

# SCHOOL FOR HOUSEWIVES

BY MARION HARLAND

## ACCEPTABLE SALADS for the SPRINGTIME

### An Attractive Way to Serve Apple and Celery Salad.

AS A nation we understood little of the possibilities of salads until comparatively few years ago. Those of us who have passed middle life recollect very well when the heavier salads, such as chicken, lobster and salmon, were the only dishes of the sort we would have thought fit to offer at a supper or a luncheon. When we had green salads like lettuce we served them, as we did tomatoes or cucumbers, as a sort of side dish, and never gave much thought to their value in the dietary.

With the adaptation of French cookery which has taken place in the last twenty years we have made a decided change, and now on many tables we have a variety of salads that would do credit to a Parisian chef. Not only the heavy salads such as I have mentioned, and tomatoes with a score of different kinds of stuffings and cheese salads, but we have learned that few are the cooked vegetables which may not be made into an acceptable salad, and that there are more green things which are good with a French dressing than we would ever have dreamed of. The housekeeper who has outdoors to draw upon need never be at a loss for an acceptable salad.

To the woman who has not had much experience in this line I would say: Never be afraid to make experiments. By this I do not mean that you are to gather your green things at random. Be sure that they are wholesome and pleasing to the taste and then go ahead. Study new combinations. You will find you will put together with success vegetables and fruits and meats you had never imagined would be satisfactory in combination. Bear in mind that while there are some things which will not mix, there are many more that will, and that, given a little culinary sense and a perception of the fitness of things, you will have little trouble and much glory if you open novel paths in salad-making.

For hot weather green salads are especially desirable and have the prime recommendation of cheapness as well as wholesomeness. The following are worth trying:

#### Young Beets and Peas.

Select young beets of uniform size, boil and peel them. Cut off the center of each cut a round or a square, making a sort of basket or box of each one. (The piece removed may be put away for another use, if desired.) When the beets are cold, fill them with boiled green peas, place each beet on a curled lettuce leaf and serve with French dressing.

#### Young Beets and String Beans.

Prepare the beets as in the preceding recipe, but instead of the peas fill them with boiled string beans cut into half-inch lengths. These will be almost as pretty as the first salad and quite as good. Serve with a French dressing.

#### Vegetable Salad.

For this almost any cold boiled vegetables may be used—string or lima beans, green peas, cauliflower, beets, potatoes. It is for such a salad as this that the left-over hearts of the beets may serve. Cut the potatoes and beets into small dice, the beans into half-inch lengths, the cauliflower into little pieces. Arrange each vegetable by itself on a plate or in a bowl which has been lined with lettuce leaves. Put a French dressing over all. When this is served with cold meat it makes an acceptable luncheon or supper for a warm day.

#### Dandelion Salad.

Select the younger and tenderer leaves and stalks of the dandelion, pick it over and wash it well. Drain it and dry within the folds of a clean dish towel or napkin. Heap it in a salad bowl, mixing with it a hard-boiled egg cut into small pieces, and pour over it a French dressing, to which has been added a few drops of onion juice. Mix the salad well with the dressing. This is a wholesome salad for the spring of the year and has a little bitter tang about it that is not unpleasant to the palate.

#### Dandelion and Beet Salad.

Prepare as directed in the foregoing recipe, but instead of the hard-boiled egg mix minced beet with the dandelion just before adding the dressing. Cucumbers cut up fine may also be put with the dandelion in place of the egg or beet.

#### Spinach and Egg Salad.

Cook the spinach, chop it very fine, season with hot butter, salt and pepper and add a little cream. Set it aside to cool. When entirely cold form it into little nests with the spoon and hands, laying these on a flat plate. In the center of each one put the hard-boiled yolk of an egg. Cut the whites into slices and garnish the dish and the spinach nests with the rings. Serve with a French dressing to which you have put vinegar in the same proportion as the oil.

Should you wish you can serve the nests on separate plates, one for each guest. They are a little difficult to handle, unless one serves them with a pie or fish knife.

#### Asparagus and Egg Salad.

Boil the asparagus until done and cut the tender part of it into short lengths. Arrange this on a dish, lay rings of hard-boiled egg over it and place the hard-boiled yolks, unbroken, around the base. Serve with a French or a mayonnaise dressing.

