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THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

VOL. VIII. JUNE-JULY, 1903 No. 1



Freshly-picked Currants. From the Painting by Thomas Sedgwick Steele

THE BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts

Ralston

PURINA FOODS



This time the
Ralston Purina Miller
greet you with some
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THE
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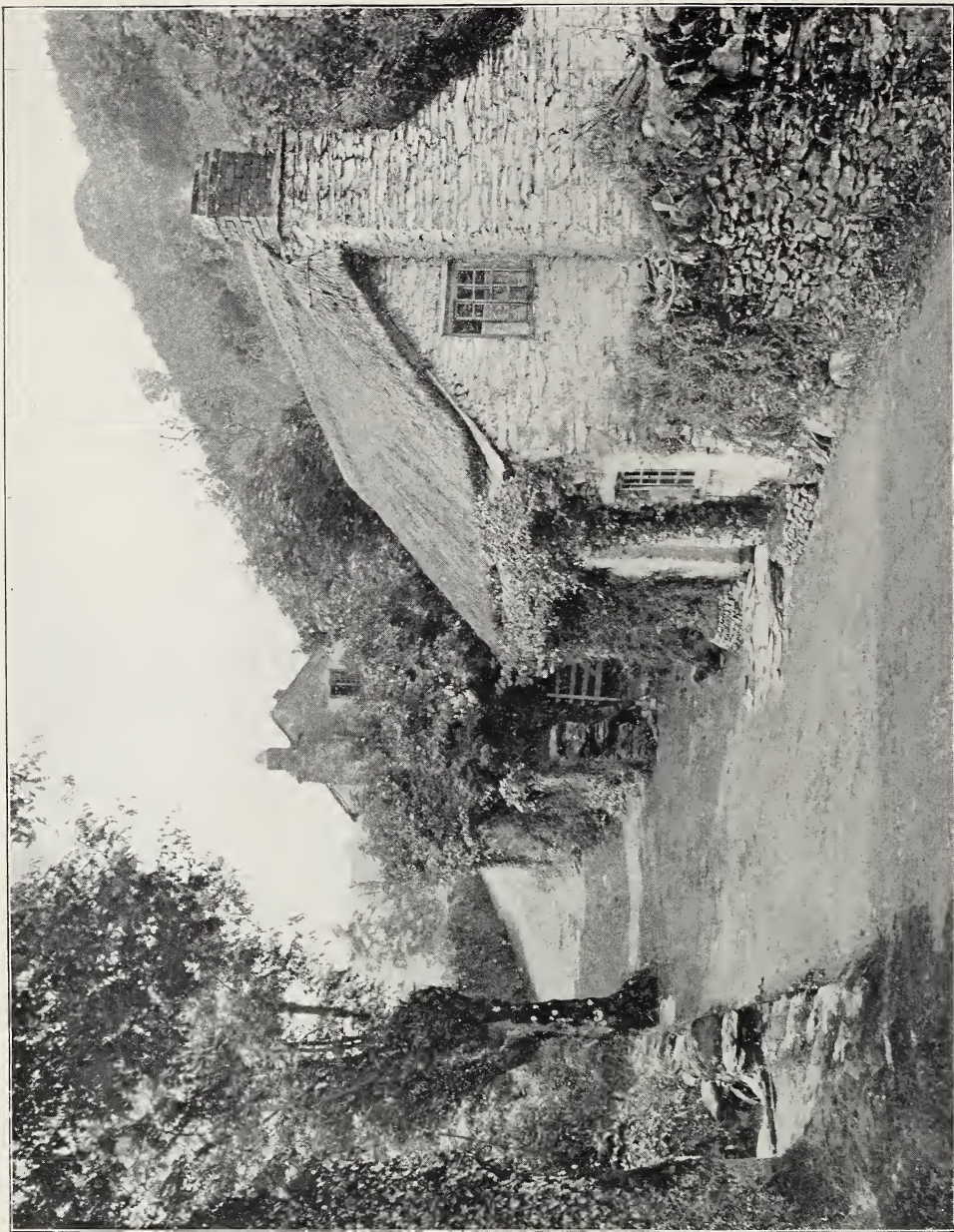
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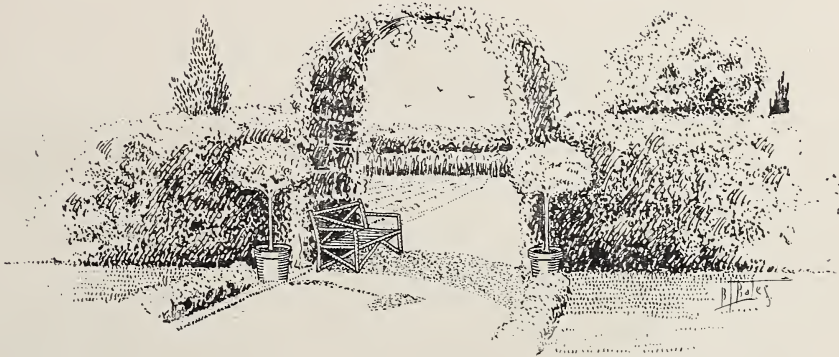
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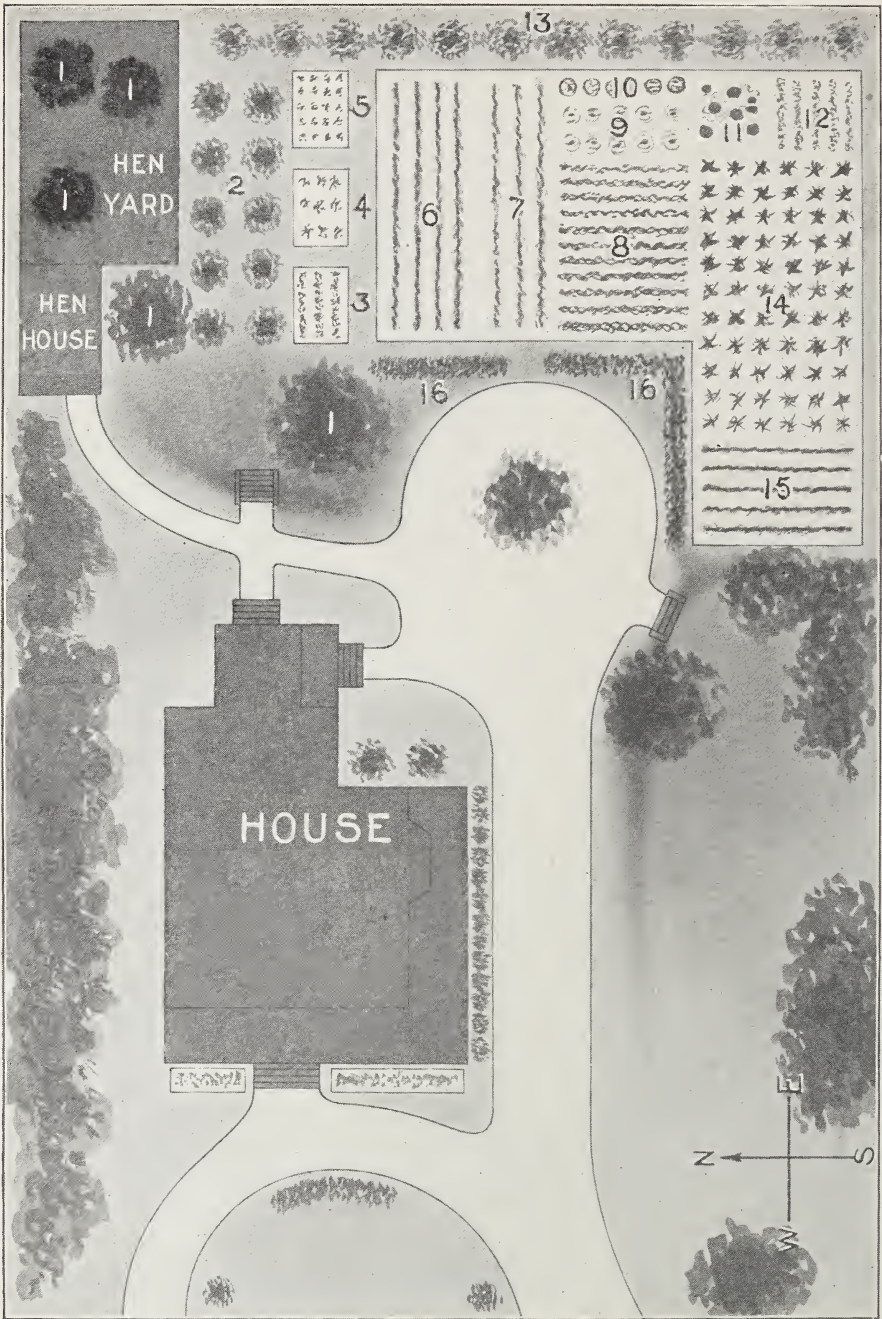
Kitchen Gardens

By Henry Lewis Johnson

WHETHER in city or country home, the kitchen garden, is essential to its complete domesticity. The misfortune of the social and domestic conditions, which have been developed by life in apartments, flats, and blocks, is seen in impoverished and restless lives. Those who live under these artificial conditions are impoverished, in spite of conveniences and appointments, because they lose all touch with the economic and practical sides of life. Childhood and youth, which know nothing of green grass and trees, save from city lots and public parks, are deprived of the knowledge, enjoyment, and self-reliance which come from actually doing things in gardens, fields, and woods.

The suburbanite, toiling with his lawn mower or grubbing in his garden, is a favorite topic for caricature and humor. No doubt there are some who come near the pulling up of plants to watch the roots grow, and others centre their interest upon some particular flower or vegetable. The practical and economic side of the kitchen garden needs no defence, as even in a much limited form it is an important factor in supplying the table with fruits and vegetables in season, as well as in adding to the attractiveness and value of home grounds.

Whether at the remote farm, town, or suburban home, the kitchen garden has its own important place. At the farm, it is not the broad acres that supply the various and seasonable



1 Fruit-trees ; 2 Currant Bushes ; 3 Asparagus ; 4 Rhubarb ; 5 Lettuce ; 6 Peas ; 7 String Beans, Butter Beans ; 8 Potato Patch ; 9 Cabbage Patch ; 10 Tomato Plants ; 11 Squash Bed ; 12 Beets and Turnips ; 13 Blackberry and Raspberry Bushes ; 14 Corn Patch ; 15 Pole Beans ; 16 Grape-vine

fruits and vegetables, but the kitchen garden, which is often no larger than that of the ordinary suburban lot. It is not the purpose of this article to discuss what to plant or methods of cultivation, but rather to consider form and arrangement, such as is suggested by the growing interest in the improvement of home grounds and landscape gardening effects.

of the garden is enclosed by a hedge of fruit-trees, grape-vines, and blackberries, etc. Much of the value of a kitchen garden is in the small fruits and hardy plants, which yield their tribute in season with a freshness and flavor that even outweighs their economic value. All hardy shrubs and plants should be grouped by themselves or, at least, by the



Garden in Suburbs of Boston showing Planting and Foliage Effects with Currant Bushes, Grape-vines, Quince and Pear Trees

It is one of the conditions of gardening that in the spring and fall, and during the rotation of crops, there is much bare or scantily covered ground. While this is not always unsightly, it is best to have it partly obscured by the proper setting of trees, vines, and shrubbery. This method is indicated in the accompanying plan of grounds and garden. In the view from the street, or, in fact, on all sides except the south, the broken ground

sides of the garden, so that the ground to be ploughed and cultivated may be in a separate plot. Otherwise, the roots and branches are in danger of being damaged or broken.

In place of the earth walks, which often are too soft or muddy to walk on, and which must have constant care, to keep them free from weeds, turf walks and borders require less care, are easier to walk on and pleasanter to look upon. The proper

placing of small fruits and vines will produce formal or decorative effects, which will be, in a large measure, just as attractive as shrubs and flowers. That is, currant bushes, rhubarb, and pole beans compare well, in foliage and color effects, with spiræa, cannas, and hollyhocks. It generally follows, however, that he who has a good kitchen garden has also a place for the purely decorative plants.

Barberry bushes make an attractive hedge, and can be used to good advantage in screening off hen-yards or broken ground. They are one of the earliest shrubs to leaf out in the spring, and their white, bell-like blossoms are by no means to be disparaged. In the late fall their clusters of crimson berries add brightness and color when all other fruits have gone by. The use of barberries for canning with other fruits is not very general, but the rich tart flavor of the berries combines well with that of milder fruits.

The location of trees and shrub-

bery is indicated upon the accompanying plan. It is desirable to have the largest trees at the north of the house, to break the cold winter winds and to furnish in summer cool shade and playground. Bedding and foliage plants give color and decoration in plots at the front, and these are not so high as to obstruct the view. The corners and angles of the house may be concealed by clumps of hardy growth. The lawn should not be cut up into beds, nor spotted here and there with trees and shrubs. It should be framed or set off by green—not in continuous borders to restrict the view or destroy the perspective.

To lay out home grounds and gardens is worthy of one's best effort; "and a man shall ever see that, when ages grow to civility and elegance, men come to build stately, sooner than to garden finely, as if gardening were the greater perfection."

The Stolen Lace

A WORKINGMAN reared a young blackbird, not shutting her into a cage, but letting her fly in and out at the windows. When she was a year old, one spring morning she appeared with a mate, who, seeing how bold his wife was, ventured to perch on the kitchen window-sill, though he could not make up his mind to come any further. The hen-bird chose the kitchen dresser for her home, and built a beautiful nest between two plates which stood on it. The good woman of the house wanted to use her plates; and, in taking one down, she pulled the nest to pieces. But the blackbird was determined to have her way, and built another in the same place. This time she was

left alone. One day the woman, who took in washing, went out for a little while, leaving some lace which she was ironing on the table. She missed it when she came back, and after a time found that Mrs. Blackbird had taken a fancy to it as a bed for her little ones. It was nicely woven in and out, and she was sitting on it in triumph. Loath to disturb her pet and yet afraid of offending the lady to whom the lace belonged, the laundress went to its owner and begged her to come and see where it was. I am glad to tell you that, after admiring the little sitter and her home, the lady allowed the bird full possession of the stolen goods till she had reared her young.—*Christian Register.*



Jamaicans

Market Day in Jamaica

By Martha L. Roberts

WHEN we "ring up" a market miles away, and in a short time receive at our door all the delicacies needed for our table, we seldom give a moment's thought to the conveniences and labor-saving methods of our modern life; but a visit to a gay, open-air market, under the blue sky and 'mid the green luxuriance of the West Indies, awakens us to a consciousness of the great achievements of our scientific century.

On a green-carpeted plateau, among the mountains of the beautiful island of Jamaica, miles away from any railroad, lies a most ideal and picturesque village. There, near the centre of the square, stand the court-house

and the "lockup," lacking in picturesqueness, it is true; but their straight lines and forbidding exterior are symbolic of the stern justice of English law and the punishment awaiting the unlucky native who may appropriate a shilling's worth of yams. Across the square, on the outskirts of the village, stands the venerable church, the stone exterior peeping through vines here and there, showing reddish in the sunlight, while in the churchyard about the slabs and marbles bloom star-flowers and never-dying roses. Here and there may be seen some quaint one-story wooden shop, with bandanna handkerchiefs, *ippi-appi* hats, and bracelets attractively exposed to view,



Market Day

beside the more necessary cooking utensils, and the ever-present bottles containing liquid fire.

In the south-east corner is a large enclosed area, which is the market-place for the region all about. This remains silent and deserted during the greater part of the week, but on Friday afternoons there is a bustle and stir and holiday air in preparation for the great event of the morrow, "Market Day." And from now until Saturday's sun is near its setting the newly arrived visitor to the enchanted isle watches with ever-increasing interest the panorama, and leaves the scene for a time only to hurry back and gaze upon some new and unexpected sight. Such tall palms, such immense cottonwood trees, such

bright foliage, such scarlet flowers, such deep-cut, ravine-like roads of a tan color, forming so vivid a background to the gayly bedecked throngs! One trembles lest he awaken, and find it all a dream.

Now one hears the patter of feet, and soon distinguishes the hopeless, dejected head of a donkey, almost hidden by the huge panniers piled high with vegetables. Trotting along by his side, keeping up

with his speed without difficulty, is a tall, erect woman, of jet-black skin, one hand swinging vigorously at her side, the other guiding the donkey by a rope, while easily poised upon her head is an immense tray loaded with "goodies" for the market. Here comes another dark-hued woman, both arms easily swinging, but a bushel basket, piled to the brim with



On the way

vegetables, carefully balanced upon her bandanna, and no hat pin to hold it, either. Now one with a basket of sugar on her head, and atop the whole rests a commonplace sailor hat. Hats are esteemed a great luxury in this far-off village, though the proud possessors perch them airily on top of their burdens. Thus feminine vanity repeats itself: the woman of to-day has borrowed from early barbaric customs the bracelets and rings and necklaces, and in turn has filled the native Jamaican with envy and a great longing to possess such a useless piece of elegance. And still they come hurrying toward the market, all with their wares aloft on their heads, and one never ceases wondering why they do not fall off; for the bearer seems utterly oblivious of their presence, and the airy position seems in no wise affected by the little nod or the deep courtesy which accompanies the invariable "Good-mornin'; Missie." All wear a bandanna wound about the head. There are the old and faded ones, whose colors are no longer discernible; the spotless white ones and the new ones of bright color and fantastic designs, with their knotted ends standing out stiffly. Their dresses are of every color and design, from the straight scant skirt, serving only the strictly utilitarian purpose of a covering, to the embroidered and flounced skirt of the style of a year ago, the priceless gift of a philanthropic tourist. Little are their minds disturbed by the vexatious problem of short skirt or long skirt, for a piece of rope tied about their hips just below the waist enables them to elevate their skirts to a comfortable length, displaying bare feet and ankles.

In gala array do they all come, having donned their best clothes for market day, though, to keep them

fresh and clean, many have improvised a dressing-room out of the thick shrubbery, from which they proudly emerge in festive attire, bearing their workaday clothes among the cakes and sweets on their heads. A long, long journey have they come, for this is the market for those who live even twenty miles distant. And, in order to be on hand early for the best bargains, most of them travel on Friday, spending the night by their wares in the market. Nor do they suffer from a night in the open air in this enchanted land, where the deadly chill of the east wind is unknown, and dampness and fog dissolve in a trice, leaving no reminder that they once have been. But they arise early the next morning, freshened by their night in the open, and with bright eyes and smiling lips accost their neighbors in a friendly way, or prepare for the day's sales.

But not all who come are women, though the men seem to be outdone in numbers and picturesqueness of pose and costume. They, too, bear merchandise on their heads, though many possess a donkey as a beast of burden, and some do not scruple to mount the poor creature, already overloaded. Some of the men are driving cattle, and others little black pigs, which are to be killed and sold in the market the next day; and the owner's income for weeks will depend upon the day's sales, for, in the absence of ice, in this warm clime the unsold balance cannot be kept until the next market-day.

But one cannot loiter too long outside, for the ever-changing scene in the market allures him on. The group about the entrance is waiting only, until the twopence or threepence has been paid for the privilege of selling the goods brought, or, in the case of a load brought by a don-

key, a sixpence is required. Inside the gates there seems to be space for no more displays. The counters along the pavilion seem all taken, and every available spot on the ground has some one with something to sell. But each new-comer finds a place and a welcome from others, and nowhere is seen any pushing or striving to be first, nor is angry word heard, but harmony and good nature prevail; a smile or pleasant word is for everybody. When a sudden shower comes up, they all scurry under cover for shelter. But showers do not last long in this land, and a few minutes after a drenching rain the sun will be shining brightly, and the heightened color of the foliage is the only reminder of the recent dampness.

A simple glance at the meat market, with its chops and bacon, fish and fresh-water lobsters, suffices; for it is feared that a too close inspection might lead to unpleasant remembrances later, when studying the bill of fare.

Though tobacco shops have not usually offered any special attraction, there was a fascination in lingering about the huge coils of tobacco, about as big as one's thumb, and seeing the seller, with his yard-stick, measure off a yard or two of the stuff, which the purchaser in turn rolls up and puts in his pocket. The cheap jewelry, collar buttons, pins, etc., were much like the displays seen at fairs everywhere; but the mellow, melodious voices praising the goods and offering some elaborate gewgaw for "fourpence 'a'penny" prove entrancing to Northern ears, accustomed to the shrill tones of the usual hawkers.

Now we are attracted by a lot of casava bread,—large, white, tasteless cakes of casava, baked in flat disks. The cakes or sweets of the native Jamaican are to be looked at

rather than eaten, in spite of the tempting display and the smiling inducement, "Only an 'a'penny." The dark hue of these sweets is due to the very dark sugar. This is sold in round lumps, flattened at both ends, as large as a small bowl, of a texture similar to maple sugar, but of the color of dark molasses; and the price is three cents. We found a bargain in a small piece for a ha'penny, and quite enjoyed nibbling on it from time to time, much preferring sweetmeats in the pure state to the highly colored confections of the market.

But the emancipation of woman has advanced here further than in more enlightened communities, and that, too, without giving rise to the troublesome "woman question," either. For one woman succeeds in creating a corner in sugar every week in her little neighborhood, eighteen miles away. She has little to bring to the market save the profits of her last transaction in cash; but she purchases as much sugar as she can carry, paying about \$1 for it. This she sells to her neighbors; and her investment is managed with such sagacity that she makes a profit of 50 per cent., which enables her to live in almost royal luxury for a week, envied by those who have not such a keen eye to business. Some of the poor women sit all day in the hot sun, breaking stones by the side of the road, and receive only a sixpence for a long day's work. But strikes are unknown in this region; and these simple beings are satisfied that they have all their rights, and are not agitated by vexatious comparisons.

Yonder is a huge mass of pottery borne aloft on a tray. There are water jugs, rude in structure and uncouth in design, but of a certain attractiveness, because of their very

uncouthness. The pitchers are too broad and too tall to have any charm. The big bowls, glazed inside, look tempting; but the seventeen hundred miles between here and their final destination render too bulky purchases impossible. But we *must* have a water jug; and we bear one off in triumph, on approval, to see if it can be packed in the trunk, the owner calmly intrusting to an entire stranger what must have represented a small fortune.

The fresh fruits, offered with alluring smiles by dark-hued lassies, proved an irresistible temptation,—luscious oranges, yellow and red bananas, huge pineapples, bright-skinned tangerines, mangoes with their peachy glow, purple star-apples, rough-skinned sour sop, and the melon-like pawpaw. But, as so many of the native fruits are difficult to eat without long practice or proper preparation, we were content with those better known, quite congratulating ourselves on the big supply that a half-penny would procure.

The vegetables exposed for sale are not picturesque, but they are the chief articles of food for the native.

The yams, a kind of tuber, not unlike the sweet potato in shape, though much larger, seemed the largest product. Peas, beans, and lentils were there, too, served in cuplike measures and carried off in baskets. There are baskets everywhere. No one is without at least one, and much do they add to the charm of the place. And those for sale are so cheap, ranging in price from a penny to a shilling. There are long baskets and flat ones, big round baskets and tall slender ones, cradle-like baskets and ladies' work-baskets; and nowhere do we find the price advanced because Americans are rich and can pay anything.

As the day draws to its close, the market is deserted, the village green has lost its gala-day appearance, and the tropical darkness of the early evening suddenly settles down, with stars twinkling brightly here and there, while the western sky is still emblazoned by the lurid gleam from the setting sun, while Venus and the tiny crescent of the new moon are faintly discernible amid the glowing splendors of the night.

Shovel Cookery

WE have all heard of "hoe cake," and found that it is not made on a garden hoe nor in a Hoe press; but a shovel can be used in cooking, for the writer has seen it done.

Walking down a quiet little street, where some asphalt paving was being repaired, she saw some coals had been drawn from the blazing boiler, and stooping by them was a well-dressed

workingman. He held a big shovel, black with former coatings of liquid asphalt, on which he was heating slices of bread, and beside these were slices of meat to be reheated also.

This surely was light housekeeping, or a hint for campers or soldiers; but, oh! for a clean shovel that had only been thrust into mother earth, not one that would flavor a luncheon with asphalt.—*J. D. C.*

The Minister and the Shirt-waist

By Helen Campbell

NEITHER the minister nor the shirt-waist was an abstract noun. Far from it. He was big and strong, with a look of power, and a deep yet mellow voice, which rejoiced the ears of his hearers. His eyes, under shaggy brows, could twinkle with humor or flash with scorn of all mean things; and they spoke for him at times more plainly even than he knew. They were doing it to-day, though he was not really at home in his own church rooms, where people knew precisely what to expect, and made all due allowance. On the contrary, he was the guest of the day in an association of women banded to go to the bottom of the domestic service problem, and turn the tide from the factory once more toward the kitchen,—the kitchen with some twentieth-century concessions and additions.

As probable suggester, then, of said additions and suggestions, this man was here,—this man who at times upbraided women for the things they did even more than for the things they did not do, and whose thought of the twentieth century traveled in lines not yet, it seemed, visible to the enthusiasts before him, but who was still in demand in every club in the big city, since his word carried weight and his presence alone seemed a solution of half the problem at least.

What he was doing to-day was not quite clear, and the stout lady on his left, who was to follow him as speaker, eyed him suspiciously. His hands held a brown paper packet, and his eyes traveled steadily over the well-filled room, evidently en-

gaged in an examination so close that most of the women who noted it put up hands to feel if aught was amiss with the masses of velvet and chiffon and plumes doing duty as hats. But now the chairman had ended all preliminaries, and turned for the moment to their distinguished guest.

"We are most happy in having with us to-day," etc., and the reverend gentleman, in another moment, was on his feet, and, still holding the packet, moved quietly to the desk, with that expression of full leisure for whatever the twentieth century might present that had long been an exasperation to the energetic women before him.

"My text is here," he said with a little smile, as he unwound the string, "but it's wording came from one of yourselves as I entered. My unknown friend said, 'It's all very well to talk about simplification of living; but how are you going to bring it about?'" I answer, By a reconstruction of ideals for one thing; and I hold up before you, for your very serious consideration, a thing, which I discover has some duplicates or approximations in the audience, and which is one portion of the domestic service difficulty."

A little stir went through the room, but he continued calmly: "I have here in my hand what is known, I believe, as a shirt-waist,—an informal title suggesting ease, comfort, and simplicity. It was presented to my daughter, who is not, at present, aware that it is here in illustration, and it is of a material supposedly washable." And now he held up before them a delicate, fine, white woollen

shirt-waist. "In our city this cannot be worn many times without washing. Let us see how it lends itself to that necessary operation. First, we have a top,—a species of yoke, it appears,—and a part of the sleeves covered with heavy lace, a form of decoration which I am inclined to approve. But the feminine mind appears this year unable to stop at lace or anything else alone. You observe that the lower edge of this top has sewn to it very extremely narrow bands of fur,—a combination so incongruous as to discount the common sense of both designer and wearer. But that is not enough. On this lace are sewed, also, what, I am told, are *incrustations* of colored silk, below certain ovals in the pattern, and outlined with gilt thread. In short, whatever device could be adopted to make a wash article unwashable, the mind of woman has evolved. 'Dry cleaning,' I am told, can be done for a dollar or so; but a salaried man and a working-woman fare ill when this price must be paid for the cleanliness of a single garment. We open the twentieth century with this ideal of beauty and fitness and desirability, and then ask as to the future of the domestic service problem. My friends, I will say, with a far wiser man than I, that, before the twentieth century has finished its course, there will be no domestic servant, since, in the first place, the really reformed and happy family will not want one any more than it will want a shirt-waist of this order; and, in the second place, they will not get one, if they do. Let us hope that will be true for the waist also. And," he continues, at another point, "hardly any woman seems to object to a system of things which provides that another woman should be made rough-handed and kept

rough-minded for her sake; but, with the enormous diffusion of leveling information that is going on, a perfectly valid objection will probably come from the other side in the transaction."

A stir went through the audience, but the minister went on unmoved: "What is likely to happen? As soon as we stop twiddling away at the twigs and get down to the roots, first will be the building of some experimental labor-saving houses. What does that mean? For one thing, that heat will be applied in walls from some central power-station, and coal-carrying and dirt-diffusion cease on that side. Gas and metals that tarnish in its use mean more labor, but gas will soon be no more. And, when baseboards meet the floor with the sharp angle rounded off, sweeping, too, will be a different matter. Also, it will presently be possible to immerse all dirty dishes in some suitable solvent for a few minutes, and then run it off for all to dry. As to cooking, an electric range is on the way, with thermometers, heat screens, controllable temperatures, etc., and it is thus possible, he tells us, "that cooking might become a pleasant amusement for intelligent invalid ladies. I may add that in this sort of house there will be no chimneys, save a flue for kitchen smells. But the kitchen of the future we shall learn how to deodorize as well as some other things; and the roof of the future will be a roof garden, if in the city, and a playground and solarium, wherever it is, though the day of the garden city is already nearing, and the home of the future will be in a garden once more, and little figures will be going to and fro amid the trees and flowers, knowing them all as friends. A certain proportion of women will for

long hold to the apartment hotel and flats, in which Howells some time ago assured us no child born could possibly have a soul. In a way, he is right. To shirk responsibility, to turn the child over to bottles and deputy mothers of all orders, is one phase of our civilization at present. But I think you all see that it is a mere flotsam and jetsam on the great sea on which we are sailing to the port that waits. After all, let bachelor maids learn and do what they will,—and it is all good and in order,—woman will presently study her high function of motherhood, and decide for herself how best to provide noble citizens of always nobler States. To this end she will, as Froebel suggested, 'live with her children,' not as slave, but as lover and teacher. So much drudgery will have been removed, so great a simplification in the order of daily living is likely to be the desire of really cultivated minds, that to cook even will not appear a degradation, any more than to wash a washable shirt-waist would appear one, though the laundry of the future, also perfected and in the hands of trained men and women with consciences, will release the home from that burden as well."

The speaker paused, and his deep eyes searched the faces there. "I am not jesting, friends, or coining phrases to fill time. These things are

before us. In the mean time those of you who are so deep 'in the swim' that you can by no means reach shore will be held there till you elect a different method. But there are many of you who see clearly that the inevitable nears; that no number of training schools will give you the servant of a vanishing era. There will be service, but 'the old order changeth, giving place to new.' And in that new I doubt me much if this order of shirt-waist will exist. Nay, I believe even that beauty will have been born in the minds of all, the servant no less than the master. And then, whether we eat or drink, or whatsoever we do, it will be for the Lord of all Beauty, who watches and waits for the dawn of a day that only women can bring about, yet that can never be born of palliations, and makeshifts, and wild clutches at the remnants of a vanishing system. God give you—give us all—the common sense to carry us safely through the transition time, and land us in a place of peace, loving simple, daily human life."

He had looked up at the clock, and turned hastily to the chairman. "Another appointment," he said, and was gone, the shirt-waist in a wad in his hand, and a confounded audience behind him. They discussed the lesson at once. They are still discussing it.



The Grasshopper and Fish Foods of the Philippines

Crude Dishes of the Natives

By an ex-Soldier

THE writer served three years in the Philippine Islands, recently, with one of the United States regiments, and, while there, observed the singular processes of cooking odd foods for use by the natives. Some of these foods would appear to be quite disagreeable to the white man; but the way in which dishes of the grasshopper description are prepared and put up for service makes this another matter. I have seen grasshoppers prepared in a manner suitable to Americans. That is, Americans would nibble a little of the food, and appear to relish it. The higher classes of natives eat the grasshopper product as well as the lower classes, although the former employ trained servants to prepare the dishes. In the annexed cuts the operations of putting the grasshopper into a suitable form for foods are described.

The hoppers are caught in nets by the natives, as the hoppers fly in vast swarms near the earth from one point to another. Often the swarms are so thick that the sky is darkened for hours. Millions upon millions of the insects pass over the country in this way, settling upon the crops now and then, and completely demolishing everything edible. They eat whole farms of vegetable growths. The natives try to protect their crops by building bonfires and pounding upon tin pans.

Drying the Insects

The first process to which the hop-

pers are subjected, after being caught in the nets of the natives, is that of drying out. The net is banged against the ground until the hoppers are well killed, and then they are spread in the sun to dry, usually on a mat. The object now is to get the liquids dried out of the body, leaving a brown, crisp, sweet remnant. Often the natives eat the hopper in this form. But the better classes of the people have the hopper pulverized, and served in dessert form or on pieces of pastry. In the pulverizing preparation the hoppers are often spread over mats stretched between poles, like *a* and *b* in Figure 1. The upper mat is the coarser, and allows the finer particles to sift through. Then the process of

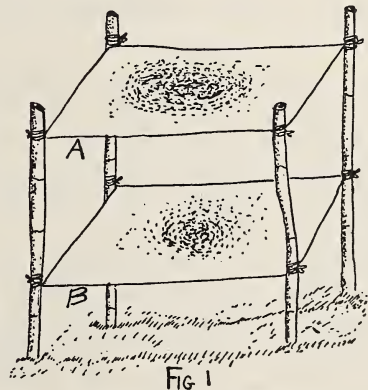


FIG 1

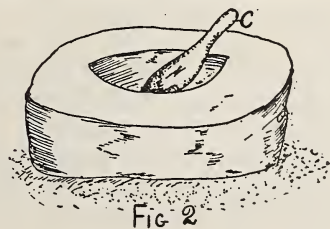
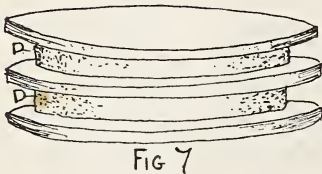
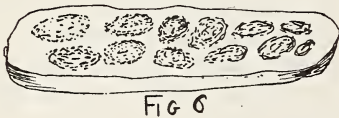
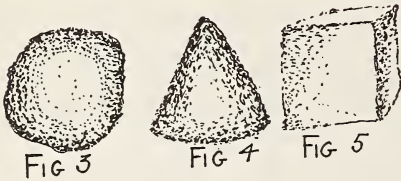


FIG 2

further pounding, to get the substance to a powder-like shape, is performed in a stone or wooden mortar, like that shown in Figure 2. This is the regulation flour-reducing device. The stone is usually very aged. The device used to pound with is marked *c*.



Putting up the Granulated Substance

The various fine grades of pulverized product to be made from the baked and granulated bodies of the grasshopper are now sweetened with sugar, and packed into different-shaped balls or cubes.

In Figure 3 is the common form of ball often seen in the markets of the country. Regular market days are selected to occur in the leading centres of the towns and barrios, usually once or twice each week; and at these fair-like markets one may find on sale these various kinds of hopper food put up with pastry, or in the state shown in Figures 3, 4, and 5. In Figure 4 is a cone-shaped lump of the stuff. It is the same as the ball, only different in form.

These forms are made by pressing the matter together with the fingers. I saw no moulds in use. In Figure 5 is the regular cube, which is sold quite freely. The prices for these balls or cubes are about one native cent each, which means half of one of our cents. The cubes and balls are about an ounce in weight each. The natives eat them as Americans would eat candy. The little native boys and girls relish these preparations.

Served with Pastry

In Figure 6 is shown one of the modes employed by the native cooks for serving hopper cakes. That is, the American soldiers know the cakes as "hopper cakes." In the interior, where it is difficult to obtain food, soldiers sometimes buy these cakes and eat the pastry, throwing off the hopper product, which the natives secure and eat. In the specimen shown there is a thickness of pastry made of flour, and baked much as any pastry is baked. Then on top of the pastry are the assortments of drops of hopper food. Natives, who do the baking of the cakes for the markets and for private sale, often buy the hopper foods ready, put up in ball-form, as in Figure 3, and break it into pieces, and distribute it as shown. In Figure 7 is another form of the grasshopper product which is put up very much like a pie or cake. There are three thicknesses of pastry. Between each are the solid layers of grasshopper material, as indicated at *d, d*. These cakes are costly, as compared with the ordinary foods of the country, and are purchased only by the people who are better off than the average native. The bakeshops in the islands often carry these cakes in stock, and Americans have to be

careful what they select. The native shops also have a tendency to handle colored products from Japan and other countries; for they know that the native buyer takes to the highly decorated productions, regardless of the injurious effect that the coloring materials may have upon the food.

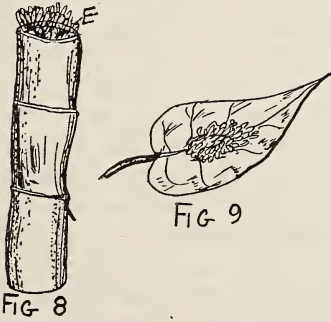


FIG 8

FIG 9

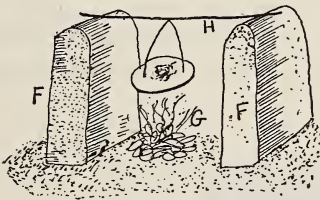


FIG 10.

Hoppers Served in Tubes

In Figure 8 is one of the peculiar ways the natives have of shipping hoppers from one point to another, or serving them ready to eat in the crude state. After a swarm of hoppers have passed over a town, the native boys may be seen, for days after, selling bamboo tubes of hoppers, as shown in Figure 8. The hoppers are shown at *e*, projecting from the overflowing tube. The tube is cut from the bamboo of the jungle, and is about two feet long and about three inches in diameter. It sells for about ten cents of the native money, when filled, which is about five cents of American money. Another mode which the natives have

of selling the hoppers in the unprepared order is shown in Figure 9. The native boys go to the forests, and come into the market-places with numerous leaves, all arranged in order,—just as brown paper is sold for wrapping purposes. For a cent or two the dealer can buy forty or fifty of these leaves. These he uses as in Figure 9, which consists of putting a patch of the hopper food in the centre, as shown. The native buys the leaf of hopper food, pays his cent for it, and walks away with the leaf rolled in the palm of his hand, to carry the same to his home or to eat the product on the spot.

Fish Foods

Reference should also be made to the odd manner of putting up fish food by the bakers and others of the country. The natives catch numerous small fish in the rivers and the sea by means of nets, and these are often worked up into pastry mixtures which are quite unique. In Figure 10 is shown one of the ways employed in cooking the fish. Sometimes only a hole in the ground is used, in which the fire is made. Stoves and ranges are unknown. In the cut the sides of the fireplace are made with the popular sandstone of the country. These are marked *f, f*. Then an iron rod is extended across the top, and the cooking dish is suspended as shown. The fire is made at *g* with cocoanut husks or wood.

A Native Fish Net

In Figure 11 is shown one of the forms of nets used by the natives in the running streams in the hills. One runs across these nets at every turn. One native will have as many as twenty-five cylindrical and cone-

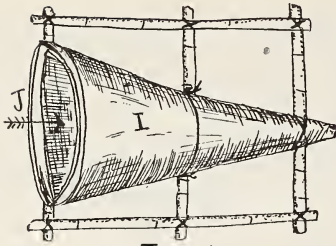


FIG 11

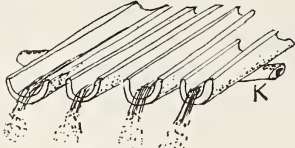


FIG 12



FIG 13

shaped nets. The net is made of cocoanut fibre, which is very tough. It is placed as at *i*, with the open end

so as to permit the running stream to carry water and fish into *j*. The outlet is too small for the fish to pass, and they are caught. In Figure 12 is one of the washing and drying tanks used by the natives along the beaches. It is made with a series of rows of halves of bamboo, with the open side up, stretched on the cross piece *k*, and water is passed into these tubes. The fish are washed in this way, and then permitted to lay in the tubes, exposed to the sun, until thoroughly dried out. They are salted and packed for the markets after this. In Figure 13 is shown one of the ordinary ways of serving these little dried fish.

Pastry is made very much as pastry is made for the hopper cakes mentioned above. Then some of the fish are spread over a thickness of pastry, and quite a neat combination, in the estimation of the native, results.



At the Sign of the Honeysuckle

By Cora A. M. Dolson

Written for the *Cooking-School Magazine*

Above the door it swings,
And here, in the leafy June,
Come the whirr of burnished wings,
And the seeking bee's low tune.

The slim bird dips her bill
Deep down in the nectared cup;
There are tiny throats to fill,
Somewhere in her nest held up.

The white-winged moth of night,
And the beetle, black and bold,
Stray here in the pale moonlight
And their ghostly orgies hold.

The brown toad takes his rest
In the shade of the honeyed bower;
The butterfly, gayly dressed,
Flits here in the morning hour.

The spider a silken snare
Strings round for the hapless feet
That chance in its way to fare,
At the sign of the blossoms sweet.

Street and Roadside Improvement

A Few Suggestions

By Mary Lathrop Tucker

Second Paper

BELow ground, trees suffer for want of the food and water, of which their roots are deprived by the paved side-walks, gutters, and streets above them. The roots, too, are often cut away on one or more sides, to make room for a curbstone or for laying pipes, or the tree is filled in above or uncovered below its normal ground level in changing the grade of street or sidewalk. Leaky gas mains are one of the greatest underground dangers. Few gas joints are perfectly tight; and a very small leak will finally saturate the soil with gas, and eventually kill all trees within its sphere of influence. And the worst is that it is useless to plan new trees in the same soil, for they will only meet the same fate.

But let us leave the crowded streets with their knotty problems, and see if the open country will not furnish more encouraging conditions. Country roadsides may indeed be shaded and beautified with much less expense and trouble than city streets, by taking advantage of that wealth of spontaneous growth, which almost every roadside produces when let alone. But, in the general indiscriminate mowing of roadsides, many a fine sapling is cut down, which would otherwise make a noble tree. In city or village it is unwise to use trees of different species on the same street, and trees must stand in rows. But on country roads, except in front of houses, the random natural growth is very pleasing, and is often sufficient, for long distances, to save

all expense in planting. Roadside shrubbery and plants also afford endless possibilities of beauty and variety almost without money or price. But, unfortunately, a tree that has come up by chance too often seems, like a wild animal, to be looked upon only as lawful prey; while "weeds and bushes," no matter how lovely, merit no consideration except as to the quickest way of getting rid of them. Some of the objections made to these gifts of nature are that overgrown roadsides look "slack" and untidy, and ought to be kept "clean"; that trees beside cultivated fields shade the crops and withdraw nourishment from the soil; that trees and tall bushes by their shade keep the road wet and muddy; that trees and shrubs cause the snow to drift in the road; and that tall bushes hide the landscape and shut out the breeze. These and other objections, while more or less real, vanish quickly before a common sense variety of treatment to meet varying conditions.

The conservatism and false standard of tidiness shown in "cleaning up" all roadsides can best be met by object-lessons, training public taste to appreciation of a more excellent way. The shade of wide-spaced and high-pruned trees on any but the north side of a road can hardly make an appreciable difference to crops on either side, and the nourishment withdrawn is a small price to pay for beautiful trees. Besides, much fertilizing material is returned to the ground by fallen leaves. A chroni-

cally damp or muddy road may be too much shaded; but these conditions rather indicate bad drainage or springy soil, and suggest the need of radical treatment for the road itself. The alleged influence of trees, and especially shrubbery, in causing snowdrifting, is almost equally serious for the time, whether existing in fact or chiefly in the mind of the objector. But investigation seems to show that with few exceptions all bad drifting places are on barren, open pieces of road, where there is no roadside growth whatever. When drifting does occur habitually between overgrown roadsides, it appears usually to be upon roads running north and south, while east and west roads, presenting apparently the same conditions otherwise, do not drift at all; and it is far from certain that north and south roads would not drift just the same or worse with the shrubbery cut off. Pines and other evergreen trees are complained of for the highway, because of keeping the road icy and muddy late in spring. But this, too, is a matter of location. Pines on the north side protect from cold winds and retain the heat of the south sun, while producing the opposite effect when placed on the south side. The result in either case is modified by high pruning. Nothing in roadside adornment produces a finer effect than a row of well-spaced, high-trimmed pines; and they are easily and quickly grown. Tall, thick bushes and low-trimmed trees do in some places shut out breeze or landscape views. But trees may be pruned high and bushes thinned or grouped, or be cut off altogether, leaving only plants or low shrubs for decoration. In short, make roadside treatment a study in landscape gardening, with Nature for nurseryman and chief gardener. The

endless groupings and combinations of Nature are varied and graceful beyond the possibilities of artificial arrangement, but can be altered or modified and her mistakes or ours repaired, almost at will on native shrubs and plants, owing to their rapid growth. Nothing, however, can be lovelier when consistent with local conditions than the untouched roadside tangle. And let us have only native growth on country roads. The world is all growing too nearly alike. Let us keep whatever distinctive attractions we have. Use beautiful foreign shrubs and plants for town and suburban decoration, but replace them by our native growth as suburb merges into country. And let farmhouses and other country dwellings revel in the old-fashioned garden flowers.

These are but a few hints on matters calling for thoughtful study and wise action. But it is time to ask by what means wholesome conditions and proper protection for street and roadside can be secured. Improvement can come only through a more enlightened public taste and sentiment. What the people want they will demand, and what they demand they will get. The work of educating public sentiment is especially adapted to women's clubs, always provided that they act only upon thorough knowledge and in tactful co-operation with street commissioners, tree wardens, and other officials. Most women have more daytime leisure than most men to observe conditions on street and roadside, and their organization into clubs gives them greater influence and better facilities for systematic study than they might have as individuals. The work of village improvement societies seems mostly confined to village limits. It is not uncommon to find long stretches of road between two beau-

tiful and well-kept villages not only robbed of every natural charm, but even disfigured. If these societies would take hold of country roads with the zeal and discretion that they have often applied to village streets, a few years would see a vast increase in the rural attractions of New England. Clubs and village improvement societies should collect a few books for study and reference on these subjects. If nothing else, they should have "Tree Pruning," by A. Des Cars, translated from the French by Prof. Charles S. Sargent, and "The Pruning Book," by Prof. L. H. Bailey, both interesting as well as instructive, and the best available works on the subject. The Massachusetts Forestry Association, 1118 Tremont Building, Boston, is glad to answer any inquiries on matters pertaining to the planting, care, or protection of street or roadside growth. Free expert information and advice upon tree or plant, insects or diseases, may be obtained by addressing questions or sending specimens for

identification (carefully done up) to the Hatch Experiment Station, Amherst, Mass.

Another and the most powerful agency in the long run for securing and maintaining right and beautiful conditions on street and roadside lies in the training of children and youth, but this subject would require an article by itself. City boarders and summer residents in the country have done and can do much educative work in calling attention to natural roadside adornment, through efforts to save strips of roadside woodland from the axe, by planting or preserving trees, shrubs, and vines, and by causing the removal of advertisements, telephone poles, dumps, and other disfigurements from the highway or its vicinity. When it is found that trees, bushes, and weeds pay, because the summer people like them, and will not go where they are cut off, they will be preserved and fostered, until finally every one will have learned to see and love their beauty.

The Heart of the Hills

There's a wonderful country lying
Far off from the noisy town,
Where the wind-flower swings
And the veery sings
And the tumbling brooks come down:
'Tis a land of light and of laughter,
Where peace all the woodland fills;
'Tis the land that lies
'Neath the summer skies,
In the heart of the happy hills.

The road to that wonderful country
Leads out from the gates of care;
And the tired feet
In the dusty street
Are longing to enter there;
And a voice from that land is calling,
In the rush of a thousand rills,
"Come away, away,
To the woods to-day,
To the heart of the happy hills."

Far away in that wonderful country
Where the clouds are always blue,
In the shadows cool,
By the foaming pool,
We may put on strength anew;
We may drink from the magic fountains
Where the wine of life distills;
And never a care
Shall find us there,
In the heart of the happy hills.

Boston Transcript.

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EDITORIAL MENTION

WITH the present number the *Cooking-School Magazine* begins a new volume and the eighth year of publication. In circulation and patronage the magazine has steadily increased, and we are proud of the fact that we still retain on our list of subscribers the names of many whose subscription began with the first issue, in June, 1896.

The first volume of the magazine consisted of four numbers only. Copies of this volume are often called for, but are not now easily obtained at a reasonable price. Six numbers were comprised in each of the four succeeding volumes, while in the last two years a number has been issued every month in the year, save two, the issues of June-July and August-September, for excellent reasons, being made special double numbers.

With the same editorial management and under uniform direction and conduct, the *Cooking-School Magazine*, from its first issue, has aimed to produce a periodical devoted exclusively to culinary science and domestic economics and secondary to no other publication in this field of effort, and we are pleased to state that our original purpose has in no wise been changed. Encouraged and strengthened by past experience, the publishers purpose to make the volume of 1903-04 more attractive, interesting, and valuable than any of the preceding volumes. The contents of each number are to be adapted especially to meet the wants of the young housekeeper, the home-maker, and also of those who are concerned in the management of domestic science departments in schools, clubs, and hospitals. Would that the magazine might be regarded as an indispensable handbook in every home!

A MILLIONAIRE'S OFFER

"There was an old man of Tobago
 Who lived on rice, gruel and sago,
 When, much to his bliss,
 His physician said this,
 'To a leg, sir, of mutton you may go.'"

MOTHER GOOSE evidently knew the meaning of good living. In her quaint rhymes she voiced the sentiment of her day in this respect, as in many another matter of every-day home life. The familiar songs and sayings of a people are ever indicative of that people's mental and moral traits; and, thus tested, the dependence of comfort and success in life upon wholesome living has never been wholly lost sight of.

Rumor has it that, to-day, there is a man in Chicago who has offered, under certain conditions, \$1,000,000 to the housemaid who will stay in his family until the end of his mortal life. The conditions are said to be: the maid must be one who loves her vocation, who is good-natured and a diplomat, who is always dignified and never makes an error in table service, who is a good cook, a good nurse, a dressmaker, and who never sulks. On the other hand, the employer will adapt, if necessary, the habits of his household to the whims of the servant; will move if she wishes; will have meats to suit her convenience; will discharge other employees, and allow her all the privileges of a member of the family, etc.

One may say that "abject despair quite naturally inspired this extravagant offer," or simply regard it as a huge joke. But, after all, the proposition does not seem so very wild and preposterous, when the object in view has been fairly considered. Here is a man who has abundant means, and

is willing to pay handsomely for what he needs; and what is there in life of greater worth than good health and the peace and comfort that arise from a well-managed home? Often even larger sums are expended on private yachts and race-horses, and the final issue of these investments are not of the most enduring value. To us the incident seems merely to proclaim anew the paramount significance in life of domestic affairs, and to emphasize the fundamental conditions upon which the ideal home must be conducted.

IN "Breakfast Chat," Mrs. Wells touches upon a subject that may seem to some of our readers a little out of the ordinary. For many years Mrs. Wells has been a member of the Massachusetts State Board of Education, and from her wide experience has come into contact with phases of education with which the most of us are little conversant. The care now taken in special schools and infirmaries of the unfortunate, either in body or mind, is one of the wonders of the age. Even the dumb are taught to speak and the crippled to walk. To the thoughtful the problem of "The Perverts" is growing more and more serious as civilization advances. In short, social and economic questions have become foremost in the problems of life. In the future development and conservation of the race, the place good, wholesome, nutritious food is to hold cannot with impunity be overlooked.

"Out of 150,000 children whom a surgeon at Leeds, England, has examined as to their fitness for factory labor, 50,000 were found to be rickety in consequence of improper feeding when babies."

An Irresistible Invitation

By Kate Matson Post

Written for the *Cooking-School Magazine*

"O mamma! do come and have lunch with us,—
With Charlie, Billy, and me,—
Our table's the box that the soap came in,
It's under the apple-tree.

"We have covered the top with a napkin,
Our dishes are made of wood.
We have whittled them out of some shingles
The very best that we could.

"And we've built a big fire in the hollow,
And, oh, it's such lots of fun!
For we've roasted potatoes right in it,
And now we think they are done.

"And Bridget has lent us a frying-pan
To fry the bacon, you know;
And we've plenty of milk and strawberries.
We know where the wild ones grow.

"And we've brought the garden bench out
for you,
The saw-buck will do for me,
And Billy and Charlie will have the log.
There's plenty of room, you see.

"So please, mamma, won't you come right
away,
It's shady and cool and nice?"
I'm going, of course; for a chance like this
Mayn't come in a lifetime twice.



The Four-leaf Clover

A little maid in a gingham gown
Went hunting the meadows over:
Till the birds were tired, and the sun went
down,
She sought for a four-leaf clover!

For four-leaf clovers bring luck, they say;
And patchwork "stint" and dishes
Were tiresome duties of every day:
She wanted some fairy wishes!

With dishes unwashed and "stint" undone,
She tramped back home in the gloaming;
No four-leaf clover—no, never a one—
Was there to be had for her roaming!

A little maid in a gingham gown
Had washed all the dinner dishes;
Had finished her "stint" ere the sun went
down,
Undreaming of fairy wishes.

When just at her feet, as she raced in play
The blossoming meadows over,
She found what the other had sought all
day,—
She found, yes, a four-leaf clover!
*Mary Clarke Huntington, in Association
Record.*

An Incident

Two old friends met on the city street.
"Good-morning," said he,
"Good-morning," said she;
And they paused to talk together.
The mysteries strange had come to both
Since last they met,
And now they wondered more and more
What it all meant;
But, as they parted,
He slowly said,
"Sometime, somewhere, somehow,
Do not forget."

The weeks went by in their busy lives.
They met again in the rushing crowd:
They had only time to grasp the hand,
As she sweetly said,
"Sometime, somewhere, somehow,
We'll not forget."

Again and again have they met since then.
Their words grow few over mysteries strange
But "sometime, somewhere, somehow,"
They never forget.
Elizabeth Porter Gould, in Education.





Preparing Cucumber-and-Lettuce Salad

Seasonable Recipes

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

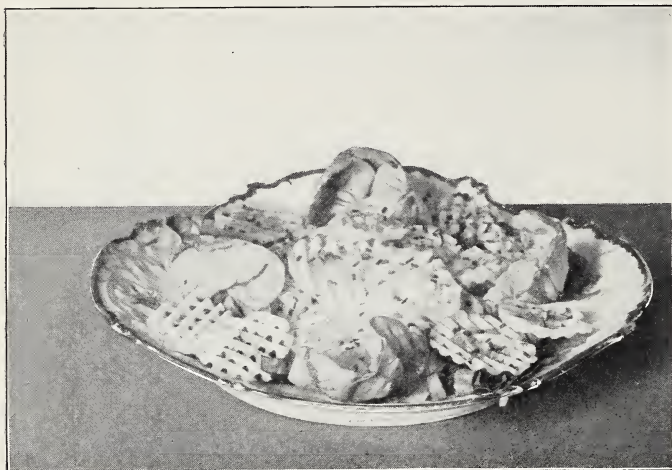
Cucumber-and-Lettuce Salad

Let a cucumber chill thoroughly in ice water. Pare, then cut in slices, lattice fashion, on a handy slicer. Cut one slice, turn the cucumber half-way round and cut the next. Continue in the same manner, turning the cucumber, after each slice, to cut. Let the slices stand in ice, or very cold, water about fifteen minutes. In the mean while cut off the root from a head of fresh, crisp, curly lettuce, discarding the outer leaves. Wash each leaf thoroughly without crushing. Shake in a cheese-cloth or a wire basket, to free from water, and wipe with cheese-cloth or expose to the air

a few minutes, turned to drain off any drops of water. Oil will not adhere to a wet surface. Pile the outer leaves, one above another, first removing any imperfections, and cut with a sharp knife into narrow ribbons. Pour four tablespoonfuls of oil into a bowl, add a dash of paprika and one-fourth a teaspoonful of salt, then beat in, little by little, one or two tablespoonfuls of vinegar or lemon juice, and, when an emulsion is formed, pour over the lettuce placed in the bowl. Lift the lettuce with the spoon and fork, to mix with the dressing. Drain and dry the cucumber slices between folds of cloth, and dress in the same manner,

using enough oil and vinegar to coat the slices. Turn upon the lettuce, and sprinkle the whole with fine-chopped

catch any dressing that falls from the salad. Serve a cube of bread (chapon) in each dish of salad.



Cucumber-and-Lettuce Salad

chives. If a clove of garlic be at hand, cut it in halves, and with it rub over both sides of a small slice of stale bread, freed of crust. Cut the prepared bread into cubes and put them in the salad bowl first, that they may

pen-knife cut through the white at the centre of the egg in this fashion $\wedge \wedge \wedge$, and separate each egg into two parts. Dispose these on lettuce leaves, surrounding each piece of egg with mayonnaise dressing, or serve

Egg Salad, Mayonnaise Dressing

Put the requisite number of eggs into boiling water and remove to a cooler part of the range, where the water will not boil. Cover and let stand forty minutes. Then immerse in cold water, and let stand ten minutes. Take off the shells and set aside in a cool place until ready to use. To serve, with a sharp



Mayonnaise in Preparation

the dressing in a dish apart. In the illustration, whipped cream was added to the mayonnaise just as it was sent to the table.

Mayonnaise Dressing

Beat the yolks of two eggs with a silver fork. Add one-fourth a teaspoonful, each, of salt and pepper, also the same of mustard and powdered sugar, if desired. When these are evenly blended with the yolks, beat in a teaspoonful of vinegar. Then add one cup of oil, at first drop by drop. After a few tablespoonfuls

Bacon Dressing

Cook two tablespoonfuls of flour and a dash of paprika in five tablespoonfuls of hot bacon fat. Add four or five tablespoonfuls of vinegar and half a cup of water. Stir and cook until boiling. Then, gradually, pour over the beaten yolk of an egg (preferably two yolks). Return to the fire (over hot water), to cook the egg, and add salt, if needed. Use when cold. This dressing is particularly good with endive or lettuce, alone or with eggs.



Egg Salad, Mayonnaise Dressing

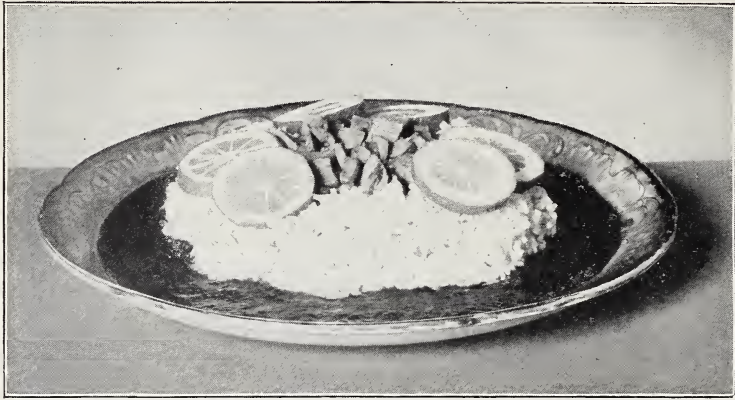
of oil have been added thus, the quantity, at each addition, may be increased. When the mixture becomes thick and ropy, alternate the oil with a few drops of lemon juice or vinegar, using in all about two tablespoonfuls of acid. When all of the ingredients have been used, taste the dressing, and add more of such ingredients as are needed to suit individual taste, remembering that mayonnaise dressing is not an acid sauce. A Dover egg-beater, tumbler size, may be used, to shorten the time, when a small quantity of dressing is to be made.

Grecian Pilau

Cover a cup of rice with plenty of cold water and stir over a quick fire until boiling rapidly. Let boil three or four minutes, then drain and rinse on a sieve. Stir the rice into three cups of stock (made from the bones and trimmings of the meat to be used in the pilau), salted to taste. Cover and let simmer until the liquid is absorbed. Then add one-fourth a cup of butter, more stock, if needed, and let cook over water until the rice is tender. Mix the butter through the rice with a silver fork, and turn

onto a serving-dish, to form a ring or border. In the centre of the ring

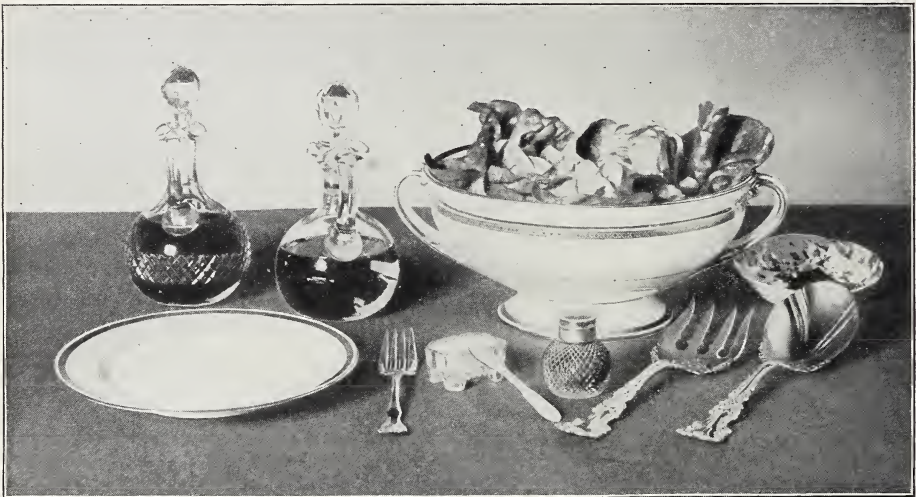
in tiny cubes. Cut two or three slices of tender bacon into cubes, and sauté



Grecian Pilau

turn a ragout of chicken, veal, or lamb, and surround the rice with half a can of tomatoes, pressed through a sieve and cooked about fifteen minutes, to evaporate the water. Season with salt and pepper while cooking. Garnish the rice with slices of lemon.

the onion and bacon, together, to a light golden color. Add three table-spoonfuls of flour, and, when well-cooked, gradually, a cup and a half of stock, and let simmer until the onion and bacon are tender. Then add a cup and a half, or two cups, of



Dressing Lettuce Salad at the Table

Ragout for Grecian Pilau

Cut two shallots, or half an onion,

cooked meat, cut in cubes and neatly trimmed. Season, as needed, with salt and pepper.

Macaroni with Bacon and Cheese

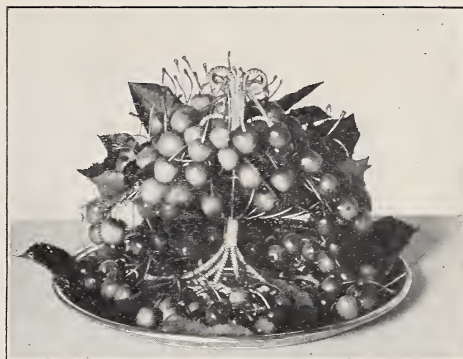
Cut two shallots and half an onion, or a stalk of leek, in small pieces, and sauté with three or four slices of tender bacon, cut in small bits. When well browned, stir in two tablespoonfuls of flour, and cook until frothy. Then add a cup and a fourth of tomato purée (cooked tomatoes passed through a sieve), and let simmer until the onion and bacon are tender. Then stir in three-fourths a cup of macaroni, cooked until tender and rinsed in cold water. When again hot, add two or three tablespoonfuls of grated cheese. Lift the macaroni with a spoon and fork, to mix the cheese through the dish. Serve in a hot dish.

Stewed Cucumbers, Sauce Supreme

Pare three green cucumbers of medium size, and cut in quarters, crosswise. Cut each quarter into halves, lengthwise, and take out the seeds. Cook slowly half an hour in a quart of boiling salted water. Drain in a colander and then on a cloth, and reheat in a cup of sauce made of two tablespoonfuls, each, of butter and flour, three-fourths a cup of chicken or veal broth, one-fourth a cup of cream, a teaspoonful of lemon juice, and salt and pepper to taste.

Boiled Potatoes, Cheese Sauce

Sprinkle six or eight hot boiled potatoes lightly with salt, and let stand on the top of the range, covered with a cloth, a few moments, while the water evaporates. Turn into a hot dish, and pour over them a cup of white or cream sauce, into which three or four tablespoonfuls of grated cheese has been stirred. Do not pour over the sauce, until the cheese has melted. Pare the potatoes before boiling.



In Cherry Time

String Beans with Cream

Remove the strings from the beans, then cut in pieces, transversely, making diamond-shaped pieces. Cook until tender, adding salt when about half cooked. Drain, add a little hot cream, with black pepper and additional salt as needed. Three-fourths a cup of cream will be enough for a pint of beans.

String Beans with Bacon

Cut one or two slices of tender-mild-cured bacon in tiny cubes, and sauté to a delicate brown. Add a pint of hot, cooked-and-drained string beans and a few drops of onion juice. Shake the frying-pan, to mix thoroughly. Add salt and pepper as needed, and turn into a hot dish. Peas may be served in the same way.

Consommé with Stuffed Cucumber

For three quarts of consommé (enough for twelve plates or sixteen bouillon cups, "*consommé en tasse*") prepare three cucumbers. Pare the cucumbers, taking a thicker paring from the ends than the sides. With an apple corer remove the seeds, inserting the corer at both ends, if needed. Parboil two minutes, rinse in cold water, and drain on a cloth.

Fill the opening in the centre with chicken or veal forcemeat (for forcemeat see "Cutlets of Lamb, Luncheon Style," pages 455-456, May issue), using any sauce, in place of soubise as given. Let simmer half an hour in white broth with a dozen bits of salt pork, salt and pepper. When cooked, cut in crosswise slices half an inch thick. Serve three or four in each portion of soup.

Sour-cream Biscuit

Pass through a sieve two cups of flour, three teaspoonfuls of baking powder, and half a teaspoonful of salt. With the tips of the fingers work in two or three tablespoonfuls of butter. Beat a scant half a teaspoonful of soda into a cup of thick sour cream, and use in mixing the dry ingredi-

Pineapple Fritters

Melt one-fourth a cup of butter. Cook in this a scant half a cup of cornstarch and one-fourth a teaspoonful of salt. Then stir in, gradually, the juice of half a lemon, one pint of grated pineapple, and one-third a cup of sugar. Let simmer five or six minutes, then gradually pour over one egg, beaten very light without separating. Return to the fire, to cook the egg, if needed, and then turn into a well-buttered, shallow dish, having the mixture half an inch in thickness. When cold, cut or stamp out into such shapes as desired. Dip each in batter, and fry in deep fat until colored a delicate brown. Drain on soft paper, and sprinkle with powdered sugar, or serve with a sauce.



Pineapple Fritters

ents into a dough of such a consistency that it will take up all particles from the inside of the bowl. Turn onto a floured board, work on the board with a knife, to flour the outside slightly, then pat and roll into a sheet an inch thick. Cut into rounds, and bake about twenty-five minutes.

Batter for Pineapple Fritters

Beat one egg without separating the white and yolk. Add half a cup of flour and one-fourth a teaspoonful of salt, and beat with a spoon until perfectly smooth. Then beat in one-fourth a cup of milk. Immerse the fritters, one at a time, in the

batter, drain thoroughly, and drop into the hot fat. Remove with a skimmer.

to make a cup and a half, then add the pieces of pineapple, and let simmer until the fruit is tender. Then

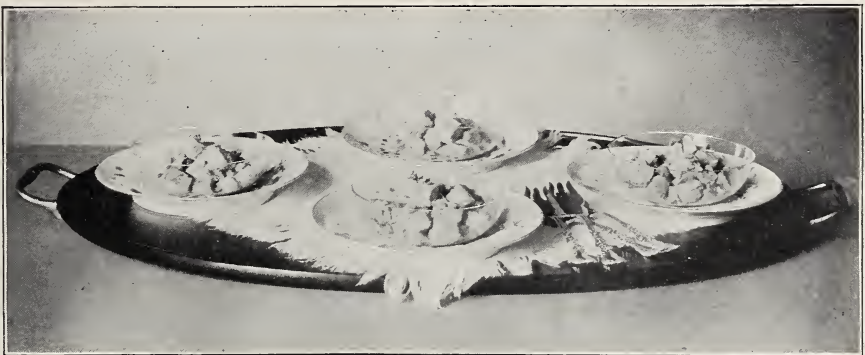
Tapioca Pudding à la Française

Scald one pint of milk over hot water. Stir in one-third a cup of a quick-cooking tapioca, mixed with a few grains of salt and one-fourth a cup of sugar. Stir and cook about ten minutes, then add very gradually to three eggs (or to two whole eggs and the whites of two more), beaten very light and thick. Add also a grating of lemon rind and a tablespoonful of butter. Turn into a turban-shaped mould, thoroughly buttered and dusted with sugar, and bake, standing in a pan of water, one hour. Serve cold, turned from the mould and surrounded with a fruit sauce.



Tapioca Pudding à la Française

stir in a tablespoonful of arrowroot or cornstarch, mixed with a cup of sugar and a few grains of salt. Stir and cook five minutes after the boiling begins. Then add the juice and grated rind of a lemon, and it is ready to serve. Grated pineapple may replace the bits of fruit, or scoop out the pulp in balls with French cutter.



Ice Cream, Moulded and Cut in Cubes

Pineapple Sauce

Cut as many slices of fresh pineapple into small pieces as are needed to fill a cup. To the juice add water,

Rhubarb Pie

Line an agate or white-lined pie plate with good pastry. Have ready a pint of rhubarb, cut in thin slices.

Beat an egg, and into it beat one cup and a fourth of sugar, two tablespoonfuls of flour, and a scant half a teaspoonful of salt, mixed together, and stir the rhubarb into the mixture. Turn into the lined plate, dot with bits of butter, and cover with pastry. Brush the lower edge of paste with water, before putting the upper crust in place, then press the edges together firmly, and brush over again with water. Bake in a moderate oven until the pastry is well browned.

Strawberry Cream

Mix half a cup of sugar, a cup of strawberry pulp, and a pint of double cream. Beat with a Dover egg-beater until solid to the bottom of the bowl, or use a "whip churn," and take off the froth as it rises. Serve, thoroughly chilled, in glasses or in meringue shells.

Strawberry Syrup for Ice-cream

Boil three-fourths a cup of sugar and half a cup of water ten minutes. Let cool, and add to a cup of fresh strawberry juice and pulp. To prepare the berries, crush part of a basket of berries, and press them through a fine sieve.

College Ices

Serve a plain vanilla cream-ice in

frappé cups, with cold fruit, coffee or chocolate syrup poured over.

Strawberries à la Louis Sherry

For each quart of strawberries take the juice of one lemon and about a cup of powdered sugar. Mix thoroughly. Let stand about ten minutes, and serve.

Currant-and-Raspberry Sherbet

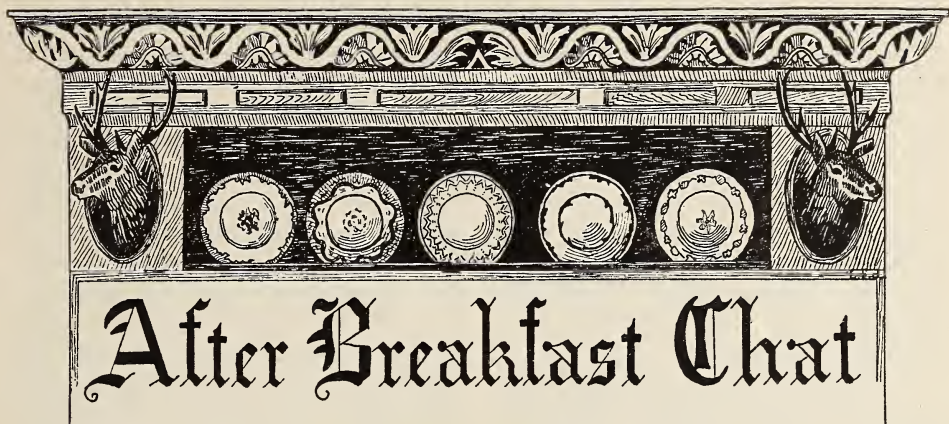
Boil a quart of water and a pint of sugar twenty minutes. Add a teaspoonful of gelatine, softened in cold water, and strain. When cold, add a cup and a half of currant juice and half a cup of red raspberry juice, and freeze as usual.

Roman Punch

Boil one quart of water and one pint of sugar fifteen minutes, add half a cup of strong tea (infusion), and, when cold, one cup of lemon juice. Freeze to a mush, using equal parts of ice and salt, then add half a cup of rum, and turn the crank a little longer. Serve in small glasses. For variety, cook a pint of grated pineapple with the sugar and water (use less sugar, if the pineapple be canned), and add the tea. When cold add half a cup of lemon juice, and finish as above.



Meringues in Preparation for Serving with Whipped Cream and Strawberries



After Breakfast Chat

By Kate Gannett Wells

The Feeble-minded

“SOMETHING short in the making,—
Something lost on the way,
As the little Soul was taking
Its path to the break of Day!”

W. C. Gannett

MRS. KING liked her visitors in proportion to their ability for fads, which should so preoccupy them that they would not sit round the house, waiting to be entertained. She preferred to start them off on a day's campaign, educational, philanthropic, or patriotic, with a proviso that they should lunch down town. Therefore, one morning, after the usual breakfast inquiries of how did you sleep, etc., she bluntly inquired of Mrs. Stone her preference in fads.

“Lately,” replied her guest, “I have been absorbed in the feeble-minded.”

Mrs. King stared. “Why, aren't they idiots?”

“Not at all. Of course there are both improvable and custodial cases; but you don't know what pathos means, until you see them trying to learn by imitation what normal children do by intuition. I'm going to the school to-day; but it is curious how there are cycles in thought and

names. Dr. Howe used to call his institution a school, as he believed that education was a specific cure-all. Now the perpetual asylum idea has come to the front again, for the incurable feeble-minded should never marry.”

The hostess looked pained. “State prevention of marriage, you mean!”

“Don't appear so shocked, as if such an idea were an invasion on individual rights: it is just a State necessity. I only wish you knew Willie and Susie at the school, and then you would realize how many æons it would take before they could become responsible enough to marry. Willie has tried for months to put four short sticks in the form of a square, and he is twelve years old. When he did it at last, you should have seen the look on his teacher's face, as if she had beheld the vision of the new birth gained by patience. It is still hard for him to recognize pictures; but, as Susie and he are in the same sense-training class (where

they learn how to use the five senses which they do not know they possess), her snubs are becoming effective. She took him to the window, day after day, pointing out a horse to him; and yet, when she showed him a chromo card of one, he would sigh, as if he had been personally injured, and say, 'My mother's dead: she talks to me at night when the boys don't make no noise.'

"'You're a softy,' Susie told him the other morning, when Willie persisted that the picture of a horse was that of a house. So again she jerked him up to the window, with the card in her hand, and at last made him understand which was which, though Susie herself is so simple she cannot count her ten fingers, and she is thirteen. But she is useful in ever so many little ways, and knows a wee bit more each year, and is always happy, which is more than are most people."

"I supposed the feeble-minded were generally repulsive, or else had queer streaks of brightness," said Mrs. King.

"Then you should watch them in the dining-room, where their table manners range from long bibs and tin plates to napkins and crockery. They eat more than we normals do. As for the teachers' table, no other set of professionals has as delicious a menu; for the superintendent says that instructing the feeble-minded would quickly wear out the nerve tissues, unless they were constantly repaired by food. But I myself can never eat when I am there; for the children's kindness to each other, especially in the custodial department, makes me sentimental instead of hungry. A paralyzed boy in his wheel-chair helps in amusing the sturdy, stupid little fellow who pushes him about. A fat, grinning girl holds tenderly the wee thin child

who moans from habit. There is Johnny, who is never happier than when the older boys lay him on a flat-topped, wooden roller and drag him up and down the floor of the ward. He can't peel potatoes, like some of the other fellows; but he can shell peas, and shouts when he sees the weeds growing in the yard, so as to tell the others to pull them up. He is always making jingles; and last week, after one of the children had tied her doll's hands, by way of punishment, he solemnly remarked,

'Dollies are follies,
Untie their hands,
Loose their bands.'

"He gets hold of words whose meaning he does not know. That same day he said to me:—

'You're a tot, and it is hot.
Food is good, and sun is fun.'

"Yet he sits for hours wrapt in vacancy. His father wrote rhymes for advertisements. Some say heredity transmits only structural peculiarities. Who knows?"

"I have more faith," replied Mrs. King, "in environment than in heredity, and in good cooking than pedagogy. If I were a School Committee, I'd have the backward children taught by themselves. People do say that, if it had not been for Miss Sullivan, Helen Keller might have been feeble-minded."

"That," answered her friend, "is just what education and philanthropy are now doing. There are special classes in the public schools for defective children, who are weeded out from the regular classes. Boston has at last begun on such a plan; but in Germany, Norway, Sweden, and even in London, there are many such special classes, experts deciding upon who shall enter them."

"All that is very well," replied Mrs. King, slowly; "but I am thinking that the schools are being made too responsible for the bad ways of the country. People used to say that mothers and homes could keep boys and girls straight; and, as they can't, it is now the schools which are held accountable. Why, the good, moral influences that are expected to ooze from a teacher's personality are enough to cause her nervous prostration! A teacher is regarded as the efficient cause of all the bad, good, or indifferent in a community, when it is in the home and in parentage that the evil begins. People below par ought not to marry anyhow."

"Why is it," asked Mrs. Stone, "that the churches do not take up the regeneration of the feeble-minded? for there are only eighteen public and ten private institutions for them in the United States, though the last census of 1890 showed 95,571, which, however, left out many. Why, there are two feeble-minded to every thousand persons in Massachusetts! Fortunately, many are not typical idiots, or it would need a very self-sacrificing church to care for them. Yet all feeble-minded persons have little will

power, judgment or reason, memory or attention. They are naturally lazy and destructive, and do just what they want to do."

"So do strong-minded persons," interrupted Mrs. King.

"Well, anyway, a feeble-minded child is usually two inches shorter and nine pounds lighter than our children would be, if we had any. If I ever should be so unfortunate as to have such a child, I'd put him on good food and manual training, from his birth up, as the Bible says."

Mrs. King sighed. "There are terrible responsibilities in being a mother or a teacher."

As Mrs. Stone knew the impossibility of arguing with a self-satisfied person, she merely exclaimed: "Go with me to the school, on the Fourth of July, and see the games and processions, and you will call the place just what one of its inmates does,—'The Fun Home.' In October, go with me to the defective classes of the public school children, and then you will see how the State and the city are working together, to lessen feeble-mindedness, which is more productive of generations of misery than any other human defect."

What One Woman Observes

LOVE, like music, has its chords, discords, and harmonies.

A woman is always flattered when she is able to please a man of brains and refinement.

The best traits in a man are oft-times womanly ones, but they make him all the more lovable.

If the heart be satisfied, should joy be the less because our brains also take their share of pleasure?

There is in every one's life an hour

of temptation, a critical time which tries the metal of the heart.

Women fret enough to move mountains. If all the fretting forces were combined, electricity and steam would go out of commission.

Why grow old? The gods never thought of such a thing. A middle-aged Venus is a contradiction; and what fancy can depict a wrinkled Hebe?

Philadelphia Inquirer.

Menus for One Week in June. (By Request)

Family: Man, two women, and a child. Cost, \$5.00.

"But this grand art demands an artist of taste,
Prodigal of genius and devoid of all waste."

SUNDAY	<p><i>Breakfast</i> Cereal for Child. Boston Baked Beans. Pickles. Graham Bread. Cereal Coffee.</p> <p><i>Dinner</i> Tenderloin Cutlets, Tomato Sauce. Potatoes Cooked in Milk. String Beans. Strawberries.</p> <p><i>Supper</i> Boiled Rice, Milk or Sugar. Ginger Cookies. Tea.</p>	<p><i>Breakfast</i> Cereal. Scrambled Eggs. Hashed Potatoes. Dry Toast. Cereal Coffee.</p> <p><i>Dinner</i> Macaroni with Bacon and Tomatoes. Stewed Lima Beans (Dried) Buttered. Chocolate Junket. Tea.</p> <p><i>Supper</i> Toast. Stewed Prunes. Cottage or Neufchâtel Cheese. Tea.</p>	WEDNESDAY
	<p><i>Breakfast</i> Cereal, Milk. Baked Beans Reheated with Tomato Purée. Toasted Bread. Cereal Coffee.</p> <p><i>Dinner</i> Boiled Fresh Haddock, Egg Sauce. Potatoes. Cucumbers. Escalloped Rhubarb, Hard Sauce. Cereal Coffee.</p> <p><i>Supper</i> Boston Baked Bean Salad, French Dressing with Chives or Onion Juice. Boiled Rice and Milk for Child. Bread and Butter. Ginger Cookies. Tea.</p>	<p><i>Breakfast</i> Cereal. Small Cubes of Liver Stewed, Brown Sauce. Plain Boiled Potatoes. Bread and Butter. Coffee.</p> <p><i>Dinner</i> Breast of Veal Stuffed and Roasted. New String Beans. Potatoes. Rhubarb Baked with Raisins. Tea.</p> <p><i>Supper</i> Milk Toast. Cheese. Stewed Prunes. Cereal Coffee.</p>	THURSDAY
MONDAY	<p><i>Breakfast</i> Cereal. (Haddock) Fish Cakes. Pickles or Baked Rhubarb. Rye-meal Muffins. Coffee.</p> <p><i>Dinner</i> Chopped Round of Beef, Natural Gravy. Plain Boiled Potatoes. Beet Greens. Lemon Pie (two crusts, one egg). Tea.</p> <p><i>Supper</i> Savory Rice (cooked with Tomatoes, Onions, etc.). Crackers and Milk or Cream Toast for Child. Berries. Tea.</p>	<p><i>Breakfast</i> Cereal. Puffy Omelet, Tomato Sauce. Graham Muffins. Coffee.</p> <p><i>Dinner</i> Fresh Fish Chowder. Crackers. New Beets, Pickled. Prune-and-Rhubarb Pie. Cheese. Cereal Coffee.</p> <p><i>Supper</i> Broiled Bacon-and-Bread Sandwiches. Watercress. Tea.</p>	FRIDAY
TUESDAY	<p><i>Breakfast</i> Cereal. Cold Roast Veal. Boiled Potatoes, Cheese Sauce. Pickled Beets. Boiled Rice, Chocolate Syrup. Tea.</p>	<p><i>Supper</i> Lettuce-and-Egg Salad. Bread and Butter. Plain Cake. Tea.</p>	
SATURDAY			

Menus for One Week in July

Good living is at once the luxury which costs the least; and perhaps of all pleasures it is the most innocent.— *Beauvilliers*.

SUNDAY

Breakfast
Ralston Barley Food.
Corned Beef Hash with Green Pepper.
Radishes.
Yeast Rolls (Swedish Fashion).
Coffee.

Dinner
Boiled Salmon, Egg Sauce.
Cucumbers with Chives, French Dressing.
Plain Boiled Potatoes.
Peas with Cream.
Cherry Ice.
Coffee.

Supper
Asparagus on Toast, Drawn Butter Sauce.
Buttercups. Cocoa.

WEDNESDAY

Breakfast
Old Grist-mill Toasted Wheat.
Creamed Salt Codfish.
Boiled Potatoes.
"Snowflakes." Coffee.

Dinner
Broiled Beef Tenderloin, Maître d'Hôtel Butter.
Hashed Brown Potatoes.
Beets stuffed with Chopped Cucumber,
French Dressing with Onion Juice.
Rhubarb Pie. Cereal Coffee.

Supper
Egg Salad, Mayonnaise Dressing.
Hot Sour-cream Biscuit.
Blueberries. Cookies.
Tea.

MONDAY

Breakfast
Hot Shredded Wheat Biscuit.
Raspberries, Cream.
Eggs and Deviled Ham, Scrambled.
White Hashed Potatoes.
Cereal Coffee.

Dinner
Veal Stuffed and Roasted, Brown Sauce.
New Potatoes. New Beets, Buttered.
Bread Pudding, Raspberry Hard Sauce.
Tea.

Supper
Lettuce-and-Salmon Salad.
Bread and Butter.
Orange and Rhubarb Marmalade.
Wafers. Cereal Coffee.

THURSDAY

Breakfast
Gluten Grits, Blueberries.
Broiled Fresh Mackerel.
Radishes. Creamed Potatoes.
Dry Toast. Coffee.

