has ordered it.

Yet no person who has eaten the egg from the shell could deny that it tastes better thus than when dumped into a cup and stirred up like a custard.

It holds heat and freshness of flavor, and is a far daintier morsel if eaten directly from the original receptacle.

"Penelope," in her English "Experiences," tells how the American girls, visiting in an English country house, practiced the English style of egg-eating in their chamber until they were so flattered themselves, proficient in the nice process, and then one of the pair came to grief in her first attempt to exhibit the accomplishment at the family breakfast table.

The knack is, nevertheless, easily acquired.

2. Lay both fork and spoon upon the dish before it is passed.

3. Turn the tines of the fork upward.

4. In conveying the food to the mouth, use the fork for the meat, or other firm substance to the mouth with the fork, the tines should be down.

When the food is like mashed potatoes, or loose, like peas, the tines are reversed and they form a split spoon.

5. If the food does not require to be cut for each mouthful, as in the case of croquettes, ragouts and the like, the fork is held in the right hand.

If each mouthful must be served from the slice of beef, etc., it is eaten, the knife held in the right hand, and the constant change from the right hand to the left is awkward and is not obligatory.

Fish should not be touched with the knife; fish is often eaten with a fork.

With the march of refinement and luxury the fork plays a more conspicuous part in the business of the table.

The number of times has been doubted since the day in which paterfamilias carried green peas to his mouth upon the knife blade and did not lose caste by the act. Now he who puts his knife to his lips is voted a boor, and deservedly!

### Savory Dishes for Little Cost

The problem of living comfortably upon a narrow and not-comfortable income is a very vexatious subject of thought to many of our people, and is especially dependent upon me for support and education.

Believing, as I do, and you have been my teacher, that health depends largely upon a judicious variety of food, I tax my brain to devise new dishes and new combinations of old ones.

For example, if the staple of our luncheon is bread and cheese, I toast the bread and set it back in the oven with a thin slice of cheese upon each end and begin to run.

Or I make a big dish of baked toast, grate cheese with it.

Tomato toast, and the accompaniment of grated cheese is another favorite luncheon dish.

I am particularly proud, and the boys and the girls are especially fond, of my recipe I give herewith.

It can be made on a rainy day, when I had no meat in the house except the remains of a very tough steak, and the bread was too stale to be sliced for the table.

Moreover, I had no money to spare for meat.

I sent one of the boys to the butcher's for a cent's worth of suet and then manufactured what I name to myself—

"The Poor Widow's Loaf."

Cut the top from a loaf of stale bread and scoop out the inside with a tin layer.

Mix these crumbs with a little water, thyme, onion juice, salt and pepper to taste; add a pound of rare meat—under a dime—and mix with a fork.

Into a crumbly forcemeat.

Put the loaf in the oven, reheat the top cover top and sides with a tin layer from half an hour to forty minutes, according to the size of the loaf.

Put the loaf in the oven with hot water and bake the loaf frequently with it.

The crust would be crisp, yet water.

Transfer to a heated platter and serve. Serve with a hot sauce, or a cold sauce.

I have made the "Loaf" twice of left-over sausage, using it instead of left-over meat, and it was very good.

I wish more born cooks, who must get up savories out of next-to-nothing.

Mrs. C. B. (Chicago).

ings, would write out their trials and successes for our benefit.

This woman conquers circumstance.

And there are thousands, even in our prosperous land, who are doing the same for love's sake.

### A Batch of Queries

I should like to know how to make cake with sour milk instead of baking powder.

2. I should like to know what proportions I should use the milk and food.

3. I also wish to get a recipe for German tartlets, they are cakes made with almonds ground fine, eggs, flour and a few other things.

4. How do you make Bohemian goulash?

5. And what is head cheese? I think that is what it is called.

There are four other things I should like to know, but I am afraid I am taking too much space as it is.

A YOUNG HOUSEWIFE (Philadelphia).

Recipes for the cake and head cheese will be found in another part of our page.

Is Bohemian goulash the same as Hungarian goulash?

Several recipes for the latter have appeared in our columns.

It is a savory beef stew, highly seasoned and with a rich brown gravy.

Before the meat goes into the saucepan it is cut into cubes an inch square and browned lightly in dripping.

It is then put into the pot and with the dripping and covered with stock.

If you like, cubes of carrot may be added. The stew is covered closely and simmers gently until the meat is tender.

As to tartlets, I had fancied that they were a kind of tart—something they put turnover or Banbury buns.

However this may be, our excellent German housewives will come to our rescue from the fog with trustworthy recipes.

Ask for the "four other things," and you shall be answered as soon as I can make room and as satisfactorily as I can contrive to do.

### A Dutch Supper

Will you kindly give me some suggestions for a Dutch supper, and describe the ladies' costumes for a trip to Amsterdam?

2. I had room for a Dutch supper, and the account of the supper of Katrina Van Tassel, as described in Washington Irving's "Legend of Sleepy Hollow."

Since I have not, will you get the book and read it for yourself?

The supper and the amusements and the appearance of the guests in white and the guests are given there with an accurate and a match and dip in carbolic acid.

With this every night until one and a half hour after the supper, and the guests are given there with an accurate and a match and dip in carbolic acid.

I think you will find many valuable hints, moreover, for the conduct of your supper. Why not call it a "Katrina Van Tassel Party"?

### For the Feet

A member of my family suffered from a bunion on the big toe, and was very uncomfortable.

Take a hair pencil brush or a small pinbrush or a match and dip in carbolic acid.

With this every night until one and a half hour after the supper, and the guests are given there with an accurate and a match and dip in carbolic acid.

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