

Household Suggestions

Vegetable Combination—Pick over and wash one-half peck of spinach. Cook in an uncovered vessel with a large quantity of boiling salted water to which has been added one-half teaspoonful of sugar and one-third teaspoonful of soda. This method causes the spinach to retain its green color. Drain, chop, and add three tablespoonfuls of butter, one tablespoonful of flour, and one-half cupful of cream. Re-heat, and pack into a buttered border or ring mold, and let stand to keep hot in a pan of hot water placed in the oven. Remove from the mold to hot serving dish. Fill center with small boiled beets of uniform size, seasoned with butter, salt, and pepper, surround with sections of hard-boiled eggs, cut in eighths lengthwise, and pour around one and one-half cupfuls of white sauce. This vegetable combination is extremely good and appetizing, and the color scheme of it is very pleasing.

Cream of Celery Soup—This, perhaps, is the daintiest of all the thicker cream soups. Take three heads of celery, wash and cut into small pieces; cover with one quart of water, cook slowly for a half hour; press through a colander, using just as much of the celery as possible. Put this in a double boiler with one quart of milk. Rub together three tablespoonfuls of butter and three of flour; add to the soup and cook until smooth and thick; add a teaspoonful and a half of salt and a dash of pepper.

Stewed Apples and Potatoes—Pare the potatoes, cut into moderately small pieces and parboil until almost done. Drain off the water, leaving only enough to prevent the potatoes from adhering to the pan; place an equal amount of tart apples, pared, cored and cut in eighths, on top. Cover and let the steam cook them. When tender mix thoroughly, mash slightly or to an even consistency as may be desired, and add a teaspoon of butter or good fat from a roast to about every quart of mixture. This dish may be used for dinner or as a separate luncheon dish, and is served with some meat gravy or browned bacon and onions as a sauce. It can be nicely re-heated with or without browning as a potato omelet. The kind of apples used varies the flavor greatly.

Stuffed Cabbage—The indigestibility of fresh pork on account of the large percentage of fat it contains, is largely corrected in the following dish. The admixture of bread and eggs reduces this percentage and the result is a very wholesome, palatable and decidedly inexpensive dish. Procure one pound of lean fresh pork very finely chopped. Be sure not to use sausage meat or meat into which gristle and fat have been freely mixed. Add to this two cups of stale bread crumbs, two eggs, well beaten together, two level teaspoons of salt, one-half teaspoon each of ground nutmeg, sweet marjoram and thyme, one teaspoon of scraped onion, a dash of pepper, hot water enough so it will stick together, from four tablespoons to one-half cup. Chopped parsley, celery salt and sage may be added, but are not necessary. Now place a cheesecloth in a colander or mixing bowl, remove the largest and most perfect leaves whole from a head of cabbage, and arrange them in a form similar to the cabbage, on the cheesecloth. Inside of this place the meat farci in a round loaf, lap the cabbage leaves to make as firm a covering as possible and tie the cheesecloth to hold it all in shape. Cook this for one hour in sufficient boiling water to just cover, using one level tablespoon of salt to every quart of water. A plate in the bottom of the kettle in which it is boiled is a great help in lifting it out. Serve with white sauce. Instead of boiled, this dish may also be braised, in which case the cabbage leaves have to be boiled from ten to fifteen minutes before they are placed around the meat. Cooked in this way the dish is served with some roast gravy.

Babette Sandwiches are made from halved Scotch scones or muffins buttered and spread with apricot preserves. Add a layer of whipped and sweetened cream.

Peach and Macaroon Dainties are delicious and satisfying. The moulds are made of peach pulp and sweetened whipped cream stiffened with gelatine.

Nearly all children are subject to worms, and many are born with them. Spare them suffering by using Mother Graves' Worm Exterminator, the best remedy of the kind that can be had.

Charlotte Russe requires the yolks of four eggs, four tablespoonfuls of sugar, two tablespoonfuls of powdered gelatine dissolved in one cupful of hot milk, and two cupfuls and a half of whipped cream. Flavor and place in rounds of cake.

Raisin Bread is Easily Made—Sift two pounds of flour into a basin, add one dessertspoonful of salt, a quarter of a pound of lard, and half a pound of raisins. In a well in the center of the flour crumble one compressed yeast cake, stir in one cupful of milk and a cupful of lukewarm water until more than half is mixed to a batter;

on the meaty portion, then filling this receptacle with a highly seasoned bread dressing, a cut from the breast of a veal is transformed into a tender and toothsome roast.

Or, the breast of veal cut into pieces of uniform size makes one of the most palatable of stews either alone or with potatoes, by dropping small squares of baking powder dough into the pot thirty minutes before the stew is dished, a most delicious pot pie is the result. It might be well to add in this connection that the covers of the pot must not be lifted even for an instant, after the dumplings are dropped in or they will be tough and soggy.