Dinner
Roast Leg of Lamb, Mint Sauce.
Spiced Black Currants.
Spinach à la Crème with Eggs.
Potatoes Baked with the Lamb.
Tapioca Pudding, Pineapple Sauce.
Tea.

Supper
Ham Timbales (Deviled Ham).
Peas in White Sauce.
Bread and Butter. Cereal Coffee. Berries.

TUESDAY

Breakfast
Pettijohn's Breakfast Food.
Broiled Calf's Liver and Bacon.
Potatoes Cooked in Milk.
Baking-powder Biscuit.
Coffee.

Dinner
Grecian Pilau (Veal).
Lettuce. Imperial Cheese. Crackers.
Cherry Pie.
Coffee.

Supper
Hot Shredded Wheat Biscuit and Tomato
Sandwich.
Sugared Pineapple.
Cookies. Tea.

FRIDAY

Breakfast
Grape-nuts. Berries.
Eggs in the Shell. Watercress.
Yeast Muffins.
Coffee.

Dinner
Bluefish, Stuffed and Baked.
Hollandaise Sauce.
Mashed Potatoes. Peas.
Lettuce Salad.
Currant-and-Raspberry Sherbet.
Coffee.

Supper
Beauregard Eggs.
Spinach, French Dressing.
Sponge Cake. Tea.

SATURDAY

Breakfast
Boiled Rice, Milk.
Frizzled Dried Beef.
White Hashed-Potatoes.
Wheat Muffins.
Cereal Coffee.

Dinner
Lamb Croquettes or Soufflé.
Potatoes Maître d'Hôtel.
Peas.
Watercress Salad.
Red Raspberry Shortcake.
Tea.

Supper
Cold Danish Liver Pudding.
Bread and Butter.
Pickled Beets.
Cake. Berries.
Tea.

Wedding Breakfast

(50 Guests — Small Tables)

STRAWBERRIES À LA LOUIS SHERRY. BOUILLON.
LOBSTER OR SALMON CUTLETS. CUCUMBERS.
SWEETBREAD AND MUSHROOM PATTIES.
BREASTS OF SPRING CHICKEN, ROASTED, CURRANT JELLY.
WATERCRESS SALAD.
MARSHMALLOW ICE-CREAM. SULTANA ROLL, CLARET SAUCE.
THE BRIDE'S LOAF. FANCY CAKES. BONBONS. COFFEE.

Wedding Breakfast

(16 Guests at one or two Tables)

SHREDDED PINEAPPLE, SUGARED LIGHTLY.
CREAM OF ASPARAGUS. BREAD STICKS.
FRIED FILLETS OF FISH. CUCUMBERS.
HOT BISCUIT.
CHICKEN TIMBALES (raw breast of chicken), MUSHROOM SAUCE. PEAS.
MAYONNAISE OF LETTUCE AND TOMATOES. CHEESE SANDWICHES.
STRAWBERRY SHERBET, WHIPPED CREAM.
BRIDE'S CAKE. ASSORTED CAKES. COFFEE.

Wedding Receptions

(Following Wedding after 12 M.)

(Large Table in Dining-room)

CHICKEN CROQUETTES. PEAS.
SALMON SALAD. LOBSTER SALAD.
BUTTERED ROLLS. NUT SANDWICHES. OLIVES.
ORANGE SHERBET AND STRAWBERRY ICE-CREAM MOULDED IN LAYERS.
BRIDE'S LOAF. LITTLE CAKES. BONBONS. SALTED NUTS.
FRUIT PUNCH. COFFEE.
(WEDDING CAKE IN RIBBON-TIED BOXES ON SMALL TABLE IN HALL.)

Menu II.

CHICKEN-SALAD SANDWICHES. COFFEE.
LITTLE CAKES. BONBONS. BRIDE'S LOAF. FRUIT PUNCH.

Menu III.

LITTLE CAKES. BONBONS. BRIDE'S LOAF.
STRAWBERRY SHERBET. VANILLA ICE-CREAM. FRUIT PUNCH.

Referring to Illustrations and Menus

Sallets and Salads

THE word "sallet" or "sallets," in general acceptance in the sixteenth century, but marked obsolete in the standard dictionaries of to-day, has had a renaissance. So also has the art that deals with sallets and pot herbs.

The cultivation of most arts is marked by periods of growth and decline, which depend upon circumstances outside the art itself. The chief of these are times of prosperity and the consequent leisure attendant upon such a condition.

In primitive as in highly civilized conditions of life, sallets and pot herbs are eaten, not especially for sake of nutrition, but as a corrective to a concentrated and nutritious diet or to prevent scurvy. As people grow in wealth and culture, a corresponding increase in all the minute details that minister to their æsthetic tastes takes place. This is seen in the use of fine linen, china, and glass on the table. Floral decorations are sought for; the dessert appears, to minister to the eye no less than to the palate; and the dressing of sallets and pot herbs is cultivated, to secure gastronomic harmony and appropriateness.

The first salads were sallets (or uncooked green herbs) dressed with salt (Latin *sal*, *salis*). Then herbs and succulent esculents, whose tougher structure rendered the softening influence of heat needful, were cooked and seasoned, to add relish to the more necessary articles of food; or the cooked food itself was seasoned, and, with the addition of green uncooked vegetables, a compound salad was evolved.

We have no means of knowing historically when the salt, which at first was the sole seasoning agent of the salad, was re-enforced by oil and vinegar. But oil, at least, was used in very early times; and the use of vinegar, made of wine, probably followed soon after, even if it did not antedate the use of oil. A modicum of acid is necessary in all salads, but oil is to be added with a more generous hand. The leaves of the perfectly dressed salad glisten with oil; but the bowl, after the serving of the salad, discloses naught of the contents, save a few stray drops of dressing.

Salt, oil, and vinegar are the components of a salad dressing. Pepper, either black or the mild paprika, is approved by the majority of epicures, and is used for most salads, simple or compound, save those in which pepper in some form appears, as when pepper-grass, garden peppers, or the sweet, canned pimento, enter into the body of the salad.

Mustard is demanded in a mayonnaise dressing by an occasional mixer of salads. In the illustration, on page 26, showing "Mayonnaise in Preparation," the mustard-box is covered, while the receptacles holding the other condiments are uncovered, thus suggesting to the novice something of the position mustard holds in the mind of a careful compounder of salads. In mayonnaise, sugar is a slight corrective for too strong vinegar; but, in our estimation, the use of lemon juice or less vinegar is more to be commended. A slight flavor of onion—or, as the French say, a *souçon*, or suspicion, of onion—is desirable in most salads, and particularly in potato, cucumber, and bean salads.

Sydney Smith, in his oft-quoted "recipe for salad," speaks of "vinegar procured from town," possibly for the sake of the rhyme. But it were better, we think, for the rhyme to suffer than to subject choice, carefully grown sallets to doubtful ingredients. All cannot have friends in the country with large apple orchards and well-kept cellars, safe guarantees of sound fruit and cleanliness in the manufacture of vinegar, such as, with a pure, high-grade olive oil in right proportion, insures a delectable dish.

Green salad plants need be thoroughly dry, yet fresh and crisp, when ready to dress and serve. As the dressing has a tendency to wilt these, they are often dressed at the table. In dressing salads at the table, let the bowl be of generous size, thus affording ample space in which to toss and turn the herbs, in order to distribute the condiments evenly over them. No set order of mixing is to be approved above another: the result only is mark or sign of approval or disapproval of any method. Some are most successful, when a partial emulsion is produced by adding the vinegar, little by little, to the oil, through which the salt and pepper have been previously stirred. The dressing is then poured over the salad in the bowl, and the whole is tossed and mixed together with fork and spoon. Others secure better results when the oil, mixed with the salt and pepper, is mixed with the herbs. Then the vinegar is sprinkled over, and the whole is mixed again.

When a more pronounced flavor of acid is desired, the vinegar, mixed with the salt and pepper, is added first, and the oil last. As oil and vinegar do not readily commingle, the oil will not adhere to the surface that is already moistened with vinegar.

Dandelion and cabbage, on account of their tough, firm texture, absorb dressing less easily than most varieties of lettuce and cress in common use; and, after being dressed, they may stand to advantage some time before serving.

Cooked materials, having more body than the green esculents used for salads, are frequently allowed to stand an hour or more before serving, after being dressed with oil and vinegar. If mayonnaise is to be mixed with these materials, they need to be thoroughly drained before its addition, to avoid the liquefying of the mayonnaise. Frequently the mayonnaise is not mixed with this salad, but is served in a dish apart. Several dishes for this purpose are shown on the left, in the illustration of "Mayonnaise in Preparation."

Menu for One Week, Family of Four, Cost \$5.00

At Boston prices the materials to prepare the menu as given would cost about \$5.82. These prices, on the average, are high; and in most sections of the country the menu could probably be prepared for the sum specified. To leave a margin for emergencies, cut off from the quantity of green vegetables and fruit. The items are as follows: butter, 75c.; milk, 42c.; dried beans, 13c.; canned tomatoes, 20c.; berries, 25c.; potatoes, 20c.; rice, 12c.; eggs, 30c.; fresh fish, 50c.; rhubarb, 12c.; lemon, 2c.; macaroni, 3c.; bacon, 8c.; chocolate, 3c.; prunes, 16c.; beets and beet greens, 24c.; cheese, 18c.; veal, 50c.; flour and cereals, 12c.; coffee, etc., 20c.; yeast, 4c.; salt fish, 5c.; beef (2 lbs. round), 40c.; crackers, 8c.; watercress, radishes, and lettuce, 15c.; liver, 10c.; string beans, 15c.; sugar, etc., 30c.; total, \$5.82.

For the tenderloin cutlets and the

chopped round of beef buy for each dish a pound of beef from the top of the round, which is practically without waste. Pass the meat through a food-chopper (an indispensable article in every family), season with salt and pepper and a little mace and onion juice, as agreeable. In one case, form the mixture into cutlet shapes, egg-and-bread crumb, and fry in deep fat. In the other case, cook the meat in a hot frying-pan, rubbed over with a bit of fat from the edge of the meat. Cook quickly, stirring meanwhile. When the color is changed throughout the mass from red to brown, pour in about three-fourths a cup of boiling water. Let boil up once, season, add a piece of butter, and pour into a hot dish.

To reheat the baked beans, let about three-fourths a cup of tomato purée—the exact quantity depending on the condition of the beans—come to the boiling-point in an agate or white-lined dish. Turn in a scant pint and a half of beans and set into the oven, or, covered, on top of the range, to become very hot. In pressing the canned tomatoes through the sieve, use a wooden pestle, and leave nothing but the seeds in the sieve.

For the scalloped rhubarb use alternate layers of bread crumbs (centre of loaf), stirred into melted butter, and rhubarb, cut in tiny bits and sprinkled with sugar, a few grains of salt, bits of candied orange or lemon peel, or a few raisins. Have the last layer of crumbs, and bake until the rhubarb is tender and the crumbs are browned.

The remnants of the boiled haddock may be served in a creamed dish, or, if milk be scarce, pour boiling water over the cold boiled potatoes left from the previous dinner, and bring quickly to the boiling-point. Let boil five minutes, then drain, and pass through

a potato ricer into the hot dish. Add salt and pepper, a small piece of butter, and the haddock, separated with a fork into small bits. Beat thoroughly, and shape into flat cakes. Dip the flat sides into sifted flour and sauté to a golden brown, first on one side and then on the other, in hot fat tried out of salt pork.

Cut a pound of liver into half-inch cubes, cover with boiling water, and let stand four or five minutes; drain, add a teaspoonful of salt, a dash of pepper, a slice of onion, and about a quart of boiling water. Let simmer until the liver is tender. When nearly cooked, cream one-fourth a cup of butter, and stir into this the same quantity of flour. Gradually dilute with the hot liquid, until it is of a consistency to pour, then stir into the rest of the hot liquid, and let simmer ten minutes longer. The cubes may first be dusted with flour and browned with the onion in hot salt pork or bacon fat, then finished as before, thus giving a darker sauce than in the first case.

Prunes and rhubarb in combination make a good pie, and are suggested in case material for either, alone, be not available.

Tender broiled bacon, either hot or cold, makes a particularly good sandwich.

Home-made marmalade, or jelly, with bread or crackers will be found wholesome for the child, after milk or some form of proteid food has been eaten.

Meringues for Strawberries and Cream. Page 32

When the meringues are baked,—a recipe will be found on page 469 of the May, 1903, issue,—put two shells together to simulate a half-opened clam shell. Keep these in position by placing a second meringue

against each, then pipe a little ornamental frosting into the space that, in a clam shell, is occupied by the hinge. The frosting quickly dries, holding the shells firmly in position. In the illustration a cone made by rolling a strip of thin tough paper into the shape of a horn was used in the place of the cloth pastry bag and metal tube. The point of the cone is cut off to secure the size of opening desired.

The Bride's Loaf and Wedding Cake

The bride's loaf and the wedding cake are two distinct cakes. Wedding cake is a dark fruit cake, usually piped with ornamental frosting. The piping outlines the cake for cutting into slices. The slices are of size to be easily fitted into small white boxes. The boxes are covered with very handsome paper, and often embossed with the united monogram of bride

and groom. When the cake is in place, each box is tied with white ribbon, and disposed upon the hall table. Upon departing, each guest supplies himself with one of these souvenirs. Occasionally a maid is stationed in the hall to hand the boxes to the guests as they pass out.

The bride's loaf may be any nice white cake, handsomely decorated with white frosting in simple design. The cake should always be cut by the bride, who takes the first slice and offers the next to the bridegroom. This "eating together" of what is offered by the bride is a relic of marriage custom which has been traced back to the old Roman form of marriage by *confarreatio*, or eating together.

For the marshmallow ice-cream, stir lightly into a quart of ice-cream, flavored with vanilla, after the dasher has been removed, half a pound of marshmallows cut into quarters.



“**B**ROUGHT down to the last analysis, health is the greatest boon, the chief thing, in life. On it depend morals, disposition, love, posterity, efficiency in life's work, enjoyment of all things enjoyable, happiness for self and for all others in contact with one's self. Is not the greatest blessing worth thinking about as much as the latest in-

vestment or the next consignment of goods? Does it not deserve as much attention as the gown for the next ball? Yet reckless, heedless men and women everywhere do not give it even this much attention. There is no kind of achievement equal to perfect health. What to it are nuggets or millions?”—*Dr. O. S. Marden.*

Some Cooling Beverages

By Eleanor M. Lucas

Lemon Fizz

This is one of the most delicious of drinks. Grate the yellow rind from three lemons, and squeeze out the juice of six. Pour over this two quarts of boiling water, stir in half a pound of granulated sugar, and cover closely. When lukewarm, add half a small cake of compressed yeast that has been dissolved in one cup of lukewarm water. Cover and let stand over night. The following morning, bottle, and tie down the cork. Put in a cool place. It is ready for use in a day. When poured into glasses, it effervesces and has a sparkling effect.

Silver Top

Take the juice of six lemons and the grated rind of three. Boil two pounds of sugar in three quarts of water half an hour. Beat the whites of two eggs to a stiff froth, add to the syrup while boiling, and let cool. Add the lemon. Let stand over night, and strain. Fill glasses half full of shaved ice, and add the syrup and a few ripe strawberries or cherries.

Fruit Punch

Boil one pound of sugar, one pint of water, and the thin yellow rind of a lemon ten minutes. Strain, and while hot add a pound of stoned cherries, a pint of currant juice, and a grated pineapple. Add two quarts of water, the strained syrup, and the juice of six lemons and four oranges. Let stand a few hours before serving. Half fill the glasses with ice, broken to size of hail-stones, and fill with the punch.

White Lemonade

Grate the peel from two lemons, always being careful to use the yellow rind only, not any of the white pith. Add two cups of sugar and the juice of three lemons. Let stand several hours. Add one-fourth a pint of sherry wine and three pints of fresh, boiling milk. Strain through cheesecloth, chill, and serve with cracked ice.

Lime Squash

Put a tablespoon of simple syrup (one pound of sugar boiled ten minutes with one pint of water) in a glass. Squeeze in the juice of two limes, and add a tiny pinch of baking soda and two tablespoonfuls of shaved ice. Fill with water, stir, and drink while effervescing. This can be varied infinitely. Crushed strawberries or cherries may be added, or a few sprigs of fresh borage, which has the flavor of celery.

Iceland Shiver

Mix the juice of four lemons and two oranges with six tablespoonfuls of simple syrup. Fill a glass with shaved ice. Add four tablespoonfuls of the mixed juices and syrup, and sip with a spoon.

Russian Cup

Make a syrup of two pounds of sugar and three quarts of water. While hot, add two large cucumbers, sliced. Let stand two hours, and strain. Add a pint of strong tea and the juice of six lemons. Serve with cracked ice.

Parfait Amour (Perfect Love)

Wash some large white grapes,

peel, and remove seeds. Half fill glasses with the grapes, then fill with crushed ice. With a spoon press the ice onto the grapes to bruise them and cause the juice to flow. Add a tablespoonful of lemon juice, the same amount of orange juice, and a tablespoonful of simple syrup. Let stand half an hour. Give a few stirs with a spoon, add a few strawberries, and fill the glass with water. Serve with a straw.

Claret Cup

Into a bowl put a quart of claret, a pint of strawberries, sliced, two sliced bananas, and a sliced cucumber. Let stand one hour. Boil one quart of water with two pounds of sugar, the grated rind of two oranges and two lemons. Let boil ten minutes, and then cool. At serving time, mix and add cracked ice.

Peach Cup

Weigh ten pounds of peaches. Peel, cut in slices, and put in layers with sugar. Use one pound of sugar. Let stand two hours. Add two quarts of water, and strain through cheese-

cloth, pressing out all the juice. Add a pint of strawberries, in slices, or raspberries, and a few sprays of bruised mint. Pour this on to a pint of cracked ice.

Cherry Cup

Stone and bruise one pound of ripe cherries. Add the juice of six lemons and four oranges and one pint of granulated sugar. Cover and let stand two hours. Add one quart of water. Press through cheese-cloth. Add a quart of claret and a quart of shaved ice. Drop a few perfect cherries into the punch-bowl, add a few sprigs of fresh borage or mint, and pour in the other ingredients.

Currant Julep

Wash a pint of currants, add a pint of water, and strain through cheese-cloth. Let chill. Line tall glasses with fresh mint, put a tablespoonful of crushed ice in the bottom of each, and add a tablespoonful of simple syrup. Fill glasses with the currant water, and drop into each glass a few perfect raspberries. Serve with straws.



Huckleberries and Blueberries

By Julia Davis Chandler

ALL over our great country, from the hills and swamps of New England to the mountains of the Pacific States, from the arctic swamps to the pine-fringed Gulf of Mexico, varying forms of huckleberries and blueberries are found. In the far north they are red, in the south they are often black and bitter, though usually everywhere they are blue to blue-black.

Botanists carefully classify the *Vaccinium* family; but local names vary, and discussions arise as to what the difference is between huckleberries and blueberries, blueberries and whortleberries, which are referred to the teacher or newspaper for settlement. In such a discussion Mr. Dooley recently was sadly worsted, not believing his wife, that whortleberries were the same as blueberries. Suffice it to say that the blueberry has a blue skin with a bloom on it like that of the grape, with no troublesome seeds, and a very spicy fragrance in cooking. The fine swamp berries grow on bushes higher than one's head; and these are often loaded with fruit until the branches seem more blue than green, and a basket can be quickly filled with the fruit. The kinds that grow low on sandy uplands and barrens are often raked with a tool made for the purpose. The huckleberry has a blue to black skin and woody seeds, and, even when the stiff, little, shrubby bushes are well fruited, it requires time to gather many, scrambling about among the rocks, the barberry bushes, alders, birches, grape-vines, mullein, and hardhack, with which wild and picturesque old pastures are filled.

If one wishes full and exact botanical knowledge of this delicate berry, let him consult Bailey's "Cyclopedia of American Horticulture," for it is fully described and illustrated there, including the red arctic and sub-arctic varieties so prized along the St. Lawrence for tarts and jellies, and called the "high-bush cranberry"; the market favorite of a large part of the United States (the *Vaccinium pennsylvanicum*), which has spikes of fruit; the true swamp blueberry (*Vaccinium corymbosum*), which is a treasure much sought after in many localities; and the strange albino, or white, variety, which grows close beside its dark relations. The writer remembers, in her native New England town, a farmer's wife, who each year exhibited at local fairs a jar of white huckleberries in her collection of prize-winning preserves.

The blueberry barrens of Maine yield enormous quantities of berries, which are shipped fresh to the cities or sent to near-by canneries. Large tracts are often burnt over to keep down shrubs and thickets, and thus insure a larger growth of berry bushes.

In Michigan and other Western States, in Pennsylvania, New Jersey, and West Virginia, many carloads are gathered; but nowhere is the industry so organized as in Maine.

Nature being so generous, we have been slow to cultivate the blueberry; while the blackberry long ago was changed and hybridized. However, in New England experiments have proved that the swamp blueberry bush, transplanted in the fall and treated like a currant bush, will thrive in most gardens; and not only will its

fruit be valued by the fastidious, who like it gathered by cleanly hands and free from the dust of summer roads, but also in autumn, when its leaves rival the flaming sumac in brilliancy, the plant will prove itself an attractive addition to many a little copse or brookside, on a small or large estate.

The child who has never sat on a New England doorstep and eaten a bowl of crackers and milk, with sweet blueberries bobbing to the surface with every dip of the spoon, has missed a treat. And every one likes blueberry breakfast cake or muffins; and the berries are also put into baking-powder tea biscuit and griddle-cakes.

Old-time housekeepers dried these berries for puddings and pies in winter; but, nowadays, we use the canned berries. For pies they may be mixed with blackberries, currants, rhubarb, chopped sour apples, green grapes, or a little lemon juice, lest they be over-sweet. Some cooks prefer to scald only the juice of currants, blackberries, or rhubarb; thickening a little with cornstarch, sweetening and adding to the pies, when baked, by lifting the crust. This is to prevent it from running out to burn in the oven, and leave the pies dry. Cinnamon is the proper spice, as the berries when cooking have a similar fragrance; but some use nutmeg and a pinch of salt.

The Germans use wine, either port or claret, with a little lemon, for stewed blueberries, to be served with French toast, pancakes, and the like. With wine, cinnamon, and sugar, they make jam. Currants and blueberries mixed make a nice jelly much like grape jelly. A little wine would enhance berries, such as we often find in markets far distant from their native fields. But, when one can secure berries fresh from the swamp or past-

ure, they need no such heightening agent.

As one has well said: "Those old New England pastures and hillsides, what amazing secrets are locked up in their rugged bosoms! more wonderful by far than all the dreams of alchemy. Who, to look at them, would ever predict the marvellous things which they produce for us, season after season?"

"And, of all the fine things with which they annually present us, none are better than the blueberry,—a simple, unaffected fruit, both in growth and appearance, yet remarkably satisfying to the human taste. Gathered by a stragglng but tireless army of sun-bonneted and straw-hatted pickers, this crystallized nectar of the hills is sent abroad through the land, into homes of rich and poor,—a welcome guest everywhere."

"Who that was unacquainted with such mysteries could ever have predicted such a delectable dish as blueberry pie? Not the pie of commerce, of course; not the restaurant pie, nor yet the hotel pie; but the pie your mother used to make, or which your wife or your sister can make now, if they have not been cheated of their New England heritage of knowing how to cook. A dainty, brown, flaky crust has the genuine blueberry pie; it is made in a dish not too deep,—“just deep enough,”—which holds, under this hope-quickenng crust, a lake of purple, mouth-watering, soul-ensnaring fruit; a half liquid quagmire, in which the plump blue spheres have drowned themselves in their own richness. There is but one time to eat blueberry pie, and that is when it has been out of the oven just half an hour. At exactly this moment a whole one is just enough for a well man."

The following recipe is from a sea-

shore hotel of New Jersey, where delicious berries are abundant. This fine blueberry pudding is always hailed with delight by the guests, who would almost give up a sailing party rather than be belated, and so miss it and the currant wine sauce that accompanies it.

Blueberry or Huckleberry Pudding

One quart of berries, one pint of molasses with one teaspoonful of saleratus, one tablespoonful of ground cinnamon, one teaspoonful of ground cloves or allspice, nutmeg and mace to taste, flour enough to make a batter to stir. Boil for three hours or steam.

Sauce

One-fourth a cup of butter and one cup of pulverized sugar, creamed together, the whites of two eggs, beaten light and added. Over this turn a tumbler of currant wine.

A similar recipe may be found in "Mrs. Putnam's Receipt Book," of nearly a half-century ago. She uses the same quantity of berries, molasses, and soda, and three cups of flour, but for spices one teaspoonful, each, of cinnamon, clove, allspice, and ginger, and baked it for two hours.

The above sauce does not blend. But with each helping some of the wine and hard sauce must be taken, and the dish kept well stirred.

The Happy Sunday

By Sallie Joy White

A NEW joy of living should come to every normal soul with the dawning of the first day of the week, that day which marks the miracle of a world's completion, when God looked at his handiwork and pronounced it good.

It is, above all days, a day in which "to rejoice and be glad," to make the world ring with happy songs of thanksgiving, to scatter happiness, and to share pleasures and blessings, not simply and as a matter of course with those who belong to one's household or one's immediate circle of friends, but to the "stranger within thy gates" as well.

That the day was meant, from the very beginning of time, to be a day of rest, a day of re-creation, was

shown at its establishment. The divine law explicitly says that no work shall be done on this day, but that it is to be kept free from the routine of toil, which marks all other days. This respite alone should make it a season of freedom, of calm repose, of serenity of mind and joy of being.

The world is swinging steadily away from the rigid, iron-bound severity and grimness of the Puritan Sunday, and is coming, in the newer conception of life, to make the day one of happiness and good cheer,—a day in which families meet together to renew the ties that bind the members together in affection and loyalty; when friends have opportunity for strengthening the bonds of friendship in the congenial com-

panionship and confidence that is forbidden on busier days, as each is absorbed in other cares and duties, and when the stranger in the community is sought out and made welcome to homes, whose closed doors have stared at him in his loneliness during the working hours, but which now swing open to his touch, bidden by the sweet law of Christian hospitality.

If this were not so, if it were not to be a bright and gladsome day, a Sun-day, indeed, why should the churches mark *Te Deums* and *Jubilates* to be sung in the services? Were the spirit of the Puritan Sunday to prevail, the *Miserere* would be more appropriate; but it is the *Jubilate* and the *Te Deum* that the church calls for, and these joyful anthems set the keynote for the day, and to these the observance is to be attuned.

Surely, the day, whose religious song is such an outpouring of happiness and blessing, has no right to be made a period of constant repression, of "mortification of the flesh," of disappointment, of restlessness, and weariness. This is the setting of things at cross purposes, and is done by human intervention, and not by divine intention.

The mischief is, it is so hard to get away from old ideas, and especially those which have been so long held as has the tradition of the old New England Sunday; and the old habit of restraint still clings to the mind and the conscience. As a consequence, many persons are actually almost afraid to give themselves up to the spirit of pure enjoyment, on Sunday, lest they be thus committing sin.

Instead of a season to be dreaded, it should be the day of all the week to be anticipated; and, surely, it

may be so, if it be properly regarded, and if the observances be made pleasant and cheerful, in which each one delights to participate.

The two classes upon whom the traditional Sunday bears heaviest are the children and the chance sojourner in a strange place, who knows no one with whom he may exchange a word of kindly greeting or cheer. To children, trained in the old-fashioned way, the day was one of deprivation and fatigue. Certainly, it was most trying; and the child who was, as a rule, sweet-tempered and happy on other days of the week, became fretful and irritable on Sunday, and was marked for punishment. No wonder children came to hate the day, when it was "kept" in this fashion. It was "remembered," as the commandment said that it should be; but—I leave it to the most thoughtful and conscientious of mothers—was the keeping or the remembering, which generated such emotions in the breast of an otherwise happy child, in any degree "holy"?

I know a family where certain especially attractive pleasures are reserved for Sunday, "because," as the wise mother explains, "Sunday is the best day of the week, and then the best things should be brought forward." In this family one never hears, "You mustn't do this because it is Sunday," but "You may do this to-day because it is Sunday, and we want you to remember it by doing something very good." Certain books are left to be read on this day, and for the younger children specially coveted toys are kept for that day, and as a reward for good behavior. In this home, Sunday is not dreaded, but is looked forward to as the red-letter day of the week.

Of course, the proper observance of the day is taught, and it is taken

as a matter of course that all who are old enough will take part in the observance. It is God's day, and a holy day, and because of this every one must be happy, and glad to tell God in his own house how happy he is, and to sing the anthem of thankfulness. In this family, church-going is a pleasure, and not a hardship.

In another family there has long existed the custom of having an extra place laid at the Sunday dinner table, and this is to be occupied by some one who is away from home and a stranger in the place. Some member of the family is expected to invite this guest, and it is rarely that the seat at the hospitable table is left vacant. Oftener, indeed, it happens that still another place has to be laid, at the last moment, for a second stranger, who always finds a warm welcome and plenty of quiet enjoyment among these new friends. Many a young man and woman can

tell how Sunday was made happy for them in this hospitable home, when they were strangers, and overwhelmed by that wave of homesickness, which is always more intense on this than on any other day.

The pleasant Sunday evening, with music and kindly, improving, entertaining conversation, is a happy time in which to welcome congenial friends, and makes a fitting close to a day full of thoughtful deeds and neighborly helpfulness.

"Neighborly?" do you ask, in a half-critical tone.

Surely, for, in following the habits of the friends which I have described, you have satisfactorily answered the oft-repeated question, "Who is my neighbor?" And you have found him to be "the stranger within thy gates," whom you have set within the sweet shelter of your own home, so that he is no longer a stranger, but has been made a friend.



But I have Hope

By Cora A. Matson Dolson

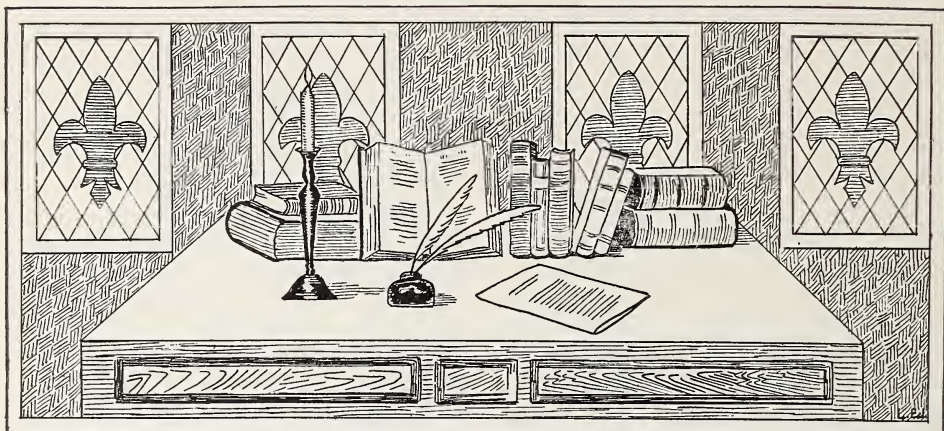
'Twas all alone, alone walked I,
Though crowds of others passed me by.
Upon a barren hillside slope
It was my feet came up with Hope.

A wind blew through the birchen wood,
And led to where my comrade stood.
It was a joyous sight to see
When Hope held out her hand to me.

With every lightsome step she strode,
Her cloak its rosy lining showed,
While at her feet the lavender
And violets grew sweet for her.

Like to a truant strayed from school,
She found a mirror in each pool,
Where seemed the clouds a lighter hue,
And wore the skies a deeper blue.

While I have Hope to walk with me,
I'll ask no other company!



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 750.—Mrs. L. H. C., Au Sable Forks, N.Y.: "Recipes for chutney and pickled cantaloupe, also the best method of roasting coffee."

Sweet Pickled Cantaloupe

Remove the thin outside rind of the cantaloupe and the soft, ripe portion inside. Cut into pieces of size for serving. For seven pounds of fruit make a syrup of five pounds of sugar, one pint of vinegar, one cup of water, two-thirds a cup of cinnamon, and one third a cup of whole cloves. Skim, and in it cook the prepared cantaloupe until tender. Skim from the syrup, let drain, and store in jars. Boil the syrup until reduced somewhat, then pour over the melon in the jars.

Apple Chutney

Pare and core a dozen sour apples, peel a mild onion, and seed one cup of raisins. Chop the apples, onion,

raisins, and three green peppers very fine. Add one pint of cider vinegar, half a cup of currant jelly, and let simmer an hour. Then add two cups of sugar, the juice of four lemons, one tablespoonful of ground ginger, and a tablespoonful of salt, and cook another hour, stirring almost constantly. Store as canned fruit.

To roast Coffee (Miss Parloa's "Kitchen Companion")

Wash the berries in cold water, and dry them by draining on a sieve for several hours. When dry, put them in a large dripping-pan, being careful not to have them more than half an inch deep. Place in a very moderate oven and close the door. Stir every five minutes until the berries are a rich dark brown, which should be in about an hour. To every quart of the coffee add a generous table-

spoonful of butter. Stir well, and return to the oven for five minutes. In roasting the coffee, great care must be taken that no part of it shall get scorched. Stir every time from the sides, bottom, and corners.

QUERY 751.—F. R. G.: "What may be done to keep Pfeffernüsse soft? They are delicious, but harden so rapidly. Why does Madeira layer cake fall?"

To keep Pfeffernüsse Soft

Try storing in a tightly closed earthen jar.

Falling of Madeira Layer Cake

As measurements vary so much, the proportions of the ingredients used in cake-making are more accurately secured by weight. Still, if the cake falls, the addition of more flour or cornstarch is the only remedy. We would suggest increasing the two level tablespoonfuls of cornstarch to four.

QUERY 752.—Mrs. E. E. Moore, Eagleville, Mo.: "Recipe for a good cheap ice-cream."

Good Cheap Ice-cream

Try the recipe with junket given on page 461, May number. Or for the cup of grape juice substitute one or two ounces of chocolate, melted over hot water and cooked to a smooth liquid consistency with two tablespoonfuls of sugar and a little boiling water. Add also a tablespoonful of vanilla extract. The chocolate may be omitted, simply flavoring with vanilla, or omit both vanilla and chocolate, and use a cup of clear black coffee.

Good Cheap Ice-cream No. 2

Stir two and a half level tablespoonfuls of flour and half a teaspoonful of salt with cold milk until perfectly smooth and of a consistency to pour. Then stir into a quart of milk, scalded over hot water. Stir and cook until

slightly thickened, then, occasionally, for fifteen minutes. Beat the yolks of two eggs, add one-fourth a cup of sugar, and beat again. Add the rest of a cup of sugar to the contents of the double boiler, then add the egg and sugar mixture. Stir and cook until the egg is set. Then strain, and add two tablespoonfuls of butter, and, when cold, freeze as usual. This gives a good foundation which may be flavored to taste.

QUERY 753.—Mrs. K. O. S. S., Oakland, Cal.: "Recipes out of the ordinary for dishes that may be taken to invalids."

Dishes for Invalids

The moulded fish, Norwegian style, without the sauce and shrimps, might do in some cases. For a sauce use peas, if they are permissible, or thicken hot cream, seasoned with salt, with the beaten yolk of an egg. Chicken broth, thickened with a very little tapioca (a quick-cooking kind) and yolks of eggs (the whipped whites poached for the top), is very good, and with care may be reheated, if necessary. A broiled squab in aspic jelly is pretty and tastes good. Chicken filets in aspic was given in the December, 1902, magazine. A paper case filled with ice-cream and set aside in a pail buried in ice and salt, until very hard, may be set into a fancy paper case. The top may be ornamented with whipped cream or two or three fresh strawberries. Will give other recipes and suggestions in next issue.

QUERY 754.—E. F. W.: "Have kept house in Paris. Our cook gave us fine clear gravy for roast beef and mutton. Do not think it had any flour in it. How was it made?"

Gravy for Roast Beef and Mutton

The French cook gave you clear meat juice, that which appears in a

menu as *au Jus*, gravy proper, not a sauce thickened with flour. It came from the roast with possibly the addition of the browned glaze in the baking-pan, dissolved with a little hot water after *all* the fat had been poured off. Carved in the butler's pantry, the gravy was what came from the roast during carving. If the meat was carved in the dining-room and the *au jus* served in a dish apart, there is but one conclusion to make. The gravy was secured as Savarin secured the mutton gravy for his eggs; *i.e.*, at the expense of the roast.

QUERY 755.—Mrs. F. H. N., St. John, N.B.:
"Recipes for canning tomatoes and string beans."

Canned Tomatoes

To can tomatoes whole, select tomatoes that will pass through the mouth of the jars. Put four or five into a wire basket, and plunge the basket into a kettle of boiling water. Then remove the skins, and cut out the hard parts around the stem ends. Repeat until the jars are filled. Dissolve a tablespoonful of salt in four quarts of boiling water and fill the jars to the top. Put the rubbers in place and the covers on loosely. Set on a rack in a steam kettle filled with water nearly to the height of the rack. Cover, and let boil nearly half an hour. Add boiling water, if needed, to fill the jars. Screw down the covers and set aside.

Sliced Canned Tomatoes

Remove the skins and hard portions as above, and cut in slices. Bring to the boiling-point in a granite or white-lined saucepan. Add a teaspoonful of salt to each quart of fruit. Fill the jars, put on the rubbers and covers, and cook in the steam kettle about half an hour. Fill from one of

the jars, if needed, and make the covers tight. If a steam kettle be not at hand, let the tomatoes cook in the saucepan, covered ten or fifteen minutes. Have the cans and covers standing in boiling water. Fill the cans to overflow, then adjust the rubbers and covers and set aside. Tighten the covers, when the jars are cold. The size of jars is immaterial, save the fact that a pint of tomatoes is all that is required for use in a small family at one time.

Canned String Beans

The starch in vegetables, as they mature, ferments very quickly, and renders it impossible, save by the use of chemicals, to can other than very young, green, and tender products. To insure tenderness, can only such vegetables as are known to be freshly gathered. On no account use such as have stood much longer than an hour. When possible, use a "canner," as it simplifies the process. Wash young and tender string beans, and remove the ends and strings. Keep green beans, about two inches in length, whole. Cut butter beans into two or three pieces, each. Pack in glass cans, and set on a folded cloth, on a rack, in a steam kettle or canner, in which there is boiling water nearly to the height of the rack. Dissolve a tablespoonful of salt in four quarts of boiling water, and pour the water slowly over the beans in the jars, filling each to overflow. Put the rubbers and lids in the kettle to be sterilized (*no or* the jars). Cover and cook from one hour to one hour and a quarter, then adjust the covers, and cook fifteen minutes longer. Tighten the covers, when the jars are cold.

QUERY 756.—Mrs. —, Brockton, Mass.:
"Recipe for pickled walnuts."

Pickled Walnuts

Take the walnuts when they are well filled out, but tender. Pierce each one with a strong needle three or four times, and lay them in a brine which completely dissolves its salt, changing for fresh every day for nine days. Then spread the nuts in the air till they become black. Put them in crocks, and pour over them this mixture boiling hot. A gallon of vinegar, an ounce, each, of ginger root, allspice, mace, and whole cloves, and add two ounces of peppercorns, boiled altogether for ten minutes. Cover, pressing the nuts under the vinegar with a plate, and let them stand six weeks before using.

QUERY 757.—Mrs. C. O. W., Logansport, Ind.: "Menu for a lunch to be served in the afternoon after cards."

Menus for Afternoon Luncheon

Fruit Salad (Sweet).
Sweet Wafers, Lady Fingers.
Iced Tea.

II.

Fruit Salad, French Dressing.
Nut or Cream Cheese Sandwiches.
Coffee Frappé.

III.

Meringues with Strawberries and Whipped Cream.
Fruit Punch.

IV.

Ice-cream Sandwiches.
Russian, Claret or Cherry Cup.

V.

Coupe Jacques (or Sugared Fruit in cups with Fruit Sherbet above).
Almond Wafers.

VI.

College Ice
(Vanilla Ice-cream, Strawberry or Raspberry Syrup).
Assorted Cakes.
Iced Tea.

QUERY 758.—Mrs. E. E. M., Eagleville, Mo.: "In making French cream, it either is too soft or begins to granulate before cooling. What is the trouble?"

French Cream

Fondant that is too soft has not been boiled sufficiently. Put over the fire to melt slowly, then boil again. When fondant "grains," the syrup may have been jarred or stirred while cooking, or the crystals of sugar may not have been washed from the sides of the sauce-pan during the cooking. One-fourth a teaspoonful of cream of tartar added to about two pounds of sugar, after about ten minutes' cooking, will arrest the tendency of the sugar to recrystallize. We have not the special recipe desired for nougat.

QUERY 759.—Mrs. W. A. D., Baltimore, Md.: "Recipe for Devonshire or clotted cream."

Devonshire Cream

Let a pan of milk, fresh drawn from the cow, stand in a cool place from twelve to twenty-four hours (the shorter time at this season), then set over the fire, and let come very slowly to the scalding-point without boiling. Remove to a cool place for six to twelve hours, then skim off the cream, which will be quite firm and sweet in flavor. Use with cereal, fruit, or with whatever plain or whipped cream accompanies.

QUERY 760.—Mrs. H., Evanston, Ill.: "Recipe for oyster cutlets."

Oyster Cutlets

Parboil—bring to the boiling-point in their own liquor—a quart of oysters, drain, and let cool, then cut in small pieces, discarding, at discretion, the hard white muscle. For a pint of prepared oysters, make a sauce of

one-fourth a cup of butter, half a cup of flour, salt and paprika to taste, and one cup of the strained oyster liquor, or part of a cup of this and the rest of cream or milk. Add also a beaten egg and a pint of the prepared oysters. A teaspoonful of lemon juice, a little onion juice, and chopped parsley are other seasonings that are approved. Turn the mixture into a well-buttered shallow dish, and set aside to cool. Then shape into balls, and press these into cutlet shapes. Roll in sifted bread crumbs, cover with beaten egg, again roll in crumbs, and fry in deep fat. Serve as the fish course at a dinner or luncheon, with tartare sauce or cucumber salad.

QUERY 761.—Mrs. W. M. S., Woonsocket, R.I.: "Recipe for orange frappé."

Orange Frappé

Mix together four cups of water, two cups of sugar, two cups of orange juice (with seeds only removed), and the juice of two lemons. Pack the can, using equal measures of ice and salt, and turn the crank until the mixture is about half frozen. Serve from a punch-bowl in cups. When the frappé has been disposed in the punch-bowl, it may be decorated with whipped cream. A large rose, made with a leaf tube, or small roses, made with a star tube, are favorite designs. The cream may be tinted rose-color or left white.

QUERY 762.—Mrs. R. B. B., Providence, R.I.: "Directions for making a pastry bag."

Pastry Bag

Fold a square of ticking, duck, or rubber cloth, to form a triangle. Stitch and fell one of the open sides. Cut off the small end of the bag thus formed, to make an opening, into which the shank, or tube, inserted at

the larger end, may be fitted closely. Hem this end, also the top of the bag.

QUERY 763.—Mrs. A. E. B., Eureka, Cal.: "Suggestions for simple, easily gotten luncheons for my little daughter. We dine at five o'clock."

Suggestions for Child's Luncheon (School Age)

Adults do not digest as rapidly as children, and are often surprised and sceptical when children, who have their meals with them, complain of hunger. A hearty mid-day meal is an absolute necessity to the well-being of the average growing child. Such children require meat, or its equivalent, twice a day; but the third meal should be light in character, to insure sound sleep and healthful rest. As milk is provided quite freely for breakfast, and is usually at its best at that hour, cooked fruit might be served at this meal, and uncooked fruit, often unsuitable with milk, be selected for the noon meal, be it luncheon or dinner. Broths of beef, veal, chicken, or mutton, prepared the preceding day and reheated, and accompanied by pulled bread, crackers, or croutons, are appropriate with fresh fruit. These broths may be unthickened or contain rice, tapioca, barley, macaroni, or vegetables. Among other dishes suitable for luncheon are egg salad, string beans, peas reheated in cream, egg timbales, scrambled or poached eggs, or omelets, with bread and butter or a toasted muffin. A dish of ice-cream (taken from the can prepared for the five o'clock dinner) is most appropriate, when fresh fruit does not form a part of this meal.

QUERY 764.—C. C., Charles City, Ia.: "In hemming a table-cloth, should the two raw edges only or all four edges be hemmed? What is the proper kind of hem, French or

hemstitched? Is a quarter of an inch the proper depth for a French hem? If the edges are hemstitched, what is the proper depth of hems? Give detail of laying the table and serving in a family of two, where there is no maid, and often one or more guests, when the following menus are served:”—

Breakfast.

Fruit. Cereal.
Eggs. Radishes.
Bread. Butter. Honey.

Dinner.

Meat. Salad.
Potatoes, Green Vegetable.
Dessert.

Supper.

Croquettes. Creamed Potatoes.
Fruit. Bread and Butter.
Chocolate.

Hemming a Table-cloth

The object in hemming a table-cloth is to finish the edge and keep it from fraying. As the selvedge edges are already finished, there is no necessity of doing anything to them. The depth of the hem will depend somewhat upon the weave of the cloth. If the cloth be woven with a border on four sides, the hem should be of a width to make the space between the border and the edges uniform on all sides. In other cases, one-fourth an inch is a proper width for the hem. The same rule holds good, when threads are drawn and the hem is finished with hemstitching.

Laying the Table and Serving Breakfast

A small table is preferable, when no waitress is in attendance. A side-board or side table, from which dishes may be taken without rising from the table, is a great convenience under these circumstances. Cover the top of the table with a silence cloth of

some kind, fastening it securely underneath the table. Over this spread a damask cloth, folded, in ironing, down the centre, and then rolled upon a rod of suitable length to avoid other folds. Set the breakfast plates one inch from the edge of the table, a fruit-plate in each. Place a knife, fork, or spoon, as is needed for the fruit, on the cloth, above the plate. Place a knife of medium size, with cutting edge toward the plate, at the right of the plate, with end of handle on a line with the edge of the plate. At right of the knife lay a spoon for the egg, and beyond that one for the cereal. At the left of the plate dispose a fork with tines upward, at left of this a napkin. If fruit napkins be used, place them above the plates with the cutlery for fruit. At the point of the knife set a glass for water, and to the left of this a bread-and-butter plate, holding a ball or shape of butter and bread in some form. Let the dish of fruit occupy the centre of the table. About this dispose symmetrically an extra plate of bread and butter, the dish of radishes, and the honey. Salt and pepper are set between each two "covers." On the dish of honey dispose a knife or spoon, as is needed. Place the cereal in a covered dish before the server. At the right of this place the dishes for this service, the cream and sugar, and below them a table spoon for serving. After the fruit has been passed, the cereal is served to those who do not wish fruit and who care for cereal. Cream and sugar are added by him who serves or are passed. One of the family removes the fruit and cereal dishes, and brings in the eggs in cups, setting them down before those for whom they are specially prepared. The radishes are now passed, and are eaten from the fingers. The breakfast plates, hold-

ing the egg-cups and spoons, may now be removed to the side table by one of the family, or set to one side on the table. The honey is passed, and served on the bread and butter plates.

Serving Dinner, Menu given above

Above the cloth, at the place of the carver, lay a carving cloth. This may be large, coming out to the plate line on the sides and to the edge of the table in front, or extending but a few inches beyond the platter. It may be plain or embroidered, as suits one's purse or fancy. The object is to protect, during carving, the table-cloth. For the given menu, the covers consist of service plate, dinner size (these may be omitted), meat knife, next the plate, soup spoon on the right, dinner fork at left of plate, with napkin holding a piece of bread farther to the left, the water glass at tip of knife, and the dessert fork or spoon above the plate. Dispose the carving knife and fork on the rests on the carving cloth at the right and left, respectively, of the carver, the salad fork and spoon above the cover and at the right and left, respectively, of her who sits opposite the carver, and two vegetable spoons, or a spoon and fork, in front of the cover, that is, half-way between these two, at the right of the carver. Dispose the latter cutlery in position to serve the two vegetables provided for this course. When the salad is ready for the table and has been set into the refrigerator, and the meat and vegetables, in the serving-dishes, have been set into the warming oven, ascertain if all are ready for dinner. Set the plates of soup upon the service plates, fill the glasses with water, and announce the dinner.

When the soup is finished, arise

and remove, one after another, the service plates, holding the soup plates, to the side table. When the last plate is reached, take this to the kitchen and return with the meat. Take a second plate from the side table to the kitchen, and bring in the vegetables, on a tray if more convenient. Take the dinner plates from the sideboard, and set them down a little to the left of the carver. Set the salad in place, the chilled plates in front and a little to the left. The carver, after supplying a plate with meat, passes it to him or her at his right, who supplies the vegetables and passes it to the person for whom it has been prepared. In the mean while the salad—which from its place in the menu given is probably of green vegetables with French dressing—is passed. When this course is finished, the silver is taken up on a tray, and the plates are removed, one at a time. Then the meat, vegetable, and salad dishes are removed, the crumbs are brushed, the glasses are refilled with water, and the dessert is brought in. The dessert may be arranged on individual plates, and set down before each from the right, or it may be served at the table, those nearest the hostess passing on the portions, disposed on plates, to those farthest away.

Serving the Supper Menu

There are three courses in the supper menu. For these two plates or two plates and a sauce-dish will be needed. Both plates may be of medium size, or one of this size and a bread-and-butter plate may be selected. If the latter be the choice, the cover will be arranged without service plate, the bread-and-butter plate occupying the space allotted to this plate (left of the water glass and above the space reserved for the service plate). After

the plate holding the croquette and potato has been removed, the bread-and-butter plate is to be drawn down and used for the fruit passed around the table from one to another; or, if sauce-dishes of fruit are served out by the hostess, these plates will be retained for their own special use. If two plates of the same size be preferred, one will be set in place, when the table is laid as the service plate, and be retained, after the first course, passed on the other plate, has been eaten, for the bread and butter and fruit. These latter plates, or the small plates, may be removed or not, as is convenient, before passing the chocolate. If the chocolate be served at the table, the cups, each in its individual saucer, are spread out before the hostess, with cream and sugar near by. The spoons are placed above the service plate when the table is laid. Bring in the chocolate pot on a small silver tray, to catch drops of the beverage that may run down the outside of the pot during serving.

QUERY 765.—C. C., Charles City, Ia.: "Where should salted nuts be placed, on the plate or table-cloth? How should maple syrup and strained honey be served and eaten?"

Place for Salted Nuts

When bread-and-butter plates, or tiny butter plates, form a part of the table service, these furnish a suitable receptacle for salted nuts. At a dinner of many courses, however, the plates are changed too frequently to admit a safe place for nuts; and the cloth seems the only expedient.

Service of Maple Syrup and Strained Honey

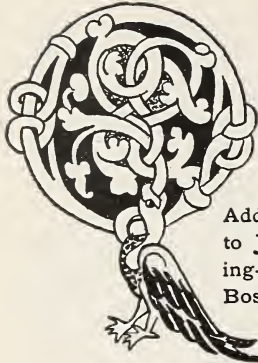
When these are to be eaten with waffles, hot cakes, etc., pass in a

syrup cup, from which they may be poured. The cakes, etc., with the sweet would, of course, be eaten with a fork. Served as a relish with bread and butter, small dishes might be provided, in which the sweet could be poured from the syrup cup or taken with a spoon from a fancy dish of suitable depth. A spoon in this case seems to be the proper article for individual use.

QUERY 766.—F. H., Buffalo, N.Y.: "Recipe for café parfait to serve in tall glasses and to decorate with whipped cream."

Café Parfait

Boil one cup of sugar and one-fourth a cup of clear, black coffee until the syrup spins a thread, then pour in a fine stream onto the beaten yolks of six eggs, beating meanwhile. Return to the fire and cook over hot water, if the mixture be not already of a consistency to coat the spoon. Beat until cold, and fold into a pint of double cream and one-fourth a cup of clear, black coffee beaten solid. Turn the mixture into the can of a freezer packed with equal measures of ice and salt, cover completely with ice and salt, and let stand undisturbed four hours. Renew the ice and salt, if necessary. A freezer is not needed for this dish. A receptacle that exposes considerable surface to the ice and salt will shorten the time of freezing. Use a spoon for filling the glasses and a bag and tube to pipe whipped cream, sweetened and flavored before whipping, upon the top. This is the regulation café parfait. Half-frozen, coffee ice-cream, through which half the bulk of chilled whipped cream has been folded and the whole allowed to stand an hour, may be substituted; but the texture is not the same.



Notes and Correspondence



Address communications for this department to Janet M. Hill, Editor of the Boston Cooking-School Magazine, 372 Boylston Street, Boston, Mass.

Boston Cooking School

The rooms of the Boston Cooking School will be kept open during the summer months.

Miss Grace Wills, class of 1900, leaves settlement work in New York to take a position in a hospital in Providence, R.I.

Miss Brinsmade, class of 1901, has taken a position at the Children's Hospital in Boston.

Miss Sigsbee, class of 1902, has gone to Harper Hospital, Detroit, Mich.

Miss Gilson, class of 1902, is substituting in the public schools of Haverhill, Mass.

Miss Tanner, class of 1902, was married in April, and is now traveling abroad. She will make her home in Brooklyn, N.Y.

Mrs. Helen Armstrong, of Chicago, recently completed a series of cooking demonstrations on "Cookery up to Date" at Indianapolis, Ind. Later she has appeared before audiences in Burlington and Rutland, Vt., and in Bangor, Me. A course of twelve demonstrations was given in each of the

three latter cities, and much enthusiasm was aroused in matters relating to twentieth-century cooking.

Helen Gould's Philanthropic Plans

Because Miss Helen Miller Gould is determined that nothing on her estate, which may be made useful to the public, shall remain idle, workmen are making ready several buildings on the grounds which have not at present any special use, so that they may be the homes of Miss Gould's philanthropic projects.

Improvements on a stone building, which is to be used for a cooking-school for the girls of Irvington and Tarrytown, are almost completed.

Besides the cooking-school, Miss Gould has donated another building to a sewing-school. Here, too, the girls of Irvington and Tarrytown will be the students. The school has already been started.

"There's a good time coming" for those who now wander hungry through the down-town streets at noon, seeking what they may devour!

A lunch-room, new in purpose as well as in fact, is to be opened early in May at 50 Temple Place, Boston,

(Continued on page x)

Strawberry Short Cake

*The Advance Guard of
Delicious Summer Foods.*

DON'T buy it at the restaurant nor of the baker. With Royal Baking Powder the Strawberry Short Cake may be made at home easily, perfectly. Use either of the following receipts. The confection will turn out beautiful, appetizing, wholesome. Use Royal Baking Powder. Do not use so called "prepared" or "self-raising flour."

PLAIN SHORT CAKE.

Ingredients.—1 quart flour, 1 teaspoon salt, 2 heaping teaspoons Royal Baking Powder, 2 tablespoons butter, 1 pint milk.

Method.—Sift the flour, salt and powder together, rub in the butter cold; add the milk (or milk and sugar), and mix into a smooth dough, just soft enough to handle; divide in half, and roll out to the size of breakfast-plates; lay on a greased baking-tin, and bake in hot oven 20 minutes; separate the cakes without cutting, as cutting makes them heavy.

Pick, hull, wash and drain, ripe, large, berries. Sweeten, spread between layers of short cake. Garnish top layer with large whole berries, dust with sugar, and serve with cream or custard.

SWEET SHORT CAKE.

Ingredients.—1 quart flour, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, 2 heaping teaspoons Royal Baking Powder, milk to make soft dough.

ROYAL BAKING POWDER CO., NEW YORK.

(Continued from page 58)

under the combined direction of the Laboratory Kitchen of Cambridge and the Women's Educational and Industrial Union of Boston. These two organizations have united to form a corporation under the name of the "Laboratory Kitchen and Food Supply Company, chartered under the laws of Massachusetts, for the purpose of manufacturing, preparing, selling, serving, and delivering cooked food." This lunch-room, or rather, as it is announced upon the sign, these "lunch and food-supply rooms" will exist to accomplish three distinct purposes:—

First, to provide a simple luncheon of excellent quality and moderate price for down-town shoppers and workers, both women and men.

Second, to offer a salesroom for breads from the Laboratory Kitchen and for certain other cooked foods of standard quality.

Third, to serve as a central kitchen for the preparation of food that shall be delivered *hot* to the homes of consumers.

It is the last feature of the plan that renders the undertaking unique and explains the Union's interest in the experiment. To spread a table in Temple Place, where the weary shopper or the yet more weary worker may find an attractive luncheon, is a venerable effort, attempted time and time again. But to offer to set before the same shopper or worker, in her own home at night, a dinner hot and appetizing, is an untried, young venture, daring in its possibilities.

A "heat retainer" has been secured that promises excellent results in the transportation of hot foods. Indeed, such an efficient "middleman" has this heat retainer proved that, recently, a dinner cooked in New Haven was served in Boston at the Union four hours later, and was still hot.

The present company is not sufficiently ambitious to hope to cover with hot

(Continued on page xii)

Meal-time Conscience

What do the Children drink ?

There are times when mother or father feeds the youngsters something that they know children should not have. Perhaps it is some rich dessert, but more often it is tea or coffee. Some compromise by putting in so much hot water that there is not much tea or coffee left, but even that little is pretty certain to do harm. It leads to bigger doses. Then come the coffee ills.

It is better to have some delicious, hot food-drink that you can take yourself and feed to your children, conscious that it will help and strengthen and never hurt them. A lady of Oneida, N.Y., says: "I used coffee many years in spite of the conviction that it injured my nervous system and produced my nervous headaches. While visiting a friend, I was served with Postum; but it was not well made. Still, I determined to get a package and try it myself, and, after following directions carefully, the result was all that could be desired,—a delicious, finely flavored, richly colored beverage. Since I quit coffee, Postum has worked wonders for me.

"My husband, who always suffered from kidney trouble when drinking coffee, quit the coffee, and took up Postum with me, and, since drinking Postum, he has felt stronger and better, with no indication of kidney trouble.

"You may be sure I find it a great comfort to have a warm drink at meals that I can give my children with a clear conscience that it will help them, and not hurt them, as coffee or tea would." Name furnished by Postum Company, Battle Creek, Mich.

“We are advertised by
our loving friends.”



JULIUS ROSE

THIS little son of Joseph M. Rose of Roxbury, Mass., has been raised entirely on MELLIN'S FOOD. He is now a sturdy, happy and healthy boy, the result of having been fed a proper and nourishing food during all his babyhood days.

Would you like a sample of Mellin's Food to try for your baby? You can have one free for the asking.

MELLIN'S FOOD COMPANY, BOSTON, MASS.

(Concluded from page x)

dinners so vast a territory as that from Boston to New Haven. However, it is believed that dinners, delivered hot, at moderate prices, will meet a very real need, particularly among apartment-house dwellers and the increasingly large number of those who do "light housekeeping."

The two upper floors at 50 Temple Place have been chosen for this Laboratory Kitchen, not primarily because there are "lower rents at the top," but because these upper rooms secure a generous supply of sunshine and fresh air, thus offering an assurance, which a visit to the kitchen will confirm, that food cooked here is "made under strictly sanitary conditions." The greens and browns of the lunch-rooms give one a pleasant effect of quiet and of contrast with the hurried throngs and many-colored windows of the street below. These lunch-rooms propose to rest their reputation on the quality and excellence of what is served rather than on great variety. With such an ideal in view, great is the responsibility of the cook! The Laboratory Kitchen Company is to be congratulated in having secured an exceptionally stalwart Atlas to bear this little lunch-room world on her shoulders, in the person of Miss McDonough, who has been for some years head cook at St. Luke's Hospital, New York. With a cook of such antecedents to put her finger in all the pies, one may feel assured of food at once appetizing and hygienic. "Home Cooking" done entirely by women is to prevail.

When the doors of the new "Lunch and Food-supply Rooms" are thrown open in May, we may expect to find a hungry public waiting to rush in. Later, when the heat retainer has been given a fair trial, we shall have a chance to learn "how the hungry man was fed" in his own home.

**FEED
YOUR
MONEY-MAKER
WELL.**

**Husbands should have
Brain-Building Food.**

A judge of a Colorado court said: "Nearly one year ago I began the use of Grape-nuts as a food. Constant confinement indoors and the monotonous grind of office duties had so weakened and impaired my mental powers that I felt the imperative need of something which neither doctors nor food specialists seemed able to supply.

"A week's use of Grape-nuts twice each day convinced me that some unusual and marvellous virtue was contained therein. My mental vigor returned with astonishing rapidity; brain weariness (from which I had constantly suffered) quickly disappeared; clearness of thought and intellectual health and activity, greater than I had ever previously known, were to me the plain results of a few months' use of this food.

"Unhesitatingly I commend Grape-nuts as the most remarkable food preparation which science has ever produced so far as my knowledge and experience extends." Name and address furnished by Postum Company, Battle Creek, Mich.

The judge is right. Grape-nuts food is a certain and remarkable brain-builder, and can be relied upon. There's a reason.

“For 30 Years the Standard of Excellence”

YOUR MOTHER USED
CHALMERS'
GRANULATED OR SHREDDED
GELATINE
THIRTY YEARS AGO

“Gelatines may come, and Gelatines may go, but
CHALMERS' goes on forever”



Chalmers' is the Oldest Factory in America
Chalmers' is the Largest Factory in America
Chalmers' is the Cheapest Gelatine in America
Chalmers' is the Best Gelatine in America



ALL GROCERS

For Free Sample (makes four portions — enough for two persons) and book of recipes, “Gelatine Dainties,” address



JAMES CHALMERS' SON
Williamsville, N.Y.

Book Reviews

ATHLETICS AND OUTDOOR SPORTS FOR WOMEN. By Lucille E. Hill. Cloth. Illustrated. Gilt top. Price \$1.50 *net*. New York: The Macmillan Company.

This is an attractive book in every way. Each of the sixteen subjects are treated separately by a special writer. The introduction is by the director of physical training in Wellesley College. Over two hundred fine illustrations add greatly to the value of the text. They give a complete object-lesson in every form of athletics. Truly, the "embarrassment of riches" in the volume affords the most convincing proof of women's interest in health, strength, and beauty.

Physical training in all its branches has become a vital part of every scheme of education that is worthy of the name. The end of all education is the manly man, the womanly woman. Here is a gem of truth: "Training is simple, practical, right living. The event for which women should train is a long and happy life of usefulness, with no nerves."

Abstinence from sweets, eight hours or more of sleep, cold-water baths, and daily exercise in the open air are the items to observe and practise in establishing hygienic habits of living. These are simple enough, and yet they are absolutely essential to healthful living.

"Athletics for men" is not a new subject; but the point to emphasize here is that the subject of this volume is "athletics for women." The book was written for women, and it should be read by women. It will interest, instruct, and profit every reader. She will learn, in detail, how women can ride, fence, swim, and jump gracefully, play golf and tennis, or practise feats in a modern gymnasium, all with great and lasting

gain to themselves in the matter of effective health and strength.

Next to the cook-book, this is one of the most tangible, practical, and helpful books of the year.

SALADS, SANDWICHES, AND CHAFING-DISH DAINTIES. By Janet M. Hill. New edition. Cloth. Illustrated. Price \$1.50. Boston: Little, Brown & Co.

The favor with which the first edition of "Salads, Sandwiches, and Chafing-dish Dainties" has been received by many readers is very gratifying to the author and publishers. The author has taken the occasion of a second edition to revise, enlarge, and improve her work. Many new recipes and illustrations have been added, and each part of the volume has been made more complete and satisfactory.

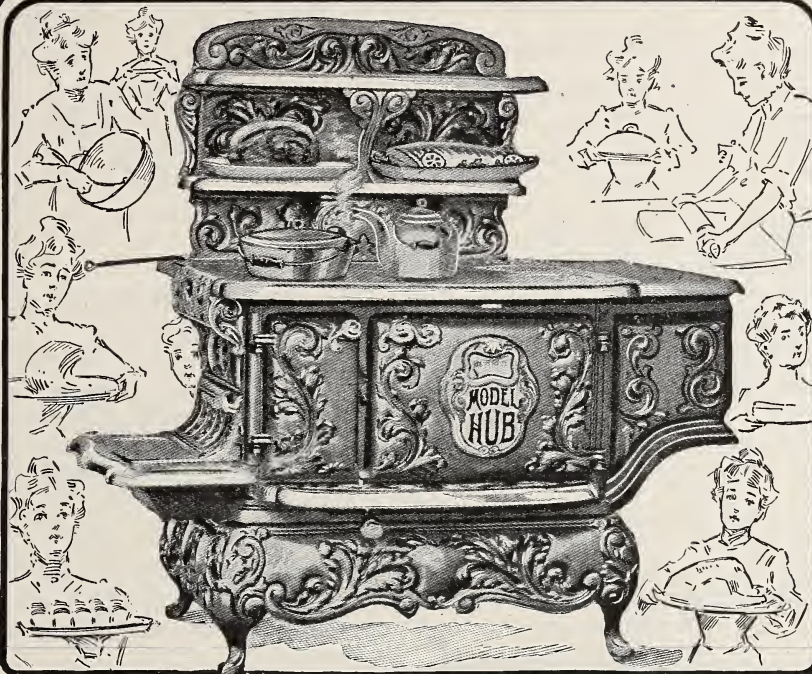
Each of the three subjects, included in this book, is treated in a more systematic and thorough manner than it has been done in any single volume with which we are acquainted.

The contents of the book consist of something more than a mere compilation of recipes. The matter is largely original and entirely reliable. Each item has been wrought out in minutest detail and with the greatest care and painstaking, while the illustrations of prepared dishes are original and unrivalled in variety, quality, and excellence of make-up.

Of all the books that have yet been published on these subjects, for completeness, explicit direction, and reliability, this book will easily take first rank.

"And why do you consider it unlucky to dine thirteen at a table?"

"Well, you always find that it places the party at sixes and sevens."



WHY THE BOSTON, NEW YORK, PROVIDENCE AND ALL THE LEADING
COOKING SCHOOLS USE AND RECOMMEND

HUB RANGES.

BECAUSE they respond quickly to every wish of the cook and have all of the modern points of construction — Perfect Damper, choice of Grates (easily interchangeable), large Broiler Door, large Ash Pan, removable Nickel Parts, perfectly operating Hub Oven Indicator; as well as many other distinctive features which belong to the **HUB** alone, giving them the well-earned name of being the **HIGHEST GRADE — BEST MADE.**

*Send in your name for our handsome
Descriptive Circular and latest
advertising novelty.*



Smith & Anthony Co.

48-54 Union Street,
Boston, Mass.

Mrs. of Hub Ranges and Heaters and
Sanitas Plumbing Specialties.

*If not sold by local dealer
order direct.*

**HUB RANGES ARE ALSO MADE WITH
SEVERAL STYLES OF GAS ATTACHMENTS**

Household Hints

Differences in Girls

Laura D. Gill, dean of Barnard College for Women, makes out, in her studies of girls, three classes. First, the natural home-lovers and home-makers. These no college education could spoil, for not all the wisdom of the sages could ever change them.

The extreme opposite of these are the girls who have absolutely no genius for home-making, who cannot even arrange the flowers properly; who, when they take home responsibilities on themselves, always do everything wrong. This sort of girl, if she is not allowed to have a career outside the house, often blunders along trying to do her best at home-making, and succeeds only in making everybody miserable. Many a home has been ruined by such a woman. If she has a capacity for a career, it is better for the children and the men to let her follow it.

She is of the sort who must marry, not for the love of a home, but for the love of an individual; and, if she does marry for that, she is, also, of the sort to conquer all her disabilities as a home-maker for the sake of the man she loves.

Most girls, however, belong to a third class. They are not particularly domestic, but they have latent powers for home-making. This sort of girl should be kept in touch with the home life throughout her college career. Her vacations should be, whenever possible, passed at her home, doing home duties. Her domestic faculties should be cultivated in all possible ways. The more she is brought into contact with children, the better, provided it is under proper conditions. If she studies the kindergarten system, it will be well; for this not only develops a love for children, but a knowledge of how to educate and manage them. A friend mar-

ried a kindergartner. I always contended the education she had from it had helped her to be a splendid mother. Nature and inheritance had prepared her for this in advance; training had put on the finishing touches.

The Ralston Health Club uses the following language:—

“Old age, or ossification, is the penalty of ignorance in regard to drinking water. Raw drinking water is to pure distilled water what raw pork is to cooked meat. All solids contain calcareous, or old age, materials. The distilled liquids of juicy fruits are not only free from old age matter, but dissolve and draw off as much calcareous substance as the solid food deposits.

“Fruits and solid foods would, therefore, ward off decrepitude and age, were it not for the raw water we drink. As nature distils the water in her fruits, man should take lesson, and drink only distilled water. It is not only free from calcareous, or old age, matter, but, like juicy fruits, will dissolve and carry off all such matter contained in solid food. Nature sets us great examples, and the time is not far distant when raw water will be a thing of the barbaric past.”

Platt's Chlorides

The Odorless Disinfectant
Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
Manufactured by HENRY B. PLATT, New York

TOURNADE'S KITCHEN BOUQUET



30 Years

a Favorite!

For SOUPS, SAUCES, GRAVIES,
ROASTS, STEWS, ENTREES
AND GENERAL CULINARY PURPOSES

Imparts a Rich Color and Delightful Flavor. The
Kitchen Garden Condensed and Ready for Instant
Use. Keeps in Any Climate. Used and endorsed by
Great Chefs and Eminent Teachers of Cookery

"Housekeeping would be a burden without it."—SARAH
TYRON ROBBE.

"I know of no other kitchen luxury which is so near a
necessity."—HELEN ARMSTRONG.

"Invaluable to the housekeeper."—MARY J. LINCOLN.

"Indispensable to all savory dishes."—JANET M. HILL.

"Indispensable to all up-to-date housekeepers."—ALICE
CARY WATERMAN.

"Have used it for last ten years and would not be with-
out it."—EMILY M. COLLING.

"A necessity to all good cooking."—E. LAPERRUQUE,
Head Chef, Delmonico's.

If your grocer doesn't keep it, insist on his getting it for you.
WRITE FOR FREE SAMPLE AND BOOKLET
Send 30 cents in stamps for prepaid package.

The **PALISADE MANUFACTURING CO.**
251 Clinton Avenue, WEST HOBOKEN, N. J.
N.B.—The word "Kitchen Bouquet" is exclusively our
trade-mark. Infringements will be prosecuted.

Wedding Gifts

of Gold and Silver retain
their original brilliancy
indefinitely when cleaned
and polished with

ELECTRO Silver Polish SILICON

Used by owners and makers of Valu-
able Plate for more than a
quarter century.

ELECTRO-SILICON SILVER SOAP,
if you prefer a soap to a powder,
has equal merits. Grocers and Drug-
gists and postpaid on receipt of price.

15 CENTS PER CAKE.

Electro Silicon Co., 30 Cliff St., New York.

MINUTE GELATINE

"Doesn't it look delicious?"

Yes, and it tastes just as delicious as
it looks. It is a dainty, delightful des-
sert; and every one knows it is thoroughly
wholesome, for it is made of

Minute Gelatine.

Purest — Makes the Most and the Best —
Quickest to Serve.

Pink Coloring (for fancy desserts) in every package.

Send 15 cents and for Full-sized Two-quart Package
and our new "Minute Man"
your Grocer's name Recipe Book. This tells about
our Minute Tapioca and Minute Malted Cereal Coffee.

Address **WHITMAN GROCERY CO., Dept. S,**
Orange, Mass.



How not to be Nervous

How shall we manage not to be nervous? By proper living; proper working and playing, eating, drinking, and sleeping; above all, proper thinking and feeling. . . .

Labor may have been a calamity to Adam and Eve. Nowadays it is no curse, but the bright particular star of happiness. To have a wholesome ambition and to work with enthusiasm for its fulfilment,—these form the very essence of a vigorous existence. . . .

Many an invalid would be well to-day, if he had a worthy purpose in life and happily labored for it. Many a hysterical woman would be stable and strong, had she consistently striven with singleness of aim for a laudable object. . . .

The greatest efficiency of any living tissue is attained by alternating activity and rest. . . .

All life is attuned to this wonderful rhythm of action and repose. . . .

Besides relaxation we must have diversion. We must play, if our work is to be effective and long sustained and if we are not to be nervous.

Ambition is a wonderful force, and makes for progress. Emulation is an excellent stimulus, and industry is better than both; but in excess the combination has worked the nervous ruin of many. . . .

To sum it all up, if you wish never to

be nervous, live with reason, have a purpose in life and work for it, play joyously, strive not for the unattainable, be not annoyed by trifles, aim to attain neither great knowledge nor great riches, but unlimited common sense, be not self-centred, but love the good and thy neighbor as thyself.—*Dietetic and Hygienic Gazette.*

How to be Beautiful

Stay out of doors as much as possible.

Walk, ride, or drive in the park, or, better yet, in the country.

Play ball, golf, tennis, or any other outdoor game.

Breathe deeply, and breathe fresh air.

When you can't be out of doors, have the windows and doors broad open. Even the smoky city air is better than the stuffy, close air so many starve their lungs in.

Deep, slow, regular breathing cannot be accomplished unless one stands erect; that is, with the chest high and the shoulders down rather than far back.

Drink plenty of water. A full glass half an hour before breakfast and at intervals till bedtime is the rule. Women with dried parchment complexions usually drink little water.

Simple, wholesome food in abun-

SAVES HOSIERY

NEVER SLIPS, TEARS, NOR UNFASTENS

The *Velvet*

EVERY PAIR
WARRANTED

Grip

**HOSE CUSHION
SUPPORTER BUTTON**

Sample pair,
by mail, 25c.

If your dealer does not sell you this
Supporter, he does not sell the Best.

GEORGE FROST CO., Makers, Boston, Mass.

Every Clasp has the
name Stamped on
the Metal Loop

Coal is Money

Save coal
and money
by using

Crawford Cooking-Ranges



THE OVEN IS THE BEST: asbestos lined, and with improved heat-saving Cup-joint Flues, which utilize all the heat and consequently save fuel.

THE SINGLE DAMPER (patented), the Improved Grates, and the perfected Fire-box insure perfect combustion.

THE NICKEL EDGE-RAILS are removable: they simply lift off when it is desired to polish the stove or clean the nickel.

CRAWFORDS HAVE MORE IMPROVEMENTS than all other ranges combined. The Single Damper is alone worth the cost of the range.

If there is no Crawford agent in your town, we would like to send you a Crawford Range on thirty days' trial.

WALKER & PRATT MFG. CO.
31-35 Union Street, Boston, Mass.

“What Ails the Stove”



WELL, so many things ail the stove that we have had to write a book about it, and while we were telling about stove troubles we thought we might as well explain their cause and cure. Many people do not know that nine-tenths of all the things that ail the stove are due to a **defective fire-box lining**, but it is the truth. The remedy is simple enough, however, when you find it

out, and can be applied in a few minutes any morning. Yesterday your range was so “cranky” you could do nothing with it.

This morning you applied the remedy, and to-day you'd declare you have the best range ever built. What makes the difference?

Send a postal for our book,

“What Ails the Stove”

and find out,—a simple story quickly told, and sent Free.

Don't neglect the Stove Lining: the Life of the Stove depends upon it.

BRIDGEPORT CRUCIBLE CO.
BRIDGEPORT, CONN.



"Good Health in Every Cup."

FIGPRUNE CEREAL

Invlgorating, not Stimulating

This statement applies fully to Figprune Cereal, which consists of 54% fruit and 46% grain. Coffee and Tea are stimulating, the seeming good effects of which are only temporary.

The Black Figs, Prunes and Grain from which Figprune is made, render it a table beverage of rare food value. In Figprune Cereal, California has produced a logical meal-time drink. Boiled from 5 to 10 minutes extracts the food value fully, and the rich flavor from the fruit and grain. Where coffee, tea, chocolate or cocoa are discarded and Figprune adopted, the beneficial result of the change is soon apparent.

GROCERS SELL IT.

We will send free, for your grocer's name, a sample and booklet of California's Wonderland

Figprune Cereal Co.

**263 Market Street
SAN JOSE, CAL.**



dance should be eaten at regular meal hours,—good meat, eggs, plenty of vegetables, with soup, fruit, and a green salad every day in the year for dinner.—*Philadelphia Record.*

A New Cure

Certain doctors maintain that the best way to prevent indigestion is to whistle without a pause for a quarter of an hour after dinner.

In days gone by, when meals were o'er,
To guard ourselves from ill,
The black, unpleasant draught we'd pour,
Or bolt the azure pill.
But now we've found, it seems to me,
A trick that's better far.
We are a happy family,
We are, we are, we are!

A whistled tune, M.D.'s have found,
All tonics will eclipse.
So volumes of the richest sound
Stream from our pursed-up lips.
Each chooses his own melody,
There's not the slightest jar.
We are a happy family,
We are, we are, we are!

My father renders "Nancy Lee,"
My mother "Dolly Gray,"
My sister, in a different key,
Works hard at "Sail away!"
My brother tries "Abide with me"
(Six faults to every bar).
We are a happy family,
We are, we are, we are!

And as the cheery notes arise,
And soar toward the roof,
Fell Indigestion quails and flies,
Dyspepsia holds aloof.
Our health, as far as I can see,
Continues up to par.
We are a happy family,
We are, we are, we are!

The Cookery and Catering World.

Completed Proverbs

"Labor overcometh all things,"
even the laborer.

"Employment brings enjoyment,"
when it brings the means to enjoy.—
Era.



Brownsville WATER CRACKER

Ever tried 'em?
They're a revelation of cracker
excellence —
a dainty, wafer-like morsel that
appeals to particular people —
*Always crisp and fresh —
Try 'em with soups and salads.*

S. S. PIERCE CO.
Selling Agents
Boston Brookline

AN OFFERING TO PURITY.



Choicest Concord Grapes—table grapes, are used for Welch's Grape Juice. The Welch process transfers the juice from the luscious clusters to the bottle unchanged in flavor, aroma, beautiful color and food properties.

Welch's Grape Juice

Is absolutely unfermented and without antiseptic. It is as pure and delicious as the grape in the cluster.

Sick and well need Welch's Grape Juice. It gives health—keeps health.

At your druggists or grocers, or we will send a trial dozen pints for \$3, express prepaid east of Omaha. Booklet with recipes, free. 3-oz. sample by mail, 10c.

THE WELCH GRAPE JUICE CO.
WESTFIELD, N.Y.



**FOOD MADE WITH
Mrs. LINCOLN'S
BAKING POWDER**

Is finer grained, sweeter, more healthful, and keeps moist longer than that raised by the more rapid action of powders containing other acids.

BOSTON, MASS.
AFTER MANY YEARS' EXPERIENCE, I AM CONVINCED THAT A PURE CREAM OF TARTAR BAKING POWDER IS THE BEST QUICK LEAVENING AGENT, AND IS A WHOLESOME FOOD ADJUNCT.

I GUARANTEE THAT THIS POWDER, PREPARED AFTER MY FORMULA, CONTAINS ONLY THE HIGHEST POSSIBLE GRADE OF CREAM OF TARTAR AND BICARBONATE OF SODA, WITH THE SMALLEST PERCENTAGE OF CORN STARCH NECESSARY FOR ITS PERFECT KEEPING.

AS LONG AS MY SIGNATURE APPEARS ON THESE LABELS, HOUSEKEEPERS MAY BE SURE THAT THIS FORMULA WILL BE FOLLOWED IN THE MANUFACTURE OF THIS BAKING POWDER.

Mary J. Lincoln
AUTHOR OF THE "BOSTON COOK BOOK"
AND SUG. OF MRS. LINCOLN'S BAKING POWDER COMPANY.

**Office
21
Commerce
Street
Boston**

Grocers
Sell
It

None genuine without Mrs. Mary J. Lincoln's signature

Look on the can for the

LITTLE RED DEVIL



ORIGINAL DEVILED HAM
Wm. Underwood Co. BOSTON MASS.

UNDERWOOD'S ORIGINAL DEVILED HAM

The pure and delicate Deviled Ham which has been on the market for years. Sugar-cured ham and fine, pure spices is all that we use. It is delicious for sandwiches, at lunch, picnic, or tea, and in the chafing-dish. It may be bought at any good grocers, but be sure you see on the can THE LITTLE RED DEVIL. There is only ONE Deviled Ham—Underwood's Red Devil Brand. All others are imitations, but imitations in name only, as the goods commonly labeled and sold as potted or deviled ham, made as they are from the odds and ends of the packing house, are no more like Underwood's Original Ham than chalk is like cheese. Our Book contains a lot of unique and practical receipts. We will send it FREE. WM. UNDERWOOD CO., Boston, Mass., U. S. A.

See what they say about Junket Tablets

SAN JOSE, CAL., April 27, 1903.

CHR. HANSEN'S LABORATORY,
Little Falls, N. Y.

DEAR SIR: I enclose herewith seventy-five cents in stamps, for which please send me one hundred Junket Tablets. Your tablets are excellent for making Junket desserts. They are unequalled.

Yours respectfully,
(MRS.) A. F. DUCKWORTH.

DURANT, Miss., April 30, 1903.

CHR. HANSEN'S LABORATORY,
Little Falls, N. Y.

GENTLEMEN: Please send me your ice-cream pamphlet and any other literature you may have on ice-cream. I have been using your Junket Tablets for several years, and think them very fine.

Yours respectfully,
(DR.) R. E. HOWARD.

ALTON, ILL., April 29, 1903.

CHR. HANSEN'S LABORATORY,
Little Falls, N. Y.

DEAR SIR: Your favor of the 27th inst. received, and will say in reply we sent you an order for one hundred of your Junket Cream Tablets, and use them with a great deal of satisfaction. They solved the question for us in making ice-cream. The fact of the matter is, we would not try to make ice-cream without them.

Yours truly,
ZELLER & DUNN'S PHARMACY.

We mail postpaid

Box of ten Junket Tablets, \$0.10
Box of one hundred Junket Tablets,75
Box of one hundred Junket Cream Tablets, 2.00

Chr. Hansen's Laboratory,
Box 1212 LITTLE FALLS, N. Y.

Miss Sexton, of Casablanca, tells of her experiences among the Moorish women in North Africa: "Señora, can't you give me some medicine to make my husband love me?" is the pitiful question which has been put to me by several women. "He hates me, señora; says he will divorce me, and get another wife." "Well, no, we don't keep that kind of medicine in the house," I answered; and looking round the filthy, dirty huts, and glancing at the ragged, untidy women before me, I thought it was not much wonder if their husbands did not regard them with affection. "But I will tell you what to do to make your husbands love you, and that will be just the same as medicine." "Oh, yes, yes: let us hear what that is." I proceed: "In the first place, as soon as your husband goes out in the morning, you must sweep the hut, lay down clean matting, and shake the cushions and mattresses. Then clean the tea-tray, and make it shine like gold. Wash the glasses and put the water on to boil, so that, when Si Mahommed comes in, he will not have to wait for his tea. Then wash your own dirty face and hands, put on a clean garment and your best sash, arrange a nice kerchief on your hair, and put on all your necklaces, earrings, and bracelets. When the time comes for your husband to return, sit on a cushion and look sweet. Try that, and you will find he will love you, and talk no more of divorcing you." The women gazed at each other in doubt at first, then smiled, and finally screamed with laughter. "Good, señora," they answer, "we will try that."

Hetty Green says the trouble about divorce rises from the fact that the women never learn to keep house, but prink up and parade around. Then the men begin to parade around, and trouble starts. Mrs. Green obviously knows how to say things.

Cudahy's Rex Brand Beef Extract

is superior to all others

**THE
TASTE
TELLS**



**THE
TASTE
TELLS**

It Makes the Most Savory Soups, Sauces, Gravies and

BEEF TEA

FREE! OUR FAMOUS INDIAN HEADS are highly prized for "dens." We will send you one FREE if you will send us the names of your grocer and druggist, and four cents in stamps to cover cost of mailing, or a metal cap from a 2-oz. jar of Rex Brand Beef Extract.

