

SCHOOL FOR HOUSEWIVES

BY MARION
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MORE SUMMER VEGETABLES AND HOW TO COOK THEM



Bind with Tape after Filling



Stuffed Peppers Tied with Thread



Scooping the Seeds from Cucumbers



Mushrooms Require Careful Peeling



Cut Egg Plant Lengthwise

NEXT TO EVERYBODY has some idea how to fry eggplant. Therefore, I omit the recipe for preparing the delicious vegetable in that way. Comparatively few cooks know how good it may be made if handled in obedience to the directions which follow this preamble.

Parboil the eggplant for ten minutes if it be of medium size. Put it over the fire in cold, salted water and keep it there for ten minutes after the boil is reached. Plunge then into ice water and leave it to get cold and firm. It is well to parboil and cool it the day before it is to be cooked, as it will then be cold to the heart. When this has been done, cut the eggplant in half, lengthwise, and scrape out the heart, leaving a crust an inch thick. Mince the pulp and mix to a forcemeat with minced chicken, or veal or duck, fine crumbs, well seasoned, melted butter and a dash of onion juice. With this forcemeat fill both halves of the eggplant, put them together in the original shape and bind securely with soft cotton lampwick or tape. Lay in your covered roaster, pour a cupful of good stock about it, cover closely and bake. Baste with the stock every ten minutes. It should be done in about forty-five minutes, unless it is very large.

Transfer to a dish, remove the strings carefully not to separate the halves, and keep hot while you thicken the gravy left in the pan with browned flour rolled in butter. Boil up and pour over and about the eggplant.

Eggplant à la Creole.

Prepare as directed in the preceding recipe until you are ready to stuff it. Then make the forcemeat of the pulp, a chopped sweet pepper, one young okra pod minced, four or five ripe tomatoes, cut up small, and a cupful of fine crumbs. Add a great spoon-

ful of melted butter, pepper and salt to taste, not omitting a little sugar to correct the acid of the tomato. It is well to parboil the pepper if it be large, before adding it to the stuffing. Fill the hollowed halves with the mixture, bind as in the last recipe, and lay in the pan.

Four a rich tomato sauce about it and baste with butter and water. Keep the top of the roaster on while the eggplant is cooking, and it will not shrivel.

Serve as with the stuffed eggplant above described and pour the tomato sauce about the base.

Scalloped Eggplant.

Peel, cut into strips as long as your finger and nearly as wide. Lay these in ice-cold water well salted, and leave in a cold place for an hour. Then boil until they are clear and tender, but not broken, and arrange the strips in a buttered bake dish. Butter, pepper and salt, strew with fine crumbs, season these in like manner; then another layer of eggplant, and so on until the dish is full. The last layer should be thicker than the rest, and soaked with cream. Bake, covered, half an hour, then brown.

A Scalloped of Mushrooms.

Select mushrooms of medium and uniform size. Skin them without cutting off the stems. Lay enough to cover the bottom of the dish, stems uppermost, in a pudding dish. Dust

with salt and pepper, and pour into the gills a little melted butter. Then strew very lightly with fine cracker crumbs, and arrange a second layer upon the first. Season and butter, cover with crumbs, soak the crumbs in cream; dot with butter and bake, covered, for twenty minutes, and brown very delicately. Serve at once. There is no more delicious preparation of mushrooms than this.

Sweet Peppers à la Creole.

Cut a slit in the side of each pepper and extract the seeds, touching the inside as little as possible. The pungency lies chiefly in the seeds. Lay the emptied peppers in boiling water for ten minutes. Prop the slits open with a bit of wood to let the water reach the inside. At the end of the ten minutes drain the peppers and cover with ice-cold water, leaving them in it until they are perfectly cold. Wipe and stuff with a forcemeat of any kind of meat that you have on hand, preferably poultry, veal or lamb. Add to the meat a raw tomato skinned and chopped, and one-third as much fine crumbs as you have meat. Season with salt, melted butter and a very little sugar to soften the acid of the tomato. Wet well with gravy. Tie the filled peppers into shape with soft thread and set upright in the covered roaster; pour a cupful of gravy about them, and bake, covered, for twenty minutes, then five more, uncovered. Serve upon a heated platter, pouring the thick-

ened gravy over and about them. You may, if you like, substitute fish, plucked free of bones and skin, for the meat.

Or, mushrooms, skinned, parboiled and cut small—not chopped.

Or, and perhaps best of all, sweetbreads, blanched, then stewed for ten minutes in the gravy that is to be poured about the peppers. This last-named dish is exceedingly dainty.