If I give a choice between the two it is only because some lovers of mayonnaise insist upon having it on any salad. It is far heavier than French dressing, less wholesome and is, moreover, unsuitable for the light salads which are

eaten in summer. At a dinner it is, to my mind, nearly as much out of place as would be a dish of lobster or chicken salad. The green salads do not impose an added burden upon the digestion already taxed with solid food, and even at supper or luncheon are better hot-weather dishes than heavy salads of meat and fruit.

Marion Harland



You Will Put Together with Success Vegetables and Fruit.



Preparing the Apple Salad.



Grape Fruit Makes a Refreshing Salad.

An Oil Dropper an Assistance in Making Mayonnaise Dressing.

## Family Meals for a Week

### SUNDAY

#### BREAKFAST.

Grapefruit, rice boiled in milk eaten with cream, fillets of flounders, popovers, toast, tea and coffee.

#### LUNCHEON.

Cold mutton (a left-over), a baked Welsh rabbit, strawberries, fruit, salad served in banana skins, toasted crackers and Swiss cheese, chocolate blanc mange and cream, cake, tea.

#### DINNER.

Mulligatawny soup, roast beef with Yorkshire pudding, soufflé of onions (a left-over), macaroni with tomato sauce, they parson, black coffee.

### MONDAY

#### BREAKFAST.

Stewed peaches and honey eaten with cream, bacon and sweet peppers, French rolls (heated), toast, tea and coffee.

#### LUNCHEON.

Scalloped clams, baked toast, stewed potatoes, graham bread and cheese sandwiches, cake and jam, cocoa.

#### DINNER.

Yesterday's soup with okra added, beef a la mode (a left-over), mashed potatoes, fried salsify, custard pie, black coffee.

### TUESDAY

#### BREAKFAST.

Oranges, cracked wheat and cream, scrambled eggs, muffins, toast, tea and coffee.

#### LUNCHEON.

Cold beef (a left-over), potato puff (a left-over), lettuce and tomato salad, crackers and cheese, hot scones and honey, tea.

#### DINNER.

Cream-of-spunkett soup with Parmesan cheese, veal stew with dumplings, spinach, scalloped tomatoes, bread-and-butter pudding with liquid sauce, nuts and raisins, black coffee.

### WEDNESDAY

#### BREAKFAST.

Fruit, cereal and cream, bacon and fried mush, graham bread, toast, tea and coffee.

Lemon pies are entirely different from either cheesecakes or lemon puddings. Mrs. H. B. B. (Atlanta, Georgia).

My native recipe for transparent pudding (150 years old) calls for the juice of one lemon and the grated rind of two. The same mixture, when baked in pate pans, was called "cheese cakes" by some. I hear now, for the first time, that citron was used as a substratum. But why not? The most conservative of Old Dominion housemothers did not maintain that there was no other way than hers. On the contrary, the sisterhood borrowed freely from one another, crediting the new recipe to the donor in those curious old manuscript books we treasure now as we would rolls of Egyptian papyrus.

### An "Incomparable" Dish

Some years ago I cut a recipe from the Exchange for a veal stew with dumplings in it. I think they had no shortening in them. I have lost the formula and I forget just how the dumplings were made. They were the very best I ever tasted. Knowing that they were in your veal stew may help you to recall the formula. They were in an article upon ways of cooking veal. My husband is as anxious as myself to get those incomparable dumplings again. Will you favor us?

Mrs. A. M. (South Omaha, Neb.)

After diligent search through scrap book and cookery manuals I have alighted upon what I hope may be what you refer to. Is this the recipe that found distinguished favor in your eyes and in John's?

### Dumplings for Veal Stew.

One cupful of flour, sifted twice with a teaspoonful of baking powder. Half a teaspoonful of salt, half a cupful of milk, one teaspoonful of butter. Rub or chop the butter into the prepared flour; wet up with the milk into a soft dough; form your hands well, and, handling as lightly as possible, form the dough into balls and drop into boiling water. Cook for ten minutes. They should be ready at the same time with the gravy, as they get clammy with waiting.

This and the accompanying recipe for veal stew are taken from my National Cook Book. I do not recollect that I published them in the Exchange. If I did, the recipe was mine, having been extracted from this, one of my household series. Try it and let me know if I have found the right thing.

### LUNCHEON.

Cod steaks, stuffed potatoes, corn meal muffins, lettuce salad, crackers and cheese tea.

### DINNER.

Cream-of-spinach soup (a left-over), mutton chops en casserole, stewed celery, string beans, prunes whip and sponge cake black coffee.