Again, stew breast of veal until thoroughly done, season highly and thicken

A Cheap Dinner

Soak a quart of Haricot beans in water all night. Put them in two quarts of water and simmer till tender. (From two to three hours on a scrap of fire will do this.) Slice two or three onions finely, fry them in some dripping or fat, then put in the beans, pepper and salt. Fry till nicely browned. Don't throw away the water the beans were stewed in, it is full of nourishment. With pepper, salt, a little milk and thickening of flour, and flavoring of onion and parsley, it makes delicious soup. Very good food for children or invalids.

To Roast in a Saucepan

This saves firing. It is a good way to cook small thick pieces of meat on a small slow fire. A stout iron pot with lid is needed. Put in a little fat or dripping, when it smokes put in the meat, turn it till each side is browned. This makes a seal to keep in the juice. Draw the pot to the side of the fire, keeping the lid on, shaking occasionally to prevent burning. Allow twenty minutes for each pound of meat.

Cooking Green Vegetables

Prepared for The Western Home Monthly, by Abby L. Marlatt, Home Economics Department of the University of Wisconsin

If we think of vegetables in terms of the 85 per cent to 95 per cent of water diluted with color, flavor and a small amount of solids, then the price of water masquerading as vegetables seems high.

But, if we think of the need for flavor and mineral matter to induce a better appetite and keep the body in good health the purchase of the vegetables, in season, will seem less costly than tonics from the drug store.

It is most important when preparing vegetables to save the portion which gives flavor and that which provides the mineral matter needed by the body. At least 20 per cent of all iron required by the body has its source in vegetables.

Experiments have shown that flavor and mineral matter are lost in less or greater measure when these vegetables are cooked in too much water which is later thrown away. It is best to use as little water as possible in boiling green vegetables and to keep this water to be used later in soups or sauces.

The loss of mineral matter from vegetables through boiling may be as high as 36 per cent in spinach, celery, cabbage, Brussels sprouts, cauliflower, carrots and not more than six per cent when these same vegetables are steamed.

Flavor, when its source is from a products which is readily given off in steaming may be retained by cooking at temperatures below the boiling point. It is for this reason that peas, asparagus, celery, cucumbers, and carrots should be cooked at simmering temperature.

Strong flavor may be lessened by cooking rapidly in open vessels. This is true of cabbage, cauliflower, onion, and pepper. Cabbage may be "cooked" at the end of twenty minutes. Longer time develops strong flavor and, in hard water, may darken the color.

Those fresh green vegetables, which consist of leaves and stems may be steamed; or may be cooked without added water if heat is applied slowly, causing the water in the leaves to escape in such amounts that the plant cooks in its own juices.

Delicately flavored vegetables, as peas, string beans, squash, and rutabagas, may be served in their own juices, seasoned only by salt, pepper, and butter. Brussels sprouts are improved in flavor if cooked in meat broth made as for soup stock, or in water flavored with bouillon cube. Carrots, celery, cucumbers and summer squash may be improved in appearance and flavor by first cooking in water, then draining and covering with white sauce.

The green vegetables are cheapest in the season of the year when they are most needed by the human body. At other seasons, the expense is far beyond the benefits to be derived from their excessive use. Canned vegetables then should take their place even though the flavor and mineral matter may not be so satisfactory.



Daughters of the King of Bulgaria. In Europe it is the belief that it is only a matter of time when the father of these two charming girls will be drawn into the world war. A new photograph of the Princess Eudoxia (left) and her equally attractive sister, the Princess Nadejda (right), as they appeared in the garden of their father's palace at Sophia, Bulgaria. The Princess Eudoxia was born in 1898, and her sister was born the year following. They have two brothers, Crown Prince Boris, now twenty-one years old, and Prince Cyril, born in 1899. Their mother, now dead, was Marie Louise, daughter of Duke Robert of Parma. Their step-mother was the Princess Eleonore of Reuss-Kostritz, who distinguished herself with her Red Cross work in the Russo-Japanese war.

cover in a warm place for forty minutes; then work in the remaining flour. Add lukewarm water if needed to make a light dough; then leave again for an hour. Divide into small loaves, leave for fifteen minutes, then bake in a moderate oven for forty minutes.

Breast of Veal—Housewives in general do not appreciate the culinary possibilities of the breast of veal, which is both inexpensive and savory, but regard it in the light of a make-shift when no other cut can be had.

By having the butcher open up the "pocket" which lies between the ribs

the liquor to the consistency of gravy. Remove from the fire and pick out bones and gristle. Then bake between two crusts like chicken pie, which, indeed, it is very much like in point of taste.

One of the most toothsome ways of serving breast of veal and the one least known is as follows: have cut into rather small pieces, then stew tender and season. Lift out carefully; dip each piece in beaten yolk of egg, dredge with bread crumbs and fry a golden brown.

Lessons learned in the school of experience are remembered the longest