RECIPES

A Cheese Souffle.

(A nice luncheon dish.) DUT two tablespoonfuls of butter into a deep frying-pan, and when it hisses stir into it two tablespoonfuls of flour. Rub and stir to a smooth "roux" and add gradually a cupful of milk. Bring to a boll, having dropped a quarter of a teaspoonful of soda into the milk, and stir in an even cupful of grated cheese, a saltspoonful of salt and a dash of cayenne. In two chilled bowls have ready the yolks and the whites of four eggs, beaten separately and very light. Turn the contents of the frying-pan into a third bowl, and pour in with this gradually the beaten yolks, beating all the time. Fold into the mixture, and lightly, the stiffened whites. Pour all into a bakedish ready heated and buttered, and bake in a quick, steady oven to a delicate brown. Send to the table promptly, before it falls.

Bread-and-Cheese Souffie.

Scald two cupfuls of milk, adding a halfteaspoonful of soda. Add a cupful of fine, dry crumbs, and take from the fire. Leave the crumbs in soak for ten minutes, beat to a smooth paste, add a cupful of finely grated and very dry cheese, a tablespoonful of melted butter, a pinch of cayenne and a saltspoonful of salt. Beat hard for a minute and add the yolks of three eggs whipped light; lastly, the stiffened, whites of the eggs. Pour into a heated and buttered bakedish, sift fine crackerdust on the top and bake, covered, for fifteen minutes in a brisk oven. Uncover and brown lightly. A delicious dish, and more wholesome than

one based entirely upon cheese.

Baked Souffle of Eggs.

Scald a cup of milk, putting in a tiny pinch of soda. Beat the yolks of six eggs until light and creamy, and the whites till stiff enough to stand alone. Add one-half teaspoonful of salt, a dash of pepper and one rounded tablespoonful of butter to the milk, and stir it into the yolks; then beat in the whites very quickly. Pour into a dcep, buttered pudding dish and bake in a moderate oven ten minutes, or to a delicate brown. Serve immediately in the bakedish.

Orange Souffle

Cut stale sponge cake into small cubes RONOUNCED as if written and saturate with orange juice. Pour into a dish and pour over it rich custard. Cover with whipped cream and put Maraschino cherries on top.

Spinach Souffle. Chop a cupful of cold cooked spinach

very fine, or run it through the vegetable press. Beat in a tablespoonful of melted it: "A pudding beaten to a froth butter, salt and pepper to taste, half a and baked very quickly."

telligibility.

She is a stupid or bigoted mis-"soofflay." Some will recog- tress who does not learn something nize them by the hearing of " from every change of cooks. I, for the ear who might mispronounce the printed word into unin-"Kitchen French" thus translates sided over my range and sink. If

An Egg Souffle is Lasy to Prepare

one, am not ashamed to confess myself the debtor to even the least accomplished woman who has ever preyou will deign to study her methods, you will find that each incumquantity to a souffle. Her methods were worth watchheaded daughter of Erin, boasted ing. To begin with-and this stage

lowed to transform a cupful or a saucerful of this or that left-over that might have been consigned to the garbage pail but for her proclivity to reduce any given culinary

teaspoonful of sugar and a pinch of mace or nutmeg. Stir and beat to a smooth paste; add half a cupful of milk, the beaten yolks of three eggs, and when these are well mixed with the other ingredients, pour in the stiffened whites. Beat for thirty seconds and turn into a buttered dish. Bake twenty minutes in a quick oven. It is very good.

Green Pea Souffle. 0 Mash a cupful of cooked peas to a smooth pulp, working in, as you go on, a tablespoonful of melted butter. Mix with this a cupful of milk, into which you have dropped a pinch of soda. Season with salt and pepper; beat in the whipped yolks of three eggs, and, a minute later, the stiffened whites. Turn into a buttered bakedish; bake, covered, in a brisk oven for twenty minutes, then brown lightly.

Potato Souffle.

Into a cupful of mashed potatoes work a cupful and a half of milk which has been scalded, and a pinch of soda added. Beat hard and light. Season with salt and pepper and a teaspoonful of onion juice. Add a teaspoonful of melted butter and beat to a cream before whipping in the yolks, then the whites, of two beaten eggs. Turn into a buttered pudding dish and bake, covered, for ten minutes in a quick oven. Then, uncover and brown.

Rice Souffle.

