

A Helpful Page for the Housewife

BREAKFASTS THAT ATTRACT

Fruit Salad
Browned Shad Poached Eggs with Celery
Straw Potatoes Feather Biscuits
Radish Eggs in Watercress Nests
Coffee

For fruit salad, cut off tops and remove pulp from large Mandarin oranges; remove the seeds and the white inner skin, and put the rinds to soak in ice water until needed. Pare a small pineapple and pick off the soft part from the core with a fork; skin, cut in half and seed a few Malaga grapes; then mix all with the orange pulp, and pour over a sirup made by boiling a cupful of granulated sugar with two tablespoonfuls of water until quite thick, chill and add a wineglassful of sherry. Stand the mixture on ice until serving time, then put in the orange rinds.

Browned shad will be twice as delicious if it is rubbed with the cut half of a lemon before it is put on the broiler, then broiled while broiling, with melted butter mixed with the juice of half a lemon. Garnish with parsley and lemon slices.

Simmer inch-length pieces of celery in salted water until tender; drain and pour on a cupful of rich milk which bring to the boiling point, then thicken to cream-like consistency with a tablespoonful of butter rubbed with a teaspoonful of flour, and season with white pepper—no salt. Make neat rounds of inch-thick slices of day-old bread, using a cookie cutter. Toast, butter and make a pile of the celery on each with a depression in the center in which drop a nicely poached egg.

Cut pared white potatoes in straws with either a cutter or first with a knife then with the kitchen scissors, fry to a delicate crispness, and serve piled on a napkin-covered dish.

Feather biscuits are made by sifting together a pint of flour, a heaping teaspoonful of baking powder and a little salt, rubbing into these dry ingredients a tablespoonful each of lard and butter, and moistening to a soft dough with milk. Roll out, cut in rounds and bake for twenty minutes.

Make rings of well washed crescent on individual salad plates, and in each put five egg-shaped radishes.

Of Especial Appeal to the Men.

Orange Cocktail
Halibut Scallops Baked Eggs
Hashed Browned Potatoes Rice Crumpets
Fried Onions Coffee

For orange cocktails mix the juice of three oranges with that of one lemon and a wineglassful of sherry. Strain and chill, then fill cocktail glasses with the mixture, put a Maraschino cherry in each and powder the top with grated nutmeg.

Roll a pound slice of halibut in slightly salted water for fifteen minutes, then let cool and shred with a fork. Make a cream with a cupful of milk, thickened as for the creamed celery, and mix the halibut with it, seasoning with salt, white pepper and a half teaspoonful of minced parsley. Fill buttered scallop shells or ramekins with the mixture and sprinkle the top of each with bread crumbs, mixed with a little Parmesan cheese, putting a little dot of butter on top. Bake in a hot oven until top is brown.

brown. Serve in the shells with lemon points.

Mix a cupful of crisped bread crumbs with an equal quantity of minced, cooked ham and with this cover the bottoms of buttered ramekins. Beat the whites of eggs to a stiff froth and fill the ramekins, then drop in each the unbroken yolk, sprinkling the top with finely chopped chives, salt and white pepper. Bake in hot oven for four minutes or until the white of the egg is slightly browned.

For the hashed browned potatoes mix the beaten yolk of an egg with two cupfuls of chopped, cold-boiled potatoes, season with pepper and salt and fry slowly in butter until the under side is crisp and brown, then fold like an omelet and serve with parsley garnishing.

The rice crumpets are made by mixing a cupful each of cold-boiled rice, flour and corn flour, a level teaspoonful of baking powder, half a teaspoonful of salt and a heaping tablespoonful of butter, melted. Beat three eggs thoroughly then mix with one and one-half cupfuls of milk, add to the dry ingredients and bake in buttered muffin rings set on a buttered pan, in a hot oven for twenty minutes.

Peel off the outer skin from slender young onions, twist a paper frill around

mother," replied the woman who had experience. "We always keep a thick slice of bread in the tin cake box. It gets very dry, but the cake seems to absorb the moisture and does not get stale half so soon."

"It seems a foolish remedy, but I have experimented leaving it out and have the same trouble you do."

"Never wrap your cakes in cloth, by the way, it makes them musty. If you think they need more covering than the lid of the box, put a sheet of paraffin paper over them."



ORANGE COCKTAIL AND HALIBUT SCALLOPS

Keep Cake Fresh.

the stem of each, and at serving time put a small pile of these on individual plates with a little pile of parsley sprigs at one side, to be eaten afterwards to remove the fat left by the onions or the butter.

"These ginger cakes were baked a week ago. How do you keep them so fresh? Mine are not fit to eat in two days," said the young housekeeper.