Address Beef Extract Dept.
The Cudahy Packing Company
South Omaha, Neb.

Pictures copyright by Heyn, Omaha, Neb.



Don't Get Angry

when the piece of cheese in your pantry gets hard, dry, and unfit to place on your table. Had you purchased a jar of MacLaren's Imperial or MacLaren's Roquefort, you would have been pleased. No shrinkage; never gets hard; always the same.

NOTHING BETTER

For sale by all grocers the world over.

HAVE YOU EVER TRIED TEA-ETTE?

The Tea of the Twentieth Century

People are fast learning the value of Tea-Ette, and how important it is to use pure tea. You cannot drink tea because there is something in it that makes you nervous and keeps you awake nights. That something is Tannin.

If you use Tea-Ette, which contains no Tannin, you avoid all these troubles and get all the stimulating qualities that tea possesses, and no bad effects from its use.

There is no Tea that equals Tea-Ette in purity and flavor.

Sold only in original packages, insuring cleanliness and purity. TRY TEA-ETTE.—Used in millions of families.

Write for booklet about Tea-Ette.

SPECIAL OFFER FOR MAIL ORDERS

Ask your grocer for it. If he does not keep it, insist on his getting it for you; or on receipt of 30 cents we will send you, postpaid, a half-pound package Oolong, English Breakfast, Mixed or Ceylon flavors.

FREE with every order for one-half pound by mail, we will include either a Celluloid Hand Mirror, a Celluloid Covered 100-page Memorandum Book, a Red, White and Blue Lead Pencil and Rubber, or a beautiful and artistic Calendar for 1903. Address
Royal Tea-Ette Co., 43 Wallabout Market, Brooklyn, N. Y.





**THE WARE
THAT WEARS**



Imported,
Quadruple
Coated.



The BEST and
PUREST
Enamelled Ware.



Used and
recommended
by the highest
cooking
authorities.



Be sure to get
the GENUINE.
Carefully look at
the label.



Imitations are
imported and
sold to some
dealers at a few
cents apiece
less.



Lasts for years.



**STRANSKY & CO.,
New York.**



The German Way

Perhaps it would be unfair to generalize too confidently, but there are shop-keepers in Germany who make no great effort to dispose of their goods. An instance of this is given in "Three Men on Wheels." The author accompanied an American lady on a shopping excursion in Munich. She had been accustomed to shopping in London and New York, and grumbled at everything the man showed her. It was not that she was really dissatisfied: this was her method.

She explained that she could get most things cheaper and better elsewhere. Not that she really thought she could, merely she held it good for the shopkeeper to say this. She told him that his stock lacked taste. He did not argue with her; he did not contradict her. He put the things back into their respective boxes, replaced the boxes on their respective shelves, walked into the little parlor behind the shop, and closed the door.

"Isn't he ever coming back?" asked the lady after two or three minutes had elapsed. Her tone did not imply a question so much as an exclamation of mere impatience.

"I doubt it," I replied.

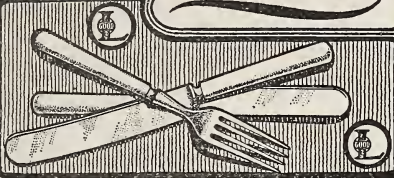
"Why not?" she asked, much astonished.

"I expect," I answered, "you have bored him. In all probability he is at this moment behind that door, smoking a pipe and reading the paper."

"What an extraordinary shopkeeper!" said my friend, as she gathered her parcels together and indignantly walked out.

"It is their way," I explained. "There are the goods. If you want them, you may have them. If you do not want them, they would almost rather that you did not come and talk about them."

TABLE KNIVES THAT CUT



"SUCCESS IS ATTAINABLE BY ALL
ONLY THE FEW MAINTAIN IT."

Goodell Table Cutlery

HAS DONE BOTH.

It is Honestly Made.

It is Handsomely Finished.

It is Carefully Inspected.

Quality combined with beauty makes this the popular brand with people of taste and refinement. Having it on your table is a mark of good breeding.

GOODELL CO., Antrim, N. H., U. S. A.

THE "UNIVERSAL" FOOD CHOPPER

WITHOUT AN EQUAL FOR CHOPPING ALL KINDS OF FOOD.

See that "UNIVERSAL" is on the Machine You Buy

There are inferior imitations. Send for Cook Book containing description, Free.

LANDERS, FRARY & CLARK

Sold by Best Hardware Stores

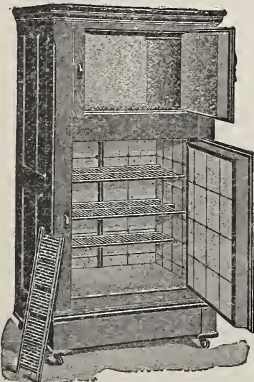
New Britain, Conn., U.S.A.

SAVES TIME - SAVES LABOR

"In the Good Old Summer Time"
YOU'LL NEED
A GOOD REFRIGERATOR
AND THAT'S

The Baldwin Dry Air, Cleanable

WE CATER TO YOUR PREFERENCE FOR



Porcelain, Metal, or Odorless Wood Lining.

The Baldwin is not one of the new experiments, but has stood a test of 25 years. It is the original and leading automatic dry-air refrigerator; its circulation is positive; its lever wedge fasteners are a specialty and patented; lastly, its metal air flues are removable for cleaning.

Baldwin porcelain-lined styles challenge comparison with any other make, not excepting the heavy and

high-priced styles that are tiled outside as well as in. Send for catalogue and be convinced.

BALDWIN REFRIGERATOR CO., 100 Lake Street, BURLINGTON, VT.

BOSTON WAREHOUSES

SHEPARD, CLARK & CO., 83 Commercial Street

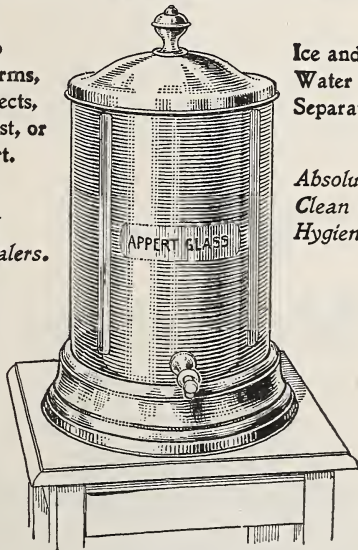
GLASS WATER COOLERS

Never Wear Out

No Germs, Insects, Dust, or Dirt.

Ice and Water Separate.

All Dealers.



Absolutely Clean and Hygienic.

UNBREAKABLE

Water can be chilled to any temperature desired. Will last a lifetime with ordinary care.

Write for Pamphlet "E."

APPERT GLASS CO., 277 Broadway, New York

The Retort Courteous

George Ade, the author of the popular "Fables in Slang," is an expert at badinage; but in Chicago one day a little messenger boy got the better of him.

Having only a few minutes for luncheon, Mr. Ade had gone to a cheap place, and was sitting on a stool before a marble counter, when the messenger boy entered, took a place beside the humorist, and ordered a piece of apple pie. As he ate the pie, the fact became evident that his hands were dirty.

There was on his plate a piece of cheese, a piece of very yellow, hard cheese, cut with mathematical precision, so that it resembled a cake of soap. Mr. Ade pointed to it, and said,—

"Here, boy, take that, and go wash your hands with it."

The boy answered, "You take it, and go shave yourself."

There was no possible rejoinder, for Mr. Ade's beard was indubitably of two or three days' growth.

At a certain resort hotel kept by a happy-go-lucky individual, who never worries over the complaints of his patrons, the proprietor was going in to breakfast the other morning, and met an irate lady coming from the dining-room.

"Your coffee is abominable this morning, Mr. —," she said.

"I'm glad you told me," blandly replied the proprietor. "I'll drink tea."



Records Broken Time and Quality

Two things are necessary to making good ice cream quickly.

The first is a **WHITE MOUNTAIN FREEZER**. Second is to know how.

Your dealer will sell you the freezer.

We will send you *free* the book that tells how.

Ordinary freezers are seldom used because they make hard, disagreeable work, which becomes an easy, economical task with the

Triple Motion


White Mountain Ice Cream Freezer

The freezer with a character and reputation to sustain; the standard freezer of the world.

Write at **FREE** copy of the
once for a revised book.
"FROZEN DAINTIES"

Contains trustworthy recipes for the best frozen desserts of all kinds and tells how to make them with least labor.

The WHITE MOUNTAIN FREEZER CO.
Dept. G, Nashua, N. H.



Like Mother



THE BREAST FOR BABY.

The Cell for Food

On sale by all druggists. Complete bottle, by mail, 38c. In ordering, address Dept. B.



Hygeia Nursing Bottle Co., Buffalo, N. Y.

Ancient Kitchen Tools

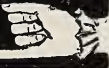
are all right for a museum. They have no place in the modern kitchen. It is just as reasonable to expect a harvest with a hand plow as good cooking from poor kitchen tools. We have a full supply of

Up-to-Date Kitchen Appliances.

They save Time, Money, Labor, each one saving many times the cost of the Utensil. Call and look over our Stock. Inquiries cheerfully answered. Address

LEWIS & CONGER,
130-132 West 42nd Street,
NEW YORK.

*A Little Finger
A Foot Long*



would certainly be convenient. With it you could reach all interior parts of water bottles, decanters, vases, oil cruets, nursing bottles, lamps, chimneys, etc.

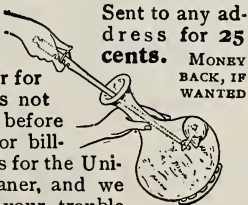
The Universal Bottle Cleaner

does just that. It's like an artificial finger that reaches the remotest corner and polishes the cut glass till it sparkles.

IT GETS INSIDE

SPECIAL OFFER

Ask your grocer or hardware dealer for it, and, if he does not keep it, send us, before July 1, his card or bill-head with 25 cents for the Universal Bottle Cleaner, and we will send you for your trouble the Bottle Cleaner and a free copy of Mrs. Lincoln's latest Peerless Cook Book, containing over 650 recipes, including 100 of the latest and best chafing-dish recipes.



Sent to any address for 25 cents. MONEY BACK, IF WANTED

IDEAL SPECIALTY CO., 22 Berkeley Street, READING, MASS.



"Only a match starts the fire"

Detroit Jewel GAS RANGES

are made in the Largest Stove Plant in the World. They know how.

Why Buy Unknowns?
Detroit Jewels Cost No More!

If you want to know all about cooking by gas, send for our free Booklet. Address Dept. D.

DETROIT STOVE WORKS

Detroit Chicago



Jell-O



America's
Best
Family
Dessert

SOME REASONS
why
Jell-O
is the most popular dessert. It takes no time to make it: simply add boiling water and set to cool. It saves you hours that you would spend over other desserts. It is delicious (everybody likes it), economical, and healthful. Made from purest gelatine, sweetened and flavored with fruit flavors: Orange, Lemon, Strawberry, and Raspberry. Try it to-day. At grocers' everywhere. 10 cts. No additional expense.

FREE OFFER.

If your grocer can't supply you, send us his name with 5 cts. for postage, and we will forward you a full-sized package free, provided you mention this magazine. Only one package to a person.

Prepared by THE GENESSEE PURE FOOD CO., LE ROY, N.Y.

Handy Fruit and Vegetable Slicer

NO utensil used in the kitchen is of such general utility. It slices all kinds of vegetables and fruits better than any other, and is the only one on which you can make "**Lat-tice Potatoes.**" It is especially useful in making **Salads.** If your dealer doesn't keep them, send us his name OR 25 cents (stamps or coin) for one, postpaid.



HANDY THINGS COMPANY
22 to 32 Rowe Street, LUDINGTON, MICH.

Manana (To-morrow)

My friend, have you heard of the town of Yawn,
On the banks of the River Slow,
Where blooms the Waitawhile flower fair,
Where the Sometimeorother scents the air,
And the soft Goeasys grow?

It lies in the valley of Whatstheuse,
In the province of Letherslide;
That tired feeling is native there,
It's the home of the listless Idontcare,
Where the Putitoffs abide.

The Putitoffs smile when asked to invest,
And say they will do it to-morrow;
And so they delay from day unto day,
Till death cycles up and steals them away,
And their families beg, steal, or borrow.

Popular Mechanics.

Customer. "I want something in oil for my dining-room."
Floor-walker. "Do you mean a painting or a box of sardines?"—*Fliegende Blaetter.*

A Turkish medical savant has discovered a new remedy for all diseases. He got his idea from the fact that, if a person is very tired and changes his clothes, he is refreshed. Following this up, he has worked out a beautiful theory, by which you can get rid of any illness by frequent changes of clothes of special make, adapted for each illness.



BREAD MACHINE
FOR HOUSEHOLD USE.
Sifts the flour and mixes 10 pounds of best bread in three minutes. Sold subject to trial and approval. *Send for Booklet.* Agents wanted.
Scientific Bread Machine Co.
(CYRUS CHAMBERS, JR.)
52d and Media Sts., Philadelphia

THE OLD RELIABLE

DIXON'S Carburet of Iron Stove Polish.

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Adds Light and Life to Linen and all wash fabrics and



Makes Shirts, Collars, Cuffs, Shirt Waists, Skirts, Dresses, Table Linen, and Lace Curtains look like NEW.

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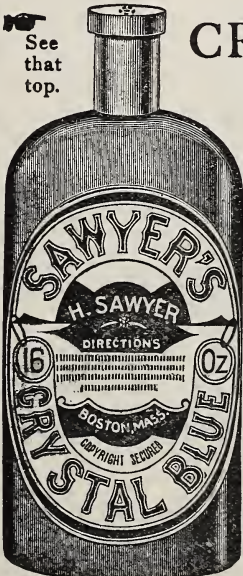
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Sold in Sprinkling Top Bottles.



CRYSTAL BLUE

Gives a beautiful tint to linens, laces, and restores the color to goods that are worn and faded.

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SAWYER'S

45 YEARS THE PEOPLE'S CHOICE.



"Chops Them All"

What ever you wish to chop—meat, fish, fowl, vegetables, bread—for making the family's favorite dishes, such as hash, mince pie, Hamburg steak, croquettes, fish balls, and curries, the quickest and easiest way is to use

SARGENT'S GEM

FOOD CHOPPER

It saves time, strength and trouble, and uses up "left-overs." Does not mash, tear, or grind food; chops coarse, fine, or medium. Simple, durable, easily cleaned. Has self-sharpening knives.

Sold at hardware and house-furnishing stores. Send for free Gem Cook Book.

SARGENT & CO.
148 Leonard St., New York.



Not a Case of Superstition
Mrs. B. "Oh, Charles, we can never sit down with thirteen at table."

Mr. B. "Pshaw! I hope you're not so superstitious as that."

Mrs. B. "No, of course not; but we have only twelve dinner plates."

Little Tommy. "Can I eat another piece of pie?"

Mamma (witheringly). "I suppose you can."

Tommy. "Well, may I?"

Mamma. "No, dear, you may not."

Tommy. "Darn grammar, anyway."—*Lippincott's.*

It has remained for the patient and ingenious German to produce cooking utensils of molten quartz. In appearance they are as brilliant as diamonds; but, while they resemble glass in being transparent, they are not brittle like glass, neither will they crack, it is said, with sudden changes of temperature. Quartz pots and pans can be heated red-hot, and then be submerged in ice-cold water without being damaged in the least, or they can be subjected to an equally severe treatment on the opposite tack without seeming to feel it a mite. The reason for this is stated to be that quartz, unlike glass, neither expands nor contracts much under changes in temperature.

These trade-mark crisscross lines on every package.

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Perfect Breakfast and Doctors Health Cereals.
PANSY FLOUR for Biscuits, Cake and Pastry.
 Unlike all other goods. Ask Grocers.
 For book of samples, write
FARWELL & RHINES, Watertown, N. Y., U.S.A.

Strawberry Hullers
 NO SOILED FINGERS
 NO CRUSHED BERRIES
 BRASS NICKELLED BY MAIL, 10c.
 AGENTS WANTED
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Mothers and fathers, do you realize that in order to maintain the perfect health of your children, they must receive the proper proportions of heat, bone and muscle-making and nerve and brain-building food?



SHREDDED WHEAT BISCUIT

contains all these food properties in correct proportion. In providing it, you are supplying a food that properly and completely nourishes the whole body and that will make men and women with sound teeth, strong bones, firm flesh, elastic muscles and good nerve and brain power.

Buy it of your Grocer. Send for "The Vital Question" (Cook Book illustrated in colors), FREE. Address

THE NATURAL FOOD COMPANY, Niagara Falls, N. Y.

Alpha Salad Cream

is the ideal salad dressing for all varieties of salads. It is also the ideal sauce or relish for cold meats, canned salmon, shrimp or lobster, fish cakes, baked beans, cold slaw, cold cauliflower or asparagus, cold hash or on sandwiches.



Alpha Salad Cream

is absolutely pure. Never separates. Never spoils. Those who like oil can add their favorite brand with perfect results. Samples not available.

**ALL
GROCERS**

Martha Taft Wentworth Recipe Book (60 Recipes and Suggestions) sent free for grocer's name. This book includes premium list. Informs you how to secure the New Game of Diamonds free. This game sells at 50c. to \$1, according to style and quality of board.

WONDERLAND PUDDING TABLETS. One tablet makes a quart of milk into a milk jelly more delicious, refreshing and nourishing than other desserts. Also make Delicious Ice Cream. Package of 10 Tablets by mail 10c. No samples.

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MOTHERS WANT TO USE
that which will keep the baby's skin soft
and free from skin diseases.

OLIVE OIL

is recognized as the one thing in toilet arti-
cles to do it.

Carmel Soap

is made wholly of

Pure, Sweet Olive Oil

and made right where the olives grow, at
Mount Carmel, Palestine. Nothing can be
more necessary to the nursery than such a
soap.

Sold by Druggists and Leading Grocers.

Imported by **A. KLIPSTEIN & CO.,**
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PINE WOOD

Is the best for Refrigerators. It
stands extremes of temperature bet-
ter than any other wood. It will
stand these extremes without warp-
ing, springing, or checking. That
is why the

**Eddy
Refrigerators**

are made of pine, and one of the
many reasons why they last so many
years and are so universally popular.

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Our Catalogue will give you information. It's free.

A New Booklet

The H. J. Blodgett Co., Inc., have
published a very attractive booklet
describing their products, "Alpha
Salad Cream" and "Wonderland Pud-
ding Tablets." The book also con-
tains many recipes by Martha Taft
Wentworth. The recipes are practi-
cal, and will be found helpful to
housekeepers. For a free copy of
this booklet address The H. J. Blod-
gett Co., Inc., Boston, Mass.

Strawberry Dumplings

One egg, one cup of sweet milk, one
tablespoonful of melted butter, three
tablespoonfuls of Congress Baking
Powder, flour enough to make a
paste a little thicker than for griddle
cakes. Butter cups, and drop a
spoonful of batter in each. On this
put three or four large strawberries,
and cover with the batter. Steam
half an hour. Serve with cream and
sugar or with strawberry sauce.

.... THE

**"KITCHEN AND HAND"
... SOAP ...**

The Best Soap Ever Introduced
For Cleansing and Polishing
Tin, Copper, Brass,
And all Metals.



**For Cleansing & Restoring
PAINT**
It has no equal in the market.

For removing Tar, Pitch, Cement, Varnish, Paint, Axle
Grease, Blacking, and all impurities from the hands, it is
unequaled, leaving the skin soft, white and smooth.

Beware of Imitations. For Sale by all Grocers.

CHAS. F. BATES & CO.

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Office, 123 Oliver St., - - - Boston

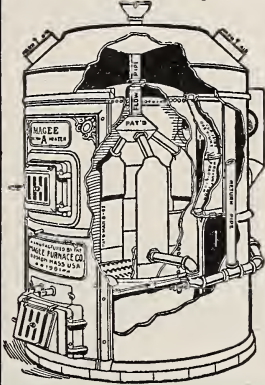
Factory, Wollaston, Mass.

BEST YET

It was Longfellow who said: "Others judge us by what we have already done." That's it exactly. It's the only safe basis for a correct exegesis so to speak.

And the Magee Heaters

(Best by all Tests)



are so phenomenally popular because they are judged not by what we say, but by what they have accomplished. There is no accident about it. Nothing just happens.

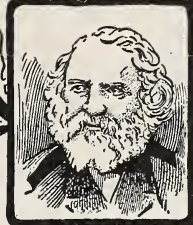
The Magee Heaters

are preferred before all others because they best warm homes and at less expense than all others. That's the logical result of logical construction. Ask those who have used the Magee and you'll know.

Illustrated circular free.

MAGEE FURNACE Co., Makers of Magee Heaters and Ranges, 32-38 Union Street, Boston.

"Highest Award Gold Medal, Paris Exposition."



The hardest part of the work of cherry preserving, removing the stones, can be done easily and quickly with the

Enterprise Cherry Stoner

Clean, handy, and simple in construction. Easily adjusted for large or small cherries.

By a turn of the crank the stones are removed, with the least cutting of the fruit, and absolutely no waste. Ask your dealer to show you the "Enterprise." Send 4 cents for "Enterprising Housekeeper"—200 recipes.

THE ENTERPRISE MFG. CO. OF PA., Philadelphia, Pa.

Strength Flavor

Purity

These three distinguishing qualities, make every cup of

HOOTON'S COCOA

the most delicious and nutritive of drinks. A luxury all can afford. Sample free for grocer's name, or full 10c can for 5c in stamps and grocer's name.

HOOTON'S
COCOA AND CHOCOLATE COMPANY
Newark, N. J., U. S. A.

Makes a success of any Soup, Sauce, or Salad Dressing. . . .

**McILHENNY'S
TABASCO.**

The perfection of flavor, the epitome of strength. Avoid cheap substitutes, and use only the original McIlhenny's, made at New Iberia, Louisiana.

Booklet containing recipes on request.

E. McILHENNY'S SON,
New Iberia, Louisiana.

BOSTON OFFICE, 42 Central Street.

The Housekeepers' Union

In Holyoke, Mass., three hundred servant-girls have instituted the Housekeepers' Union, the membership of which will include all classes of women servants. The primary objects of the union are shorter hours, more wages, and more privileges.

So far as is known, the Housekeepers' Union is the only labor organization of the kind in the country. The organization will be affiliated with the Central Labor Union.

Under the title of "New England's Most Progressive railroad," C. S. Harrington in the *National Magazine* says:—

"This railroad has long been noted for the efficiency and courtesy of its employees; and, taken in connection with the luxurious trains, fast and prompt time made, connections with other great railroads, and its wonderful road-bed and beautiful scenery along its line, particularly through the Berkshire Hills, which in themselves are well worth a long journey, it makes travel over the Boston & Albany Railroad an experience that will be always remembered with pleasure; while the feeling of absolute safety—the entire length being double-tracked and all trains being run under telegraph orders, in connection with the block signal system—contributes much to the unalloyed comfort of the tourist."

Old Grist Mill

Wheat Coffee

TRADE MARK

**CHILDREN LIKE IT
AND
IT LIKES THEM**

ASK YOUR GROCER—HE SELLS IT.

\$1.00 A YEAR

10 CENTS A COPY

THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND
DOMESTIC ECONOMICS

VOL. VIII. AUGUST-SEPTEMBER, 1903 No. 2



After the Painting by Thomas Sedgwick Steele

THE BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts



Graduating Class at the Boston Cooking School, June 26, 1903

The Boston Cooking-School Magazine

VOL. VIII.

AUGUST-SEPTEMBER.

No. 2.

Raffia Work

By Mary A. Stillman

"Plaiting mats of flags and rushes."—LONGFELLOW.

"Rude baskets, woven of the flexile willow."—DYER.



RAFFIA, a tough, straw-colored fibre, sometimes erroneously called "Madagascar grass," is a product of a Madagascar palm-tree. In the island where it grows it has long been employed in the making of hats and hammocks, fabrics and mattings. In the United States, until recently, it has been used mainly for tying up bunches of vegetables and flowers. Within a few months the importation of raffia into this country has been greatly increased by the demand for it in basketry and fancy work. In this product of the palm the worker finds a stout, pliable, and beautiful material, at small expense, a pound bunch of the natural fibre costing at the florist's only twenty

cents, while the same amount dyed in pleasing colors may be obtained from the dealer in rattan for sixty cents. One pound is sufficient to make many useful objects.

For the simplest articles, like small baskets and dolls' hats, the raffia is braided and the plaits sewed together in the desired shape. Braided belts, sewed in the same way, have their ends finished with tassels, with loops for ribbons, or with raffia-covered buckles. A belt that needs no sewing may be plaited with nine or eleven strands; but by far the prettiest belts are knotted in patterns similar to those used in macramé lace. These belts are worn crossed in front and fastened with a belt pin. Useful bedroom slippers are formed of braided raffia, with the addition of an insole, a lining of cloth or soft leather, and a border of looped raffia at the top.

The slipper shape is obtained by tacking the braided strands temporarily upon a wooden last before sewing them together.

Napkin rings are made by covering a cardboard foundation with raffia in long buttonhole or blanket stitch. Handkerchief and candy boxes are constructed of cardboard neatly wound with raffia; these may have covers or not, as desired. Picture-frames, whisk-broom holders, flower-pot covers, and many other fancy articles have the pasteboard foundation entirely concealed by tightly drawn loops of raffia. Toothpick holders, small catch-alls, and baskets, have a thin wooden block for a base. Into a circle marked upon this, long wire nails are driven about half an inch apart, to form the stakings of the basket. Around these raffia is woven "over and under" to the desired height, the last end being secured by tying it to a nail. The use of cardboard, wood, nails, etc., is an easy method for beginners, but it is not considered good basketry, as it has no place in the evolution of the basket. Dainty jewel baskets and bonbon trays, which are above criti-

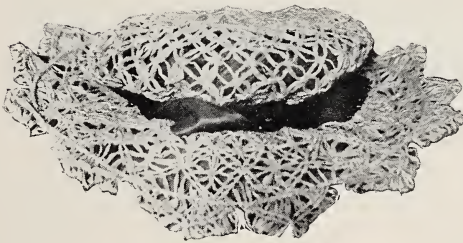
cism, may be formed in the true Indian fashion, winding and binding the pliable fibre over rattan or heavy cord. The covered case for a traveller's cup, shown in the illustration, was made in this manner. A colored border or pattern adds attractiveness to baskets and boxes. Rope the size of clothes-line is not too large to cover for work-baskets, or twists of raffia may be covered instead. A free pamphlet on Indian basketry, showing many stitches, may be obtained by applying to the Smithsonian Institution, Washington, D.C.

Toy furniture of raffia over a foundation of rattan or wire would delight the heart of any little girl, especially if she were taught to do the work herself. Dolls' hammocks are easily netted, as are soap and sponge holders and bags of various kinds. Table mats, on which to set hot dishes, are tied in a six-pointed star pattern of raffia alone, while round or oblong mats are wound with raffia over rattan. A *châtelaine* pocket, to be worn on the belt, has been devised by the young girl whose picture appears on this page. One of the greatest charms of raffia work is that it offers such a good opportunity for the invention of new patterns.

A method of making beautiful hats has been introduced from Sweden. A round hat-board with a crown and some large pins are necessary accessories to this work, as well as a short length of picture wire for stiffening the brim of the hat. The raffia is pinned to the board, knotted, and tied exactly as cord is used in macramé work. A sailor-shaped hat is fashioned by fitting the lacy pattern closely over the hat block, while a *Tan-o'-shanter* effect is produced by making the crown quite full before tying it down with picture wire. Extra strands of raffia are added to



Weaving Hats



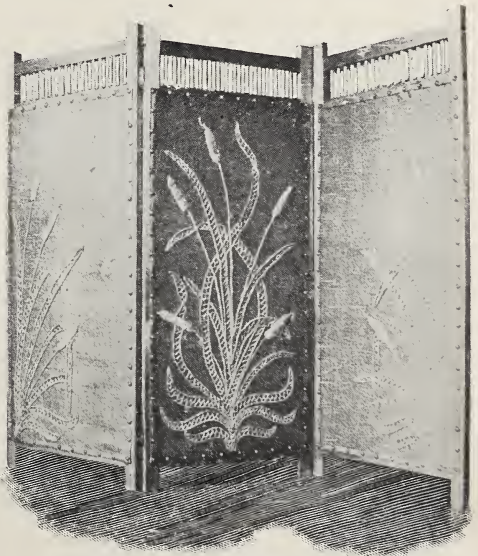
Ready for Service

give the desired fulness to the brim, which is finished with a covered wire and a scalloped edge. These hats, belts, and pockets are pleasing additions to linen or pongee costumes. For a black or colored hat the fibre must be dyed before making it up, as it is almost impossible to dye the knots an even color afterward.

Raffia and colored beads form a pretty combination, in many dainty articles, one of the most attractive being a watch guard to wear with summer dresses. Large beads appear at intervals of about an inch, while knotted raffia forms the chain in the intervening space. Raffia may be substituted for thread in embroidery with pleasing results. The strands should be split for threading into a

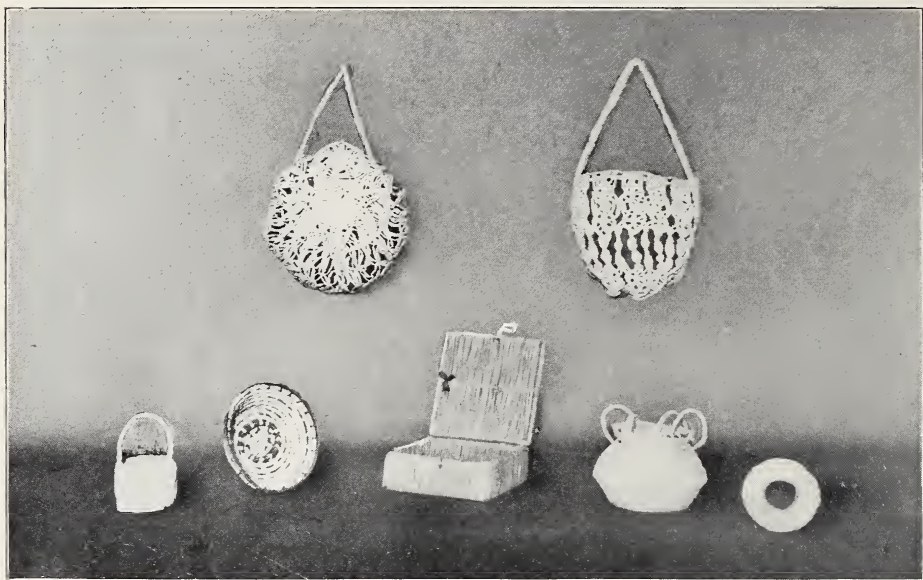
needle, and, where particular smoothness is desired, they may be wet before using. Any flower with long slender leaves, like the fleur-de-lis or the tiger lily, is effective on such a design. The cat-tail pattern, on the screen in illustration, is embroidered in outline and cross stitch on blue burlap. The panels are fastened to the wooden frame with strips of leather and brass-headed tacks.

It is hoped that this paper may prove suggestive rather than exhaustive, as to the uses of raffia. Why may this material not be looped into burlap, to make a floor mat? Who will invent a pattern for the knitting or crocheting of raffia, or for its use in the hand loom, either alone or in combination with some kind of thread? Surely, any macramé pattern may be carried out in raffia, instead of cord, and doubtless many other uses may be found for this adaptable material. This work is especially recommended for invalids, who need some light and pleasing occupation, and for children. Already it has been introduced with



Cat-tail Pattern on Screen

great success into hospitals and schools, where it has been found to afford useful employment for the hands without undue strain upon the eyes.



Various articles in Raffia Work

L'Œuf de l'Autriche

By E. H. Rydall

A NEW kind of food is being served on the tables of the palatial hotels in Southern California; to wit, the egg of the gigantic ostrich. Ostrich egg omelet is not a very common dish, at this writing, on these tables or elsewhere in America, but every now and then an egg is sent up from the Pasadena Ostrich Farm, to variegate the sumptuous menu that invariably appears for the delectation of the luxurious guest. While a great novelty in California, still the eating of ostrich eggs is a practice as old as the hills in Africa. Many a weary Arab, wandering over the barren, sun-scorched

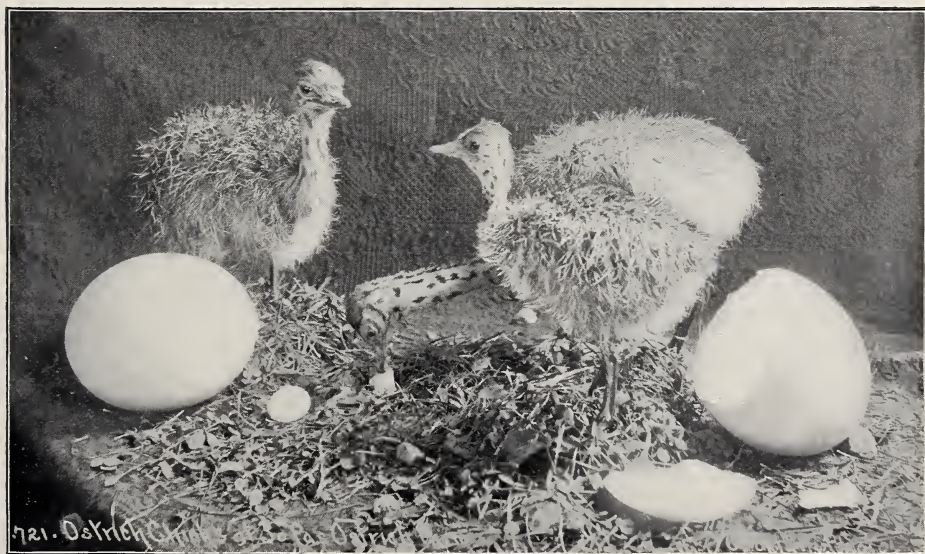
desert, has been solaced by the discovery of an ostrich nest containing, among a number of eggs, one or two that were fresh.

An ostrich egg weighs three and a half pounds, and is somewhat larger than a cocoanut. It contains thirty ounces of albumen, and is equal to about thirty eggs of the ordinary hen. One ostrich egg would be sufficient for a breakfast dish at a large and fashionable boarding-house. If a boiled egg be desired, half an hour must be allowed to boil it. The common method of cooking the ostrich egg in California is as an omelet. Thus prepared, it tastes like an omelet

made of hens' eggs, and nobody would know, unless so informed, that it was aught else.

A curious leather apparatus is used by the farmer, to determine the freshness of the egg before he sends it up to the kitchen of the palatial hotel. This is shaped like a funnel, with one end larger than the other. Placing the egg at the larger end, the farmer raises it toward the sun, and looks through the smaller end. If a dark spot is observed in the centre of the egg, it is immediately replaced in the nest; for the egg will in due time become a chick, the market value of which is, at present, \$25. There is seldom the necessity of this observation to determine the quality of an egg, because the keepers of the farm know very well, by actual observation, when the hen ostriches are laying eggs. Indeed, the casual visitor to the ostrich farm need linger not very long to observe the bird quietly and with dignity laying an egg in its own nest.

Ostrich eggs in California and Arizona are worth \$72 a dozen. There are not many telephone orders from the hotels to the farms for fresh eggs, at the market price. Indeed, such as are used are generally forwarded by the courtesy of the manager of some ostrich farm, the proprietor of which wishes to advertise the existence of his curious institution to the throng of tourists who frequent the magnificent hotels of Southern California. The shells even of the ostrich eggs are worth \$12 a dozen, and are sold to travellers as mementoes of their visit to the Golden State. Sometimes they are decorated by pyramids, palm-trees, and ostriches painted upon them, and are sold for a much higher price. Even fragments of ostrich shells are beautified in this manner, and are sold, at a trifling cost, to visitors. Perhaps no egg or shell in the world brings so much money to the producer as that of the domestic ostrich. In Africa the shells are made into lamps, to light up, in the same



Ostrich Chicks at Ostrich Farm, Pasadena, Cal.
Ostrich Egg with Hen's (ordinary fowl) egg beside it

old-fashioned way as the lamps of the Romans, the religious edifices of the Arabians. Ground ostrich shell-dust is used as a medicine by some of the natives of Africa.

The ostrich has been eaten, according to tradition. The diagnosis of the average American or African farmer results, however, in the statement that it is uneatable. The Jews ages ago prohibited its use as food. Doubtless some respectable "frys" could be made by a skilful chef from the very young ostrich; but American experience does not record, to this date, any such experiment. Little ostriches often die at the farms, and their bodies are promptly stuffed and placed on sale as souvenirs. Tradition says, however, that the carcasses of ostriches were hung up in trees, in Africa, by native hunters, so that other travellers and hunters could refresh themselves while wandering. There is no reason to doubt that the flesh of a young ostrich would not be tender and of a satisfactory flavor.

Ostriches are not now raised for their eggs, though the wild centaur of the desert has descended into a species of barnyard fowl, and has pens built for it the same as any other kind of poultry. It is for exhibition as 'a curiosity and for the sake of its feathers that the American domestic ostrich is cultivated. Farms exist at Pasadena, Norwalk, and Fullerton, California, and at Phoenix, Ariz. At the latter place are found fifteen hundred ostriches, yielding about \$30,000 worth of crude ostrich feathers, annually, for the benefit of their proprietors, and forming the nucleus of that vast population that will, at some future day, cover the mesas of California and the meadows of Arizona as the race now does the barren wastes of the veldt in Africa.

With a record such as the African ostrich farmer has to show, the most sanguine hopes for the future of the American ostrich may be safely and complacently entertained by all those who look into this interesting subject.

Man's View of Woman

Man's view of woman (God's unanswered question)

Depends upon his mood and his digestion.

Has he been loved too little or too much,

He draws her picture with no flattering touch.

Has he dined well and smoked his favorite brand,

Ah! then he is her servant to command,

And she an angel straight from paradise.

To-morrow? Lo! she wears a devil's guise.

Because to-day he over-smoked or drank,
Dear sires, you have your varying selves to thank,

Not us to laud or curse for what we seem.

Methinks your praise and blame are both extreme.

Woman is not a demon or a saint.

Divine she is, but with a mortal taint,

A creature formed by nature to be human

And mate with man, therefore made—a woman.

Unlike enough that he may seek for her
And like enough to sometimes weakly err;
So human that she puts his heart on fire,
And so divine she bids his soul aspire.
His puzzle, punishment, and recompense,
With senses, sensibilities, and sense
(She set God wondering at his own great skill).

She sees man as he is: he sees her as he will.

Ella Wheeler Wilcox.

Veranda Talks

The Professor's Story

By Mrs. C. H. Converse

"**D**ELAY, a spirit of tardiness, irresponsibility, that, Mrs. C., is an evil of the times, which every mother should overcome in her child," said our friend Professor S., as he swung in the hammock while waiting for his claret-cup.

"I do believe people are constantly late for everything," he continued.

"Church services begin a few minutes after advertised time, and at least a fourth of the congregation straggles in late. At concerts and theatres it is just the same.

"Send for a plumber or carpenter in a hurry, the chances are ten to one that he is late in keeping his appointment, and perhaps doesn't appear at all, until after another summons.

"If we do not take especial pains with this coming generation, it will develop the *manana* habit of the Spaniards and Mexicans,—To-morrow! And to-morrow never comes.

"We often speak of this lack of responsibility in many of our college boys. An engagement seems a hap-hazard affair to most of them, to be fulfilled or not according to convenience."

"I agree with you, professor. We have been advocating military drill in the schools, to foster a spirit of promptness. But do you not think that part of this tardiness comes from the rush in which our young people live? They attempt so many more things than there is time for."

"Very true, Mrs. C., and thereby I am reminded of a story. You remember our orphaned cousin who

lived with us while he was in 'prep.' school? We grew quite fond of him. Well, he was always filling his time with more undertakings than he could accomplish. His excuses were, 'I forgot' or 'I couldn't get around to it.' His college habits were the same; and, when he was elected class poet, in spite of my knowledge of his capability, I was sure that poem would not be ready for Class Day.

"Just before the great occasion I went to his room, and found him deliberating over a letter, which he tossed to me.

"'What's up now, Hal?' I asked.

"'An invitation to deliver an address,—a Fourth of July oration, in my native town of Wayback,—and a little advice as to my future thrown in. Here, let me read it to you:—

EAST O., June 19, 18-

MR. HENRY HALL:

Dear Sir,—At a meeting of the townspeople of East O., O. Centre, North O., and O. Plains, it was unanimously voted to celebrate the glorious Fourth in such a way as to increase the patriotism of our youth. So, being as old Judge Pettingill won't be up to his place this summer, the choice fell on you, as the only other college educated man to hail from here. And I was appointed to write you this invitation to make the speech on that occasion.

The exercises will be held in the Town Hall at one o'clock.

Hoping to hear from you soon,

Yours to command,
DANIEL TUCKER.

P.S.—Your second cousin, Sarah Ann Flint, says you're going to study tooth-doctoring. Why don't you be a horse doctor, and settle in your native town? You'd get plenty of trade.

"'Hurrah for you, Hal. Shall you

accept? You've only two honor "zams" and your class poem to think of now. A little thing like a Fourth of July speech would be nothing to pile on. Perhaps you might really finish something if you took a little more to do,' said I.

"Quit chaffing, Chet. I know I seem slack. I realize my besetting sin of attempting too much. And, somehow, the more I have tried, the more things have seemed to hinder me. This time I'll succeed. My poem will be delivered, and my finals won't be a flunk; and don't you forget it.'

"He must have worked like a beaver; for, after the successful delivery of his poem on Class Day, he had his Fourth of July address ready to rehearse. He had taken Village Improvement as his topic, making a patriotic beginning and ending.

"He remembered the natural beauties of the place, and enlarged on these, skilfully alluding to improvements which would attract summer boarders and keep the young people from settling elsewhere. He had become quite enthusiastic on the subject himself, so hoped he might interest his hearers.

"It was a beautiful morning in June, when he took an electric car out to Burrill's Woods to rehearse his speech. No sound of the neighboring city penetrated the leafy stillness, and only the drowsy hum of insects and occasional flute of the wood-thrush gave token of life.

"Harry climbed a large boulder in a clear space and began, warming to the work as he forgot his novel surroundings. In the midst of one of his most brilliant perorations a hoarse growl interrupted him, and, turning in the direction of the sound, he saw a repulsive-looking tramp, large, powerful, with frouzled hair

and beard, naked to the waist, and carrying a heavy club. He looked dangerous. Harry wished himself anywhere but in the middle of Burrill's Woods just then, and, naturally, curtailed his Fourth of July eloquence.

"But Mr. Tramp began.

"Oh, yes! *this* is what I waked up to hear! "Improve," is it? "Improve"! We don't want no improvements round yere. We're near improved off'n the yairth now. "Improve"! Pooh! I know what *we* want. *We* want *peace*. We know the wally of peace 'nd quiet. *Peace!* d'ye hear? I'll take fifty cents fur this disturbance, and let ye off easy. If ~~my~~ pard wakes up, he'll clean ev'ry one er them darned 'ristercratic rags off'n ye. So git!

"Poor Harry was glad to get away minus only fifty cents, and planned to rehearse the speech in the woods at East O., on the morning of the Fourth.

"My daughter Lena went with him the afternoon before that day; and, getting off at B., the station before East O., they drove to his old home without passing through the village. Thus they avoided many good townsmen who would undoubt- edly meet the train.

"So, while Deacon Tucker, Parson Hewitt, and Farmer Goodale, 'the committee,' and a dozen others were waiting in the twilight for the train to bring their Fourth of July orator, he was jogging over the hills, showing Lena all his favorite haunts as a boy. Then second cousin, Sarah Ann Flint, gave them a glorious supper, and they were soon asleep.

"Well, he ain't turned up,' said Deacon Tucker, when the train had rolled away, 'and I s'pose he'll come in the mornin', and we can tell him then of the change in our plans. I wrote him we'd celebrate in the Town

Hall at O. Centre, and the Congregational church in East O. is a leetle mite different. I'll be here at nine o'clock, and I hope *he* will.'

"So the disappointed men went home.

"The next morning Harry and Lena found a cool spot in the maple grove, and he began his speech. My daughter proved an enthusiastic listener and clapped in just the right places, interrupting him occasionally by exclaiming, 'O Harry, it's a complete success, I know it is.'

"They were both too absorbed to notice a rustling in the undergrowth on one side, and, just as Harry was advocating a road around the pond, as being more picturesque and a shorter route between East O. and O. Centre, a terrific bellowing announced an unwelcome intruder. A neighbor's bull had broken bounds and been attracted by Harry's eloquence. As the animal crashed through the bushes, our orator jumped from the stump that had been his rostrum, and, calling to Lena to run back to the road, fired his carefully written speech full into the bull's face.

"The loose sheets of paper scattered in all directions, and attracted Sir Taurus' attention long enough for Harry to get out of sight in the grove. A little later he joined Lena on the road, just as she was calling to a farmer for help.

"They had a good laugh over the second interruption of the speech. 'First a wild Irishman, then a wild creature,' said Harry. 'Let us hope the third time never fails.'

"Meanwhile, the nine o'clock train had come and gone, leaving no orator for the waiting committee.

"He was always a powerful loiterer when he was a shaver,' said Mr. White. 'Maybe he will come up on the one o'clock train, and calkerlate

to be a mite late *this* time. We'll see that somebody's here to meet him.' So again the committee dispersed.

"Before the old cannon was fired for a noon salute on the green in front of the church at East O., teams of all descriptions were wending their way to that ancient and honorable edifice. But Harry and Lena had started for the town hall at O. Centre, and were driving leisurely along the lower road through the birches, enjoying the cool-sounding rush of mad River as it foamed over its rocky bed.

"Isn't it queer,' asked Lena once, 'that the few teams we have met are all going in the other direction?'

"Yes, unless they think as we do, that the longest way round is the shortest way home. Besides, we started *early*. I'm *bound* to be on time. Five or six of the fellows have bets up that I won't deliver that speech, and I'll do it if I die in the attempt.'

"They got to the Centre twenty minutes before the hour appointed, and each thought the place was strangely deserted. It occurred to Harry that they might have changed the *hour* for the exercises, as half after one o'clock seemed early; but he never thought of a change of *place*.

"The hall was open, as some academy pupils had been practising there; and a good breeze blowing through made it a comfortable place to wait in.

"But what of our committee all this time? In great anxiety they had waited for the one o'clock train. On Harry's non-arrival, Parson Hewitt rushed to his study for a copy of the 'Declaration of Independence,' and Deacon Tucker drove his fast mare up to 'second cousin Flint,' to see if she knew anything of Harry.

Both the postmaster and station agent declared it useless, as Miss Flint had received neither telegram nor letter.

"However, the deacon went. You may imagine his surprise on learning that Harry was then in O. Centre!

"He put the mare through her paces on his way back to the church, relieving his mind by occasional ejaculations of 'Jerusalem Crickets!' 'O Mortal!' or 'Holy Smoke!' and slapping his broad thighs.

"At the church, meantime, the large congregation had sung 'America,' aided by the O. Plains brass band; a young girl dressed as an old woman had recited 'Barbara Frietchie'; and the academy chorus had sung 'The Flag of the Free.' Then Mr. Hewitt explained the non-appearance of the orator engaged for the occasion, and proposed to read the 'Declaration of Independence.'

"He had just droned forth, 'When in the course of human events it becomes necessary,' when Deacon Tucker rushed down the broad aisle. Without excusing himself to the reverend gentleman, he called out: 'I hope ye'll all set still till I can fetch ye young Mr. Hall. Ye'll all be glad to see the old doctor's son. Owing to circumstances over which we had no control, nor him, neither,—in fact, it looks as if Old Nick himself had played a trick on us,—he's a settin' over in the town hall a-waitin' for an aujence, 'nd *we're* a-settin' here a-waitin' for *him*. You young folks jest sing "Hold the Fort" 'nd sich, 'nd I'll fetch him soon ez I can.'

"Harry and Lena waited at the hall until half after one o'clock. No audience. Then he said, 'Well, Lena, I'm going to deliver that speech here and now, if there isn't a soul to listen.' So he mounted the platform, and

spoke his 'little peace,' as Lena laughingly called it, while she played audience once more.

"He had almost finished when an old white-headed negro shuffled in. Lena thought he seemed surprised to see them, but he sat down and listened. Finally, an idea disturbed him. He stood up and waved his cap.

"'Say, boss!' he called. 'I dunno what all dis speechifyin' means, but it sounds mighty like 'sif it's what dey's all gone to East O. to hear. I hearn de man didn't come on de train las' night, 'nd p'r'aps you-uns be he-uns.'

"'I am,' said Harry.

"'Den, boss, you'll scuse an old niggah fur 'visin', but you jess better make tracks fur East O. 'fore dey's all done tired waitin'.'

"Like the tramp's 'Git' and the bull's bellow, this advice started poor Harry, with his speech still unfinished. They had not gone downstairs before Deacon Tucker appeared, profuse in apologies and explanations. He carried them off to the church, where they received a warm welcome from the old friends of Harry's boyhood.

"After a little parley the committee announced a picnic for the next day in 'Purgatory,' to do honor to the orator and his necessarily postponed speech. Harry thanked them for the honor, and told them of his three former attempts to deliver it, and how glad he would be to finish it.

"The next morning was clear and warm, just the day for a picnic in the queer cleft in the hills, with the suggestive name, 'Purgatory.' Mad River played all sorts of pranks here. It ran underground, making 'bottomless pools' and over huge boulders; forming 'crystal cascades,' and whirled

around in its rocky bed, forming 'boiling pots' in profusion.

"Up and down the dell, climbing here and there, exploring caves in the opposite bank, telling stories of Indian times, of fights and massacres and hiding, the young people of the party whiled away the time until luncheon. A large company had gathered by this time, and Harry congratulated himself on the prospect of such an audience.

"They were in a grove of well-scattered trees, making comfortable shade, but avoiding dampness. Higher up on one side was a large, queer-shaped rock, called 'Devil's Pulpit,' from which Harry was to address his friends.

"After the bountiful feast had been eaten and numerous toasts drunk in the hot coffee, the matrons washed the dishes in the 'boiling pots,' the maids wiped them dry, and the young men packed them for the return trip, and fed their horses. Then, with an eminently comfortable feeling, they ranged themselves to hear their young orator.

"Deacon Tucker had always 'a weather eye'; and this time he had it wide open. As 'America' was being sung, he slipped away, and came back in a few minutes to whisper solemnly to the postmaster, 'I'm durned if it don't look as if that young chap wouldn't finish his speech this time, either. There's a thunderstorm on the way, and it'll be here powerful soon.'

"'Pshaw! don't say anything about it till it thunders, anyhow,' returned the postmaster.

"So Harry began. The happy allusions to his childhood in East O., the duties of citizenship to these glorious United States, the education

of our youth in patriotism, were all gone over. Then the announcement of his theme; the natural beauties of the place, the facilities for manufacturing, the attractions for settling, were all brought out.

"Meanwhile the air grew more sultry, the breeze died down, the sky grew darker and darker, then the thunder pealed as the lightning flashed. Harry's audience were uneasy. He closed his discourse in short order, and they all hurried for the horse-sheds above, as being safer than the river-bed.

"The rain poured in torrents. The lightning was vivid, succeeded by intense darkness. Three times the electric fluid struck in 'Purgatory,' disagreeably affecting many of the people huddled in their teams under the shed.

"They were prisoners four long hours, before any one dared to go home. Then by twos and threes they drove off.

"'It's a great shame, Harry, that you couldn't finish your speech,' called out the deacon at parting; 'but we'll print every word of it as soon as you send it, and we'll do everything you advised.'

"They did. By the next summer there was a good road around the pond. The ubiquitous summer boarder had appeared, in answer to advertisements, and was fishing for pickerel. The postmaster's custom was doubled. O. Plains started the hosiery mill Harry had proposed, and altogether they look upon him as a public benefactor.

"He has received a proposition from O. Centre to settle there, when he graduates from the dental college; and, as Lena likes the place, they will begin married life there."

Some Notions on Cookery

By a Mere Man

SOME day I may commit the heresy of expressing various uncomplimentary opinions about cookery books in general, and, if I dare, certain cookery books in particular. At present, however, since it is always well to begin with constructive rather than destructive work, I offer a few suggestions on single bits of a large subject. The excuse for venturing into the especial domain of woman, and with advice, is that the books (and they are written by women for the most part) do not seem to contain these few small hints.

The recipes for Welsh rabbit are more or less varied and good, allowing full scope to those who must put alcohol into everything and to those who won't put it into anything; but how many recipes do you ever see that do not include toast served with it or under it? Perhaps you will say that it would not be Welsh rabbit without toast, and it may be that you would be right. Nevertheless, when you don't care whether it is Welsh rabbit or not, when the traditions do not appeal to you so strongly as your desire for a dish that is new, try serving it on hot, mashed, white potato instead. I make no suggestions as to possible garnishings or attractive methods of arrangement. There are limits even to the male audacity, and the form may well be left to the ladies. I have heard it said, when an endeavor was made to serve this dish prettily, "Now what did you do that for?" and then a fork would stir hot cheese and potato into one mass. This latter course is recommended only for the privacy of one's own home, but it tastes good. There are reasons for

this combination, too. Potato is highly starchy, and makes a more palatable dish with cheese, for many appetites, than the more highly nitrogenous bread. The cheese contains sufficient nitrogen and fat for any dish. This variation, which, so far as I know, is my own invention, I call Boston rabbit.

Now for something slightly different. You will find in the authorities directions somewhat as follows: for removing broiled fish from the broiler, "Separate from the broiler on both sides carefully with a buttered knife, and transfer to the serving-dish." Do you always find this easy to do with tender-fleshed fish? If not, try using an ordinary, broad, four-pronged fork. Press it down upon the fish in such position on the outside of the broiler that two prongs will lie on each side of a single wire of the broiler, and as far away from yourself as possible. Then draw the fork toward you with a gentle pressure. This will disengage the fish from the wire for the width of the prongs on each side of the wire, and, also, their length will be sufficient to prevent the fish from tearing up in small particles. It seems scarcely necessary to add that it is the back of the fork that should be pressed down upon the fish, or that a narrower utensil than one of four prongs will not be as satisfactory. The broiler should be oiled before using, as in all cases.

Then, again, almost all the recipes for scrambled eggs begin with directions for melting a little butter in the dish, or otherwise greasing it. If great care is not exercised, this will get unduly hot, being but a thin layer

or mere film, and the discriminating palate will notice the flavor of cooked or dissociated fat,—not a pleasant addition. The butter should be added at almost the last moment, and in small bits, that it may quickly melt and be thoroughly stirred into the eggs without cooking. The butter, usually put first into the pan, is not needed to prevent the eggs from sticking to the dish. Try a very few spoonfuls of milk, just enough to make a thin film over the bottom of the pan, and follow this with the eggs. It is sufficient. Above all, cook *slowly*. Of recent years it has been published far and wide that eggs should not be cooked at a high temperature, whether boiled or cooked otherwise; but this knowledge seems to be forgotten only too often, when it comes to scrambling eggs. The very name begets haste, but it is the haste of unwisdom. Nor is it necessary, with slow cooking at a low temperature, to “stir constantly.” It will suffice, if enough be done to make the dish one of scrambled eggs and not a pseudo-omelet. Such salt as you wish for seasoning dissolve in the small quantity of milk before turning it into the pan. Lastly, unless you wish a homogeneous mush of lemon-yellow color, don’t follow the frequent advice to beat the eggs before putting them on to cook. Break them into a bowl, stir with a fork just enough to break fairly the yolks, and then turn into the pan. If you use discretion about stirring them after you get them there, the result will be a dish of the proper consistency, and of a delightful yellow, flecked with spots of orange-red and white that add greatly to the final appearance. These points may seem finical. It is by the constant observance of them that the lady who taught me how to do it has made the phrase, “As good as ——’s scrambled

eggs,” almost proverbial among her friends and neighbors.

In the paragraph next above I referred to the well-known fact that eggs should always be cooked at a comparatively low temperature. Many directions have appeared for cooking them by immersion in water, substitutes for boiling. These are usually simple and satisfactory; but again and again I have found individuals who have been troubled to obtain desired results with some of the simplest of them. For such I offer still another method. Take a double boiler. Fill the outer pan to a depth that will bring the water well up around the inner pan, when the water boils. Fill the inner pan with water to a depth sufficient to cover fully the eggs. Place over a source of heat. When the water in the outer pan boils, place the eggs in the inner boiler. The water will be at a temperature of about 160 degrees when the eggs are put in. Cook long enough to attain the desired consistency. This will vary with the number of eggs cooked at one time and the consistency required. As a slight guide, for one or two eggs it will take about six and a half minutes to reach the stage attained by three and one quarter minutes of boiling. If the cooking be carried on indefinitely, the temperature of the water in the inner boiler will rise above the point theoretically best for cooking eggs. This method will give satisfaction in most cases, however, and is more exact than the directions to “take so much boiling water for each egg, then set on the back of the stove,” etc. The temperature on the back of the stove depends so greatly on the amount of fire. It may be quite warm or almost stone-cold. It is safer, in such cases, to set the dish on a table, or other stand, upon a few

thicknesses of newspaper. The conditions will then be more nearly alike each time. Also, the time will vary with the size of the eggs, and whether they be taken from an ice-box or a

warmer receptacle. Merely remember, as in any other scientific experiment, that a repetition of *all* the conditions will produce an invariable result.

Suggestions on the Selection and Preparation of Dietaries

By Adolphe Meyer, Chef of Union Club

ALMOST any one with ordinary common sense may be intrusted to buy the necessities of life for the household. Often enough the order is merely given to the dealer, and it is left to his or their good judgment to send to the house whatever they may consider fit or suitable.

It is quite a different matter, though, to buy for an institution, where a certain number of people are to be supplied daily with several meals. As in every other walk of life, it needs long practice and experience here to attain proficiency. To be able to judge an apparent bargain or the quality of the provisions is not alone sufficient qualification. Though the old saying, that "the best will always be found the cheapest at the end," is true, there are other objects of no less importance to be kept in view. We know that both the expenditure of nerve power for the digestion of food and the capacity of the stomach itself vary with the age as well as with the health of the individual. It is, therefore, absolutely essential to make inquiries as for whom the victuals are to be provided.

Another important factor is that of climatic conditions. The large amount of animal food that was necessary in winter to keep up bodily warmth would prove oppressive in

summer. Hot weather diet should be light, and the articles of easy digestion. In place of meats, fish, cereals, green vegetables, and fruit should be substituted to a great extent.

Of late years much thought and study has been given to food values and their relation to the human system. Such studies are especially recommended to the buyer, who also has charge of the bill of fare, as the proper division of food values is sure in time to show its good or ill effect.

It would hardly do to give to a party of children a dinner consisting of pea soup, roast beef, macaroni with cheese, potatoes, pudding and milk, as the proteids are too abundant, and the muscular exertion of the child is not great enough for so comparatively heavy a meal. On the other hand, if for the roast beef be substituted fish, for the macaroni, a green vegetable, and for the pudding, fruit, the dinner will do admirably for children.

Insufficient nourishment is equivalent to the ruining of a child's health, and, as intellectual development largely depends on bodily strength, too much care cannot be given to a child's diet.

The first nourishment of the newborn babe is milk, and, for the first few months of life, it depends entirely

on this most valuable article of diet. As the child grows older, a little more variety may be brought into the bill of fare, but, until the teeth can masticate well and the little stomach has gained enough strength to digest, only such foods as are of easy digestion should be given.

A child from four to six years of age, who has all its teeth, can partake of nearly everything that is cooked for adults. It is, in fact, well that the child should become used to variety, though salty or overspiced and fatty meats should be avoided.

Meals should be given at regular hours, and no sweetmeats or candies be allowed between times, as these are liable to lay the foundation for future indigestion or bilious complaints.

The average daily ration of a child from six to ten years of age is ten ounces of bread, two ounces of butter, five ounces of lean meat, eight ounces of green vegetables, six ounces of eggs, cereals, or farinaceous food, four ounces of raw or preserved fruit, and one quart of liquid food, including milk and water.

The older the child, the more nourishment the body requires, as a matter of course. The rations should be gradually increased, so that a child from ten to fourteen years will receive sixteen ounces of bread, three ounces of butter, eight ounces of lean meats (or three ounces of eggs or its equivalent), twelve ounces of green vegetables, eight ounces of raw or cooked fruit, and about three pints of liquids.

In cool weather the meat may be increased, and in hot weather the liquids. It is far better for children to abstain from coffee or tea. Milk, or a light preparation of cocoa or chocolate, is to be recommended.

Hot bread or cake, unripe fruit,

strong spices, and fatty substances cannot be condemned too strongly as injurious to children.

The morning meal should consist of either milk, cocoa, or chocolate, bread and butter, an egg, or some cereal. The dinner or mid-day meal should be more substantial. A soup, followed by meat or fish, and vegetables, and some dessert are sufficient.

Supper should be served at least two hours before retiring. Some cereal, or a pudding made of rice, farina, or some other farinaceous substance, and a dish of fruit are ample to satisfy the child's hunger. A cup of milk will be the best liquid with which to quench the thirst.

The preparation of food in institutions needs careful supervision, as, otherwise, the best efforts of the buyer are often made void through the ignorance or negligence of the cook.

A common deficiency of the average cook is in the seasoning and flavoring,—either too much or not enough. It would be well for every cook to keep in mind what Dr. Mary E. Smith said about spices: "They should permeate foods as incense does the atmosphere, delicate, impalpable, and as indescribable as they are requisite."

Spices, if used judiciously, will transform an ordinary stew into savory morsels. But that is not all: they will, also, help to replace the rich stocks and gravies used in high-class cookery, and will aid digestion by their action on both the saliva and gastric juices.

With proper seasoning and flavoring and with food properly prepared the cook can economize more than the buyer.

Much good has been done in this direction by our cooking schools, and right here is their real domain of public usefulness.

The Wood Lot

Forestry on the Farm or Small Estate

By Mary Lathrop Tucker

THE production of wood by the cultivation of forests or trees in mass is called forestry, in distinction from arboriculture or tree culture as practised in landscape gardening or fruit growing. Forestry aims not at producing the finest individual trees as trees, but at managing masses of trees through their reaction upon one another and upon the soil in which they grow, so as to raise the largest quantity of the best wood on a given piece of land in the shortest possible time, while providing for continuous production and reproduction. In older countries, the cultivation of wood has long been carried on quite as systematically as that of any other crop, while here we have been able thus far to depend almost wholly upon the natural product. But we are now confronted by conditions that will soon compel us to cultivate woodlands or to buy timber of other countries more provident than ourselves, for nearly all our best forests are gone, and we cannot wait for nature to grow more. And we need not wait, since man can raise more and better timber in from fifty to a hundred years than might grow wild after a thousand. For to every sound, well-developed, mature timber tree in a natural forest there are usually many poor and many wholly worthless ones. If, then, we can in a century, or much less, according to species, produce mature forests where every tree shall be a good tree, and can manage these forests so that they shall reproduce themselves while furnishing a perpetual supply of wood, why should we be content with anything less?

One thing is certain. Our wood supply cannot be replenished and made constant without an immediate and general effort by land-owners all over the country to treat existing woodlands by rational methods and to make new plantations. The national government and a number of State governments have already made beginnings. Some forestry schools have been established and other provisions made for educative work; and many private owners of large forest tracts, including even some lumber companies, are employing trained foresters, in order to do their cutting with an eye to the future. But farmers and other small owners are apt to feel that forestry methods are too complicated and their returns too slow for practical application to the small wood lot. But the fact really is that the essential principles underlying true forestry are so simple, sensible, and easily applied that any one, who can raise other crops, will find not only substantial profit, but keen interest and pleasure in cultivating wood by common-sense methods. And one may do as much or little as he choose. The most elementary application of the foundation principles will result in improved conditions, while every step in advance means added improvements. Most farms have considerable waste land or barren pasture unprofitable for any crop but wood. The land, therefore, costs practically nothing, and anything raised upon it is so much clear gain. Moreover, trees in forest do not exhaust, but enrich the soil, so that no rotation is required, and the same tract may be kept in forest forever;

or, if again used for agriculture, the soil will be in prime condition.

In raising timber, the foundation principles are close planting, thinning, pruning, and reproduction. Planting may be done from seed or with transplanted seedlings. Close planting is necessary to secure tall straight trunks, free from knots. A tree, coming up in the open, branches near the ground. But, when trees are crowded close, the lower branches soon die and the nourishment, that would have gone to them, now feeds the trunk, forcing it upward and making it both tall and large. On some species, however, especially white pine, these dead branches remain many years, while the new wood grows out around them, thus making dead knots set in a constantly deepening hole. All superfluous branches, therefore, should be removed as soon as they die, if not before. It is important to prune off the branches close to and perfectly even with the trunks, as then the bark will soon close smoothly over the wound, leaving only a small knot near the heart of the tree. Close planting also kills out the poorer, weaker trees by natural thinning; but in this process, as in natural pruning, man must from time to time lend a hand, helping to thin out the poorer trees, and removing everything that can interfere with the development of the best.

These same principles underlie the treatment of old uncared-for woodland. Suppose a farmer wishes to improve his wood lot while, at the same time, obtaining from it the wood for fences, posts, firewood, and other farm uses. First, he must not, as is often done, select constantly the best trees for cutting, since in this way the quality of his land will gradually deteriorate, until nothing is left but the poorest trees of the poorest kinds. Let him rather cull out the weak trees

and poor kinds as fast as no longer needed by others for protection or support. Thin places thus left should, then, be planted with valuable kinds, unless natural reproduction takes place from the seed trees, which should always be left standing in sufficient numbers. In this way poor trees will gradually be replaced by good ones, and with proper thinning and pruning the wood lot will increase in value every year. Cattle or sheep should never be allowed in woodland, as they harden the soil by tramping and destroy the seedlings and injure the trees. As fast as trees mature or attain any desired size, they should be harvested with the least possible injury to those left standing and their places thickly planted. It should be remembered that, usually, for construction timber, the larger the tree, the more profitable.

Some farmers have already managed their woodland on common-sense principles long enough to prove that it pays. For combined simplicity and effectiveness the operations of the late Mr. Fred A. Cutter, of Pelham, N.H., furnish a good example of successful farm forestry. His methods require no long training nor even much experience. Any farmer could profitably put them into immediate practice. Mr. Cutter worked chiefly with white pine, justly called the king of trees for New England cultivation. This wood is always in demand, and our supply is nearly exhausted. It grows rapidly, and adapts itself to nearly every soil and location, springing up readily where nothing else of value can be raised. Mr. Cutter's woodland is part of ninety acres taken up by his grandfather in 1792. It was then covered with a heavy growth of oak with a few stray white pines. About 1816 this timber was all blown down in a gale. Seventy years ago Mr. Cutter's father

moved from Massachusetts back to his native home, where he put up a large set of buildings, for which he had to buy the timber, as there was no pine on the place, except a few trees mixed with the oak grown up since the blow-down. This oak was cut down, and from those scattering pines a tract of forty acres was thickly seeded, nearly all of which has been thinned and pruned. About fifty-three years ago they began pruning about an acre a year, doing the work at odd times, on rainy days, and in the late fall and winter. (Pines should not be pruned in spring or early summer.) From this forty acres the timber already cut has netted more than ten thousand dollars clear profit, and about two thousand dollars' worth remain, which is increasing in value every year. The best timber, cut about eight years ago, brought \$150 to \$200 the acre standing. On one lot containing trees fifty-five years old, seven-eighths of the trees made logs sixty-four feet long, the timber completely free from knots outside a small space near the heart, where the little branches had been pruned off. Many of the trees sawed one thousand feet and upward of clear timber. The ground cut over has again thickly seeded in from the trees left standing. A wood crop may be harvested by thus clearing the ground at once or by cutting out trees as fast as they mature, as suggested for the wood lot considered above, followed in either case by immediate reseeding or planting. Each method has its advantages. Mr. Cutter thinned and pruned but twice, first when the trees were fifteen or twenty feet high, cutting out the poorest and weakest, and pruning within reach from the ground or as far up as there were dead branches. The second time, ten or fifteen years later, only the dead or dying trees

were removed, and the pruning was done from a ladder. Mr. Cutter estimated that the first thinning and pruning cost, if done by hired labor, about five dollars per acre, and that the second pays for itself in wood taken out. So all made over five dollars an acre is clear gain. Earlier and more frequent thinning would probably yield still larger returns. Professor Gifford, of the New York State Forestry School, says: "The fact that it often requires a century to produce a fine grade of timber does not imply that a forest, when planted, yields nothing until maturity. A spruce forest at first may consist of thousands of little trees per acre. At the end of ten years it should contain not more than 4,000 trees; at the end of twenty years, 2,000; at the end of forty years, 1,000; at the end of sixty years, 500; at the end of eighty years, 350; and at maturity (one hundred years), 250. Thus in ninety years fifteen-sixteenths of the number of trees and a large volume of wood have been removed from time to time by a careful system of thinning, yielding material of ever-increasing value as the forest grows older." White pine and many other trees grow faster than spruce, so that the various returns from their cultivation would come in correspondingly sooner. Land in forest is, therefore, not withdrawn from present service, and, as plenty of land suitable for trees can be bought for three to five dollars an acre—is, in fact, often sold for taxes—timber raising makes a good investment. From the day of planting the land can be sold for more than its cost unimproved, a large amount of increasingly valuable wood is furnished from time to time, and at the end of fifty years a crop of white pine will yield $4\frac{1}{2}$ per cent. to 6 per cent., or more with longer time. The great advan-

tage of tree culture on a farm is that trees grow, silently rolling up the profits, not only while the farmer is sleeping, but while he is doing and earning quite as much in other lines, since planting, thinning, and pruning can be got in at odd times that hardly count at all.

The chief risk in forest cultivation, almost the only one, in the case of white pine, is from fire; but, when land-owners generally are raising high-priced timber, public sentiment will demand more stringent laws for the prevention of forest fires and will see that they are executed.

Original Proverbs of the Hour

By Agnes Deans Cameron

It isn't the long spear, but the steadiest that impales the big salmon.

A little devil devilleth the whole dump.

Every man has his price, every woman her caprice.

All's well that mends well.

All the world's a stage; and, for the most part, it's a bumpy road it travels over.

If you call a man "a vulgar fraction," he gets mad. Tell him he is a pure circulating decimal, and he beams all over.

An archer is known by his game, not by his arrows.

An honest lawyer is the scarcest work of God.

The cow with the short temper shouldn't have long horns.

"A custom more honored in the breach than in the observance,"—a mother's patch on her boy's trousers.

Thirsty men catch at straws.

He who fools with dynamite is soon parted.

Our relatives we inherit; but, thank God, our friends we find ourselves.

Misery loves company; but rational company doesn't hanker after misery.

It's a poor story that ends two ways.

It's a rare coat that has no turning.

Those who sit in play houses shouldn't throw vegetables.

The Bobby catches those who help themselves.

It is easier for a camel to get into heaven than for a shabby man to catch the eye of the beadle.

A bird on the plate is worth three on your bonnet.

What is love without another?

Those who love in glass houses are apt to be kodaked.

God help the man who can't help himself these days.

A lie nailed in time saves nine.

THE BOSTON COOKING- SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics.

JANET MCKENZIE HILL, Editor.

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ANNOUNCEMENT

IN accordance with the advertisement on another page the property and management of the Boston Cooking School were transferred to Simmons College at the close of the last school year. This conveyance is most natural, fitting, and timely.

In past years the Boston Cooking School has done a great work, and become more widely known than any school of like character in the land. It has, however, ever been dependent upon its own resources; that is, it has been entirely self-supporting,

and hence without the requisite funds to carry on properly the work of instruction and provide a permanent home,—items essential to successful expansion and growth. In fact, in more recent years the school has quite outgrown its resources and environments. All these wants the new institution, Simmons College, is amply able to supply, as well as to enlarge and enrich the courses of instruction.

For two or three years the school will continue to occupy its old quarters on Boylston Street, but under new management, while spacious and modern buildings are in process of construction for the college on its fine location in the Back Bay District of the city.

We are certain the many graduates and friends of the old and famous Boston Cooking School, now scattered far and wide, will be greatly pleased to learn that the school has been enabled to make so propitious and desirable an alliance,—one that insures the successful continuation and enlargement of a most important educational work, so wisely planned in the beginning and so ably conducted, thus far, to noble results.

ONCE FOR ALL

AT this time we wish to avail ourselves of the opportunity to state explicitly to our readers and patrons that the status of this magazine is in no wise affected by the transference noted above. The Cooking School and the Magazine have always been under distinct and separate management, and this condition is not now changed. In consequence, however, of the new departure on the part of the school, we anticipate and confidently trust that our field of effort and usefulness will be greatly enlarged.

With rare exception the *Cooking School-Magazine* has become the one distinctive and exclusive culinary publication in this country, and pre-eminence here we aim to maintain.

We even venture the claim that the kitchen is the most important factor in the household, and no amount of evasion can conceal the truth. In keeping with the latest thought in domestic science, the externals of home life are said to be well advanced, while the consideration of internal, personal well-being has been long neglected, or left to chance, instinct, or caprice.

It is the aspiration of this Magazine to be steadfastly suggestive of aid and comfort in all that pertains to the practical conduct of home life, and to this end we desire to reach the homes throughout the length and breadth of the land.

THEORY AND PRACTICE

DOMESTIC science is of practical import by nature. The demand for skilled cooks and trained housekeepers is urgent and constant, and the supply is in no wise equal to the demand. The proficient cook or the efficient manager of culinary affairs cannot be had for the asking.

It is well known that the *cuisine* in many, yea, most, large schools and colleges, and even in famous hospitals, is sadly unsatisfactory, and almost culpably faulty. The cause is the scarcity of intelligent trained domestics. On the other hand, there is no dearth of theorists,—of those who are ready and willing to teach the science of cookery; but the call for teachers in this line is neither frequent nor steadfast. In fact, scientific housekeeping, in theoretical doses, is not wanted, while the generous practical application of the same

is everywhere greatly longed for. The subject itself, by its very nature, calls for deeds, not words, action, and not precept.

If we mistake not, our schools err in trying to teach merely the theory of domestic science. To-day the technical schools are crowded and popular, because the graduates of these schools are prepared to lend a hand in the actual processes of building, mining, engineering, etc. Are not schools of housekeeping purely technical in character? Rather should they not be?

But is it not true that women find it difficult to face the consideration of the fact that successful housework requires manual labor as well as mental effort, that a disciplined mind must guide the trained hands? To know the science of housekeeping, in all its phases, is well. It were far better to know how to feed people properly, and thus minister to higher wants,—in a word, to answer, in the spirit of the age, the prayer of the ancient seer: "Feed me with food convenient for me, lest I be full," etc., "or lest I be poor," etc. On theory and method, alone, people will starve. The presentation of wholesome, inviting food is the climax of domestic art.

IN CONTRAST

THE delegation of Germans sent to this country to study American agricultural methods have made a seven weeks' tour of the land. What seems to have impressed itself most on the mind of one of them, a student at Berlin University, is the lack of beer-drinking in the American colleges and Universities. He is reported to have said: "I like your American universities very much. They are well put together. But there is one thing that they miss, and that is beer. The student here can't

have the enthusiasm we have in our German schools by drinking water. It is beer that inspires them."

We have thought so. And it is just this self-satisfied and domineering bearing, inspired by beer, that fails to please us. It is not in harmony with American ideals. We sincerely hope this sort of inspiration may never pervade American schools and colleges. It begets distrust and instability of character. Much beer and low morals are inseparable. With nutritious food, and enough of it, the desire of turbid and stimulating beverages is wanting. Is there anything really æsthetic or uplifting in beer-drinking?

Propos to this, Professor Shaler, who has taught no fewer than 8,000 graduates of Harvard, in the recent meeting of alumni said: "The pupils of to-day are better morally than their fathers or their grandfathers. We have less fault to find with them. Drunkenness has practically disappeared. I haven't had a case the past year in my bailiwick of 600 men. I have had but one case in five years. Gambling has been unheard of for more than a decade. For behavior our men of to-day are better than those of any other day I have known."

This statement—emanating, too, from Harvard University—is encouraging. That our American schools of learning, in this one respect, at least, may never imitate the foreign, is a "consummation devoutly to be wished." In school management the relation of food and feeding to intemperance is unwisely neglected.

WHAT with the grand assembling of the National Educational Association, the Lake Placid Conference, the Emerson Memorial, etc., Boston, in the

month of July, has had almost a surfeit of good things. A marked feature of all these meetings and exhibitions of handiwork was the manifest tendency of the day to emphasize the practical or useful side of education. It is applied knowledge, science, and training that are considered absolutely essential to meet the requirements of the present age. Men and women and races, respectively, must work out their own salvation. And, after all, what is the end and aim of all education, unless it be to make good and useful men and women? •

NEXT in order comes the celebration of Old Home Week in the New England States. Whatever tends to concentrate the attention of large numbers upon home life is making for the very best in civilization. "Home" and "native land" are words that grow doubly dear in the land of free schools and free libraries. Improved homes and peaceful pursuits are the distinctive characteristics of ages called golden.

A woman's nature will never be changed. Men might spin and churn and knit and sew and cook and rock the cradle for a hundred generations, and not be women. And women will not become men by external occupations. God's colors do not wash out.—*H. W. Beecher.*

As a man is known by his company, so a man's company may be known by the manner of expressing himself.—*Swift.*

A man is relieved and gay when he has put his heart in his work and done his best.—*Emerson.*



French Ice Bowl, Perforated

Seasonable Recipes

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Deviled Crackers

Mix two teaspoonfuls of mustard to a paste with Worcestershire sauce, adding also a few drops of tabasco sauce. Stir the paste into two or three tablespoonfuls of butter, beaten to a cream with a few grains of cayenne. Spread the mixture on the upper side of thin crackers,—saltines are a good variety for this purpose,—and set into a hot oven to become nicely toasted. Serve hot with cheese and celery or olives. For deviled crackers à la Indienne use equal portions of mustard and curry powder.

Fillets of Sardines for Hors d'Œuvre

Wipe the sardines with a soft cloth to rid them of oil. Scrape off the skin and separate each sardine into

two fillets, thus removing the bones. If the sardines be too moist to handle without injuring the shape of the fillets, leave them whole. Dispose a layer of thin-sliced onion in a dish. Upon these place a layer of the fillets, and cover with slices of onion. Add a layer of fillets and onion, alternately, until all are used. Pour over the whole a French dressing, using one tablespoonful of lemon juice to four of oil, and set aside in a cool place. When ready to use, arrange each fillet, carefully drained, upon a heart leaf of lettuce, in one of the compartments of an Italian *hors d'œuvre* dish.

Olives Stuffed with Anchovies

Select large choice olives. Remove the stones with a cutter designed for the purpose, or with a

sharp penknife cut the olives in a spiral. Fill the centre of each with prepared anchovies. If the anchovies were put up in brine, drain, and let



Hors d'Œuvre, Italian Service

Radishes with Leaves Fillets of Sardines Pulled Bread

stand two hours in cold water and milk. Take out the backbone, wipe dry on a cloth, then pound in a mortar with a few drops of onion juice, a little parsley, and a few grains of cayenne or paprika.

Potatoes Stewed with Bacon

This dish is a success only when tender bacon is used. Cut the sliced bacon into tiny squares, and cook in a frying-pan until slightly colored. Drain, and stir into a dish of potatoes stewed in cream. To prepare the potatoes, cut pared potatoes into small cubes. Boil these in salted water until tender, then drain carefully. Add, for a pint of potatoes, two tablespoonfuls of butter, a dash of salt, and enough thin cream to cover nearly. Let simmer about five minutes before adding the bacon.

Barnard College Girls' Cheese Omelet

Beat the yolks of two eggs until light-colored and thick. Add six level tablespoonfuls of grated cheese, a dash of salt and pepper, and, gradually, one cup of milk. Fold in the whites of two eggs, beaten dry, and bake in a buttered serving-dish or custard cups. Serve with toast or wafers.

Columbia College Omelet

Stir two level tablespoonfuls of cornstarch, diluted with cold water to pour, into one cup of boiling water, and let cook ten minutes. Add a dash of salt and pepper and a cup of milk, and pour onto the yolks of three eggs, beaten very light, and pour into a buttered baking-dish. Then fold in the whites of three eggs, beaten very light and dry, and bake as a custard. *Serve as soon as removed from the oven.* The hot water pan



Deviled Crackers Stuffed Olives Cheese

of a chafing-dish is a good utensil in which to bake and serve this omelet.

Panned Chicken

Select a plump spring chicken. Clean, singe, and separate into joints. Put the pieces into an agate baking-pan, pour in a cup of hot water, cover closely with another pan, and let



stand in a hot oven about twenty minutes. Remove the cover, baste with the liquid in the pan, then sprinkle with salt and pepper also, if wished, and cook an hour, or until tender, basting every ten or fifteen minutes with the liquid in the pan, reinforced with butter or bacon fat melted in hot water. Remove the pieces to a hot platter. Garnish with sweet-corn fritters, sweet-

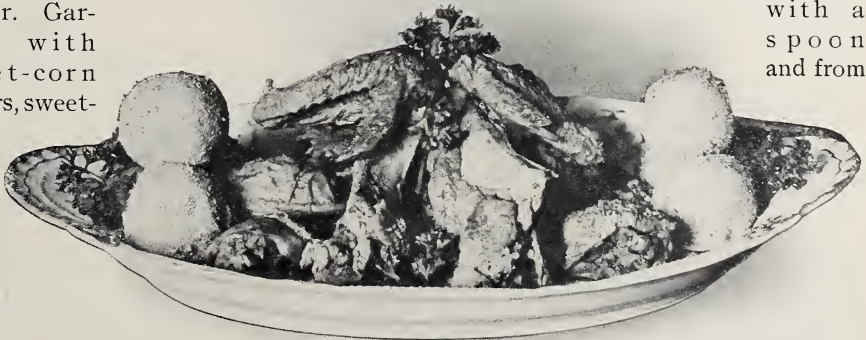
potato croquettes, or with cress and sweet, pickled peaches. Pass corn-bread with this dish.

“Way down South” Corn-bread

Sift together one cup of yellow or white corn-meal, half a teaspoonful of salt, and two teaspoonfuls of baking-powder. Beat an egg very light, and stir into the dry ingredients with one quart of sweet milk. Turn the mixture into a well-buttered baking-dish holding three pints. Add two tablespoonfuls of butter, cut into tiny squares. Bake in a

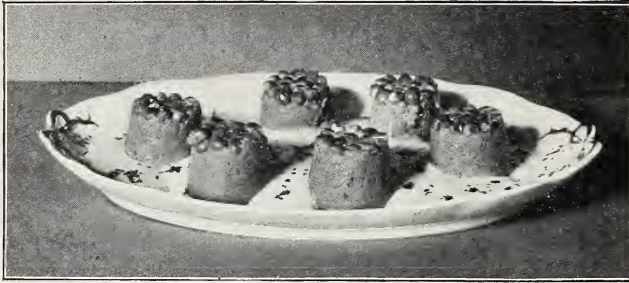


hot oven about twenty-five minutes. Stir often until the bread begins to thicken. Serve with a spoon and from



Panned Chicken Garnish : Sweet Potato Croquettes. Sweet Pickled Peaches
 “Way down South” Corn-bread

the dish in which it is baked. This is served at breakfast, luncheon, or tea, and is a favorite dish with chicken. It is also served, as a dessert for children, with grated maple sugar or



Pea Timbales

granulated sugar and cream. When baked, this corn-bread, though served with a spoon, is quite firm.