Make a roux of a tablespoonful of butter and one of flour heated and stirred together in a saucepan. When smooth pour in a cupful of milk heated with a bit of soda. Remove from the fire, and, when it is lukewarm, beat into the sauce a cupful of cold boiled rice, then the yolks, and finally the whites of three eggs, beaten separately. Bake in a pudding dish set in a quick oven. Keep the dish covered for ten minutes.

Onion Souffle. Mak- as you would the rice souffle, sub-

stituting for the cold boiled rice a cupful of boiled onions-yesterday's 'leftover''-run through the colander or vegetable press, and free from all bits of skin and fibre. It is very savory.

The Queen of Souffles.

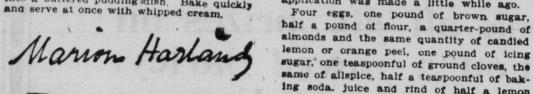
Soak half a pound of prunes over night. On the morrow drain them well, removes the stones and mince the prunes finely. Whip the whites of seven eggs to a standing foam, beat in quickly six spoonfuls of powdered sugar; whip the minced prunes into this meringue; turn into a buttered pudding dish and bake in a hot oven. Twenty minutes should send it to table hot and high-a very dream of lightness and deliciousness.

- whipped cream as a sauce. .

Date Souffle.

Fruit. Oatmeal. Jelly and cream. Curried eggs. Rolls. Toast. Coffee. Tea. teemed by some epicures as hardly second to the "Queen."

Little Pigs in Blankets. Baked rice (a left-over). Scalloped Irish potatoes. Sliced oranges and sugar. Cake. Tea or cocoa. Chocolate Souffle. Make a roux of a tablespoonful of butter and one of flour in a saucepan. When smooth, add. by degrees, three-quarters of a Macaroni soup with Parmesan cheese. Chicken pie (founded upon yesterday's fri-cassee). Spinach souffie (a left-over). Stuffed Bermuda onions. Chocolate flummery with whipped cream. Black coffee. cupful of milk. Have ready in a bowl the beaten yolks of three eggs, into which have been stirred three tablespoonfuls of sugar. Turn the white sauce upon this; add four Turn the white sauce upon this; add four tablespoonfuls of grated sweet chocolate, and whip to a lukewarm cream. Set on ice to cool stirring now and then to hinder a crust from forming. When quite cold, fold in the frothed whites of the eggs, and turn into a buttered pudding slish. Bake quickly and serve at once with whinned cream Recipe for Leb Kuchen It gives me pleasure to forward to you the recipe for "Leb Kuchen," for which



Our good standby, the dictionary bent has some specialty. One, a redand cyclopedia, goes into details: "A delicate dish, sometimes savory, but usually sweet. It is made light by incorporating whites of eggs beaten to a froth, and placing it in an oven, from which it is removed the moment it puffs up, and served at once."

who, presumably, is not a professional cook. The souffle is as often savory as sweet in my kitchen. It is one of the most popular methods known to us of utilizing left-overs. As I shall show presently, there are few vegetables that may not be saved from the stigma of "warmedups" by working them into the compound with the French name. For a quarter century the potato puff has been a frequent and welcome visitor to our table. It may not taste better when christened "souffle," but it more nearly approxidish," especially if it be crowned with a meringue.

sunday.

BREAKFAST.

Oranges. Cereal and cream. Fish cro-quettes. Muffins. Brown bread toast. White bread. Tea and coffee.

LUNCHEON.

Veal loaf. Baked sweet potatoes. Baked beans. Boston brown bread. Custard pud-ding. Cocoa.

DINNER.

Tomato bisque. Brown fricassee of chick-en. Spinach a la creme. Rice and cheese sauce. Lettuce salad. Crackers and cheese, Prune souffie. Black coffee.

Monday.

BREAKFAST.

LUNCHEON.

DINNER.

application was made a little while ago.