"That is a secret taught me by my

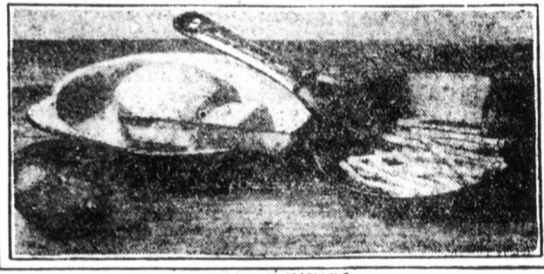


FRIED ONIONS

RADISH EGGS IN CREST NEST

don't be afraid to make experiments. I have known cooks who absolutely refused to follow the directions as I have given them and the result was what might have been expected. The open-minded, intelligent housewife is bound by no superstitions to a method just because it is old, when by trying a new plan she may get better results at less output of time and labor.

I have spoken of combining jelly and



EVOLUTION OF STRAW POTATOES

of the glass cracking when the boiling jelly is poured into it. It is well to have a board on which to stand the hot kettle and to stand the glass to be filled, in a pan. Use a cup with a handle or a handled dipper for filling the glasses from the kettle and recollect that no good is won by conducting the process close to the stove. If you have a cool room adjoining, make a table ready with the board, the pan, the glasses and all else you will need and take yourself and your task in there. I always find it a wise plan to keep a couple of good sized trays at hand to put the filled jelly glasses on. Set them aside to cool before you cover them. Sometimes the jelly forms so quickly that you can conclude the whole business the day on which it is begun, but usually it is better to let the jelly stand for twenty-four hours before pouring melted paraffin on the surface. If the fruit has been over-ripe the jelly may need to stand in the hot sun for a day or two before it is as firm as you wish, but this is an exceptional occurrence.

Certain jellies form better than others, as a matter of course. Currant jelly is one of them, raspberry and currant, gooseberry, green grape, crabapple, quince jelly will sometimes begin to harden in the first glass by the time the last glass is full. Other jellies need some doctoring. Occasionally blackberry jelly refuses to form well except when a little lemon juice is added to it and the same is true of strawberry and peach jelly.

The process is, however, the same with all of them. Prolonged boiling after the sugar has gone in will not help them. The boiling of the clear juice, the addition of the heated sugar, the quick sharp boil of a minute afterwards—these are the points to observe by the housekeeper who desires clear, firm jelly. Instead of a soft or fluid product. Try it! As I have said before,

may be followed in other putting-up work. Canning fruit, for instance. There is almost always a surplus of juice then as there is when preserves or branched fruits are made. Often housekeepers can the syrup left for pudding sauce, or for flavoring and in any process where the sugar is put with the fruit at the first, there is no sense in attempting jellies. But in cookery of fruits, where the sugar is not added to the raw fruit, there is always an opportunity to make a few glasses of jelly and in putting up either quinces or tart apples, jelly may be made from the peelings and cores.

I am sure that there are housekeepers who have had helpful experiences in jelly making, in devising new combinations and methods, which would be of service to other women. Will they send such details to me for the Exchange of Housewife Ideas?

Veal and Poached Eggs.

Mince of veal and poached egg is invariably liked. Chop some cold veal finely, but not quite smooth, as for croquettes. Put one tablespoonful of butter in a saucepan and let it get hot, but not brown. Put in half a pound of the chopped veal, and stir till quite hot. Pour in one cupful of veal stock or any good stock without fat.

Heat up, stirring all the time, till it is almost at simmering point, then reduce the heat and stir in two yolks of eggs. Stir till it thickens and season nicely with salt, pepper, grate of nutmeg and paprika.

This is good served on squares of fried bread or on a dish surrounded with triangles of fried bread and poached eggs—an excellent breakfast, supper, or luncheon dish.

IDEAL JULY DISHES

By Marian Harris Neil, M. C. A.

Green Pea Soup.

ONE pint of green peas, a good handful of spinach, one tablespoonful of whole peppers crushed, one heaping teaspoonful of salt, one and a half quarts of good white stock, half a cupful of cream, yolks of two eggs, a sprig of mint.

Have the stock boiling, throw into it three-quarters of a pint of the peas,

pepper, and the yolks of the eggs. Put this with the lobster into a mortar or basin, and pound and mix thoroughly.

Butter a plain or fancy mold, and throw into it the brown crumbs, shake the mold and see that it is quite covered with the crumbs, pour in the mixture.

Bake in a hot oven half an hour or until firm. Garnish with parsley when turned out.

Celestine Ice Pudding.

