

Household Suggestions

Jellies for the Invalid.

To begin, not with the food which often is only a glass of milk or a taste of jelly, but with the service, special dishes should be kept for the invalids. Everything should be on a miniature scale, having tiny moulds for everything in the way of jellies, blancmanges, etc. An untidy helping from a dinner, or breakfast table, is often quite sufficient to drive away what little appetite there is; if, however, a tiny cutlet is brought on a tiny dish, garnished daintily on a spotless traycloth, it makes all the difference. The invalid is delighted, and eats her dinner without a murmur.

For the same reason in a busy house, the invalid's fool should be prepared a few minutes before the household meals, as then it can be served nicely and attended to, without the feeling of trying to do two things at once, which will happen if the meal is served at the same time as the other meals in the house. If the invalid has a fancy that she must have her meals at the same time, just put her clock forward a little. She will be satisfied and no one the worse.

When a milk diet only is allowed it is difficult to make much change in it although in cases where the doctor will permit the use of isinglass and rennet you can vary the monotony with junks and milk jelly. Then the changes may be rung on barley, sago, and rice water and a little flavoring added.

In making dainty food for the sick room it is well to recollect the fact that raw meat always lends itself to savoury cookery better than cold meat re-cooked. In fact, no invalid cookery should, in the early stages of convalescence, be made from previously cooked food. By savoury cookery I mean the natural flavor of fresh meat just cooked enough and no more.

As all flavorings have to be more or less left out in cookery for the sick it is wise to endeavor to retain this natural flavor as much as possible.

Isinglass blancmange is also nice. This is an old recipe used before corn-flour became popular. Take one ounce of isinglass and pour over it a quart of sweetened milk and let it stand for half an hour. Boil up gently until the isinglass is dissolved. Take care the milk does not burn. A double saucepan is best for boiling the blancmange in. Flavor with a piece of lemon peel boiled with the milk. Pour into tiny moulds and allow to set. A little cream may be added if it is not too rich for the invalid.

The small glass moulds in which various preparations of preserved meats are sold, or egg cups or after dinner coffee cups, make nice shapes for sick room cookery. Always aim at serving just enough and no more.

The addition of an ounce and a half of grated chocolate to the above makes a nice change. The chocolate must be dissolved in a wineglassful of water and boiled for a few minutes until perfectly smooth before it is added to the blancmange.

A well beaten egg added just after the blancmange is taken from the fire makes the old-fashioned dish "Jaune mange." This makes another change. The varying of the color in a dish plays a most important part in the tempting of a sick appetite.

In making jellies it is best to use those prepared at home from calves' feet. This has much more nourishment than gelatine. It is naturally a great deal of trouble to make, but sufficient can be made at one time to last for a week if kept in a cool, dry larder. Take four well-cleaned calves feet, and place them in a large pan with a gallon of water. Bring it to a boil slowly and then draw the pan to the side of the stove and let it simmer until the water is reduced to half the quantity. This generally takes six or seven hours. Skim off all the fat, and strain through a sieve into a basin large enough to hold the whole. This is the foundation of all jellies, and can be varied in numberless ways.

Fresh Vegetables and their Preparation.

There is only one drawback to a dinner of herbs and that is the time it takes to prepare it. It is a drawback to busy housewives and cooks, but one that should never be allowed to stand in the way of our use of the wealth of fresh vegetable food at our command during the summer.

One housekeeper with a large family calmly told me, that with canned stuff so cheap, she never troubled to prepare fresh vegetables. There could hardly be a greater mistake, and I was not surprised when I heard later on that F. and A. would not eat beans or tomatoes and father did not care for anything but meat, and the others were fussy, and ate more pudding than anything else for their dinner.

Another serious error is carelessness in preparing the green vegetables. A grit of sand in the spinach, a slug in the cabbage, a little green aphid on the lettuce, will set the younger members of your family against those particular things for the rest of their lives.

