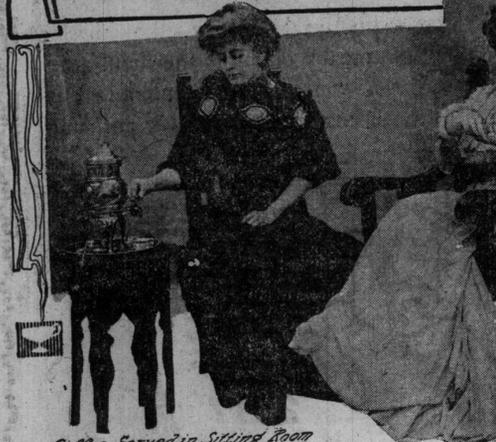


School for Housewives

TEA, COFFEE AND CHOCOLATE



Coffee Served in Sitting Room After Dinner.

There are divers ways of making good coffee, as we shall see presently. There are also two or three ways of making chocolate, any one of which will yield a fairly palatable result.

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I suspect that is the reason so many cooks resort to "stewing" the leaves to extract all that is in them. Next, measure the tea.

"That way madness lies" for this particular housewife. The fates who preside over the kitchen and mixing-room preserve me from the woman (it is never a man) who "has no special way of making anything!"

She will tell you complacently that "she goes by guess." She is even pa-

standing in the kettle for an hour or so.

The water should be boiled expressly for each brew of tea, he maintained, and be poured out as soon as it reached the violent boil. The actual and active ebullition, he said, "put a bead" upon the tea.

Have the teapot hot from a plentiful dash of boiling water; put in the dry tea, cover with boiling water, and slip a cozy or other muffler over the teapot.

Leave it thus for three minutes, and add the rest of the water. Pour a minute later into heated cups, and let the drinkers qualify it to suit themselves with cream and sugar, or with sugar and lemon, unless they prefer to "take it

straight," with nothing to deaden the flavor of the celestial herb. Some tea-toppers contend that this is the only right way to drink tea. They prove the assertion by the example of the Chinese and Japanese, to whom we are indebted for the herb.

The Russians, too, who are universal tea drinkers, add nothing to the beverage except boiling water. Albeit not a tea drunkard, I yield to none in my appreciation of the value of the delicious nerving and general comforter. With Sydney

Smith, I "thank God for tea! What," he goes on to say, "would the world do without tea? How did it exist? I am glad I was not born before tea!"

I agree, moreover, with the poet Waller, that "Tea does our fancy aid; Repress those vapors which the head And keeps the palace of the soul serene."

But I do not boil it after the Tartar fashion, or take it clear because the Chinese prefer it thus. I drop a lump of sugar, just one, into the cup, pour in the tea, and when the sugar melts, soften and enrich the amber fluid with real cream.

Tea left to "draw" for from ten minutes to an hour in an infusion of tannic acid. The custom of extracting the tannin by long steeping is the base of the prejudice against what should be a blessing to mankind, and especially to women, the world over.

Freshly brewed tea never harmed the nerves or digestion.



Measure Tea Carefully.

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Grand Coffee at Home

time in the oven to heat and freshen before it is ground. French, or drip coffee, is made in what used to be called "a biggin." There are other and more euphonious names for it now, and many patents.

The principle is the same with all, except that some add to the percolation infusion, thereby increasing the strength of the coffee with each moment of standing on the grounds.

Allow a quart of freshly boiled water to an even half pint of ground coffee.

Put the latter into the upper vessel—the strainer or filter—set the pot at the side of the range in the pan of boiling water and pour the measured water into the upper vessel, gradually, until the quart is used up.

Let it trickle through; pour from the spout of the lower pot into a hot pitcher and return to the filter. Run it through three times. Leave the coffee pot in the pan of boiling water until you are ready to pour into cups or into a silver urn or pot.

It should not boil from first to last, yet be hot. This will make a scant quart of strong, clear coffee.

Even for those who have the poor taste to like it weak, let it be strong in the outset, and diluted with boiling water, if desired.

Black Coffee. As served in "demitasses" after dinner is made as above, but stronger. Al-

low a cupful of freshly ground coffee to three large cupfuls of boiling water. And never fail to measure both coffee and water.

Boiled Coffee. Beloved of our grandparents and still preferred to the French coffee by some persons who fancy it has more "body" and richness than the more modern variety.

Allow half a pint of ground coffee to a quart of boiling water. Beat the white of an egg light and mix it with a crushed egg shell. Stir these into the dry coffee, wet to a stiff paste with a little cold water and put into the boiler.

Add the boiling water gradually, stirring all the time, and set over the fire. Stir down from the sides as it boils.

Here, as with tea, get the best quality, or let it alone. A blend of Mocha and Java in equal proportions is excellent.

Never buy the ground coffee that is sold in packages. It is cheaper than the berry because adulterated with chicory or with beans.

Coffee factories buy both by the ton. If you have no coffee-mill, see your coffee berries ground by your grocer. The better plan is to buy the roasted berries and grind as you mean to use it, first setting the quantity of coffee you need for the

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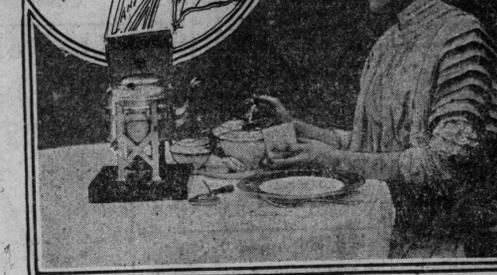
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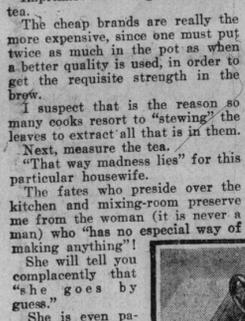
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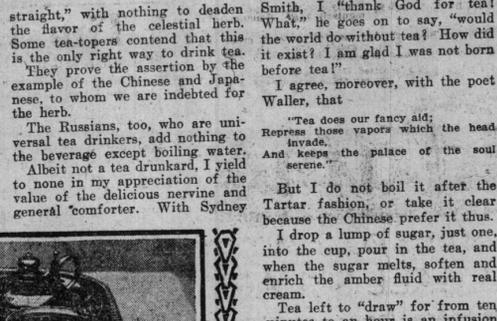
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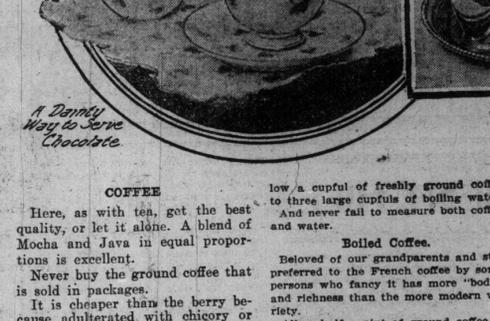
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