Four eggs, one pound of brown sugar,

bread I have ever eaten that was of the hour. Eggs, cream or milk made of Northern Indian meal. I . introduced the recipe into my first lade, or rice or tapioca, which was Not a bad description from one cook book under the title of "Non- to act as the foundation of the airy pareil Corn Bread," and told her I structure-bowls, egg beater. bake had done it. From a second cook I dish, sugar and other condimentsgot a capital recipe for Yorkshire were set in intelligent order upon pudding, registering it under its the table and duly scanned ere she rightful name in the face of her in- seated herself solemnly in front of sistent declaration that it was "Auc- the array and fell to work. In the tion Pudding." To a later date belongs my instructor in souffles. She was a fair cook in other lines. She had a genius for souffles. It did not tender, hot, and in all things satislower my respect for her that she factory. What matter if an artist was conscious of this. So long as magnify her office when the result harmless vanity in her one accom- is invariably success? It is someplishment did not interfere with the thing to be proud of-the ability to average excellence of her work, I do one thing as well, if not better, mates the dignity of a "company encouraged her. In fact, I had se- than anybody else can do it-be it cret enjoyment in the sight of Jan- ruling an empire or tossing up a etta's mien and movements when al- souffle.

THE HOUSEMOTHERS' EXCHANGE

MENUS FOR A WEEK OF TASTY MEALS

Tuesday.

BREAKFAST.

Fruit. Rice porridge and cream. Fried bacon. Oatmeal scones. Tea and coffee.

LUNCHEON.

Smoked salmon with creamed sauce. Gra-ham gems. Stewed potatoes. Tea. Soft gingerbread and cheese.

DINNER.

Creamed rice soup. Irish stew with dumplings. Whipped sweet potatoes. Cauli-flower with cheese sauce. Sliced pineappie with wine. Cake. Black coffee.

Wednesday.

BREAKFAST.

Fruit. Cereal with cream. Scrambled eggs. Indian meal cakes. Toast. Tea and coffee.

LUNCHEON.

Baked omelet. Sweet potato puff (a left-over). Cabbage salad with boiled egg dressing. Bread. Crackers and cheese. Cornstarch custard. Cocoa.

DINNER.

Black bean soup. Fresh beef tongue, baked, au gratin. Stewed carrots. Spinach. Cornstarch hasty pudding with cream sauce. Black coffee.

Thursday.

BREAKFAST.

Fruit. Indian meal mush and cream. Ba-con and eggs. Popovers. Brown bread. Tea and coffee.

LUNCHEON.

Salt salmon au maitre d'hotel. Cold tongue. Stewed potatoes. Tomato toast. Tea or cocoa.

DINNER.

Potato soup. Boiled fowl. Rice with cheese sauce. Asparagus. Fig pudding. Black coffee.

juice of the lemon. Lastly put in the flour.

modestly when I engaged her, that is commended as an example to the she "had quite a name for her corn novice in kitchen work-she collectbread." She was a mediocre cook in ed all needed materials and tools general. She made the best corn before beginning the real business the vegetable or fruit, or marma three years of her incumbency she never once failed to send in a soutfle at the right moment-puffy,

Friday.

LUNCHEON.

Fried smelts, with lemon. Baked rice and tomato (a left-over). Stuffed potatoes. Cake and cocoa.

DINNER.

Oyster bisque. Boiled halibut. Mashed po-tatoes. Asparagus on toast. Lemon meringue pie. Black coffee.

Saturday.

BREAKFAST.

Fruit. Cereal and cream. Boiled eggs. Fried bacon. Graham gems. Toast. Tea and coffee.

LUNCHEON.

Creamed halibut (a left-over). Potato souf-fie (a left-over). Baked cream toast, Let-tuce salad. Lady cake and tea.

DINNER.

Asparagus soup. Leg of mutton, larded and boiled. Turnips, creamed. Mashed po-tatoes. Stewed tomatoes. Strawberry short-cake. Black coffee.

Lady Baltimore Cake

I have had so many helpful ideas from

your Exchange that I feel constrained to

make some return, so I am sending "B. B."

the recipe she wants. That is for Lady

I wish to ask the same question which

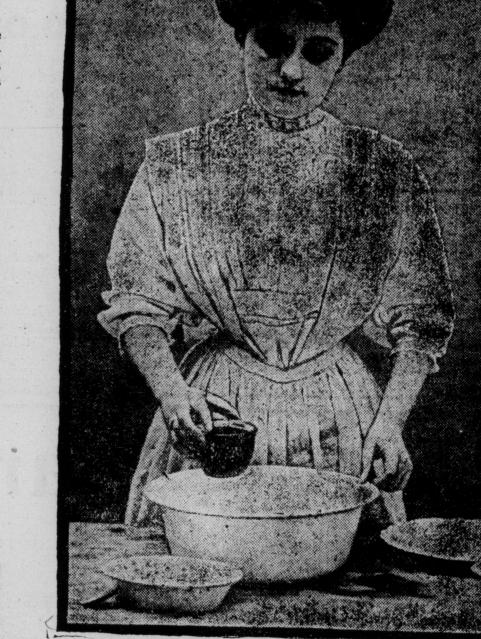
"K. N." propounds: Do you know of any

book that tells what vegetables, fruits and

meats should be used together? And how

.

