

RECIPES

A Cheese Souffle.

(A nice luncheon dish.)
 PUT two tablespoons of butter into a deep frying-pan and when it blazes stir into it two tablespoons of flour. Rub and stir to a smooth "roux" and add gradually a cupful of milk to a boil, having dropped a quarter of a teaspoonful of soda into the milk, and stir in an even cupful of grated cheese, a tablespoonful 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 baked dish 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 Souffle.

Scald two cupfuls of milk, adding a half-teaspoonful of soda. Add a cupful of fine, dry crumbs, and take from the fire. Leave the crumbs to 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 teaspoonful 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 baking-dish, 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 baked 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 deep, buttered pudding dish and bake in a moderate oven ten minutes or to a delicate brown. Serve immediately in the baked dish.

Orange Souffle

Cut stale sponge cake into small cubes 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 butter, salt and pepper to taste, half a 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.

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 baking-dish; 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.

Make as you would the rice souffle, substituting 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 morning drain them well, remove 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 delicateness.

Date Souffle.

Make in the same way, and is esteemed by some epicures as hardly second to the "Queen."

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 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 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-dish. Bake quickly and serve at once with whipped cream.

Marion Harland



An Egg Souffle is Easy to Prepare

Delicious and Savory



PRONOUNCED as if written "soofflay." Some will recognize them by the hearing of the ear who might mispronounce the printed word into unintelligibility. "Kitchen French" thus translates it: "A pudding beaten to a froth and baked very quickly." Our good standby, the dictionary and cyclopaedia, 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." Not a bad description from one who, presumably, is not a professional cook. The souffle is as often savory as frequent and useful in 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 "wasted" 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 approximates the dignity of a "company dish," especially if it be crowned with a meringue.

She is a stupid or bigoted mistress who does not learn something from every change of cooks. I, for one, am not ashamed to confess myself the debtor to even the least accomplished woman who has ever preceded over my range and sink. If you will deign to study her methods, you will find that each incumbent has some speciality. One, a red-headed daughter of Erin, boasted modestly when I engaged her, that she "had quite a name for her corn bread." She was a mediocre cook in general. She made the best corn bread I have ever eaten that was made of Northern Indian meal. I introduced the recipe into my first cook book under the title of "Nonpareil Corn Bread," and told her I had done it. From a second cook I got a capital recipe for Yorkshire pudding, registering it under its rightful name in the face of her insistent declaration that it was "Ate-ment 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 lower my respect for her that she was conscious of this. So long as harmless vanity in her one accomplishment did not interfere with the average excellence of her work, I encouraged her. In fact, I had secret enjoyment in the sight of Janet's mien and movements when allowed 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 quantity to a souffle.



Set the Souffle in Cold Water

THE HOUSEMOTHERS' EXCHANGE

MENUS FOR A WEEK OF TASTY MEALS

<p>Sunday. BREAKFAST. Oranges. Cereal and cream. Fish croquettes. Muffins. Brown bread toast. White bread. Tea and coffee. LUNCHEON. Veal loaf. Baked sweet potatoes. Cured ham. Boston brown bread. Baked puddings. DINNER. Tomato bisque. Brown fricasse of chicken. Spinach a la creme. Rice and cheese. Prune souffle. Black coffee.</p>	<p>Tuesday. BREAKFAST. Fruit. Rice porridge and cream. Fried bacon. Oatmeal. Graham toast. Tea and coffee. LUNCHEON. Smoked salmon with creamed sauce. Graham gema. Whipped sweet potatoes. Cauliflower. Baked bread. Crackers and cheese. DINNER. Creamed rice soup. Irish stew with dumplings. Whipped sweet potatoes. Cauliflower with cheese sauce. Sliced pineapple with wine. Cake. Black coffee.</p>	<p>Friday. BREAKFAST. Fruit. Hominy boiled in milk. Poached eggs on toast. Griddle cakes and maple syrup. Tea and coffee. LUNCHEON. Fried smelts, with lemon. Baked rice and tomato (a left-over). Stuffed potatoes. Cake and cocoa. DINNER. Oyster bisque. Boiled halibut. Mashed potatoes. Asparagus on toast. Lemon meringue pie. Black coffee.</p>
<p>Monday. BREAKFAST. Fruit. Oatmeal. Jelly and cream. Curried eggs. Rolls. Toast. Coffee. Tea. LUNCHEON. Little Pigs in Blankets. Baked rice (a left-over). Scalloped Irish potatoes. Sliced oranges and sugar. Cake. Tea or cocoa. DINNER. Macaroni soup with Parmesan cheese. Chicken fricasse. Baked rice (a left-over). Spinach souffle (a left-over). Stuffed Bermuda onions. Chocolate hummy with whipped cream. Black coffee.</p>	<p>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 eggs. Cornstarch custard. Cocoa. DINNER. Black bean soup. Fresh beef tongue, baked, au gratin. Stewed carrots. Spinach. Cornstarch. Baked pudding with cream sauce. Black coffee.</p>	<p>Saturday. BREAKFAST. Fruit. Cereal and cream. Boiled eggs. Fried bacon. Graham gema. Toast. Tea and coffee. LUNCHEON. Creamed halibut (a left-over). Potato souffle (a left-over). Baked cream toast. Lettuce salad. Lady cake and tea. DINNER. Asparagus soup. Leg of mutton, larded and boiled. Turnips, creamed. Mashed potatoes. Sliced tomatoes. Strawberry short-cake. Black coffee.</p>
<p>Thursday. BREAKFAST. Fruit. Indian meal mush and cream. Bacon and eggs. Popovers. Brown bread. Tea and coffee. LUNCHEON. Salt salmon au naturel d'hotel. Cold tongue. Stewed potatoes. Tomato toast. Tea or cocoa. DINNER. Potato soup. Boiled fowl. Rice with cheese sauce. Asparagus. Pie pudding. Black coffee.</p>	<p>Friday. BREAKFAST. Fruit. Cereal and cream. Boiled eggs. Fried bacon. Graham gema. Toast. Tea and coffee. LUNCHEON. Creamed halibut (a left-over). Potato souffle (a left-over). Baked cream toast. Lettuce salad. Lady cake and tea. DINNER. Asparagus soup. Leg of mutton, larded and boiled. Turnips, creamed. Mashed potatoes. Sliced tomatoes. Strawberry short-cake. Black coffee.</p>	<p>Saturday. BREAKFAST. Fruit. Cereal and cream. Boiled eggs. Fried bacon. Graham gema. Toast. Tea and coffee. LUNCHEON. Creamed halibut (a left-over). Potato souffle (a left-over). Baked cream toast. Lettuce salad. Lady cake and tea. DINNER. Asparagus soup. Leg of mutton, larded and boiled. Turnips, creamed. Mashed potatoes. Sliced tomatoes. Strawberry short-cake. Black coffee.</p>



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terness of spirit, to take up the lamentation, "If thou, even thou, hadst known the things that belong to thy peace!" Will readers pardon the outbreak from a full heart brought forth by the little daughter's "Mother Marion"? God bless the child!

The Lady Baltimore recipe will appear 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 go 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.
 I have "learned" 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 permanent cure of potash (60 grains), dissolved with one ounce of water, applied frequently with a swab, was a sure cure. I tried it (6 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.

