

School for Housewives

APPETIZING JELLIED SOUPS FOR HOT DAYS



Line Colander with Scalded Flannel



Mince Very Fine Through Chopper

and attention upon each in its turn, she would better not essay the composition until she has a leisure forenoon.

Jellied Bouillon.

Two pounds of lean beef. The coarser parts of the meat will do as well as choice cuts, but there must be not a particle of fat upon it. One pound of lean veal. Mince it fine. Two pounds each of beef and of veal bones, cracked faithfully by the butcher.

A bunch of soup herbs, including parsley.

Two teaspoonfuls of onion juice. Chop the onion and squeeze through cheesecloth. If the pulp be added it will cloud the soup.

Three teaspoonfuls of kitchen bouquet. White pepper and salt to taste.

Put meat, bones and vegetables with the water into a deep pot; cover closely and set at the side of the range, where it will not reach the boiling point under an hour's time. Simmer thus for four hours, never allowing it to boil hard, yet keeping it at boiling heat all the time. At the end of the second hour pour in a cupful of cold water to throw up the scum; cover and set the pot back in place when you have skimmed it. Should the water sink to less than half the original quantity while the soup is in cooking, replenish from the boiling kettle.

When the soup has cooked four hours and you have reduced the liquid to two quarts, remove from the fire, season as directed above, cover again tightly and set in a cool place until the morrow. It should be a firm jelly, clinging to meat and bones. Scrape off the fat carefully. A greasy bouillon is nearly disgusting. Set over



Replenish Boiling Water from Boiling Kettle

Family Meals For a Week

MONDAY.

BREAKFAST.

Blackberries, moulded oatmeal with cream, cold ham, cut as thin as shavings and garnished with water-cress; graham bread, toast, tea and coffee.

LUNCHEON.

Tomato and lettuce salad, deviled eggs (ice cold), cream cheese sandwiches, thin bread and butter, cake and orange marmalade, iced tea à la Russe.

DINNER.

Jellied bouillon, hamburger steaks, stuffed peppers, asparagus à la vinaigrette, crackers (toasted) and cottage cheese, stewed rhubarb and pineapple, spongecake, black coffee.

TUESDAY.

BREAKFAST.

Berries, rice jelly and cream, breakfast bacon, boiled eggs, brown bread, toast, tea and coffee.

LUNCHEON.

Veal loaf, tomato and green pepper sandwiches, potato salad, crackers toasted and buttered, white bread, baked custards, cake, iced coffee.

DINNER.

Chicken and rice broths, roast lamb and mint sauce, Saratoga chips, green peas, ice cream and cake, black coffee.

WEDNESDAY.

BREAKFAST.

Raspberries, cereal and cream, fried eggplant, boiled eggs, rolls, toast, tea and coffee.

LUNCHEON.

Cold lamb, thin brown bread, potato (à la left-over), fried tomatoes, cucumber salad and crackers, berry shortcake, cocoa.

DINNER.

Cream corn soup, curried lamb (à la left-over), rice, spinach à la cream, bananas (eaten with the curry), peach compote, black coffee.

THURSDAY.

BREAKFAST.

Fruit, cereal and cream, sliced veal loaf (à la left-over), fried tomatoes, bread, toast, tea and coffee.

LUNCHEON.

Baked omelette, thin bread and butter (fried), tomato and cream salad, crackers, berries and cream, cake (iced).

DINNER.

Tomato soup, boiled chicken, rice soufflé (à la left-over), string beans, peaches and cream cake, black coffee.

FRIDAY.

BREAKFAST.

Fruit, hominy boiled in milk, fish balls, tomato toast, whole wheat bread, tea and coffee.

LUNCHEON.

Clam broth with whipped cream on it, cold tongue in apple, thin bread and butter, radishes, water-cress salad, baked apples and custard, cookies, cocoa.

DINNER.

Jellied chicken and sage broth (founded on liquor in which yesterday's fowl was boiled), baked pickled tomatoes, cream, whipped potatoes, baked pears (cold) and cream, black coffee.

SATURDAY.

BREAKFAST.

Fruit, cracked wheat and cream, fried-cassied eggs, bread and butter, toast, tea and coffee.

LUNCHEON.

Chicken salad (à la left-over), brown bread and cream cheese sandwiches, dried rack and iced milk, tomato sauce and cream, cake, tea.

DINNER.

Green pea soup, breast of veal stuffed and roasted, stewed tomatoes, new potatoes with butter and parsley sauce, peach ice cream, white cake, black coffee.

SUNDAY.

BREAKFAST.

Fruit, cereal and cream, broiled lamb chops, bread and butter, toast, tea and coffee.

LUNCHEON.

Cold veal (à la left-over), macedoine salad with mayonnaise, toasted crackers and Roquefort cheese, graham bread and peanut sandwiches, cream cake, iced coffee.

DINNER.

Pea and tomato soup, roast chicken, creamed squash, baked eggplant, lettuce salad with French dressing, peaches and cream, cake, black coffee.

A Cheap Floor Stain.

I noticed in the Exchange that "Mrs. F. B." had a simple, inexpensive way of staining a floor. I am sending herewith a stain that is both simple and cheap.

Stain for Floor.

Dissolve two ounces of permanganate of potash in two quarts of boiling water. If too dark to suit your taste, pour more water on it until you have the right color. Apply with a brush, or with the back of a spoon. Let it dry over night and rub with boiled linseed oil.

To Make Clothes White

To give clothes that bluish whiteness so hard to obtain under ordinary circumstances, soak them the night before washing in bluing water. Then, the next day, do not use bluing at all; but, after washing, rinse them in clear water only. This will do away with the yellow appearance, so annoying to most persons.