Sweet Potato Croquettes

Remove the pulp from five or six hot, baked, sweet potatoes, and pass through a "ricer" into a hot sauce-

a silver fork, until the mixture leaves the sides of the sauce-pan and is very light. Let cool slightly, then shape into balls in the hands. Roll these in sifted bread crumbs, then in beaten egg, diluted with a tablespoonful of cold water, and again in crumbs. Fry in deep fat, or put a teaspoonful of butter on the top of each ball, and set to brown, on a buttered dish, in a hot oven.

Pea Timbales

For this dish dried, canned, or fresh peas may be used. It is a very good way to prepare fresh peas that have become too hard or old to serve plainly cooked. Press the cooked peas through a sieve. For one cup of pulp, beat two eggs, add a few drops of onion juice or a sprig of mint, chopped fine, two or three



Preparing Pea Timbales

pan (there should be two cups of potato). Add two tablespoonfuls of cream or butter, the beaten yolks of two or three eggs, almost half a teaspoonful of salt, and beat thoroughly with a perforated wooden spoon, or

tablespoonfuls of cream, milk, or stock, two tablespoonfuls of melted butter, half a teaspoonful, each, of salt and sugar, a dash of black pepper, and the pulp. Turn into buttered moulds, and bake in a pan of hot

water until firm. Serve with a cup of white or tomato sauce. The pulp of other cooked vegetables may be used in the same way.

Inexpensive Berry Pudding (Subscriber)

Sift together three cups of flour, half a teaspoonful of salt, cinnamon to taste, and one teaspoonful of bicarbonate of soda, pulverized and sifted in a very fine sieve. Mix with one cup of molasses and half a cup of cold water. Then stir in one pint of berries. Steam one hour and a half in a closely covered

Sauce for Pudding

Heat two cups of sugar, two-thirds a cup of hot water, and a tablespoonful of vinegar to the boiling-point. Flavor with vanilla or a grating of nutmeg.

Bacon, Yolk-of-Egg-and-Bread Sandwiches

Spread thin and neatly trimmed slices of bread with creamed butter. Sift over the butter "hard-boiled" yolks of egg, and above this press thin

slices of broiled bacon, cover with buttered bread on which sifted hard-boiled yolk has been pressed. Press together and wrap in waxed paper, unless they are to be served at once.



Artichoke Bottom on Toast with Macedoine of Vegetables
See Queries and Answers

Bloater Paste and Rye Bread Sandwiches

Spread new rye bread, thin-sliced-and-neatly trimmed, with butter and then with bloater paste. Press together, and serve at once. These sandwiches may be served at a picnic or, made very small, as a *hors d'œuvre* at the beginning or end of a dinner.

Noisette Sandwiches

Scald half a cup of milk. Add half a cup of boiling water, and, when lukewarm, a cake of compressed yeast, softened in one-fourth a cup



French or Globe Artichoke, part of unedible portion removed

of lukewarm water, a tablespoonful of shortening, two tablespoonfuls of molasses, one cup of hazel-nut meats,



Birch Whisk See Notes and Correspondence

half a cup of white flour, and entire wheat flour to knead. Finish and bake as ordinary bread. Let stand twenty-four hours. Cut in thin slices

Blackberry Pudding

Beat one-third a cup of butter to a cream. Add, gradually, half a cup of sugar and the beaten yolks of two eggs. Sift together two cups of sifted flour, four level teaspoonfuls of baking-powder, and half a teaspoonful of salt. Add these to the first mixture, alternately, with half a cup of cold water. Beat very thoroughly, then beat in the whites of two eggs, beaten dry. Turn into a mould, rubbed over thoroughly with clarified butter (salt in the butter sometimes causes the pudding to "stick" to the



Making Noisette Sandwiches

and in fanciful shapes, if desired. Spread lightly with butter and then with orange marmalade, and put together in pairs.

mould); add a cup of blackberries, rolled in flour, here and there, as the mixture is put into the mould. Steam an hour and a half. Serve with black-

berry sauce, hard or liquid. The pudding may be baked instead of steamed. It will bake in twenty-five minutes.

pulp a cup or a cup and a half of sugar, according to taste. Let stand a short time before serving.



Blackberry Pudding, Blackberry Hard Sauce

Blackberry Hard Sauce

Cream half a cup of butter, and gradually beat into it a cup of sugar, and then about half a cup of crushed and sifted blackberries.

Nutmeg-melon Mangoes. (Sweet)

Remove a natural section from each melon, and pare away the rind from the entire surface. With a teaspoon take out the seeds. Fasten



Preparing Nutmeg-Melon Mangoes

Blackberry Liquid Sauce

Crush a basket of blackberries, and, if the seeds be objectionable, pass through a sieve. Stir into the

the sections again in place, each to the melon to which it belongs, with a stitch, using a needle and cotton thread. For each four or five melons,

pare a dozen peaches, and cut the pulp in slices. Add a few cherries, if at hand, one-fourth a cup, each, of preserved ginger and orange peel, cut fine, and mix with a teaspoonful of ground cinnamon, half a teaspoonful of mace, and half a teaspoonful of coriander seed. With this fill the melons, and sew the pieces removed in place. For each seven pounds of prepared melons, make a syrup of a pint of vinegar and four pounds of sugar. Add, also, half a cup of pickling spices, or half a cup of cinnamon bark, blades of mace, cardamon seeds, celery seeds, cloves, tiny red pepper pods, and bay leaves mixed. Let the fruit cook, covered, in the syrup until the melon can be easily pierced with a skewer. Set aside in a jar until morning. Drain off the syrup, heat to the boiling-point, and return to the melons. Repeat twice, then reduce the syrup just to cover the pickle, and set aside.

Harvard Chutney (A. C. Rankin)

Chop fine twelve large ripe tomatoes, two medium-sized onions, one large red pepper, and twelve stalks of celery. Mix with one cup of sugar, two tablespoonfuls of salt, one tablespoonful of white mustard seed, one teaspoonful of celery seed, one-fourth a teaspoonful, each, of ground mace and cloves, one teaspoonful of ground cinnamon, and one cup of vinegar. Let boil two hours. Bottle and seal while hot, or store in cans as canned fruit.

Japanese Koto (A. C. Rankin)

Cut five pounds of rhubarb stalks in inch pieces. Add five pounds of sugar, and let stand over night. In the morning pour boiling water over one pound and a half of figs, cut them into bits, and add to the pie plant with the grated rind and juice of two lemons. Boil until like a thick preserve. Koto is delicious with cold meats, also as a cake filling.



Canning with Steam Cooker



Summer Good Times

By Kate Gannett Wells

HOW much vacation did you get?" asked Mrs. Jocelyn, as she made the coffee at breakfast in her cosy flat.

"I like your verb," answered Miss Dole. "It indicates the hard work preliminary to a vacation. I got my two weeks. If I were a public school-teacher, I should have had two months; if a private schoolmistress, four months; if a society leader, six months. Summer is not a fixed season. Its variable length is just a matter of occupation."

"Two weeks is better than just a day off," replied her friend. "Most mothers do not even get that; and, if it were not for the summer philanthropies of the city, their children could not tell an oak-tree from a maple, in spite of all the nature studies in the schools."

"That is why summer vexes me," argued Miss Dole. "I never feel the difference in social station in winter as I do in summer, when all is on an outdoor sliding scale. I don't object to civic philanthropy,—sand gardens, playgrounds, outdoor gymnasiums,

and parks,—for they belong to the people; but so many of us accept, for the sake of recreation, the private benevolence of Fresh Air Funds, Country Weeks, and Camps, Working Girls' Summer Rests, etc., that lines of cleavage take place, and social ranking begins. The up-town book-keeper does not want to room with the down-town clerk; and, as there are not as many rooms as persons, three and four girls, who don't know each other, have a room together, and it is hot, gossipy, and tiresome. I never feel so poor and abject as I do in summer, when I won't go with the crowd and can't go where I want."

"And I," answered Mrs. Jocelyn, buoyantly, "never feel so rich and free as I do in summer. The beauty of all outdoors is mine. Each flower is blooming just for me. And the crowded trolley cars, and the perspiring men hanging on to them, and the children smeared with candy do not bother me, when the wind blows over us all. There is such fun in things, and such a trifle makes one so happy, when one is neither in love nor en-

vious. I was invited to Mrs. Byron's place for a week, and I went just to see how she did it; and she worked at it harder than you ever do in the store or I in the office. It is an awful job to entertain. Distinguished people are so plentiful that all cannot really be very great. Then style does not suit the summer at all. It does seem as if quiet, shirt-waisted women might walk along a beach without trespassing on private property and being dismissed from the premises, just as if one were an advance-guard of an army-worm invasion. I must make an exception, however, as to teachers. They can do anything, even if they have not better manners than the rest of us."

"But," replied Miss Dole, "it is just the kind of people who put up their signs, 'Private Property,' who also found hospitals and art museums, and both are of benefit to me. So I don't object to summer exclusiveness. It amuses me. Only I just won't accept summer philanthropy. There is lots in between: cheap excursion rates, and a sunset every evening, and green trees, and icewater free, and all the people to laugh with,—not at,—for there are a thousand jokes going on outdoors in summer." As she spoke thus, she looked at her hostess, a middle-aged woman, who never could have been beautiful, but whose very presence seemed to radiate geniality, and, to hide her feelings, she praised the coffee. Then questioning, she said: "Aren't you going away again? You have not had even as much vacation as I have had."

"I'm going to take my next week, when September comes, in resting and day dreaming. I'm going to enjoy myself and make up a novel for a whole week, thinking out to myself, what he says, and how she

looks, and what both do. I weave it by bits, sometimes. But, oh, the luxury of living a whole week in your imaginations, which no one can criticize nor reject, your own self and you just having it together!"

"Dear me!" sighed Miss Dole. "I should rather accept summer charity than make up a novel that never will be printed. I like real things. Did you know that Boston was the first city in this summer business? 'The Country Week' was started by Rev. W. C. Gannett in 1875, so that children need not have the 'doorstep for their evening hill-top'; and country people took them in just for love's sake. The first year he sent off 160, the next season 350; and then the affair was handed over to the 'Y. M. C. A.,' and they sent away thousands each season. From that 'Country Week' came the hosts of volunteer devices for other people's good times, until at last the city took up the business through its park commission, and playgrounds are now all over the country."

"The saddest part of it is," answered Mrs. Jocelyn, "that each child has a baby to care for. I suppose mothers can't help it; but the way a little child has to tend a littler one breaks my heart with a sense of the injustices of life, so I take refuge in my imaginary novel, where everything comes out right. But it is comforting to know that all those children are going to learn in the public schools how to cook Hamburg steaks and wash dishes. Domestic science, cooking schools, and industrial education are the three reconciling forces, which will harmonize emigration with American patriotism. Vacation playgrounds must become outdoor vacation schools, if grown-up people really want to help children. Some begin at the top with

training of teachers, others work from below with the child; and the two extremes meet."

"Granted," said Miss Dole, "for, just as the rich man leaves his ample city home for his ampler country place where there is more oxygen, so do the children of the poor need that their summer schooling, whether of books, manners, or morals, should be done outdoors, that they may have a fuller chance to inhale what there is of oxygen in the city air. I work in a store, so I know what outdoor

breathing means for the children of the alleys. And, glad as I am for all this impetus toward vacation schools, it is a shame to the medical profession that it does not protest against indoor summer work. I'd even have cooking done outdoors, in spite of contrary winds. But I must leave you now, for punctuality is the hallmark of a shop-girl."

"No more than of any other kind of a girl," urged Mrs. Jocelyn, as she, too, rose from the table. "*Don't classify yourself, then no one else will.*"

"Curly-head's Prayer"

Written for the *Cooking-School Magazine*

By Mary J. W. Houghton

"Give us this day our daily bread"
 Slowly chanted our Curly-head,
 Bowed in innocent, childish grace,
 Almost hiding her smiling face;
 "And give us butter, too," she said,
 "Just like what grandma used to spread
 On cake, with berries stirred all through,
 And please, Lord, give us berry cake, too."

The summer past our Curly-head
 Had spent at Grandpa's, where she said
 She did what mamma told her to,
 Was a good girl, and helped them do
 'Most everything,—fed tabby milk,
 Sewed blocks for grandma's quilt of silk,
 Helped feed the hens, and turkeys corn,
 When "dinner's ready" blew the horn.
 Helped grandpa find the bantam's egg,
 Fed Rover when he'd stand and beg,
 Helped every time 'twas washing day,
 Holding clothes-pins for Auntie Ray;
 Helped auntie pick the berries blue,
 Saw grandma stir and stir them through
 The cake, and in the oven bake it,—
 "'Twas so good. I helped to make it."

Blueberry cakes, of grandma's days,
 Have ever had their meed of praise:
 Not only from the children small,
 But from the children grown so tall
 That above grandma's silvery curls
 Stand the heads of boys and girls,
 Who in their youth had each their share,
 And now would offer Curly-head's prayer.

Menus for One Week in August

(Farm-house. 15 Boarders)

"The most frequent cause of discomfort from the heat is probably overfeeding."

SUNDAY	<p><i>Breakfast</i> Cereal. Berries. Cream. Brook Trout, Fried. Cucumbers. Potatoes Stewed with Bacon. Baking-powder Biscuit. Dry Toast. Cream Toast. Milk. Coffee.</p> <p><i>Dinner</i> Fowl (year old) Stewed and Panned, Bechamel Sauce. Baked Sweet Potatoes. Corn Fritters. Lettuce Salad. Ice-cream. Coffee.</p> <p><i>Supper</i> Dried Beef, Frizzled. Dry Toast. Toasted Biscuit. Rice Pudding with Raisins. Berries, Cream.</p>	<p><i>Breakfast</i> Cereal. Stewed Crab Apples. Salt Codfish Balls. Dressed Lettuce. French Omelet. Sweet Apple Muffins. Cream Toast. Milk. Coffee.</p> <p><i>Dinner</i> Lamb Broth with Barley. Corned Beef. New Cabbage. Onions in Cream Sauce. Beets, French Dressing. Tapioca Custard Pudding, Liquid Berry Sauce. Green Tomato Pie. Cereal Coffee.</p> <p><i>Supper</i> Hot, Green Corn Custard. Barley Crystals, Cream. New Rye Biscuits. Apple Sauce. Cottage Cheese. Tea. Milk.</p>	WEDNESDAY
MONDAY	<p><i>Breakfast</i> Cereal. Baked Apples, Cream. Chicken on Toast. Poached Eggs on Toast. Broiled Sweet Potatoes. Rye-meal Muffins. Milk. Coffee.</p> <p><i>Dinner</i> (one o'clock). Leg of Lamb, Roasted, Mint Sauce. Baked Bananas, Currant Sauce. Sweet Corn on the Cob. Franconia Potatoes. Tomato Salad. Berry Pie. Coffee. Milk.</p> <p><i>Supper</i> Cream-of-Pea Soup, Browned Crackers. Hot Boiled Rice. Apple Sauce. Bread and Butter. Milk. Tea.</p>	<p><i>Breakfast</i> Cereal. Baked Apples, Cream. Corned Beef Hash with Green Pepper. Eggs in the Shell. Sweet Corn Griddle Cakes. Milk. Coffee.</p> <p><i>Dinner</i> Beefsteak. Baked Sweet Potatoes. Breaded Egg Plant. Tomato Salad. Hot Cornstarch Pudding, Chocolate Sauce. Frozen Apricots. Cookies. Tea.</p> <p><i>Supper</i> Hot Ham Timbales, Tomato Sauce. Nun's Toast. Boiled Rice, Cream. Hot Sliced Apples Baked till Red, Cream. Milk Tea.</p>	THURSDAY
TUESDAY	<p><i>Breakfast</i> Cereal. Berries, Cream. Cold Boiled Ham, Sliced Thin. Eggs as Ordered. White Hashed Potatoes. Corn-meal Muffins. White and Graham Toast. Milk. Coffee.</p> <p><i>Dinner</i> Fresh Fish Chowder. Lamb Croquettes, String Beans in Cream. Lettuce-and-Tomato Salad. Apple Pie. Vanilla Ice-cream, Powdered with Crushed Caramel. Coffee. Milk.</p> <p><i>Supper</i> Cream-of-Corn Soup. Lettuce-and-Egg Salad. Cream Toast. Berries. Milk. Tea.</p>	<p><i>Breakfast</i> Cereal. Melons. Creamed Corned Beef au Gratin. French Fried Potatoes. Dry Toast. White Mountain Muffins. Coffee. Milk.</p> <p><i>Dinner</i> Mock Bisque Soup. Boiled Salmon. Cucumbers. Summer Squash. Corn on the Cob. Custard Pie. Blanc-mange, Cream or Currant Jelly. Cereal Coffee.</p> <p><i>Supper</i> Blueberry Tea Cake. Baked Pears. Cookies. Crackers. Milk. Tea.</p>	FRIDAY
SATURDAY	<p><i>Breakfast</i> Cereal. Berries, Milk. Poached Eggs with Creamed Celery. Entire-wheat Buns. Coffee.</p> <p><i>Dinner</i> Stewed Chicken, Boiled Rice. Escalloped Tomatoes. Corn Fritters. Hot Baked Beets, Sliced and Buttered. Hot Cabinet Pudding. Currant Jelly Sauce. Blueberry Pie.</p>	<p><i>Supper</i> Salmon Timbales, Peas. Pulled Bread. Blackberry Short Cake. Tea.</p>	

Menus for One Week in September

Live on plain foods, eat fruit freely and skip a meal now and then.—Adapted from "New Thought."

SUNDAY	<p><i>Breakfast</i> Nutmeg Melons. Shredded Wheat Biscuit, Cream. Parker House Rolls. Coffee.</p> <p><i>Dinner</i> Cold Roast Veal (Rump, Boned and Stuffed). Hot Brown Sauce. Plain Boiled Potatoes. Cauliflower Soufflé. Sweet Pickled Pears. Peach Sherbet, in Cups, Whipped Cream. Coffee.</p> <p><i>Supper</i> Sardines with Lettuce. Nut Bread and Butter. Sliced Peaches, Sugared. Tea.</p>	<p><i>Breakfast</i> Old Grist-mill Toasted Wheat. Sweet Apples Baked. Cream. Hashed Beef on Toast. Rye-meal Muffins. Cocoa or Chocolate.</p> <p><i>Luncheon</i> (Cold) Oyster Stew, Sliced Tomatoes. Berry Pie. Cereal Coffee.</p> <p><i>Dinner</i> Cold Roast Beef. Baked Potatoes. Spiced Gooseberries. Celery. Cubes of Turnip in Cream Sauce. Grapes.</p>	WEDNESDAY (Cold)	
	<p><i>Breakfast</i> Berries. Ralston Breakfast Food. Broiled Mackerel (Salt or Fresh). Potatoes Hashed in Cream. Toast. Coffee.</p> <p><i>Luncheon</i> Eggs Shirred in Tomatoes. Sweet Corn Roasted on the Cob. Rolls, Reheated. Blackberry Pudding, Liquid Sauce.</p> <p><i>Dinner</i> Veal Soufflé. Lima Beans in Cream. Celery. Crackers. Cheese. Sliced Peaches, Sugared. Tea.</p>	<p><i>Breakfast</i> Pettijohn's Breakfast Food. Baked Apples Stuffed with Dates, Cream. Beauregard Eggs. German Coffee Cakes. Coffee.</p> <p><i>Luncheon</i> Succotash. Bread and Butter. Apple Pie. Cream Cheese. Tea.</p> <p><i>Dinner</i> Tomato Soup. Fore quarter of Lamb, Boiled, Capers Sauce. Pea Timbales. Summer Squash, Well Buttered. Celery Salad, Boiled Dressing. German Peach Cake, Hard Sauce. Tea.</p>	THURSDAY	
TUESDAY	<p><i>Breakfast</i> Grapes. Grape-nuts. Columbia College Omelet. Creamed Celery on Toast. Coffee.</p> <p><i>Luncheon</i> Baked Sweet Potatoes. Frizzled Dried Beef. Berry Pie. Cereal Coffee.</p> <p><i>Dinner</i> (Cold Rainy Day). Roast Ribs of Beef. Potatoes, Franconia Style. Escalloped Tomatoes. Cold Beets, French Dressing. Cottage Pudding, Liquid Berry Sauce. Tea.</p>	<p><i>Breakfast</i> Gluten Grits. Sliced Peaches, Cream. Smoked Halibut, Creamed. Baked Potatoes. Muffins. Cereal Coffee.</p> <p><i>Luncheon</i> Corn Chowder, Crackers. Pickles. Pared Apples Cooked in Casserole, Cream. Coffee.</p> <p><i>Dinner</i> Green Pea and Tomato Soup. Baked Bluefish, Shredded Wheat Stuffing, Pickle Sauce. New Onions, Buttered. Blackberry Pudding, Liquid Sauce.</p>	FRIDAY	
SATURDAY	<p><i>Breakfast</i> Boiled Rice, Cream. Stewed Potatoes with Bacon. Sliced Tomatoes. Rye Parker House Rolls. Cereal Coffee.</p>	<p><i>Luncheon</i> Cauliflower Soufflé. Bread and Butter. Peach Shortcake. Tea.</p>	<p><i>Dinner</i> Lamb Croquettes. Lima Beans. Corn Custard. Pickled Beets. Blackberry Sponge. Tea.</p>	

Picnic Menus

Only the hungry know the real joy of eating. Simple outdoor life stimulates the muscular system, and induces or preserves a state of health.

Family Picnic

I.

BACON-AND-EGG SANDWICHES.
SARDINES. PICKLES.
BAKING-POWDER BISCUIT, BUTTERED.
APPLE TURNOVERS. COTTAGE CHEESE.
ICED COCOA. GRAPES.

II.

COLD ROAST LAMB, SLICED THIN.
POTATO SALAD.
NUT-BREAD-AND-CURRANT JELLY SANDWICHES.
HOT CEREAL COFFEE.
GRAPES. MELONS.

School Boys' Picnic

HOT BOILED OR BAKED EGGS.
POTATOES BAKED IN HOT ASHES.
"SQUIZZLED" BACON.
BOSTON BROWN BREAD WITH RAISINS.
DOUGHNUTS. CEREAL COFFEE.

Men's Fishing Picnic

BAKED BEAN SALAD.
SLICED HAM SANDWICHES. NUT-BREAD SANDWICHES.
COLD BOILED EGGS.
MOCK-MINCE TURNOVERS. COFFEE.

Picnic for Young Ladies and Gentlemen

I.

LITTLE CHICKEN PIES.
CURRANT JELLY. PIM-OLAS.
GREEN PEA-AND-CARROT SALAD, BOILED DRESSING.
PARKER HOUSE ROLLS, BUTTERED.
ICE-CREAM. CAKE.
COFFEE. LEMONADE

II.

CREAMED EGGS AND LOBSTER, OR
CREAMED CHICKEN AND PEAS
(CHAFING-DISH).
NEW RYE BREAD-AND-BUTTER SANDWICHES.
COLD BOILED HAM, SLICED THIN.
RADISHES. OLIVES. SALTED NUTS. CHELSE.
PEACH SHERBET. STRAWBERRY TARTLETS.
SPONGE CAKELETS. LEMONADE.

In Reference to Illustrations, Recipes, Menus, Etc.

DURING the heated season the folly of having six hot kitchens in as many flats is borne home to us most forcibly, and we say, "Cannot some plan be worked out by which five of these hot kitchens may be kept cool, even throughout the entire day?" Add to comfort economy in fuel, and the wonder is that six kitchen fires are ever tolerated under one roof. We do occasionally realize that kitchen ranges, no matter what the fuel may be, are extravagant; but we fail to grasp the fact that extravagance is piled upon extravagance throughout the entire preparation of our meals, from buying to serving. One or two illustrations will emphasize this. In factories, where luncheons are provided for the workmen, it has been proven that good coffee, *bought by the quantity*, can be prepared and served with hot milk at one cent per cup without loss, and in some cases at a slight profit; that sandwiches of all kinds can be sold at two cents each, oyster soup at five cents per plate, other soups at two or three cents per plate, and a Hamburg steak, with slice of bread, for two cents.

Consider the cost of service, fires, marketing, etc., for twelve families, and then note how it has been cut down by "co-operation." In Ontario, Cal., twelve families, comprising ministers, doctors, lawyers, bankers, and business men, all living within a radius of eight blocks, have formed a "Co-operative Family Club." The club rents a new two-story structure for \$20 a month. The lower rooms are used for dining-rooms and

kitchen, the upper rooms are occupied by the four employees of the establishment, who receive remuneration in money to the amount of \$150 per month. These employees are a stewardess and dish-washer (women) and a cook and waiter (men).

The women of the club, in turn, make out the daily menus, thus insuring each family a voice in the selection of the food. The number of courses is regulated by an executive committee; as, for dinner, the meal is restricted to one kind of soup and meat, two vegetables, a salad, and one variety of dessert.

Each family has its own table linen and silver, and each dresses the table at will, with fruit or flowers usually found in profusion in the home garden. Children from two to five pay half-rates, and all over five are assessed at full rates. When the bills for the month are all in, the assessment per capita is made out. Up to the present time the average cost for each person has been eleven cents per meal. All food products are of the best quality, and, being bought in large quantities, are obtained at special rates. Breakfast is served from 6.30 to 8.30, luncheon from 12 to 1.30, and dinner from 5 to 7. To prepare and serve these meals is the sole business of the day, and with the hours named one waiter suffices.

The possibility of securing three satisfactory meals per day, with all the attendant expense of preparation, including fuel, service for kitchen and dining-room, for about thirty-three cents per individual, is a condi-

tion devoutly to be desired by the large majority of housekeepers. Still this method could be attempted only in rare localities. Many a household could have no part in such a scheme. We should be pleased to hear from others who are trying any form of co-operative housekeeping.

Apples Again

Apples are again in season, and, with this accommodating fruit at hand, the resourceful housekeeper need never be long at a loss as to what she shall serve. More often the trouble lies in the "embarrassment of riches" suggested by this fruit. Bread, cheese, and cream are complementary dishes, adding nutritive value and richness, in which the apple is deficient. For a change try cooking apples, neatly pared and cored, very slowly in a casserole. Sprinkle with sugar, and add a few spoonfuls of water before covering the dish. When cooked, the apples should be whole, tender, and red in color.

Ice-cream with Caramel

For sake of variety try sprinkling ice-cream, after it has been "dished," with powdered caramel. Pour the liquid caramel onto an oiled platter or marble slab, and, when thoroughly cold, pound quite fine in a mortar.

For Picnics

Hot dishes are not considered essential at picnics. Much, however, depends upon the weather and the locality. Young men and women often feel disposed to carry along a chafing-dish, as a little cooking helps to fill up the time. A level place on which the dish may stand during the process of cooking, and, after the lamp is filled, the careful covering of the tube through which the alcohol flows, are conditions to note, if one does not

court sure disaster. Of course, the contents of the blazer may be cooked with the alcohol running over the lamp and aflame; but, to say the least, such a state rather detracts from the pleasure of the company, and is a menace to lace or muslin draped arms and table linen. Boys on a picnic, as elsewhere, must have something to do, and building a stone fireplace, bringing water, collecting wood, and wrapping green corn, fish, potatoes, eggs, and the like in damp paper, preparatory to burying them in hot ashes, appeals quite strongly to their tastes. In after years the flavor of these viands, prepared with their own hands and eaten in the open air with the zest acquired by exercise and sharpened by the delay of such primitive cooking, will be recalled, again and again, with satisfaction and pleasure.

Canning

In the article in this issue by Mrs. Lucas the subject of canning is ably treated, and only a word will be added here. As is well known, the fresh juice of the pineapple possesses the power of digesting proteids. It is also a specific in liver troubles and catarrhal affections of the throat and alimentary canal: hence it is very desirable to be able to preserve it in an uncooked state. Our experiments were not begun early enough in the season to warrant positive assertions as to the method by which the fruit may be preserved in a fresh state, but we will state what has been done, and be glad of corroboration or denial of the practicability of the method employed. Single efforts do not give satisfactory data. Pineapple, sliced or picked from the core with a silver fork, will not keep when put up in cold water, though in this manner rhubarb is successfully canned.

Grated pineapple mixed with sugar, pound for pound, and left thus overnight, may be successfully stored in sterilized jars, the covers being sterilized and new rubbers used.

Harmony in Food and Weather

Do not get into the habit of having certain dishes on certain days, "even if the sky falls." To some extent let the weather settle the choice of food for you. Of course, after all one's efforts to make the day's menu harmonize with the climatic conditions, one will often produce a *contratemp*; but with a little management the situation can be redeemed, and harmony brought out of seeming discord. The morning is hot, dry and sultry, a typical August morning. Ices and salad are the only dishes that seem desirable to you, and your plans are laid accordingly. A thunder shower in the late afternoon brings an autumn chill into the air, and your carefully selected menu is anything but desirable. Plenty of hot chocolate, coffee, or caramel sauce over a small service of ice-cream will change the nature of the ice. As for the salad, the dressing may be reserved until a more opportune time, and the other ingredients served in a creamed or curried dish. The cooked salad materials have been marinated? So much the better. You are tired of creamed dishes? Then why not try timbales.

Concerning Timbales

Salmon, chicken, peas, beans, cauliflower, almost anything that you had been planning to present in a salad, may be transformed into timbales just as well as into creamed dishes. Nicely cooked timbales are dainty fare, and, if an unexpected guest arrives, you will end by congratulating yourself that you have

such a satisfactory way of serving a cup of cooked material. If the product be meat or fish, the larder needs afford three eggs and a cup and a half of milk or stock, to complete the dish. Ten timbales of the ordinary size will be the result.

While we are about it, let us investigate the timbale subject a little further; for, when one sets out to have a dainty dish, everything about it must be "consistent." To set delicate fare, slovenly prepared, before one's family or guests is the acme of "shoddiness" in cookery. Even a child, who is neat-handed and properly instructed in the elements of cookery, can turn out as handsome timbales and custards as a chef. The true cook, compared with the cook of the "shoddy" type, has ever an eye to appearance.

The illustration, showing something of the preparation of pea timbales, is given as typical of the mode of preparing all dishes of this class. Timbales are very simple dishes, and, as with all simple things, are not usually given the attention necessary to secure the perfect product. The timbale takes its name from the purée that forms its basis, as salmon, chicken, ham, or pea timbales. The purée is solidified with eggs. When cooked, the consistency should be that of a smooth, well-baked custard rather than of a light, spongy soufflé. This condition is secured by beating the eggs, without separating, until the whites and yolks are evenly blended.

Of course, the timbale mixture may be cooked in an ordinary baking-dish and served from the same, but the idea is to serve the article turned from a drum-shaped mould (timbale), either large or small, in perfect shape. Often timbales are decorated. This is an additional reason why the retention of shape is desirable.

Thorough oiling of the moulds with oil or clarified butter is a first essential. The liability of the decoration or of the mixture itself to stick to the mould is obviated absolutely by lining the bottom of the mould with buttered paper. Set one of the moulds upon several folds of paper (see illustration), and with pencil draw a line around and close to the mould, then cut out inside the line. The paper may be folded to cut a dozen or more linings at once. Butter the papers thoroughly, after they are put in place. After the timbales are unmoulded, remove the papers with care. While filling the moulds, tap them occasionally on the table, that the preparation may settle down closely.

Delicate cooking is the next essential to perfect timbales. The cook-

ing is a sort of "poaching," and may be done in the oven, on top of the range, or in a chafing-dish or steam kettle, provided only the temperature be kept below the boiling-point of water.

Into the dish, in which the moulds are to be set, put several folds of paper. A trivet, if one of the right size be at hand, is the proper thing, but several folds of paper answer the purpose; *i.e.*, furnish a means of raising the timbales above the direct heat, yet letting hot water come in contact with them. Pour boiling water into the outer dish until it rises half the height of the moulds. Reheat to the boiling-point, then set to cook where the water will not boil. The timbales are cooked when firm to the touch at the centre of the upper surface.



Pointers on Preserving Fruits

By Mrs. E. M. Lucas

THE process of making fruit a factor for next winter's delight is an interesting topic to all housewives, and especially so, when little variations and differences, prompted by the materials on hand or mayhap a good palate and a discerning eye, are suggested.

The first step in the process of preserving is to secure fruit of uniform ripeness and at the height of its flavor, and cleanliness must be as much a part of the regular routine as the selection of the best materials.

By a very simple contrivance an ordinary wash-boiler may be converted

into an excellent fruit steamer, one that will do the work as well as an expensive sterilizer.

Take a piece of board about one-half an inch thick and of a size to fit loosely into the bottom of the boiler. Have the board perforated with holes an inch in diameter, and with a space of two inches between each. On the under side of the board nail cleats six inches high, one in the centre and one near each end. These serve a double purpose, primarily to keep the board above water, also to prevent it from warping. Put water to the depth of four inches into the boiler, put in the

board, and the steamer is ready. On the board the jars are placed, filled with the raw fruit, covered with a rich syrup. Have rubbers adjusted and lids screwed on loosely. Cover the boiler closely. If the lid does not fit, lay under it a thick cloth, so as to prevent steam from escaping. Bring water to the boiling-point, and boil from ten to twenty minutes, according to the nature of the fruit. Berries require steaming ten minutes, peaches and apricots fifteen minutes, while pears and such fruit must be steamed longer. When done, screw lids on tightly, and set on table to cool.

By this method not only is the flavor of the fruit retained, but the shape is preserved, and the ease with which the work may be done is also worthy of attention.

Strawberries are delicious prepared in this manner. Hull the berries and drop into a bowl. To every pound of fruit use half a pint of sugar and half a pint of currant juice obtained by cooking the currants and straining the juice through cheese-cloth. Boil the currant juice and sugar ten minutes. Pour the boiling syrup over the berries, cover closely, and set aside until the following day. Then drain off the syrup carefully, boil, and pour over the berries again. Repeat once more. Then put the berries in jars, heat the syrup, pour over berries, and adjust rubbers and lids. Raspberries are delicious prepared in the same manner. Thus prepared, the fruit has the aroma of the fresh product, and is a great help in varying one's list of dainty desserts in the winter time. The berries may be jellied with charlotte russe, used to make a mousse, a water ice, for iced puddings, and so on.

A delicious conserve is made of cherries combined with lemons. Use one-half a pint of lemon juice and one-

half a pint of sugar to every three pounds of pitted and stemmed cherries. Fill jars with the cherries, boil the sugar and lemon juice ten minutes, and pour over cherries in jars until overflowing. Adjust rubbers and lids, cook in jars, as directed, ten minutes.

With deftness the housewife can produce as dainty a dish of crystallized cherries as the most expert confectioner. These are worth all the time and care consumed in making, as innumerable are the ways in which they may appear to the palate a joy. Stone and weigh the cherries, and allow four pounds of sugar to eight pounds of fruit. Put the sugar and cherries, in alternate layers, in a bowl, cover and let stand over night. Place over the fire, in a granite-ware kettle, and, as soon as it comes to a boil, remove the cherries with a perforated ladle and put them on dishes. Boil the syrup one hour, then put into it half the cherries, cook ten minutes, remove to a dish, and cook the other half ten minutes. Put all the cherries into the hot syrup, and set away over night. The next morning drain the syrup, carefully, from them, and place the cherries, loosely, on dishes and set in the sun to dry. Boil the syrup briskly until it is thick like honey, and pour into a bowl. Every day pour a little of the syrup over the cherries, until all has been absorbed. Turn the cherries daily, and, when perfectly dry, which will be in about ten days, pack between layers of waxed paper.

When currant jelly is in the process of making, add half its bulk of rhubarb juice. Simply put the rhubarb into an earthen bowl, add a few spoonfuls of water, bake in a slow oven one hour, turn into a jelly bag, and let drip over night. Add an equal quantity of currant juice and proceed in the usual manner.

Plums and nectarines are another

good combination for jelly. Use half of each variety of fruit. The fruit may be cooked together or separately at one's option. To extract the juice, add a little water, then cook slowly until the juice flows freely. Strain through a jelly bag, measure, and add three-fourths a cup of sugar to each cup of juice. Boil fifteen minutes, and pour into heated jelly glasses.

Equal parts of grapes and apples make a well-flavored jelly, nice to serve with game and meats.

In making apple jelly, try the effect of the juice and the thin yellow rind of a lemon to each pint of apple juice. Skim out the bits of lemon rind, when the jelly is put in glasses. Apple jelly to serve with roast goose or pork is flavored delicately with mint. Make the jelly in the usual way, using green, unripe apples, which make a very clear jelly. To each cup of the strained juice add, before adding the sugar, a tablespoonful of mint juice prepared in this way. Wash one cup of mint leaves, add one cup of hot water, and let steep one hour. Lay a piece of cheese-cloth over a bowl, pour into it the mint leaves, and roll up and press out all the moisture. This gives a dark green mixture that colors the apple jelly a delicate tinge of green.

The flavor of apricots harmonizes with pineapple, so try this marmalade. Wash three pounds of apricots, cover with boiling water, let stand ten minutes and slip off the skins. Put to cook with one pint of water, cook to a pulp, and strain through a colander. Add one pound of pineapple: the raw grated pineapple may be used or the canned article. In the latter case chop fine, and add also the juice from the can. Cook twenty minutes. Add to this amount of pulp two pounds of sugar and two tablespoonfuls of fine-chopped, blanched apricot-kernels. Cook fifteen minutes, and pour into

glasses. When cold, cover with paraffine. This is an excellent foundation for marmalade sauce to serve with puddings, omelettes, and so on.

For an excellent water ice, add one pint of water to a pint of marmalade. Pass through cheese-cloth, add a tablespoonful of *crème de noyaux*, and sugar to make quite sweet. Freeze as usual. If something richer be wanted, use half the quantity of water and add a cup of whipped cream.

The humble pumpkin makes a wholesome sweet. Remove the rind and seeds, and cut into inch cubes. To every pound of pumpkin allow half a pound of sugar and two ounces of whole ginger root. Put these ingredients into a jar, in layers, and let stand three days, when a goodly quantity of rich syrup will have formed. Add to every three pounds of pumpkin the juice of two lemons. Pour all into a large kettle, and cook slowly until the pumpkin looks clear, but is not broken. Store in small pots or glasses, covered with paraffine. This is nice to serve with, or to add to, ices or frozen puddings. It can be used in any recipe that calls for preserved ginger, which it greatly resembles.

Grape juice is easily put up, and is useful in many ways. Wash and stem eight pounds of grapes; add one quart of cold water. Set on the stove, and bring to a boil slowly. Let boil fifteen minutes. Stir and mash with a wooden spoon, strain through a jelly bag, add half a pound of granulated sugar to each quart of juice, and boil fifteen minutes. Fill heated bottles, cork and seal while hot.

This will be found useful for sherbets and iced puddings. It is excellent for sauces, to serve with boiled puddings; and, with lemons, hot water and a dust of cinnamon, a delicious hot punch may be evolved that is comforting, on cold days.

Novel Entertainments

A Tin Wedding

FOR a tenth anniversary celebration procure tinfoil and lay a wide band of it across the supper table. Make frills or *bobèche* of it, also, for your candlesticks, and even cover with it cigars for the gentlemen.

The chief ornaments of the table should be bride roses and a cake decorated with a wreath of wedding bells, with dates in the centre or with initials entwined in a cipher monogram.

Use tin plates for the first course,—the little ones children used to have with alphabet borders and “who killed Cock Robin,” now rather hard to find. If not obtainable, have some made with the monogram and dates pressed in, and present these as souvenirs.

The gifts may comprise everything from a nutmeg grater to a watering-pot or steam-cooker.

The new Kayserzinn ware, or German tin, which is not like either silver, pewter, or britannia, is much used now. It comes in artistic shapes and appropriately decorated with patterns in relief, also plain. It requires less care to clean than silver, and is quite the newest and most suitable thing for a tin wedding.

Julia Davis Chandler.

A Trunk Party

When boarding in the summer, one is often at a loss for pleasures suited to old and young or semi-invalids, to whom athletics are impossible, dancing undesirable, and refreshments superfluous. Especially, for a rainy morning on the veranda or a long evening, something is desired to en-

liven the hours until bed-time besides music and cards. Of course in a large and unhomogeneous assembly the following idea would be impossible, but often a summer household is pleasantly united and harmonious, even if the people are from different localities and of varying social and religious views.

In such a home suggest a trunk party. Each one is to go to his or her trunk and bring down some one thing to show and describe or explain to the assembled company. Perhaps you may say you have nothing of interest; but think a moment. You may have a curious bit of jewelry, a bonbon box, or card case, or other souvenir of some country many have never seen, or a photograph of some friend you “take for granted,” but to others of interest, as a beautiful society leader, a rising young author, or noted scholar.

Many men are expert with the camera and have views to show, and many girls have collections of mounted seaweeds, rare shells, or ferns, or portfolios of water colors of brilliant fungi or flowers.

The older ladies may have fancy knitting or crochet, which they have not shown already, or embroidery. If the assembly be wholly of ladies, then some new idea or pattern for a garment, as a kimona or *négligé* jacket or a dressy fichu.

If you have nothing but a piece of string, tie a “Tom-fool’s knot”; that is, a bow-knot in one movement after you pick up the string, or an elaborate cat’s cradle, which will at least amuse the children present.

After listening a while, the audience

will resolve itself into groups devoted to the subject most to their taste.

Julia Davis Chandler.

A Handkerchief Bazaar

Among the novelties in church entertainments given recently is a handkerchief bazaar. Cards containing the following lines were sent out far and wide to the friends of all members.

To all our friends, though far or near,
We crave your kind attention.
So please to lend us now your ear,
While we a subject mention.
The members of this society will hold,
On a day not distant far,
If we have been correctly told,
A "Handkerchief Bazaar." ❧

So this is, then, our plea in brief:
To help our enterprise,
You each shall send a handkerchief
Of any kind or size.
To be without a handkerchief,
You know, is quite distressing.
From every State let one be sent:
'Twill surely be a blessing.

Very few would refuse a handkerchief. Many of them were very inexpensive, while others were exquisitely made of the sheerest linen and ornamented with lace, inserting, and hemstitching.

The hall was most attractive, green and white being used throughout the decorations. Booths of various shapes were festooned with vines, which gave the appearance of little ivy-covered summer-houses, and from them hung a vast array of handkerchiefs of every conceivable style, and ranging in price from five cents to two and three dollars. The young women in charge of the booths wore costumes of white with green sashes and neck ribbons.

The refreshments consisted of green and white ice-cream (vanilla and pistachio) and a white cake iced in green. The girls serving wore white gowns and little aprons and caps of green.

Carrie May Ashton.

A Mermaid's Carnival

Nothing could be more exquisitely harmonious than the entertainment described below.

The walls of the rooms were of a delicate shade of green with a dado of sea grasses and mosses, while the ceiling was a dream of sea-shell tints. Sea mosses were fastened on filmy lace curtains. Hanging from the chandeliers were dozens of tiny scallop shells, in pairs, suspended by narrow sea-green ribbon. Other groups of shells were fastened with loops of ribbon to the draperies.

The rambling studio was given over to fancy articles, which were offered for sale. There were pin-trays, fashioned from pretty shells with a shirring of ribbon around the edge; pin-balls, which were made by inserting a little cushion of pink velvet between a pair of small scallops; and shell jewel cases. There were pen-wipers of chamois skin and needlebooks of white flannel with shell covers. Several pairs of large shells were utilized for dainty home-made cook-books. One dear little novelty consisted of a number of appropriate Scripture verses, lettered in gold on creamy unruled linen paper, inserted between a pair of shells. There were other shells with blank pages within arranged for addresses, visits, records of books read, entertainments attended, and memorandas.

Small silken bags were fastened in some of the shells. Those could be utilized for various purposes.

Some fine views, taken by an amateur photographer, were neatly mounted and fastened between a beautiful pair of shells. The prices asked were reasonable, and the entertainment was well patronized.

The dining-room was a symphony in silver and green. Asparagus, ferns, and feathery grasses were festooned

from the corners and sides to the centre of the room, where they culminated in a graceful mass of greens. There was a miniature lake in the centre of the table, banked with moss and feathery grasses. Green candles in silver candlesticks with silver and green shades shed a soft light over the table.

Several tête-à-tête tables were arranged around the dining-room. A number of larger tables were on the spacious veranda, which opened off from the dining-room. Here was served a dainty and delicious repast of simple light refreshments, according to the hour or as the guests preferred. The menu, which was served in shells, is given below:—

- Clam Bouillon.
- Fish Soufflé (baked in scallop shells).
- Cress Sandwiches.
- Olives. Salted Nuts.
- Fish Salad.
- Salted Wafers.
- Ices (in the form of seashells).
- Cakes (iced in green).
- Cream Patties.

The Reception Committee were veritable sea nymphs in their costumes of pale green tulle or mull, and delicate coral and silver girdles and necklaces.

The shells used in this entertainment were all gathered at the seashore, and carefully cleaned before packing.

Carrie May Ashton.

Training Schools for Houseworkers

By Gwendolyn Stewart

Third Paper

IN New York City an effort has been made to train houseworkers in two institutions, the Clara de Hirsch Home and Training School for Working Girls, and the Wilson Industrial School for Girls. During the last year a very successful training class has been conducted in the former institution. The work has been in charge of a recent graduate of the Domestic Science Department of Pratt Institute. A class of ten was formed in the early fall, and, after nine months of thorough training in all forms of household work, the members were ready to accept positions upon three months' probation. If successful work is done during that time, certificates of proficiency will be granted them. The training has

been largely practical. They have been given class work in cookery in a regular class-room kitchen for six months. During the next three months they were divided into squads of four. Each squad was given specific practical work. The cookery squad prepared regular meals for their instructor, the resident directress of the home, and two guests. The laundry squad did the laundry work for the class, their instructor, and the resident directress. The chamber-work squad had charge of four rooms in the home. Each afternoon one-half hour's work in English was given. The members of the class were free to make outside engagements for the evening, and several had constant engagements as waitresses or assist-

ants at evening dinners or receptions. They received twenty-five cents per hour for their services.

The Wilson Industrial School for Girls is supported for the purpose of training poor girls for household work. The children come from very poor homes,—so poor that they are not able to attend the public schools. The Wilson Mission provides them with clothing, luncheon, and instruction. Girls from five to fourteen years of age are admitted. They are taught regular school work, and, in addition, sewing, cookery, and general household service. A thorough course in kitchen garden is given the younger girls. Cookery lessons are now given only twice a week, but a vigorous effort is being made to secure funds for daily lessons. The care of the school and of the matron's home gives the scope for practical training in general housework.

"The lessons given in cooking and kitchen garden training show good results by increase of method and neatness in the homes." At the annual exhibition many of the dishes had been made by the children in their own homes, and then brought to the school for exhibition. At the age of fourteen the children are discharged; that is, just at an age when they are ready for professional training. They are far too young, undergrown as they are, to be able to take responsible positions in homes. But into homes they do not and will not go. They prefer factory life, with its independence and freedom. Many applications are received at the school for trained workers, but the children will not accept them. Here, it seems, is the place for a training school for houseworkers to fit in, and take the girls for another two years of special training in household work and allied studies.

This need, which is experienced by many other institutions having the care of girls until they are twelve or fourteen years of age, is filled, in part, by the Brooklyn Training School and Home for Young Girls. It is supported by the Brooklyn Board of Associated Charities. Girls are taken from twelve to sixteen years of age. If ready for work at sixteen, they are secured positions, as assistants, in homes, and are allowed to go out on probation. If they prove unequal to their duties in the home, they are recommitted to the school. All the work of the training school and home is done by the girls under the guidance of instructors. Although the conditions are extremely simple and plain, a thorough training is given in neatness and cleanliness. A visit to the home reveals the most perfect order and scrupulous cleanliness. Even a year in such a home cannot fail to leave the most lasting and effective imprint upon the girl's consciousness of order and neatness. The laundry work and sewing are also done by the girls. In the afternoon, school sessions for instruction in the common school branches are held. When ready for engagements, the girls are recommended as household assistants. Positions are secured for them in homes where the housewife superintends and assists in the preparation of the meals, and directs herself each day's programme. It is felt that these girls, being in many cases immature, need the influence and sympathetic watching of a mature and thoughtful mind. The demand for the girls far exceeds the supply.

A committee of women in Williamsport, Pa., started a training school for girls, in March, 1895. "Its object is the training and care of homeless girls for the useful occupation of domestic service." The age of admis-

sion is from seven to fifteen years. The school accommodates from forty to fifty inmates. The children attend the public school until twelve years of age. For the remaining four years they receive special training in all forms of household work. At the age of sixteen, positions are easily secured for them. The school is now conducted on an annual allowance from the State legislature, with some assistance from the city poor board and annual contributions from the women of the committee.

The Philadelphia School of House-keeping, like that of Boston, records a similar increase in the number enrolled in employers' classes, and a gradual decrease and final abandonment of employees' classes. The Housekeepers' Alliance of Philadelphia was formed, in 1898, by a committee of ladies, who conceived the idea of establishing a school of house-keeping. "The object of the school is, primarily, to furnish the household market a body of skilled workers, and thereby raise such labor to the dignity of other trades and professions." The classes organized for employers and employees experienced a growth and decline parallel to that of the School of Housekeeping in Boston. The reports for the three years of work give the following record of students enrolled in classes:—

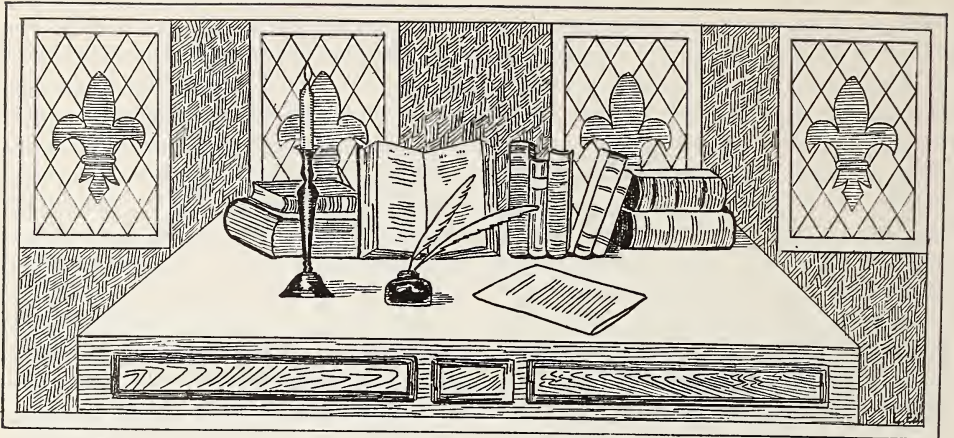
Year.	Employees.	Employers.
1899-1900	21	5
1900-1901	15	29
1901-1902	1	27

This year the school has not had enough applications to justify the formation of any classes for employees, the one employee enrolled having entered a waitress' class for employers, as no class can be formed for less than ten students.

Barring conclusions based upon the

experiences of the Boston and the Philadelphia Schools of Housekeeping, agreement must be with Miss Salmon's belief that a school for employers and employees cannot exist in democratic America. And yet, when the successful development of the Training School for Domestics, conducted by the Boston Y. W. C. A., which also conducts a Normal Department of Domestic Science, is considered, such a conclusion does not seem fully justifiable. It is extremely interesting to find in the same city the most successful and the most unsuccessful school for the training of houseworkers. Cancelling all inequalities of environment and *personnel* of the two institutions, the failure must be attributed, apparently, to differences in management, and not to intrinsic difficulties in the problem.

Though recognizing the differences in social conditions, the rise and development of the training schools in England and on the continent of Europe should awaken a keener enthusiasm for the establishment of such schools in our own country. Two difficulties for consideration are, the expense and the social status of such schools. The first difficulty can be overcome by adopting the Continental method of conducting a laundry and restaurant in connection with the school. The most suggestive locality for such a school is in a college town or in a city, where the students attending the higher institutions of education are non-residents of the city. The students would provide ample means and scope for work during nine months of the year, while, during the summer, the pupils in training could secure probationary positions in the country. As regards the social status of the school, time and success will give it a standard of its own.



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 767.—Mrs. J. T., Boston, Mass.:
“Recipe for maple parfait.”

Maple Parfait

Heat one cup of maple syrup up to the boiling-point, and pour, very gradually, in a fine stream onto the beaten yolks of eight eggs. Return the mixture to the fire, and cook over hot water, stirring constantly until the mixture coats the back of the spoon. Remove to a dish of cold water, and beat occasionally until cold. Then pour over one pint of double cream, beaten solid, and cut and fold the two together. Turn into a three-pint mould, filling the mould to overflow. Cover with a piece of wrapping paper, press the cover down over the paper, which should come out beyond the mould on all sides, and pack in equal measures of salt and crushed ice. Let

stand three or four hours before serving.

QUERY 768.—Mrs. W. W., Georgetown, S.C.: “Recipe for sweet pickles made of whole small fruit or vegetables.”

Small Cucumber Sweet Pickles

Place the cucumbers in a dish with half a cup of salt to two quarts of cucumbers. Cover with boiling water, and let stand over night. In the morning remove them from the brine, place in a granite kettle, cover with vinegar, to which have been added half a cup of whole mustard seed, whole cloves, and cinnamon, mixed, and one cup of sugar. Let come to the boiling-point, but not boil. Put in cans or bottles, and seal while hot.

Green Tomato Sweet Pickles

Remove a thin slice from the blos-

som ends and the hard portion around the stems of one peck of tomatoes. Slice the tomatoes, sprinkle with one cup of salt, and set aside over night. In the morning drain and boil fifteen minutes in two quarts of boiling water and one quart of vinegar. Then drain again. Cook together ten minutes one gallon of cider vinegar, two pounds of sugar (less sugar may be used, if desired), three red-pepper pods, cut in strips, one tablespoonful of white mustard seed, whole, and one cup of cinnamon bark, ginger root, mace, and whole cloves, mixed in such proportions as are desired. Add the tomato, and simmer gently about one hour, stirring occasionally. Remove the spices, which, with the exception of the red pepper that is to be left in the pickle, have been tied in a muslin bag, and store in fruit jars. Let the syrup completely cover the slices of tomato.

Sweet Pickled Peaches

Pour scalding water over the peaches, a few at a time, drain quickly, and push off the skin from each. Press into each peach three or four cloves. Have ready, for seven pounds of peaches, a syrup made by boiling five pounds of sugar and one pint of vinegar with two-thirds a cup of stick cinnamon and a cup of water. Let the peaches cook in the syrup, covered, until they seem scalded throughout, then set aside until the next morning. Scald the peaches and syrup a second time, and set aside as before. The third morning heat the peaches and syrup to the boiling-point, drain the peaches, and store in jars. Let the syrup cook until reduced to the consistency of molasses, and pour over the peaches in the jars. Adjust the rubbers and covers as in canning fruit. Use the the same recipe for pears. Cook the

pears until tender the first day, reduce the syrup, and fill and seal the jars at once. The skin is often retained, when the pears are of the Sickel variety. If other varieties are selected, it is preferable to pare before cooking.

QUERY 769.—Mrs. W. H. C., Kentucky: "Recipes for pink rose leaf-and-nasturtium blossom salad. Is the chicken for salad marinated before or after cooking, and how is it done? Give recipes for cold fruit soups. Tell how to serve, and what to serve with them."

Rose Petals and Nasturtium Blossoms in Salads

Rose petals are used to garnish a fruit salad, and nasturtium blossoms a vegetable, meat, or fish salad. The petals or blossoms are sprinkled over the salad after it is dressed, in the place of chopped fine herbs. Rose petals are a particularly appropriate finish for a peach salad, though the peach and rose season are not the same. The dressing for such a salad is a sprinkling of sugar, sugar and cream, sugar and lemon juice, or sugar and maraschino. Nasturtium blossoms make a particularly suitable garnish for a potato, lamb, or any kind of fish (except salmon, red snapper, and shrimp) salad. The dressing may be French, mayonnaise, or "boiled."

Marinating Chicken Salad

Cut the cooked chicken into small pieces, not more than half an inch square, removing all skin and unedible portions. Stir throughout a pint of the pieces three or four tablespoonfuls of oil, into which salt and pepper have been mixed as required. If the meat was salted during the cooking, but little, if any, will be needed. Sprinkle over a few drops of onion juice and about two tablespoonfuls

of lemon juice or vinegar, mix thoroughly, and set aside in a cool place. When ready to serve, drain,—to avoid liquefying the heavier dressing,—and mix with mayonnaise or boiled dressing, enough to hold the ingredients together. Add more dressing as a garnish or serve in a dish apart.

Cold Fruit Soups

The serving of cold fruit soups is a custom borrowed from the Germans, and is a good way to make use of fruits of second quality that could not be presented in a natural condition. These soups are served as a first course at luncheon or teas in little cups of china or glass. Macarons or any plain sweet cracker may accompany the soup. Sippets of toast are also served. These soups, being sweetened, are, obviously, more appropriate for teas and banquets than for luncheons.

Cherry-and-Pineapple Soup

Stone a cup of sour cherries, and set aside to serve in the soup. Cut one or two slices of pineapple into cubes, and set aside with the cherries. Grate the rest of a pineapple, crack the cherry stones, and add the kernels, with a pint of cherries and a quart of water, to the grated pineapple, let cook twenty minutes. Mix half a cup of sugar with two teaspoonfuls of arrowroot, and stir into the hot soup. Let cook ten minutes. Then strain, and set aside to cool.

QUERY 770.—Mrs. E. S. W., Olney, Ill.: "Kindly tell when to cut and how to cook the Globe or French artichoke. I have boiled them in salted water and served with melted butter. In what other ways may they be prepared for the table?"

Globe or French Artichokes

A portion of the undeveloped blos-

som of the French artichoke is the part that is eaten. The plant has leaves from three to four feet long. The flower stem is from three to four feet high and branched. Each branch supports a blossom very similar to the large purple thistles so common in August by the roadside and in pastures. The broadened axis of the flower is the principal edible portion. This is the part put up in cans for exportation to this country, and is known as the artichoke heart or bottom. The top of this broad axis is covered by a mass of purple flowerets, which are removed after cooking and before sending to the table. Upon the sides of this axis are several rows, one above the other, of sepals, which together constitute the calyx. A portion of the lower ends of these sepals is also edible. The artichokes are cut for the table *before the bud is expanded enough to show the bluish-purple color within.*

Preparation for Cooking

To prepare for cooking, pull off all coarse or discolored sepals, and cut the stem close to the sepals. Set to cook in boiling salted water. Remove and drain as soon as the "heart" is tender. Pull back the sepals, and with a small spoon take out the purple flowerets. The outer ones resemble the sepals in shape, the inner ones correspond exactly to the purple part of a thistle.

Serving Artichokes

To serve plain, cut into quarters, lengthwise, and dispose on a dish provided with a drainer, or, lacking this, upon a hot napkin. Serve the sauce in a dish apart. A portion of the sepals and bottom compose each service. The artichokes are sometimes thus cut before cooking. Any sauce appropriate for asparagus is appropri-

ate for artichokes, as, when hot, provide Hollandaise, Bechamel, or drawn butter, or, when cold, French or mayonnaise dressing. In serving individual portions, pour the sauce over the bottom or upon the plate beside the portion. To eat, pull off the sepals with the fingers, dip the lower end into the sauce, and draw between the closed teeth. The "bottom" is eaten with a fork. As a salad, tongue, chicken, eggs, cucumber, lettuce, or endive, may be added to increase the bulk. The sepals would be used only as a garnish. In the illustration, page 87, the cooked heart of the artichoke, set upon a round of toast, is filled with cooked peas and string beans mixed with white sauce. A particularly elegant way of serving the hearts is with forcemeat: "stuffed artichoke bottoms" would be the designation. Chicken forcemeat, or a forcemeat such as is used for stuffed tomatoes or egg plant, is heaped upon the parboiled-and-cleaned "heart," which is then cooked in the oven with frequent basting. A rich sauce accompanies the dish. See also page 6, June-July issue, 1902.

QUERY 771.—Miss A. J. H., Boston: "Recipes for egg timbales, curry sauce, corn timbales, chestnut timbales, and baba cakes."

Egg Timbales

Beat six eggs without separating the whites and yolks. Add a scant teaspoonful of salt, a dash of pepper, a teaspoonful of chopped parsley, twenty drops of onion juice, and one cup and a half of rich milk. Mix thoroughly, and pour into well-buttered timbale moulds. Cook, set on folds of paper, surrounded by hot water, until the centres are firm. Turn from the moulds onto a hot platter, and surround with

Curry Sauce

Melt three tablespoonfuls of butter. When the bubbling ceases, cook in this three tablespoonfuls of flour and one of curry powder, also a scant half-teaspoonful of salt. Add gradually a cup and a half of milk or white stock, or half and half, and a few drops of onion juice. If preferred, a slice of onion may be cooked, without browning, in the butter, before the flour and curry powder are added. When the sauce boils after all the liquid has been added, it is ready to serve.

Corn Timbales

Follow the recipe for pea timbales, substituting grated corn for the purée of peas.

Chestnut Timbales

Use the recipe given for pea timbales, substituting chestnut pulp for the pea pulp. Shell the chestnuts, cook in boiling water till tender, then drain, and press through a sieve. As the pulp is dry, use two or three more tablespoonfuls of cream or milk than is designated for pea timbales.

Baba Cakes

Make a sponge of a cake of compressed yeast, softened in half a cup of scalded-and-cooled milk, and a little flour. Weigh out one pound of flour, and use a portion for the sponge. Put the rest of the flour into a mixing-bowl, add ten ounces (one cup and a fourth) of softened (not melted) butter, one tablespoonful of sugar, one-fourth a teaspoonful of salt, and three eggs, and work the whole together until smooth. Then add five eggs, one at a time, beating in each egg, carefully, before another is added. When all the eggs are added, the mixture should be very smooth.

When the sponge is light, beat it into the egg mixture. When again very smooth, turn into well-buttered baba moulds, letting the mixture half fill the moulds. Let rise nearly to the top of the moulds, then bake from fifteen to fifty minutes according to the size of the moulds. Serve hot, on a folded napkin, with the sauce (a highly flavored sugar syrup or a fruit sauce) in a dish apart, or serve without the napkin, with the sauce poured over the cakes.

Apricot Sauce

Boil one cup of sugar, three-fourths a cup of water, half a cup of apricot jam, and the juice of two lemons five minutes. Strain, and it is ready for use.

QUERY 772.—K. P. P., Marblehead, Mass.: "Recipes for English muffins, coffee sauce for vanilla ice-cream, and potpourri made of rose petals."

English Muffins

Late at night, add to one cup of milk, scalded and cooled, four tablespoonfuls of sugar, one egg, well beaten, one-third a teaspoonful of salt, one-third a yeast cake, dissolved in half a cup of milk, scalded and cooled, two tablespoonfuls of warmed butter, and flour to make a rather thick sponge. Beat thoroughly, and set aside, covered, until morning. Beat again, and, when light, a second time, bake in well-buttered muffin rings in the oven, or on a griddle. In using the griddle, butter it thoroughly, arrange the buttered rings upon it, and put the thick batter into the rings very carefully, so as not to disturb the bubbles of gas. Fill the rings to two-thirds their height. When baked on one side, turn the muffins and rings together and bake on the other side.

Coffee Sauce for Ice-cream

Boil one cup of clear black coffee and one cup of sugar five minutes. Cool before serving.

Coffee Sauce No. 2

Make a boiled custard of a cup of clear black coffee, the yolks of three eggs, and one-third a cup of sugar. When cold, add a cup of thick cream.

Rose Potpourri

Have ready partly dried rose petals, lavender and orange blossoms and violets, also mint, thyme, sweet marjoram, sweet basil, rose geranium, bay, and verbena leaves. The proportions of the various leaves and blossoms may be selected at pleasure. In this case use pounds of rose petals to ounces of the other ingredients. Put the blossoms and leaves into a jar having a close-fitting cover, in layers, alternately, with a slight sprinkling of salt. Use about an ounce of salt to a pound of half-dry materials. Set aside in a cool, dark place for a month, stirring once every twenty-four hours. Now add dried cinnamon, mace, cloves, orris root, lemon and orange peel, broken or cut in tiny pieces. For each quart of leaves procure a cup of cider vinegar. Put the materials into the ornamental jar in layers, sprinkling each layer with the cider. Cover, and let stand undisturbed a month or more. It will keep its delightful fragrance and in good condition several years.

QUERY 773.—Evanston subscriber: "What forms were used to make the meringues shown on page 32 of the June-July, 1903, number of this magazine?"

Forms for Meringues

No forms were used. The meringues were shaped with the paper bag shown in the illustration. If the

ordinary duck or bed-ticking bag be preferred, use a plain tube. The mixture must be very stiff. Press out mixture to make the size of meringue required, raise the tube or paper funnel, and, without breaking the flow, press again, narrowing the diameter. Continue in this way until the meringue is of the requisite height.

QUERY 774.—Mrs. T. B. W., St. Paul, Minn.: "Why does macaroni flatten when put into cold water after boiling? I wish to make macaroni timbales, using the pipes of macaroni full length."

Macaroni for Lining Timbale Moulds

To retain the shape of macaroni, try cooking a shorter time.

QUERY 775.—A. P., New York City: "How much longer does it take to steam than to boil vegetables? How long to steam baking-powder biscuit for pot-pie, when they are put over the veal, not into the water? When substituting cocoa for chocolate, in cake-making, how much cocoa should be used, to equal two squares of chocolate? How are small cakes frosted smoothly that are not dipped in fondant? In using an oven thermometer, will the tube break if put into the hot oven? What should it register for bread, and what for cake? Can an oven thermometer be used to test syrup? How is mousse pronounced?"

Length of Time to steam Vegetables

Vegetables that could be boiled in twenty minutes would probably require about thirty or forty minutes to steam.

Length of Time to steam Dumplings

Dumplings should either be put upon a buttered pan in a steamer over the meat, or they may rest directly upon the meat, if this rise above the liquid in which it is cooked. In either case, dumplings the size of

an ordinary biscuit will cook in from fifteen to twenty minutes. The latter is safest, as dumplings are not wholesome, unless they be thoroughly cooked, while long cooking does not injure them.

Cocoa and Chocolate

Half a cup of cocoa, which weighs two ounces, may be substituted for two squares or ounces of chocolate.

Frosting Small Cakes

Use sifted confectioner's sugar, and mix to a paste with boiling water or a hot sugar syrup. Make the syrup by boiling equal measures of sugar and water five minutes. The frosting should be of a consistency to remain in place and mask the cake, and yet to run smoothly. The following recipe has been found satisfactory.

Chocolate Icing with Syrup

Melt two ounces of chocolate over hot water, and gradually stir in half a cup of hot syrup, half a teaspoonful of vanilla extract, one-fourth a teaspoonful of ground cinnamon, and sifted confectioner's sugar as needed. The frosting may be poured over the cakes—a silver knife is sometimes needed to finish the sides; but the frosting must be used at once—or the cakes dipped into it. Hot water instead of syrup will also give good results.

Oven Thermometer

The most satisfactory thermometers are those that are set in the oven door. They are more properly heat indicators than thermometers. The best modern ranges are supplied with them. But any stove dealer will procure and set one in place. Different makes register differently, and relative rather than actual heat

of the oven is indicated. An oven thermometer cannot be used to test syrup. A sugar thermometer registers the degree of heat attained by boiling syrup. A syrup gauge shows the density of liquids to which syrup has been added. It is not customary to use the gauge in liquids at the boiling-point. Do not think they would stand the heat.

Pronunciation of Mousse

Mousse is pronounced as though spelled moose.

QUERY 776.—A. A. S., Brooklyn, N.Y.: Recipe and explicit directions for making and baking tender, flaky pie crust. How are tarts baked to have a scalloped edge? Recipe for custard pie, and how to bake, to secure an under crust that is not 'soggy.' Recipes for grape juice jelly, cottage pudding, with grape juice sauce, and chocolate blanc-mange."

Flaky Pastry

Wash half a cup of butter in cold water, to remove the salt and render the butter pliable. Pat with the hands, to remove the water, and form into thin rectangular shape. Let stand to become chilled. Sift together three cups of sifted flour and half a teaspoonful of salt. With the tips of the fingers, an ordinary knife or a chopping-knife, work half a cup of shortening into the flour and salt. When the shortening is in tiny particles and the mixture resembles meal, add cold water gradually, a little in a place. Use in all about three-eighths of a cup. As the water is added, mix the ingredients to a paste with a knife. When all the particles in the bowl are in one mass, turn onto the floured board, move about with the knife, to coat slightly with flour, then knead a few moments. Cover with a cloth, and let stand five minutes, then pat with a rolling-pin, and roll

out into a rectangular sheet. Put the butter in the centre of the paste, fold over the sides, then turn one end over, and the other end under, the enclosed butter. Pat and roll out into a rectangular strip, keeping the ends even. Fold to make three even layers, turn half-way round upon the board, and roll again into a narrow rectangular sheet. Fold, turn, and roll as before, when the paste is ready to use.

Scalloped Edge of Tarts

Tarts are shaped with cutters that have a scalloped edge.

Custard Pie

Beat four eggs until a spoonful can be taken up. Add half a teaspoonful of salt and two-thirds a cup of sugar, and beat again thoroughly. Then beat in, gradually, two cups and a half of milk. Turn into a deep plate lined with pastry. Put the paste on the tin so as to exclude the air, and brush over the inner surface with beaten white of egg, to aid in keeping out the liquid. To line the plate, have the paste rolled about an inch larger all around than the plate, fold under the edge of paste, so that, when the double fold is brought to an upright position, the cut edge will meet the plate. Flute this fold with the thumb and finger, pressing each "flute" close to the plate. The paste should be of firm consistency. Bake until the custard is firm to the touch. The custard should not boil during the cooking. If the oven is too hot, slide a tin sheet or asbestos mat under the pie.

Grape Juice Jelly

Soften one-third a two-ounce package of gelatine in one-third a cup of cold water, and dissolve by setting the dish in hot water. Add one pint of

grape juice, the juice of half or a whole lemon, and two-thirds a cup of sugar. Stir until the sugar is dissolved, then pour into a mould.

Cottage Pudding

Cream one-fourth a cup of butter, add gradually half a cup of sugar, then one egg, well beaten, and, alternately, half a cup of milk and one cup and a half of flour, sifted with two and a half teaspoonfuls of baking-powder.

Grape Juice Sauce

Boil a cup and a half of grape juice and a cup of sugar five minutes, stir in a teaspoonful of cornstarch or arrowroot, mixed with water to pour, and continue cooking six or eight minutes. Add the juice of half a lemon and a teaspoonful of butter.

Chocolate Blanc Mange

Dissolve an ounce of chocolate over hot water. Add one-third a cup of sugar, and, gradually, one-third a cup of boiling water, and stir and cook until smooth. Soften half a two-ounce package of gelatine in half a cup of cold water, and dissolve in a cup of hot cream or rich milk. Add the chocolate mixture, a second third of a cup of sugar, a teaspoonful of vanilla extract, a few grains of salt, and one cup and a fourth of cream. Stir occasionally until the mixture begins to thicken.

Chocolate Blanc Mange with Cornstarch

Scald one quart of milk. Dissolve two squares of chocolate over hot water, add one-fourth a cup of sugar, and stir in, gradually, about half a cup of boiling water. Stir and cook until smooth, then add to the hot milk. Dilute half a cup of cornstarch with cold milk to pour, add half a teaspoonful of salt, and stir into the

hot milk. Cook, stirring occasionally, fifteen or twenty minutes, then fold in the whites of three eggs, beaten very foamy, but not dry. Turn into moulds rinsed in cold water and set aside to become chilled and firm. By adding three (possibly two will be enough) level tablespoonfuls of cornstarch, the whites of eggs may be omitted, but the dish will not be as delicate.

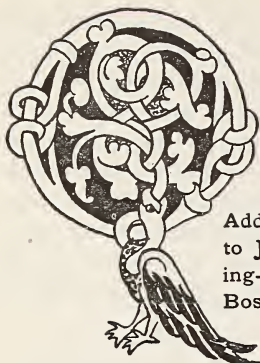
QUERY 777. Mrs. J. A. K., De Kalb, Ill.: "Recipes for cooking Brussels sprouts and kohlrabi."

Brussels Sprouts, Buttered

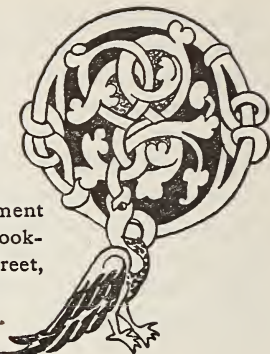
Trim the stalks and remove discolored leaves. Freshen by letting stand in cold water an hour or more. Drain and cover with plenty of boiling salted water; let cook until tender, from fifteen to thirty minutes. (Too long cooking causes them to lose color.) Drain, and return to the fire with about two tablespoonfuls of butter for a quart of sprouts. Gently toss the sprouts with a spoon and fork to mix with the butter, and add a sprinkling of salt, if needed. Serve in a hot dish. A cup of cream, Bechamel or Hollandaise sauce, may replace the butter.

Kohl Rabi

Kohl rabi is cooked and served in any of the ways in which turnips are prepared. Pared and cut in half-inch slices, it will cook in half an hour in rapidly boiling salted water. Cream, Bechamel, and Hollandaise sauces are served with boiled kohlrabi. It is good cold with French or mayonnaise dressing. Cheese sauce is a good addition, though less frequently seen. Kohl rabi au gratin with cheese is another form in which it may be presented. For this dish the cooked vegetable is cut in small cubes.



Notes and Correspondence



Address communications for this department to Janet M. Hill, Editor of the Boston Cooking-School Magazine, 372 Boylston Street, Boston, Mass.

DETROIT, MICH., June 10, 1903.

Mrs. Janet M. Hill, Boston, Mass:

Dear Madam,—In reference to Query 754, E. F. W., would like to say that a transparent meat gravy can be made by using cornstarch instead of flour for thickening.

Very truly,

N. O. S.

Arrowroot will give a more transparent sauce than cornstarch. Gravy and sauce are by no means synonymous words.—J. M. H.

ST. JOHN, N.B., June 5.

Editor of the Boston Cooking-School Magazine:

Dear Madam,—Living, as I do, in a country abundantly supplied with blue blueberries and red cranberries, besides many other varieties, such as greyhound cranberries, rock cranberry, marsh cranberry, etc., I was deeply interested in the article in the June-July number of the *Cooking-School Magazine* by Julia Davis Chandler.

I do not agree with her that blueberries require spice of any kind, or lemon juice or juice of any other fruit. They have a flavor all their own, and require nothing to make them the most luscious of fruit. Neither are they too sweet, as it takes quite a quantity of sugar, in cooking, to bring out fully their flavor.

I will give you a few of the recipes, handed down to me, of my united empire, Loyalist great-grandmothers.

Blueberry Pie

Use rich puff paste. Cover an inch deep, custard pie plate with thin pastry; fill the plate with blueberries, a half-pint of sugar to a quart of blueberries. Do not sift in any flour or foreign matter of any kind; put on top paste, cutting little slits in top to let out steam. Turn under the edges well to keep in the juice. Bake until well done. Never use molasses in blueberries.

Blueberry Roll

Put a quart of blueberries in a porcelain pudding-dish and sprinkle over a half-pint of white sugar. Make a dumpling paste of two cups of flour, four teaspoonfuls of baking-powder, a little salt, a tablespoonful of butter, and milk. Roll this out the size of the pudding-dish, and with it cover the berries. Steam about an hour. Serve with hard sauce.

Blueberries make delicious preserves, pickles, wine, cake, griddle-cakes, batter pudding, etc. But spice ruins them. In the early fall, after one tires of eating them raw with cream and sugar (pulverized sugar always), they are most delicious, stewed fresh

and eaten cold, only be sure to cook them until quite jellied.

I am rather jealous of the strawberry, when rhubarb and blueberries are under discussion. Because of their plentifulness, and hence their cheapness, the two latter are not appreciated as they should be, and are prepared in a slovenly manner. The rhubarb in the early spring and blueberries in the autumn are as delicious in their season, if properly treated, as the strawberry in its season, and they are much more healthful. You of course know all this, but I wish it might be brought home to providers of family tables.

The many, many dishes rhubarb can form the foundation of is wonderful.

The June-July number of the *Cooking-School Magazine* is most interesting, the article on Jamaica particularly so to me, having spent part of the winter of 1892 there. The little cut "Market Day," being the plaza in front of the court-house at Mander-ville, is very familiar, as I resided in a little cottage at the left of the court house.

I trust I have not made my letter longer than you will care to read. I am often tempted to write to you on subjects arising from articles in the magazine, but am usually too busy.

Believe me as one very interested in your magazine.

M. P. P.

WILLIAMSTOWN, MASS., June 8, 1903.

Boston Cooking-School Magazine:

Your magazine is all the time getting better. The last number is delicious.

There is a little point that I have never noticed in your pages, which has been quite a help in a pie-loving family of student fellows. The best way to keep the juice in a pie is to bind a strip of wet cloth over the edge

just before putting the pie in the oven. It never fails of its object with even the juiciest pie.

Here is a recipe for a very good apple pudding: Slice sour apples into a pudding-dish; add sugar and water as for stewing. Cover and bake until nearly tender. Sift together two cups of flour, three tablespoonfuls of baking-powder, and a scant half-teaspoonful of salt. Beat one egg, mix in half a cup of sugar, two tablespoonfuls of melted butter, and one cup of milk, then stir the latter into the dry ingredients. Pour the batter over the partly-cooked apples, and bake about twenty minutes. Serve with whipped cream or foaming sauce.

Very truly yours,

(Mrs.) A. P. S.

MINNEAPOLIS, MINN.

Mrs. Janet M. Hill:

Dear Madam,—You refer occasionally in the magazine to wire whisks. I used one that I obtained from a graduate of the Boston Cooking School, but found it very inferior to the whisks that I get every year from Europe. I send you one of these, which I hope you will try. I keep three or four whisks of different sizes for special uses. One of large size is kept for cake, one is used to make white sauces, one for browning flour, and one for wine sauces and crèmes. I have never used a spoon for anything but measuring since I began housekeeping twenty years ago. The whisks are sent to me from Norway, and are made of birch twigs. They can only be made in the spring just after the sap is in the tree. Made at other seasons, they would break easily when used. The whisks are inexpensive, twenty-five to thirty-five cents per dozen being the price. Try using one for white sauce. Stirring with these, you can put all the ingredients

into the saucepan at once, and the sauce will not be lumpy. In stirring sponge for coffee cake, I use the whisk, until the batter is too stiff to be beaten.

Yours very truly,
(Mrs.) F. W. C.

—
EAGLE, ALASKA.

To the Boston Cooking School Magazine:

Enclosed is a money order to pay for my subscription. The magazines are a great help to me. But I do wish there were more receipts that did not call for so many eggs and whipped cream. There are times when we cannot get eggs; and now in the summer, when they are brought in, they cost a dollar and a dollar and a half a dozen.

There are just two cows here, and milk, when it is to be had, is 50 cents a quart,—simply out of the question to bake or cook with. I use the granulated egg and the crystallized albumen,—have very good success with them,—and there are some brands of condensed cream that will whip after being thoroughly chilled.

I would like to send you some new subscribers, but this place is so small my numbers go the rounds of all.

Sincerely yours,
(Mrs.) U. G. M.

My dear Mrs. Hill,—I have discovered in making my pickles this year that, by holding onions under a stream from the faucet, not only are my eyes not affected, but there is not the slightest suspicion of an odor left on my hands. A. C. R.,
Class 1902, Boston Cooking School.

Woman's Week at Chautauqua

In accordance with the principle upon which the Chautauqua programme is arranged, the week of July

20-25 will be largely given up to the various interests of women. One day will be devoted to the cause of Equal Suffrage, and addresses will be made by women prominent in that movement. Another will be devoted to the patriotic societies among women. It is expected that officers prominent in these societies will describe the aims and ideals of these organizations.

Another day will be devoted to certain general interests, and the chief address will be made by Mrs. Ormiston Chant, who is prominent among the advanced women of Great Britain.

Still another day will be devoted to the interests of the Federation of Woman's Clubs. Leading officers of the State and national organizations will be present. Addresses and conferences will be held, and in the evening a general reception will be given.

The last day will be given up to the consideration of organizations for laboring women, and the interests of factory and other women employees will be presented by those familiar with the problems of women wage-earners.

It is to be hoped that this week will be one of the most interesting in the series planned for the coming summer. It is expected that large numbers of women, interested not only in some one of these days, but in the week as a whole, will be present, not only as listeners, but as participants in the conferences and other meetings, at which the discussion of present-day problems will be actively encouraged.

—
The sudden death, on June 13, of Mrs. Edith A. Sexton, a member of the first Normal Class of Domestic Science, Armour Institute of Technology, removes one of the most earnest and active teachers in hospital and settlement work.

Pratt Institute Cooking School

There is a certain sameness in the exhibitions of cooking schools, and no strikingly new features were in the results of this year's work at Pratt Institute. One large room was dedicated to the first-year work, another to the achievements of the advanced class.

Great stress is laid on the scientific aspects of cooking, and one feature was the display of typical diets of various kinds. One table was devoted to a collection of simple articles of food of high nutritive value and easy of digestion, suitable for the use of tuberculous patients. Another was given up to the typical diet for rheumatism, avoiding excess of meat and including a generous proportion of fruit acids, especially of orange and lemon, which are now considered to promote the alkalinity of the blood. Still another displayed various articles of food adapted, from their lack of sugar and starch, to the use of the diabetic.

At the end of one hall an alcove was devoted to the diet of infants and children. That of the infant was represented by feeding bottles supplied with the proper quantity of modified cow's milk for different ages. This exhibit was supplemented by a chart showing the size of the stomach at different ages, beginning with a capacity of two ounces at birth.

Two menus were shown, one for the child three years old, the other for a school child. As to the first, the criticism might be made that, while the selection of food was excellent, the hours for the meals would be difficult to manage in most households. Here it is:—

6.30 A.M. Egg in bird's-nest, toast, glass of milk.

10 A.M. Glass of milk, gluten wafers, three tablespoonfuls of cream of wheat.

2 P.M. Chicken bouillon, breast of chicken, potato balls, bread and butter, prunes.

6 P.M. Toasted bread and milk.

MENU FOR SCHOOL CHILD

Breakfast.—Cream of wheat, broiled mackerel, cocoa, toast, fruit.

Dinner.—Purée of peas, lamb chops, potato balls, creamed carrots, orange snow pudding.

Supper.—Boiled rice and cream, bread and butter, glass of milk, baked custard, sponge cake.

Another feature of the first-year work were three tables daintily spread, respectively, with a model breakfast, lunch, and dinner for a family in moderate circumstances.

Connected with the school is a very beautiful dining-room, recently decorated by Tiffany. Wainscoting and furniture are of weathered oak. The walls are painted a brownish-yellow, which form a delightful background for a good deal of blue china. The floor is covered with a plain dark blue velvet rug. Here the table was laid for a formal spring dinner, with strawberries for the first course. These were served unhulled, on small plates arranged around mounds of powdered sugar. The sugar was moulded by being tightly packed into the small end of an egg cup.

The centre of interest is always the dainty array of viands in the room devoted to advanced cooking. So inviting is the display that it requires severe self-restraint to refrain from using one's mouth as well as one's eyes.

Some of the noticeable things were a large strawberry shortcake, covered with pink icing and elaborately ornamented by means of the pastry tube; a Dutch apple cake; a great variety of Swedish timbales; a vol-au-vent, filled with creamed mushrooms and surrounded by smaller editions of itself, not more than three inches in diameter; and a good many sorts of brioche.

There was a delightful lunch box containing jelly sandwiches, a stuffed egg, an orange, cookies as thin as wafers, and Parisian sweets; these last were made of equal parts of dates, figs, and nuts, chopped or ground very fine, made into little balls and rolled in powdered sugar.

