

# School for Housewives



## Some Delicious Lenten Entrees



Ice Cream and Parfait Service



The Ice Cream Fork is in Favor



Casserole Cooking Dish



Individual Casseroles

Silver and China Remekins

**W**HO sets the fashions? The question never has been, and it never will be, answered satisfactorily. About 800 years before the birth of the Christian era somebody or something ordained that the daughters of Zion should wear changeable suits of apparel, round tires (tiaras) like the moon, mantles, wimples and crimping pins. The inventory is too long to be copied out in full here. So circumstantial is it, one suspects that the indignant prophet called upon the womenkind of his household for help in making it out.

St. Paul, writing in the second half of the first century, A. D., is more general in condemnation of the ultra-fashionist whose taste ran to embroidery and jewelry. In the fifteenth century the mysterious arbiter of customs had so led away wise as well as silly women that the heap of finery crumpled in the public square at Savonarola's command to his converts made a smoke that darkened the heavens at midday.

Who first abolished the hoop and towering headdress of Queen Anne's reign, and who brought them in again in the middle of Queen Victoria's? Who forbade the sweeping curtsey of our grandmothers, and is now drilling our grandchildren in the very same motion?

chiefs and butlers put us to open shame and forced the foreign phrase between our teeth. We all say "entree" meekly now, and we have ceased to torment ourselves with speculations as to the identity of the Tyrant to whom man and woman kind have done homage for all these thousands of years. In the days of the Empress Eugenie we said with glib complacency that she "gave fashions to the world." She sank out of sight, and the nameless Despot of whose abiding place no man knoweth unto this day still tells us, though his thousands of myrmidons, what we shall wear, and when; what we shall eat, and how and where.

**MODERN IMPROVEMENTS**

This is not a growl, dear reader! The Dictator is not consistently unkind. We eat, drink and live, generally, more sensibly than our fathers dreamed of doing. But one can't help wondering how it happens that we do! When did you, dear housemother, who lay no claim

to the reputation of a fashionable woman, discover that it is no longer "the thing" to have a hot roast at the foot of the table to be carried by John, a secondary roast at the head, a couple of side dishes and faithful flankings of vegetables up one side of the board and down the other? This was entirely en regle for the second course of a dinner party forty years ago. Soup preceded it. When we wished to be in very fine feather, we had a fish and a salad course. Can you cast your thoughts backward and tell us, with any degree of accuracy, how you arrived at the conclusion that your present mode of serving and eating was the better way—in fact, the one and only way for "nice people" to adopt? Go a step further. How did it come to pass that, without any concert of action, all your neighbors also took to the altered fashion of "dinners à la Russe," and the accompaniments of service table and a dozen et ceteras to which your children have been used for the major part of their

lives? We spoke with bated breath of giving what the consulting caterer called "a course dinner" when those young folks were in the nursery. We sit down to "course dinners" seven days in the week, nowadays. We have not grown much richer. Our position in society is an inheritance from parents who were of gentle blood and breeding. Yet we do not live as they lived. Who somnolent the order for the change of base?

"Entree" is defined in my small manual of "Kitchen French" as "a made dish introduced between the principal courses of a dinner." The definition is good—as I once heard a circuit rider say encouragingly to a brother who stammered to a hopeless breakdown in the middle of a prayer—"very good, so far as it goes!" But "made dishes" is a term so constantly applied to "rechauffes," or warmed-up meats, that we have come to associate it exclusively with "left-overs." And all entrees are not second thoughts, an effort more or less successful, to

evolve savoriness out of insipidity. For example, sweetbreads, kidneys, mushrooms, asparagus—in some of the ways I have written of lately—macaroni in divers shapes, sweet corn on the ear or as a pudding, stuffed eggplant—and half a score of other "first hand" edibles—are entrees. I do not undertake to supply one word which will aptly define what has superseded the obsolete side dish; the intermediate course of the company dinner, and which serves excellently well as the principal dish of the family luncheon when the base is meat. As a matter of necessity and custom, we fall back upon "kitchen French" and cover the long list—growing with the increasing luxuries of our civilization—with the ambiguous, elastic ENTREE.

**MANY TOOTHsome DISHES**

I am thus minute in explanation, because I know of no other culinary phrase which is more misused and abused. Your "made dish" may be an entree, but, as we have seen, all entrees are not left-overs. It is a joy, too, in these days of individual rankiniks, casseroles and casserole chafing dishes to make toothsome and savory entrees.

The chafing dish pictured, for instance, is a product of modern arts and crafts workmanship, and a most useful one. The tray itself is of mission wood, and the stand copper, with brass trimmings. The head is inclosed so the whole dish gets the benefit, and there is a quaint door effect like an old-fash-

ioned oven. The cover is of copper, and has a mission wood handle, in keeping with the tray. In fact, it is quite unlike the silver and aluminum chafing dish of other days.