### THURSDAY

#### BREAKFAST.

White grapes, hominy and cream, codfish (a left-over), white and brown bread, toast, tea and coffee.

#### LUNCHEON.

Savory stew of mutton and green peas (a left-over), fried potatoes, macedoine salad (partly a left-over), sardine sandwiches, cornstarch pudding with hard sauce, tea.

#### DINNER.

Beef gravy soup with barley, fricasseed chicken, boiled rice, cauliflower with sauce tartare, cottage pudding, black coffee.

### FRIDAY

#### BREAKFAST.

Fruit, cereal and cream, fried smelts, graham biscuits, toast, tea and coffee.

#### LUNCHEON.

Breaded and baked sardines on toast, potato salad, peanut sandwiches, crackers and cream cheese with gooseberry or currant jam, cake and cocoa.

#### DINNER.

Clam chowder, baked halibut with heart, rice, whipped potatoes, spinach, sweet-and-sour pudding with lemon sauce, black coffee.

### SATURDAY

#### BREAKFAST.

Oranges, oatmeal porridge and cream, bacon and eggs, rice muffin, toast, tea and coffee.

#### LUNCHEON.

Scalloped halibut (a left-over), potato biscuits, lettuce and celery salad, crackers and cheese, warm gingerbread and chocolate.

#### DINNER.

Potato soup, chicken pie (a left-over from Thursday), rice croquettes, spinach a la creme (a left-over), sweet potato pudding (cold), black coffee.

## A Few New Wrinkles for Cooks

CLEANING utensils after using them for onions has always been an important question with housewives, for it seems almost impossible to remove the trace of the extremely odoriferous vegetable. This is especially true after having used a steel knife to pare the onion, because, before the knife is used again, it is necessary to clean it, and yet mere water does not seem to have any effect upon it. It has just been discovered that if a paring knife is run through a piece of raw potato the odor will be entirely removed, and this is such an easy method, it will surely be helpful to those women who are interested in household affairs.

It has always been a difficulty to manage to cook cabbage and relations of cabbage so that the fumes do not enter the rest of the house. This may be done by covering the pot in which the vegetable is cooking with a large piece of bread. This seems to absorb all the odor and keeps the master of the house in ignorance of what is being prepared for his dinner.

## Modern and Improved Bathroom Fittings

AS THE progress of civilization marches on, the fittings of the modern bathroom are improved every year. The very latest arrangements are made of porcelain. There are porcelain medicine closets, porcelain stools to replace the wooden chairs, and even towel racks are made of this immaculate material. So that these implements may not be too slippery on which to rest towel soap dishes and such things, they are lined and covered with a thin layer of cork, which keeps them clean and renders the bathroom as sanitary as it is possible to make it.

## The Housemothers' Exchange

I HAVE been married but six months, and, having had no experience in the art of cookery, I find housekeeping quite a puzzle, especially the matter of meal-getting. My husband earns \$11 a week, and I must make things "go" on less than that if I can. The food question comes uppermost. I have tried the "menus for a week," and I am in debt before Friday. Our breakfast never varies. My husband has bacon, an egg, a cereal, coffee and fruit when in season.

Dinners and suppers are certainly a problem. Kindly suggest some simple dishes that are yet nourishing. I am but 19 years old. We have no relatives near to us; no one upon whom to call for advice. And everything is so frightfully expensive! Fortunately, we do not care for pies, but we do like puddings! If you can help us, you will earn our everlasting gratitude.

Mrs. O. J. E. (Worcester, Mass.)

Two regrets arise in the mind of the practical housemother in reading a letter that is pathetic from the first to the last line, namely: that child should not have married at nineteen, and she ought to have had some knowledge of housewifery before she became a poor man's wife. It is as if her John had applied for the place of a bookkeeper before he could add up a line of figures in simple addition.

Let that pass! When I was a child I used to hear the politically disposed boys sing a campaign song of which I recall but one line:

"Leave vain regrets for errors past!"

—they must pay rent, buy fuel and the hundred necessities that go into daily living—and all for \$1 over \$10! Somehow that way of stating the sum makes the case sound more pitiful yet. And the feminine babe has been trying to make both ends meet around the Weekly Family Menus, published in this Corner. I could say, "Heaven forgive me for writing them!" when I reflect upon what the effort has cost her.