Among the substantial were a fillet of beef, larded with salt pork and garnished with latticed potatoes, browned in the gravy of the roast, and a crown of lamb garnished with stuffed peppers, the centre of the crown filled with a great bunch of mint.

There was a goodly variety of salads, though, perhaps, nothing new. There was a potato salad, arranged on a bed of slices of lemon and garnished with capers and nuts. Another was of oranges and lettuce hearts, which gave a very pretty combination of color. There was also an arrangement of radishes and watercress, a chicken salad, served in scooped out cucumbers, and one of cream cheese and chopped nuts, rolled into little balls, and served on lettuce. Another charming bit of color was a mould of tomato jelly.

Among the sweets there was a goodly array of jellies and blanc-manges. A mould of vanilla blanc-mange floated in a sea of chocolate sauce, and was garnished with candied cherries. Oval moulds of orange and lemon jelly had segments of pulp embedded in their edges, making a flat border, when the jelly was turned out.

An exhibition of cookery has of necessity many limitations. This one was not free from them; but it was highly creditable to both teachers and pupils.—*Eleanor Alison Cumming.*

The Teachers' College of New York City has recently received the sum of

\$5,000, from Miss Caroline Phelps Stokes, for the endowment of a scholarship in domestic science. The scholarship will be bestowed upon the winner in a competitive examination, which is to be open to graduates of other colleges and universities. The demand for teachers of domestic economy and science in institutions of all sorts, all through the country, shows the increasing interest taken in such subjects, and a greater appreciation of their practical and educational value. The chemistry of foods and stimulants, as affected by the process of cooking, with the production, manufacture, and adulteration of all food-stuffs, will be a part of the advanced work, which is planned to be as practical as it is scientific.

Cool Houses

Open windows do not necessarily mean cool houses. Every house should be well and thoroughly aired every morning; but just as in cold weather the aim of every housekeeper is to have a warm house, so in warm weather the cool house is the great desideratum. Open windows, with such air as may be moving blowing through the house, are commonly supposed to be the proper thing in hot weather. This is not the course followed in hot countries, nor is it the procedure suggested by experience. A cool breeze will cool a house, but a warm one will heat it. Hot air should be excluded. After the house has been well aired in the morning, the windows and blinds on the sunny side should be tightly closed to keep out the hot air. When the sun has shifted, it will be time to open them again. One must regulate the kind of air one admits into the house, in warm weather, if the most comfortable results are to be had.—*Scientific American.*

Commencement at the Boston Cooking School

The graduating exercises of the Boston Cooking School took place on the afternoon of June 26. Demonstrations were given by the young women, showing the preparation of a lobster for cooking, the cooking of lobster crême in a chafing-dish, and the making of fruit punch. Miss Sarah L. Arnold, dean of Simmons College, gave a brief address. In the absence of the president and vice-president of the Cooking School Corporation, Mrs. Thomas Mack presented the diplomas to the following young women:—

ETHEL C. BARTLETT, Plymouth, Mass.
 JANE K. BROADWELL, Cleveland, Ohio.
 ARA M. BROOKS, Southington, Conn.
 LILLIAN C. BROWN, New Britain, Conn.
 ETHEL BURNHAM, St. Louis, Mo.
 ETHEL C. CARTER, Port Colborne, Ontario,
 Can.
 WINIFRED CHESLEY, Malden, Mass.
 MARION W. CLARK, Saybrook, Conn.
 MINNIE A. DAVIS, Worcester, Mass.
 ANNA U. FOLEY, Boston, Mass.
 HELEN GILSON, Walpole, N.H.
 ALICE C. GODWIN, Grand Rapids, Mich.
 MARY L. HUNTER,
 ELIZABETH HINCHMAN, Vernon, Ind.
 HENRIETTA JESSUP, Brooklyn, N.Y.
 FRANCES S. KENNEDY, Auburn, N.Y.
 SARA I. LITCH, Wollaston, Mass.
 ALICE MCCARTHY, Brookline, Mass.
 ALICE MCCOLLISTER, Holyoke, Mass.
 RUTH MONTAGUE, Springfield, Mass.
 LYDIA DODGE MORSE, Marlboro, Mass.
 MARGARET T. NEWELL, West Medford, Mass.
 ETHEL OAKMAN, Shelburne Falls, Mass.
 HARRIET O'CONNOR, East Lansing, Mich.
 MARY PADDOCK, Pana, Ill.
 GERTRUDE D. PIKE, Medford, Mass.
 MARY PINKERTON, White Hall, Ill.
 ELLA NEWTON RHOADES, E. Providence, R.I.
 HELEN VAN A. SCHUYLER, Bridgewater, Mass.
 SUSIE T. SPROUT, Natick, Mass.
 ALICE WHITNEY STACEY, Milwaukee, Wis.
 ETHEL G. SUNDERLAND, Cleveland, Ohio.
 HARRIOT S. TROUT, Staunton, Va.
 ELIZABETH TYLER, Utica, N.Y.
 CORA WEIMER, Grand Rapids, Mich.
 MARGARET WHELDON, Lincoln, Neb.

EDITH WISE, Canton, Ohio.
 NELLIE WORCESTER, Detroit, Mich.
 HELEN R. BURGESS, Plymouth, Mass.

Mrs. S. E. W. Craig, class of 1890 Boston Cooking School, has charge of the diet kitchen of the Brunton Sanitarium, Avondale, Cincinnati, Ohio.

Miss Josephine T. Dow of the Y. W. C. A., Montreal, Canada, and class of 1901, Boston Cooking School, is attending the Summer School of Cooking in Boston, Mass.

Porch Furniture

A great variety of charming porch furniture has come into use this year. Most of it is now made water-proof, so that it is no longer necessary to turn chairs up at night, move the table into the furthest corner, and bring in the rugs and cushions. The appearance of these articles has been a veritable boon to the exhausted householder, who has found the labor of bringing in everything from the porch at night an unpleasant ending to an enjoyable evening. Screen chairs are among the latest ideas. They are made wide with broad arms, and a seat wide enough for two, with a great back, high and broad enough to absolutely hide any occupant of the chair. The practical utility of these chairs is so very evident that they will doubtless enjoy a long maintained popularity. Porch swings can be made out of bamboo couches, with an additional railing at the back and foot, making both ends alike. These can be purchased ready for swinging or can be made by any ingenious person. The waterproof rugs and cushions are, perhaps, the most useful of recent devices for the porch, and are a distinct saving in labor.—
Scientific American.

Book Reviews

A BOOK OF SALADS. By Alfred Suzanne and C. Herman Senn. Cloth. Price 1s. 6d. London: Food and Cookery.

This is a translation from the French of Monsieur Suzanne's "L'Art de preparer et d'accommoder les Salads." In his preface to the book C. Herman Senn writes:—

"This book of recipes is the most complete work of its kind I have as yet seen, and, considering the fact that Mons. A. Suzanne is one of the most renowned chefs of the present day, this manual should find its way into thousands of kitchens.

"Every recipe given reflects the genius of a masterhand in the art of making salads."

As to the place and importance of salads in our daily menus, comment is unnecessary. The manual contains matter suitable to supply the needs of many a *maitre d'hôtel*, cook, and housekeeper.

work, unless governed by an unflinching sense of duty and a conscience that permits no laxness. Even then the æsthetic touch that can only be secured through love of one's occupation will be lacking."

Herein lies the secret of all life's work. To those who are concerned at all in the ways and routine of the well-managed or ideal household this book will especially appeal; for it is at once readable and instructive. The manners and customs that prevail in fine homes are described, and an ideal standard is set for every phase of the subject. The reader will find answered here many questions of etiquette and good form, in all the varied relations of home life. "Simply stated," the writer concludes, "the only thing that will transform housekeeping into fine living is 'to do justly and love mercy.'" The book is a positive contribution to the home-maker's library.

MILLIONAIRE HOUSEHOLDS. By Mary Elizabeth Carter. Cloth. Gilt top. 303 pages. Price \$1.40 net. New York: D. Appleton & Co.

This is a very attractive and handsome volume,—an ornament for the library or parlor table. It deals with fine living or housekeeping in detail, and was written evidently by one who has had wide acquaintance and experience in the work. "Housekeeping," the writer says, "should be ranked among the fine arts, and would be so ranked if the majority of those who are *at* housekeeping were *in* it, and thus engaged from choice. . . . It is not uncommon to hear women declare with emphasis that they 'hate' housekeeping. No one can do anything well while hating the

PEOPLE OF THE WHIRLPOOL. By the author of "The Garden of a Commuter's Wife." Illustrated. Cloth. 12mo. Price \$1.50. New York: The Macmillan Company.

"The Garden of a Commuter's Wife" enjoys a distinction that is almost unique. It is in demand year after year. But, even in the consciousness of this fact, the welcome given at once to "People of the Whirlpool" was a surprise to the publishers. It is more charming than its predecessor, and also much more of a narrative. Glimpses of the more interesting portions of New York are followed by some charming chapters descriptive of the pleasures which Barbara and Evan, the twins,—for

(Continued on page x)

The Best Things to Eat

Are made with Royal Baking Powder—bread, biscuit, cake, rolls, muffins, crusts, and all the various pastries requiring a leavening or raising agent.

Risen with Royal Baking Powder, all these foods are superlatively light, sweet, tender, delicious and wholesome.

Royal Baking Powder is the greatest of time and labor savers to the pastry cook. Besides, it economizes flour, butter and eggs, and, best of all, makes the food more digestible and healthful.

There are many imitation baking powders, sold cheap, which contain alum. Housekeepers must avoid these. Alum is a poison, and its use in food is condemned by all physicians.

ROYAL BAKING POWDER CO., NEW YORK.

there are twins now,—and their friends enjoy in the country. Through the book runs a delightful love story. Many readers will perhaps like this book best for the sheer charm of its prose; but most people will care more for the meat in the book,—its sound and optimistic and sunny philosophy,—and because it brings the reader into happy contact with a strong, sweet, wise, and gracious personality.

The style is admirable and worthy of cultivation. The narrative does not excite or harass the feelings of the reader, but rather soothes and charms by its genuine naturalness. It deals with modern social life in town and country. The spirit of a quiet humor and cheerful philosophy pervades its pages.

THE CHILD HOUSEKEEPER. By Elizabeth Colson and Anna G. Chittenden, with Music and Illustrations, and also an Introduction by Jacob A. Riis. Cloth. 12mo. Price \$1.50 *net.* New York: A. S. Barnes & Co.

This book is the outcome of actual experience in teaching small girls to do intelligent work in their homes, using the materials there provided. Drudgery thus becomes interesting and pleasurable to the young people.

As Mr. Riis says, "This is emphatically a good and a great thing to do," and it is in keeping with the thought and educational tendency of the day. "Making two blades of grass grow where one grew before is great; but to bring them into the house, into the kitchen,—grass, daisies, and all,—and the sunshine and the summer winds and the birds with them, is to make happy house-mothers out of weary wives of the future. And, when that comes to pass, we shall not have to fight King Alcohol and his vassals. The war will be over.

(Continued on page xii)

Experiments

Learn Things of Value

Where one has never made the experiment of leaving off coffee and drinking Postum, it is still easy to learn all about it by reading the experiences of others.

Drinking Postum is a pleasant way to get back to health. A man of Lancaster, Pa., says: "My wife was a victim of nervousness and weak stomach and loss of appetite for years, and was a physical wreck. Although we resorted to numerous methods of relief, one of which was a change from coffee to tea, it was all to no purpose.

"We knew coffee was causing the trouble, but could not find anything to take its place and cure the diseases until we tried Postum Food Coffee. In two weeks' time after we quit coffee and used Postum, almost all of her troubles had disappeared as if by magic. It was truly wonderful. Her nervousness was all gone, stomach trouble relieved, appetite improved, and, above all, a night's rest was complete and refreshing.

"This sounds like an exaggeration, as it all happened so quickly; but we are prepared to prove it. Each day there is improvement for the better; for the Postum is undoubtedly strengthening her and giving her rich red blood and renewed life and vitality. Every particle of this good work is due to Postum and to drinking Postum in place of coffee." Name given by Postum Company, Battle Creek, Mich.

Ice cold Postum, with a dash of lemon, is a delightful "cooler" for warm days.

Send for particulars by mail of extension of time on the \$7,500 cooks' contest for 735 money prizes.

*"We are advertised by
our loving friends."*



I AM sending you a picture of my two children, Ruth, four years old, and Carl Philip, eighteen months. I began with each of them when they were about four weeks old to feed with Mellin's Food, and I can recommend it most heartily.

Mrs. C. P. AUSTIN, 53 Winter Street, Gardiner, Me.

Any mother can receive a sample of Mellin's Food free by simply sending us her name and address.

MELLIN'S FOOD COMPANY, BOSTON, MASS.

(Continued from page x)

For who will be tempted away from home when that is the cheeriest and brightest spot in the landscape?"

Fire-building, setting the table, washing dishes, bed-making, sweeping, and dusting, cleaning, laundry work, mending, care of the baby, are the subjects into which the authors have condensed their simple and practical lessons. These are suggestive rather than final. Familiar talks and stories, appropriate and cheerful in character, are an interesting feature of this timely little book.

"Tenement House Conditions in New York" will be the title of two volumes containing the report of the Tenement House Commission of 1900. It will be largely the work of Mr. De Forest, Commissioner of Charities in New York City. This was a most extensive and intensive investigation; and its results have been looked forward to with interest by students of municipal problems throughout the country, as well as by those who, like Mr. Jacob Riis, are interested in the coming of the reign of decency and good order. Year by year New York moves onward toward better things in regard to the housing of its poor and of those who are endowed with but moderate earning power; and it is believed that this report will mark one more step in the right direction.

Mending

Mix. I noticed your wife sitting by the window sewing this morning. I thought you told me yesterday that she was ill.

Dix. So she was, but to-day she's on the mend.

His Experience

Pa," said the boy, looking up from his book, "what does a man's 'better half' mean?"

"Usually, my son," replied his father from behind the evening paper, "she means exactly what she says." *Philadelphia Press.*

Summer Food

Has Other Advantages

Many people have tried the food, Grape-nuts, simply with the idea of avoiding the trouble of cooking food in the hot months.

All these have found something besides the ready-cooked food idea, for Grape-nuts is a scientific food that tones up and restores a sick stomach as well as repairs the waste tissue in brain and nerve centres.

"For two years I had been a sufferer from catarrh of the stomach, due to improper food; and, to relieve this condition, I had tried nearly every prepared food on the market, without any success, until six months ago my wife purchased a box of Grape-nuts, thinking it would be a desirable cereal for the summer months.

"We soon made a discovery. We were enchanted with the delightful flavor of the food, and to my surprise I began to get well. My breakfast now consists of a little fruit, four teaspoonfuls of Grape-nuts, a cup of Postum, which I prefer to coffee, Graham bread or toast, and two boiled eggs. I never suffer the least distress after eating this, and my stomach is perfect and general health fine. Grape-nuts is a wonderful preparation. It was only a little time after starting on it that wife and I both felt younger, more vigorous, and in all ways stronger. This has been our experience.

"P.S.—The addition of a little salt in place of sugar seems to me to improve the food." Name given by Postum Company, Battle Creek, Mich.

Send for particulars by mail of extension of time on the \$7,500 cooks' contest for 735 money prizes.

TRISCUIT
 THE ELECTRIC BAKED BISCUIT
 A WHOLE WHEAT PRODUCT

TRISCUIT is unexcelled as a food for children, because it contains all the elements of Whole Wheat, which go to properly nourish the whole body. Wheat contains the properties to make bone, teeth, muscle, in fact every part of the body.

TRISCUIT
 IS
 NATURE'S FOOD
 BY
 NATURE'S PROCESS



WITH CHEESE OR FRUIT PRESERVE

TRISCUIT, the highest achievement known to the science of food production, is made possible by that other great achievement, the application of electricity; for Triscuit is made and baked by electricity.



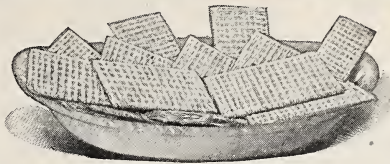
WITH COCOA OR OTHER DRINK

Composed of the whole wheat berry, God's perfect gift to man. Not touched by human hands during the process of manufacture. Cleaned, filamented, formed and baked by electricity.

Placing Triscuit in warming oven a few moments will renew crispness.

SEND FOR DESCRIPTIVE BOOKLET (FREE.)

The Natural Food Company,
 Niagara Falls, N. Y.



AS A BREAD OR TOAST

TRISCUIT is a neat compact form of filamented wheat, its shape and size making it convenient to be carried wherever you may go, and to be used at any time. Triscuit is an all-day food for everybody, and contains the properties for sound teeth, perfect digestion, and an entirely healthy body in accord with Nature's laws.

Triscuit can be used as a Bread, Toast, Wafer or Cracker. Delicious with Cheese, Fruit, Preserves, etc.

MINUTE GELATINE

"Doesn't it look delicious?"

Yes, and it tastes just as delicious as it looks. It is a dainty, delightful dessert; and every one knows it is thoroughly wholesome, for it is made of

Minute Gelatine.

Purest — Makes the Most and the Best —
 Quickest to Serve.

Pink Coloring (for fancy desserts) in every package.

Send 15 cents and your Grocer's name for Full-sized Two-quart Package and our new "Minute Man" Recipe Book. This tells about our Minute Tapioca and Minute Malted Cereal Coffee.

Address **WHITMAN GROCERY CO., Dept. S,**
 Orange, Mass.



Household Hints

Banquet to President Roosevelt by the Union League Club, San Francisco:—

MENU

Small Eastern Oysters, Half-shell.
 Consommé Alice.

Olives. Radishes.
 Salted Almonds and Pecans.

Salmis. Cheese Matches.
 Fillet of Sole, Union League.
 Potato Rosette.

Noisettes of Spring Lamb, Diplome.
 Hearts of Artichoke Supreme.

Chicken Patties, Queen Style.

Abricotine Punch.
 Roast Squab, Stuffed with Celery.
 New Peas.

Hearts of Lettuce Salad, with Fine Herbs.

Small California Bear Ice-cream.
 Strawberries.

Assorted Fancy Cakes.

Dessert. Coffee.

“Red, white, and blue” were the base of the decorative scheme at the banquet of the Union League Club. In the centre of the ceiling, close up under the beams, was a gilded urn-shaped basket, from the wide open top of which there radiated straight stems of bamboo with delicate feathery green branches, and from which hung, like steadying guys, graceful ropes of evergreen, extending to the four corners of the room. Red, white, and blue electric lights dotted these leafy strands.

Over the large electroliers on the walls of the room were huge bunches of St. Joseph lilies, supported by the green of rushes and yew and live oak. In every niche and embrasure and under every arch there were luxuriant bouquets of flowers.

On the tables there were red poppies, blue cornflowers, and white sweet-peas, all simple, homely flowers, combined to remind one of the colors which make up the flag. These tri-color bouquets were disposed at intervals along every table, and between them stood fantastic creations of the

confectioner,—battleships, fortresses, block-houses, Filipino huts, and other such miniature structures in white sugar.—*The Caterer.*

KITCHEN MONEY.

**\$7,500.00 Donated,
 To Be Divided Among
 Family Cooks.**

Great numbers of ladies have requested an extension of time on this contest. It has been granted. Full particulars by mail. See below.

The sum of \$7,500 will be distributed between now and fall among family cooks, in 735 prizes, ranging from \$200 to \$5.

This is done to stimulate better cooking in the family kitchen. The contest is open to paid cooks (drop the name “hired girl,” call them cooks if they deserve it) or to the mistress of the household, if she does the cooking. The rules for contest are plain and simple. Each of the 735 winners of money prizes will also receive an engraved certificate of merit or diploma as a cook. The diplomas bear the big gilt seal and signature of the most famous food company in the world, the Postum Cereal Company, Ltd., Battle Creek, Mich., the well-known makers of Postum Coffee and Grape-nuts. Write them, and address Cookery Department, No. 307, for full particulars.

Great sums of money devoted to such enterprises always result in putting humanity further along on the road to civilization, health, comfort, and happiness.



**Brownville
WATER
CRACKER**

Been on the tables of particular people for 50 years—always gives satisfaction—Always crisp and fresh—always the same delicious flavor—

*Never become soggy—
Try 'em with soups.*

S. S. PIERCE CO.
Selling Agents
Boston Brookline



NATURES
FINEST FOOD
AND DRINK.

WELCH'S GRAPE JUICE
IT MAKES RICH RED BLOOD

In Welch's Grape Juice is offered the choicest product of Chautauqua County Concord Grapes. It is just pure grape juice, without addition or subtraction. The extreme carefulness in each step of the process from vineyard to bottle makes Welch's the grape juice acknowledged as best by physicians.

Welch's Grape Juice is a delicious home necessity. Use it as a beverage and table drink. Dainty desserts are made with it. In cases of sickness it may be given as sole diet.

Add one half water to Welch's and have it better than other kinds.

Sold by the best druggists and fancy grocers. If your dealer will not supply you send \$3 for trial dozen pints by express prepaid east of Omaha. Interesting booklet free, 8-oz bottle by mail 10 cents.

THE WELCH GRAPE JUICE CO., Westfield, N. Y.



**FOOD MADE WITH
Mrs. LINCOLN'S
BAKING POWDER**

Is finer grained, sweeter, more healthful, and keeps moist longer than that raised by the more rapid action of powders containing other acids.

BOSTON, MASS.

AFTER MANY YEARS' EXPERIENCE, I AM CONVINCED THAT A PURE CREAM OF TARTAR BAKING POWDER IS THE BEST QUICK LEAVENING AGENT, AND IS A WHOLESOME FOOD ADJUNCT.

I GUARANTEE THAT THIS POWDER, PREPARED AFTER MY FORMULA, CONTAINS ONLY THE HIGHEST POSSIBLE GRADE OF CREAM OF TARTAR AND BICARBONATE OF SODA, WITH THE SMALLEST PERCENTAGE OF CORN STARCH NECESSARY FOR ITS PERFECT KEEPING.

AS LONG AS MY SIGNATURE APPEARS ON THESE LABELS, HOUSEKEEPERS MAY BE SURE THAT THIS FORMULA WILL BE FOLLOWED IN THE MANUFACTURE OF THIS BAKING POWDER.

Mary J. Lincoln
AUTHOR OF THE "BOSTON COOK BOOK"
AND DEL. OF MRS. LINCOLN'S BAKING POWDER COMPANY.

Grocers
Sell
It

Office
21
Commerce
Street
Boston

None genuine without Mrs. Mary J. Lincoln's signature



THE BEST BOY WINS

A clear brain, a strong body and pure
... blood are necessary to success....

MALTA-CERES
THE Health Food.

a delicious, crisp, nut-like food with the dainty flavor of grape sugar; which gives health to brain, muscle and blood.

Ready to Eat.

Package sent free for your grocer's name.
THE TWIN CITY NUT FOOD CO.
2844 Bryant Ave. Minneapolis, Minn.

Too Much Economy in Food Not Right

Women living alone have a most reprehensible trick of trying to save money and trouble at the expense of their food, and nothing could be much worse or more harmful than this. Economy in food is right, up to a certain point; but after that it becomes the most absolute folly. And when one tries to save labor in dish washing,—and this means not cooking a certain dish because it is too much trouble to wash the pan afterward,—that woman's digestive future is doomed.

To add to the absurdity of such management, or rather mismanagement, the "light housekeeper" often works harder to save work than she would if she had things decently and in order. But then it is true, oftener than not, that the shirker is the hard worker, and that it is more trouble to evade a task than it is to do it. Especially is this the case with young women who get their own breakfasts before starting out on their day's work, and who come back at night too tired to care for anything but a cup of tea and a piece of bread—if it rests with them to prepare it.

This may be economy for a little while, but let a woman's system once get run down,—and nothing in the world will accomplish this sooner than not being properly nourished,—and there is no limit to the list of fearful diseases that lie in wait for her. The actual money cost of having enough to eat is so small that comparatively few working women have to deprive themselves of the necessities in their raw state; but the trouble of preparation seems often altogether too great for a family of one.

If two or three working-women can club together in their housekeeping, there will be a surprising saving, not only of expenditure, but of time and labor as well. The same fire, the same kettle, and the same filling of

it will make the tea for three as well as for one; and the division of labor makes each member's part seem easier, even if she actually does more than if she were alone. There is much help in mere companionship. Then, too, solitary meals are conducive neither to health nor enjoyment, and are apt to be a good guide to indigestion and its attendant train of evils.

Much money is wasted by not knowing how to buy. Chops and steaks are the easiest things to think of and to cook; but, if you weigh the meat and bone separately, you will be amazed to find how much of your purchase goes into the refuse, while, if you buy a pound of clear, lean beef, and watch the butcher as he puts it a couple of times through his chopping machine, you pay only for what you will eat.

The chopped meat can be spread on a wire toaster, as thickly as desired, and so broiled over the coals or gas flame; and it is as good as any ordinary steak, and far better than a poor one. Or it can be made into balls and pan-broiled,—not fried,—and it will be equally good.

It is woman's duty—almost her first duty—to provide herself properly with internal fuel. It will cost very little more to have food that nourishes than to buy that which simply "fills up."—*Boston Herald*.

Platt's Chlorides

The Odorless Disinfectant
Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
Manufactured by HENRY B. PLATT, New York

**Cold
Desserts
AND
Ice-cream
Smooth
Velvety
Delicious**

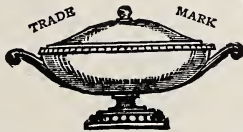
can be easily and quickly made
at small expense with

Junket Tablets

Order a package now from your dealer, or we
will mail ten tablets, postpaid, for ten cents.

CHR. HANSEN'S LABORATORY
Box 1212 LITTLE FALLS, N.Y.

**TOURNADE'S
KITCHEN BOUQUET**



30 Years

a Favorite!

**For SOUPS, SAUCES, GRAVIES,
ROASTS, STEWS, ENTREES
AND GENERAL CULINARY PURPOSES**

Imparts a Rich Color and Delightful Flavor. The
Kitchen Garden Condensed and Ready for Instant
Use. Keeps in Any Climate. Used and endorsed by
Great Chefs and Eminent Teachers of Cookery.

"Housekeeping would be a burden without it."—SARAH
TYSON RORER.

"I know of no other kitchen luxury which is so near a
necessity."—HELEN ARMSTRONG.

◆ "Invaluable to the housekeeper."—MARY J. LINCOLN.

"Indispensable to all savory dishes."—JANET M. HILL.

"Indispensable to all up-to-date housekeepers."—ALICE
CARY WATERMAN.

"Have used it for last ten years and would not be with-
out it."—EMILY M. COLLING.

"A necessity to all good cooking."—E. LAFERRUQUE,
Head Chef, Delmonico's.

If your grocer doesn't keep it, insist on his getting it for you.
WRITE FOR FREE SAMPLE AND BOOKLET
Send 30 cents in stamps for prepaid package.

THE PALISADE MANUFACTURING CO.
251 Clinton Avenue, WEST HOBOKEN, N.J.

N.B.—The word "Kitchen Bouquet" is exclusively our
trade-mark. Infringements will be prosecuted.

Cudahy's THE TASTE TELLS
Rex Brand
Beef Extract



Superior To All Others

**For Soups, Sauces,
Savory Sundries**

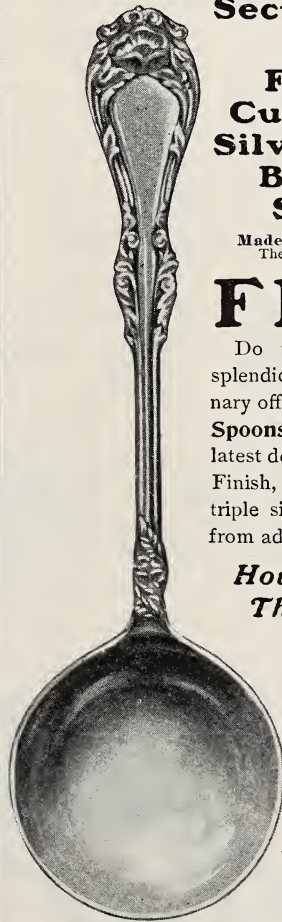
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BEEF TEA

**Secure a Set
of the**

**Famous
Cudahy A-1
Silver Plated
Bouillon
Spoons**

Made by Wm. A. Rogers,
The Famous Silversmith



FREE

Do not confuse these
splendid spoons with ordi-
nary offers. The **Cudahy
Spoons** are made in the
latest design, French Gray
Finish, are heavier than
triple silver plate and free
from advertising.

**How To Secure
These Spoons**

For each spoon
desired send a
metal cap from
a 2 oz. or larger
sized jar of **Rex
Brand Beef Ex-
tract**, and 10c in
silver or stamps to
cover cost of mail-
ing, and mention
this publication.

Cudahy's Rex Brand Beef Extract is sold by all drug-
gists and grocers. Address

Cudahy Packing Company

Beef Extract Department E

South Omaha, Nebraska.

Home-made Wine for Medicinal Use

In cases of illness there is no simpler or better home-made wine than that made of elderberry blossoms.

In making, use one quart of blossoms packed tightly (picked off from the stems), three and one-half pounds of white sugar, one lemon, sliced, and one gallon of boiling water poured over the mixture. Let this compound stand until lukewarm, then add one-half cake of compressed yeast or three tablespoonfuls of soft hop yeast. It should stand three or four days, and then be strained before bottling. Be sure that it is kept in a warm place.

Dandelion wine, made of the tops of that flower, is of a very light color, and much liked for medicinal purposes.—*C. M. A.*

Epicures among Insects

I wonder how many people ever stop to think what an important part color plays in the food and surroundings of insects.

Buffalo bugs or moths show a decided preference for bright red.

When a house is infected by them, it is quite noticeable that red shawls or other wool articles are eaten or rather devoured first. Many housekeepers keep strips of red flannel in

their clothes presses for the sole purpose of attracting these carpet bugs, and every day shake them into the fire.—*C. M. A.*

Weather Signs

An "old salt" gives the following signs for weather. He claims they will come true five times out of six:—

"If the wind comes before the rain, soon you can make sail again."

"If the rain comes before the wind, furl your topsails snugly in."

"Rainbow at night, sailor's delight."

"Rainbow in the morning, sailors take warning."

"If the rain comes with setting sun, soon the showers will be done."

"Rising sun followed by rain, you'll not see the sun again."

"If the sun's red in the west, next day hotter than the last."

"A streak of red, then streak of gray, and you will get a gloomy day."

Among the guests at a dinner in New York, given in honor of Daniel Webster, was Dr. Benjamin Brandreth, the inventor of a celebrated pill known by his name. A witty guest proposed the voluntary toast: "To Daniel Webster and Benjamin Brandreth, the pillars of the Constitution."

SAVES HOSIERY

NEVER SLIPS, TEARS, NOR UNFASTENS

The

Velvet

Sample pair,
by mail, 25c.

If your dealer does not sell you this
Supporter, he does not sell the Best
GEORGE FROST CO., Makers, Boston, Mass.

EVERY PAIR
WARRANTED

Grip

**HOSE CUSHION
BUTTON
SUPPORTER**

Every Clasp has the
name Stamped on
the Metal Loop





Has many points of advantage, but in one particular excels all other,— that is, in quality.

No cheap goods ever bear our name.

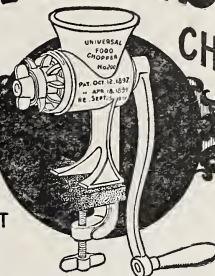
Better good quality at an honest price than poor goods as a gift.

Packet catalog free.

GOODELL CO., - ANTRIM, N.H.



THE "UNIVERSAL" FOOD CHOPPER



WITHOUT AN EQUAL FOR CHOPPING ALL KINDS OF FOOD.

Sold by Best Hardware Stores

See that "UNIVERSAL" is on the Machine You Buy

There are inferior imitations. Send for Cook Book containing description, Free.

LANDERS, FRARY & CLARK

New Britain, Conn., U.S.A.

SAVES TIME-

SAVES LABOR



Imported, Quadruple-coated



"The Ware that Wears"



When enameled ware is offered to you as "Imported," that's the time to be careful!

All STRANSKY WARE is imported, but all imported ware is *not* STRANSKY.



Used and recommended by the highest cooking authorities.

STRANSKY & CO., New York



The Scientific Life

Before breakfast has been prepared or after it has been served and eaten, the housewife should add up the different amounts of proteid, fat, and carbohydrate found in the foods. The computing cards should be used at each meal. In the evening you can find out whether you have taken too much of one kind of food or not enough of another.—*Mary Moulton Smith.*

Mother's slow at figures, but she always has to count
The proteids to see that we secure the right amount.
She keeps a pad of paper and a pencil near the sink,
And estimates our victuals,—all the things we eat or drink.
She lists our carbohydrates and she scribbles down the fat,
And our specific gravity,—she always watches that.

Mother's slow at figures, but she wants to do her best.
She's listened to the lectures until she is possessed
Of scientific demons and a regulating card—
And while she chews her pencil all the eggs are boiling hard.
She gets bewildered with it, and she has to balance up,
And the coffee is so sturdy that it almost cracks the cup.

Mother's slow at figures, so our breakfast's always late:
The proteids and the hydrates make the task for her too great.
We never get a luncheon, for she figures on till noon,
And finds we've overdone it, and that almost makes her swoon.
Mother's tabulating every pennyweight we eat—
Except the meals we smuggle from the restaurant down street.

—*Chicago Tribune.*



BREAD MACHINE

FOR HOUSEHOLD USE.

Sifts the flour and mixes 10 pounds of best bread in three minutes. Sold subject to trial and approval. Send for Booklet. Agents wanted.

Scientific-Bread Machine Co.

(CYRUS CHAMBERS, Jr.)

52d and Media Sts., Philadelphia

"There's Health in Every Cup"
OF
Figprune Cereal

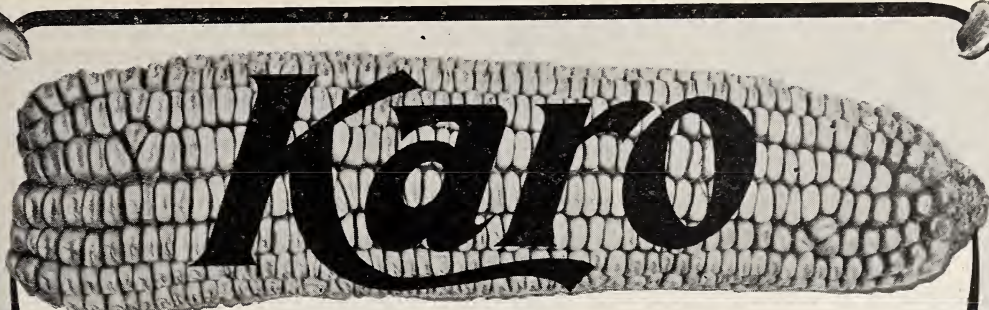
California Black Figs and Prunes are acknowledged to be fruits of great dietetic value. Figprune consists of 54% Figs and Prunes and 46% Grain. It is a perfect food beverage. Many members of the family prefer not to use coffee or tea. It resembles in color and surpasses in flavor the finest Java coffee. Is prepared in the wonderful Santa Clara Valley of California.

A Package of 1 1/4 Pounds will make 50 Cups.
25c per Package, 1/2c per Cup.

Get it From Your Grocer

If he doesn't sell it, send us your name and we will forward you a liberal sample and an interesting book on California's Wonderland.

FIGPRUNE CEREAL COMPANY,
263 Market Street SAN JOSE, CAL



Karo

CORN SYRUP

The Great Spread for Daily Bread.

The new syrup with a new flavor that *makes you eat*—an appetizer that is nutritious and delicious. A pure, wholesome, table delicacy good for any stomach or any age, with *all the goodness* of the grain retained. A safe, reliable food article children love and thrive upon.

A Fine Food for Feeble Folks.

Good for *every* home use—from griddle cakes to candy.

Sold in airtight, friction-top tins which make excellent household utensils when empty. Jellies and fruit

can be put up in them with safety.

10c, 25c and 50c sizes, at all grocers.

CORN PRODUCTS CO.,
New York and Chicago.

Timbale Moulds



Can be used in making a great variety of dishes, both plain and elaborate. A set should be in every kitchen.

In response to numerous requests we offer these moulds for a limited time as follows:

To any present subscriber who will send us TWO NEW yearly subscriptions, at \$1 each, before January first, we will send, postpaid, as premium, a set of EIGHT MOULDS.

These are the best imported French moulds, and can be secured in no other way.

ADDRESS

THE BOSTON
COOKING-SCHOOL MAGAZINE
BOSTON, MASS.

Ancient Kitchen Tools

are all right for a museum. They have no place in the modern kitchen. It is just as reasonable to expect a harvest with a hand plow as good cooking from poor kitchen tools. We have a full supply of

Up-to-Date Kitchen Appliances.

They save Time, Money, Labor, each one saving many times the cost of the Utensil. Call and look over our Stock. Inquiries cheerfully answered. Address

LEWIS & CONGER,
130-132 West 42nd Street,
NEW YORK.

DELICIOUS COFFEE EVERY DAY!

YOU can have it wherever you are, if you use an "EXCERPTA" Coffee-pot. Made in **one minute**. Simply pour boiling water through the trap, and it's **ready**,—clear as wine, with a flavor surpassing anything you ever drank before. All aroma preserved, positively no odor of coffee until it is poured into the cup.



If your dealer cannot supply you, send us his name, and we will send you a copy of a famous picture and facts about the "EXCERPTA."

HOUSEHOLD MFG. CO., 790 Dun Building,
Buffalo, N. Y.

Summer Homes on the Boston & Albany Railroad

Is the title of a 24-page illustrative and descriptive folder, issued by the Passenger Department of the Boston & Albany Railroad, containing a complete list of Hotels and Summer Boarding-houses along the line of that road. It is richly illustrated with half-tone cuts of mountains, lakes, waterfalls, stage-roads, etc., and all prospective summer tourists will find it most interesting.

A copy may be secured by addressing A. S. Hanson, General Passenger Agent, Boston, Mass.

There are three things which women demand to have right,—their gloves, their millinery, and their hose supporters. They may be sure of the last by always ordering the *Velvet Grip Hose Supporters*, which are sold with a yellow guarantee coupon.

Cucumber Pickles

Wash the cucumbers clean, and lay them in a crock or jar. Dissolve fine cooking salt in boiling water, making it quite strong, and pour over the cucumbers while hot. Cover, and let stand twenty-four hours. Then pour off this brine, put the cucumbers in your pickle jar with layers of Slade's pickling spice between, and pour over them enough vinegar, brought to a boil, to cover. They will be ready to eat in a few days, are always firm and crisp, and will keep good two years.

THE OLD RELIABLE

DIXON'S Carburet of
Iron"
Stove Polish.

NEVER TURNS RED OR RUSTS YOUR STOVES.

JOS. DIXON CRUCIBLE CO., - - JERSEY CITY, N. J.

ELECTRIC LUSTRE STARCH

Adds Light and Life to Linen and all wash fabrics and



Makes Shirts, Collars, Cuffs, Shirt Waists, Skirts, Dresses, Table Linen, and Lace Curtains look like NEW.

No other Starch will produce such perfect results.

ELECTRIC LUSTRE STARCH is always sold in BLUE packages. Price 10c.

Be sure you get the Genuine.

For Sale by all Grocers.

Save the fronts of your Electric Lustre Starch packages. Send four fronts to us, and we will send you a Dainty Pear Wood Thermometer free.

ELECTRIC LUSTRE STARCH CO.
26 Central Street, Boston, Mass.



For Chopping

food of any kind, meat, fish, vegetables, fruit, quickly and easily; for making mince pies, hash, Hamburg steak, croquettes, fish balls, curries and salads, use

SARGENT'S GEM FOOD CHOPPER

The greatest saver of time, strength and money. Simple, durable, easily cleaned. Sold at hardware and house furnishing stores. Send for FREE Gem Chopper Cook Book.

SARGENT & CO.
148 Leonard Street, N. Y.

Sawyer's

Sold in Sprinkling Top Bottles.



CRYSTAL BLUE

Gives a beautiful tint to linens, laces, and restores the color to goods that are worn and faded.

Be sure that you get

SAWYER'S

45 YEARS THE PEOPLE'S CHOICE.



STANDARD ROTARY SHUTTLE Sewing Machines

Do both lock and chain stitch work. We aim to make the finest machines in the world. We employ no agents or canvassers, and do not send machines out on suspicion.

We rent, repair, and sell for cash or on rental-purchase plan.

SPECIAL NOTICE. "STITCHWELL" \$4.75 small hand machines for travellers. Write for circulars.

STANDARD SEWING MACHINE CO.
GENERAL OFFICES,

173 Tremont St., Boston

Write for elegant 50-page catalogue and mention this magazine.



JELL-O

From Baby in the High Chair to Grandma in the Rocker, is liked by every member of the family. So easy and quick to prepare, and can be used with fresh or candied fruits, nuts, figs, dates, in hundreds of different combinations.

Four Fruit Flavors: Lemon, Orange, Raspberry, and Strawberry. At all Grocers' loc. Try it to-day.

THE GENESEE PURE FOOD CO., LE ROY, N.Y.

The Triumph Fruit-jar Wrench

We wish to call attention to the advertisement of the Triumph Fruit-Jar Wrench, on page xxviii of this magazine. Hundreds of women have used it, and eliminated many of the troublesome, not to say dangerous, features of fruit canning. It opens and closes the most obstinate jar, and saves many a time its cost each season by insuring the proper sealing of canned fruit.

A New Railroad Book

New Jersey is in every sense a typical vacation region, and each year brings greater developments and improvements for the entertainment of the pleasure-seeker. The shore, which is reached best by the New Jersey Central, includes Atlantic Highlands, Navesink, Seabright, Monmouth Beach, Allenhurst, Deal, Asbury Park, Ocean Grove, Spring Lake, and Point Pleasant. To these points there is fast express service at almost every hour, while the New Jersey Central's Sandy Hook boats afford a delightful sea trip to Atlantic Highlands, from which point trains convey passengers to the above points. Atlantic City, Cape May, Ocean City, Tuckerton, Beach Haven, are also reached by the New Jersey Central by fast express trains, while the interior resorts, including Lake Hopatcong, Mauch Chunk, Harvey's Lake, have greatly improved service. The New Jersey Central has just issued a new booklet, known as "Sea Shore and Mountains," descriptive of the region traversed by that road. The book was gotten up regardless of expense, is printed on fine paper, and has nearly one hundred and fifty illustrations of scenes along the line of the road. This book is sent to any address upon receipt of 6 cents in stamps by C. M. Burt, General Passenger Agent, New Jersey Central, R. 803, New York City. Send for it.



"1847 ROGERS BROS."

A Berry Spoon

or a complete outfit in "Silver Plate that Wears" will always prove acceptable as a gift or for personal use if it bears the trademark

"1847 ROGERS BROS."

as the quality is so well known. Made in a great variety of Spoons, Forks and Fancy Serving Pieces.

This is our New Pattern—

The "Avon" (Patented)

and is for sale by leading dealers everywhere. Send for catalogue No. "H-8"

MERIDEN BRITANNIA CO.
(International Silver Co., Successors)
MERIDEN, CONN.

Look for our complete trademark—

"1847 ROGERS BROS."

"Silver Plate that Wears"



Underwood's Original DEVILED HAM

LOOK ON THE CAN FOR THE LITTLE RED DEVIL



The pure and delicate Deviled Ham which has been on the market for years and years, and never found wanting. Sugar-cured ham and fine, pure spices is all that we use. It is delicious for sandwiches, at lunch, picnic, or tea, and in the chafing-dish. Our Book contains a lot of unique and practical receipts. We will send it FREE.

UNDERWOOD'S ORIGINAL DEVILED HAM

may be bought at any good grocer's, but be sure you see on the can THE LITTLE RED DEVIL. Wm. Underwood Co., Boston, Mass., U.S.A.

Old Grist Mill

Wheat Coffee

Improves Digestion



ASK YOUR GROCER-HE SELLS IT!



Like Mother
THE BREAST FOR BABY.
 The Cell for Food
 On sale by all druggists. Complete bottle, by mail, 35c. In ordering, address Dept. B.



Hygeia Nursing Bottle Co., Buffalo, N. Y.

These trade-mark crisscross lines on every package.

GLUTEN FLOUR For **DYSPEPSIA.**
SPECIAL DIABETIC FLOUR.
K. C. WHOLE WHEAT FLOUR.
 Unlike all other goods. Ask Grocers.
 For book on sample, write
Farwell & Rhines, Watertown, N. Y., U.S.A.

DR. STEDMAN'S Teething Powders

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For removing Tar, Pitch, Cement, Varnish, Paint, Axle Grease, Blacking, and all impurities from the hands, it is unequaled, leaving the skin soft, white and smooth.

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Facts about Bacteria

Condensed Information as to their Nature and the Ways of getting rid of them

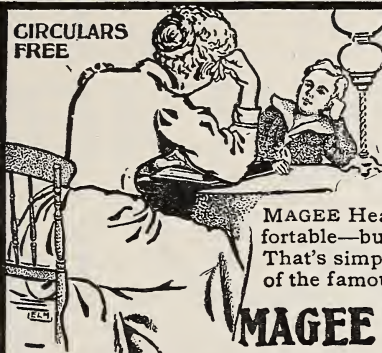
Bacteria are jelly-like cells, of microscopical size and of various shapes and species, which produce disease. These cells vary in size from one-fiftieth of an inch to as small as one-twenty-five thousandth of an inch. Bacteria belong to the vegetable kingdom, and multiply with great rapidity, the method being by dividing into two equal parts. This division is said to sometimes occur as often as every hour. It is only lack of sustenance that prevents their assuming enormous proportions. These bacteria exist in almost everything,—in the air, in the water, in the earth, in our food, on the surface of our bodies, in the cavities thereof,—in fact, almost everywhere.

Perhaps there is no way or place that these bacteria may do more constant and daily harm to health than upon the surface of the human body. The bacteria thrive best and multiply faster in dirt and heat and moisture. Almost 20 per cent. of the total excretion of the body is through the skin. The skin itself is constantly renewed from underneath, and the epidermis, or outer skin, is constantly being cast off. These two facts, together with the inevitable external accumulation, supply a fertile field for the bacteria, while the heat and moisture are furnished by the body itself.

Unless the skin is persistently and constantly cleansed, all kinds of troublesome diseases result. This cleansing is largely mechanical. Rubbing with water produces much of the needed elimination. The use of soap makes the cleansing more easy and more effective, because soap is a solvent and loosens the accumulations on the skin, so that they may be more thoroughly removed.

(Continued on page xxviii)

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BOSTON OFFICE, 42 Central Street.

Medication in soap is of small value, because the progress of the excreta is outward. The work of the soap is only to remove the debris; and it is difficult to impregnate a stream from mouth to source. The remedy, therefore, for such of human ills as come from the surface of the body is soap and water, applied with considerable energetic rubbing.

For the purpose of thoroughly removing the obstructions and accumulations from the surface of the skin, a pure soap should be employed, because such soap is an easy and perfect solvent to dirt. It has been found, also, that the purer the soap, the stronger its antiseptic properties. By antiseptic properties we mean its power to destroy bacteria.

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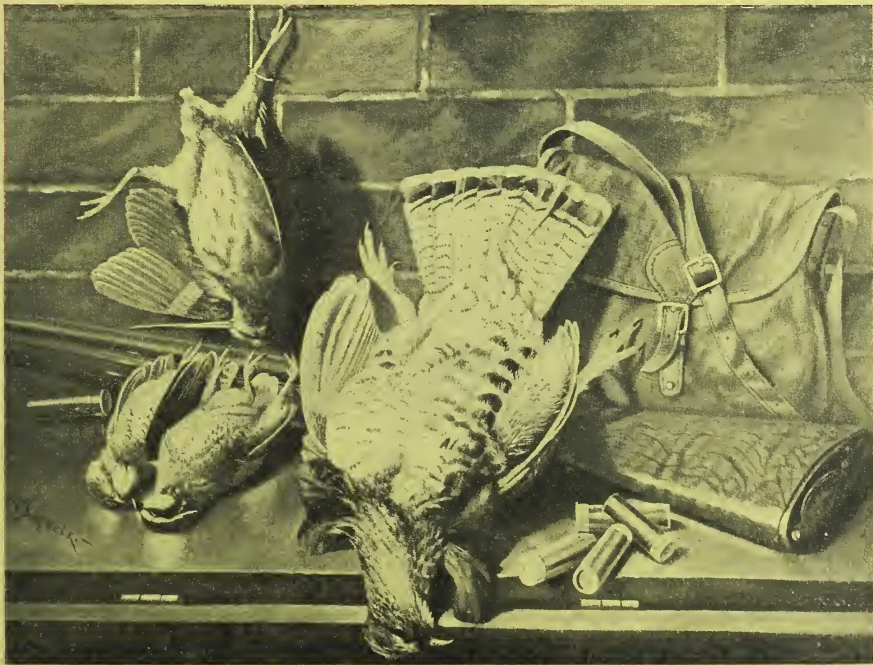
THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND
DOMESTIC ECONOMICS

VOL. VIII.

OCTOBER, 1903

No. 3

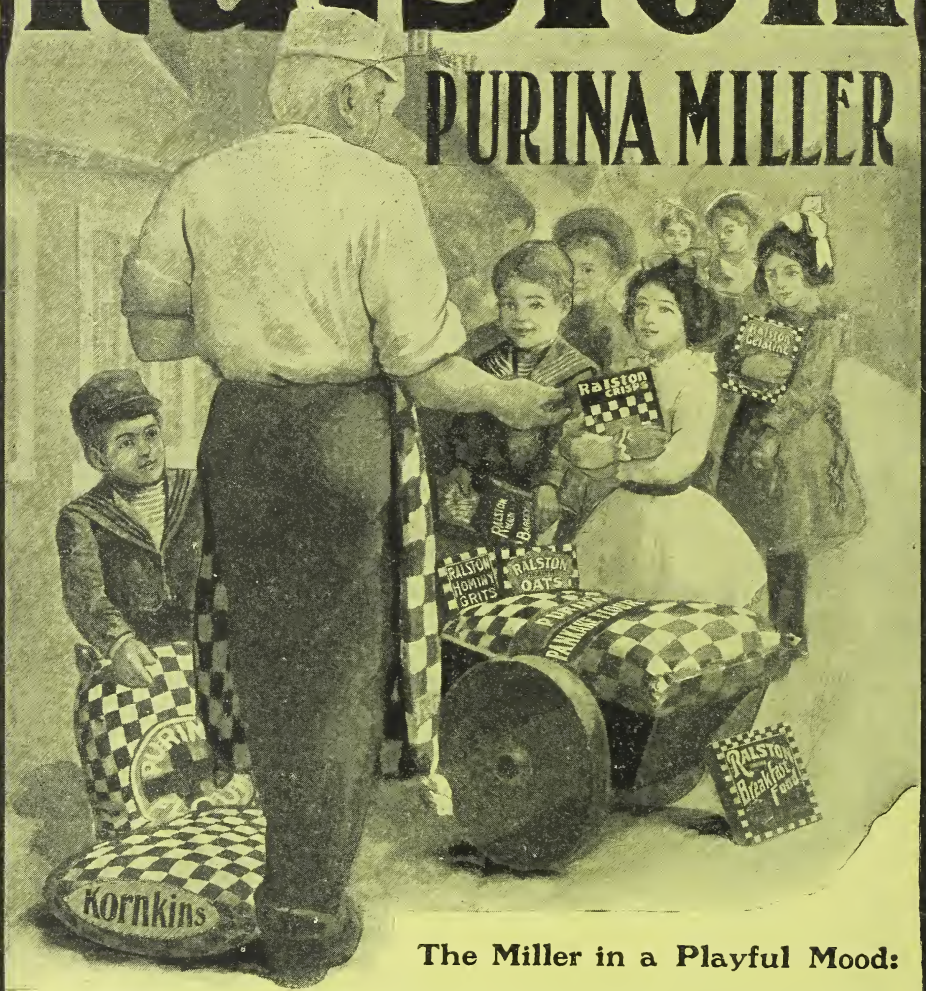


A Day with the Birds. *After the Painting by Thomas Sedgwick Steele*

THE BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts

Ralston

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A Twentieth Century Grandmother

The Boston Cooking-School Magazine

VOL. VIII.

OCTOBER.

No. 3.

American Housekeeping in Manila

By Anne Louisa Ide

TO the American woman, accustomed to the comforts and conveniences of home life in the United States, organizing and running an establishment in the Philippines may seem full of difficulties. There is the baffling sense of the unknown about the place, language, and people; but, in spite of this, the task of the average housekeeper in Manila is easier than that of her sister in Boston. That much-discussed and all-absorbing labor question is partially solved in the Philippines: for here servants are willing to be servants. More help is required than at home, even for a small family; but, if a good Chinese cook be obtained, the worst is over for the new-comer. If the establishment is to be a large one, one will hire a cook, two or three house-boys (the term "boy" applies to men ranging from seven to seventy), a coolie (called literally the "scrub"), and often a "No. 1 boy," or head servant and supervisor. Laundry work is usually done away from home by Filipinos, whose rates are very reasonable. Perhaps the best work of this kind is done in the city prison by men and women serving sentences.

All the household work is done by men, and it is an every-day sight to see a stolid Chinaman carefully folding away Madame's clothes or making her bed. Filipino and Chinese women are employed only as children's nurses, in which capacity they are very satisfactory.

Cooks average very well, enjoy the household entertainments as a chance to display their skill, and are not extravagant. If left to themselves, they are apt to get into a routine, as one unfortunate bachelors' mess discovered, when they had banana fritters every time they forgot to order meals. Sometimes the cook, in his mistaken zeal, adds a few courses to a carefully prepared menu, and the agonized hostess may find herself presiding over three kinds of dessert in succession; or perhaps a few toothpicks floating in the finger-bowl give a touch of Chinese originality.

As a rule, the Filipinos do not make good servants: they are apt to be lazy or thievish, and are most unreliable. As soon as a native gets his wages, he often disappears without warning, realizing that the two or three dollars earned will support him for several weeks. So why work until he needs



Philippine House of the Second Class, showing Oyster Shell Shutters

more? The natives are universally employed as *cocheros*, to drive and care for the small Andalusian ponies which are used in the islands. Even horse-feed is peculiar in this part of the world. When a bill is presented itemizing *tekitiki*, *zacati*, *palai*, and *miel* for the ponies, it may be a surprise to find that their meals consist of marsh grass, rice stalks, and coarse-ground rice, accompanied by a bucket of honey and water.

When our people first went to the islands, there were only native markets, filled with clouds of flies and odors, which only an Oriental could endure. The one ice-plant was run on Spanish methods: when the proprietor was awake and thought of it, if the machinery was not broken, he made some ice. Now the insular government has built several large markets, with concrete flooring and wrought-iron stands, which are flushed every night. The government is also running one of the largest cold-storage

buildings and ice-plants in the world, where distilled water is distributed free during the cholera epidemics. Investigation has shown that every glass of city water in Manila may contain the germs of deadly disease, and constant personal supervision of the drinking water must be the first duty of every housekeeper. Into the markets are brought fresh fish, shrimp, vegetables, including yams, rice, and native produce, and many varieties of strange tropical fruits, as well as the familiar orange, banana, and pineapple.

The army officers and their families have the use of the commissary, where they can buy all supplies at wholesale prices. For the civilian, life in Manila is very expensive. Wages and rents have trebled since American occupation, and, at present, a Filipino gets from five to twenty pesos, or Mexican dollars, per month (equal to half that sum in our money). A Chinese cook demands from thirty dollars (Mexican)

up, while his under-servants are paid twenty or twenty-five pesos. Nevertheless, people with very modest incomes are able to live comfortably, keeping a pony and one or two servants. Many families have recourse to the never-failing canned goods. Always ready for an emergency, so easily prepared, and, above all, germ-proof, the "tin can" is the true friend and constant comrade of the Philippine American. But this faithfulness is rewarded by the utmost scorn, when anything fresh can be obtained, and one of the favorite pastimes of homesick epicures is planning the first meal they will order, when they reach "God's country."

Diet is practically the same as at home, but meals are served at different hours: breakfast, from seven thirty to nine; "tiffin," as it is called all over the East, at one; and dinner, at eight.

Trading companies import a constant supply of delicacies,—pheasants, game of all kinds, frozen beef

and mutton, fancy cheeses, turkeys from Vermont, butter fresh from Australia or in tins from Denmark, and St. Charles condensed cream, an excellent substitute for the real article.

The better class of Spanish and Filipino houses have been utilized by our people, and have proven most satisfactory for the tropics. The lower story is usually of stone, unoccupied save for servants' quarters or the stable. Even in many of the best houses carriages are kept in the hall, into which you drive, and go directly from victoria to salon or combined upper hall and dining-room. Door-bells are practically unknown, and it is a common occurrence for callers to catch sight of fleeing dressing-gowns, or to walk in upon a dinner to which they have not been invited. The rooms are all large, with floors and woodwork of indigenous hard wood, resembling mahogany, and capable of a very high polish. These floors were the especial pride of the



American Touches in an Old Spanish House



Sala or Hall in Philippine House of the Better Class, showing Polished Floor

old Spanish señoras, and their method of caring for them is still in use. A piece of sacking, moistened with kerosene, as a preventive for white ants, is first passed over every board, followed by several native boys solemnly skating up and down the glistening surface with large bunches of banana leaves tied to their feet. There are no windows in the houses, but a series of sliding shutters extends around the upper story, where the family live. These are perhaps six by two feet in size, and filled with small squares of translucent oyster shell.

The Philippine bed has been an object of awe and discomfort to many upon first acquaintance. It is a large, four-posted affair, with the indispensable mosquito net. Instead of springs, there is stretched cane, like the seat of a chair, over this is laid a single blanket or mat, and a single sheet constitutes the covering. First experiences on such a bed consist in trying to find the least hard spot all

night, and the result is a condition of body resembling a waffle in the morning; but its cool and sanitary construction has caused almost universal adoption. The bed is of service by night and day; for the siesta soon becomes an established habit, and, during



Philippine Ponies

the noon hour, Manila is like a city of the dead; stores are closed; the streets, glaring and white in the tropical sun, are deserted; and every man, woman, and child passes this uncomfortable period in the sensible and pleasant form of sleep.

After a Manila house is running smoothly and the mistress realizes that her servants will work without her constant supervision (and, if they do not, she has probably absorbed enough of the spirit of the Orient not to worry), she begins to discover many spare hours, which she never before felt free to utilize. She takes her

usual evening drive on the Luneta, or Malacon Boulevard, bordered by palms, with the sea and the glory of a tropical sunset on one side, and the old city wall and *conventos* on the other. From five to eight, everybody is out, for this is Manila's social hour. There is always music, either the stirring march of a military band or the swing of a Filipino waltz. The cool breezes from the bay make the temperature delightful. Carriages are halted side by side for a friendly gossip; and it will not be strange if the housekeeper says to her friend, "They understand some things better over here, after all."

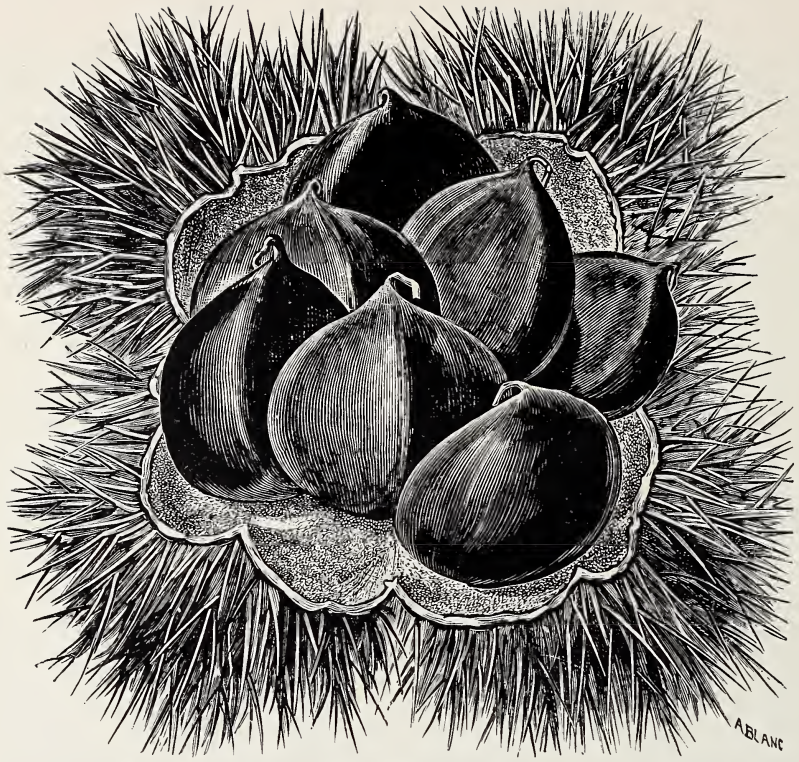


Sunset from the Luneta

There's a purple tint on the woodland leaves,
 And the winds are up all day;
 There's a rustling heard in the yellow leaves,
 And it sadly seems to say,
 Sweet summer has gone away.

In the wrinkled brook no roses peep,
 And the bees no longer stray,
 And the butterflies have gone to sleep;
 And the locust trills all day.
 Sweet summer has gone away.

Selected.



The above was taken from a three year, grafted chestnut tree, grown on the grounds of the William H. Moon Co., Glenwood Nurseries, Morrisville, Pa.

Italian Chestnuts

By Julia Davis Chandler

FROM the north of Italy come the giant chestnuts so beloved by the Italians and French.

In France they are used for the filling of roast poultry, for preserves and confectionery; and delicious indeed are the French *marrons* in all forms. If you really do not think so, you must not say so, since it is gastronomical heresy to admit the fact.

Chestnuts may be deviled, with red pepper and salt, in slices, to replace salted almonds (for a relish) or cooked in a highly seasoned brown sauce for an entrée. For a dessert they may be boiled and served with whipped cream flavored with vanilla.

When preserved, they are usually

put in a vanilla syrup, sometimes maraschino.

Bricks of vanilla ice-cream (without eggs) are made now with one layer of preserved chestnuts accompanied by a rich egg sauce, flavored with sherry.

In Naples street venders sell them to the poor, and a godsend they are; and even the well-to-do are not above lowering a basket for some, also, from their windows.

During the winter season a flour made of chestnuts is for sale. In New York it costs about twenty-five cents a pound.

It is pale yellow and very sweet, retaining the true chestnut flavor.

This may be boiled for mush, which is to be sliced and fried in olive oil; or, flavored only with a little salt, it may be fried like a griddle-cake for breakfast, to be eaten without syrup or even sugar.

The dish most highly esteemed is a cake to be served with wine, usually. This is called

Castagnaccio

The chestnut flour is sifted and seasoned with a little salt, and mixed with water to a very thin batter, about like molasses, so that it will pour. Plenty of English walnuts, in halves, are added. The large baking-pan is well-oiled, sufficient being added to saturate the crust of the cake. Fennel seeds are sprinkled on the pan. The batter is poured in. More olive oil and fennel seeds are put over the top as well. No eggs

or baking-powder, the oil supplying shortening and making it very rich indeed.

For two hours this must bake until the upper and lower crusts are of a chocolate brown, and the interior a pale yellow-brown color.

It is eaten either freshly baked or after several days.

The fennel seeds are not generally liked by Americans, who prefer caraway to any other seed for cakes, just as the Germans like poppy-seed rolls (*Mohn*), and dill seed for pickles. The writer thinks coriander would be preferable for this cake; but fennel is the correct thing to use, to make a "really-truly" Italian castagnaccio.

Japanese chestnut-trees are for sale by our dealers in trees and shrubs, and the accompanying plate shows a mammoth chestnut burr.



The New Age

When navies are forgotten,
And fleets are useless things,
When the dove shall warm her bosom
Beneath the eagle's wing,

When the memory of battles
At last is strange and old,
When nations have one banner
And creeds have found one fold,

When the Hand that sprinkles midnight
With its powdered drift of suns
Has hushed this tiny tumult
Of sects and swords and guns,—

Then Hate's last note of discord
In all God's worlds shall cease,
And the strenuous life mean service,
And the common goal be Peace!

Frederic Lawrence Knowles, in the Christian Endeavor World.

The Achievement of Youth

By Katherine Louise Smith

THE resolve to be young physically and mentally is in the air. We are learning the new wisdom of hygiene, fresh air, exercise, cleanliness,—all those aids to correct living that are beginning to influence our lives materially. Above all, we are beginning to catch a glimpse of the great truth that we are largely old as a matter of disposition, that it is the inner eye that looks out at life and decides whether we are youthful or not. Mental maturity and physical old age are not one and the same thing in the start, but they can become so, and the cultivation of the former brings on the latter; for we are young as we think ourselves young.

One of the essential preservers of youth is the cultivation of a genial, happy disposition, which looks upon the rosy rather than the dark side of life, and tries to make the best of things. It is wonderful how the persistent looking at the one bright spot, which every one has, even if in some cases it seems infinitesimal, can be encouraged until it becomes a habit. A certain serenity of mind is indispensable to a healthy body, and the fretful worry, which make a mountain out of a molehill and sees no good in anything is one of the shortening processes of life.

It is true that a certain ambition is necessary for mankind to progress, and stagnation is worse than annihilation; but the worrying individual of either sex, who harrows his own life and the lives of those around him by premonitions of evil, is a disturber of the atmosphere and should not be tolerated. Of either sex the female

evil-worrier is the worse. Possessed of a more sensitive organism than man, she bustles about from one thing to another, never is quiet herself or allows others to be, rouses the family early in the morning for fear the work will drag, sends the children and male members off with teeth on edge, and settles back with the complaisant air of one "who has done her duty." Finally, she becomes a victim of nervous prostration, or some other nervous disease, and is a care to the very people she continually harassed when well, and all because worry first started her on the path of restless energy. Give us reposeful men and women, but, above all, give us the latter.

It is easier to advise against worry than to utilize the advice. Worry causes more sleeplessness than any other cause, for to be happy generally insures a good night. Generally speaking, it is the result of fear, anxiety, and doubt, but, whatever be the cause, it excites the nervous system to excess. A peculiar fact about this bugbear is that the more civilized and complex our relations, the more our mental condition becomes unbalanced, and the more opportunities are given for worry to take root. Worry exerts a depressing effect on the body and pulls us down generally. It impairs respiration, decreasing thereby the amount of oxygen in the blood. It increases the action of the heart and lessens our powers of resistance. Most of all, the stomach and intestines are influenced, and the worry-lover lays himself liable to the influence of death-dealing germs and microbes.

Regarding the best means of preventing or mitigating the various forms of mental worry, it is difficult to say, but they consist in treating the cause. We must learn that we can cultivate happiness and that confidence which brings invigorating hope. Above all, we must learn the mission of mirth,—that wonderful secret which improves the health and appearance, helps people over hard places, and makes life generally a success. Already we are learning this secret, which our forefathers hardly guessed at, for our American humor stands as typical of the American throughout the world. Though the Puritan and Dutch ancestry, which serves as a basis for heredity, is hardly conducive to the cultivation of wit, the American of late years has grasped a binding quality of humor, which sees the funny side of life, and bridges the chasm of race and creed. Laughter without a cynical note, is a dispeller of evil, a foe to fear, and one of the most desirable characteristics, in a physical way; for it acts upon the digestive system by causing the nerves and muscles to relax.

It is on the hardy frontier that our American humor first developed, and it has grown so rapidly that many people are seizing the first opportunity to laugh at the ups and downs of life. The good-natured way in which our men take their privations and wounds in battle has been commented on in all countries, and called forth admiration. With a literature that has grown out of the inimitable humor of such men as Mark Twain and Bret Harte, who shall say how much cheery

laughter has helped to decrease the death-rate?

No obstacle seems insurmountable to the man or woman who has stopped worrying, and has learned the secret of smiling at difficulties. The very worry will cease in the mood which laughter brings, and the cheering smile has saved many a situation that might have become tragic.

There is no doubt that our ancestors took life too seriously. They became mature at a much earlier age than we do, because they had not learned the secret we are just beginning to grasp, that we are young as long as our thoughts are. The don't worry fad is a helping feature of this thought, and cannot be too vigorously inculcated. So is laughing with others and at the ills of our own life. We must enlarge our mental radius, and, as we become accustomed to the new atmosphere created by a wider horizon, by the ability to overlook trifles, we shall be making unprecedented advances toward achieving undying youth and the good nature that accompanies it. Its attainment will be according to the receptivity of the individual and his environments; but it can be done, as is indicated by that hopeful spirit of looking for the best of things which is gradually permeating American society. Way down under the dead level of mediocrity there is a sub-stratum spirit of good will toward men, and slowly but surely this is leavening the whole lump, bringing contentment, and ability to view things from the right angle, and many other factors necessary to the attainment of longevity.

FIRST, do nothing inconsiderately, nor without a purpose. Second, make thy acts refer to nothing else than to a social end.

Marcus Aurelius Antoninus:

Kitchen Accessories

By P. G. Gulbranson

AS a result of advancing civilization, the manner of life becomes more complex, the standard of living changes, and whatever enables us to make the most of opportunity, to economize time and labor, and to make life more comfortable, naturally receives close attention. The unrest created by new conditions stimulates research in new or hitherto little exploited fields; and, as a result, many labor-saving devices are brought forward, having a wide range of application. Among these are many which simplify the routine of household labor, and serve to eliminate some of its drudgery. So important has the science of food preparation become that the teaching of it is a recognized profession, enlisting intelligence and enthusiasm in its service.

The old-time kitchen, especially in the country, which was also dining and living room, was often of considerable size. Of conveniences such as we know, there was great lack; and, before everything had been put away after a meal, quite a journey had been made. But under present conditions it is a mistake to have a large kitchen. What we want is not an extended floor space, but an arrangement which shall save steps, which shall put accessories within easy reach, and which shall simplify the service of the dining-room. Now it is often difficult to do much under some conditions of plan: the awkward points will always be in evidence.

We will discuss, first, some existing kitchens. In Plan A the best place for the gas range is between the coal range and the dining-room door. This door, by the way, is a poor con-

trivance: it is a heavy door, swinging both ways. If such an arrangement is insisted upon, this door should be very light and thin, so that a light blow would open it wide. While it is very useful in a restaurant, it is entirely out of place in a private house.

Over the gas range is a good place for some shelves, where may be kept various kinds of seasoning, and where ladles, spoons, and forks may hang, and, perhaps, a skillet or two. Shelves may also be provided on the wall next to the entry door; while at the double window the table would naturally be placed.

If instead of the double window there had been a single window, say three feet from the cellar-way, on this wall there would have been a fine place for the sink with a good ledge at either end. The coal range could then have been placed where the sink is at present, and the gas range moved to the space now occupied by the coal range. By this distribution not only would there have been more available floor space, but both range and sink would have been better lighted.

In Plan B the kitchen is very small and cramped, but with the accessories suggested the conditions are improved. In this house the attempt to get a special fireplace feature in the hall is marked. A narrow hall would have permitted the straightening of the kitchen wall, and the fireplace could very well be omitted in this small house. With a little contriving the back stairs could have been so designed as to enlarge the pantry and give a more convenient space for the refrigerator in the entry!

Let us now consider two kitchens not yet built, where we can have our own way. In Plan C a partition,

the heat would be overcome and the kitchen made more comfortable. The sink and ranges are near the dining-

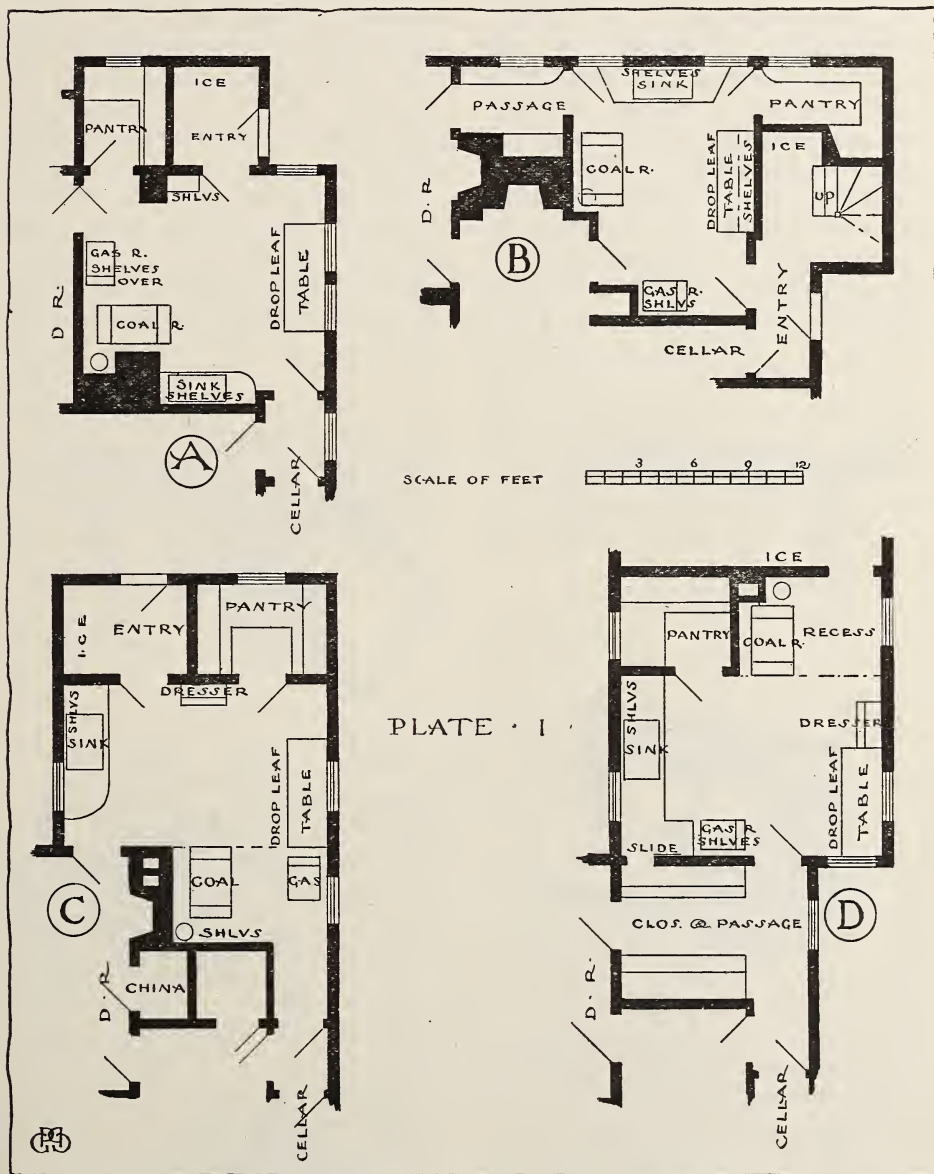


PLATE · I

as shown by the dotted line, is dropped, making a sort of hood, six feet and eight inches from the floor. With a ventilator in the chimney and the window in the range recess, much of

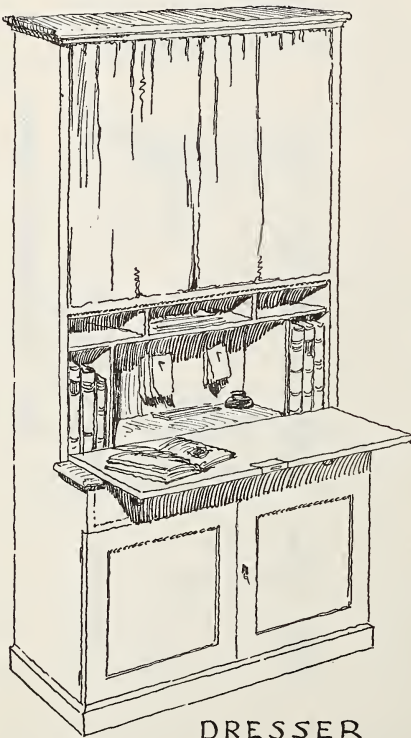
room, making service easy, while between the entry and pantry doors is a space available for a dresser such as is illustrated in Plate II. The pantry is light, has a good supply of

shelving, and a wide table shelf under the window.

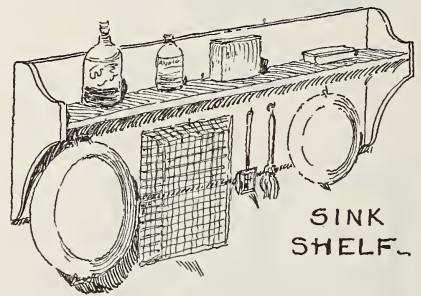
In Plan D the fittings suggested are about the same as in Plan C, but the position of the ranges is different, as in Plan C the coal range has a recess to itself large enough to admit of easy manipulation and is isolated. By means of window and ventilator the heat is regulated. Moreover, with the addition of some sort of a curtain on a pole or roller at the front, under the dropped partition, the heat could in a measure be confined to the recess

and the main room be kept comparatively cool.

Plate II. illustrates some accessories suggested on the plans. A set of shelves previously mentioned, to contain salt, etc., should have a place in every kitchen, convenient to the range, to obviate the necessity of going to a closet for these articles and of carrying them back. Many a step and considerable time will thus be saved. Objection is often made to having anything of the kind in sight, but the objection is not valid; for, as the kitchen is a workshop,



DRESSER



SINK SHELF

SERVING WAGON



RANGE SHELVES

PLATE II



professional implements should be so placed that they may be easily reached.

The dresser shown on Plate II. is a plain but useful piece of furniture. Built six feet six inches high and from two feet three to six inches wide, it contains closed cupboards, a drawer, a compartment with a drop-lid and curtained shelves. The middle compartment has spaces for cook-books and account-books, pigeon-holes for stationery; and pins for filing bills and lists of items. The drop-lid makes a convenient desk where bills may be audited and the cook-books studied.

The serving wagon shown on Plate II. is adapted to simplifying the dining service. A good size is eighteen by twenty inches and twenty-eight inches high, including casters. On

it may be placed everything for the meal of a moderate household; and especially is its usefulness apparent, if there be no servant, for one need not get up to change dishes, since these may readily be passed from table to wagon and *vice versa*.

Though our field be a large one, space for discussion is limited; and I will close with some notes on that popular machine, the ice-cream freezer. Every one who has had anything to do with it has noticed that, as the operation progresses, more energy is required to turn the crank and to keep the freezer steady. Now, if the tub were fastened by means of elbows and thumb-screws to a stout, heavy bench, the power wasted in holding the freezer in place would be utilized in turning the crank, the arms relieving each other, turn about.

An Old Art Revived

By Celestine Cummings

IN the days of the "Wayside Inn" pyrography went by the name of "Poker Work," or "Painting by Fire." The artist of the company assembled in the village tavern would heat the poker at the open fireplace and burn his inspiration into the walls. Noticing the effect of the crude lights and shadows on his work no doubt inspired him to more ambitious efforts, for these pictures often represented some woodland scene, which came to the memory, or some amusing situation in which his friends had figured.

From this simple beginning came the development of "pyrography." The result of the work of these artists

of "ye olden time" may still be seen in old-fashioned inns and lodges in Europe, and it is the study of these mediæval scenes and portraits that has inspired the present revival; and it is becoming more than a "fad." Women are beginning to see remarkable and beautiful possibilities for the art in the decorations of their homes.

One woman, who has a knack for this work, said she had just about furnished her house with burnt wood-work. The work is very fascinating, and, if one has any artistic ability in other directions, it can easily be transferred to this working in wood. I have seen exquisite pieces of work

on shirt-waist boxes, dower chests, picture frames, and many other articles.

Another lady of my acquaintance makes a specialty of fruit pieces, which are very excellent. Her Dutch boys and panels of baby porkers are most amusing.

The owner of a country house in England has had the legend of "King Arthur" done in pyrography on the woodwork of her fireplace. This would be a charming use to make of the art; so much woodwork is used these days in many of our costliest residences. Burn into the woodwork some inspired fancy of the poet's soul,—the famous legends of Tennyson and Longfellow's Hiawatha and Evangeline. What charming figure scenes Shakespeare's heroes and heroines would make in their picturesque costumes!

Wealthy bachelors are taking a fancy to the new art. One of the best-known anti-benedicts in railroad circles has his "den" literally covered with his own handiwork. Seeking for "new worlds to conquer," he has even undertaken a pictorial autobiography of his own life, entitled "Why

I'm Single"; but, as he keeps this under lock and key, no one has, as yet, had a glimpse of it.

The softer woods are preferred for lighter articles, but some people prefer the harder woods, thinking they will withstand the ravages of time better. This speaks well for the art, and so hard woods have their market value also: although more difficult to "burn in," the results are pleasing. Carving the wood before burning brings the design out stronger.

Excellent effects can be obtained in leather work by using the velvet side of calf and sheep skins. Indian chiefs' heads and dragons make unique and forceful designs, especially if touched up discreetly with the brush.

The ancient Phœnicians' style of wood carving was very similar to pyrography. Their carving was not as original as ours, as the different nations borrowed their ideas from one another; but their technique was the same, the carving and burning and touching up with colors. Some of the designs, displayed in the art department of museums and art galleries, are very beautiful and well worth a study for ideas.

An Autumn Longing

By Kate Matson Post

Apples, bring me apples,
 On this golden autumn day,
 When far from the din of traffic
 My thoughts are wont to stray,
 And roam among the gnarled old trees
 In an orchard far away.

Apples, bring me apples;
 There is naught so dull in life,
 In this endless round of toiling,

This hard, self-seeking strife,
 That is not brightened by the breath
 They bring of a freer life.

Apples, ripe red apples,
 With their perfume sweet and rare,—
 Ah! what with their rich completeness
 And beauty can compare?
 They are buxom, country lassies,
 Bright, wholesome, and fresh and fair.

Soups

By Adolphe Meyer, Chef of Union Club, New York

THE daily question which confronts and embarrasses many housekeepers is, "What shall we have for dinner?"

It is but natural that the first suggestion should be, "a good plate of soup." But here we encounter the stumbling-block of many women cooks, —their knowledge in this particular line of cookery is limited.

It is not essential that all soups should be prepared with a basis of meat broth. Any number of them can be made without meat; and, as far as nutriment is concerned, they cede nothing whatever to those prepared with meat.

Soups prepared with leguminous seeds, as peas, beans, and lentils, contain a large quantity of nitrogenous food, of which the body is most in need, and which will, more than any other substance, replace meat.

Another well-known fact is that during summer people, and children especially, will more readily take liquid food than in winter.

Two plates will invariably be cleaned out by a child, and these are the soup and ice-cream plates.

Therefore, for three reasons we suggest soup: first, because of its salubrity; second, because everybody likes it, if well prepared; third, on account of its being an economical dish.

Meat Broth (Bouillon)

The ordinary practice in preparing meat broth, or bouillon, is to take one quart of water to one pound of lean meat. A reasonable allowance should be made, however, for the evaporation of the liquid.

The recipe below will be sufficient for one hundred persons. By increasing the vegetables, and with the addition of two small heads of cabbage, the *Pot-au-Feu* is obtained, which is the national soup of the French.

The beef may be served as a course in conjunction with the vegetables and some tomato, piquant, or horse-radish sauce.

Recipe.—Twenty pounds of lean beef, one pound of carrots, twelve ounces of turnips, eight ounces of leeks, six ounces of soup celery, three onions stuck with six cloves, four ounces of salt, six gallons of water, two or three ripe tomatoes *ad libitum*.

The beef should be cut in suitable pieces and tied with a string. If it is to be eaten, have it from the shoulder, the round, the cross ribs, or the brisket, although the latter two are rather fat. If it is to be used for soup only, the shin and neck are to be used.

