



# EVERYWOMAN'S HOUSEHOLD DEPARTMENT

Food and Housekeeping Efficiency

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## The Thanksgiving Day Dinner



On the day set apart for the giving of thanks for the blessings of the harvest, the custom has been for many years, to serve a family thanksgiving dinner that will typify the abundance of good things given us to enjoy. Gradually, the main dishes of the feast have become almost as settled as the oatmeal of a Scotchman's breakfast. Turkey, plump and tender, and pumpkin pies, fresh made from the great, golden fruit without which no Canadian garden is complete. And to these almost legendary good things we have added the finest trophies of sea and farm, orchard and vineyard.

A real, old-fashioned, regardless-of-expense Thanksgiving dinner, menu, suitable for the formal or informal repast is given as follows

Olives, Celery  
Oysters on the Half Shell  
Roast Turkey Chestnut Dressing  
Cranberry Frappe  
Mashed Potatoes Cauliflower  
Succotash  
Orange Salad French Dressing  
Pumpkin Pie Frosted Apples with  
Cream  
Raisins, Nuts  
Coffee.

### Roast Turkey With Chestnut Dressing

CHOOSE a young, plump turkey, singe and draw it, and cut off the neck close to the body. Rinse the inside, and wipe dry with a fresh cloth. If the inside of the fowl seems at all sour, put a teaspoonful of baking soda in the last water.

Simmer the neck, pinions, heart and well-cleaned gizzard, to make stock for the gravy and dressing. Rub the well-dried inside with a little salt, then stuff with a plain dressing or one with oysters or chestnuts in it. Sew up the vent, truss correctly, fastening the legs and wings to the body. Rub over with a little butter, oleomargarine or fresh bacon dripping, sprinkle with salt and pepper and dredge lightly with flour. Put in a large pan with plenty of bacon dripping or a good shortening,

and keep well-basted throughout the cooking. If it browns too fast, cover with greased paper. A few strips of bacon skewered into place over the breast, will improve the flavour and help prevent the drying of the white meat. Remove and brown the breast at the last.

When the turkey is cooked, the juice will run out clear when pricked with a fork.

For the Chestnut Dressing, boil 2 lbs. of chestnuts, after slitting the skins, for about 15 minutes. Then remove both skins. Replace in a

through a cloth. Add 2 cups sugar and boil until sugar is dissolved, then add strained juice of two lemons, turn into freezer and freeze to a mush. Serve in sherbet glasses, with the roast turkey.

### Orange Salad

Slice oranges thinly, across the sections with a sharp pointed knife, remove every particle of white skin and pith, and the pips. Arrange on crisp leaves of endive or head-lettuce, with French dressing and half a pecan nut in the centre of each slice.

### Frosted Apples With Cream

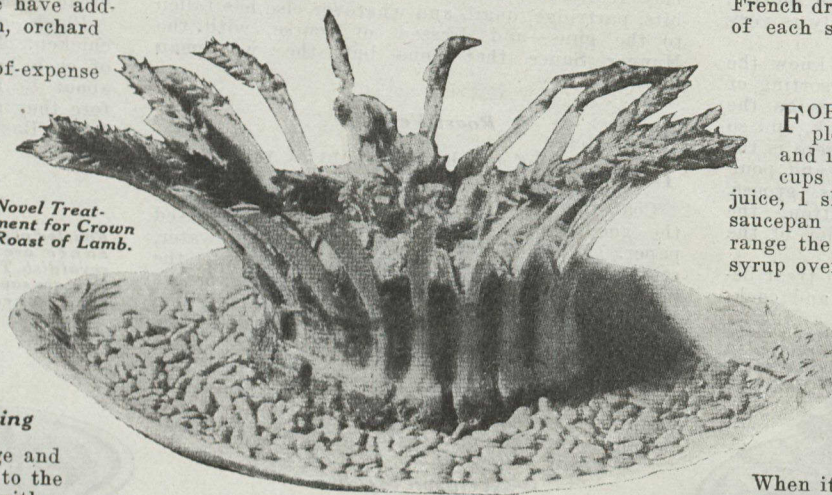
FOR ten persons, use 10 small cooking apples, of a variety that retains its shape and is of good flavour when cooked. Put 1½ cups sugar, 1 cup water, 1 teaspoon lemon juice, 1 short stick of cinnamon, 2 cloves into a saucepan and cook to a fairly thick syrup. Arrange the apples in a deep baking dish, pour the syrup over and round them, cover with a buttered paper and bake in a very moderate oven until tender. Transfer carefully to buttered cake tins, coat each apple carefully with very stiffly beaten white of egg and sprinkle plentifully with confectioner's sugar. Return to a slow oven until the meringue is set, then put aside to cool.

When it is time to serve, whip ½ pint of cream stiffly, flavour as desired, sweeten with a dessert-spoonful of fine sugar. Arrange the apples on an attractive dish, pile the cream around them, with a little mound on each one, decorate with candied fruits and nut meats.