Make a pleasure of preparing your vegetables, do it in the cool of the morning, while they are crisp and fresh. Use common sense and cut and brush off all the faded leaves and rough sand before putting them into the water. Then don't forget to put on your glasses, if you can use them, and sit comfortably down. Do it out of doors if you can, in a shady spot, and get some of the joy of a summer morning into the work. You will do it faster and better than if you stand nervously with your back to a hot stove, and one eye on the clock.

Even the lettuce and greens will keep better and be crisper if washed as soon as brought in. Crush them as little as possible and rinse thoroughly, then put them on a plate or on a large pan and turn over them a bowl or tin pan. Lettuce will keep fresh and crisp for days if treated in this way and set in a cool place. The inverted bowl keeps the moisture in, and do it without making the leaves mushy as laying them in water would.

Peas should be cooked as soon as possible after being shelled, and should be kept no longer than is necessary, as they quickly lose their sweetness. They will have a better flavor if cooked within an hour of picking from the vines and then reheated than they will if kept over for a day before cooking.

Have a small corn-scrubbing brush for cleaning potatoes and a coarse nail brush for more delicate vegetables. A small corn whisk will take the place of the nail brush and I personally like it better, but one thing must be insisted on: whatever brushes you buy for this use must be kept exclusively for it. They should have a brass ring to hang them up by and should always be hung up to dry when not in use. It is anything but clean to scrub vegetables with a wet, smelly, slimy brush.

New Green Peas.—Wash the pods thoroughly in cold water; shell out the peas and put the pods into a stew pan and cover with water. Boil thoroughly, then strain the water over the peas and put them on to boil. Boil them tender. Season with a teaspoonful of butter, salt and pepper, and serve. In this way the peas have a much richer flavor and nothing is wasted. The water will make a delicious cream soup for the following day or may be used for making sauce for other vegetables.

Scrambled Green Beans.—Cold boiled string beans, cut in small slices, may be mixed with beaten egg; the mixture seasoned with salt and pepper to taste, and scrambled to a soft custard. Nice served with crisped strips of bacon.

Onions on Toast.—Mince a bunch of onions rather fine and cover with cold water and set over the fire. When the water is at boiling point drain and cover with cold water. Boil ten minutes, then drain and season to taste with salt and pepper. Add a small piece of butter rubbed in flour, and a few spoonfuls of milk. When it boils up heap on rounds of toast, sprinkle a little minced parsley on each mound and serve very hot.



Now Come Roses And Strawberries And Puffed Grains

With June, in the North, come the roses and strawberries. And to millions of tables Puffed Grains will come with them.

Puffed Wheat or Puffed Rice adds as much to the berries as the sugar or the cream.

Puffed Grains have an almond flavor, much like toasted nuts. With the tart of the berries it forms a delightful blend.

The grains are like bubbles—so fragile, so thin. At a touch of the teeth they crush into millions of granules.

Always serve them with berries. Let your folks mix them just before eating, so the grains stay crisp.

Of course, Puffed Grains are good without berries. And the berries are good without Puffed Grains. But the two together form a royal dish.

For Summer Nights

For suppers in summer serve Puffed Grains in milk. They are crisper than crackers—more porous than bread. They are nut-like and toasted. And they are whole-grain foods.

Use them like nut meats to garnish ice-cream. Use them in candy making. Let hungry children eat them, like peanuts, between meals. These are two of the greatest of summer delights. Let the young folks revel in them.

Puffed Wheat, 10c Except in
Extreme
West
Puffed Rice, 15c

But these foods do more than please palates. In the making there occur—inside each grain—millions of steam explosions. Every food granule is blasted to pieces for easy, complete digestion.

They are Prof. Anderson's scientific foods. Served at any hour—between meals or bedtime—they do not tax the stomach. Never before, in all the centuries, have wheat or rice been so fitted for food.

Order both of the Puffed Grains. They will give you variety. For some ways of serving the Rice is better, for some the Wheat. Before the summer is over we will supply you another, called Corn Puffs.

The Quaker Oats Company

Sole Makers