**Baked Sweetbreads**

Wash the sweetbreads carefully, freeing them from skin and strings. This done, drop them into boiling water, slightly salted, and cook for ten minutes. Turn out the water and cover the sweetbreads in a cold vessel with ice water. In five minutes drain and cover with more ice water. Leave them in this for one hour. Take out and wipe dry.

This process is known as "blanching." It is necessary to the right preparation of sweetbreads, making firm and white what would else be flabby and dull-red.

Cut fat salt pork into thin strips (lardons) and make incisions in the sweetbreads with a narrow, keen blade. Thrust the lardons into these. They should project half an inch on each side of the sweetbread. Arrange the larded sweetbreads in a deep bachelib; pour a cupful of well-seasoned stock about them, cover and bake for twenty minutes. Several times during the cooking lift the cover and baste the sweetbreads copiously with the gravy.

Remove the sweetbreads to a hot dish; stir into the gravy left in the dish a roux made by cooking a tablespoonful of butter with one of browned flour. Add a teaspoonful of onion juice and three olives, minced fine. Cook one minute, add a glass of brown sherry and pour the gravy over the sweetbreads.

upon a hot platter, wet well with a cupful of rich, hot gravy, set in the oven for five minutes, or until heated through, lay the sweetbreads within the gravy or next and serve. Send a host of gravy around with the dish.

A pleasing variation of this handsome dish may be made by putting tomato sauce, made rich with butter, thickened with browned flour and seasoned with salt, pepper and onion juice, over the meat and contents after they are dished.

**Sweetbread Pates**

Wash and blanch the sweetbreads. Cut into neat dice and mix with an equal quantity of canned mushrooms (champignons), cut into pieces of corresponding size. Place a dozen almonds and shred into tiny bits. Have ready a cupful of good drawn butter, rather highly seasoned. Stir sweetbreads and almonds into this and set over the fire in a double boiler. Heat a dozen shells of pastry in the oven and when the mixture in the inner boiler is very hot fill three with it.

**A Casserole of Liver**

Wash a lamb's liver and lay in cold water for an hour. Take it out, wipe, and slice. Put together half a dozen slices of fat pork and a sliced onion until the fat is crisped. Strain off the fat and return to the fire. Lay the liver in it, and fry quickly, first on one side, then the other, until it is slightly browned. Seal the casserole and lay the sliced liver in it. Between the slices put a dozen potato marbles, cut out with a gouge and parboiled, and half a dozen button onions that have also been parboiled. If convenient, a half cupful of cold boiled green peas, left from yesterday, or a few champagne peas, may be added. Fill up the dish with some stock or gravy, thickened with browned flour. Fit on a clean cover and cook for an hour and a half. This is a cheap and most savory entree that will not be superseded as the mainstay of a family dinner.

Send to table in the casserole. If the cover does not fit tightly, fill the space between it and the casserole with a thick paste of flour and water. The chief advantage of the casserole is that it keeps up all the flavors and juices.

**Calf's Head en Casserole**

Boil a calf's head until the flesh leaves the bones of its own weight. Leave it in the liquor until perfectly cold. Cut into pieces—1 inch long and half as wide. Thicken two cupfuls of the pot liquor with a roux made by cooking together two table-spoonfuls of butter with two of browned flour, season with onion juice, pepper, kitchen bouquet, and two teaspoonfuls of lemon juice.

Add the meat to this and turn into the casserole. The tongue, cut into dice, should go in with the rest of the head. Lay on the top two hard-boiled eggs, sliced, then stir over all very fine bread crumbs to form a light crust. Stick dots of butter in the crumbs; fit on the cover and bake for forty minutes.

Send to table, covered, in the casserole.

**Savory Macaroni**

Cook half a pound of macaroni for twenty minutes in salted, boiling water. Into another saucepan put two cupfuls of beef stock; thicken with a brown "roux," made as I have directed in former recipes. Cook for five minutes, stirring it smooth; add four table-spoonfuls of tomato catsup, a tea-spoonful of kitchen bouquet, the same of onion juice, salt and pepper to taste. Drain the cooked macaroni and add it to this gravy. Pour all into a bachelib; stir a mixture of fine crumbs and double the quantity of Parmesan cheese over the surface, stick bits of butter here and there; add the thickest dust of cayenne, and bake, covered, half an hour, then brown lightly.

**WHENCE TABLE FASHIONS?**

Who ordained that good men's tables must no longer groan under the weight of a dozen dishes, but be decorated with flowers, and tricked out with chef d'oeuvres, and that all which builds up and solaces the inner man shall be served from kitchen and "service table"? Who dictated that fish is not to be touched with the knife and ice cream must be eaten with a fork in preference to the honest and convenient spoon?

Who banished the "side dish" from the main board and taught us to call it an entree?