Swiss Chard.

An excellent vegetable, so lately introduced into our country that the name is unfamiliar to most of our housewives. It is not very unlike spinach in general appearance, although it belongs to a different family of esculents.

Pick over carefully, stripping the leaves from the stalks, and lay them in cold water for an hour. Drain, without drying, and put the leaves into the inner vessel of a double boiler. Fill the outer with cold water, and bring to a quick boil, keeping the inner vessel closed. This will steam the chard in the juice extracted from the leaves.

I may observe here that spinach, steamed in the same way, with no water except that which clings to the leaves after washing, is quite another vegetable from that which is generally served on our tables under the name.

When the chard is tender and broken, drain, pressing in the colander. Turn now into a wooden bowl and chop, or run it through the vegetable press. Set over the fire in a saucepan, stir in a teaspoonful of sugar, a tablespoonful of butter, salt and pepper to taste and beat to a creamy mass. When piping hot, serve in a deep dish, with sippets or toast arranged upon it.

Vegetable Marrow.

Another excellent popular for a century among our English cousins, but which needs a formal introduction to the rank and file of our native cooks. It is akin to the squash family, with a smooth richness of flavor and flesh all its own. Having cultivated it successfully in my garden for ten years, I can certify that it takes kindly to American soil and climate and is easily brought to perfection.

Pare away the rind, cut into squares or strips and lay in cold water for half an hour. Drain and put over the fire in plenty of salted boiling water. Cook until clear and tender, but not until the pieces lose form. Drain off the water, pour in a good drawn butter; set the saucepan at the side of the range for ten minutes to let the sauce sink into the marrow, and serve.

Cold vegetable marrow, cooked as above directed, may be wrought into an excellent pudding to be eaten with meat. Run through the vegetable press, beat in a spoonful of melted butter, season with pepper and salt, and add two well-beaten eggs. Turn into a buttered bake dish when you have beaten all the ingredients together for a minute; bake, covered, for fifteen minutes in a quick oven, and brown lightly.

Green Corn Pudding.

Grate, or slice with a sharp knife, the kernels from twelve ears of corn. If the corn be hard, grate it. If immature, it will lose nearly all its substance under the grater. The knife will slice it to better advantage. Season with pepper and salt, and stir in a tablespoonful of sugar and two tablespoonfuls of melted butter. Beat light the yolks of four eggs and whip the whites stiff. Stir the yolks into a scant quart of milk and into this the seasoned corn. Finally, fold in the frothed whites, pour the mixture into a buttered pudding dish and bake, covered, half an hour, then brown.

Green Corn Gumbo.

Put two tablespoonfuls of butter into a saucepan, and when it hisses, add three onions of fair size, sliced thin. Brown slightly, and put into the sizzling pan six tomatoes, peeled and sliced, two sweet peppers that have been parboiled and minced, two okra pods, also sliced thin, and the grains from six ears of corn. Add a generous cupful of stock—chicken, if you have it—salt, pepper and a teaspoonful of

sugar. Cook, covered, forty-five minutes, steadily but not hard.

Just before dishing, stir in two teaspoonfuls of "file" (sassafras powder), boil up and serve.

If you wish to use this as a soup, double the quantity of stock. The dish described here is to accompany meat or fish.

You may convert this into a curry gumbo by the addition of a heaping teaspoonful of curry powder.

The "file" may be had of first-class city grocers. It gives smoothness, and yet piquancy, to the gumbo.

Cucumbers à la Syrie.

Halve well-grown young cucumbers lengthwise and scrape out the seeds. Leave in salt and water for half an hour, wipe and fill with cold meat—beef or veal, or mutton—seasoned well and mixed with one-third the quantity of fine crumbs. Moisten with gravy. Bind the sides of the cucumbers in place with soft twine; lay in your covered roaster; pour a cupful of gravy about them and bake, covered, for half an hour. Uncover, and brown slightly. Untie the strings, lay the cucumbers in a heated platter, and pour the gravy about them.

I made the acquaintance of this dish in northern Syria, eating it first almost in the shadow of the cedars of Lebanon, and improved the friendship many times afterward. It is singularly pleasant to the palate, and more digestible than raw cucumbers.

Okra Gumbo.