She asks me prettily—as my granddaughter might plead for a doll's bicycle—for "cheap yet nourishing dishes." I am glad that eggs are dropping in price. Her John likes them for breakfast. Let her, once in a while, feed him with them for dinner, having taken the meat-edge from his appetite by a vegetable soup. Does she know how savory are fricasseed eggs? These would make a dish for her and her husband. Boil them early in the day—hard! They cannot be too hard. Throw them into cold water and leave them there until you are ready to cook them. Then, take off the shells, and slice acrosswise about a quarter of an inch thick. Break a fourth egg, and, saving the white to go into the pudding John likes, beat the yolk and dip the sliced egg into it. Next, roll the slices in cracker-crumbs; set in a cold place for an hour and fry to a light brown in dripping or other fat. Drain and lay upon a hot dish, pouring about them a little white sauce or gravy. Toast triangles of stale bread and lay about the fricassees. It is good! Serve baked potatoes with it, and follow with a brown Betty. Three apples (cooking,

not eating apples) will make that. Wash and peel them. Put the peelings over the fire in just enough water to cover them, and boil fast while you prepare the rest of the pudding. Do this by cutting the apples into bits and putting them into a bake-dish, sprinkling each layer with fine crumbs, sugar and a dash of spice. When all are in, put a few dots of butter on top. Now take the tender parings from the fire and rub the pulp through a colander back into the water in which they were cooked. Sweeten this and pour over the pudding. Cover the bake-dish and cook half an hour. Uncover and brown lightly before spreading with the white of egg, whipped to a meringue, with a teaspoonful of sugar. Shut it up in the oven for two minutes. Eat hot or cold. If not sweet enough for John's taste, sift sugar over his "help."

### Suggestions and Recipes

1. Herewith please find recipe for making aerated bread, asked for in a late issue of the Exchange.

#### Aerated Bread.

Put a pint of boiling water upon a pint of new milk; add a tablespoonful each of sugar and of butter and a tes-

spoonful of salt. Stir into this mixture enough flour to make a moderately stiff batter, and beat in the open air, with long sweeps of the beater that bring fresh air into the heart of the batter every time, until it is lukewarm. Then add the yeast. This will work in, stir in flour until you can knead it free from the flour board. Set it to rise until light. Then mould into loaves, and when they have doubled their original bulk, bake in a steady oven.

This quantity will make four loaves.

2. For sardines: Home remedy—Saturate a piece of absorbent cotton with chloroform; put it into the bowl of a perfectly clean pipe; fit the stem in the ear and blow the fumes through the bowl into the ear. It will give relief almost immediately.

3. To remove machine grease, sponge with kerosene.

4. When angry, wait until tomorrow before replying.

All your numbers are good; none better than No. 4. If I might append a P. S., it would be: Never get angry upon paper. If you must relieve your mind by getting upon a fellow-being's mission, write the letter and hold it over until next day. Read it carefully then, twice, and the chances are one thousand against one that you will not send it.

I wish "Mrs. S. H. W." would add to her recipe for aerated bread definite instruction as to the quantity of yeast to use. This is, I think, the first recipe we have had for the bread named. We would make it as explicit as possible.

### Canning in Cold Water

I think you once asked your Family to report upon canning in cold water. I put up pie-plant in that way, and successfully. We had nice rhubarb pies at Christmas as the result. I did not have the same luck with tomatoes; I imagine because the jar was not air-tight.

I also noticed a question as to the way to avoid the smell of frying pancakes from penetrating to every part of the house. I do not have that trouble. I heat the griddle piping hot and scour with salt before baking. Consequently, there is no smell at all, even in the kitchen.

Mrs. J. C. (Victor, Cal.)

I thank you for turning in your report, and congratulate you upon the success of the experiment. I am still waiting anxiously for the story of successful cold water canning with tomatoes. My cans were air-tight—tested and true. The tragedy of the tomatoes has already been told in this corner. The memory is a horror.

### Cheesecake and Transparent Pudding

You published awhile ago "a recipe for cheesecake." I never heard of cheesecakes being made with lemon. I have a recipe handed down from my Virginian ancestors, that calls for eggs, sugar, butter, nutmeg and wine. "Transparent pudding" is made with a flavoring of lemon, but not with lemon-juice. It must have thin slices of citron laid thickly on the bottom crust before the custard is poured in. Homemade watermelon rind is best for this purpose. If the bought citron is used, slice thin and soak over night in a syrup of half-water and half-sugar.