One thing stands out clear and plain

The Housemothers' Exchange

CAN you or any of our readers help me by giving a menu for lunches and dinners for a week, which do not include a hot-meat dish more than twice a day?

As the warm days begin to come, the problem of planning attractive and nourishing meals is almost a burden, as with the first warm day the cry goes up, "Don't let us have meat!" There are only myself and my husband in the family, but as we care very little for fish, and neither of us can eat dishes made with cheese, it keeps me with my thinking-cap on most of the time. Therefore, any suggestions as to the possibility of contriving meals without hot-meat, fish or cheese will be peculiarly welcome to us.

I was somewhat amused by "Mrs. W. J. B." comment upon menu, but I wish to say to her that during the first week of my housewife life my weekly accounts show that I spent from \$2.75 to \$4 per week on the table. The sum has been on the rise ever since. As I kept no list of menus, my experience can be of little real use in that direction; but if at any time it can help you, or any of our members, I shall be happy to write again.

A "WEST SIDE" HOUSEKEEPER (Worcester, Mass.).

That you can be a help and a comfort to many of us is a truth I shall not waste time in proving.

I do not believe in chance, even where the most trivial concerns are involved. For some of us can determine what is trivial and what important when results are considered. The fate of nations has been determined by the cackling of geese, the tread of a naked foot upon a thistle, a spider's apparently purposeless weaving, the unwary step of a hoof upon hot ashes, the gossamer web swaying in the morning air over the mouth

of a cave.

I choose, then, to regard it as a significant coincidence that the first letter I drew from the Exchange drawer this morning should be that of our Massachusetts housemother. For the subject docketed for today's Familiar Talk is "Appetizing Midsummer Meals Without Meat." I recollect the title as it stands on my schedule, by the time the world was fairly awake. The birds, singing their matins in the honeysuckles under my window, and my thoughtful, slightly perplexed self had the day to ourselves as I entered my study and pulled open that drawer. For once, demand and supply shook hands cordially over my desk.

This is the true explanation of the circumstance that nearly all of our Corner will, this week, be taken up with warm weather talk.

But the Massachusetts member has laid a big contract before us by excluding fish and cheese from her menus. In our home, we count largely upon both. In the arrangement of meals suitable for summer fare, sardines, shrimps and cold, fresh fish enter into the composition of seasonable salads. Crackers and cheese go as naturally together as bread and butter. It is next to impossible to shut these articles of human consumption out from a summer menu. When one or the other slips into our

list, our "West Side" Housekeeper must substitute something of her own selection better suited to the idiosyncrasies of herself and John.

What is the Matter With My Cake?

Please tell me what is the matter with my cake? What makes it so coarse grained? I do just what the recipe calls for, but it isn't good. Do you melt the butter? I get disgusted with trying and failing, for it is always bad. For whites of three eggs how much flour? Is it the flour, or isn't the oven hot enough that makes it so coarse?

Please answer next Sunday.

SWEET SIXTEEN (Pittsburg, Pa.).

Sweet Sixteen is in what the old people used to call when I was at her age—"a peck of troubles." Instead of picking them out, one by one, suppose I tell her how to make a good plain cake? She has been a trifle ambitious. I suspect, from her allusion to whites of eggs.

Certain rules apply to all kinds of cake baking. But become proficient in making simple varieties before adventuring "silver" or "fruit" or "white mountain" or other intricate compositions.

Cream butter and sugar before you beat the eggs. To do this warm the butter very slightly—just enough to enable you to rub it into the sugar. It is needless in hot weather, unless the butter has just come from the ice box or cellar. Measure it into a bowl: measure the

sugar and put upon the butter. With a wooden spoon rub and beat and stir until you have a creamy mass much lighter in color than when you began to work it. Sift the flour before measuring it. After it is measured, add the baking powder and sift again twice to incorporate the whole.

Now, beat the yolks of the eggs for three minutes, steadily, in a chilled bowl; mix in the creamed butter and sugar, put the milk into this and stir for three minutes more, adding spice or flavoring.

Next stir in the flour alternately with the whites, which should be whipped first to a standing froth. If you have not an assistant to do the whipping, it will not hurt the compounded yolks, butter, milk and sugar to stand for three minutes while you do it. The eggs and dish in which they are whipped should be chilled. Beat in whites and flour with long even strokes—"folding" in the whites.

When you have made good cake a few times you will learn how the batter should look and feel under the spoon when it is "just right."

Nothing but watchfulness and careful practice will make you expert in the art. But it is quite possible for you to make a fairly good cake at the first trial of the simple rules here laid down.

The very best cake I dared to do

sound under the direction of my mother, she called—

"One, Two, Three, Four Cakes."

One even cup of butter.
Two cupfuls of white sugar.
Three cupfuls of sifted flour.
Four eggs.

One cupful of sweet milk.
One rounded teaspoonful of baking powder.

Try this: beat faithfully before the flour and whites go in, and evenly, not long, after these are added.

This is an excellent foundation for jelly and cream cakes, and good when baked in small tins or as a single loaf. You may flavor with vanilla, and add mace or cinnamon or nutmeg, if you wish. We did none of these things when I bent all the energies of a 14-year-old tyro to the task. And all who ate and wondered over the fragrant loaf, said it was "a decided success."

No More Musical Instruments.

Six boys, all lame, have written to lament their "ill luck" in failing to get the violin offered in our column. From others who have had the handling of part of our correspondence we hear the same story, with trifling variations. I am afraid to compute the number of applicants for one poor little second-hand fiddle! The experience is heart-wringing to one who loves young people and who sympathizes with music lovers.

One thing stands out clear and plain