One cupful of water, three yolks and one white of egg, three-quarters of a pint of milk, one cupful of cream, two ounces of sweet almonds, two ounces of pistachio nuts, almond and vanilla extract, one lemon, one pound of ripe apricots, three ounces of lump sugar.

Cook the apricots in the lump sugar and water until they are soft, remove the stones, rub the fruit through a fine sieve, and allow it to get cold, then strain into it the lemon juice.

Make a custard of the eggs, milk, two tablespoonfuls of sugar, and let it get cold. Blanch and shred the almonds and pistachio nuts. Brown the former lightly in the oven.

Freeze the apricot puree, then line a pretty mold with it, pressing it well to the mold. Next half freeze the custard, add to it the almonds, pistachio, whipped cream, vanilla and almond extract to taste.

Freeze this mixture, until it is firm, then put it in the mold. Close it up securely, pack it well in ice and salt, and leave it from four to six hours. Turn it out carefully, and serve at once.

Lemon Water Ice.

One pound of lump sugar, one quart of boiling water, three or more lemons, four whites of eggs.

Put the sugar and water on the fire, and boil to a sirup; skim well, and boil until it will form a good thread between your finger and thumb. Let it get cold. Rub three lumps of sugar on the rinds of the lemons to obtain the "zest," then add them to sirup.

When it is cold, add one cupful of strained lemon juice, and half freeze it. Then add the stiffly whipped whites of eggs, beat them well in, and continue freezing.

Duchesse Salmon.

Two cupfuls of good white sauce, two pounds of the tail and end of salmon, one tablespoonful of pimiento sauce, two tomatoes, three or four potatoes, forcemeat balls, one tablespoonful chopped parsley, salt and pepper.

Put the fish in a pan with enough boiling water to just cover it. Add a tablespoonful of salt to each quart of water. Bring the water quickly to the boil, skim it carefully, then move the pan to a cooler part of the stove and let it simmer gently until it is done, when the flesh can easily be pressed away from the bone. Drain it very thoroughly.

The time allowed for cooking salmon is usually eight minutes to each pound if it is a large, thick piece, six minutes to each pound if it is a thin piece.

Heat the sauce and stir into it the pimiento. Place the fish on a hot dish and pour the sauce all over and around it. Arrange some half slices of skinned tomatoes, overlapping each other in a line down the fish and sprinkle a little finely chopped parsley on these.

Garnish the dish with heaps of forcemeat balls and neat rounds of potatoes sprinkled with parsley.

The tomatoes, after skinning and slicing them, should be cooked in a buttered tin in the oven for two minutes.

The potatoes should be sliced and stamped into neat rounds with a fluted cutter and then boiled until just tender in boiling, salted water.

Savory Duck.

One duck, four ounces of ham, one shallot, one tablespoonful flour, three-quarters of a pint brown stock, two teaspoonfuls red currant jelly, half a lemon, one glass of sherry wine, a bunch of sweet herbs, three cloves, six whole peppers, salt and pepper, one can of peas and some raised pie crust.

Half roast the duck, then cut it into neat, small joints. Cut the ham into dice, put it into a saucepan with a slice of shallot, spice and herbs.

Fry these until the ham and shallot are a pale brown color, then stir in the flour and brown that also.

Add the stock and stir all the sauce boils. Put in the duck, the jelly, teaspoonful of lemon juice and a little salt. Simmer for thirty minutes, or until the duck is tender. Add the wine and seasonings.

Make a case of the raised pie crust and lay it on an entree dish. Pile the pieces of duck neatly in the case, strain the sauce over and put round a border of the peas, heated in a little butter.

Liegeoise Apples.

Put three ounces of brown sugar into a basin, add the grated rind of one lemon and one teaspoonful of cream. Stir together, add three well beaten eggs and four ounces of melted butter.

Peel, core and cut into small square pieces one and a half pounds of medium-sized cooking apples, add the fruit to the batter and stir again.

Line two pie plates with pastry, arrange a border of pastry round the edges, pour the apple mixture into them and bake in a hot oven for from thirty to forty minutes.

This dish can be eaten hot or cold, but in either case should be sent to table neatly divided into triangular slices.

HAVING JELLY TROUBLES

By Christine Terhune Herrick

THE following should prove of interest to a good many housewives similar to those it describes.

"Dear Mrs. Herrick—Before the jelly season is fully upon us, I would like to ask you if you can give me any idea of what made my jelly so poor last year. I must say in the first place that I am a young housekeeper and that last summer was the first time I ever put up jelly of any sort."