(A Louisiana Dish.) Wash and scrape lightly a dozen young okra pods. Lay in cold water while you peel and slice six tomatoes; chop a peeled onion; seed and scald a large sweet pepper, and chop it. Put the okra then into a saucepan, cover with boiling water and cook for ten minutes. While they are cooking, heat two tablespoonfuls of butter in a frying pan, add the onions and pepper, and cook for one minute's simmer. Turn into a saucepan with the tomatoes, and cook gently for half an hour. Slice the okra, add to the rest and cook fifteen minutes more. Season with salt, and stir in a teaspoonful of "file" five minutes before dishing.

Line the dish with thin, buttered toast.

Marion Harland

SOME TIMELY ADVICE ON CAKE BAKING

THE good cake baker is surprisingly in the minority, even among women who pride themselves on their cooking. Somehow the average cake is deplorably dry as to batter, the icing is too hard or too "runny," the filling is sickeningly sweet, or, if the taste leaves nothing to be desired, the cake itself is broken and far from presentable.

All this is quite unnecessary. Any one can learn to bake delicious cakes who takes pains to observe a few simple rules of mixing and baking. Firstly and foremostly, never use anything but the best materials. Stale eggs and strong butter may possibly be concealed in other and more highly spiced cookery—in a cake never. Do without cake if you must, but never economize in the quality of the ingredients.

Secondly, do not guess at measurements. Before beginning have everything on the table in readiness. Sift the flour several times and measure after sifting. Weigh sugar and butter, ring up the milk from the refrigerator, have the pans greased and the flavoring and baking powder at hand. No cake is good that is not quickly mixed.

One of the chief troubles with most cake bakers is an over-heavy hand with flour. It is a safe rule to skip on it in almost every case, if you want a rich, moist batter. Frequently, from a quan-

ter to a half cup less need be used than the average recipe calls for. A good test is to notice if the batter drops easily from the spoon. If it falls in stiff, thick portions, be sure you have used too much flour. Thin with a little milk.

Mixing is very important. Cream the butter and sugar by hand beating (in winter the butter should be kept in the kitchen over night to soften slightly) after that stir in the other ingredients lightly. Separate the eggs, and beat each until very light. Add the yolks to the creamed butter and sugar, stir in alternately the milk and flour, then add the flavoring, baking powder, and lastly fold in the whites of eggs. Divide the batter evenly in the pans and spread smoothly.

The pans require attention, if a cake is to be presentable in appearance. The surest way to prevent breaking it is to line each pan with smooth, yellow wrapping paper, such as can be bought at any grocer's. Cut the exact size and grease the paper, not the pan, with a little melted butter or fresh lard. Many a well-mixed cake is ruined in the baking, so be sure your ovens are in proper condition before starting, as delays are ruinous. The time required differs so much with the size and kind of cake that it is difficult to give fixed rules. Generally speaking, sponge cakes and other light cakes require

a slower heat than those with eggs. If you find the oven is too hot, slip a piece of heavy paper over the pans and shut off the draughts. The cake will not be so nice, but it is the best that can be done.

A cake is baked when it draws from the sides of the pan. As soon as removed from the oven turn upside down on a clean cloth, pull off the paper and do not attempt to turn until cold, when it can be led. A cake should not stand in a draught while cooling, and when food should be put in the cake box, perfectly air-tight and absolutely fresh and clean.

A Hint or Two Anent the Stove

NOWADAYS most persons use gas ranges, in the summer at least. How many know that a tin of water should always be kept in the oven? This prevents too great dryness and facilitates the cooking. If when baking, this same oven should grow too hot, replace the ordinary tin of warm or hot water with a basin of ice water. This will cool the oven, and the steam which rises from the water will prevent the contents from burning. Beside the range keep always a bowl of

vinegar and water, to prevent the smell of cooking from spreading through the house.

There are, on the other hand, many who use coal always, no matter how hot the weather. An economical hint for them will not come amiss in these days of high coal bills. If the fuel be placed in a dry and airy place it will burn much better than if placed in a close, badly ventilated cellar. Coal, whether hard or soft, that is excluded from the air soon gets rid of the gas which it contains, and the absence of this renders it more wasteful when burned.

HOW TO REMOVE VARIOUS STAINS

PERHAPS stains of various sorts are the most common of household calamities. Not anything is exempt—clothing, hands, furniture and wallpaper alike yield to the hasty of the "last minute" housekeeper or the carelessness of the inexperienced one. Here are a few useful hints that may be appropriate:

To remove oil stains from wood, mix pipe clay and water together till they form a stiff paste, and spread this over

the stain. If left till the next day and then carefully removed, all trace of the spot will have disappeared.