It is natural that the broth will gain in sapidity through the addition of chicken giblets. Bones may be added. But let it be remembered that they contain little or no nutritious matter: they give, however, a rich appearance to the broth, on account of the gelatine which they contain.

Place the meat with the cold water in a stock boiler, and set over the fire. When it begins to boil, remove the scum that rises to the surface. Add the salt and one pint of cold water, to aid the rising of some more scum. When the soup is well cleared, add the vegetables, which should be tied in a net or cheese-cloth. Let

simmer gently for three to four hours, removing the fat and impurities occasionally.

When the meats are done, remove them from the boiler, and strain the broth, which is now ready to receive whatever garnishing is to be added.

This broth is the basis of all meat soups. With the addition of a pound of chopped lean beef to each gallon of broth, consommé is obtained. But we shall not enter the field of high-class cookery at present.

This broth, while being a stimulant, contains very little nutrition; but with the addition of farinaceous grains, as rice, barley, or oatmeal, its nutritive value is augmented.

The broth may also be garnished with vermicelli or other Italian pastes: these should be parboiled in water for a few minutes, as, otherwise, they are liable to deteriorate the flavor of the broth.

The French housewife cuts up the vegetables in neat little slices, and adds them to the broth; and, on a separate dish, she serves thin slices of French bread, delicately browned in the oven. An adjunct which the French use with their soups, and which is scarcely known in America, is chervil. It is surprising what an improvement a few leaves of this plant will create when added to the soup just before it is served. It merits to be known better than it is.

Another European custom, which in this country is practised only in hotels, clubs, and high-class restaurants, is to serve either grated Parmesan or Swiss cheese separate with soups.

The highest authorities have stated that every pound of cheese contains twice as much nutriment as the same amount of the best meat: it is, therefore, but logical to recommend this practice, especially when soups contain little nitrogenous matter.

A tablespoonful to a plate of soup is a great improvement.

Purée Soups of Legumes

Soups prepared with legumes are, as stated previously, the most nutritious. To make them of easier digestion, the outer skin should be removed by rubbing the cooked seeds through a sieve or a strainer. Soups obtained through this procedure are what the French call a purée.

These soups can be prepared without meat; but, if there is a stray ham bone around, it will increase the flavor, otherwise a piece of bacon or salt pork may be added; either of the latter two can be made use of for another dish, which we shall describe later on.

Proportion for one hundred persons.

Recipe.—Twelve pounds of legumes (*i.e.*, peas, beans, or lentils), two large carrots, four onions stuck with six cloves, four leeks, a bunch of soup celery, a fagot of parsley with two bay leaves, two ham bones or one pound of salt pork, five gallons of water, salt, and a pinch of sugar. Allow the legumes to soak in water over night. Then drain, and set them on the fire with the cold water. As soon as it boils, remove the scum. Add the vegetables and the meat, and allow to cook for three hours. If the water be hard, add a teaspoonful of bicarbonate of soda. Add the salt only at the last moment, as salt hardens the water, thus retarding the cooking of the legumes.

When the seeds are cooked, remove the vegetables and meat. Stir the legumes briskly, so as to mash them, then rub through a sieve. Pour the soup into a clean pan, and let it boil once more. Remove the scum, season to taste, adding a pinch of sugar, and the soup is ready to serve. An addition of cream or

butter is not objectionable, but not absolutely necessary.

These soups are generally garnished with small pieces of bread about three-eighths an inch square, either toasted in the oven or fried crisp. Some plain boiled rice may also be added.

The salt pork or bacon, which was used for the flavoring of the soup, can be used for many other dishes, as, for instance, potatoes with salt pork, a popular French dish, which every French housewife can prepare in perfection.

Potatoes with Pork

Recipe.—Cut the salt pork in half-inch square pieces, and brown lightly in butter, with three or four onions cut fine. Add four or five table-spoonfuls of flour, and allow it to cook for a few minutes, stirring it all the time, and then moisten with three quarts of water. Peel three dozen large potatoes, cut each in six pieces, and add them to the sauce. Also add salt and a fagot of parsley, with a sprig of thyme, and three bay leaves, cover the pan, and cook over a slow fire. When done, remove the fagot and the fat from the sauce, dish up, and besprinkle with freshly chopped parsley.

Tomato Pilau

Cut up the pork, and fry crisp, adding four chopped onions, and allowing these to cook, but not to brown. Then add two quarts of canned, or, preferably, stewed fresh tomatoes and one quart of broth (or water). When boiling, add three pints of well-picked rice. Add salt and a fagot of herbs, cover the pan, and finish to cook slowly. Do not stir the rice with a spoon or any other implement, as the rice, of which every grain should be separate, would be in danger of being mashed.

Thus the pork may be used in various ways: it can be added to scrambled eggs, to green peas, or string beans, etc.

Before concluding this article, I would like to add a few more words about economical soups. Unfortunately, little is known of them in this country; and, meat being comparatively cheap, the wife of the workingman or laborer buys steaks or chops or other chunks of meat in preference to making soups.

In Europe, where the workingman gets less wages, and where foodstuffs are nearly as high in price as here (even higher sometimes), the housewife has to think of how to make both ends meet. The principal dish there, which is at the same time wholesome and economical, is soup; and, not to repeat the same soup daily, the housewife has to think of variety, and she does so. We could enumerate a great number of soups, which could be ranged under this heading. We will, however, append but two recipes, which will serve as patterns. Variation can be brought into the bill of fare by a thoughtful housekeeper, who can substitute one vegetable for another.

Cauliflower Soup

Proportions for fifty people.

Four heads of cauliflower, one half-pound of butter, one-half pound of flour, five quarts of milk, five quarts of water, salt, a pinch of sugar, and nutmeg.

Select some nice cauliflower. Clean and wash it well, and cut it up in small pieces, throw them into the five quarts of boiling and lightly salted water, and allow to cook slowly.

Meantime prepare a thickening with the butter and flour. Cook together over a slow fire from ten to fifteen

minutes, being careful not to brown the flour. Then moisten by degrees with the milk, which should be boiled, but not be boiling. Drain the cauliflower, when it is done, and add the water in which it was cooked to the soup. Allow to boil up, season to taste with salt, and a pinch, each, of sugar and grated nutmeg. Add the cauliflower, and serve.

Small crusts of bread may be given along separately.

Leek and Potato Soup

Proportions for fifty persons.

Eighteen or twenty medium-sized potatoes, twenty-four stalks of leeks, one-half a pound of butter, nine quarts of water, one quart of cream or milk, ten egg yolks, salt, and a pinch of nutmeg.

Clean the leeks, slice fine, and wash

well. Heat the butter in a saucepan. Add the drained leeks, and smother in butter until their humidity is evaporated, then moisten with the water.

Peel the potatoes, and cut them either in one-half inch squares or in neat slices, the size of a twenty-five-cent piece, wash them well, and add to the soup, which cook slowly to finish.

Season to taste with salt and nutmeg. Before serving, beat well the cream or milk with the egg yolks, and add them to the soup. Heat well, but do not allow to boil.

To this soup could be added celery or sorrel. Chervil is also an improvement. Toasted sippets of bread should be served separately.

The cost of the latter two soups is about three cents per plate.

The Rose of Roots

By Mrs. Lylie O. Harris

THUS is the lowly but lovable onion apostrophized by some culinary rhapsodist who avers that what the rose is in the garden of flowers, so is the onion in the garden of vegetables. Who among gourmets will say him nay? Without the onion would there be any gastronomic art? From its presence the simplest dish gains flavor and savor, while without it the rarest is insipid.

Yet the eater of raw onions feels that, as one who loves his fellow-men, he must, also, be one who is set apart from them. The price of indulgence is seclusion, for a season at least, unless, indeed, he be so blessed as to live in a community of raw onion-eaters. Then without fear of social

taboo may he partake openly of that root, which has but one fault linked to a thousand virtues. But now that beauty culturists have decided that a raw onion diet whitens and beautifies the skin, it will not be long before it makes its way to court, openly and unabashed.

For a long time raw onions have been prescribed for sleeplessness, to be eaten chopped, with bread and butter, an hour or so before going to bed. Medicinally, they are said to be useful in nervous prostration, and of happy effect in coughs, colds, influenza, and scurvy, while the red onion is an excellent diuretic.

But it is not of the onion medicinally that I would now speak, nor

of the onion raw. Excellent as it is, eaten that way,—and thousands acclaim their devotion to it,—there are, unfortunately, many other thousands to whom its breath is the breath of the destroyer. These are they who would like to see a law passed against the eating of raw onions, any infringement of which should be punished with solitary confinement.

But who is there with a refined palate who would cavil at the presence of onion cunningly enwrought in soup, or sauce, or roast, or stew? Where the most supersensitive nostril that could take offence at the delicious odor diffused by this rose of the roots, thus skilfully entreated by the cunning of the cook? Now, indeed, all that raw, rank taste, which offends the hypercritical, is quite vanished, leaving instead a flavor that gives color and enchantment to the dish.

The French, who seldom use the onion raw, rarely prepare a cooked dish without it. Yet it is never overwhelmed with it, seasoned only *juste au pointe*. The mere recollection of one of those savory *potages* is enough to induce a smacking of the lips.

Next to the *pot-au-feu*, onion soup may be said to be the national dish of France, dear to the palate of rich and poor alike. Among the Creoles of Louisiana it is just as popular, they having received it as a heritage from their ancestors. Delicate, nutritious, palatable, and economical, relished by young and old, good for the invalid as well as the robust, small wonder that it takes high rank. This onion soup comes to table without a suspicion of onion about it, just a delicately flavored, clear, straw-colored liquid of the consistency of thin cream.

Cream-of-onion soup as prepared by the Louisiana Creoles is made as follows: A dozen mild-flavored onions

of medium size are minced and fried to a pale yellow in the best butter. To this are added three pints of water, seasoned to taste with salt, black and red pepper. Boil slowly for half an hour. Have ready in the tureen the yolks of three eggs, well beaten. To this add the soup slowly, a little at a time, beating well, until the yolks are well mixed with the soup. This may be strained or not. It may have a little boiling cream added to it, and some chopped parsley. It should be served *hot* with crackers or croutons. It is good for luncheon, good for dinner, good for the tired worker at night just before going to bed, and many people think it good for breakfast.

Irish potato croquettes are as good again, if a little fine-minced onion be stirred into them before frying; while cold boiled Irish potatoes, cut into dice, and mixed with a little minced onion, a little milk, and a thin slice or two of breakfast bacon, and all cooked together for about fifteen minutes, then seasoned with a dash of tabasco pepper, makes a dish too good for many a king.

Garlic is hardly to be mentioned in polite society; yet it often makes its entrée there, albeit under the rose. The world's most famous sauces would lose their piquant flavor, were garlic denied right of entry therein, only the world does not know this. The finest home-made catsups owe much of their delicious flavor to garlic, while the tiniest bit of it imparts a relish inimitable to the salad bowl. Inserted in a roast of beef or mutton or a ham to be baked, it gives those meats a flavor indescribably delicious, yet so elusive that only the cook knows how to classify it. But garlic must be used with a nice discretion that amounts to genius. Just an iota too much, and the refined palate will have none of it:

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THE SEASON OF MIGRATION

HOME, sweet, sweet home, again at last. People in masses have been out on a grand holiday. For weeks, now past, like a vast migration, the returning tide of travel from mountain and shore has taxed our railroad and steamboat lines to their utmost limit. The celebrations of Old Home Week, the signal growth of summer resorts, both in size and number, the crowding of ways of transportation, combine to furnish manifest proof of the rapidly increasing popularity of the annual vacation.

Nor can the advantages to health, to physical and mental well-being, of a summer's outing, be well over-estimated. The direct contact with earth and sea and sky, the outlook on a broader horizon, the contrast of Nature, in her varied moods, with the routine and strife that pervade most lives, is invigorating and health-giving, indeed. In brief, it is good to the soul for us all to list for a season to nature's teachings more and less to man's. "Out of silence comes thy strength" is Carlyle's expression, now trite, of an old truth, but in the lives of most men and women of our day periods of silent, wholesome thought and natural recreation are quite too rare.

We live in crowded ways. The affairs and events of modern life move swiftly. To keep pace with the long strides of the times calls for an effort that tasks the strongest nerves. And in this growing tendency to a prolonged season of change and rest, though pleasure be the motive that actuates many, we note an increasing interest in matters that pertain to healthful living.

Health is the chief concern in life. Whatever tends to foster health-giving pursuits is worthy not only of commendation, but of cultivation. Do we spend time enough in learning how to live properly? We train the minds of our youth, and are beginning to train their bodies, in certain lines; but in matters of food and drink are we not reckless to the extreme? Appetite is pampered, and the consequences are relegated to chance or caprice.

"I have learned," said a young woman who had attended a course of lectures on vitosophy, "many things about temperament, character, and ways of life which I wish I had known before. I should be very

sorry to be without the invaluable knowledge I have lately acquired." To know how to avoid evil courses, to build up and maintain a healthy physical system, is by no means a thing of secondary importance. A strong and vigorous constitution is a lasting possession, a source of joy forever, which money cannot buy.

PLEASURE-SEEKING

PEOPLE are exceedingly fond of pleasure and amusement. The only question is, Are they not inclined to overdo the business? The summer sojourner returns from the natural and wholesome pleasures of outdoor life to plunge into the more distracting and exciting scenes of town and city life. In all large towns the places of amusement are many and conspicuous, and they are largely filled at every exhibition; while alluring games, excursions, holidays, and celebrations almost too numerous to mention are provided to satisfy the cravings of people for entertainment. Again, of books and periodicals one has time scarcely to read the title-pages, each of which assures the reader, or bears the challenge, expressed or implied, that this is the gem of the year, the failure to read which leaves the delinquent behind the times.

The wonder is that people can live so fast and keep it up so long, without wreck, as they do. In truth, to-day one must of necessity learn how to discriminate, to choose as to what is best to read and wise to do. The conduct of life must be regulated and controlled. To pleasures as well as to responsibilities there are bounds and limits. Let us learn to make the most of our opportunities, and strive to be prepared to render in our several callings the

very best service of which we are capable.

AMERICAN WASTEFULNESS

THE Brooklyn *Eagle* takes the predicted early failure of the natural gas supply as a text for sharp criticism of the American habit of wastefulness. The giving out of the gas, it says, "exemplifies a recklessness and wastefulness that are peculiar to Americans. They chop down their forests by the mile and rue it for years after, because by so doing they dry up their streams. They murder their birds to gratify an abnormal passion for shedding blood and a more abnormal and deplorable wish to wear the slaughtered creatures for personal ornament, and thereby expose the farms, gardens, and shade-trees to depredations of insects. They blast away the Palisades, and convert one of the most beautiful passages of river scenery in the world into a rubbish heap. They burn coal ferociously in their furnaces and ranges and fireplaces, and then open all the windows to keep moderately cool. They allow their servants to deal extravagantly in the matter of food, fuel, and lights. They cast aside their clothes at a stage where the European would think they were about right for another six months' wear. They have few small economies and no great ones."

On this item a contemporary editor comments as follows:—

"That this is one of the national failings no one will deny. That to a certain degree it is the natural consequence of early conditions in this country also cannot be disputed. The early settlers of America found the natural resources abundant beyond their wildest dreams of possible

utilization. To them the boundless forests were more of a bar to settlement than an aid to development, and the slaughter of the trees began. The idea has prevailed all through succeeding generations, until now we are confronted by the possibility of a timber famine. In other directions the conditions are the same, and consequently the thriftiest settler became a spendthrift in what are to-day the most valuable resources of the United States. As a people, we find it difficult to get over the belief that in America nature has provided a bottomless treasury, proof against all sounding by the most senseless prodigality.

"The great opportunities this country has offered for advancement in wealth also have contributed to the natural failing. Immigrants reach here filled with the idea that this is the land of limitless plenty, and the pinching life of the old country gives way to wastefulness which takes no thought of the morrow. Some day Americans, as a people, may become saving; but the fact is that at present they waste about as much as they utilize."

PROSPECTIVE

THE *Cooking-School Magazine* enters upon the autumn season under very favorable auspices. We are daily adding to our list of subscribers the names of young, earnest, and progressive housekeepers from every part of this country and of Canada. Our correspondence is most flattering and encouraging. The fact is impressed upon us that there are thoughtful women everywhere, who are interested in household affairs and are ready to respond heartily when a real *bona fide* means of learning the best methods,

new or old, of housekeeping are presented to them.

The *Cooking-School Magazine* is not designed merely to entertain and amuse its readers, but to be of practical interest and usefulness to them in the management of a home. Even its illustrations are not prepared to make a brilliant display of beautiful objects, but to present to the eye a few representative articles of actual utility and service in the daily life of the household. We are convinced that our readers belong to the most intelligent and progressive class of home-makers in the land; and through them, in large measure, we hope to extend our future patronage and consequent means of usefulness.

THOMAS SEDGWICK STEELE, several of whose paintings have appeared on the cover of this magazine, died suddenly, in his carriage, on September 10. Mr. Steele was an extensive traveler at home and abroad, and a most enthusiastic artist. He described his vacation trips in "Paddle and Portage," "Canoe and Camera," "A Voyage to Viking Land," and other works which have been widely read. In fish, game, fruit, flowers, and still life he ranked among the foremost of modern painters.

TO insure prompt attention, our patrons and correspondents are kindly requested to address all letters of business or inquiry intended for this office, to the *Cooking-school Magazine*, 372 Boylston Street, Boston, Massachusetts. This office is open every business day in the year from 8 A.M. to 5 P.M.; and all mail matter, provided it be properly addressed, will be regularly received and promptly answered.



Seasonable Recipes

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Sardine or Anchovy Éclairs (Cold Hors d'Œuvre)

Prepare choux paste mixture, and, using a tube with half-inch opening, press the paste on to buttered baking-pans in strips about two and one-half inches long and three-fourths an inch wide. Bake in an oven with strong heat below, until a cake feels light when taken up in the hand. When cold, split on one side, and fill with the following mixture: Pound in a mortar half a cup of sardine or anchovy fillets, one-fourth a cup of butter, and four hard-boiled yolks of eggs, and pass through a sieve. Season highly with tabasco, salt, if needed, mustard at discretion, and a few drops of lemon juice, then fold in one-fourth a cup

of whipped cream, measured after whipping, and more seasoning, if needed. Dip the flat side of each éclair into a highly flavored brown or tomato chaufroid sauce, and decorate with bits of hard-boiled white of egg or truffle, or with both. Brush over with liquid aspic jelly. Serve on small plates covered with paper doilies.

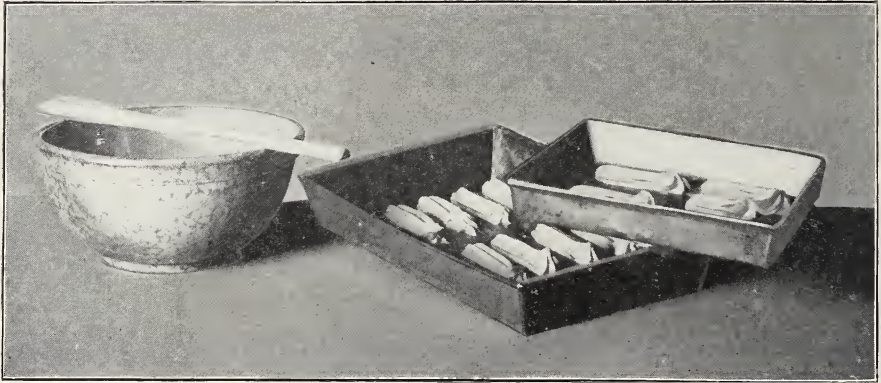


Sardine Éclairs

Tomato Chaudfroid Sauce

To a cup of rich tomato sauce, made in the usual manner, add one-fourth

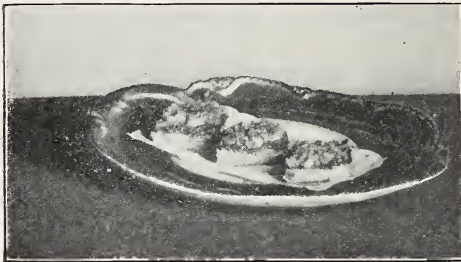
third a cup of tomato or Bechamel sauce; add a tablespoonful of butter, season highly with tabasco or cayenne,



Sardine Éclairs shaped for Baking

a two-ounce package of gelatine, softened in one-fourth a cup of cold water. Stir until the gelatine is dissolved, and use as soon as it is cold enough to stiffen slightly. Dip the éclairs into the sauce or spread the sauce upon them with a silver knife. The usual recipe for éclair mixture (one cup each, of water and flour and half a cup

mustard, and kitchen bouquet. Spread upon small diamonds of hot toast. Cover with grated Parmesan cheese, surmounted with buttered bread or cracker crumbs. Set in a hot oven, to brown the crumbs, and serve at once on small plates covered with paper doilies.



Ham Croutons

of butter) will make about thirty-five éclairs of the size needed. Twice the quantity of filling given will be needed, and about a cup of sauce.

Ham Croutons (Hot Hors d'Œuvre)

Stir three-fourths a cup of fine-chopped, cold, boiled ham into one-

Baked Red Snapper

Split a cleaned fish down the back, and take the two fillets from the bones. Lay in a buttered baking-dish, skin side down. Brush over with melted butter, and sprinkle with salt, also pepper, if desired. Bake until delicately browned, half an hour or longer, basting every ten minutes with butter melted in an equal bulk of hot water (the water may be omitted). Garnish the fish, removed to a serving-dish, with slices or quarters of lemon. Serve also a rich tomato sauce.

Red Snapper Sauté

Prepare the fillets as above, then cut in pieces suitable for serving. Season with salt, and roll in flour, to which a little fine-chopped parsley has been added. Lay in a frying-pan

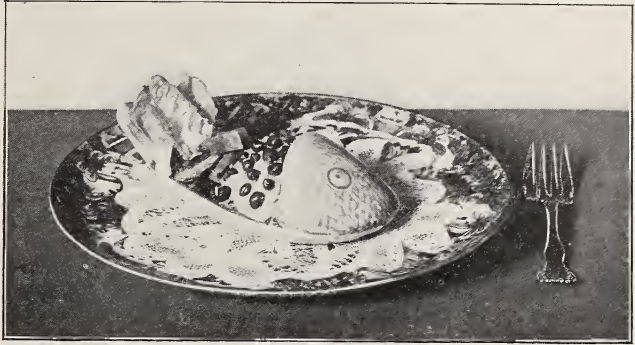
in which there is a small portion (one-fourth an inch in depth) of hot fat tried out from fat salt pork, and cook until well browned, then turn and cook the other side of the fish until browned. Serve, with French fried potatoes, and tomato sauce in a dish apart.

Red Snapper Broiled

Place the fillets of fish, removed as above, between the parts of a well-oiled double-broiler. Broil over a clear but not fierce fire.

Baste often on the flesh side with melted butter. Broil principally on the flesh side, turning often. Remove the fish from the broiler (see page 72, August-September issue). Surround with Saratoga or lattice potatoes. Spread over the fish maître d'hôtel butter or Bernaise sauce, and serve at once.

vinegar. Strain out the onion, pressing all the moisture from it. Return the few drops of liquid to the sauce-



Fish Salad in Shell

pan, add two tablespoonfuls of butter and the beaten yolks of three eggs, and stir and cook over hot water, adding gradually small pieces of butter, until half a cup in all has been used. Finish with a tablespoonful of fine-chopped parsley and salt and pepper. For a change two tablespoonfuls of hot, well-reduced tomato



Individual Breakfast Service

Bernaise Sauce

Cook two tablespoonfuls of chopped shallot or one tablespoonful of ordinary onion in two tablespoonfuls of

purée may be stirred in, instead of or with the parsley. If at hand, a rich glaze, equal in bulk to the yolks of the eggs, is a good addition to this sauce.

Maitre d'Hôtel Butter

To one-fourth a cup of butter beaten to a cream add a few grains of salt,

China dishes, shaped like a fish, are very appropriate. Mask a part of the mixture, smoothed with a silver



Oyster Cocktail

Oyster Cocktail Set

a dash of pepper, half a tablespoonful of fine-chopped parsley, and, very slowly, a tablespoonful of lemon juice.

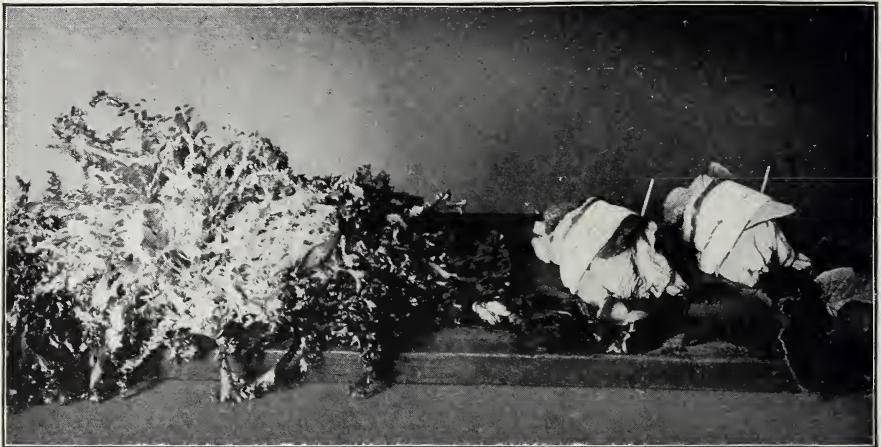
Fish Salad in Shell, etc.

Let cooked fish (baked or boiled is preferable), seasoned with salt and pepper and sprinkled with lemon

knife, with dressing, and dot this with capers. Garnish with tiny lettuce leaves and a figure cut from a slice of pickled beet.

Oyster Cocktails for Two

Clean and chill ten small oysters. Mix with one-fourth a teaspoonful



Quail ready for Roasting

juice and a few drops of onion juice, stand in a cool place until very cold. Then mix with mayonnaise dressing, and turn into individual dishes.

of grated horse radish, two drops of tabasco sauce, ten drops of Worcestershire sauce, the juice of one-fourth a lemon, and one teaspoonful of

tomato catsup. Serve, with bread and butter sandwiches, in cocktail or other small glasses, tomatoes scooped

a cloth (damp, if needed), on a salad-dish, and lay fillets of cold roast duck down the centre. On each side of these arrange slices of sour orange. Garnish the ends of the dish (not on the salad) with shreds of orange peel. For two or three oranges and a pint of fillets mix one-fourth a teaspoonful of salt, a dash of pepper, and one-fourth a cup of oil, and pour this over the salad. Dis-



Duck and Orange Salad

card the shreds of peel, mix the other ingredients, and serve. This dish is suitable for the salad at a luncheon party, home supper, or a chafing-dish supper.

out, and chilled, or in cups made of small green peppers. Oyster cocktail sets come in cut glass. Three pieces constitute a set. See "In Reference to Recipes, Illustrations, etc."

Roast Quail

Draw the quails, and wipe inside and out. Sprinkle within lightly with salt, and put a fresh grape leaf, wiped with a damp cloth, over the breast of each bird. Fasten the leaves in place with thin strips of fat bacon or larding pork, pinned about the birds. Cook in a hot oven twelve or fifteen minutes. Remove the covering, and dispose the birds on a few sprigs of chicory. Pass at the same time green or wild grape jelly.

Cauliflower Timbale

To one cup of boiled cauliflower, pressed through a sieve, add one-third a cup of grated bread crumbs, two whole eggs, and the yolk of another, beaten until whites and yolks are



Cauliflower Timbale

Duck-and-Orange Salad

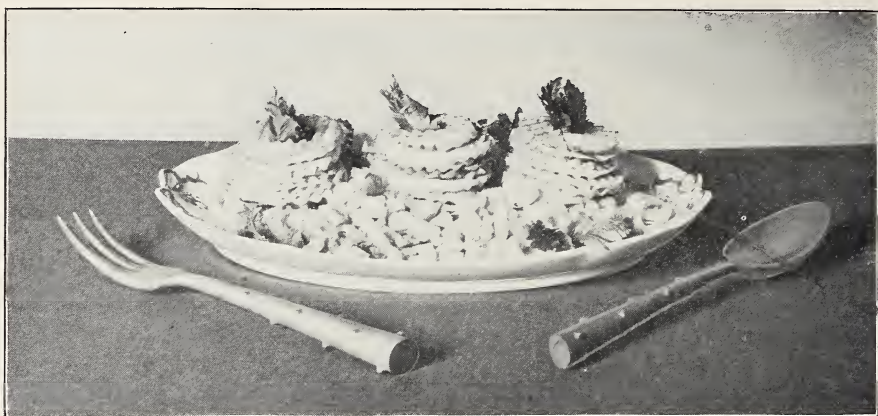
Dispose a bed of well-blended chicory leaves, each wiped carefully with

well mixed, half a teaspoonful of salt, a dash of pepper, two tablespoonfuls of melted butter, and half a cup of milk. Mix thoroughly, and turn into

a buttered mould, the bottom of which has been lined with white paper. Let cook standing in a pan

Apple-and-Celery Salad

Core and pare three apples, then cut crosswise into thin slices with a



Apple-and-Celery Salad

of hot water, on several folds of paper, until firm in the centre. Serve, turned from the mould, with drawn butter, Hollandaise or tomato sauce. Garnish with flowerets of cauliflower, reserved for the purpose. This will serve eight, and may be prepared from

handy slicer. Let each apple lie as it is sliced, to insure replacing the slices to form the original apple. Squeeze the juice of half a lemon over them to keep the slices white. Slice crisp celery stalks into quarter-inch pieces, and dispose on a salad dish.

Upon the celery arrange the sliced apples. Fill the openings with mayonnaise, and insert a green celery tip in each. Pour on about half a cup of mayonnaise dressing, mix the whole together, and serve.



Russian Bread

a cauliflower of medium size. The dish is recommended particularly for vegetarians who use eggs and milk.

Russian Bread

Make a sponge of one cup of scalded-and-cooled milk, one cake of compressed yeast softened in one-fourth a cup of lukewarm water, and about two cups of flour. When the sponge is light, add half a cup of but-

ter, three beaten eggs, a teaspoonful of salt, two tablespoonfuls of sugar, a cup of sultana raisins, and flour to make a very stiff dough, about eight cups in all. Knead nearly half an hour, and set to rise in a temperature of about 70° F. When light, divide into two portions for two loaves, then divide each portion into fourths, thus giving four pieces for each loaf. Roll the pieces into strands of the same

length, but have them thicker in the middle than at the ends. Braid the strands, and set to rise in a buttered pan. When light, bake an hour. The bread will brown very quickly, and needs be covered with paper during the last half of cooking. Fifteen minutes before the cook-

ing is completed, remove the paper, and brush the top of the loaves with a mixture made by boiling a table-

spoonful of cornstarch, diluted with application of starch two or three times.



Caramel Jelly, with Whipped Cream and Bananas

Caramel Jelly

Cook half a cup of sugar to a caramel. Add half a cup of boiling water (carefully, lest, when the syrup foams, the hand be burned), and let stand



Italian Mousse

Caramel Ice-cream with Coffee Sauce

ing is completed, remove the paper, and brush the top of the loaves with a mixture made by boiling a table-

spoonful of cornstarch, diluted with on the stove until the caramel melts. Cool the liquid, and in it soften one ounce of gelatine. When the liquid has been absorbed, pour over the

gelatine one cup of hot milk, and stir until the gelatine is dissolved. Then add one-fourth a cup of sugar and a few grains of salt, and strain. When cool, add one cup and a half of rich cream and a teaspoonful of vanilla extract. Stir until thoroughly mixed, then turn into a mould. Set the mould on ice, and, when cold and firm, serve with preserved quinces, sliced bananas, or coffee sauce. In the illustration the jelly is garnished with slices of banana and whipped

cream, sprinkled with pounded caramel.

Coffee Sauce

Boil one cup of clear black coffee and one cup of sugar five minutes. Let cool before serving.

Caramel Ice-cream

Stir three-fourths a cup of sugar over the fire until changed to caramel. Add half a cup of boiling water, and let cook until a smooth syrup



Chafing-dish Cabinet

is formed. To this add one pint of scalded cream and one-half a cup of sugar. When cool, add a pint of unscalded cream, and freeze as usual. This may be made, also, with one quart of milk, one cup of double cream, a junket tablet, the caramel and sugar. The result in either case is a fine-flavored, economical cream. It may be elaborated by pouring over each service hot or cold coffee sauce.

Italian Mousse in Tall Glass

Prepare moulds of strawberry, vanilla, and pistachio mousse. Freeze each separately, and serve in tall glasses, with the layers of each uniform in thickness. For the strawberry mousse, fold one cup of strawberry pulp, mixed with half a cup of sugar, into one cup of double cream, beaten solid. For the vanilla, use one pint of cream, flavored with half a tablespoonful of vanilla extract and sweetened with half a cup of sugar (scant measure). For the pistachio use a pint of cream, a scant half-cup of sugar, a teaspoonful of orange extract, and about one-third a teaspoonful of almond extract. Tint with green vegetable coloring.

Rice Griddle Cakes

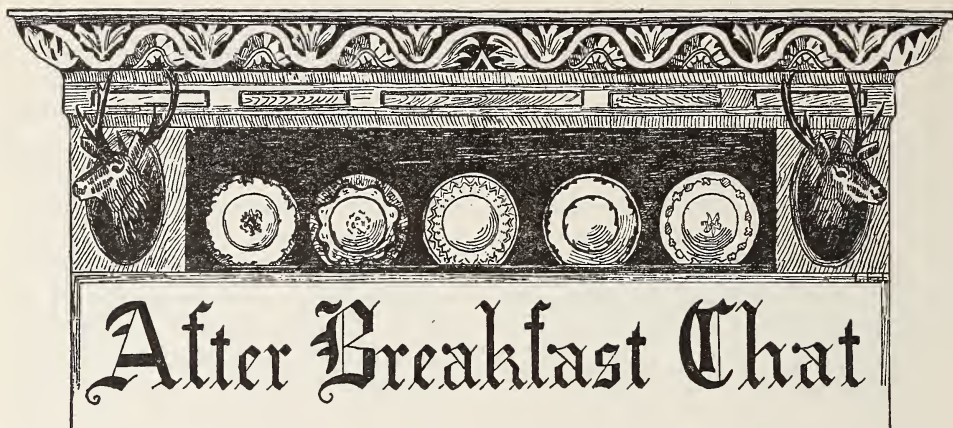
Stir half a teaspoonful of salt and two cups of milk into two cups of hot boiled rice. Let cool, then add the yolks of two eggs, well beaten, and two cups of flour sifted with three level teaspoonfuls of baking-powder. Lastly add the whites of two eggs, beaten dry. Bake on a hot, well-oiled griddle. For rice waffles omit half a cup of the milk, and add one-fourth a cup of melted butter.

Pork Apple Pie

Pare and slice six or eight apples into a buttered agate pan. Sprinkle the apples with a very little salt, and add a grating of nutmeg and a cup of sugar, or, cinnamon and three-fourths a cup of molasses. Lay over the top of the apples thin shavings of tender, fat salt pork. The pork should be cut so thin that it will not hold its shape in slices. Cover the pork with pie-crust, pushing the edge of the crust down between the apple and dish. Bake until the apple is tender. Serve hot.

Chow-chow

Let one pint of pieces of cucumber an inch and a half in length, a scant pint of "button" onions, and a large head of cauliflower, separated into flowerets, stand about twenty-four hours in salted water to cover. Use about one-third a cup of salt for these ingredients. Drain off the brine, heat to the boiling-point, and pour over the vegetables. Cover and let stand until cold, then drain and pack into jars. Have ready the following pickle, with which fill the jars to overflowing. Close the jars at once, as in canning. Mix half a pound of mustard with a level tablespoonful of tumeric (a full ounce may be used, if wished), dilute to a thin paste with vinegar, and stir into two quarts of vinegar. Continue to stir until thoroughly scalded. If a pickle of thicker consistency be wished, mix half to three-fourths a cup of flour with the mustard and tumeric before diluting with the vinegar, and let scald ten minutes. Then add a cup of sugar and half a cup of olive oil, and use as above.



After Breakfast Chat

Episodes in Simplicity

By Kate Gannett Wells

THE two girls were keeping house for their father, if that could be called their doing which was really carried on by a "set of servants," even to the arrangement of flowers. But, as their mother was away, it enshrined them in a dutiful atmosphere to take turns in breakfasting with the old man, who, they confidentially averred, was getting "doty."

Poor man! He could not comprehend why it was not as much fun for the young men to smoke with him after dinner as to go into "secludinism" with one or other of his daughters. He did not understand modern methods any more than he did slang. "Secludinism" was merely their way of sitting out on piazzas with young men instead of dancing the two-step with them in the public parlor.

"But the Modern Girl is not made as you and mamma were," urged Rosamond, the oldest daughter, throwing her crumpled napkin on the breakfast table, annoyed by her parent's slow, orderly way of putting his in a ring. "It is a great mistake when older people don't take advice

from their children and learn how to adapt themselves to modern methods. You ought not to have ways," she continued. "Keeping young is just a matter of will. Don't settle down in years: one is only as old as he feels."

"I don't object to your being young," answered her father, "nor to your trying to keep me so. What I object to is the Modern Girl's want of simplicity. Her complexity is devious: you never know what you are 'at,' when you talk with her."

"What is simplicity, papa?" she asked demurely.

"It is a deal more than 'plain living and high thinking.' It is being true to your *best* self: it is being a cordial, Christian democrat, not an exclusive, self-humbugging sectarian. It is just what you lost, when you left the public school and went to a private one. It is the social cement, which binds up a nation, making each member of it free, respectful, and brotherly. I'll tell you a story I heard at the club last night. Des Jardins, you know him, was walking down the avenue not long ago, and

he saw one of your girl friends avoid another, who, hoping to be noticed, was getting ready to bow to her. He took in the whole situation at once, and turned to the man who was with him, saying, 'Fools!' Not long after the girl who had contrived to escape bowing challenged him for his remark, which she had overheard. 'I said you both were fools,' he replied, 'for she was foolish to care about a bow, and you were foolish to ignore her, lest you should lose caste by recognizing her.' The story goes that she played the pretty penitent so well that he took both her and the other girl to the same supper table at Mrs. Moran's ball, and that then he went home and put the portrait of one of them into an empty photograph-holder which his mother had given him 'For the picture of the girl you are going to marry.'

"A man's club is the worst place on earth for gossip," exclaimed Rosamond. "It ought not to have been either, for both were scared. Neither of them had simplicity as a state of mind. Each wanted to be distinguished, and neither would 'help lame dogs over stiles.' It ought to have been the one who made amends, if either. Your story makes me think of another true one. A French mayor expected a visit from the emperor, and, that he might be able to entertain him, made a big drawing-room out of the few small rooms in which he and his wife had always lived contentedly, and went into miserable lodgings; but the emperor never came. No simplicity in that! Real simplicity is the result of long training: it is just like Whistler's art. Because he knew how to draw, he could choose his lines, doing more effective work by his selection of a few than other artists by their confused impressionism. It is just the

same in dress. When a girl improvises a masterpiece of a simple gown, it is because she has first wasted lots of time and material in trying to be stylish. That's the way it is with our flirtations. Girls are not as frivolous as you pretend. We know how to do things gracefully; we draw the line; we don't mean to be taken in and we don't take in others, and we don't have offers, only come near to them and then scoot away; and we use slang to hide our feelings. A Modern Girl is a mighty good thing, and modern methods are great improvements on classical ones. The gods and goddesses were freer than ever we are; and the academic flirtations that came in between the past and the present, the 'bundling' and corn-husking and mistletoe times, were far less decorous than our ways. I've been round to house parties and summer hotels more than you ever went, and, though there is plenty of inelegance,—toothpicks hidden in ferns, and all that sort of thing,—there is no going to extremes. We just have a good time, and, if we can't get a man, we get a girl and have 'healthy attacks of the sillies.' We like our old papas just as they are, after all." And she rose from the table and hugged her delighted father.

But, after she left the room, he remembered the day when he had seen his grandfather take down a comb from the clock-shelf in the roomy old kitchen, and run it through his hair, putting his arm round his wife of half a century, as both rose to meet their son and his bride; and how she, his fair wife, Rosamond's mother, had taken the comb from the old man, and, reaching up, had held it lightly over her young husband's head. "Simplicity," he now

(Concluded on page 162)

Seasonable Menus for One Week in October

"Somehow, you make the things you're cooking smell so good."

SUNDAY

Breakfast

Ralston Breakfast Food, Cream.
Salt Codfish in Tomato Sauce.
Baked Potatoes.
Rice Waffles, Honey. Cereal Coffee.

Dinner

Braised Veal, Brown Sauce.
Boiled Onions, Buttered.
Succotash. Potato Balls, Plain Boiled.
Cole Slaw. Cheese Wafers.
Squash Pie. Black Coffee.

Supper

Eggs Scrambled with Bits of Bacon
(Chafing-dish).
Potato Balls in Hot Milk.
Marble Cake. Cocoa.

MONDAY

Breakfast

Hot Shredded Wheat Biscuit, Cream.
Broiled Bacon. Fried Eggs.
Boston Brown Bread, Toasted.
Coffee.

Luncheon

Stewed Oysters. Pickles.
Pork Apple Pie. Coffee.

Dinner

Cream-of-Onion Soup.
Cold Braised Veal, Sliced Thin,
Hot Brown Sauce. Mashed Potatoes.
Baked Sweet Potatoes.
Celery-and-Apple Salad.
Tapioca with Canned Peaches, Cream.
Tea.

TUESDAY

Breakfast

Gluten Grits. Baked Apples, Cream.
Broiled Mackerel (Fresh or Salt).
Potatoes Hashed in Milk.
Corn-meal Griddle Cakes.
Cereal Coffee.

Luncheon

Veal Soufflé, Pickle Sauce.
Buttered String Beans.
Baking-powder Biscuit. Grapes. Tea.

Dinner

Breaded Veal Cutlets, Tomato Sauce.
Squash. Steamed Potatoes.
Shredded Cabbage-and-Green Pepper
Salad. Apple Pie with Meringue.
Black Coffee.

SATURDAY

Breakfast

Grapes.
Creamed Celery on Toast
with Poached Eggs.
Moulded Cereal, Sliced and
Fried.
Cereal Coffee.

Dinner (12 o'clock)

Cannellon of Beef, Tomato Sauce.
Baked Sweet Potatoes.
Mashed Turnips.
Mayonnaise of Cauliflower Timbale.
Chocolate Bread Pudding,
Hard Sauce. Coffee.

Supper

Succotash with Pork.
"Shortcake" of Waffles and
Peach Preserves.
Malta-Ceres, Milk.
Tea.

WEDNESDAY

Breakfast

Quaker Oats. Stewed Figs, Cream.
Omelet with Shredded Green Pepper.
French Fried Potatoes.
Breakfast Corn-cake. Cereal Coffee.

Dinner

Cream-of-Celery Soup.
Corned Beef. Boiled Potatoes.
Cabbage au Gratin. Buttered Beets.
Tapioca Indian Pudding, Cream.
Tea.

Supper

Hot Baked Sweet Apples. Bread. Milk.
Smoked Dried Beef.
Baking-powder Biscuit. Cookies.
Tea.

THURSDAY

Breakfast

Grape-nuts, Cream.
Eggs Scrambled with Deviled Ham.
Baked Potatoes. Stewed Tomatoes.
Doughnuts. Coffee.

Luncheon

Creamed Corned Beef au Gratin.
Mustard Pickles. Rye-meal Muffins.
Caramel Jelly, Coffee Sauce.
Tea.

Dinner

Braised Chicken. Lima Beans in Cream.
Mayonnaise of Tomatoes.
Rice Croquettes en Surprise.
Black Coffee.

FRIDAY

Breakfast

Barley Crystals, Cream.
Pan Fish Sautéd.
Potatoes Cooked in Milk.
Rice Griddle Cakes. Quince Marmalade.
Russian Bread. Cereal Coffee.

Luncheon

Oysters (Chafing-dish Style).
Hot Yeast Rolls. Cole Slaw.
Coffee Jelly, Whipped Cream.

Dinner

Boiled Sword Fish, Baked Red Snapper,
or Canned Salmon Croquettes,
Pickle or Tomato Sauce.
Mashed Potatoes. Cauliflower Timbale.
Jellied Apples, Cream. Black Coffee.

Menus for Occasions

When you entertain, do it in an easy, natural way, as if it was an every-day occurrence, not the event of your life; but do it well.—*Ward McAllister.*

After Theatre Suppers

I.

SARDINE ECLAIRS.
CURRIED LOBSTER (CHAFING-DISH).
MAN-OLAS. MALAGA RATSINS IN JELLY.
WAFERS.

II.

DEVILED CRACKERS.
CHICKEN.
POTTED CHEESE. OLIVES.
FILLETS OF COLD ROAST DUCK,
ORANGE SALAD. GRAPE SHERBET.

III.

WELSH RABBIT. SHREDDED WHEAT BISCUIT.
TOMATO-AND-SHREDDED PEPPER SALAD.
RYE BREAD-AND-BUTTER SANDWICHES.
APPLES BAKED WITH ALMONDS.

Dutch Supper (C. M. D.)

(Round Table. Centrepiece, very large "Jack Horner pie" in form of a tulip.)

SMEAR KASE WITH CHIVES.
ANISE SEED RYE BREAD-AND-BUTTER ROLLS.

SLICED COLD GOOSE OR TURKEY.
SLICED STUFFED SAUSAGE OR BOILED HAM.
FRIED OYSTERS. DILL PICKLES.
BROWN AND RYE BREAD.

FILLED STEINS.

SAUER KRAUT IN RAMEKINS.
SWISS AND AMERICAN CHEESE. PRETZELS.
COFFEE.

Club Teas

I.

NOISETTE SANDWICHES.
OLIVE-AND-CREAM CHEESE SANDWICHES.
SPONGE CAKELETS. MACAROONS.
HOT COFFEE AND TEA.

II.

NOISETTE SANDWICHES.
(NUT BREAD-AND-ORANGE MARMALADE.)
NEW RYE BREAD-AND-BUTTER SANDWICHES.
ICED TEA WITH ORANGE SLICES OR
CANDIED PINEAPPLE.

III.

WHITE-AND-ENTIRE WHEAT BREAD AND
BUTTER SANDWICHES.
HOT TEA. ASSORTED CAKES.
CHOCOLATE WITH WHIPPED CREAM.

Luncheon Party

OYSTER COCKTAILS IN GREEN PEPPERS.

FRIED FILLETS OF FISH, BERNAISE SAUCE WITH TOMATO PURÉE.
ROLLS. CUCUMBERS.

QUAILS ROASTED IN GRAPE LEAVES.
GREEN GRAPE JELLY. HOMINY CROQUETTES.

INDIVIDUAL CAULIFLOWER TIMBALES, CHEESE SAUCE.
OLIVES.

STRAWBERRY TARTLETS. COFFEE.

Referring to Illustrations, Recipes, etc.

ON account of the drouth early in the season the quality and quantity of fruit and vegetables in the eastern section of the country is far below the average, and prices are high accordingly. At present the question of supplying a family with a variety of really palatable food and at a reasonable expenditure is even more burdensome than last year,—a year noted for high prices. With fresh eggs at forty cents a dozen, and apples at two dollars a bushel, in October, the Christmas cake will need be plain, with mock mince pies substituted for the real article. Even corned beef and cabbage, the staples of a workingman, have come to be classed among the luxuries of the table. Cabbage at five cents per pound, when five cents a head should be the nominal price, precludes the probability of laying in a very generous supply of this vegetable for winter's use. Though from both a nutritive and a money point of view, celery will bear no comparison with cabbage at five cents per head (the fuel value of celery is 70 calories and of cabbage 125 calories per pound), still celery may, for one season, replace to some extent, cabbage. A bunch of celery steamed over the corned beef would not be bad; and a dish of celery, braised with an onion and 'arrot, belongs to high-class cookery. The trimmings with half an onion will also provide flavoring for a dish of creamed corned beef au gratin, than which few "made-over dishes" are more satisfactory. A comparison of cost is instructive; *i.e.*, a fifteen-cent bunch of celery weighs about a pound and three-quarters, which makes the cost

about eight cents a pound, against five for the cabbage with its higher fuel value. Still, the difference in cost is not now, even, so great but that for variety the celery might occasionally be given a trial.

With a shortage of apples, canned small fruit and berries, bananas will receive more attention. As yet the average housekeeper knows little of the possibilities of this fruit for cooking purposes. Though squash, pumpkins, and apples fail, pies need not be entirely absent from our bills of fare. Banana pulp, pressed through a vegetable ricer and seasoned as pumpkin, will produce pies quite equal to pumpkin, and with a pronounced saving of labor. Banana dumplings, short-cakes, and pandowdy are not freaks of the imagination, while bananas with tapioca and cornstarch are simple delicacies well known to the culinary artist.

Giving recipes for sword fish, at this time, is as noting "blessings as they take their flight"; for it is a rare occurrence for the deep-sea fisherman to find a sword fish in his "catch" as late as the month of October. But, when this fish is in the market, the provident caterer does well to supply her table often with its meaty flesh. The season for red snapper, found in Southern waters, begins in October; and our recipes are given more particularly for those readers who live in the South, since this fish is much prized by them. In the markets of the larger cities red snapper may be found from now on until the 1st of April.

As the season grows cooler, a dish of fried eggs offers a change from the almost universal service of eggs cooked in the shell. It is possible to fry eggs very delicately. Some morning, when there is plenty of bacon fat of just the right temperature (not cold, but not so hot that it spatters when an egg is turned into it), break the requisite number of eggs, one after another, into a saucer, and slide each one as broken into the fat. Let stand on the range, to reheat the fat and set the exterior of the eggs, then dip the fat by spoonfuls over the surface of the eggs, until they are cooked to the consistency desired. If there be too little fat in the pan to admit of its being taken up easily with a spoon, finish the cooking in the oven, by setting the pan on the upper grate. For omelet with shredded green pepper, sauté the shreds of pepper in a little hot butter or bacon fat, add the eggs, and finish as any omelet.

The cauliflower timbale is recommended as a very delicate preparation of cauliflower. Any portion left over is good, with or without lettuce or tomatoes, as a salad. Any variety of salad dressing is appropriate. Cauliflower soufflé calls for nearly the same materials, presenting them in a slightly different form. The addition of cheese to either of these recipes provides a hearty dish for the vegetarian, who does not draw the line on eggs and other animal products.

An occasional indulgence in some new article for the table or the house adds zest to housekeeping and keeps up one's interest, while attending to many tedious and irksome duties. A glance at one or two of the new things shown in the shops, some of

which are shown in our illustrations, may be of interest to those of our readers who are distant from large centres of trade.

The individual breakfast service comes in pretty but inexpensive china ware, or in ware "costly as thy purse can buy." A veritable boon is this service to the hostess discommoded by the presence of a guest at the necessarily early family breakfast. Rare is the guest or member of a family who would not feel flattered to be told on retiring that, when breakfast was ready, it would be served in his room or in the adjoining den, or even in the sewing-room (carefully aired for the occasion). Who would not be glad to escape attendance, when the children are being started for school and the adults to town? Who wishes to hear, or have others hear, the admonitions to Jane or the commissions to John that must be attended to the instant he arrives in town? If the individual breakfast service will simplify and make feasible the service of a guest's breakfast outside the family breakfast-room, by all means let us have it.

On page 150 are shown two varieties of glasses for oyster or clam cocktails. The glass with cup and small saucer in one piece is also used for ices, especially those served with a sauce. (See illustration of caramel ice-cream with coffee sauce.) In the other, the oysters are held in a cup shaped something like an egg-cup, which stands in a receptacle for cracked ice. This in turn stands in a glass dish of such size that sandwiches may be placed in the space between the two saucer-like dishes. In serving, the "set" rests on the service plate, this latter plate being

retained after the eating of this course, to hold the soup-plate, the next dish in the usual order of service.

Silver-handled grape-shears are an artistic and practical accessory to the service of the fruit course, especially when large bunches of Tokay or white grapes are presented.

A chafing-dish cabinet is a convenience in any home where chafing-dish cookery is often indulged in; but it will be found of especial delight to the bachelor, man or maid, whose house furnishings, in the way of buffet and storage closet, are limited. In designing the cabinet, the architect planned that every available inch of space be made useful. The doors are admirably adapted to carry out this idea, the shelves with which they are fitted being perforated with holes of suitable sizes to hold the bottles of condiments so necessary to a complete chafing-dish outfit. When the doors are closed, all food supplies are shut out from sight and from floating dust.

The individual fish-shaped china dishes for serving salads or minces of fish come in majolica ware, and cost about five or six cents each.

Episodes in Simplicity

(Concluded from page 157)

murmured, "in my grandpa and simplicity in my girl wife that made her see the tenderness in the old man's awkwardness; love, not reproof. I guess I'll be grateful for my girls just as they are, though they cannot understand why I, older than they, have not a right to say all I think. Children cannot understand their parents, until they are grown up and are parents themselves. Then

they will understand that their father's reserves, patiences, and silences were needed. We old people, however, must not forget that youth has its rights. I had mine. Now it is for me to let my girls have theirs. All the same, they never will be equal to their mother."

What a School-house should Be

Let us have a twentieth-century school-house in which it will be possible to educate a twentieth-century child,—in which a well-trained, refined man or woman will be willing to teach. Why should the newness or the difficulty of the problem daunt us? What a terrible waste, not only of municipal money, but of human energy, to keep on building impossible houses and then try to remodel them. Let us cut loose from tradition, and have a school-house in which the whole child may thrive,—not only his mind, but his body. Not only give him clean air and washing facilities, but cheerful, uplifting surroundings and good food; for not the least of modern discoveries is that of the great influence of food on the bodily resistance to disease and on mental development. Therefore, lunch-rooms with all the facilities for food, both hot and cold, must be included in the twentieth-century school-house. I believe the day is not far off when the town schools with two sessions will provide a noon lunch instead of sending the small children through wet, muddy streets to a home from which the mother may be absent, to pick up as they may such food as they find. Even if the food is right, may it not be possible to utilize the noon hour to better advantage in teaching gardening, housekeeping, or in games?—*Mrs. Ellen H. Richards, in the Outlook.*

For Cooking Game

By Mrs. E. M. Lucas

IT is to be deplored that game laws are so different in various States. When we eat quail, another State has something else, and *vice versa*. Still, game is fairly plentiful in all localities during the winter months; and, where it is not native, it has been colonized. It was Savarin who said, after giving directions for roasting a pheasant, "Don't be uneasy about your dinner, for a pheasant served in this way is fit for beings better than men." Yet the pheasant is an overrated bird. Like the quail, he is a good game-bird, hardy and swift of flight; but both are dry as their native hillsides, and greatly dependent on their surroundings in the way of sauces and dressing.

Here is Savarin's famous recipe: "If this bird is eaten soon after it is killed, it has no peculiarity of flavor. A pullet would be more relished, and a quail would surpass it in flavor. Kept, however, a proper length of time, then it becomes a highly flavored dish, occupying, so to speak, the middle distance between chicken and venison. It is difficult to define any exact time to 'hang' a pheasant; but any one possessed of the instincts of gastronomical science can at once detect the right moment when a pheasant should be taken down, in the same way as a good cook knows when a bird should be removed from the spit or have a turn or two more. When the pheasant is in good condition to be cooked, it should be plucked, but not before. The bird should be drawn and wiped carefully inside and out. Cut off the head, leaving sufficient skin on the neck to skewer back, bring the legs close to the breast,

and pass a skewer through their thickest part and through the pinions. The bird should be stuffed in the following manner: Clean and draw two snipe, cut off the flesh, mince it fine with some salt pork, truffles, salt, and pepper. Stuff the bird with this. Cut a slice of bread, larger considerably than the bird, and cover it with the chopped liver and hearts of the snipe, some truffles, salt, and pepper. A little fresh butter added to these will do no-harm. Put the bread into a dripping-pan, placed where it will receive the drippings from the bird. Roast the bird before a clear fire, keep it well basted with butter, and cook thirty minutes. When done, dust with flour, pour over a tablespoonful of melted butter, so it will froth nicely. When the bird is roasted, place it on the bread, and surround with Florida oranges."

Savarin, of course, used the spit. To roast the bird in the oven, here is a good recipe:—

Chop fine half a pound of sweetbreads, parboiled. Add two tablespoonfuls of lean ham, also chopped, six truffles, a clove of garlic, and a spray of parsley. When all are finely minced, mix with a teaspoonful of salt, half a teaspoonful of pepper, the grated rind and juice of one lemon. This is sufficient for two birds. Stuff and secure with skewers. Lard the breast with wafer-like strips of sweet, fat pork or bacon. Roast in a hot oven half or three-quarters of an hour, according to size. Have some slices of hot buttered toast, spread with the livers and hearts finely minced, dust with cayenne and salt, and place on the upper grate of the oven for

ten minutes. Dish the birds on the toast, pour over them the gravy in the pan, squeeze over the juice of a sour orange, and serve with bread sauce. Pass with them a green salad, dressed with French dressing.

For the salad there are no better greens than the wild chicory, dandelion, cress, or horseradish leaves. With a little forethought, these salad plants can be had all winter until late spring. Cress, and mustard, too, can be grown very easily from seeds. A small box of rich loam in a sun-lit kitchen shelf, sown to seeds, will give enough piquant greens for salads and to garnish many a dish.

The yellow flowers of the dandelion line the roadsides all summer. Dig a dozen roots, bury them, standing upright in moist sand, and place in a warm cellar, and the roots will throw up an amazing quantity of green leaves. If darkness prevails during their growth, the leaves will be white and tender. Warmth they must have, also, or the leaves will be tough. A root of horseradish grown in a dark, warm place will have leaves of large size, nicely blanched, and of a sweetish pungency.

The ragged blue flowers of the chicory flank the dusty roadsides in late fall. One buys this green to the market under the name of *barbe de capucin*, an improved variety, no doubt; but the taste is the same. A few roots grown in damp earth will give tender green leaves that go well with all manner of game.

When about to roast a duck, see to the fire first. A hot oven is the first essential. The old axiom, "Dress your duck, and allow a slow cook to walk through a hot kitchen with it," gives the idea it is intended to do, that a duck well done is a duck spoiled. If the oven is very hot, twenty-five minutes will roast it an even brown;

but, if your palate dictates, another ten minutes' roasting will do no harm.

The duck requires no dressing. A slice of lemon and a spray of parsley may be put into the body before it is placed in the oven. Some cooks rub the duck inside and out with a clove of cut garlic. Others place a spoonful of uncooked cranberries in the body of the bird. The berries will burst, and give a delicious flavor to the meat.

Dust the duck with a teaspoonful of salt and half a teaspoonful of pepper, before placing it in the oven. Baste twice with a little stock or butter and hot water, while it is cooking. With a canvas-back serve a celery salad, or celery mixed with sliced oranges and dressed with a French dressing.

Prairie chickens make good eating. If young and tender, roast them like ducks, but, if old, braise them. Pluck and draw, and lard with thin strips of fat bacon. Brown them nicely in a pan, and dredge with two tablespoonfuls of flour. Add to every three birds a pint of hot water, a small onion, chopped fine, a carrot, cut small, two outer stalks of celery, a teaspoonful of salt, and a small bit of red-pepper pod. Cover closely, and let simmer one hour and a half to two hours. Remove the birds onto a hot dish, strain the gravy, add a gill of Madeira and six pitted olives, give one boil, and serve. Pass a tart jelly and hominy or rice croquettes with the birds.

For salmi of game use the breast and other nice pieces of roasted birds, cut in neat slices. Place the bones and other trimmings in a sauce-pan with sufficient water to cover. To a pint of water add half a clove of garlic, half a bay leaf, a spray of parsley, a teaspoonful of celery salt, and a dash

of cayenne. Let simmer half an hour, strain, add a few mushrooms or a chopped olive, and a tablespoonful of butter rubbed with a tablespoonful of flour. When hot, lay in the pieces of game, and, as soon as the sauce comes to a boil, serve at once.

When quail are of doubtful age and liable to be tough, cook them

in this manner: Clean, and brown nicely in butter. Add a little chopped parsley, and salt and pepper. When nicely browned, place in a sauce-pan with a close lid, and add a half-pint of white wine. This is sufficient for four quail. Cover very closely, and let steam for twenty minutes, then serve.

The Care of Milk

By Helen Louise Johnson

LET us grant that, under sufficient pressure, the Board of Health has taken measures to secure a clean and wholesome supply of milk or that investigation on your part has established the fact that your milkman conducts his dairy on sanitary principles, still your duties do not end here. The proper care of milk after it has been delivered is a matter of as much importance as its source.

In defence of the milkman it must be stated that he is often blamed for things for which he is not in the least responsible. Milk is primarily a pure product, but a perishable one, and there are natural changes sure to occur as time elapses or the opportunity is presented. Such changes are for the most part directly due to the presence of invisible fungus-like growths known as bacteria.

The story of the bacteria reads like the old German fairy tale of our youth, where the good housewife arises in the morning to find her house swept and garnished, the water carried and wood cut, while in the house of the lazy mother, at the foot of the hill, lurks the evil gnome ready to do his wicked work when the appointed time arrives.

Bacteria are present everywhere,—in the air we breathe, the water we drink, and the food we eat; for their presence is essential to the health and well-being of every living being. They form a great group of lowly plants, ordinarily invisible to the naked eye, whose life and structure are of the most primitive simplicity. Generally speaking, warmth, moisture, in some cases air and organic matter, upon which to feed, are essential to their life. In general, their particular office in the economy of nature is the breaking down and tearing apart of useless, worn-out combinations of matter, that the elements composing these may be set free and used again. The decaying vegetation and waste matters of many kinds, lying upon or beneath the earth's surface, are changed by these bacteria to such forms of food as are required by their neighbors, who represent a higher scale of being. It is not an uncommon error to find bacteria regarded as inimical to life, but actual knowledge of the facts should dissipate this idea. In the case of milk the consumer should know of what use certain forms of bacteria are, and of what harm other forms may be.

Pure milk, from the consumer's

standpoint, is the properly handled product of healthy, well-fed cows, the legal standard being the presence of a certain amount of fat and other solids. Cream should rise naturally, there should be no sediment in the bottom of the jar or pan, and, when poured from a tumbler, good milk clings to the glass a little. Milk having any amount of sediment is suspicious, for dirty milk may be regarded as dangerous as well as unpleasant.

The sources of dirt are more apt to be in the stable than in the consumer's home, but proper care must be observed, to keep the milk from dust and dirt here also. In some places milk is left, in the early morning, upon the doorstep, in open dishes, collecting dust and exposed at times to the heat and sun. Or the milkman brings it into the kitchen and pours it into clean and inviting porcelain dishes. Breakfast is in process of preparation or some work is going on, which it is inconvenient to leave for the time being, so the maid, cook, or housewife lets it stand until a more convenient time has arrived for putting it in a cool place. Both of these are reprehensible practices. It hardly seems possible that there is need of calling attention to the harm of the first cited custom, although in effect it is not much worse than the exposure of raw meats, vegetables, and fruit in the ordinary shops. The leaving of milk in open receptacles in the kitchen, or even in jars, should be censured, first on account of dust, dirt, and odors, and, secondly, because of the effect it has in hastening the souring of the milk.

There are a few very definite rules that may be stated for the care of milk in the house, and the first of these has to do with its temperature. The change to which milk is most

liable is souring, and standing in the warm air of the kitchen or in the sun hastens this process. As soon as possible after delivery, milk should be put in a temperature not above fifty degrees Fahrenheit; and, when the temperature of the cellar or refrigerator is above fifty, which is often the case in summer, the ordinary dairy milk cannot be expected to keep sweet for any length of time.

Milk is peculiarly sensitive to odors and flavors, and, if kept in an open dish in a refrigerator or with meats, vegetables, and various other things, will absorb odors from them. Milk, cream, and butter should be kept in a separate compartment, and put away in absolutely clean porcelain or glass receptacles. Wooden dishes are out of the question, because of the porous nature of their composition, and tin dishes are liable to have cracks or seams in them, where particles of milk can lodge and not be easily washed out. The two preventives of the souring of milk are scrupulous cleanliness of all vessels in which milk is handled, and to keep the milk at a proper temperature. The souring of milk is due to the presence of certain bacteria, and we have found that warmth is one of the conditions essential to their growth. Certain degrees of heat, however, kill these bacteria, the majority of the growing forms in milk being destroyed at 165 degrees Fahrenheit, which is several degrees below the boiling-point (213) of this liquid. But, in order to kill these minute plants, it is not sufficient simply to heat the milk to a certain degree: it is necessary to keep it at that point for a period of time, and it must be done under the influence of moist, not dry heat.

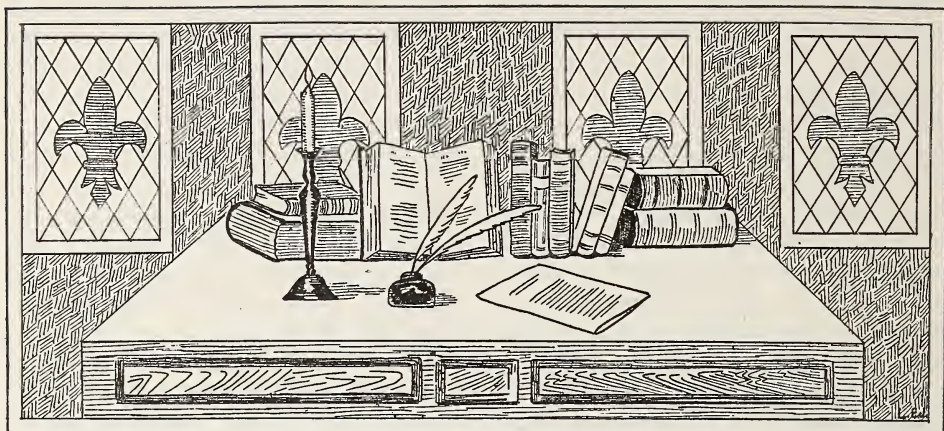
The processes in common use for the protection of milk are known as sterilization and pasteurization. The dif-

ference in these terms, which are often misused, is mainly in the degree of heat employed. Sterilization indicates a complete and final destruction of all bacteria present. Therefore, it means the use of a degree of heat at or above the boiling-point. The living germs are not alone destroyed, but the chemical composition of the milk is altered, and a boiled flavor is produced. There are occasional circumstances where it is necessary to employ extreme measures, but they are rare, and perfectly safe milk may be secured without such radical procedure. Explanation of the difference between these two terms is given here, because those to whom the care of children or invalids is intrusted should not only know the difference in method, but in the effect upon the product. Pasteurization, in which the milk is raised to a degree of heat between 167 degrees and 185 degrees and kept there for a period of time, kills any harmful bacteria that may be present in the milk without particularly changing it in other ways.

In the feeding of infants it is sometimes hard to choose between the disorders, which may arise from the use of raw milk, and the lack of perfect assimilation, which is apt to occur in the use of the pasteurized article. Either sterilizing or pasteurizing cannot make bad milk good, nor dirty milk clean, and milk on the verge of souring, or tainted in any way, should not be given to children.

The Department of Agriculture has issued circulars giving full directions for pasteurizing milk in small quantities, the process being simple and the apparatus an inexpensive one. Briefly, the directions are as follows: Fill the bottles nearly full of milk and plug with dry, absorbent or other clean cotton. Place in an upright position in a vessel having a false bottom and containing enough

water to rise above the milk in the bottles (a covered tin pail will answer for the sterilizer, an inverted, perforated pie-plate will make the false bottom on which the bottles rest). Cover the pail and heat the water to 155 or 165 degrees in winter, 180 degrees in summer, and keep it at that temperature thirty minutes. Remove the milk bottles and cool as quickly as possible. This may be done by surrounding them with ice, ice and salt, or, if ice is an impossibility, by placing in as cold water as is available. Then keep in a cold place. Keep the cotton plugs dry and do not remove them, until the milk is to be used. When it is possible to do so, a hole should be punched in the cover of the pail, a cork inserted, and a chemical thermometer put through the cork, that the temperature of the water may be watched without removing the cover. When this is impossible, use an ordinary dairy thermometer, to test the water from time to time. Failing this apparatus, even a farina boiler may be used, for under some circumstances a clean utensil of this kind is better than nothing. Ordinary water boils at 212 degrees, and milk at 213 degrees, so it is possible to avoid the actual boiling of the milk, yet it is virtually sterilized, but is not as wholesome as that heated not above 180 degrees. The milk may be put in a farina boiler, raised to the temperature of 212 degrees, and kept there for at least ten minutes. Then cool in a covered receptacle as quickly as possible. This method has its drawbacks, even its dangers, but district nurses, by no means, always have even the most simple means of doing necessary things, and must do their best with anything that can be used for the purpose. Milk treated in this way is less digestible than raw milk, but far less dangerous as the carrier of infection.



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 778.—Mrs. H. O. B., Pomona, Kan.:
“Recipe for Graham gems.”

Graham Gems

Sift together one cup, each, of white and Graham flour, half a teaspoonful of salt, and two tablespoonfuls of sugar. Add one cup, each, of milk and water to the well-beaten yolks of two eggs, and stir into the dry ingredients. Add the whites of two eggs, beaten dry, and bake in a very hot gem-pan, well buttered, about half an hour.

Graham Muffins

Sift together one cup, each, of Graham and white flour, half a teaspoonful of salt, and four level teaspoonfuls of baking-powder. Beat an egg. Add about one cup and a fourth of milk, and stir into the dry ingredients with three tablespoonfuls of melted butter.

Bake in a hot gem-pan about twenty-five minutes.

Graham Muffins No. 2

Cream one-third a cup of butter and one-fourth a cup of sugar. Beat one egg, mix with three-fourths a cup of milk, and add to the butter and sugar, alternately, with two cups of sifted flour, sifted again with one-fourth a teaspoonful of salt and four level teaspoonfuls of baking-powder. Bake in a hot roll-pan about twenty-five minutes.

QUERY 779.—T. H. D.: “Recipe for a rich raised cake with raisins and currants.”

Raised Cake

To two cups of yeast bread dough, ready for shaping into loaves, add half a cup of butter, two cups of sugar, two beaten eggs, one-fourth a teaspoon-

ful of cloves, one-half a teaspoonful, each, of cinnamon, mace, nutmeg, and soda, one cup of seeded raisins, half a cup of currants, and one-fourth a cup of sliced citron. Beat with the hand until thoroughly mixed and very smooth. Turn into one or two tube cake-pans, and let stand until nearly doubled in bulk. Bake in an oven at a temperature a little lower than for bread. Cover with a boiled icing,—one made of maple sugar, in part, is particularly good.

Election Cake (Seven Large Loaves)

Weigh out four pounds of flour. Make a sponge of one quart of scalded milk, two cakes of compressed yeast, softened in one cup of water, and flour. When light, add two and one-half pounds of butter, creamed with two and one-half pounds of sugar, seven beaten eggs, one nutmeg and a half, grated, half a teaspoonful of cinnamon, and sultana raisins and currants as desired, mixed with the rest of the four pounds of flour. Beat all together until smoothly mixed, and turn into baking-pans. When the mixture has nearly doubled in bulk, bake an hour or an hour and a quarter. Let cool somewhat before turning from the tins. Finish with an icing.

QUERY 780.—Mrs. J. A. J., Neenah, Wis.: "Kindly explain the difference between a gravy and a sauce."

Gravy and Sauce

The word "gravy" is correctly used when it is applied to the natural juices of flesh, such as flow from the roast or grill when it is cut. Sauce is a "made" product, and one of the things included in its composition may be "gravy," usually in the form of stock.

QUERY 781.—F. C., Minneapolis, Minn.: "Would like to put up melon mangoes, but hesitate when I think how much syrup it would take to cover even one melon."

Syrup for Melon Mangoes

In making pickles of whole melons, just as in making them of melons in pieces, prepare the syrup by weight. For seven pounds of material, no matter what the shape, use the given formula for the syrup. Choose for this pickle the smallest melons obtainable, and, for storing, take a stone jar in which three, four, or five melons will rest on the bottom without leaving much open space. Then, to cover these, no more syrup will be required than in case of pickles in pieces.

QUERY 782.—Mrs. C. G. C., Saunders-town, R.I.: "Please give full directions for making macaroons and éclairs."

Macaroons

Work together, on a marble slab, moulding-board, or platter, half a pound of almond paste and three-eighths a pound of powdered sugar. Gradually work in the unbeaten whites of three eggs, and continue working until the mixture is perfectly smooth. With a pastry bag and small tube shape in small rounds on a tin baking-sheet covered with buttered paper. Bake fifteen or twenty minutes in a slow oven. The rounds should be at least half an inch apart, as they will spread a little in baking. The mixture is quite easily dropped and shaped with a teaspoon. If the macaroons do not separate readily from the paper, wet the underside of the paper on which they were cooked with cold water, and they can be easily taken off.

Éclairs

Set a sauce-pan, containing half a cup of butter and a cup of boiling

water, over the fire. When the mixture boils, sift in one cup of flour, and beat vigorously. When the mixture cleaves from the sides of the pan, turn it into a bowl, and beat in three eggs, one at a time and very thoroughly. Put the mixture into a pastry bag with three-fourth inch tube attached, and press the mixture onto a buttered baking-sheet, in strips about three and a half inches long and an inch wide. Bake about twenty-five minutes. When baked, the cakes will feel light, taken up in the hand. When cold, split open on one side, and fill with English cream, or with whipped cream, sweetened and flavored before whipping. Spread the flat side of each éclair with chocolate, coffee, or vanilla frosting. To make the frosting, stir sifted confectioner's sugar with boiling water or a hot sugar syrup to a paste, and flavor with melted chocolate and vanilla or with vanilla alone, or use clear black coffee extract as the liquid.

English Cream

Pass through a sieve half a cup, each, of sugar and flour and one-fourth a teaspoonful of salt. Dilute with hot milk, from a pint scalded over hot water. Return to the fire, and stir and cook until the mixture thickens. Then cook, stirring occasionally, for fifteen minutes. Beat two whole eggs or the yolks of four, add one-fourth a cup of sugar, and stir into the hot mixture. Stir until the egg looks cooked, then let cool, and flavor with vanilla, lemon, orange, or coffee.

QUERY 783.—F. L. M., New York City: "A year ago I had a long and severe attack of inflammatory muscular rheumatism, but seem to have entirely recovered from the disease. Would be glad of suggestions in regard to diet, which, if fol-

lowed, would tend to avoid a recurrence of the trouble."

Diet in Rheumatism

Rheumatism is thought to manifest itself in an acute form, when the blood has lost its alkalinity. Such a condition does not come about suddenly: the causes which lead up to it must be of long duration. The principal of these causes are the continued ingestion of food or drink that generates acids, and the inability to eliminate these waste products properly. This latter cause is sometimes due to exposure to cold or dampness, either alone or in conjunction with some defect in the organs of digestion and excretion. Rheumatism would not exist, if certain forms of waste matter were completely oxidized and eliminated. Probably this waste would not be present in such quantity, if at all, if the food from which it is derived were eliminated from the dietary. The foods that supply this waste, chiefly, are sweets, especially confectionery, pastry in all forms, alcohol, and meats. Fish, eggs, and fowl are considered much less objectionable—they contain less waste products than do beef and mutton—than other forms of proteid. The bulk of food for the rheumatic should be farinaceous, with fresh green vegetables and fruit. Milk, clam broth, and cream soups, so called, are also wholesome. Water, preferably distilled, and in generous quantity, is of the greatest assistance in washing the waste products from the system. Lemon juice is considered highly beneficial. Some physicians claim that the benefit arising from the use of this acid lies in its germicidal power: if this be the case, pineapple juice would probably be even better. While all forms of saccharine food, with steaks and roasts

of beef, should be discarded by the sufferer from rheumatism, an occasional indulgence in some of the tabooed articles might be tolerated. Each must decide for himself how near the precipice he can afford to drive.

QUERY 784.—E. W. P., Brookline, Mass.: "We have very nice cream, but are not successful in whipping it. Kindly give a good method of whipping cream."

Whipping Cream

Cream taken from milk that has stood not more than twelve hours is usually too thin for beating with a Dover egg-beater. If chilled thoroughly, it may be frothed with a whip churn,—a tin cylinder in which a dasher is worked up and down. The froth which rises should be skimmed off, and drained on a sieve. After draining, set the froth aside in a cool place or on ice, to become chilled and stiffened. The cream that drains through may be whipped a second time. If such cream is to be sweetened for a garnish or sauce, the sugar must be added before the cream is whipped. In hot weather

weather the ice will not be needed. To beat double, or heavy cream—cream taken from milk that has stood twenty-four hours—beat with a Dover egg-beater, until the cream is solid to the bottom of the bowl. Such cream may be sweetened and flavored after beating.

QUERY 785.—A. H., Boston, Mass.: "Recipes for chicken and sweetbread mousse, hot and cold; Beauregard eggs; marshmallow frosting; macaroni timbales; salmon timbales; and Russian buns. In the illustration of deviled crackers and cheese on page 84 of the August-September magazine, what cheese is used, and in what form is it? In serving stuffed artichoke bottoms, are all the sepals removed and served at another time?"

Chicken-and-Sweetbread Mousse (Cold)

Scald one cup of cream or well-



Beating and Frothing of Cream

let the bowl holding the chilled cream stand in a dish of ice and water while the work is going on. In cold

reduced chicken stock (or use half a cup of each). Beat the yolks of three eggs slightly. Add one-fourth

a teaspoonful, each, of common salt and celery salt and a dash of paprika, and cook in the hot liquid, stirring constantly until the mixture coats the spoon. Remove from the fire, and add one-fourth a two-ounce package of gelatine softened in one-fourth a cup of chicken liquor or water. Strain over half a cup (four ounces) of cooked chicken (white meat) chopped, pounded in a mortar, and passed through a sieve. Stir over ice water, until the mixture is perfectly smooth and begins to set. Then fold into it one cup of whipped cream or one cup of cream whipped. If the cream be measured after whipping, the mousse will be finer than in case the cream be measured before whipping. In either case the mixture is firm enough to hold its shape. To make a sweetbread mousse, use the recipe, substituting cooked sweetbreads for the cooked chicken. A combination of chicken and sweetbreads may also be used. Serve with cress, lettuce, tomato, celery, nut, asparagus, pea, cucumber, or mushroom salad.

Chicken-and-Sweetbread Mousse (Hot)

Scrape the pulp from the fibres of rather more than a pound of raw chicken (white meat) or sweetbread, or part of both. When finished, there should be one pint of pulp. Add the uncooked white of one egg, and pound in a mortar. Add one cup of bechamel sauce, and pass through a sieve. Season with salt, red pepper, and mace,—half a teaspoonful of salt will be needed. Have ready one cup of cream whipped to a perfect froth. If the cream be thin so that all of it does not whip, more cream must be taken. A quantity of drained, whipped cream, equal in volume to what a full cup will yield

when all of it is whipped, is the quantity required. Beat the whipped cream into the chicken mixture, and cook in buttered mousse moulds garnished with truffles. Let the moulds stand in timbale moulds during the cooking. Serve hot, turned from the moulds, with bechamel or cream sauce, to which chopped truffles have been added.

Beauregard Eggs

Prepare a cup of white or cream sauce of two level tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful of salt, and a cup of milk or cream. Into the sauce stir the chopped whites of four "hard-boiled" eggs. Toast and arrange on a serving-dish bits of bread cut to simulate the petals of a daisy, having the petals about three inches in length. Spread the sauce on the buttered toast, and press the yolks, seasoned with salt and pepper, in the centre, to form the centre of the daisy. Dispose bits of parsley between the petals. If desired, dip the edge of the bits of bread in boiling, salted water before buttering.

Caramel Marshmallow Frosting

Boil one cup and a half of brown sugar, half a cup of cream, and one teaspoonful of butter forty minutes. Add half a pound of melted marshmallows, and beat until thick enough to spread.

Marshmallow Frosting

Boil one cup and a third of granulated sugar and half a cup of boiling water, until the resulting syrup will spin a thread. Pour in a fine stream onto the whites of two eggs, beaten until foamy. Then add half a pound of marshmallows, cut in small pieces and melted with two tablespoonfuls of boiling water (set over hot water

to melt). Add half a teaspoonful of vanilla extract, and beat until cold.

and serve with bechamel, tomato, or cream sauce.

Macaroni Timbales

Have ready a sauce-pan of boiling, salted water. Into this put the ends of the sticks in a quarter of a package of spaghetti or tube macaroni. As the paste softens, let the pieces down into the water, coiling them around in the sauce-pan: let cook until tender. Then drain, rinse in cold water, and dispose at full length on a cloth. Butter the timbale moulds thoroughly. Begin at the centre of the bottom, and coil a piece of spaghetti or macaroni round and round, add forcemeat as the paste is put in place to keep it there. When the mould is filled, tap it gently on the table, that the forcemeat may settle down into any open spaces that may not be filled. Level the mixture on the top, and poach on folds of paper surrounded with hot water. When the centres are firm, turn from the moulds,

Cream Forcemeat for Macaroni Timbale

Scrape the flesh from the fibre of rather more than half a pound of white chicken meat. Pound this smooth in a mortar, adding, little by little, the white of an egg, to facilitate the process. Sift the pulp, return to the mortar—there should be one cup of pulp—with half a cup of butter and the yolks or whites (not both) of five eggs. Add also salt, pepper, and a few grains of nutmeg or mace. Pound thoroughly, and pass a second time through the sieve. Let the mixture become thoroughly chilled on ice, then beat thoroughly, and add, slowly, one pint of whipped cream or one-third a pint of double cream beaten solid. Poach a little of the mixture in a sauce-pan of water, "just off the boil." If the mixture be too firm, add more cream; if not sufficiently



Roman Pudding

consistent, add a little more egg when it is ready for use. Dark meat may be substituted for the white indicated. Turkey, game, veal, or firm fish (salmon, halibut, etc.), may also be used.

Macaroni Timbale (Roman Pudding)

Line a buttered mould with boiled macaroni. The large fluted macaroni, cut in rings and strips, gives an ornamental mould. Stir one-fourth a cup of bread crumbs in a cup of hot milk. Add two tablespoonfuls of butter, a cup of cold chicken, chopped fine, two tablespoonfuls of chopped ham, and one tablespoonful of fine-chopped green pepper, salt, and onion juice to taste. Add also two well-beaten eggs, and turn into the lined mould. Bake on folds of paper, in a pan of hot water, until firm in the centre. Serve with tomato or brown sauce, flavored with a few gratings of horse-radish and a teaspoonful of lemon juice. Serve a few bits of macaroni in the sauce. If this timbale be baked in individual moulds, a cup and a half of milk, instead of the cup given, may be used.

Kind of Cheese used in Illustration, page 84

In the illustration referred to, the pieces of cheese were taken from an Edam cheese with a cheese scoop. Any other cheese, that may be cut or separated into small pieces, may be served in a compartment of an Italian *hors d'œuvre* dish.

Removal of Sepals in Stuffed Artichoke Hearts

Artichoke sepals are retained until after the vegetable is boiled, but are removed before the bottoms are stuffed and returned to the oven. They are not easily handled, otherwise. A few

sepals make a good garnish for the cooked dish. They should be reheated in boiling water.

QUERY 786.—Miss E. S., Cincinnati, Ohio: "Recipe for maple mousse. In using my own recipe, the syrup in freezing separates from the cream."

Maple Mousse

Mix one pint of double cream and one cup of maple syrup. Beat with a Dover egg-beater until the mixture is thick to the bottom of the bowl. Turn into a chilled mould, filling the mould to overflow. Cover with a sheet of wrapping paper, and press the cover of the mould down in place over the paper. Let stand three or four hours packed closely in equal measures of salt and crushed ice.

QUERY 787.—Mrs. P. F. S., Orange, N.J.: "Recipes for chicken bouillon, chocolate pie with meringue, and a correct recipe for crullers: one published at my request contains no shortening."