We, who cling to English speech—sometimes at the expense of grammar and oftener by the sacrifice of elegance—persisted in naming them as "made dishes" until

Monday.  
**BREAKFAST.**  
Oranges Cereal and Cream  
Cornmeal Dodgers Fried Bacon  
Toast Fried Potatoes Tea Coffee

LUNCHEON.  
Meringued Eggs Potato Pur  
Bread and Butter Lettuce Salad  
Cake and Cocoa

DINNER.  
Corn Chowder Fried Smelts  
Larded Liver Mashed Potatoes  
Boiled Onions Cottage Pudding  
Black Coffee

Tuesday.  
**BREAKFAST.**  
Fruit Porridge and Cream  
Mince of Liver on Toast Quick Biscuits  
Brown Bread Toast Tea Coffee

LUNCHEON.  
Barbecued Ham Baked Potatoes  
Watercress Salad Hot Crackers and Cheese  
Cake Cocoa or Tea

DINNER.  
Macaroni Soup Roast Beef  
Hammy Pudding Scalloped Tomatoes  
Egg Sauce Black Coffee

Wednesday.  
**BREAKFAST.**  
Fruit Cereal and Cream  
Apples and Bacon Rice Muffins  
Tea and Coffee

LUNCHEON.  
Yesterday's Cold Beef Stewed Potatoes  
Tomato Toast Crackers and Cheese  
Hot Gingerbread Cocoa or Tea

DINNER.  
Bean Soup Cold Steaks  
Baked Veal Cutlets Fried Bananas  
Potatoes à la Parisienne  
Meringue Custard Black Coffee

It is the custom in a large majority of American families to have dinner on Sunday at the hour which brings luncheon on weekdays. In that case the menus for the two meals may be shifted to suit the habits or the convenience of the household. The menu given here for the Sunday luncheon requires little cooking and may be easily prepared by the mistress of one maid. The one hot dish may be made ready on Saturday. Ten minutes over a brisk fire will suffice to heat it anew.

The foregoing menu for a week has been prepared by request, and not of

Thursday.  
**BREAKFAST.**  
Fruit Cereal and Cream  
Omelette with Tomato Sauce Popovers  
Toast Tea and Coffee

LUNCHEON.  
Scalloped Cod (from yesterday's steaks)  
Stuffed Potatoes Lettuce  
Salad with Cream Cheese and Nut-balls  
Cake and Cocoa

DINNER.  
Bean and Tomato Soup  
Beefsteak à la Jardiniere  
Scalloped Sweet Potatoes  
Fried Oyster Plant Butter Pudding  
Cream Sauce Black Coffee

I am told by those who should be better advised than I that correspondents would like to have this kind of help about once a month, perhaps oftener. It was likewise suggested that the menu be set forth every week. It was likewise on our programme to insert recipes for the principal dishes. Were this done the Exchange would be inevitably crowded to the wall—and over my purpose, instead, to hold myself ready to print in full any and all recipes for dishes which appear on the menus. If correspondents will write to me, asking for directions as

to the preparation of any dish unknown to them?

I do not assert—let me remark in conclusion—that the meals I have indicated as reasonable and palatable may be put upon the table for \$4, \$5 or \$6 per week. I have aimed to bring them within the reach of people of moderate means and to show the house mother how to provide her family with food at once inexpensive, convenient and varied. Will my coadjutors tell me, candidly, how far I have succeeded in the attempt and let me know what particular dishes are new, and, in sound, attractive?

Friday.  
**BREAKFAST.**  
Fruit Cereal and Cream  
Hominy and Cream Fish Balls  
Indian Meal Muffins  
Brown Bread and Butter  
Eggs and Coffee

LUNCHEON.  
Baked Cream Toast Fried Potatoes  
Cabbage Salad  
Hasty Corn Starch Pudding, with Sauce

DINNER.  
Baked Bluefish Scalloped Irish Potatoes  
Oyster Bisque  
Stewed Tomatoes  
Cocoanut Custard and Sponge Cake  
Black Coffee

Saturday.  
**BREAKFAST.**  
Fruit Cereal and Cream  
Fried Bacon Toast Quick Biscuits  
Tea and Coffee

LUNCHEON.  
Creamed Bluefish (left-over)  
Potatoes Boiled Whole, with Butter and Hot Gingerbread and Cream Cheese Tea

DINNER.  
Mutton Broth  
Baked Calf's Head Biscuits  
Scalloped Tomatoes Lettuce Salad  
Marmalade Pudding Black Coffee

Sunday.  
**BREAKFAST.**  
Fruit Cereal and Cream  
Stewed Kidneys Popovers  
Brown Bread Toast Tea and Coffee

LUNCHEON.  
Rechauffe of Calf's Head Coffee  
Bread and Swiss Cheese Cake and Cocoa

DINNER.  
Roast Chicken Potatoes  
Creamed Potatoes Asparagus  
Ambrosia (Stuffed Oranges and Grated Cocoanut)  
Lardy Cake Black Coffee

## THE HOUSEMOTHERS' EXCHANGE

### FAMILY MEALS FOR A WEEK

Maria Harlan