If a less costly but nevertheless festive, dinner is desired, the following menu is suggested:

Oyster Cocktail  
Crown Roast of Lamb Red Currant Jelly  
Vegetable Marrow, Cream Sauce, Braised Celery,  
Sweet Potatoes with honey  
Head Lettuce Salad, Cheese Balls, French Dressing  
Pumpkin Pie Ginger Cream  
Fig and Walnut Balls Coffee

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Novel Treatment for Crown Roast of Lamb.

saucepan with a cup of stock, and simmer for about an hour, or until chestnuts are tender. Rub through a sieve, add 3 tablespoons butter or oleomargarine, 1 egg, pepper and salt, about a cup of fresh bread-crumbs and cream or milk, to moisten sufficiently.

Put this dressing into the body cavity, fill the crop with sausage meat, shaping it nicely.

### Cranberry Water Ice

BOIL a quart of cranberries in 1 quart of water for about five minutes. Bruise and strain

## Suggestions for the School Lunch Box



THE school season is once more in full swing—and the problem of the school lunch box has reared its head again, after its long summer sleep. Every mother whose child does not come home for the noon-day meal, knows the inevitable morning question: "What can I put in to-day?"

Too often, the oft-repeated question is answered by a hasty glance into ice-box or cupboard—something salvaged that will make sandwiches, a piece of pie or a tart added—and the child is speeded, on its way with half a lunch.

Yes, half a lunch, no matter what the quantity may be, if it is a one-sided affair, mostly starches, and quite possible, not altogether digestible.

The child should not be allowed to pay a penalty because one of the three meals must be carried! At the school-age, there is not only worn-out tissues to be replaced but much new tissue to be made, for there is growth, at this period, demanding ever an increase of body-builders of all kinds. We cannot afford, therefore, to regard any one meal as "filler" merely—it should be a properly-planned, all-round little meal, just as much as those eaten at the home table.

What are the child's requirements, is the logical next question.

Of course, there will be starchy food in the sandwich bread. A cookie or piece of cake will also provide some starch, but there will be more protein (the tissue-building food) in good home-made cake (in the milk and eggs it is wet with).

The sandwich-filling will usually supply protein—cold meat or fowl, fish, eggs, cheese, nuts. A little mould of milk pudding or custard will have protein in its milk and egg. If a cup of milk or cocoa made with milk is possible, there is further protein of the most desirable order for the child. Any of the foods in the second list here will supply the so-necessary protein.

Fat is supplied by the butter, and is also present in milk, yolk of egg, nuts and such foods as have these fats in amongst their ingredients.

Very important to the growing child are the

minerals that are present in fruit and vegetables. For this reason, it is worth some effort to have fresh fruit for the luncheon every day. Vegetables are seldom feasible except for a few kinds of sandwiches and a little pot of salad or vegetable jelly.

It may seem over-elaborate to the busy mother, this planning of an inclusive little luncheon that will not only sustain but will nourish properly the growing child. The matter is very easily arranged, in comparison with its importance, however, and it is surprising how little actual trouble



Complete and Compact

it is, once one has formed the habit of thinking ahead about the school lunch-box. During the preparation of every dish for the home table, one should keep in mind the question: "Can I adapt this to the carried luncheon in any way?"

Given first a few little containers of the right sort, it is very easy to save many things for the lunch that one would not ordinarily think of for that purpose.

There should be, for each child, a little earthenware or china ramekin dish or an individual mould; a tiny glass jar with a wide mouth is invaluable, if it have either a screw top or a wide, flat cork (the little white china jars in which we buy cold cream are just the right size and very useful). Or one may have a supply of the little waxed drinking cups that come in packages.

A drinking cup is the very first essential for the child in any school that does not supply the individual paper cups. The one absolute rule that should be impressed upon children is that they must never, under any circumstances, drink from a public drinking cup, even in their own school or Sunday School. The war against this practice is the result of no idle scare, but of sound knowledge of its dangers—there is probably no finer little disease-carrier at large than the public cup.

A thermos bottle is indeed a boon to any youngster, and if it is given proper care, will be well worth the investment it requires. The little half-pint bottle will carry a cup of hot or cold milk, cocoa, hot soup, hot or cold fruit drinks, and serve them at noon just as hot or as cold as they were when they went into the bottle. This is, of course, splendid, for in severe weather it ensures a good hot drink, or when heat is not important, the nourishment of milk or the healthfulness of a fruit drink are decidedly desirable.

Sometimes hot water is provided at noon hour at the school. If so, don't overlook the advantage of a bouillon cube or a teaspoonful of the cocoa that comes prepared with milk and sugar. Either of these requires only the hot water to be poured over it. Something hot like this will, with care as to the selection of the rest of the luncheon, often overcome the digestion troubles that often follow the cold luncheon.

With the simplest of the equipment mentioned here, the thoughtful mother can manage many delightful little dishes. For example, she will never make a milk pudding of any kind for family use, without filling one of the little ramekins or jars that stand conveniently at hand, always awaiting their opportunities. A spoonful of jam first, then filled up with rice, tapioca, sago, corn-starch, or bread pudding.

The same with many salads—those of mixed cooked vegetables, meat and vegetables, etc. A jar with a top will take stewed or preserved fruits, custard, and many other things. Tuck in a small spoon, preferably an odd one for which the child will be held responsible. (Continued on page 41)