Chicken Bouillon

Disjoint a four-pound fowl. Put over the fire with two quarts of cold water. Bring very slowly to the boiling-point, and let simmer very gently three or four hours. Then add half an onion, three or four stalks of celery, two sprigs of parsley, and a bit of bay leaf, and let simmer half an hour longer. Then drain off the liquid, and set aside to become cold. Remove the fat, and add water to the soup stock to make two quarts (each pound of chicken should yield one pint of soup). Add also the beaten whites and crushed shells of two eggs, salt, pepper, and other seasoning as desired. Stir constantly until the liquid boils. Let boil two or three minutes, then remove to a part of the stove where it will simmer ten minutes. Skim off the scum from the

top, and strain the liquid through a double thickness of cheese-cloth, laid inside a sieve or colander. Reheat and serve.

Chocolate Pie with Meringue

Melt one square of chocolate over hot water. Add a tablespoonful of sugar and three or four tablespoonfuls of hot water, and stir and cook until smooth. Then turn into a cup and three-fourths of milk scalded over hot water. Sift together one-third a cup of flour, half a teaspoonful of salt, and half a cup of sugar, and stir into the hot liquid. Stir and cook until thickened. Then stir in the yolks of two eggs, beaten light, and a teaspoonful of vanilla, first diluting them with a little of the hot mixture. Turn into a plate lined with pastry, and set into the oven, to cook about twenty minutes. When baked, remove, and let cool slightly. Then spread over the top a meringue made of the whites of two eggs and one-fourth a cup of sugar. Return to the oven for about six minutes, to cook and color the meringue a little.

For the meringue, beat the whites nearly dry, then gradually beat in half of the sugar, and continue beating until very dry and glossy, then fold in the rest of the sugar.

Shortening in Crullers

The recipe for crullers was correct as given. The recipe with which we have best success contains no butter or shortening, but either one whole egg and three yolks or two whole eggs and an extra yolk. Yolks of eggs contain considerable fat, and we have found that by the use of more yolks than whites we make crullers sufficiently rich for general use. The other ingredients are one cup of sugar, one cup of milk, one teaspoonful of salt, one level teaspoonful of soda,

four and one-half level teaspoonfuls of cream of tartar, one-fourth a teaspoonful of mace, and about five cups of sifted flour. No more flour should be used than is actually required for handling.

QUERY 788.—D. H., Hintonburg, Ont.: "Recipe for cucumber sandwiches."

Cucumber Sandwiches

Cut slices of Boston brown bread in rounds one-fourth an inch thick. Spread lightly with creamed butter, and put between each two slices a thin slice of crisp cucumber, dipped in French dressing. Serve as soon as prepared.

QUERY 789.—Mrs. F. G., Skowhegan, Me.: "Recipe for French charlotte."

French Charlotte

Soften half a two-ounce package of gelatine in half a cup of cold water. Whip one pint of cream, and set it aside on the ice to stiffen. Make a boiled custard of one pint of cream or rich milk, four eggs, and one-fourth a cup of sugar. Add the softened gelatine, and strain over one cup of grated cocoanut four ounces, each, of crumbled macaroons and lady fingers. Flavor with vanilla, and set aside, stirring occasionally until cold and just beginning to set. Stir until smooth, then beat in the whipped cream as gently as possible, and turn the mixture into a mould to become firm.

QUERY 790.—Mrs. J. L. S., Gloucester, Mass.: "Kindly give information regarding cook-books or published recipes for diabetics."

Cook-book for Diabetics

Longmans, London, publish a very small book on "Cookery for the Diabetic." The book is written by W. H. and Mrs. Poole, and is sold in this country at \$1. Any book-dealer will

procure this book. We do not consider the book of any great value, but it may be worth the price. As a rule, most "made dishes" call for starch in some form, which makes them unsuitable for diabetic patients. On this account meat dishes are to be restricted largely to joints, roasted, broiled, or boiled. Milk or cream is often allowed; and, in such cases, chicken timbales made of raw meat may vary the standard forms of cooking chicken. Fish or sweetbreads may, also, be prepared by the same recipe.

Chicken Timbales

Pass the breasts of two raw chickens through a meat-chopper several times. Add a teaspoonful of salt, a dash of white pepper, and a grating of nutmeg. Then beat into the mixture, one by one, the whites of three eggs, and lastly, very gradually, one pint of cream. Bake in buttered timbale moulds, in hot water, on folds of paper. Serve turned from the moulds with well-buttered string beans.

Diabetics seem to be able to digest cheese, and Welsh rabbit, made with cream or tomato with yolks of eggs, affords an agreeable change from uncooked cheese. Uncooked cheese may be spread with butter, and eaten as a "butter-and-cheese sandwich." Fat in some form is the stand-by of those who suffer from this disease.

QUERY 791.—Mrs. L. W., Charleston, S.C.: "Luncheon menu for a card party in October."

LUNCHEON MENU FOR CARD PARTY IN THE SOUTH

Oyster Cocktail in Sweet Peppers.
Jellied Bouillon. Home-made Wafers.

Salmon Croquettes. Potato Balls (French cutter).

Olives. Small Beaten Biscuit.

Fruit Punch in Glasses.

Broiled or Fried Chicken. Green Peas.
Light Bread-and-Butter Sandwiches.

Pineapple Mayonnaise.

Ice-cream Moulded in Layers of Vanilla and Tutti-frutti.
Lady Fingers.

QUERY 792.—Mrs. A. H., Boston, Mass.: "Recipe for cauliflower soufflé with sauce."

Cauliflower Soufflé

Let a cauliflower stand, head downward, in cold salted water an hour or more, to draw out any insects that may be concealed within. Put over the fire to cook in boiling salted water. When tender, drain with care, then press through a colander. Melt two tablespoonfuls of butter. Add two tablespoonfuls of flour, half a teaspoonful of salt, and a dash of black pepper. Cook until frothy, then add one cup of milk, or water in which the cauliflower was cooked. When the sauce boils, add half a cup of stale bread crumbs (centre of stale loaf), and from one to two cups of cauliflower purée. Stir in, also, the beaten yolks of three eggs, and, when well blended, fold in the whites of three eggs beaten dry. Turn the mixture into a well-buttered soufflé dish and bake, with the dish standing in hot water, about half an hour. When the centre is firm, serve at once in the baking-dish. One-fourth a cup of Parmesan cheese may be stirred into the sauce with the bread crumbs, or sifted with an additional half cup of bread crumbs, moistened with melted butter, over the top of the soufflé, just before it is put into the oven. Serve with a well-buttered cream sauce.

(Continued on page x)

ROYAL BAKING POWDER



will aid the
cook as
no other
agent will
to make

The dainty cake,
The white and flaky tea biscuit,
The sweet and tender hot griddle cake,
The light and delicate crust,
The finely flavored waffle and muffin,
The crisp and delicious doughnut,
The white, sweet, nutritious bread and roll,—
Delightful to the taste and always wholesome.

**Royal Baking Powder is absolutely
free from lime, alum and ammonia.**

There are many imitation baking powders,
mostly made from alum and sold cheap. Avoid
them, as their use is at the cost of health.

ROYAL BAKING POWDER CO., NEW YORK.

(Concluded from page 176)

QUERY 793. A. A. S., Boston, Mass.: "How can I make a beef stew that has a delightful flavor?"

Well-flavored Beef Stew

Select a piece of meat containing both lean and fat, and some bone. A few pounds from the centre of the hind shin is often chosen, because the bone contains marrow, which may be used, in part at least, for sautéing the meat. Cut the meat in small pieces, dredge with flour, and sauté in the marrow. Then add, for two pounds of meat, about two quarts of cold water, and let simmer very gently about three hours. Now add an onion and half a carrot, cut in small pieces, and sauté a delicate straw-color. Add, also, half a red or green pepper and a cup of cooked tomatoes, pressed through a sieve. Let cook about an hour, then remove the bones, skim off the fat, season with salt, and add about a pint of sliced tomatoes, parboiled five minutes and drained. Serve when the tomatoes are tender.

In Acknowledgment

For the individual breakfast service and cocktail cups we are indebted to the kindness of Jones, McDuffee & Stratton. The silver grape dish and shears were loaned by Shreve, Crump & Low. The weathered oak chafing-dish cabinet is from the house of Geo. J. Bicknell Co. These are dealers of fine goods in Boston.

It doesn't take much to awaken the dormant domestic instinct in any woman. The discovery that she looks well in a bib apron will do it.

Some women are so busy out hunting after happiness that they fail to see it lurking in a corner of the fireside at home.

Two Tips and Both Winners

A man gets a friendly tip now and then that's worth while.

A Nashville man says: "For many years I was a perfect slave to coffee, drinking it every day, and all the time I suffered with stomach trouble and such terrific nervousness that at times I was unable to attend to business and life seemed hardly worth living. I attributed my troubles to other causes than coffee, and continued to drench my system with this drug. Finally, I got so bad I could not sleep, my limbs were weak and trembling; and I had a constant dread of some impending danger, and the many medicines I tried failed to help me at all.

"One day a friend told me what Postum had done for her husband, and advised me to quit coffee and try it; but I would not do so. Finally, another friend met me on the street one day, and, after talking about my health, he said, 'You try Postum Cereal Coffee, and leave coffee alone,' adding that his nervous troubles had all disappeared when he gave up coffee and began to drink Postum,

"This made such a great impression on me that I resolved to try it, although I confess I had little hopes. However, I started in, and, to my unbounded surprise, in less than two weeks I was like another person. All of my old troubles are now gone, and I am a strong, healthy living example of the wonderful rebuilding power of Postum. It is a fine drink as well as a delicious beverage, and I know it will correct all coffee ills. I know what a splendid effect it had on me to give up coffee and drink Postum." Name given by Postum Company, Battle Creek, Mich

There's a reason.

Look in each package for a copy of the famous little book, "The Road to Wellville."

"WHAT DOES LITTLE BABY SAY? IN HIS BED AT BREAK OF DAY."

"MELLIN'S"



PAUL C. JACKSON, JONESBORO, ARK.

||| **H**IS mother says, "For a long time we did not think he would live, as he had stomach trouble so badly, and we feel that he would not be with us to-day if it had not been for Mellin's Food. He is now over two years old, happy and well, and we believe that it is all due to Mellin's Food." |||

We will send you a liberal sample of Mellin's Food on receipt of your request and your name and address on a postal card.

Happy, contented little boy; it is hard to believe that he ever knew pain or sickness.

MELLIN'S FOOD COMPANY, BOSTON, MASSACHUSETTS

Notes and Correspondence

ADDRESS communications for this department to Janet M. Hill, Editor of the *Boston Cooking-School Magazine*, 372 Boylston Street, Boston.

Household Aid Company of Boston

(Under the Auspices of the Woman's Education Association)

In August the Household Aid Company of Boston opened a class for twenty "Aids." This was in preparation for offering to the public in the fall the services of trained helpers for all forms of work in the household.

The course consists of instruction and practical training in the elements of household work.

All the "Aids" live and receive instruction in a central house.

Candidates for admission must be young women at least seventeen years of age, with the equivalent of a grammar-school education, and, as far as possible, one year of high-school work.

The "Aids" are received for two weeks' probation without any expense to themselves. At the end of that time they make a contract with the company for a definite length of time, three or six months, and receive compensation for a definite number of hours a week. This will amount to from \$2.50 to \$5 per week. From this salary will be deducted a moderate amount for room and board.

When the "Aids" have finished their training course, and are ready for regular work, each one will be graded according to her skill, and will be paid from 8 to 25 cents an hour, according to the quantity and quality of the work she is capable of doing. As she becomes more efficient, the salary will be increased.

There will be no washing or heavy scrubbing. Instruction will be given

(Continued on page xiv)

Cubs' Food

They thrive on Grape-nuts

Healthy babies don't cry, and the well-nourished baby that is fed on Grape-nuts is never a crying baby. Many babies, who cannot take any other food, relish the perfect food Grape-nuts and get well.

"My little baby was given up by three doctors, who said that the condensed milk on which I had fed it had ruined the child's stomach. One of the doctors told me that the only thing to do would be to try Grape-nuts. So I got some and prepared it as follows: I soaked $1\frac{1}{2}$ tablespoonfuls in one pint of cold water for half an hour, then I strained off the liquid, and mixed 12 teaspoonfuls of this strained Grape-nuts juice with 6 teaspoonfuls of rich milk, put in a pinch of salt and a little sugar, warmed it, and gave it to baby every two hours.

"In this simple, easy way I saved baby's life, and have built her up to a strong, healthy child, rosy and laughing. The food must certainly be perfect to have such a wonderful effect as this. I can truthfully say I think it is the best food in the world to raise delicate babies on, and is also a delicious, healthful food for grown-ups, as we have discovered in our family." Name given by Postum Company, Battle Creek, Mich.

Grape-nuts is equally valuable to the strong, healthy man or woman.

Grape-nuts food stands for the true theory of health.

Look in each package for a copy of the famous little book, "The Road to Wellville."



The Cook's Idea

of a practical, economical, responsive and easily managed cooking device is fully met in

THE HUB RANGE

It has every up-to-date improvement and invention for saving time, fuel and labor, including *Gas Attachments*, and makes

Cooking a Pleasure.

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SMITH & ANTHONY COMPANY,
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Manufacturers of Hub Ranges and Heaters and Sanitas Plumbing Specialties. If not sold by your local dealer, order direct.



(Continued from page xii)

in ironing, and in such light scrubbing as is necessary for the daily putting in order.

As the demand increases, other houses will be opened in different parts of the city and suburbs, where the "Aids" will live, going to their work daily.

"Aids" will be encouraged and helped to acquire greater skill, that they may increase their earning power by being advanced to positions as marketers, daily housekeepers, shoppers, household managers, dressmakers, milliners, etc.

Here are some of the proposed prices to be paid per hour: household aids, five grades, 8 to 25 cents; cooks, four grades, 25 to 75 cents; household managers, five grades, 35 cents to \$1; seamstresses, two grades, 15 and 20 cents; dressmakers, two grades, 35 and 50 cents; milliners, two grades, 50 cents and \$1; shoppers, two grades, 25 and 50 cents; upholsterers and designers, four grades, 25 cents to \$1.

Miss Frances L. Chase, class of 1900, Boston Cooking School, teacher of cookery in the normal department of Clark University, South Atlanta, during her summer vacation assisted at the vacation cooking school at Waltham, Mass.

Miss Grace E. Moore, class of 1902, last year gave three lessons a week at the Illinois Training School for Nurses, a course of chafing-dish demonstrations, and a course of lessons, each, at the Augustana and St. Mary's Hospitals, also private lessons in cookery during the summer. Last month Miss Moore began work in Bay City, Mich., having been appointed teacher of domestic science in the public schools.

Miss Alice L. Shields, class of 1897, who for four years held the position

of housekeeper at Butler Hospital, Providence, R.I., was obliged, on account of ill-health, to resign her position last spring. Miss Shields has been benefited by her summer's rest, and will soon be ready to take up work again.

Miss Anne C. Rankin, class of 1902, has this past year completed the course in sewing at Lewis Institute, Chicago. At the opening of the school year she began her duties as supervisor of the Domestic Science Department of the high school at Wausau, Wis. This school has three large rooms equipped completely for kitchen, dining-room, and sewing-room.

Anne Louisa Ide, whose paper on "Housekeeping in Manila" appears in this issue, is a daughter of Hon. Henry C. Ide, of the American Philippine Commission. In a personal letter to the editor, Miss Ide writes: "I lived in Samoa for four years with yearly vacations in New Zealand and Australia. Came home from Samoa around the world, via Suez Canal, and took an extended European tour. The next winter I journey through the West Indies. We have been in the Philippines three years, with one trip back to the United States and a very thorough tour of the entire Philippines. I expect to start for Manila early in October.

Platt's Chlorides

The Odorless Disinfectant
Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
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CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years Mrs. Winslow's SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."



Nothing Under the Sun
will clean and polish Silver in every form and finish like

ELECTRO Silver Polish SILICON

Trial quantity for the asking.
Box postpaid 15 cents (stamps).

ELECTRO-SILICON SILVER SOAP,
if you prefer a soap to a powder, has equal merits.
Grocers and Druggists and postpaid on receipt of price.

15 CENTS PER CAKE.

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When enameled ware is offered to you as "Imported,"
that's the time to be careful!
All STRANSKY WARE is imported, but all imported ware
is *not* STRANSKY.



LASTS FOR YEARS.



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Book Reviews

ANY book reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

MARION HARLAND'S COMPLETE COOK BOOK. Cloth. Illustrated. pp. 780. Price \$2 net. Indianapolis: The Bobbs-Merrill Co.

One does not attempt to teach a school without some knowledge of the subjects to be taught; but many a young woman will begin the more important matter of housekeeping, having merely the slightest acquaintance with the subjects involved. Often the first intelligent step in the conduct of home life dates from the purchase of the first cook-book.

Marion Harland's "Common Sense in the Household" was published thirty-one years ago. Hundreds of thousands of copies have been sold. Than her name no other name has become more familiar to an entire generation of housekeepers. The "Complete Cook Book" claims to be "a practical and exhaustive manual of cooking and housekeeping." It contains "thousands of carefully proved recipes (prepared for the housewife, not for the chef) and many chapters on the care and management of the home." In brief, it is "the final expression of her life's experience,—

the result of over thirty of the best years of a busy life given to the task of dignifying housewifery into a profession." "Housewifery," the author has faith, "is keeping pace with other professions in the swinging march of an age of wonders"; and this book bears evident marks which justify the statement.

As in her former books, so in this the familiar talks on general topics of concern in the home are a prominent feature. The illustrations are numerous and fine,—a marked characteristic of the modern and up-to-date cook-book.

Among the many culinary and household works that have been published during the past year this large, attractive, and interesting volume will take high rank as a distinct and valuable contribution to the art of home-making.

THE LAND OF HEATHER. By Clifton Johnson. Cloth. Illustrated. Price \$2 net. New York: Macmillan & Co.

This is a charming description of the people and land which Scott and

**TO HOLD THE STOCKINGS
UP OR THE
CORSET DOWN**

YOU CAN RELY ON

The

Velvet

Sample pair,
by mail, 25c.

If your dealer is "up to date," he
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GEORGE FROST CO., Makers, Boston, Mass.

Grip
**HOSE CUSHION
SUPPORTER EUTTON**

The Name is on
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**THE
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Crawford Cooking Ranges

The Single Damper

(patented) is the invention of the makers of Crawford Ranges. This is the greatest improvement ever made in cooking stoves and

No Other Range Has It.

One motion instantly regulates both fire and oven. Two-Damper ranges are difficult and confusing.

Crawfords have more improvements than all other ranges combined. Improved Dock-Ash Grates; Improved Oven, with heat-saving, cup-joint flues and asbestos back; **Reliable** Heat-Indicator; Removable Nickered Edge-Rails.

A Crawford sent on 30 days' trial if there is no agent in your town.

Send for Illustrated Circulars describing our various styles.

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Burns did so much to render forever memorable. The writer becomes a homely traveler. He is a keen observer, and in his own peculiar and characteristic vein portrays the ways of rural life and the country folk of Scotia. The reader catches a glimpse once more of the Drumtochty folk made famous by Ian Maclaren's "Beside the Bonnie Brier Bush." He is led through rural hamlets and highland glens, over historic grounds and Lochs and Bens, and is delighted ever with the new scenes and episodes to which he is introduced.

The words of a reviewer of Mr. Johnson's former work, "Along French Byways," are equally applicable to "The Land of Heather." It is "a book of strolling, a book of nature, a book of humble peasant life intermingled with the chance experiences of the narrator." An interesting, readable, and attractive narrative of a visit to the quaint people of a picturesque land.

HOW TO MAKE BASKETS: More Baskets and How to make them. By Mary White. Cloth. Illustrated. Price \$1 each. New York; Doubleday, Page & Co.

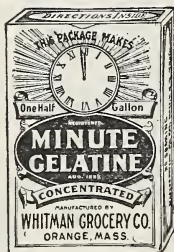
The great interest in Indian baskets has drawn new attention to the art of basket-making, with the result that basketry has found immediate

favor, not only in schools and training classes, but as a most attractive pastime and means of occupation among grown people as well. These little manuals are the only guides to the work. Miss White describes in detail the few necessary implements and materials, and then tells how to weave, first, the simpler forms, next the more difficult patterns, and finally the complicated and beautiful work for which the Indians were once famous, but which is now rapidly becoming a lost art.

Contents of vol. i.: "Materials, Tools, Preparation, Weaving"; "Raffia and Some of its Uses"; "Mats and their Borders"; "The Simplest Baskets"; "Covers"; "Handles"; "Work Baskets"; "Candy Baskets"; "Scrap Baskets"; "Birds' Nests"; "Oval Baskets"; "The Finishing Touch"; "How to cane Chairs"; "Some Indian Stitches"; "What the Basket means to the Indian."

Webster's International Dictionary is the dictionary now recommended by the United States Supreme Court, by all of the State Supreme Courts, by the United States Government Printing Office, by all of the State School Superintendents, by most of the College Presidents, and by Statesmen and Scholars all over the English-speaking world. All other editions are out of date.

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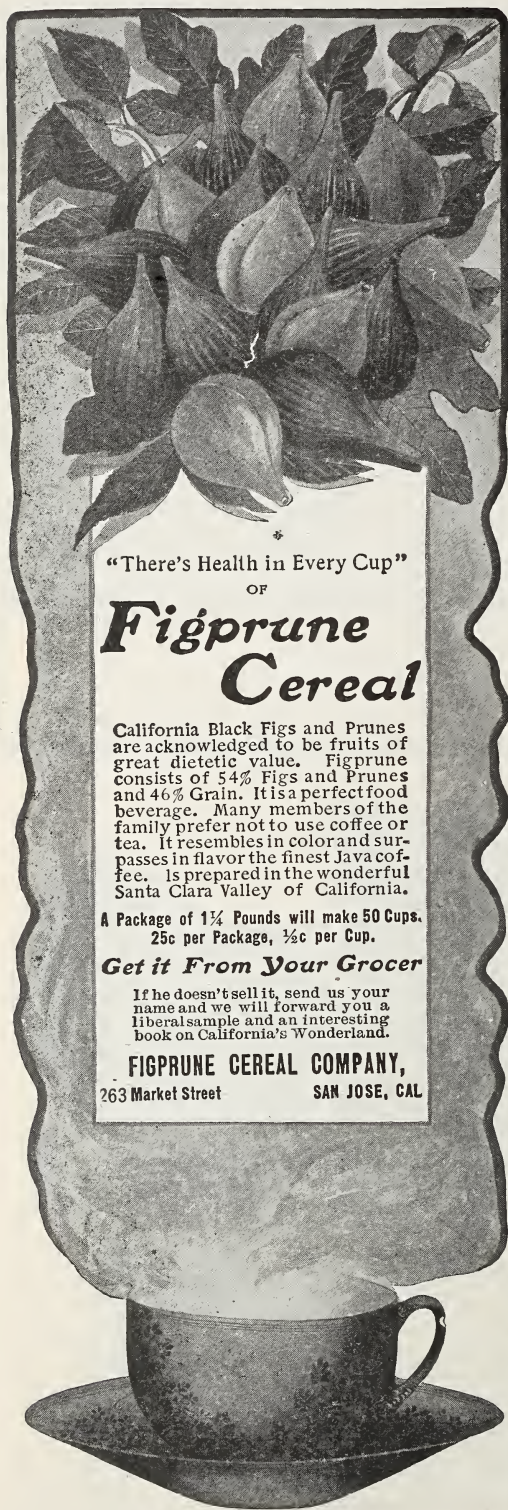
"CRYSTAL DOMINO SUGAR" is packed in neat, sealed boxes, and is NEVER sold in bulk. It is packed at the refinery and opened in the household;—there is no intermediate handling. Hence, no dirt, no waste, no possible adulteration. Every piece alike—and every piece sparkles like a cluster of diamonds, the result of its perfect crystallization. Convenient in form, perfect in quality, brilliant in appearance, no sugar made can equal it in excellence. When buying this sugar remember that the sealed package bears the design of a "Domino" Mask, "Domino" Stones, the name of "Crystal Domino," as well as the names of the manufacturers. You will be pleased the moment you open a box. You will be better pleased when you have tried it in your tea, coffee, etc. It is sold by ALL FIRST CLASS GROCERS, and is manufactured only by HAVEMEYERS & ELDER SUGAR REFINERY, NEW YORK.



Bell's Spiced Seasoning

Delicately flavored seasoning gives Turkey, Chicken, Fowl, Fish, and Game a pungent, rich, appetizing flavor that is pure as nature, healthful as sunshine. Most economical. None other like Bell's; none so good; 36 years the favorite. Ask grocer for Bell's. We will send enough to flavor the dressing for a ten-pound turkey, **free of charge**, to any woman sending the name of her grocer, if he does not sell BELL'S SPICED SEASONING, or for 10 cents will send can containing enough to flavor the dressing for one hundred pounds of meat or poultry.

THE WILLIAM G. BELL CO., 44 Commercial St., Boston, Mass.



Secret of Perpetual Youth

Some one once asked a woman how it was she kept her youth so wonderfully. True that her hair was snowy white—she was eighty years old—and that her energy was waning; but she never impressed one with the idea of age, for her heart was still young in sympathy and interests. And this was her answer:—

“I knew how to forget disagreeable things.

“I tried to master the art of saying pleasant things.

“I did not expect too much of my friends.

“I kept my nerves well in hand, and did not allow them to bore other people.

“I tried to find any work that came to hand congenial.

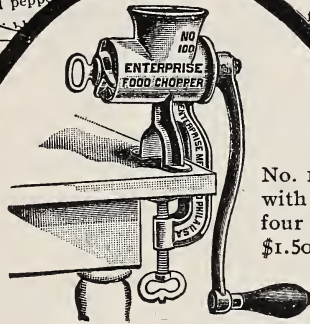
“I retained the illusions of my youth, and did not believe ‘every man a liar’ and every woman spiteful.

“I did my best to relieve the misery I came in contact with, and sympathized with the suffering.

“In fact, I tried to do to others as I would be done by, and you see me in consequence reaping the fruits of happiness and a peaceful old age.”

There are many of us who might do worse than begin to try that old lady’s code of behavior, and see if, after diligently practising its precepts, we agree with her method of insuring perpetual youth.—*New York Sunday News.*

Small Catherine spilled the ink over her mother’s desk, the rug, the chairs, and her own apron. When her father returned at night, his little daughter met him at the door and asked, “Papa, how much does a bottle of ink cost?” “Oh, about five cents.” “Five cents!” exclaimed the little girl, in a tone of deep disgust. “And just to think that mamma would make all that fuss about one little bottle of ink!”—*July Lippincott’s.*



No. 100
with
four knives,
\$1.50

**THE GREATEST OF ALL
KITCHEN HELPS**

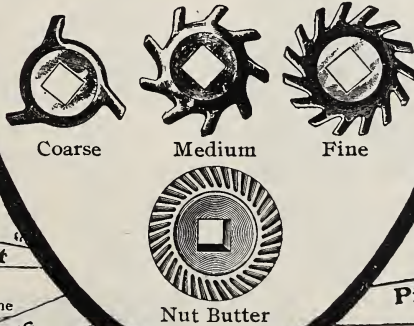
and savers is an Enterprise Food Chopper. It chops all kinds of food quickly, easily, uniformly and to any desired size. It makes possible many dainty dishes that could not be made without it. By utilizing left-over food it is a great saver—usually paying for itself in the first week or so. The

**ENTERPRISE
FOOD CHOPPER**

is strong, durable, easily cleaned and cannot rust. Sold by all hardware, housefurnishing and department stores. "Enterprise" on each machine.

The recipes shown here are taken from "The Enterprising Housekeeper," a book of 200 tested recipes by Helen Louise Johnson, showing the many uses of the Enterprise Food Chopper. Sent for 4c in stamps.

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Coarse

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Fine

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INDIAN BASKETRY *taught by EXPERTS*

You can make from \$7.00 to \$15.00 per week

ANY ONE
CAN LEARN
IT AT HOME
BY MAIL



COMPLETE
OUTFIT AND
COURSE,
ONE
DOLLAR

**YOUR WORK, DONE AT HOME,
PURCHASED BY US**

Write to-day, enclosing \$1.00 for Complete Course of Instruction, consisting of illustrated lessons in detail, together with an outfit of natural and colored Rafia, Reeds, Needles, and a started Basket. A delightful and lucrative pastime for women. Latest fad. Make beautiful Indian Baskets for the Holidays. Sent, prepaid, for \$1.00, anywhere in United States or Canada. Order to-day.

ORIGINAL APACHE SCHOOL OF INDIAN BASKET WEAVING, Como Bldg., Chicago, Ill., U.S.A.

**BUY THE CELEBRATED
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Base. Extensions.

Cooks Everything.

Used on a gas, coal, or oil stove, it will cook a big dinner with but flame enough to keep 2 quarts water boiling. It will do the every-day cooking with least possible trouble and gives out no odor. Unsurpassed as a Fruit Canner, for which directions go with each Cooker, and it is used extensively as a Sterilizer.

The best in the world. Send for circular

S. W. Chamberlin Co.

Office and Manufactory, 25 Union Street
BOSTON, MASS.

Champion

Stove Clay.

For Mending Cracks and Holes in the Stove Lining.

Does your oven bake unevenly? Do ashes sift through on to the baking food? Is your oven sometimes unaccountably "slow" and at other times too "quick"? Do you know why? Probably there's a crack or hole in the brick lining of the fire-box, giving the fierce heat direct access to the thin iron plate forming the oven front. Your oven will not bake right till this hole is stopped, and unless stopped soon your oven plate will be warped and ruined. If you want to know what to do about it, send for booklet entitled,

"What Ails the Stove"

Free, explaining the use of Champion Stove Clay and containing a hundred testimonials from users.

Don't neglect the Stove Lining: the Life of the Stove depends upon it.

**Bridgeport Crucible Company,
Bridgeport, Conn.**



Lime Juice Island

Nearly all the lime juice used in the world comes from the tiny island of Montserrat, in the British West Indies. The lime grows wild in many West Indian islands, but only in Montserrat is it used commercially. That island is one vast garden of lime-trees, and nowhere in the world is there a finer sight than its thirty miles of orchards, laden with the fruit of the lime or fragrant with its blossoms.

The fruit is gathered by negro women, who carry it down the hills to the shipping port in big baskets on their heads. Like all West Indians, they are remarkable for their ability to carry heavy weights in this manner. Once the company, which controls the lime-juice industry, sought to lighten the burdens of its laborers by introducing wheelbarrows.

The negroes filled the wheelbarrows readily enough, and then carried them on their heads as they had been used to carry the baskets. Many a negro woman will carry a hundred-weight of limes on her head for a distance of a mile or more.—*Indianapolis News.*

A Bargain in Travel

Regular rate, Boston to Albany	\$4.50
Down the Hudson to New York	2.00
Fall River Line to Boston	4.00
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The entire round trip for \$5.00

From Boston Thursday, October 8, on the Boston & Albany Railroad. From points west of Boston, October 7. For descriptive leaflet, address

A. S. HANSON,
Gen. Pass. Agent, Boston.



BREAD MACHINE

FOR HOUSEHOLD USE.

Sifts the flour and mixes 10 pounds of best bread in three minutes. Sold subject to trial and approval. *Send for Booklet.* Agents wanted.

Scientific Bread Machine Co.
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Do you Drink Impure Water?

If you do, it is because you don't care, for as an intelligent person you must know that impure water is a most potent cause of sickness and disease.

But why drink impure water when you can get pure water right in your home with no trouble or worry, at very small expense by using the

Ralston New Process Water-Still

It is the simplest Still in its internal construction, will distill 22 per cent. more water—and better water than any other upon the market. It cannot boil dry, or rust out, as it is made entirely of non-corrodible metal. Will last a lifetime. Absolutely the best.

The American Water Still Co.
Successor to A. R. Bailey Mfg. Co.
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New York



Our little booklet "Plain Facts About the Water Question," is worth having. Yours for a postal.

Live Agents Wanted

The "Universal" FOOD CHOPPER



Chops all kinds of Food Ten Times Quicker, Easier and Better than can be done any other way.

Sold by
HARDWARE AND HOUSEFURNISHING STORES.
"Universal" Cook Book No. 6 Free.
Landers, Frary & Clark, - New Britain, Conn.



Success

Is not always obtained by using the proper ingredients or the skill of the cook, but by having the right sort of tools to work with. We keep all the up-to-date inventions and devices for cooking.

Our store is noted for its fine assortment of novelties.

Moulds, Cutters, Casseroles, Madeleines, Bordure, Tartelette, Savarins.

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When you buy Kitchen-Ware, buy
AGATE NICKEL-STEEL.

LALANCE & GROSJEAN MFG. CO.
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*Makes a success of any Soup,
Sauce, or Salad Dressing. . . .*

**McILHENNY'S
TABASCO.**

The perfection of flavor, the epitome of strength. Avoid cheap substitutes, and use only the original McIlhenny's, made at New Iberia, Louisiana.

Booklet containing recipes on request.

E. McILHENNY'S SON,
New Iberia, Louisiana.

BOSTON OFFICE, 42 Central Street.

Spices

In tropical countries, between latitude twenty-three degrees south and twenty-three degrees north of the equator, the inhabitants use spices with their food as we use pepper. A certain beneficial effect is caused to the digestion; namely, stimulant and carminative. But there is a secondary effect, which is, perhaps, even more beneficial, seen in the fact that the volatile oil passes out from the body, mostly unchanged, through various channels, but chiefly through the lungs and skin. So that, in the tropics, nature has provided antiseptics which, in passing out by the lungs and skin, kill the hurtful microbes, which might be breathed in, and also prevent, to a great extent, the attack of mosquitoes. It is a well-known fact that insects, including mosquitoes, dislike volatile oils, and will probably not attack an individual using spices as a food adjunct. It is interesting to note that spices grow where there is a high rainfall combined with much heat,—conditions under which malarial influences prevail. The author quotes various authorities in regard to the antiseptic, antipyretic, and other properties of aromatics.—*Journal of Tropical Medicine.*

New Twists on Old Saws

Look before you sleep.
Many are called, but few get up.
Eat your steak, or you'll have stew.
As you sew, so must you rip.
Where there's a will, there's a law-suit.
Pride cometh before, and the bill cometh after.
Tamper not with fledged fools.



BRO-MAN-GEL-ON

The conscientious grocer will tell you the facts about Bromangelon. The unscrupulous one may try to substitute another article. Bromangelon is the original powdered dessert jelly preparation.

The ONE Perfect DESSERT JELLY

Its deliciousness and purity are unequalled.
13c. the package. At all leading Grocers.

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Perfect Breakfast and Dinner Health Cereals.
PANSY FLOUR for Biscuits, Cakes and Pastry.
Unlike all other foods. Ask Grocers.
For book of samples, write
FARWELL & RHINES, Watertown, N. Y., U.S.A.



Brownsville WATER CRACKER

Youth and Age alike delight
in them—
Crisp, dainty, delicious—the
one perfect water cracker—

*Delightful with milk or broth
and soups or salads.*

S. S. PIERCE CO.

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FOOD MADE WITH Mrs. LINCOLN'S BAKING POWDER

Is finer grained, sweeter, more
healthful, and keeps moist
longer than that raised by the
more rapid action of powders
containing other acids.

BOSTON, MASS.

AFTER MANY YEARS' EXPERIENCE, I
AM CONVINCED THAT A PURE CREAM OF
TARTAR BAKING POWDER IS THE BEST
QUICK LEAVENING AGENT, AND IS A
WHOLESGOME FOOD ADJUNCT.

I GUARANTEE THAT THIS POWDER,
PREPARED AFTER MY FORMULA, CON-
TAINS ONLY THE HIGHEST POSSIBLE
GRADE OF CREAM OF TARTAR AND BI-
CARBONATE OF SODA, WITH THE SMALL-
EST PERCENTAGE OF CORN STARCH
NECESSARY FOR ITS PERFECT KEEPING.

AS LONG AS MY SIGNATURE APPEARS
ON THESE LABELS, HOUSEKEEPERS MAY
BE SURE THAT THIS FORMULA WILL BE
FOLLOWED IN THE MANUFACTURE OF
THIS BAKING POWDER.

Mary J. Lincoln
AUTHOR OF THE "BOSTON COOK BOOK"
AND ONE OF MRS. LINCOLN'S BAKING
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Commerce
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None genuine without Mrs. Mary J. Lincoln's signature



AN IDEAL FOOD

Karo Corn Syrup is an ideal
food for old or young—weak
or strong. It furnishes energy
and strength-producing properties
in a pure form—ready for use by
the blood.

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CORN SYRUP

The Great Spread for Daily Bread

is a table delicacy children love and
thrive upon. An appetizer that
makes you eat. Good for every
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to candy. Sold in airtight,
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25c. and 50c.

At all grocers.

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PRODUCTS CO.
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Ancient Kitchen Tools

are all right for a museum. They have no place in the modern kitchen. It is just as reasonable to expect a harvest with a hand plow as good cooking from poor kitchen tools. We have a full supply of

Up-to-Date Kitchen Appliances.

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Cold Desserts AND Ice-cream Smooth Velvety Delicious

can be easily and quickly made
at small expense with

Junket Tablets

Order a package now from your dealer, or we will mail ten tablets, postpaid, for ten cents.

CHR. HANSEN'S LABORATORY
Box 1212 LITTLE FALLS, N.Y.

October 8 is the Date

\$5 is the Rate

The Famous Autumnal Excursion on the Boston & Albany, through the Berkshire Hills to Albany; down the Hudson River (either night or day) to New York, returning via Fall River Line steamer to Boston. From points west of Boston, October 7. Send for descriptive leaflet.

A. S. HANSON,
Gen. Pass. Agent, Boston.

A Pretty Compliment

The Eastern delegates to the recent Convention of the International League of Press Clubs at Atlantic City selected the New Jersey Central as the official route from New York. And in the last issue of the *New York Insurance Journal* the appreciation of the party was expressed as follows: "The New York delegation journeyed over the Central Railroad of New Jersey. The trip over this excellent road, which has been greatly improved in recent years, is most delightful, and the trains are equipped with every appliance for the comfort and convenience of passengers."

"Here," said Benny's papa, showing the little fellow a coin, "is a penny three hundred years old. It was given to me when I was a little boy." "Gee!" ejaculated Benny. "Just think of any one being able to keep a penny as long as that without spending it!"

THE OLD RELIABLE

DIXON'S "Carburet of Iron" Stove Polish.

NEVER TURNS RED OR RUSTS YOUR STOVES.

JOS. DIXON CRUCIBLE CO., - JERSEY CITY, N.J.

DELICIOUS COFFEE EVERY DAY!

YOU can have it wherever you are, if you use an "EXCERPTA" Coffee-pot. Made in **one minute**. Simply pour boiling water through the trap, and it's **ready**,—clear as wine, with a flavor surpassing anything you ever drank before. All aroma preserved, positively no odor of coffee until it is poured into the cup.

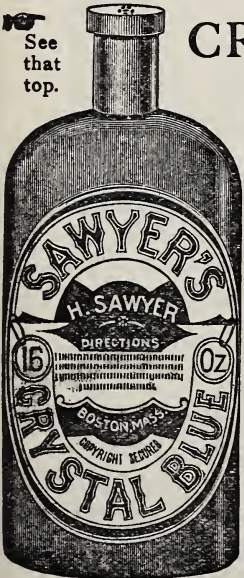


If your dealer cannot supply you, send us his name, and we will send you a copy of a famous picture and facts about the "EXCERPTA."

HOUSEHOLD MFG. CO., 790 Dun Building, Buffalo, N. Y.

Sawyer's

Sold in
Sprinkling
Top Bottles.



See
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CRYSTAL BLUE

Gives a beautiful tint to linens, laces, and restores the color to goods that are worn and faded.

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45 YEARS THE PEOPLE'S CHOICE.



For
Soups,
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There is nothing
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The only chopper that will *cut*
crisp, juicy vegetables without
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Fruit
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"Mama calls me the JELL-O girl. She says I want it to eat every day. Now I am having lots of fun with the packages building a house for my doll."

Order a package from your grocer-to-day. Four Fruit Flavors: Lemon, Orange, Raspberry, Strawberry. 10c. THE GENESEE PURE FOOD CO., Le Roy, N. Y.

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Perhaps you don't know that it also makes the finest FANCY CAKE of numerous kinds.

Send postal card to us at 701 Washington St., N. Y. City, mention Boston Cooking-School Magazine, and we will send you a copy of our book "CHOICE RECIPES" free of cost.

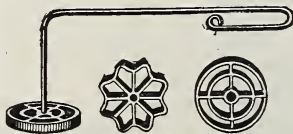
A Marvellous Success

Our readers have doubtless noted the advertisements of Karo Corn Syrup now running in our columns. It was a novel idea to put up the best table syrup in air-tight friction-top cans, and the instant demand for it has been astonishing. Over six and one-half million cans were ordered of the manufacturers in the first ninety days, and the sales are increasing every day. This is but another illustration of the fact that the American housekeeper is quick to recognize real merit. Mrs. Helen Armstrong, the well-known teacher of cookery, has written a booklet of recipes for the use of Karo Corn Syrup in all kinds of cooking and candy making, which will be sent free, when issued, to any one writing to the Corn Products Company, New York or Chicago. If any of our readers have been unable to find Karo Corn Syrup at the grocer's, it would be well to drop a postal to the Corn Products Company, giving the grocer's name and address.

A little girl was sent out with some crumbs for the chickens; and, when she came in, she asked her mamma if she knew "how old the gate to the chicken-yard is." "No," said mamma. "I do," was the pleased reply. "It is just four years old, for it is just as high as I am!"

ROSETTE IRONS

50 cents,
postage 20 cents



These are the irons which lately have become so popular among cooking teachers and in cooking schools in all parts of the country. For full particulars and also catalogue of other Scandinavian and German cake irons, please address

ALFRED ANDRESEN & COMPANY
Department BC., Minneapolis, Minn.
Lady agents can sell dozens among friends.

SHREDDED WHOLE WHEAT BISCUIT



**Makes Strong,
Healthy Children**

BE ALERT where the welfare of your children is concerned. If you want them to become vigorous manly men and strong womanly women safeguard their health with the Natural Food—*Shredded Whole Wheat Biscuit*—the only natural porous (digestible) food made from wheat. In this natural builder is contained the exact food counterpart of every element of the body and in the same proportion—that is why it is called the Natural Food.

Shredded Whole Wheat Biscuit is crisp and compels thorough mastication which strengthens the teeth and insures perfect digestion.

Dr. Francis H. Plummer, Chelsea, Mass., says:

"Your product has been in constant use in my family for a long time. It is a perfect food from a physiological standpoint and aside from that, it has the additional merit of being an appetizing addition to one's menu. I can especially commend it as a very desirable addition to the dietary of any family."

Sold by All Grocers.

Send for the Vital Question Cook Book illustrated in colors **FREE**. It tells how to prepare *Shredded Whole Wheat Biscuit* in over 250 ways.

Address The Natural Food Company, Niagara Falls, N. Y.

*"Couldn't go camping
without
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**WHITE
HOUSE
COFFEE**"*

If the good wife will only tuck a can of "White House" in her partner's outing baggage, he will find the pleasures of his trip very much enhanced, and will be grateful for her thoughtfulness. At the same time SHE can be using it at HOME and, by reflection, share his pleasure.

Many grocers sell "White House"; all of them ought to. Make YOUR grocer sell IT; he can't do better. We can always tell you who DOES sell it. DWINELL-WRIGHT CO., Principal Coffee Roasters, BOSTON and CHICAGO.



MOTHERS WANT TO USE

that which will keep the baby's skin soft and free from skin diseases.

OLIVE OIL

is recognized as the one thing in toilet articles to do it.

Carmel Soap

is made wholly of

Pure, Sweet Olive Oil

and made right where the olives grow, at Mount Carmel, Palestine. Nothing can be more necessary to the nursery than such a soap.

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"KITCHEN AND HAND"

... SOAP ...

The Best Soap Ever Introduced
For Cleansing and Polishing
Tin, Copper, Brass,
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It has no equal in the market.
PAINT
For Cleansing & Restoring

For removing Tar, Pitch, Cement, Varnish, Paint, Axle Grease, Blacking, and all impurities from the hands, it is unequalled, leaving the skin soft, white and smooth.

Beware of Imitations. For Sale by all Grocers.

CHAS. F. BATES & CO.

Proprietors and Manufacturers,

Office, 123 Oliver St., - - - Boston

Factory, Wollaston, Mass.

Deviled Oysters

Clean, drain, and slightly chop one pint of oysters. Melt four tablespoonfuls of butter; add four tablespoonfuls of flour and two-thirds a cup of milk. Cook two minutes, then add one-half a teaspoonful of salt, a few grains of Slade's cayenne, half a tablespoonful of fine-chopped parsley, the chopped oysters and the yolk of one egg slightly beaten, and one teaspoonful of lemon juice. Fill buttered shells two-thirds full of the mixture, cover with buttered crumbs, and brown in a hot oven twelve to fifteen minutes.

He boiled the water that he drank,
By rule he slept and ate;
He wore hygienic underclothes
To get the bulge on fate.

Thus science served him faithfully
And made him microbe-proof,
But yesterday he met defeat
By falling from a roof.

Chicago Record-Herald.

FAMOUS ANNUAL

**\$5 Autumnal \$5
Excursion**

THURSDAY, OCTOBER 8, 1903

A Special Fast Express on the
BOSTON & ALBANY R.R.

leaves the South Station at 8.30 A.M., passing through the most beautiful and prosperous section of Massachusetts to **ALBANY**, through the

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thence, by either day or night boat, down the historic and beautiful

HUDSON RIVER,

passing the **Catskills, West Point, and the Palisades**, arriving in

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at 6 A.M. or 6 P.M., Friday, October 9, depending on whether you take the night boat, October 8, or the day boat, October 9. Thence by the palatial steamers of the

FALL RIVER LINE

to Boston, arriving at 7 A.M., either Saturday or Sunday. For further particulars address **A. S. HANSON**, General Passenger Agent.

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THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND
DOMESTIC ECONOMICS

VOL. VIII. NOVEMBER, 1903

No. 4



THE BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts

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A healthy Stimulant.
An invigorating Food.
A delightful Beverage.

Best & Goes Farthest

Makes a success of any Soup,
Sauce, or Salad Dressing. . . .

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The perfection of flavor, the epitome of strength. Avoid cheap substitutes, and use only the original McIlhenny's, made at New Iberia, Louisiana.

Booklet containing recipes on request.

E. McILHENNY'S SON,
New Iberia, Louisiana.
BOSTON OFFICE, 42 Central Street.



FOOD MADE WITH Mrs. LINCOLN'S BAKING POWDER

Is finer grained, sweeter, more healthful, and keeps moist longer than that raised by the more rapid action of powders containing other acids.

Grocers
Sell
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BOSTON, MASS.
AFTER MANY YEARS' EXPERIENCE, I AM CONVINCED THAT A PURE CREAM OF TARTAR BAKING POWDER IS THE BEST QUICK LEAVENING AGENT, AND IS A WHOLESOME FOOD ADJUNCT.

I GUARANTEE THAT THIS POWDER, PREPARED AFTER MY FORMULA, CONTAINS ONLY THE HIGHEST POSSIBLE GRADE OF CREAM OF TARTAR AND BICARBONATE OF SODA, WITH THE SMALLEST PERCENTAGE OF CORN STARCH NECESSARY FOR ITS PERFECT KEEPING.

AS LONG AS MY SIGNATURE APPEARS ON THESE LABELS, HOUSEKEEPERS MAY BE SURE THAT THIS FORMULA WILL BE FOLLOWED IN THE MANUFACTURE OF THIS BAKING POWDER.

Mary J. Lincoln
AUTHOR OF THE "BOSTON COOK BOOK"
AND GEN. OF MRS. LINCOLN'S BAKING
POWDER COMPANY.

Office
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Commerse
Street
Boston

None genuine without Mrs. Mary J. Lincoln's signature



= Menu =

THANKSGIVING DINNER

"The harvest truly is plenteous"

CLAM BROTH, BUTTERED CRACKERS, BROWNED

YOUNG TURKEY, ROASTED, GIBLET SAUCE

CRANBERRY SAUCE

SWEET POTATOES

RICE CROQUETTES

CAULIFLOWER

HOLLANDAISE SAUCE

CHICKEN PIE, FAMILY STYLE

CIDER APPLE SAUCE

DRESSED CELERY

PUMPKIN PIE

QUINCE JELLY TARTS

BURNT ALMOND ICE-CREAM

RAISED CAKE

FRUIT

NUTS

COFFEE



L.E.J.



PARING POTATOES

The

Boston Cooking-School Magazine

VOL. VIII.

NOVEMBER.

No. 4.

Che San Yat, or Chinese Thanksgiving Day

By Jessie Juliet Knox

“MAY the earth remain at rest, and the rivers return to their beds;
May the myriad insects forget to be harmful, and trees and shrubs grow only in
waste places.”

WHILE with us the last Thursday in November is annually proclaimed by the President to be Thanksgiving Day, with the Chinese the eighth day of the last month in the year is set apart by the emperor for the giving of thanks for all mercies received during the year. The foregoing quotation is the Chinese prayer used on this occasion.

Their Thanksgiving differs from ours, however, in that they are not compelled to celebrate it upon the exact day. If business engagements or something equally important should make it inconvenient to have it on just that day, they may use some other day, as near this period as possible. Some of the poorer classes may not have the requisite money at that time, and must postpone it until they can procure enough for the purchasing of candles, incense, and food for the gods.

From time immemorial it has been the Chinese custom for the emperor, at this time, to go to an altar at the south of the capital, and there offer sacrifices and give thanks for mercies bestowed during the year now closing, and ask

the continued favor of the gods for the year to come. It was formerly the custom to pay especial honor to cats, for ridding them of field mice, and to tigers, for destroying wild boars. These things are not now observed; but the emperor still gives thanks to heaven and earth, and goes through all the forms of worship. The people throughout the Celestial Kingdom follow his example, and according to their means offer sacrifices to the different gods.

It is most interesting to visit the large Chinatown of San Francisco, and catch a glimpse of the different ways in which they celebrate their thanksgiving. We look forward to our own Thanksgiving Day with pleasure, but our pleasure is nothing compared to the wild enjoyment of a Celestial anticipation. They seem to have so few pleasures that they appreciate to the full those that do fall to their lot; and, following the example of the emperor, all the Chinese people, in whatever part of the world they may be, joyfully celebrate this occasion, offering sacrifices to the different household

gods and before the ancestral tablets. They also perform rites for the dispelling of evil spirits and influences.

One may see their Thanksgiving processions marching through the streets, and, perhaps, the most interesting part of these is the Chinese dragon. It sometimes extends the length of a whole block, and is supported by hundreds of Chinamen concealed beneath, which give it a peculiar squirming appearance. It appears very real at night, as, glistening and shimmering, it squirms its hideous length through the narrow Oriental streets, constantly emitting flames from its cavernous mouth and eyes. The timid little Chinese children cling closer to their parents as it passes, for they believe it is really alive. To them it is no delusion, and they are too busily engaged in gazing with slanting, horrified eyes at its great head and sinuous, sparkling body to notice the feet of the men who are carrying it. There are other features of these processions, among which

are many Chinamen, dressed and painted in all kinds of grotesque ugliness; and their distortions of form and feature are anything but beautiful. There is great noise and confusion on these occasions, the beating of the Chinese tom-tom, the harsh clashing of gongs, the shrill and unpleasant piping of the flageolet, and the shouts and screams of the people. All this seems most unpleasant and inharmonious to our ears, but not so to the ear Celestial, for they know the cause of it all. They are making these hideous noises, to frighten away the evil spirits; and, the more noise they make, the sooner will the demons take their departure.

Fireworks are also being constantly exploded, and add to the general din. By strict right these processions pass through official residences, to clear them of evil spirits; but for other houses the street parade is considered sufficient. In some places a paper boat is carried in the proces-



Buying Fish and Vegetables for Thanksgiving Offerings to the Gods



During Thanksgiving the Women are permitted to visit the Theatre

sion, which is finally taken to some body of water, set on fire, and launched, as they think thus to destroy the demons, which have been collected in it while passing through the streets.

After the demons have been expelled, their return is prevented by pasting up peach charms at the doors of the houses.

The term the Chinese use to denote this period means "divide year," and in their Thanksgiving feasts the wine they drink is called "dividing the year wine." They also divide the good things, which they have provided, among the different gods, goddesses, and ancestral tablets. The female members of the family are so delighted with anything which relieves the dread monotony of their lives that they gladly hail the Thanksgiving season,—the guests and the feasting and the general air of fes-

tivity that pervades the home. Although all the dainties are first placed before the gods, yet they are finally eaten by the family, and even more enjoyed than are our Thanksgiving turkey and its usual accompaniments. Their reason for taking this food from the gods and eating it themselves is that the gods have already taken the essence of it, and the choicest portion, and have left only the coarse part for them. Thus they console themselves, and give themselves up to the joy of wining and dining on this glad occasion.

They will place a table of vegetable foods before the gods who are supposed to prefer a vegetable diet and a table of animal food before those who prefer meat. They begin their Thanksgiving by lighting incense and candles before the different images. The head of the family comes forward, and bows before each image, or class

of images, three times. He then burns mock money of various kinds before each one. They make this money in large sheets, and use great quantities of it on different occasions of worship. He who kneels and bows speaks in a low tone, giving thanks both for himself and family. Sometimes he says nothing, and then the thanks are implied. He then places a table of meats before the ancestral tablets, as they hold a most important place in their worship. He here goes through a similar form of worship, thanking his departed ancestors for the favors they have vouchsafed during the past year, and entreating their good will for the future. The wine which they give

to ancestors is always hot, as that is supposed to bring good luck to posterity. The wine they present to gods and goddesses is always cold.

When the family are very wealthy, they offer a goose, the head of a hog, and a very large fish, and other meats, as a sacrifice to heaven and earth. Heaven and earth are the highest divinities worshipped by them, and so they make this an especial thanksgiving. For this sacrifice they place on a table some boiled rice, ten kinds of vegetables, ten cups of wine, ten cups of tea, two large red candles, and three sticks of incense. They then place a branch of cedar or flowers on the rice, and near it ten pairs of chopsticks, two large sheets of mock money, and an almanac. They scatter dried fruit over the rice, and place a bowl of loose-skinned oranges on the table. The sacrifice tables, with offerings of various kinds, are familiar to all those who have visited the large Chinatown of San Francisco. Fireworks are then exploded, and the head of the family kneels down, and gives thanks, holding the lighted punk sticks in his hand the while, and offers up a petition that during the year to come his family may be exempt from sickness and trouble. He then places the lighted incense sticks in the censer. If the family be poor, they cannot afford to worship so lavishly, and sometimes they have only one or two tables of food. Incense is within the reach of all, however. It is placed in a censer on one of the tables, and kept burning continuously. It is also burned in little bowls of earth on the street in front of every door. A great many, in order to pay a vow or to earn the approval of the gods, repair to a joss-house and burn incense, as well as make their private offerings at home.

This Chinese Thanksgiving custom



My Lady Celestial in Thanksgiving Attire

would indicate that the people of the Orient have a sincere feeling of gratitude, in return for any favors they may have received; and, if one has an opportunity of mingling with them during this happy occasion,

he may learn much of their ways. As we become better acquainted with the race, we feel more lenient towards them, and are led to see that they have many virtues which are worthy of emulation.



Man and Wife offering Thanksgiving Sacrifice to Heaven and Earth

THE inconveniences and the petty annoyances, the pains and the sorrows, do we ever forget them? Indeed no; we grumble and groan continually. The blue sky and the sunshine, the everyday mercies and the wonderful blessings that we accept as a matter of course, do we remember to rejoice because of them? Only too seldom. On this one day, do let us be sincerely and expressedly thankful.—*Anon.*

Benjamin Franklin's Punch-strainer

By Julia Davis Chandler

THIS quaint silver punch-strainer is preserved in the rooms of the Historical Society of Delaware: it was made, long ago, from the first silver dollar earned by Benjamin Franklin, as a boy in Boston.

He was apprenticed there to an older brother, so this dollar may have been his first allowance of money, or else the first that he earned from the popular songs which he wrote on current events, and printed on his brother's press.

A fellow-worker, named James Parker, who afterward became an editor of the *Post Boy* in New York, exchanged dollars with Franklin, for luck and as a bond of friendship. What Franklin did with his friend's, Parker's, dollar we do not know; but Parker kept Franklin's dollar, and of it made this little punch-strainer. It descended to his accomplished daughter, the wife of Gunning Bedford, of Delaware.

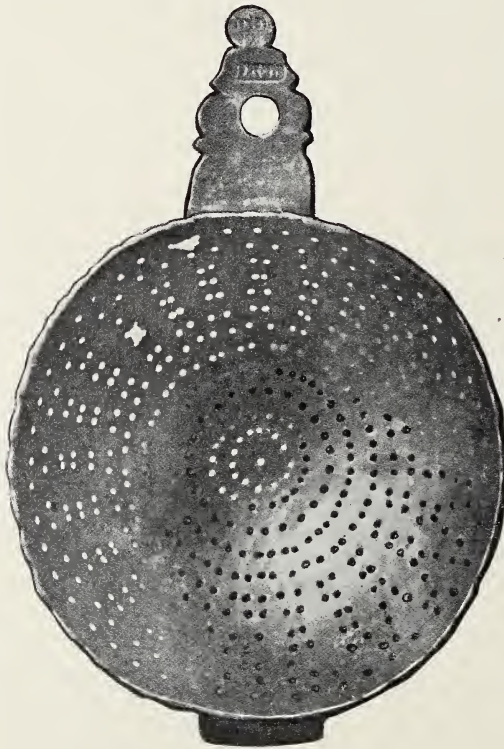
The Bedfords entertained handsomely at their country home, "Lom-

bardy," and at their city home, in Wilmington. Doubtless, this little piece of old silver must have been shown often to their many distinguished guests as a souvenir of the great Franklin.

Gunning Bedford was a noted man, a friend, from his earliest college days at Princeton, of James Madison. He met the latter ably in discussion at the Annapolis Convention, which was convened to frame the first Constitution of the United States. He was aide-de-camp to Washington, and the pistols which Washington gave him, when he sent him on a dangerous mission to Trenton, his daughter

Miss Henrietta Jane Bedford, presented, together with the little punch-strainer, to the Historical Society of Delaware.

That only two generations of owners should intervene between 1871 and Franklin's time seems almost incredible; but the fact is well verified, and this odd bit of silver is a treasured possession of the Historical Society at Wilmington, Del.



Glass Houses and Stones

Translated from the German of Richard Leander

From *The Christian Register*, by permission

PEOPLE who live in glass houses shouldn't throw stones. Yes, that is a very sensible saying. Of course, *you* do not live in a glass house, and you never throw stones; but, when you hear somebody fussing and scolding and finding fault with somebody else, just smile to yourself, and remember this story of the king and queen who learned a better way to manage.

The king of Macronia, who had been enjoying for some time the very best years of his life, had just got up, and was sitting undressed on the chair near his bed. In front of him stood the lord high chamberlain, and held out the king's stockings, one of which had a great hole in the heel. Now, although he had carefully twisted the stocking so that the king might not notice the big hole, and although the king usually considered handsome shoes much more important than whole stockings, yet this time the hole failed to escape the royal gaze. Horrified, the king snatched the stocking from the hand of the chamberlain, put his forefinger in the hole so that it came through as far as the knuckle, and then said with a sigh:—

"Oh, what's the good of being king if I can't have a queen! Don't you think it would be a good idea to marry a wife?"

"Your majesty," answered the chamberlain, "that is a magnificent idea! It is the very thought that would have undoubtedly occurred to my own humble mind, if I had not felt that your majesty would certainly deign to light on it to-day for himself!"

"All right, then!" the king replied.

"But do you suppose that I can easily find a wife who will suit me?"

"Rubbish!" said the chamberlain. "You can get ten if you like!"

"But don't forget that my claims are not small. If a princess is going to please me, she must be both wise and beautiful! And then here is another point which I consider extremely important. You know how fond I am of gingerbread cookies. In my entire kingdom, would you believe it, there isn't a single person who knows how to bake them,—bake them just exactly right, that is, not too hard and not too soft, but just crispy. Oh, yes, my wife must certainly know how to bake gingerbread cookies!"

When the chamberlain heard this, he was so shocked that he nearly fell over; but he collected himself as quickly as he could, and said, "Oh, a king like your majesty will surely find a princess who knows how to bake gingerbread cookies."

"All right, let's get about it, then!" said the king. And that very day he and the lord high chamberlain began a round of visits to all the different neighbors who had daughters to give away. But there were only three princesses to be found who were both wise and beautiful, and not one of the three could bake gingerbread cookies.

"No, I really can't bake gingerbread cookies," confessed the first princess, when the king asked her about it, "but I can bake the loveliest little almond cakes! Wouldn't that do?"

"No," replied the king, "I've set my heart on gingerbread cookies."

The second princess, when he ex-

plained matters to her, made up a naughty face, and said very crossly: "Don't bother me with such nonsense! There aren't any princesses who can bake gingerbread cookies!"

But the king had the hardest time with the third princess, although she was really the wisest and most beautiful. She didn't even let him get so far as to ask her the question; for, before he had a chance, she asked him if he knew how to play the jew's-harp, and, when he said he didn't, she refused him immediately, though she said she was really very sorry. Otherwise he pleased her very well; but she just loved to hear the jew's-harp, and she had made up her mind not to marry any man who couldn't play on it.

Then the king had to drive home again with his lord high chamberlain; and, when he got out of the carriage, he said, quite discouraged, "And all that for nothing!"

But the king simply had to have a queen; and so, after a time, he called the lord high chamberlain, and explained to him that he had given up hoping to find a wife who could bake gingerbread cookies, and had decided to marry the princess he visited first. "That is the one who knows how to bake little almond cakes," he added. "Go and ask her if she will be my wife."

The next day the lord high chamberlain came back, and told the king that the princess was no more to be had. She had married the king of the land where the capers grow.

"Well, then go to the second princess!" But again the lord high chamberlain came home with nothing accomplished. The old king had said he was really awfully sorry, but his daughter had died, and he could not marry her to the king.

Then the king thought and thought

for a long time; but, because he simply must have a queen, he finally commanded the lord high chamberlain to go again to the third princess. Perhaps she had changed her mind. The lord high chamberlain had to obey, though he didn't want to go, and his wife told him it wouldn't do a bit of good. The king waited anxiously for his return; for he remembered the question about the jew's-harp, and the remembrance made him cross.

The third princess, however, received the minister very kindly, and told him that she had really quite decided not to take any man who could not play on the jew's-harp; but, after all, dreams are vanity, and especially the dreams of youth! She knew that her desire would never be fulfilled; and, since the king pleased her, otherwise, very much, she was willing to marry him.

Then the lord high chamberlain drove back as fast as his horses could go; and the king embraced him and rewarded him properly. Gay flags were set fluttering in the city, garlands were hung across the street from one house to another, and the wedding was celebrated in such magnificent fashion that the people talked of nothing else for a whole fortnight.

The king and the young queen lived in peace and contentment for an entire year. The king forgot all about the gingerbread cookies, and the queen forgot all about the jew's-harps. One day, however, the king got out the wrong side of the bed, and everything went criss-cross. It rained all day long; the royal globe fell down, and the little cross on top broke off; then came the court painter, who brought with him the new map of the kingdom, and, when the king looked at it, there the country was painted red instead of blue, as he

had expressly ordered; and, finally, the queen had a headache.

Then they quarrelled for the first time. Why they quarrelled they didn't know themselves. The next day, or, if they did know, at least they wouldn't tell. In short, the king was growly, and the queen was snappy, and managed always to get the last word. After they quarrelled quite a long time, the queen shrugged her shoulders, and said:—

"I should think you would hush up, and stop fussing about everything you happen to see. Why, you yourself can't even play on the jew's-harp."

Hardly had the words slipped out of her mouth before the king interrupted her, and answered bitterly: "H'm! And you can't even bake gingerbread cookies!"

Then for the first time the queen hadn't a word to say for herself, and was quite still; and they both went out of the room without speaking another word. The queen sat down in the corner of the sofa in her own room, and cried, and thought: "If you aren't a silly thing! Where was your sense? You couldn't have said anything stupider than that!"

But the king walked up and down in his room, and rubbed his hands, and said: "It is downright good luck that my wife cannot bake gingerbread cookies! What in the world could I have answered her else, when she twitted me because I cannot play the jew's-harp!"

After he had repeated that three

or four times, he kept feeling better and better. He began to whistle his favorite tune, looked at the great picture of the queen which hung up in his room, climbed up on a chair to wipe off a cobweb which hung right over the queen's nose, and said finally:—

"She was quite right to be cross, the dear little woman! I'll just go to see what she is about!"

Then he went out to the long hall on which all the rooms opened; but, because this day everything went criss-cross, the servant had forgotten to light the lights, although it was eight o'clock at night and as dark as pitch.

Then the king stretched out his hands so as not to bump his head, and felt cautiously along the wall. Suddenly he felt something soft.

"Who is there?" he exclaimed.

"It is I," answered the queen.

"What do you want, my precious?"

"I want to ask your pardon," replied the queen, "because I hurt your feelings."

"No need of that," said the king; and he put his arm around her. "I am more to blame than you, and we'll forget all about it. But there are two things which we will forbid to be mentioned in our kingdom on pain of death, jew's-harps and"—

"Gingerbread cookies!" interrupted the queen, with a laugh, as she secretly wiped away in the dark two or three tears from her pretty eyes.

And that is the end of the story.

IF we will take the good we find, asking no questions, we shall have heaping measures. The great gifts are not got by analysis.—*Carlyle*.

Housekeeping in the South Sea Islands

Crude Devices and Furnishings of the Natives

By an ex-Soldier

YOUR readers may find interest in a narrative from personal experiences in the new possessions of the United States. Your correspondent visited the Philippine Islands about three years ago, and has been living in the different islands of the archipelago since. I first lived on Panay Island, then on Luzon, and finally on Mindanao. In all of these islands the handiwork of the American wife and her influence may be seen. Still, one can scarcely find a well-furnished house, even among those occupied by the Americans, for the reason that the proper furnishings are almost unobtainable. I will relate some of my experiences in this line.

Upon arriving on Panay Island, we secured a little nipa shack, about ten by ten, and used the floor for a bed, after the good old-fashioned custom of the natives. My friend had his wife with him, and a part of the one room was divided off with a blanket for her. No water was available except at a river near by. No furniture was to be had at any price. We got native carpenters to make tables, chairs, etc.; but they did not appear to take to work gracefully. A stove cannot be purchased anywhere except in Manila. Some one could reap rich profits in handling stoves for the islands, also wash-tubs, scrubbing-boards, kitchen utensils, and devices of all descriptions for the housekeeper. We went to Mindanao Island, and found conditions about as bad. After three or more years on the island, however, we

have gathered together a fair number of household goods. Still, the cooking is done by natives with the old style cooking devices. Possibly, the annexed illustrations will assist in giving an idea of the conditions under which one is obliged to keep house on the islands. Of course, almost anything in the household line may be found in Manila and possibly in Iloilo; but these two cities are only two out of about five hundred cities, towns, and barrios, which are at present occupied by American troops.



In the Line of Brushes.—I was much struck with the appearance of the native brooms. The broom shown in Figure 1 is made by selecting a piece of bamboo of right proportions, and splitting the end so as to make a brush-like condition.

The native can sweep out your apartments with this crude affair in quick order. I also observed

brooms made as shown in Figure 2, by cutting a handle of stout wood of the right size, about which is bound the fuzzy collection of pieces of undergrowth forming the broom. These brooms sell in the market for a few cents each. In Figure 3 is a more advanced form of sweeping device, made with a cross end, as shown, into which are fitted the brush-stuffs for sweeping. As to dust-pans, the native housewife, and in fact most of the American and other housewives of the country, use the type of dust-pan sketched in Figure 4, in which an oval piece of bamboo is secured to a wood handle.

Cooking.—But you will be most interested in the singular styles of crude cooking contrivances which one sees in the islands. The richer classes—and there are not many of these—have secured stoves from civilized countries, while the great majority of the people in the islands use only a few stones, arranged like *b, b*, Figure 5. The dish holding the food for cooking is placed upon the stones, and the fire made below. A coconut dish is used for holding water. The more improved form of stove, used by the better classes of the people



Fig 5

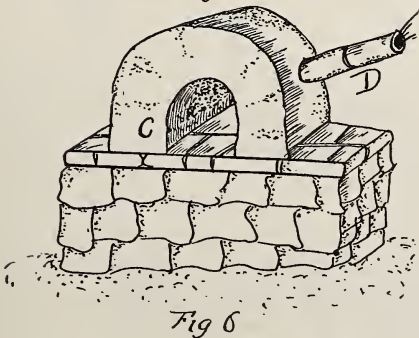


Fig 6

in the country, is presented in Figure 6. Stone-work is built up, as shown, on top of which is placed a tunnel-shaped affair, *c*, this being of masonry or cement. The interior is used for cooking purposes. There is a pipe projecting at *d* for carrying off the smoke. The fire is built below, and wood is the main fuel, the coal of the Philippines being of the lignite grade.

Tables.—The original native does not concern himself very much about

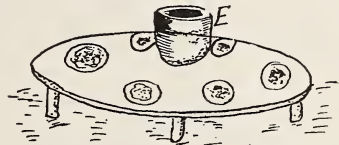


Fig 7



Fig 8



Fig 9

the tables and related furnishings of his home. He either requires all of his family to sit upon the floor about a common dish and eat with the fingers, or he provides a table with short legs, like that in Figure 7, about which all sit. No chairs are used. The common dish is in the middle of the table at *e*, and all dip into this.

In the Way of Flowers.—The Filipino or the Moros housewife is not without a taste for floral decorations. I saw quite a number of very well made up displays of flowers. The American housewives, who are in the islands, are setting good examples for the natives in this line of work. We show in Figure 8 one of the odd patterns

of native flower-pots. No other sorts are available in most places, though there are native potteries, in which jars are made for water and pipes for sewerage purposes. The specimen shown is a hollowed cocoanut shell, filled with earth and planted with a flower and hung to the woodwork of the interior of the house. Sometimes the plan of the flower utensil is like that shown in Figure 9, consisting of a tube of bamboo arranged to contain earth and a growing plant.

Very Devout.—The natives of both the northern and southern sections of the islands are very religious, and

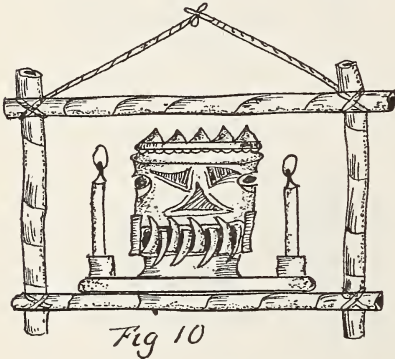


Fig 10

one notices that, although the housewife may have no useful articles of furniture, she is always provided with a temple of worship. There is a little altar in nearly all of the homes, before which praises are offered at vesper time every evening. Lights are usually kept burning at these idols. Figure 10 will give an idea of the ideal house altar. A hard-wood or stone-carved head-piece is mounted in a frame and set off with candles, which are kept lighted most of the time.

Solid Wood Chairs.—In Mindanao Island, where the richest of ebony woods, rare mahogany species, and wood fibres of the best descriptions are obtainable for the cutting, the

native houses are freely furnished with excellently made furniture, from the standpoint of stock alone. For instance, in one home I saw a mahogany chair cut out from a solid piece, as in Figure 11. Then I saw another house furnished with a table made from the valuable ebony wood



Fig 11



Fig 12

of Mindanao. This table is shown in Figure 12. The natives have no idea of the value of these rich woods, because there is no market for the immense forest at present.

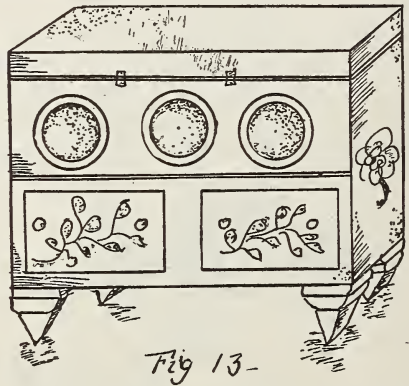
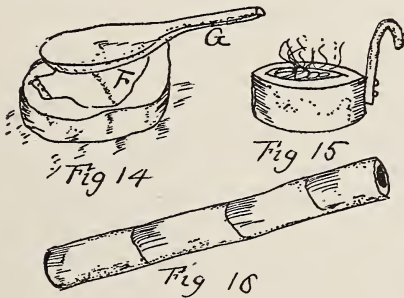


Fig 13.

This is illustrated in the chest furnishings which one sees in the houses. These chests are used instead of wardrobes. Every inmate of the native house usually owns a chest. His or her goods are kept securely locked from the other members of the family. But the costly woods in the chests are worthy

of special mention. Many returning soldiers have purchased chests of this order, and taken the same home with them. The best chests are made of camphor-wood, for insects will not eat into this material, as the odor of camphor is too much for them. Black walnut, ebony, mahogany, and similar lines of hard-wood chests are also bought up and sent to America. The carvings on some of these chests are often excellent, and represent much labor.



a sort of a washing process follows. There is no boiling. The goods come out greasy and oily. The American housewife tries all manner of schemes to get her native to do proper washing, by boiling the clothes and scrubbing in a tub on a wash-board. But she fails, save when standing over the native. As soon as her back is turned, the native discards the water with its soap-suds, the scrubbing-board is dispensed with, and the cold water, the rock, and the paddle are used until missis returns. We show in Figure 15 one of the styles of native irons. There is a hollow in the upper portion, and this hollow is filled with a charcoal-like fuel which is burned, making the base of the iron good and hot, so that smoothing and ironing are easily done.

Starch is used by the natives, but in a singular way, unless you keep a close watch. One lot of my goods came back with handkerchiefs starched, while the shirt bosoms were not. A native can be hired to do washing and chores about your house for about five dollars in gold per month. As to the manner of carrying water, your native goes to the jungle and cuts a bamboo tube like that in Figure 16. This holds about ten gallons of water, which he gets at the river, a spring, or a well.

The Laundrying Process.—The operation of scouring clothes in the islands, as performed by the native housewife, is one of the last straws that discourages the American housekeeper, who happens to be thrown among the natives. The American housewife hires a native washerman or washerwoman and sets him or her to work. The native takes the clothes to the river, or well, and with but very little soap proceeds to beat the life out of the garments on a stone, with a paddle *g*, as in Figure 14, in which the garment in process of being beaten is marked *f*. Cold hard water is dashed over the article, and

There will be a big market in the islands very soon for American household goods. The natives are fast learning the benefits of having improved furnishings: they are waiting only the opportunity to buy, and as yet the goods are not available.



How to make First-class Dairy Butter

By Mrs. E. E. Rockwood

DAIRY butter is made on the farm, and is so called to distinguish it from butter made at public creameries.

Nearly every farmer's wife makes butter, and disposes of the surplus not consumed in the family; and yet a really fine article is rarely found. The reason for this lies partly in the fact that conveniences, proper utensils, etc., are often lacking; yet it must be confessed that much of the fault lies with the maker.

Three things primarily control the quality of butter, wherever it is made. These are cleanliness, temperature, and proper time of working. Cleanliness must begin at the stable. No amount of after-treatment will entirely overcome the effects of negligence in keeping the milk free from contact with contaminating odors. Deposits of foreign matter from the flanks and udders of the cows are sure to leave results which the most skilful butter-maker cannot wholly overcome.

Among native-born Americans very little milking is now done by women. This work very properly belongs to men. Yet there is little doubt that, as a rule, women would be more cleanly, more painstaking and gentle in the handling of dairy cows than are men.

Milking seems a very simple operation to the novice who watches the streams as these are drawn from the cow's udder into the pail. Deftly, quickly, one quarter after another is emptied of its contents, the last drops being obtained by "stripping"; *i. e.*, grasping the teat between thumb and finger of the right hand, and

forcing the milk out by drawing the hand quickly down and off, and repeating until the last drop has been drawn. This milk, by the way, is richer in butter fat than the first drawn; and neglect in stripping thoroughly is to lose much of the cream.

There are in vogue, at the present time, three methods of separating cream from milk.

One is the old-fashioned way of setting the milk in open, shallow pans to stand from twenty-four to thirty-six hours, during which time the cream rises to the surface, whence it can be removed with a skimmer.

Another is the so-called deep setting, or Cooley, system. This consists in straining the milk fresh from the cow into deep tin cans, which are surrounded with ice water. The sudden chilling of the milk forces the cream to the top in from six to twelve hours. Of these two gravity systems the latter is far preferable, and it has superseded the open-pan system almost entirely. The modern cabinet creamery, in some form or other, is found in a large majority of farm dairies at the present day. It is a boon to the women of the farm, doing away entirely with the laborious washing and scalding of milk-pans and heavy earthen crocks.

The third and most modern method of securing cream is by the use of a centrifugal machine called a separator. A number of different makes, essentially the same in operation and results, are upon the market, at prices ranging from \$50 upward. The mechanism of one of these is somewhat complex. The warm milk is poured into a receiving-tank, whence

it is led into a rapidly revolving steel bowl, thence down and out through a spout. The cream is separated by centrifugal force, and issues from another spout, the whole process occupying but a short time. Comparatively few of these machines are in use in farm dairies, though the number is increasing. A herd of at least ten cows is called for, to permit its use from an economical viewpoint.

Ripening, or souring, the cream is an important step in the manufacture of butter. If too ripe, the product suffers loss of flavor; if not ripe enough, the highest aroma and flavor will not be secured. Hence it can readily be seen that great care, and not a little skill, is necessary on the part of the butter-maker, that an exact quantity of acidity may be developed in ripening.

There is no fixed rule for ripening cream. Owing to differing conditions, this would be well-nigh impossible. Bacterial action varies with the temperature maintained, being hastened or delayed accordingly. In summer the germs multiply much more rapidly than in winter. In cold weather artificial inoculation is often resorted to, by means of a starter. This starter consists of sour milk, specially prepared, or of buttermilk from a previous churning. To prepare it, milk, preferably from a cow fresh in lactation, is placed in a sterilized glass jar, and the cover is screwed on. It is then held at a temperature of about 70° Fahr. until it is thick, or clabbered. One quart of this will suffice for ten gallons of sweet cream. When introduced into the body of cream intended for churning, the whole should be warmed to about 65° to 70°, and held there from twelve to twenty-four hours, when the proper degree of acidity will have been developed.

There are certain tests known to expert makers, which enable one to decide when the ripening is complete. Some of these deal with chemicals, but here are two or three for the average operator. When the cream is in the right condition for churning, the unbroken surface presents a peculiar glossy, satiny appearance, readily recognized by the experienced eye. Another test consists in dipping a cup or ladle into the cream. If it be ripe, a thick coating of cream will adhere to the outside of the cup. Upon pouring the cream back, the last drops should make tiny indentations, or "pits," upon the surface.

As soon as cream has reached this stage, it should be churned; for delay means deterioration. When cream becomes separated, or "wheyed off," to use a common term, it has passed the point where it will make fine butter. Both quality and quantity will be lowered.

The passing of the old-fashioned dash-churn has almost entirely been accomplished. Rarely now do we find one among the better and more pretentious dairies. The barrel-churn is most popular at the present time. It has no paddles nor dashers to interfere with the perfect grain of the butter, and it is very easily cleansed after use.

Cream, when ready for the churn, should be tested with a dairy thermometer, to ascertain its temperature. As stated at the beginning of this article, temperature plays an important part in the manufacture of butter; and to this end a good dairy thermometer is indispensable. Since the cost of this useful little instrument is but twenty-five cents, surely no butter-maker need be without one. In determining the proper temperature, something depends upon the breed

of the cows. Guernseys and Jerseys make butter of a firmer body than other breeds, and the cream may be churned at a higher temperature. The object is to bring the butter into granules at sufficiently low point so that they may not adhere, but remain entirely separate, one from another, until after washing and salting. This makes granular butter, so highly prized by connoisseurs, which receive top scores in dairy contests. In summer 58° to 60° will be found to give correct results: in winter two to four degrees higher will be advisable. There is so much individuality in cows that no one rule fits all cases. Each operator must study existing conditions. No two herds are exactly alike. Time and season must also be taken into consideration. All this calls for the highest skill on the part of the butter-maker, in order to attain success.

Cream from cows fresh in lactation yields more readily to the concussion caused by the motion of the churn than does that of cows long in lactation. In other words, it comes quicker. Sometimes the milk from a single animal inoculates the cream of the whole herd, so that the butter will not separate. This is often true of a farrow cow. In such a case the evil is remedied by leaving out the milk from that particular animal. Ordinarily, the churning should occupy thirty to forty minutes.

When the tiny granules of butter begin to appear, the closest attention must be given the contents of the churn; and, as soon as the glass in the cover begins to clear, it is time to draw off the buttermilk. A hair sieve may be employed to catch floating particles of butter that escape.

After the buttermilk has been removed, the butter should be rinsed

by pouring into the churn a pailful of cold water, to which a handful of salt has been added. Replace the cover, and revolve the churn a few times very slowly. Draw off the water, and rinse again in the same way, observing care that a sufficiently low temperature is maintained, to prevent the granules from massing. Drain the butter, which at this stage should present the appearance of so many yellow kernels of wheat. Artificial coloring will not be necessary with butter breeds, except for a few months in midwinter, since these animals yield a more highly colored product naturally than others. After the butter is well drained, the salt is added by scattering it evenly over the granules while still in the churn. An ounce and a half to the pound will be none too much for average tastes. Some like more, others less, than this quantity.

After adding the salt, and cutting it lightly in with a ladle, the churn is closed and very slowly revolved, allowing the contents to fall from end to end for several minutes, when it will be found that the butter has formed into lumps or balls. It can then be placed upon a worker or in a butter-bowl for finishing.

This final step in the process, the working, is very important. If insufficiently done, the butter will present a mottled appearance, due to the uneven distribution of the salt. If worked too much, the grain will be injured. To know exactly when the right condition is reached and then to stop is the aim of the operator.

Perfectly worked granular butter, when broken (not cut) apart, presents a distinctly pebbly appearance, something like that of a piece of broken steel. This shows that the grain of the butter is perfect.

The granules should be plainly visible to the naked eye.

Consumers are wont to complain at the high price of good butter. Yet, when it is understood that of milk from the average cow, outside the distinctively dairy breeds, ten to

twelve quarts are required to make a pound of finished product, to say nothing of the amount of labor involved, one can readily see that it ought to sell for a fairly good price, if even a small profit go to the producer.

Thanksgiving Decorations

By Mrs. E. M. Lucas

YELLOW is the appropriate color for this day of feasting, and chrysanthemums are the flowers. The glory and endless variety in size, together with the lasting quality of the blooms, render these blossoms popular, as long as they last, for decorative schemes of all sorts. They lend themselves beautifully to large receptacles for room decoration, on the buffet, in the hall, or in chance corners, giving charming dashes of color intermingled with greenery. It was once the style to behold the flowers, and arrange them in a low dish in a stubby mound. Nowadays they are scorned unless they crown a long stem; and the longer, the better. No flat effects are used except with those flowers which positively refuse to grow in any other way. Pansies have to be arranged in low dishes, and violets likewise; but chrysanthemums are cut with long stems. The curling over lip of the vase has much to do with the grace of the flowers. It gives an outward and downward curve to the outside flowers,—a curve that is especially desirable for the centre-piece of the dinner table.