To remove coffee stains, rub thoroughly with pure, clean glycerine. Afterward wash the place well with lukewarm water and iron it on the wrong side till dry. This is especially good for woollen and kindred materials.

For rust, ink and mildew marks on white garments nothing is better than salt and lemon juice. Moisten the salt with the juice and spread over the stain, allowing it to remain for a short time, and then, if necessary, repeating the process. Rinse well afterward in clear water.

India ink is soluble in alcohol, and so this will remove it if anything will. For ordinary ink spots that are not yet dry, apply sweet milk and put in the sun to bleach.

Glycerine and lemon are good to remove stains from hands. Put into a bottle two ounces of glycerine, two ounces of water, four tablespoonfuls of lemon juice and a few drops of citric acid. Shake well. After washing and wiping the hands, rub a little of this mixture on them.

For ink stains on the hands, however, use oxalic acid. Put an ounce of the crystals in a pint bottle and fill up with water. Mark the bottle plainly with the name and also with the word "Poison." Wet a piece of cloth with the acid solution and rub the stained places. Use a pointed orangewood stick beneath the nails. Follow with a thorough washing in clear water. This will remove even printer's ink.

FAMILY MEALS FOR A WEEK

SUNDAY

BREAKFAST.

Strawberries on their hulls, hominy and cream, broiled squabs on toast, fried mushrooms, toast, coffee.

LUNCHEON.

Virginia ham, tomato salad stuffed with olives, beaten blanchet, sliced pineapple, chocolate cookies, iced tea.

DINNER.

Roasted chicken, roast duck, apple sauce, green peas, new potatoes, frozen chocolate, black coffee.

MONDAY

BREAKFAST.

Oranges, cereal and cream, Spanish omelette, bacon, toast, tea and coffee.

LUNCHEON.

Salmon of duck (a left-over), stuffed potatoes, mayonnaise of green peas (a left-over), stewed prunes, cake, tea.

DINNER.

Cream of corn soup, broiled steak and mushrooms, French fried potatoes, sliced pine-

apple, jelly cake, iced tea.

With French dressing, crackers and cheese, rice pudding, black coffee.

TUESDAY

BREAKFAST.

Grapefruit, hominy and cream, escalloped eggs, graham gems, toast, coffee.

LUNCHEON.

Veal loaf, potatoes au gratin, ratatouille, salad, crackers toasted with cheese and paprika, jarred green gages, jelly cake, coffee.

DINNER.

Cream of asparagus soup (a left-over), roast beef, string beans, baked tomatoes, potatoes browned under the roast, strawberry soufflé, black coffee.

WEDNESDAY

BREAKFAST.

Strawberries, cereal and cream, creamed veal loaf (a left-over), boiled eggs, toast, marmalade, coffee.

LUNCHEON.

Devilled crabs, cucumber served in the shell, French fried potatoes, sliced pine-

apple, jelly cake, iced tea.

With French dressing, crackers and cheese, rice pudding, black coffee.

THURSDAY

BREAKFAST.

Oranges, cereal and cream, tomato omelette (a left-over), breakfast bacon, cornbread, toast, coffee.

LUNCHEON.

Mince of lamb (a left-over), soufflé of green peas (a left-over), browned sweet potatoes with creamed chestnuts, hot potato bun, strawberries and cream, cocoa.

DINNER.

Chicken, rice soup, escalloped chicken, asparagus with Hollandaise sauce, creamed potatoes, chocolate pudding with whipped cream, black coffee.

FRIDAY

BREAKFAST.

Oranges, cereal and cream, tomato omelette (a left-over), breakfast bacon, cornbread, toast, coffee.

LUNCHEON.

Devilled crabs, cucumber served in the shell, French fried potatoes, sliced pine-

apple, jelly cake, iced tea.

With French dressing, crackers and cheese, rice pudding, black coffee.

SATURDAY

BREAKFAST.

Strawberries, cereal with cream, poached eggs and bacon, French rolls, radishes, toast, coffee.

LUNCHEON.

Salmon croquettes (a left-over), spinach à la crème (a left-over), potato cakes (a left-over), bananas and cream, hot gingerbread, cocoa.

DINNER.

Cream of spinach soup, veal cutlet with tomato sauce, asparagus, baked browned sweet potatoes, lettuce, broiled chicken and corn, fruit salad with whipped cream.

SUNDAY

BREAKFAST.

Oranges, cereal and cream, tomato omelette (a left-over), breakfast bacon, cornbread, toast, coffee.

LUNCHEON.

Devilled crabs, cucumber served in the shell, French fried potatoes, sliced pine-