"I found an old manuscript recipe book of my mother's and made my jelly by that. The only thing I did on my own account was to add a little water to the fruit—they were currants—when I put them on the fire. When the jelly flowed freely I took it off, measured it, weighed a pound of sugar to a pint of juice and put them back over the fire and boiled them. I cooked them for hours, but when I would take out a little and put it into a saucer it would show no signs of jelling, even when I set the saucer on the ice."

"At last I thought it must be done, and so I turned it into glasses. It stiffened a little then, but not enough, and I let it stand in the sun day after day, but, although it shrank, it wouldn't 'jell,' and it has never been thicker than a sort of syrupy treacle that I am ashamed to use."

"Now, what was the matter? Could it have been that little water—not more than a pint to a whole kettleful of fruit—which did the mischief?"

"Inexperience."

The water undoubtedly had its share in making the "syrupy treacle" instead of the firm sparkling jelly you had in mind. With proper precautions there is no reason why fruit should scorch, when it is put over without sugar. If you make jelly over a gas stove put an asbestos mat under your preserving kettle, if you cook with a wood or coal stove invert a thick plate in the bottom of the kettle so that the fruit may not come into too close contact with the heated metal and observe like precautions with the flame of an oil stove.

But having begun wrong with the addition of the water to the fruit of which the juice would soon have formed in enough quantities to insure the pulp against scorching, you went on to an-

other and time-honored blunder. This was when you put the sugar over the fire with the strained juice and boiled both together. Here is the worst mistake you made. I know it is a familiar which used to be followed in a former day, but it is not up-to-date and involves work and time for the housekeeper with a likelihood of poor results after the task is supposed to be ended.

Let me give you and other housekeepers the directions which I have known to be tried in my own family for years and always with success. Put your fruit over the fire, either in a preserving kettle of the sort that is made expressly for this purpose or in a stone crock set in an outer metal vessel. The latter course removes all least fear of scorching. Wash the fruit before putting it in, if it is dusty, and if any moisture clings to the currants or grapes or berries it will do no harm. If you use the stone crock fill the outer vessel with tepid water. In either case let the fruit come to a boil deliberately and cook slowly until it is crushed and broken. Keep it closely covered. Once in a while you may stir it up from the bottom to give the upper portions of the fruit a chance to become heated through.

When it is well broken to pieces, separate the pulp and the juice. How you do this may be decided by just what you want of the fruit. If your only desire is for jelly, you may put the fruit in this, putting in only a little at a time. Or you may crush the pulp in a vegetable press and then strain the juice afterwards.

This is, as I say, the course to follow if jelly alone is the object of your wish. But it may be that you wish to combine jam-making at the same time. In this case do not squeeze the pulp as dry as you otherwise would. Let the fruit in the jelly bag and let it drip. The juice which comes in this way is clearer than that which you secure by squeezing the pulp and the latter may then be used for jam. Even though it seems dry after the juice is extracted more fluid is formed when the pulp is put over the fire with sugar in the correct allowance of three-quarters of a pound of sugar to a pint of the fruit.

I often wonder why more housekeepers do not combine their jelly and jam making in this fashion. Red currant jam is good, currant and raspberry jam is delicious, as is the jelly made in this combination. In fact, any fruit, peaches, apples, grapes as well as berries may be used in this way. We often hear of thrifty housekeepers who make jelly from the surplus of juice secured in jam making, but comparatively few seem to think of reversing the process.

To come back to the jelly making. Never put the strained juice and the sugar together over the fire at the same time. I know some good housekeepers who hold this method and get good jelly sometimes in spite of it. But the method I follow is simpler, easier, quicker, surer.

Strain your juice, measure it and put it back on the fire in a clean kettle. Let it come to a brisk boil and keep it at that for just twenty minutes. While this is going on weigh your sugar—a pound of it to a pint of the juice, put it in shallow pans and set these in the oven that the sugar may heat. Don't let it scorch. If it melts a little around the edges, no harm is done. Keep the eye on the juice as it boils and have a skimmer ready to remove any scum that may rise to the surface. At the end of the twenty-minutes put in your hot sugar. It will check the boil only for a minute. Stir the sugar as it goes in and take out the spoon as soon as the sugar is well dissolved. Let the liquid come to a boil, cook for just one minute, take it from the fire and turn it into your glasses. If your fruit is good and fresh and if directions have been followed precisely, there is no fear but what the result will be all you can desire.

One word about the business of putting the jelly into the glasses. Certain admirable housekeepers of my acquaintance always have the glasses ready in boiling water and take them out and fill them one at a time. I have found as good a plan to be that of standing the jelly glass on a wet cloth, or of putting a teaspoon in the glass before pouring in the jelly. The advantage of the latter method lies in the fact that the wet cloth or the spoon serves as a heat conductor and thus reduces the danger