BREAKFAST.



cious and Savoru

Set the Souffle in Cold Water

terness of spirit, to take up the lamen- and still consult what my little daughter tation, "If thou, even thou, hadst known calls "Mother Marion." Fruit. Hominy bolied in milk. Poached eggs on toast. Griddle cakes and maple syrup. Tea and coffee. the things that belong to thy peace!"

Will readers pardon the outbreak from the child!

later among other culinary formulas.

For Frostbites "H. M.," Camden, N. J., asks for a cure for frostbites. I know something of that dreadful torture. When a girl I had to be excused from school time and again and so home to get some relief. What I did then was to bathe the itching, burning feet in kerosene and 'warm the oil at the fire. But last Saturday I happened upon this article, which I cut from your Exchange last year, thinking it might "come handy" at some time. That good time is here. I hope the sufferer

will try it and find relief. I give the recipe, word for word, as it was printed. E. E. P. (Austin, Ill.).

This is the clipping inclosed. It returns to us like a homing dove, ready for another journey:

Cure for Frosted Feet. r. have Tearned 'something of so much value that I must pass it on. For years I suffered with chilblains, so that often I could not wear shoes. I read that permanganate of potash (30 grains), dissolved with one ounce of water, applied frequently with

There may be such a manual as you a full heart brought forth by the little wish to get, but I have no knowledge of daughter's "Mother Marion"? God bless it. When I get time to do some of the dozen things I long to undertake, I shall The Lady Baltimore recipe will appear prepare it myself, if none is published

> It is not often that I print one of the sweet bits of praise which are to me like the daily fall of manna in what, but for the honest, generous appreciation of my work and motives, would be a weary wilderness. I depart from my rule now, because our Nebraska member has approached me on my weak side. Believing, as I do-thankfully and devoutly - that woman's highest earthly mission is maternity, I accept and, prize above any other tribute the assurance that the thousands to whom 1 am permitted to minister have for me, in a more or less degree, filial confidence and affection. One of the most blessed texts in the Bible is, "As one whom his mother comforteth." It is full of deep and solemn meaning to every true mother. When the night cometh

in which none can work, my Nunc Dimittis would be all thanksgiving if I could know that I have awakened American women to a lively sense of the value of their incommunicable gift,

A. L. G. (Kearney, Neb.).

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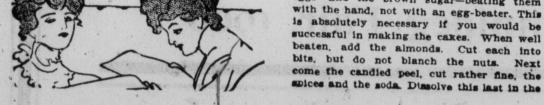
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Prope the jun

lemon or orange peel, one pound of icing sugar, one teaspoonful of ground cloves, the same of allspice, half a teaspoonful of baking soda. juice and rind of half a lemon and juice and rind of one orange. Cream four yolks and three whites of the



eggs and the brown sugar-beating them

and a second so the second

Roll into a sheet and cut into pieces 21/2 _ I have seen meals served in so many difinches square. Bake in a fairly hot oven! While the cakes are still hot, coat with icing made by blending the reserved white of egg, the icing sugar, the orange peel and juice. The juice will thin the sugar to the right consistency. The above quantities should make from four to five dozen cakes. F. T. A. (Germantown, Pa.).

ferent ways, and then heard them criticised · by various persons who claimed to be ''up' on such matters, that to one who is not a "professional" it is decidedly perplexing. If "B. B." will look on page 334 of "Com mon Sense in the Household" she will find a recipe for a white cake which is, in my better than Lady Baltimore. I have had the book for twenty-nine years.

to serve meals properly?

Baltimore cake.

a sure cure. I tried it (5 cents bought 60 grains), and my feet are well. I used it several times a day.

H. S. W. (Pennsylvania). The same remedy has been recommended by three other contributors, each of whom indorses it warmly. Out of the mouths of two or three witnesses its excellence is then established.

and won them to accept it as a precious privilege. I cannot trust myself to write or to speak upon this great subject, for feeling overflows bounds. I do not exaggerate in saying that, in the thought of what motherhood means, and in the sight of the growing disdain felt for the beautiful mission by a mighty class of our countrywomen, I am ready, in bit-