A novel and inexpensive decoration for the table was evolved with a

big head of cabbage and a dozen long-stemmed chrysanthemums. The outside, defective leaves were removed, and the remaining outer leaves pressed down and opened gently, so as not to break them. When they were out flat, the firm yellow heart was stabbed through several times with a sharp knife until its outlines were lost, then the yellow blooms were placed, at random, all over the cabbage, with sufficient greenery to vary them prettily. The outer leaves of the cabbage formed a charming background, curled slightly, like a green basket.

If chrysanthemums are not to be had, use the bright yellow gaillardias.

Effective decorations are made with pumpkins, golden yellow gaillardia, and trails of ivy. Cut one of the pumpkins into the form of a handled basket, fill with the bright flowers and ivy leaves. Other pumpkins are cut in two, hollowed out, and heaped with yellow apples and green grapes, entwined with ivy leaves. The tall candelabra rest on mats of ivy leaves, and ivy is wreathed about them, also; and yellow shades give a mellow light. Little paper pumpkins hold the bonbons, and green leaf dishes

are used for the olives and nuts, salted and glacéd.

Birch-bark, asparagus ferns, and gayly tinted autumn leaves was the fancy of one housewife. The leaves were mounted on a fine wire, and mingled with the green of the asparagus fern. In the centre stood the pretty birch-bark basket, filled with autumn leaves and vines, which ran over the ends of the basket, reaching out on either side—a lovely network of green and soft yellow with hints of red—to the tall vases of asparagus vine. The table was lighted in a charming manner. A very large hoop was suspended from the chandelier by four stout cords. All around the edge of the hoop candles had been fastened. This was accomplished by driving a stout wire nail through the hoop, then heating it and thrusting the candle over it. The hoop and strings were wreathed with asparagus ferns and tinted leaves. Little cups of yellow crêpe paper were fastened at the base of the candles, to catch the drip. This hung midway between the table and the chandelier. Leaf-shaped dishes in pale yellow and green tinted china held the olives and salted nuts; and

the name cards were little canoes of birch-bark, holding a spray of asparagus fern, fastened in place with a yellow ribbon, on which the name was lettered with green ink.

A pretty centre-piece is a huge platter heaped with pale green grapes, russet apples, and amber pears, intermingled with greenery. About this arrange ears of corn, the pale yellow husks drawn back and made to stand out like the petals of flowers. Standing guard about this are four candlesticks, made from the long round boxes in which electric-light mantles come, covered with yellow crêpe paper and crowned with lily-shaped shades made of corn-husks. The name cards added a decorative touch to the table, and were made in this way: Cut a triangle from stiff paper, about ten inches long. Fold the three points toward the centre, so the points touch the opposite sides, then fold the points back half their length, thus forming a shallow box about one-fourth an inch deep. At the three sides punch holes, and tie with ribbon so it will retain its form. On one point write the name, on another the date, and on the third some form of greeting. Fill the box with salted almonds.

Novel Fads in Children's Parties

By Carrie May Ashton

A NOVEL and original entertainment for little folks is a Cradle Party. It is especially suited to little girls, though some boys might enjoy it quite as much.

The centre-piece for the table is a small cradle, fashioned of heavy white cardboard and trimmed with gold paper, which is used as a binding

around the edge. It is filled with blue forget-me-nots. A tiny cradle with the name of the different guests answers for the place cards, and contains salted nuts.

The souvenirs of the occasion are larger cradles, with mattresses, sheets, blankets, spreads, and pillows, each containing a baby doll dressed in

long gown. The menu for such a gathering should be simple, but wholesome. Below is given a suitable menu:—

Cream of Celery Soup.
Bread Sticks.

Creamed Potatoes.
Chicken Sandwiches.
Currant Jelly.

Ice-cream.
Angel's Food.

Ice-cream is always more enjoyable to children, if served in fancy moulds.

At a recent birthday celebration the best part of the feast were the little yellow chicks, which caused many ejaculations of delight when they appeared.

At another gathering of little folk the maple-sugar log houses were a source of great delight, and took the place of candy that is so often served.

A unique birthday celebration recently given originated with the fond mother, and proved the most thoroughly enjoyable children's party of the season.

Each child, as he arrived, was given a small fancy-colored bag, which contained ten pieces of tin money.

An older boy acted as merchant, and a variety of inexpensive toys were found on the counter for sale. There were whistles without number, perfume sachets, cheap jewelry, balls, and a variety of other toys, besides candy.

One lad, who had been requested not to eat any candy by his solicitous mother, as he had but recently recovered from a bilious attack, was told by the hostess that he could take it home, and remarked that he did not care for candy, when there were so many pretty things for sale.

Children's activities must be directed, especially at a social gathering, and then they are sure to enjoy themselves.

A Wheel-barrow Party is another novelty for small boys. Who would not enjoy one? Arrange this similar to the Cradle Party, with a tiny wheel-barrow marking the different places and a larger one for the centre-piece, filled with flowers.

A wheel-barrow race will afford a pleasant diversion during the afternoon, with inexpensive prizes, the wheel-barrow used for the contest being retained as souvenirs of the occasion.

Kite-flying parties are always enjoyable affairs, if they are given in an open space where there are few or, better still, no trees.

Soap-bubble parties lose none of their popularity. Cover the tables, upon which the bubbles are to be blown, with pieces of flannel or a blanket. Use tin horns or ordinary clay pipes for blowing. The day before the party shave fine one ounce of white castile soap, and mix with three-fourths an ounce of glycerine, and bottle tightly. Add this to just enough water to make good suds.

At a delightful carnival recently given by a small club of children the main feature of the day was a Tom Thumb wedding, which was most effectively carried out.

The costumes were made for the occasion, many of them real works of art. The clergyman in his long robe was most impressive.

Paper doll parties, where each little girl is requested to bring her family of paper dolls, afford pleasant pastime. A variety of fancy paper is provided, and each guest is expected to fashion a gown for one of her dolls: Prizes are awarded for the best work.

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The world treats you as well as you treat it.

The man at his work!—there is nothing finer. I have seen men homely, uncouth, and awkward when "dressed up," who were superb when at work.

I thank thee, Lord, that I am as other men are.

If you have not reached the point where you perceive that two propositions, exactly opposed to each other, may both be true, you have yet something to learn.—*The Philistine*.

SCHOOLS AND HOUSEKEEPING

A WRITER in the *Boston Herald* makes pointed reference to a matter of growing importance, as follows:—

"London is falling into line with Boston's well-tryed idea of a training school for housekeeping. The school of housekeeping, which accomplished such good work here, sowed its seed, for in all the leading cities in the United States the system has been heard from; and now in London they are going to try solving the domestic problem in much the same way, by the formation of a club, to afford a means of training young women for domestic service. Good luck! Heaven knows there is need of instruction and encouragement for mistress and maid. Home housekeeping has reached the danger point. An honorable calling has almost been lost sight of in the malady which has struck at all classes of labor. It is a contagious disease; but its germ, like all other germs, will be found some day, and its cure will be then effected. At present some women with brains are striving to bring about better relations between those who pay and those who serve, and the first step has been to educate the latter by instructing the former in what constitutes the performance of household duty."

The school of housekeeping referred to in the foregoing paragraph has now been merged in Simmons College, an institution to be devoted, it is hoped, to the industrial training of young women along the broadest lines. What the final results shall be are yet to be seen. But, surely, a thoroughly well-equipped industrial training school for young women is a significant landmark in educational thought and progress.

The most serious charge that has been made against the schools of the past lies in the statement that they have tended to educate boys and girls above their destined calling in life. No sooner have children crossed the threshold of learning than they have been urged and incited to rise, if possible, above the masses, and make themselves the teachers and leaders of men. To cherish low aims, to be sure, is debasing to youth, while the pursuit of lofty ideals is ennobling, indeed. At the same time all cannot teach. The vast majority of mankind must be content to work with the hands. The question is, Will not true nobility assert itself in any calling? "Are all prophets? are all teachers?" asks the apostle. "But covet earnestly the best gifts; and yet show I unto you a more excellent way."

In these modern days it is coming to be pretty well understood that protracted mental work is neither entirely wholesome nor conducive to longevity. The intellectual giant is apt to be either a crank or a fanatic. On the other hand, exclusive physical effort is inimical to the highest prosperity and happiness. In the training of youth to-day the harmonious combination of physical and mental activity would seem to be in accord with the light of reason and the experience of the race. Hence the goal sought for in the twentieth-century training schools may well be the cultivated mind and the skilful hand.

The trait in the personality of our Chief Magistrate, that impresses the observer most is "the combination of simplicity and dignity. The sound mind in a healthy body is decidedly 'the real thing' when it comes to the office of President." This fact has become so fairly luminous to the

nation that it is not likely soon to be forgotten.

HEALTH AND THANKSGIVING

OUR annual national Thanksgiving Day comes this month. This festival has become distinguished above others for family gatherings, and few there be in this broad land who cannot find something in life to be thankful for. In a general sense, we can think of nothing more desirable for which to render thanks than good health. Possessed of this, one can face life's fortunes or life's ills with cheerfulness and hope. And health is not necessarily a gift from above, save in the sense of natural endowment; for its maintenance and preservation, at least, each individual, who has reached maturity, is responsible. Health is the resultant of ways or habits more than of fortune or station in life. Especially is it true that

"Ill habits gather by unseen degrees,
As brooks make rivers, rivers run to seas."

The means of attaining the desired end are to be sought for in diet and exercise, intelligently studied and judiciously practiced. Some one has said: "Too much emphasis has been placed on wealth, and, on the other hand, too much on poverty. That man is rich enough who has his daily bread for mind and body." The *Cooking School Magazine* wishes for everybody a cheerful and happy Thanksgiving Day.

THE WASTE OF WEALTH

A WRITER in the London *Daily News* presents facts which show that 30 per cent. of the population of Great Britain are insufficiently fed. Their income is not enough to buy the dearer kinds of food which are

necessary to well-developed physical life, and they do not know how to make the best use of that which is within their means. They grow up from a half-starved childhood to be under-sized and inefficient men and women. Yet the wealth of the United Kingdom, as shown by Sir Robert Giffen in a paper read to the British Association recently, is nearly \$75,000,000,000, and the annual income of the people who live in the British Isles is \$8,750,000,000. These 42,000,000 spend as much for food and drink alone as the whole 300,000,000 of India, and the annual income of their investments in India and the other British colonies amounts to about \$107 for every man, woman, and child in England, Ireland, and Scotland. More money is spent for tobacco alone than for education, the churches, and literature; and the drink-bill is far larger. If the money that is worse than wasted were spent wisely to ameliorate poverty and educate the people, the nation would be vastly stronger. Sir Robert says that the prosperity of the rich has brought an ominous decline in hardihood and the higher ambitions, and that Great Britain is the most extravagant nation in the world. But probably as thorough an investigation of conditions in the United States would show that in this respect we are rivalling the mother country.—*Christian World*.

THE CAUSE OF COOKERY- FAILING.

THE reason that cooking so fails of its purpose is that its practice is far below the rank of other human industries, and therefore often more of a hindrance than a help. If man's clothes were made as badly as his bread is, or man's houses constructed with as

little success as his dinners, there would be the same complaint raised in regard to tailoring and building as is now heard over cooking, and numbers of short-sighted reformers would clamor for a return to the simpler living of the coat of skins and the hollow tree.

It is a disgraceful position for humanity to turn tail in the great march forward; to return to the kindergarten, because the university is too complex; to "want to go home," because the journey is long and hard. We wish to answer questions, not beg them; to conquer our difficulties, not yearn for savagery, because civilization is more laborious.—*Helen Campbell*.

NO doubt many of our subscribers and readers have friends who would be pleased to receive specimen copies of the *Cooking-School Magazine*. If you will kindly send us the addresses of these, we will take pleasure in mailing each of them a specimen copy of a recent issue. We think your friends will be glad to be thus remembered, and we shall appreciate the effort on your part in sending the names.

We believe there are thousands of housekeepers in every State in the Union who want a good, reliable, and trustworthy culinary publication: we are desirous that all these may have an opportunity to examine carefully and test the contents of the *Cooking-School Magazine*.

THE contents of this issue of the *Cooking-school Magazine* are varied and timely. The December number will be of exceptional interest and value. Among other notable articles, Chef Meyer of Union Club, New York, contributes a paper on "Carving and Serving for Seventy-five College Students."



Seasonable Recipes

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Cream-of-Corn Soup (Canned Corn)

Pass a can of corn through a meat-chopper. Add two slices of onion, a sprig of parsley, and two cups of water. Let simmer fifteen minutes, then pass through a sieve, pressing out all the liquid and pulp possible. Melt three tablespoonfuls of butter, cook in this three tablespoonfuls of flour, half a teaspoonful of salt, and a dash of black pepper. Stir and cook, while adding gradually two cups of milk. Let boil after all the milk is added, then stir in the corn pulp and liquid. Add more seasoning, if needed, also, if at hand, the yolks of two eggs, beaten and diluted with half a cup or more of cream. The soup will curdle, if it be boiled after the eggs are added.

Oyster Soup

Pour a cup of cold water over two quarts of oysters, look over, one by

one, to remove bits of shell. Strain the liquid through a cheese-cloth, add a pint of chicken liquor, and heat to the boiling-point. Then add the oysters, and again heat to the boiling-point. Skim out the oysters, and add with the strained liquid to a soup made as follows: Cook two-thirds a cup of sifted flour, a teaspoonful of salt with a dash of black pepper, and half a cup of butter, and stir into three pints of milk scalded with two slices of onion, two stalks of celery, a sprig of parsley, and a bay leaf. Stir and cook until smoothly thickened, then stir occasionally for twenty minutes, and strain over the oysters and liquor. Finish with half a cup of hot cream and two tablespoonfuls of butter, stirred in at the last in little bits. The recipe will serve from ten to fifteen persons.

Cream-of-Chestnut Soup

Shell and blanch two pounds of

chestnuts. Cook in boiling water until tender, then drain and pound in a mortar, adding, meanwhile, a pint of



Two Grape Baskets used as Centrepiece
Pressed Autumn Leaves

hot chicken liquor. Pass through a sieve, and return to the fire, to simmer gently for an hour, adding, as is needed, more broth or hot water. Make a sauce of a quart of milk and half a cup, each, of butter and flour, with salt and pepper; add the chestnut mixture, and strain into a pint of hot cream. If the soup be too thick, dilute with broth. Add salt and pepper, as needed.

Boston Baked Beans

Let one quart of pea beans stand in cold water over night. In the morning drain in a colander, letting plenty of fresh water run through them. Put over the fire covered with cold water, to which a teaspoonful of cooking soda has been

added, bring quickly to the boiling-point, let boil five minutes, then drain and rinse again. Put half the beans in an earthen bean-pot. Pour boiling water over half a pound of salt pork, and score the rind, to indicate its separation into slices an half-inch thick. Put the pork above the beans in the pot, and turn in the remainder of the beans. Mix two teaspoonfuls of dry mustard, two teaspoonfuls of salt, and two tablespoonfuls of molasses with a quart of boiling water, and pour over the beans and pork. Add more water, as needed, to cover well

the beans. Put on the cover, and bake about eight hours in a moderate oven. Keep the beans just covered with water and the cover on the pot until the last hour of cooking, then remove the cover, to dry out the beans and brown the pork, which should be drawn to the surface for



Boston Baked Beans served from Bean Pot

this purpose. When properly cooked, each bean should be tender, yet whole. The beans should be moist with a small quantity of thickened liquid through them. The size of the bean-pot should accord with the quantity of beans cooked; a large quantity can be cooked more successfully than a small quantity. The beans may be sent to the table in the bean-pot or transferred to another dish.

with beaten egg, and again roll in crumbs. Fry in deep fat, drain on soft paper, and serve at once. For



Fruit in Birch Bark Receptacle

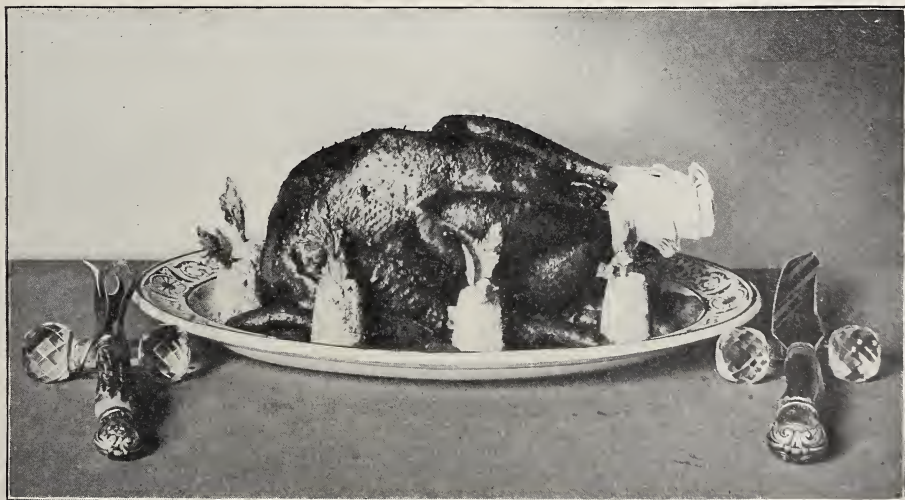
Boston Baked Bean Croquettes

Press cold baked beans through a ricer or sieve. To a pint add three or four drops of tabasco sauce, two or three tablespoonfuls of tomato sauce, purée or catsup, as is needed, to moisten the mixture, and if liked, a teaspoonful of grated horseradish mixed with vinegar. Shape into small balls, with a teaspoonful of whole baked beans in the centre of each. Roll in sifted bread crumbs, then cover

a *hors d'œuvre* make the balls the size of a small English walnut, seasoning more highly than in the recipe. Serve on paper doilies, one or two as a service. Pass olives, or small gherkins, and tiny brown bread sandwiches, at the same time.

Chestnut Stuffing

With a sharp knife cut a short slit in the shells of a quart of chestnuts. Cook one minute in boiling water,



Roast Turkey, Garnish, Sausage Links and Chestnut Croquettes

drain, and let become dry. Add two teaspoonfuls of butter, and stir and shake over the fire, or in the oven,



Fruit with Mat of Pressed Sumach Leaves

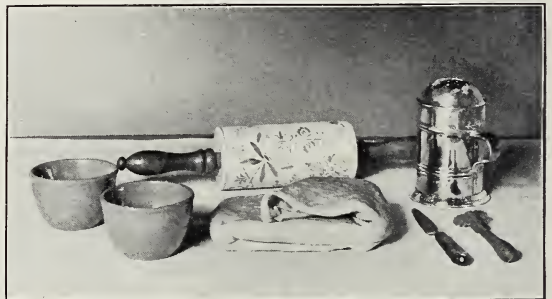
three or four minutes, or until the shells have absorbed the butter. Then remove the shell and skin together. Keep the nuts covered with a cloth in the mean time, as they shell more easily when hot. Cook the chestnuts until tender in boiling, salted water, drain, and pass through a ricer. Add one half-a cup of butter, stirred into two cups of crumbs from the centre of a stale loaf of bread, and a teaspoonful or more of salt and pepper, as suits the taste. When thoroughly mixed, the dressing is ready for use.

Flaky Pastry

Pass through a sieve, together, three and one-half cups of *sifted* flour, a teaspoonful of salt, and half a teaspoonful of baking-powder. With the tips of the fingers or a knife work in half a cup (four ounces) of shortening, other than butter, then moisten to a dough with cold water (about half a cup). Turn onto a board very lightly floured, and roll into a very thin rectangular sheet.

Have ready half a cup (four ounces) of butter, worked and washed in cold water until it is in a smooth and flexible condition, then pat out the water and shape into a thin rectangular piece less than one-third the length of the paste. Lay the butter on the paste, turn one side evenly over it, and over this turn the other side. Fold one end over and the other end under the paste enclosing the butter, keeping the ends even, pat gently with the rolling-pin, to break up the large

bubbles of enclosed air, then roll into a long rectangular strip. Fold evenly to make three layers, turn half-way round, and again roll into a long strip. Fold, turn, and roll out once or twice more, and the paste is ready to use. When the paste is properly made, this process is not a long one. The celerity with which the work can be done depends largely upon the condition of the paste at the first rolling out. This condition is de-



Flaky Pastry, showing Butter folded in

termined by the quantity of water used in mixing the paste. The paste should be soft enough to roll out easily and yet not be sticky.

Chicken-and-Oyster Pies

In individual dishes arrange layers of fillets of cold cooked chicken and cleaned oysters, and sprinkle with salt and pepper. Add tiny bits of butter, here and there, and cover with pieces of flaky pastry cut to the size of the dishes. Score in the centre, to let out the steam, and decorate with small figures cut from the trimmings of the paste. Brush the lower surface of these pieces with cold water before setting them in place. Bake about fifteen minutes. If a more juicy pie be desired, add one or two tablespoonfuls of chicken broth or oyster liquor. Serve hot from the oven. If any remain to be served cold, dissolve one-fourth a package of gelatine, softened in one-fourth a cup of cold water, in a cup and a half of hot and well-seasoned chicken liquor, and turn

dish an instant in hot water to the top of the dish, then invert on the serving-dish.



Waffle-and-Peach Preserve Shortcake

Waffles with Peach Preserves

Sift together one cup and a half of flour, two level teaspoonfuls of baking-powder, and one-fourth a teaspoonful of salt. Beat the yolks of two eggs, add one cup of milk, and stir into the dry ingredients with one-fourth a cup of melted butter.



Preparing Apples stuffed with Dates

into the pies through a small funnel inserted at the opening in the top of the crust. To serve, loosen the crust from the edge of the dish, insert the

Lastly, add the whites of two eggs, beaten dry. Bake on a hot, well-oiled waffle iron. Keep the first two bakings hot in the oven, while the

other is being baked. Do not pile one above the other, lest their crispness be lost. Put together as a short-

with a little hot, sugar-and-water syrup. Serve with the morning cereal, or as a dessert dish at luncheon or dinner, with cream or milk.



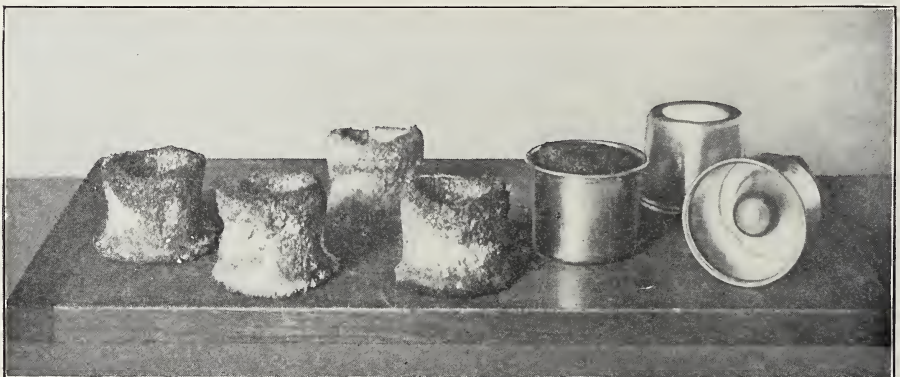
Maple Charlotte Russe

cake with old-fashioned peach preserves. If served from the side, instead of from the table, place half a peach with plenty of syrup on each quarter section of waffle, and pass as soon as baked.

Apples Stuffed with Dates and Baked

Select tart apples, core neatly,

and boiled to a thick syrup) and one-fourth a teaspoonful of vanilla extract give a very agreeable flavor, somewhat similar to maple. Any preferred sponge cake mixture, or a gold cake mixture, may be used. Let stand two or three minutes after baking, then remove at once from the moulds. The cake cannot be removed in good shape, if allowed to cool in the moulds.



Patent Charlotte Russe Tins with Cakes

pare, and fill the cavities with stoned dates. Bake until tender throughout in a hot oven, basting once or twice

Jellied Apples and Orange

Pare, quarter, and core five apples. Make a syrup of one cup and a half,

each, of sugar and water, and the thin yellow rind of one orange. In this syrup cook the pieces of apple, a few at a time, until tender, taking care to keep them whole. As the apples become tender, lift them with a skimmer to a plate, to drain. While the apples are cooking, let a scant half a two-ounce package of gelatine soften in a cup of cold water. Over this pour the apple syrup, strain the liquid, and measure it. There should now be two cups and a half. (Add water, if necessary to make this quantity.) Have ready a mould, standing in ice and water. Put in a few spoonfuls of the liquid, and arrange slices of apple on the bottom

of orange, and, if at hand, a bit of freshly candied peel. Continue until the mould is full. When ready to



Jellied Apples and Orange

serve, turn from the mould, and decorate with whipped cream and candied orange peel. Sweeten and flavor the cream before whipping. For a cup of cream use a scant fourth a cup of sugar and a few drops of vanilla extract.



Thanksgiving Pudding

of the mould in the jelly. Turn in a little syrup, then add more slices of apple, with, here and there, a slice

Thanksgiving Pudding

Let three-fourths a cup, each, of cracker and bread crumbs soak in

two quarts of milk about an hour. Mix one cup of brown sugar, half a cup of melted butter, or four ounces of fine-chopped suet, one pound of seeded raisins, half a pound of sliced citron, one teaspoonful cinnamon, half a teaspoonful of mace, and two teaspoonfuls of salt, and stir into the first mixture. Also stir in four beaten eggs. Bake in a slow oven four hours. Stir several times during the first hour,

Squash Timbales

To one cup of cooked squash pressed through a ricer or sieve add two beaten eggs, three tablespoonfuls of cream or milk, two tablespoonfuls of melted butter, half a teaspoonful of salt, and a dash of black pepper. Mix thoroughly, and turn into buttered timbale moulds, fitted with rounds of paper. Bake in a pan of hot water in the oven, or, covered, on the top of the range, until the centres are firm.



For Nuts or Bon-bons

to keep the fruit from settling to the bottom of the dish. Serve with a hot liquid sauce.

Liquid Sauce

Cook one cup, each, of sugar and water, until it will spin a thread. Beat the yolks of three eggs, and pour the syrup over them in a fine stream, beating constantly meanwhile. Then add half a cup of cream, a few grains of salt, and such flavoring as is desired,—a teaspoonful of vanilla or two tablespoonfuls of brandy,—and beat until thick.

Serve turned from the moulds. A cream sauce may accompany this dish, but it is superfluous.

Spaghetti (contributed by a Subscriber — a Man)

Chop fine and separately three small onions and two thin slices of salt pork. Cook these together in a frying-pan until nicely browned, then add half a pound of raw beef (top of the round), chopped fine, one-fourth a teaspoonful of allspice, and one-fourth a teaspoonful of salt. Dissolve one-fourth a cup of tomato paste (found at Italian

stores, the same quantity of well-reduced tomato purée may be used) in half a cup of claret wine, and add to the meat mixture. Have ready a scant quarter pound of hot, cooked spaghetti, sprinkled with Parmesan cheese (use from two tablespoonfuls to three-fourths a cup of cheese according to taste), and over it pour the cooked mixture. Lift the spaghetti with fork and spoon, until the mixture is evenly mixed through it, then serve at once.

Chestnuts Moulded in Aspic Jelly

Let the liquid in which a fowl was cooked simmer with two slices of onion, a stalk of celery, a sprig of parsley, a bay leaf, and four peppercorns an hour or until well reduced. Strain and set aside. When cold, remove the fat, add, for a pint, half a package of gelatine, softened in a cup of cold water, salt and paprika, the thin yellow rind of one-fourth a lemon, and the slightly beaten white of one egg with the crushed shells of several, if at hand. Mix together thoroughly, then heat slowly to the boiling-point, stirring constantly meanwhile, then let simmer ten minutes. Skim and strain through two folds of cheese-cloth. Put a tablespoonful into each of six or eight small moulds, standing in ice and water. Arrange slices of cooked chestnuts, to form a design on the jelly. Keep in place with a few drops of liquid aspic, then lay in a whole cooked chestnut, nicely blanched. Hold in place with a few drops of aspic. When set, fill the mould with aspic. Serve, turned from the moulds, with lettuce and mayonnaise dressing.

Celery (for Diabetic Patients)

Cut trimmed stalks of well-bleached celery into pieces an inch in length. Let simmer in water to cover until

tender and the water is reduced somewhat. For a pint of celery cream one-fourth a cup of butter, beat in the yolks of two or three eggs and half a teaspoonful of salt, and stir into the hot liquid. Let cook, without boiling, until thickened slightly, then serve at once. Cream may be used in place of all or a part of the butter.

Boston Brown Bread Ice-cream

To each quart of ice-cream, when frozen, stir in one cup of sifted Boston brown bread crumbs, and let stand an hour or longer, to ripen. No flavoring need be used in such cream; but almond, vanilla, caramel, or maple, all harmonize with the crumbs. The bread may first be dried or not, as convenient.

Steamed Corn-meal Pudding

Chop half a pound of suet very fine. Sift over this two cups of corn-meal (yellow, granulated preferred), one cup of flour, and one teaspoonful, each, of salt and soda. Mix thoroughly, then stir in one cup, each, of sweet milk and molasses and one cup of seeded raisins. Turn into a two-quart mould, thoroughly buttered, and cover and steam four hours. Serve hot with hard sauce or with liquid brandy sauce, if approved. A hard sauce, in which grated maple sugar is used, is especially appropriate at this season. Whipped cream, sweetened before whipping with grated maple sugar, will furnish another sauce for this pudding. In the illustration a hard sauce, made with grated maple sugar, is piped onto slices of lemon.

The flavor of a duck is much improved by roasting with an orange and an onion in the body. An excellent accompaniment for duck is a brown sauce with half a jar of orange marmalade added.—*Exchange*.

Thanksgiving Menus

With innocent peace is Ceres gladdened. Then do you cultivators of the soil offer up bows for perpetual peace. A humble offering, if only it be pure, is pleasing to gracious Ceres.— *Ovid.*

Thanksgiving Dinners

I. Institution

OYSTER STEW, OLIVES OR PICKLES.
ROAST TURKEY, BREAD STUFFING, GIBLET SAUCE, CRANBERRY JELLY.
WHOLE ONIONS, BOILED AND BUTTERED.
INDIVIDUAL PORTIONS OF SQUASH BAKED IN THE SHELL. MASHED POTATOES.
APPLE-AND-CELERY SALAD, FRENCH DRESSING.
PUMPKIN PIE. THANKSGIVING PUDDING, LIQUID SAUCE.
RAISINS. NUTS. GRAPES. COFFEE.

II. School

BOSTON BAKED BEAN CROQUETTES. BOSTON BROWN BREAD SANDWICHES. OLIVES.
CONSOMMÉ ROYAL. OYSTER SOUP.
ROAST TURKEY, POTATO STUFFING, GIBLET SAUCE, CRANBERRY JELLY.
ESCALLOPED OYSTERS.
ONIONS IN CREAM SAUCE. CANDIED SWEET POTATOES. MASHED TURNIPS.
ORANGE-AND-CELERY SALAD.
HOT APPLE PIE. INDIVIDUAL MAPLE CHARLOTTE RUSSE.
MAPLE SUGAR BONBONS. NUTS. RAISINS. GRAPES. COFFEE.

III. Farm Home in Country

CREAM OF CORN SOUP, BREAD STICKS.
ROAST TURKEY, BREAD STUFFING, SAUSAGE CAKES.
CRANBERRY SAUCE. CIDER APPLE SAUCE.
BOILED AND MASHED SQUASH. WHOLE BOILED ONIONS IN CREAM. ESCALLOPED POTATOES.
CHICKEN PIE. CELERY.
PUMPKIN PIE. APPLE PIE. CHEESE.
BOSTON BROWN BREAD ICE-CREAM. NUTS. APPLES. RAISINS. COFFEE.

IV. Private Home in Town

CLAM COCKTAILS. BOSTON BROWN BREAD SANDWICHES.
ROAST TURKEY, CHESTNUT STUFFING, CRANBERRY SAUCE.
SQUASH TIMBALES. ESCALLOPED ONIONS. MASHED POTATOES.
INDIVIDUAL CHICKEN-AND-OYSTER PIES. CELERY-AND-NUT SALAD.
APPLE-AND-ORANGE JELLY, WHIPPED CREAM. NUTS. RAISINS. GRAPES. COFFEE.

V. Elaborate Home Dinner

CREAM OF OYSTER SOUP, MAN-OLAS. FRIED FILLETS OF FISH, TOMATO SAUCE.
ROAST TURKEY, GIBLET GRAVY (GARNISH: MUSHROOM CROQUETTES AND PORK SAUSAGE).
CRANBERRY JELLY.
MASHED POTATOES. SMALL ONIONS STUFFED WITH BREAD CRUMBS AND NUTS, BAKED.
CREAMED CELERY.
ROAST PARTRIDGE, CURRANT JELLY. ORANGE-AND-CHICORY SALAD.
TARTS WITH STRAWBERRY PRESERVES AND MERINGUE. SQUASH PIE.
Caramel ICE-CREAM, HOT MAPLE SAUCE. NUTS. BONBONS. GRAPES. COFFEE.

Chafing-dish Supper

SARDINE ÉCLAIRS, OLIVES. TURKEY NEWBERG. ROLLS.
MAYONNAISE OF APPLES AND CELERY.
NUT ICE-CREAM. SALTED ALMONDS. MAPLE BONBONS.

Evening Party (Twenty-five Guests)

FRIED SCALLOPS. CABBAGE-AND-CELERY SALAD. GRAHAM BREAD-AND-BUTTER SANDWICHES.
COLD ROAST TURKEY, SLICED THIN. BUTTERED ROLLS. CURRANT OR CRANBERRY JELLY.
MAYONNAISE OF LETTUCE AND COOKED CHESTNUTS IN ASPIC SANDWICHES.
APPLE MOUSSE. ASSORTED CAKES. COFFEE.

Menus for One Week in November

Health and good digestion are dependent: objectively, upon appetizing flavor due to skillful preparation and good cooking; and, subjectively, to a cheerful and harmonious state of mind on the part of the eater.—*Janes.*

SUNDAY

Breakfast

Ralston Breakfast Food with Nuts,
Sugar, or Cream.
Boston Baked Bean Croquettes.
Salt Codfish Balls, Horseradish Sauce.
Parker House Rolls. Coffee.

Dinner

Cream of Chestnut Soup. Braised Fowl.
Candied Sweet Potatoes.
Cranberry Sauce.
Celery, French Dressing.
Jellied Apples with Orange.
Whipped Cream. Coffee.

Supper

Curried Oysters, Boiled Rice.
Jelly Tarts. Tea.

WEDNESDAY

Breakfast

Shredded-wheat Biscuit with
Creamed Codfish.
Stewed Tomatoes.
Doughnuts. Coffee.

Luncheon

Tomato Bouillon. Soup Biscuit.
Waffles with Peach Preserves.
Tea.

Dinner

Fresh Haddock, Baked.
Bread Stuffing, Drawn Butter Sauce.
Mashed Potatoes. Buttered Parsnips.
Escalloped Cabbage.
Apple Pie. Cheese.
Coffee.

MONDAY

Breakfast

Quaker Oats. Sliced Bananas,
Cream or Milk.
Broiled Bacon, Fried Eggs.
Spider Corn-cake. Cereal Coffee.

Luncheon

Dried Lima Beans, Stewed.
Bread and Butter.
Baked Sweet Apples, Cream or Milk.
Cocoa.

Dinner

Chicken Croquettes.
Potatoes in Cream Sauce.
Squash. Cole Slaw.
Rice Pudding with Meringue.
Coffee.

THURSDAY

Breakfast

Barley Crystals. Baked Apples, Cream.
Cold Boiled Ham.
French Fried Potatoes.
Corn-meal Griddle Cakes, Syrup.
Cereal Coffee.

Luncheon

Macaroni au Gratin.
Colonial Pudding, Hard Sauce.
Tea.

Dinner

Beef à la Mode. Brown Sauce.
Escalloped Potatoes. Buttered Turnips.
Spinach Greens.
Caramel Jelly. Sponge Cake.
Coffee.

TUESDAY

Breakfast

Malta-Ceres. Hot Dates, Cream.
Frizzled Dried Beef. Sautéd Potatoes.
Dry Toast. Cereal Coffee. Cocoa.

Luncheon

Fresh Fish, Broiled. Baked Potatoes.
Pickled Beets. Apple Sauce.
Baking-powder Biscuits. Coffee.

Dinner (Guests)

Raw Oysters. Beef Tenderloin, Broiled.
Mashed Potatoes.
Boiled Onions with Cream Sauce.
Lettuce Salad.
Walnuts in Lemon Jelly.
Boiled Custard. Coffee.

FRIDAY

Early Breakfast

Grape Nuts, Cream.
Fresh Haddock Cakes, Broiled Bacon.
Pickles.
Zwieback. Coffee.

Dinner

Fresh Codfish Chowder.
Escalloped Onions and Tomatoes.
Baked Apple Dumpling, Hard Sauce.
Cereal Coffee.

Supper

Fried Oysters. Cole Slaw.
Baking-powder Biscuit (Entire Wheat).
Baked Apples with Almonds, Cream.
Tea.

SATURDAY

Early Breakfast

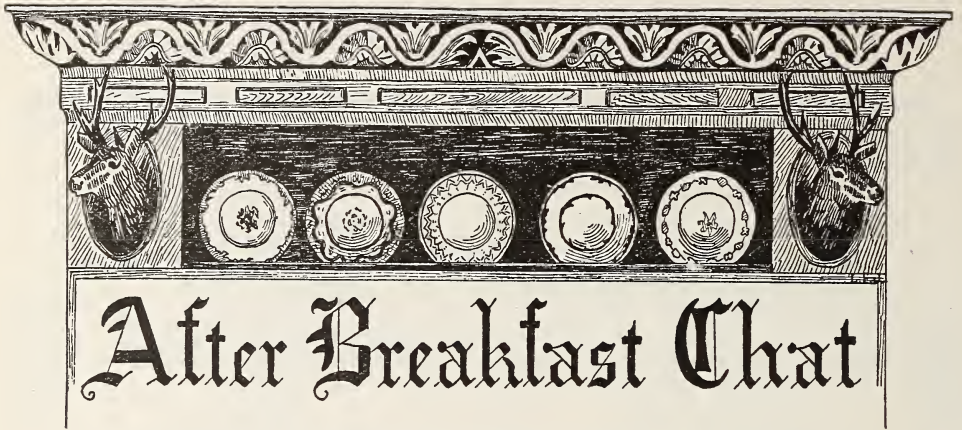
Force. Bananas, Cream.
Ham Timbales, Tomato
Sauce. Corn-meal Muffins.
Coffee.

Dinner

Meat Pie (Beef à la Mode).
Cauliflower,
Hollandaise Sauce.
Junket with Boston Brown
Bread Crumbs. Tea.

Supper

Boston Baked Beans,
Tomato Catsup.
Boston Brown Bread.
Rye Bread. Coffee Jelly,
Whipped Cream. Tea.



After Breakfast Chat

By Kate Gannett Wells

“THERE’S a saying old and musty,
Yet it is ever new;
’Tis, Never trouble trouble
Till trouble troubles you.”

“FOR what are you going to give thanks?” asked Eliza Jane, as they lingered over the breakfast table, just as if a Thanksgiving dinner were not impending over them.

“Well, for one thing,” answered Phœbe, “that I am not afraid of slang. I don’t exactly swear, but my list of adjectives and expletives is not pure English. It makes things go when one is a bit slangy. People who never use slang are always the kind who put on mourning; and that is another thing I shall give thanks for,—that I don’t wear it.”

“But ought you not to wear it out of respect?” replied her friend.

“I never wear my heart upon my sleeve,” quoted Phœbe, “though I know there’s a certain protection in mourning, and I like the respect it implies; but I don’t like its limitations in time,—that is, the gradual going back to colors, when I am always lonely and always loving my friends, in the next world, though they are not here. Then there is a deal of conventionality about mourning. For

instance, I can invite six or eight people to dinner, but I must not dine out with two or three. I can’t dance at a small hop, though I can sit out on the piazza, if it is summer, and have as good a time as if I danced, and I can make mourning an excuse for not doing what I don’t want to do. I’m thankful my father made me promise never to wear it.”

“And I am thankful that I have been brought up to wear it,” said Eliza Jane; “yet I grant you the whole matter is one of taste and habit rather than of conviction, and that long veils are unhygienic and depressing, and that people don’t stare at you now as they used to do. But for what else are you going to be thankful on Thanksgiving?”

“That I have not got to eat a piece, each, of apple, mince, and pumpkin pie; that I have not made dozens of plum puddings, and put them in the store closet for future use, as my grandmothers used to do; and that I have trussed and stuffed every turkey I’m going to send off. There

isn't much charity in giving away a turkey that must be got ready before it is cooked. It is like giving a dress pattern without linings or a ten-dollar bill for the making."

"You're the most thorough-going giver I ever knew," answered her friend. "You put time and thought into your gifts, so each one is perfect. Now, I'm wondering whether or not to give thanks that I'm a woman, not a man; and that I'm not ready to be married. I don't want to keep on doing all my own work, if I am; for I'm not scientific, and I don't see why the man should not help in as well as outside of the house. Most of all, I'm thankful that, if ever I do marry, it will be for love, and that I still have a conscience,—it saves me from so many awkward situations. I've got so used to it that it isn't any bother, so I'm always having a good time, and don't have dyspepsia worrying as to what is right. Do right off what you ought to do, and then go to the next thing."

Phœbe looked at her with a comical seriousness, saying: "You're about as sensible as they make 'em; yet your conscience never is in the way, because, as you say, you attend to it right off. I'm always bargaining with mine, so I get left; and, after I've done what I thought would be fun, I have found out it wasn't, and so I've had to apologize to my conscience. After all, it would be a sorry state of things not to have a conscience, and so be in a constant pickle of little wrong-doings; but I suppose conscience has to be educated, like anything else."

"That's another reason for thankfulness. Who would want either a Renaissance or a Puritanic conscience! I like the breadth, generosity, and earnestness of a modern woman's conscience,—its incisiveness and ten-

derness, its sense of wide relationship and near duties, and its all-embracing forgiveness and encouragement. I'm thankful I was born: it does not matter much whether as man or woman; and, whichever way it is, it might have been worse the other way. And I'm mighty thankful I'm an American, and that there are personal as well as national Thanksgivings; and I hope that some time I can give thanks that I am—married."

"But if you are not?" queried Phœbe.

"Then I should give thanks for that; and, if I can't care for a husband, I'll adopt a child, somebody to love, even if no one loves me. You know I always was active."

"You might give thanks," returned Phœbe, "that you were born without a tendency to worry, you always make the best of things till there isn't any worst. You are a true descendant of the Devon rhymester who said,—

"Never trouble trouble
Till trouble troubles you."

You take things so easily you'll never know that trouble is trouble, when it comes. And you can give thanks, too, that you haven't a tendency, as I have, to do mean things. If I were a farmer, I'd always put my best apples on top of the barrel; if a fisherman, I'd let the lobsters out of another man's pot."

"I wonder," answered Eliza Jane, "if, after all, the best thing for which to give thanks is not the power for humble usefulness, be one man, woman, or child. But may the year soon come, when we can be thankful that we need not have a better dinner on Thanksgiving Day than on other days of the year. Meanwhile we must attend to our nearest duty,—stoning raisins, chopping citron, and stirring the pudding for others to eat."

In Reference to the Thanksgiving Dinner

The Turkey

THOUGHTS of Thanksgiving Day and turkey are—in this country—one and inseparable. To have a good Thanksgiving dinner means turkey and turkey “done to a turn.” To start out with, the turkey must be a good one, young, but full grown, and with the plumpness that October alone can give. Then the cooking must be such as to give juiciness—which turkeys often lack—combined with a rich brown color like that of the October woods. Tenderness is also a prime requisite. But, to commence more nearly at the beginning of the subject, a word must be said on the trussing of the turkey. In these days, when every one goes to a cooking school, or, at least, reads books on cookery, there is no excuse for presenting a turkey with drumsticks pointing skyward. With the aid of trussing needle (one costs eighteen cents, and lasts a lifetime) or skewers the turkey is made to take on a neat, compact shape, with no disconnected portion exposed to the drying heat of the oven. This is a gain gastronomical no less than ethical. Roasting the turkey before the open fire or under the flame of the gas oven is pleasant to read or talk about, but tedious in practice. The open pan, in any oven, with basting each ten minutes,—if the heat be tempered considerably,—gives satisfactory results. So also does the double pan, which does away with all basting.

Turkey and Sour Cream

As a novelty, a subscriber from New York suggests a new way of securing a moist and well-flavored

roast turkey. When the fowl has been trussed and made ready for baking, smear over the surface of the bird with thick, sour cream, let stand some hours or, better still, over night, or even longer, in the refrigerator. Then with proper baking a peculiarly tender bird is the result. In spreading steaks and roasts with olive oil and vinegar, we follow out the same principle: in both cases the oil (in one butter fat) excludes the air and preserves the flesh, while the acetic acid in the cream and vinegar, respectively, is softening the fibres. The subscriber also suggests that the breast be turned downward in the pan, and that the cooking be completed without turning the bird. The basting is to be done as usual, though the lack of it will not be as noticeable as when the turkey is cooked with breast up. As juices flow downward, this procedure, it seems, may insure more juicy white meat; but the main thing, after all, lies in the regulation of the heat. Given long-continued, gentle heat, after the initial half-hour of searing over the surface is completed, with systematic basting, and juicy and delicate slices are bound to fall from the knife of the carver. If the fat in the pan be too dark to use in making the brown giblet sauce, you may know that the turkey has been cooked in a temperature much too high.

Serving the Turkey

Often the head of the family is an expert in carving, and really enjoys selecting some special tidbit for a favored guest or member of the family, at the same time taking the responsibility of seeing that all are well

served; but quite as often the average man of the house—especially in large families—will enjoy his own meal much better if he be allowed to perform this duty just before the serving of dinner, in the privacy of the butler's pantry. A skilful waitress or cook can dispose with ease the well-carved fowl, in a neat and attractive manner, upon the serving-dish, and finish the whole with a garnish, simple or elaborate, as she pleases. The dish is then ready for service, in accordance with the English fashion; or it may be dispensed "from the side," according to the service *à la Russe*.

Garnishes for Roast Turkey

Fancy skewers, holding truffles, mushrooms, etc., are used when the turkey is sent to the table whole. These, with a bit of greenery, unless the platter be very large, are quite as much as the carver can take care of. But, if the carving be done in the pantry, more space can be given up to the garnishing of the dish. The garnish may be of such edibles as harmonize or contrast appropriately with the turkey. If the turkey be roasted without stuffing, chestnut, oyster, mushroom, rice, or hominy croquettes, sausage, cakes or links, white or sweet potato boulettes (round croquettes with sweet herbs), or baked onions, stuffed with sausage or bread crumbs and walnuts, are among the items that are naturally suggested. Celery or cress, with parsley as third choice, will provide the given tone so apposite to the rich browns of the turkey and the garnishes mentioned. If a touch of bright color seems desirable, it may be found in sprigs of barberries or in cubes of jelly placed in the centres of halves of sweet pickled peaches or pears. Candied cherries, softened in boiling water, may be used instead of jelly. We have seen

a turkey garnished with uncooked cranberries. This will do with parsley, which is not intended to be eaten; but a combination of pickled peaches and uncooked cranberries would be open to criticism.

The Vegetables

Vegetables always form an important part of the Thanksgiving dinner, and more variety is offered than at the ordinary company dinner; and yet perfection in cooking should not be sacrificed for variety. Mashed white potatoes are a favorite dish; but we see them in every condition, from an unedible mass to a creamy-white fluffiness that is a veritable delicacy. Starting out with "riced" potatoes, hot milk with a little cream; plenty of salt and butter, and the vigorous use of a perforated wooden spoon, the mixture being kept steaming hot meanwhile, will produce the perfect dish of its kind.

There are people who believe in eating all vegetables, uncooked. Possibly these might think that partial cooking was preferable to the state of tenderness produced by thorough cooking; but, on our part, we find no vegetables digestible that are not made tender by cooking. Onions are no exception, though they are often served neither crisp from freshness nor tender from cooking. To serve these stuffed with bread and nuts, first parboil about an hour, then remove, and chop the centres, and mix with an equal bulk of soft bread crumbs, stirred into melted butter and enriched with nut meats. Walnuts or pecans are a good selection. The nuts should either be broken into small pieces or crushed smooth. A teaspoonful of crushed nut meats for each onion will suffice. Bake in an agate pan an hour or until tender, basting frequently with a little butter melted in hot water.

Cheese, chicken, or ham, may take the place of the nuts.

There are several ways of serving baked squash. One of the best is as follows: Cut or saw through the shell, and separate into individual portions. Lay shell side down in a baking-pan, turn in a little hot water, to keep the pan from burning, and bake in a hot oven until tender. Serve folded in a napkin. Eat from the shell with butter, salt, and pepper. When convenient, bake the bits of squash, as potatoes are baked, on the grate, dry heat being preferable. Timbales offer a dainty way of serving this vegetable.

A crisp salad is an essential part of a rich Thanksgiving dinner, and for this no ingredients can be more appropriate than celery and apple. Mayonnaise dressing is suitable for an evening spread or a chafing-dish supper, but it is entirely out of place for *the* dinner of the day. So also is the boiled dressing. French dressing, lightly applied, is the only item that fills the bill. To prepare this, mix all the ingredients together, to form a complete emulsion, then mix with the prepared salad-materials, or dress the materials with oil, seasonings, and acid in the foregoing order.

Cranberry Jelly

If cranberry jelly rather than sauce please your fancy, the directions given must be followed explicitly. To one quart of berries add one cup of water, cover and cook quickly about five minutes, or until the berries burst. Lift the cover occasionally, lest the foaming fruit overflow the dish. Press at once through a sieve. (A purée sieve that fits firmly into the lower part of a double boiler and a wooden pestle will enable you to do this part of the work in about three minutes.) Add at once to the purée two cups of

sugar, mix thoroughly, and turn into a mould.

The Sweets and Dessert

If the sweets are to be appreciated, let the portions be small, and give attention to the flavor. Recipes for caramel ice-cream were given in our October number. By some the flavor of this ice is thought to be enhanced and improved by adding half a table-spoonful of vanilla extract to each quart of cream. Nuts and autumn fruits, now at their best, are given through courtesy to custom; but it were the part of prudence to restrict their service, at this meal, to the furnishing forth of a handsome table.

Garniture of the Table

Fruits, nuts, and grain constitute the most fitting ornaments of a table laid to celebrate thankfulness for bountiful harvests, and we show several ways in which these products may be disposed to form table centre-pieces. Descriptions are not necessary save, perhaps, in the case of the centre-piece adapted to a large table at an institution, hospital, or school, where a variety of receptacles cannot be easily secured. For this take two small grape baskets of same size, detach the handle from one side of each, and tie the baskets together on that side. Fasten the two handles together over the baskets as one handle. Fill with fruit, and set in place. Baste heads of grain, oats in this case, upon a broad tape, and tie this around the baskets, concealing the knot under the grain. Cover the stitches with a band of ribbon, and finish with a bow. Wind ribbon on the handle, and finish that with a bow. Surround with pressed autumn leaves. For descriptions of other centre-pieces see page 195.

The Dishes

Old-fashioned blue china is "quite the thing" for a Thanksgiving table. Special sets, platters with a dozen plates, presenting the likeness of the bird of honor, are to be found at large china stores, where game sets are also shown. These, on account of their vivid colorings, give a bright and festive appearance to the table.

The pudding-dish, shown on page 207, is serviceable on this occasion. The dish is so designed that it may be adapted to many uses. The inner vessel is fire-proof, and serves not only for puddings, but also for escalloped oysters, veal, vegetables, macaroni, and other *au gratin* dishes. In serving any of these dishes, set the inner vessel, holding the cooked article, into the outer bowl. The outer bowl makes an admirable salad bowl, and the tray upon which it stands may serve as a chop plate.

To return to the sweets, try making the caramel cream ice after a slightly different fashion than that usually given for cream ice with junket. Add the junket tablet dissolved in two tablespoonfuls of cold water to a quart of lukewarm milk, sweetened with a cup of sugar melted to caramel, and cooked in half a cup of plain sugar. Add also half a tablespoonful of vanilla extract, and, when jellied, a cup of double cream beaten solid. Freeze as usual.

Acknowledgment

The decorated platter and plates on our cover page, also the fruit bowl on page 204, and the bonbon dish on page 208, of this number, are shown by the courtesy of Jones, McDuffee & Stratton, at whose establishment the latest and best in china and glass wares are to be seen.

Prizes for Sunday-dinner Menus

WE wish to offer prizes for Sunday-dinner menus. These are to be given to the authors of the menus, which, in the judgment of the editor, are most suitable for a family of two adults and three children of about twelve, fourteen, and sixteen years of age, respectively, and on these conditions: The dinner is to be such as would be served to a family who allow, for table supplies, about \$2 per week for each individual, and who keep no maid. The points to be noted are ease in preparation and palatability, also adaptability to the season and to the occupation of the family. The

recipes of dishes given in the menus must have appeared in the magazine, or be found in the books offered as prizes. The prizes are as follows:—

First prize, a copy of "Practical Cooking and Serving."

Second prize, a copy of the revised edition of "Salads, Sandwiches, and Chafing-dish Dainties."

Third prize, one year's subscription to the *Cooking-School Magazine*.

All menus contributed are to be the property of the magazine, and selections from these, as well as the prize menus, will be published in the magazine under the name of the several authors.

Indian Cookery

By Julia Davis Chandler

AN anthropologist would be needed to enumerate the several nationalities of the cooks who pass in endless procession through our American kitchens. Spaniards are as rare as French Canadians are common. Chinese in California are numerous. Japanese are wanted in the navy, and in our hotels French chefs are employed. The writer has heard of a single Egyptian serving-man, but never of a Greek. Ceylonese and East Indians were to be seen at the World's Fair, but the American Indian as servants are few, save when they have so large an admixture of negro blood as to be no longer Indians.

The Indian girls from Carlisle, Pa., brought from the Far West, are favored household assistants, rather than employees, during vacation. They appear bright, lithe, active, and neatly dressed, and manifest, all too late, what right methods from the outset might have accomplished. Though never a servile race, the quick fingers and artistic sense of Indian women might have been useful in many ways in the home. If they could teach nervous white babies to be swathed upon a board, and to remain passive when hung in a tree or set up in a corner, what a blessing as nurses they would become!

One does not realize the Indian's natural ability as cook, until the old records are perused, as, for instance, Adair's work, published in London in 1775, and giving a summary of his experiences for "the previous forty years" in the Indian country, which now compose our Southern States from North Carolina to Louisiana.

So quaint is his language one is tempted to give whole paragraphs in which he describes the "Cherokees," the "Chickasaws," and "Mus-koghees,"—their games, laws, and customs in war and peace, and especially their houses and cookery.

"Their clean, neat dwellings," he says, "are whitewashed without and within either with decayed oyster shells, coarse chalk, or white marly clay: each has a corn-house and a fowl-house. Every dwelling has a small field pretty close to it; and, as soon as spring of the year admits, there they plant a variety of large and small beans, peas, and the smaller sort of Indian corn, which usually ripens in two months, though called by the English 'six weeks' corn.' Corn is their chief produce and main dependence. Of this they have three sorts, one which has been already mentioned. The second sort is yellow and flinty, and which they call 'hommony corn.' The third is the largest, of a very white soft grain termed 'bread corn.'" Here follows a long account of how, "having sliced the milky swelled long rows" of this corn, the women pound it in a wooden mortar with parboiled green chestnuts, and knead both together, making inch-thick cakes, which they wrap in "green corn-blades," and boil well. This is quite like the tamales made now in the South-west.

Another preparation of corn seems to have been the first corn flour or cornstarch ever made. They took fresh corn and cooked it until it began to boil, then pounded it fine, dried it in the sun or by the fire,

and sifted it "with sieves of different sizes curiously made of the coarser or finer cane splinters." This flour they sometimes mixed with beans and potatoes. "The thin cakes mix't with bear's oil," says Adair, "were formerly baked on thin stones placed over a fire, or on broad earthen bottoms fit for such use, but now they use kettles: when they intend to bake great loaves, they make a strong blazing fire, with short dry split wood, on the hearth. When it is burnt down to coals, they carefully rake them off to each side and sweep away the remaining ashes, then they put their well-kneaded, broad loaf, first steeped in hot water, over the hearth, and an earthen basin above it with the embers and coals atop. This method is as clean and efficacious as could possibly be done in any oven: when they take it off, they wash the loaf in water, and it soon becomes firm and very white. It is, alike, very wholesome and well-tasted to any except the vitiated palate of an epicure."

Between the rows of corn in the fields the women grew "pompions, watermelons, marshmallows, sun-flowers, and beans and peas." "The French of West Florida and the English colonists got from the Indians different sorts of beans and peas with which they were before entirely unacquainted."

The fields of pompions, melons, etc., were usually guarded from birds by old women on platforms, who kept strict watch, though in danger of being killed by enemies, as their fields were away from their towns. The ripe pompions were "cut in circling slices and dried. Potatoes also were half boiled and then dried, to be used in the spring with their favorite bear's oil."

Bears were plentiful then; and,

while the traders preferred them roasted or made into bacon, the Indians cut the flesh in small pieces, which they stuck on reeds or "sweet-tasted hiccory or sassafras," and barbecued over a slow fire,—"kebobbed," as the Orientals of to-day call this method of cooking mutton, etc.

The bear fat the Indians tried out into oil, which they preserved in good condition from one season to another in "large earthen jars covered in the ground." This fat they flavored with plenty of sassafras and wild cinnamon. "It is of light digestion." All who are acquainted with it prefer it to any oil for any use whatsoever. Smooth Florence (*i.e.*, Italian olive oil) is not to be compared in this respect with rough America. The bear bacon the traders ate "with herbs that the wood affords in plenty," especially the young tops of poke in the spring.

Poke root is poisonous, but the young shoots can be eaten like asparagus, or the young leaves like spinach; but it is well to scald them twice thoroughly before cooking. The bunches of pinky-white sprouts are sold in Philadelphia, and called there "shoots" by many shopkeepers, who are ignorant of the botanical name.

While the Indians used many herbs and roots, it was not in the form of "raw sallads," which they thought "only fit for brutes. . . . Their taste is so very opposite to that of cannibals that, in order to destroy the blood, . . . they overdress every kind of animal food." The eggs which the Indians brought Adair were boiled until blue. He jested, telling them his teeth were unable to chew bullets. "They said they could not suck eggs after the manner of the white people, otherwise they would have brought them raw, but they hoped he would

excuse the present and they would take particular care not to repeat the error the next time he favored them with a visit."

Again he speaks of the courtesy of his Indian hostess in showing him how to dip his corn bread into "hickory milk," which was made of nuts pounded "with a pointed stone in a clay basin." The Indians knew enough to dip only into the top, and not to disturb the shells and sediment; but he did not, and the Indians were amused. This seems to have been the original nut-butter, an article which we have thought very modern.

Berries, black-haws, fruits, hazelnuts, ground-nuts, chestnuts, and chinquapins were eaten, and many kinds were dried by the Indians for winter use. The "Chickasaw" plum, the Indians said, was brought by their ancestors from South America. Black mulberry-trees abounded, and on their fruit the bears and wild fowl feasted, and "swarms of parquets enough to deafen one with their chattering." It is as strange to us to think of our forests once being full of tropical birds as it will be to our descendants to realize that buffalo and mustangs ever roamed the plains. At that time, Adair says, buffalo were scarce, owing to their wanton destruction for their tongues and marrow bones only; but they had, besides bear and venison, wild turkeys so fat they could scarcely fly, which the English traders ran down with horses and hunting mastiffs. Wild pigeons, ducks, and geese, too, were plenty, so they dried their flesh and also that of the buffalo and elk, which made a coarse venison. Sugar was made from the maple-tree.

He says: "It is surprising to see the great variety of dishes the Indians

make of wild flesh, corn, beans, peas, potatoes, pumpions, dried fruits, herbs and roots. They can diversify their courses as much as the English or perhaps the French cooks, and in either of the ways they dress their food it is grateful to a wholesome stomach."

The Indians sat on stools of popular wood "of convenient height and shape," and panther skins were used for boys and skins of the gentle fawn or young buffalo for girls.

Their spoons were of wood or buffalo horn, and were more modern in decoration than their many earthen domestic utensils, "pots, pans, jugs, mugs, jars, etc., to which it would have puzzled Adam to have given significant names."

He devotes much space to plants used for tea, as the "American tea." From his description the checker-berry, also ginseng root and the early buds of the sassafras, became "pleasant to the taste and conducive to health." "The Chinese have sense enough to sell their enervating and slow-poisoning teas under various fine titles, while they themselves prefer Ginseng leaves."

"Let us therefore like frugal and wise people use our own valuable aromatic tea, and thus induce our British Brethren to imitate our pleasant and healthy regimen; showing the utmost indifference to any duties the statesmen of Great Britain in their assumed prerogative may think proper to lay on their East India poisoning and dear-bought teas."

To prove that not alone in the settlements did the Indians fare well, he says of some of the Shawnee tribe that after four years' wandering they were "more corpulent than the Chickasaws who accompanied me, notwithstanding they had lived during

that time on the wild products of the American deserts. This evinces how easily nature's wants are sup-

plied, and that the divine goodness extends to America and its inhabitants."

Cakes of the Colonial Period

By Mrs. E. B. Jones

OF the different varieties of cakes which were wont to grace the festal board, groaning with its abundance, in the days of colonial entertaining, perhaps the ones best known to us are the so-called Loaf, Fruit, and Sponge Cakes.

At the present day, when cake-making has so nearly gone out of fashion, the secret of making the New England loaf cake is considered by many to be nearly or quite a lost art.

For one thing, distillery yeast, such as raised the old-fashioned sponge, is no longer in common use; and its closest imitator, potato yeast, is made by comparatively few housekeepers. Notwithstanding this supposed drawback, it is quite true that a choice cake can be easily made, which will rival closely the old-time favorite.

The rules for so doing are few and simple; and, as it is so much in demand at exchanges, and so much of a treat to most people, it would seem well worth while to master the principles for sake of occasional use.

Most modern makers of raised loaf cake use the yeast cake as leavening agent, and this no doubt is one reason why much of the cake has a bread-like quality and dries quickly. It is best, however, to use the potato sponge, as the cake will be more moist and keep better.

To make a small quantity of potato

sponge, boil two or three pared potatoes and allow them to become dry and mealy. Mash with half as much flour, and add one cup of boiling water, the same quantity of cold water, a tablespoonful of sugar, and a teaspoonful of salt. When the mixture is lukewarm, add a cake of yeast, dissolved, and keep, closely covered, in a warm place until once thoroughly light, and no longer. Store until wanted in a cool, not freezing, temperature until wanted. If the yeast be allowed to remain in a temperature warm enough to continue the fermentation, it will soon spoil. A touch of frost will also kill the yeast germs. When we realize the delicate character of this household necessity, we wonder where it used to be kept in old-fashioned houses.

In order to insure moisture and sweetness in any food raised with yeast, it should be well understood that over-lightness is fatal to the best quality of such food, and dryness will result in either bread or cake.

To start loaf cake, a batter is made, at night or early in the morning, of one cup and a half of milk, one cup of new yeast, and one cup of sugar, with flour enough to make stiff (about five cups will be needed). Some cooks use at least one cup of bread flour, in the quantities given; but this is a matter for each cook to decide for herself. [At the present time it is

customary to use bread flour exclusively in all mixtures into which yeast enters.—ED.] A covered pail is a good receptacle in which to set loaf cake to rise: it should be kept in a warm place, like bread. When light, add one cup of shortening and another cup of sugar, with the whites of two eggs, and nutmeg or mace for spice. Let this rise again, and fill round pans two-thirds full, putting in good raisins and citron, well floured, in layers, so that they may be distributed evenly through the cake. Put in, also, some from the top, after the batter is poured into the pans, and there will be more fruit in the top of the cake.

The shortening used is lard and butter, mixed; and this, together with the whites of the eggs, will insure a

white and delicate cake. The cake should stand in the pans about half an hour, and then be baked in a very moderate oven, in order to fill the pans before commencing to brown. Of course, it must have its snowy covering, soft and thick, to complete a most delectable whole.

It was the custom to add a little spirit of some kind; but this is a matter for every one to decide for herself, and it is certain that quite good cakes can be made without it.

It is highly proper to serve this old-fashioned loaf cake at entertainments which savor in any way of the antique; and these colonial features are becoming more and more popular as the members of our patriotic societies increase.

Old English Gold

Catch the bear before you sell his skin.

Debt is the worst kind of poverty.

Good words cost nothing, but are worth much.

The handsomest flower is not the sweetest.

Inconstancy is the attendant of a weak mind.

Liars are generally cowards, and always boasters.

Ask thy purse what thou should'st buy.

Pay what you owe, and you will know what you are worth.

Application in youth makes old age comfortable.

Be just and firm of purpose.

When all is consumed, repentance comes too late.

If every one would mend one, all would be amended.

Poverty wants some, luxury many, and avarice all things.

Do not in prosperity what may be repented in adversity.

None have less praise than those who hunt most after it.

Take heed will surely speed.

He that is hasty fishes in an empty pond.

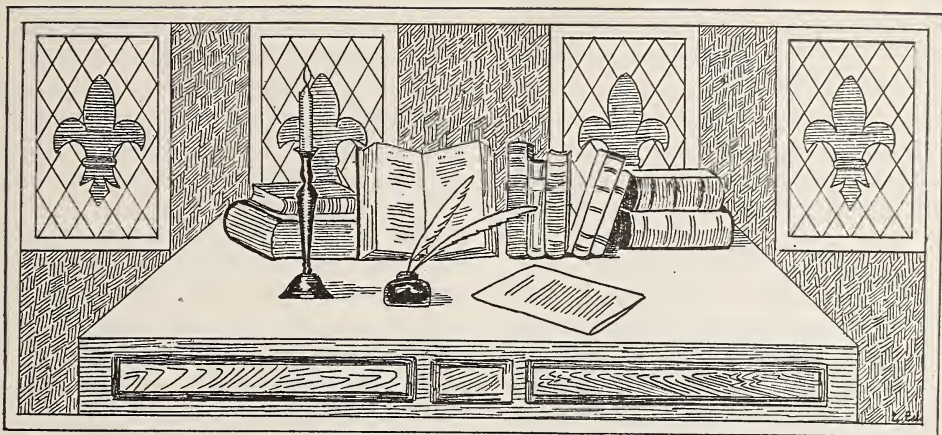
As is the gardener, such is the garden.

Love is often extinguished by thoughtlessness.

Imitate a good man, but never counterfeit him.

Kindness is a powerful weapon too seldom fought with.

Use your wit as a buckler, not as a sword.—*Chat.*



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 794.—Mrs. I. P. G., Columbus, Ohio: "Recipe for mint ice made of fresh mint leaves, for service in living-room or library after a luncheon party, or to ladies after a dinner party."

Mint Ice

Boil one quart of water and a cup of sugar (generous measure) fifteen minutes. Add a cup of fresh mint leaves, chopped fine and steeped an hour in a cup of cold water. Heat the whole to the boiling-point, and strain. When cool, freeze to a mush. Serve in sherry or other small glasses on doily-covered plates. The addition of about one-fourth a cup of French brandy would be thought requisite by some. This should be stirred into the mixture after it is frozen.

QUERY 795.—Mrs. S. B., Boston, Mass.: "Is there any way in which I can determine how many people various recipes will serve?"

Number of People Recipes serve

The number of people that may be served from a given recipe cannot be given absolutely. What one would consider a bountiful service, another might think too small. Then, too, much depends upon the number of other dishes served at the meal. With many made-dishes the quantity of liquid used determines the size of the dish. In this connection eggs and butter, as well as milk, water, sauce, and stock, are classed as liquids. For instance, in a chicken soufflé calling for a pint of milk and three eggs, the eggs, when beaten light, as in this dish, would give a pint, at least, of liquid, making with the milk a quart in all. This quantity would probably be enough to serve eight people bountifully, and ten, if this dish be supplemented by others, or be for luncheon or supper. A quart of chicken, fish,

or oyster salad, will serve eight or ten people; a quart of soup or ice-cream, the same number.

QUERY 796.—Mrs. J. K. B., New Haven, Ct.: "Recipes for peppermint drops and sweet potatoes with sugar."

Peppermint Drops

Let one cup of granulated sugar and one-fourth a cup of boiling water boil vigorously five minutes. Do not stir after the sugar is melted and the syrup boils. Remove from the fire, add about six drops of oil of peppermint or about twice as much of peppermint essence, and beat until the mixture becomes creamy. Drop in rounds from the tip of a spoon onto oiled paper to cool. When the mixture becomes too thick to drop from the spoon, add a tablespoonful of hot water and reheat, then finish dropping into rounds. The mixture may be tinted a delicate green with leaf-green color-paste. This is the simplest way of making this confection. Fondant is also used for this purpose.

Sugared Sweet Potatoes

Pare and cut in lengthwise halves five or six sweet potatoes. Cover with boiling water and let boil ten minutes, then drain and lay in a buttered baking-dish. Spread each piece with butter, then sprinkle with maple or brown sugar, and add, if liked, a little powdered cinnamon. Add a few spoonfuls of hot water, and bake until tender, basting occasionally with the sauce in the pan.

QUERY 797.—Mrs. J. B. L., Apponaug, R.I.: "How may wild black duck be cleaned, dressed, and roasted so as to eliminate the strong flavor peculiar to them?"

Cooking Black Duck

Canvas-back, red-head, and some

varieties of duck that frequent inland waters, all of which feed on vegetable matter, require little preliminary treatment, save in drawing and washing thoroughly, as the flesh is well flavored. It is almost impossible to get rid of the fishy odor and flavor present in ducks that live largely upon fish. For the latter try the following: Draw at once, and wash quickly and thoroughly in cold water. An hour before serving, fill the body with green, outside stalks of celery or with slices of onion and celery stalks or apples, quartered and cored. When ready to cook, rub over with salt and paprika, and dredge with flour. Cook in a hot oven about half an hour, basting each ten minutes with hot water, to which salt has been added. Remove the dressing before serving. Serve with olive or orange sauce, or with celery, lettuce, or chicory dressed with French dressing. Sliced oranges or olives may be used in the salad. Do not use the dripping in the pan in making the sauce.

QUERY 798.—Mrs. A. P., Ann Arbor, Mich.: "Recipe for frying chicken, Southern style."

Fried Chicken, Southern Style

Clean and singe a young chicken. Separate into pieces as for a fricassee. Have ready half a cup or more of fat tried out from salt pork or bacon. Dip the pieces of chicken, one by one, in water, then roll in flour, and fry to a golden brown in the hot fat, turning the pieces when brown on one side. When all are fried, pour out all the fat except about two tablespoonfuls, put in two tablespoonfuls of sifted flour, a dash of salt and pepper, and let cook until frothy. Then gradually add a cup of cream, and stir until the sauce boils. Let simmer three or four minutes, and serve in a dish apart.

A teaspoonful of lemon juice is often added to the sauce.

QUERY 799.—Mrs. T. H. R., Kansas City, Mo.: "Recipes for wheat bread and biscuit raised with yeast, also for batter cakes."

Yeast Bread

Into a mixing-bowl put two cups of scalded* milk, or milk and water, or water, and a teaspoonful of salt, two tablespoonfuls of sugar, and two table-spoonfuls of shortening. Soften a cake of compressed yeast in half a cup of lukewarm water, and, when the liquid in the mixing-bowl has cooled to a lukewarm temperature, stir in the yeast and about seven cups of flour. Use a broad-bladed knife in stirring. When enough flour has been added to make a dough that can be kneaded, turn onto a board dredged with flour, and knead ten or fifteen minutes, or until the dough is smooth and elastic and the surface shows small blisters. Set aside, covered closely, in a temperature of about 70° F., until the bulk has doubled. Then "cut down" with a knife, to let the air escape, and let stand to become light again, or shape at once into two loaves. When the loaves have nearly doubled in size, bake about an hour. The bread should be browned over in spots, and cease to rise, after being in the oven fifteen minutes. By following these directions, the bread will be baked five or six hours after mixing.

Yeast Biscuit

Make a sponge of a cup and a half of milk, scalded and cooled, a yeast cake, softened in half a cup of lukewarm water, and about two cups of flour. When the mixture is light and puffy, add two tablespoonfuls of sugar, three-fourths a teaspoonful of salt, half a cup of melted butter, two tablespoonfuls of sugar and enough

flour to make a soft dough that can be kneaded. Knead about fifteen minutes, then let rise until it has doubled in bulk. Shape into balls, brush the sides of each with melted butter, and place close together in a baking-pan. Let stand to become very light, until the bulk is rather more than doubled, then bake about half an hour in a hot oven. When nearly baked, brush over the top crust with two teaspoonfuls of corn-starch, diluted with cold water and stirred into and cooked in a cup of boiling water. Return to the oven, and repeat the process once or twice, or until the biscuits are well glazed.

Batter Cakes

Pass through a sieve, together, two cups and one-half of flour, four level teaspoonfuls of baking-powder, and half a teaspoonful of salt. Beat the yolks of two eggs, add two cups of sweet milk, and stir into the dry ingredients. Finish by beating in the whites of two eggs, beaten dry. Bake on a hot griddle. Two cups of buttermilk or sour milk with one teaspoonful of soda may take the place of the sweet milk and baking-powder.

QUERY 800.—R. L., New York City: "Kindly explain exactly how to use fondant in making chocolate creams and bonbons. Is the fondant melted before shaping? Should it be very hard after it is made? How is fruit cake steamed and then baked in a slow oven?"

Fondant in Bonbons, etc.

After the fondant has been worked with a wooden spatula and kneaded, press one portion into a jar, cover securely, and set aside in a cool place. Roll the rest into balls, and shape these into cones or other forms, as desired; roll the balls with the hands, then shape on a board, as in shaping croquettes. Let the centres

stand on oiled paper, to dry, about twelve hours. They should be crusted over on the outer surface and soft within. Melt the fondant, which was set aside in a jar, in a double boiler, adding melted chocolate and a tablespoonful or more of hot sugar syrup, or water, to secure the right consistency to completely coat the centres. Beat the fondant while it is melting and before dipping each centre.

Fruit Cake Steamed and Baked

We have had no experience in steaming fruit cake before baking, and cannot give definite directions for this procedure. Should think that the cake would have to be steamed in a covered mould, in the same manner as a "plum pudding," five or six hours. After this time the cover might be removed, and the cake set into the oven, though we see no reason for this. A properly mixed fruit cake would be thoroughly cooked after steaming six hours.

QUERY 801.—B. L. G., Westfield, Mass.: "Why has the surface of a frosted cake (slice received) turned green? The frosting was made of cold coffee, pulverized sugar, and the white of an egg, uncooked. The color was not noticeable until the day after the cake was made. Then the entire surface of the frosting had taken on a uniform green hue."

Green Tint in Frosting Made with Egg and Coffee

We are unable to explain the chemical process which causes the appearance in the frosting, as described in the foregoing. The matter has been referred to before in these pages, though the circumstances were somewhat different. At least three things must be brought together, to produce this result: namely, white of egg, coffee, and oxygen. A similar color is occasionally brought out when

egg-shells are used to settle coffee, and the coffee-pot has not been cleansed immediately. The green color is distinctly visible on the edges of the shells that rise above the liquid.

QUERY 802.—Mrs. W. D. F., River Falls, Wis.: "Recipes for scrapple, pork sausages that will keep through the winter months, mince-meat that is not very rich, and a plain fruit cake without brandy."

Philadelphia Scrapple

Cook a pig's head in boiling water until the flesh slips easily from the bones. Take out the bones, and chop the meat fine. When the liquor in which the head was cooked has become cold, remove the fat, and re-heat the liquor to the boiling-point. Add the chopped meat, a teaspoonful of salt for each quart of liquid, and pepper to taste, and heat again to the boiling-point. Then sift in, through the fingers of one hand, while stirring with the other, as in making corn-meal mush, enough corn-meal to give the consistency of mush. Let boil vigorously several minutes, then set back on the range to cook more slowly half an hour. Stir occasionally. When cooked, turn into bread-pans and set aside in a cool place. This may be kept several weeks in midwinter. When ready to use, cut into slices half an inch thick, and sauté in butter, bacon fat, or drippings.

Pork Sausages

Pass raw fresh pork, of which about two-thirds is lean meat, through a food-chopper. To each quart, or two pounds, add a teaspoonful, each, of salt and black pepper and two teaspoonfuls of powdered sage or spiced poultry seasoning. Mix thoroughly, and pack solidly in fruit jars, bags made of stockinet or heavy cot-

ton drilling, or in skins prepared for the purpose. If fruit jars be used, pour over the top of the meat melted fat. If bags be used, simply tie very tightly at the top. The latter must be kept in a very cool place. After freezing and thawing they must be cooked at once. Try using these in Boston baked beans in the place of salt pork, which may be kept in brine almost indefinitely.

Plain Mince-meat

Chop fine four pounds of beef from round, vein, or rump, that has been cooked until tender. Add four quarts of chopped apples, two pounds of chopped suet, one quart of molasses, one pint of sugar, one quart of boiled cider, about two and one-half tablespoonfuls of salt, two pounds of raisins, one pound of currants, one nutmeg, grated, one tablespoonful, each, of powdered cinnamon and mace, half a tablespoonful, each, of powdered clove and pepper, and as much of the liquor in which the meat was cooked as is needed to make the mixture of proper consistency. When thoroughly mixed, taste the mixture, and add salt or sugar, etc., to suit individual taste.

Plain Fruit Cake

Cream three-fourths a cup of butter. Add three-fourths a pound of sugar, then the beaten yolks of six eggs, one-third a cup of molasses, and one-fourth a cup of milk or cold coffee, three-fourths a pound of flour sifted with half a teaspoonful of soda, one teaspoonful, each, of mace and cloves, half a teaspoonful of nutmeg and one and a half teaspoonfuls of cinnamon, the stiff-beaten whites of six eggs, and, lastly, one pound and a half, each, of seeded raisins and currants, half a pound of citron, cut in thin slices and dredged with flour. Bake

about four hours in one pan or about two hours in two pans.

QUERY 803.—A. H., Harlem, N.Y.: "Give menus, decorations, etc., for an oyster supper, and a turkey supper, to be given at a fair in November."

Oyster Supper at Fair

For decorations at both suppers use chrysanthemums, grains, autumn fruit, or pressed autumn leaves. If a fixed price is to be charged for the oyster supper, let the price include oysters served in a certain number of ways, three or four, with the accessories, the dessert and the coffee. Provide the tables with an abundance of olives, pickles, celery, cole slaw, rolls, and sandwiches, Boston brown and white bread. Hot baking-powder and yeast biscuit might be provided for fried and scalloped oysters. Among the oyster dishes include raw oysters with quartered lemons, oyster cocktails, oyster stew, oyster soup, scalloped oysters with celery salad, fried oysters with sauce tartar, oyster patties, and oyster salad. Oysters creamed, curried, or Hollandaise, might be served in the chafing-dish to family groups seated at small tables. The dessert might include cranberry pie, pineapple sherbet, English walnuts in lemon jelly, with whipped cream, and possibly cake, though much sweet is out of place after fish. Coffee, fruit, and nuts will be in order.

Turkey Supper

For a turkey supper, roast turkey and cranberry sauce, with mashed potato, squash, onions, and celery, are the usual dishes. Raw oysters, soup, salad, and dessert may be added to suit the taste or pocket-book, preferably both. Scalloped oysters are frequently served, at such a dinner, as an entrée. Pies, ice-

cream, and cake are the most easily managed sweets, where large numbers are to be served. The following menu may serve as a specimen:—

Roast Turkey,
Bread Stuffing, Giblet Sauce.
Cranberry Sauce. Mashed potatoes.
Mashed Squash.
Buttered Onions. Celery.

Scalloped Oysters. Cole Slaw.
Or
Chicken, Celery-and-Walnut Salad.

Pumpkin, Squash, and Apple Pie.
Vanilla Ice-cream with Preserved
Peaches or Quinces. Cake.
Fruit. Nuts, Bonbons. Coffee.

QUERY 804.—F. B. L., Saundertown, R.I.: "How does one extract the oil from lavender and other blossoms?"

Oil of Lavender, etc.

The oil of flowers is extracted by maceration, or by enfleurage with clarified fat or almond oil. To extract by maceration, let a pound of blossoms stand twenty-four hours in a gallon of rectified spirits. Strain and add a pound of fresh blossoms, to stand twenty-four hours, and replenish with fresh blossoms each day for a week, when a tincture of the given flowers results. To secure the oil by enfleurage, melt half a pound of choice suet in a double boiler, and strain through a very fine sieve into cold water. When the fat has solidified, melt and strain as before. Repeat the process three or four times, and free the mixture from water. Then set where it will be just warm enough to remain in a liquid state. Into the fat throw as many blossoms as it will cover. Let stand twenty-four hours, then strain and add fresh blossoms. Repeat every day for a week. Then chop the fat fine, and put into a wide-mouthed bottle; cover with highly rectified spirits,

and let stand for a week: then strain off the spirits, which will be highly perfumed. The theory is that the fat has a strong affinity for the essential oil of the flowers, and absorbs it by contact. Then the spirits have a greater attraction for the essential oil than has the fat, and becomes saturated.

QUERY 805.—Mrs. A. K. B., Skowhegan, Me.: "Why do raisins or currants fall to the bottom of a cake when the cake seems light and sufficiently stiff with flour? Recipes for a steamed apple pudding that will be moist and spongy, also for an apple dumpling. Would like to know of a good syrup to use on flap-jacks after the native maple syrup is out of season."

Fruit in Cake

Fruit falls because of its weight, also because the bubbles of air in the cake as they are heated become very light and rise from the fruit. Fruit should not be added to cake in which a large quantity of gas is evolved. Many cooks think that fruit is less liable to settle in cake, if it be mixed thoroughly into the creamed butter and sugar before any other ingredients are added.

Steamed Apple Pudding

Use the recipe given on page 88 of our August-September magazine, substituting a cup or more of sliced apples for the blackberries.

Steamed Apple Dumpling

Fill a pudding-dish with sliced apples, and sprinkle them lightly with salt and two or three tablespoonfuls of water. Spread over the batter given for steamed apple pudding or the following mixture: Sift together a cup and a half of flour, three teaspoonfuls of baking-powder, and one-fourth a teaspoonful of salt. Into this work, with the tips of the fingers, three tablespoonfuls of butter. Beat an

egg; add three-fourths a cup of milk (scant measure), and stir into the dry ingredients. Steam about forty-five minutes, then invert the dish, so as to have the apples on the top. Serve hot with butter and sugar or syrup. This dumpling may be baked in twenty-five minutes.

Syrup for Flap-jacks

Karo corn syrup has been placed recently on the market. Why not try this? For home-made syrups there are plain sugar and water, equal measures, boiled to any consistency you like, or sugar cooked to a caramel and boiled, after melting, with hot water; or perhaps you would prefer a chocolate syrup. For this melt an ounce or more of chocolate, and add two cups of sugar and a cup of boiling water. Stir and cook until smooth and of the desired consistency. Flavor with one teaspoonful of vanilla or one-fourth a teaspoonful of powdered cinnamon.

QUERY 806.—Mrs. F. A. M., Dorchester, Mass.: "Recipes for oatmeal bread and grape-fruit marmalade."

Oatmeal Bread

Follow the recipe given for white bread, page 799. Pour the hot milk onto one or two cups of rolled oats, add the shortening, and, if preferred, molasses instead of sugar. Then finish as in the recipe referred to. Prepare grape-fruit marmalade in the same manner as orange marmalade. See page 379 of the March, 1903, magazine.

QUERY 807.—F. M. L., Concord, N.H.: "In making puff-paste, why is the paste kneaded, then covered, and left to stand a short time before it is rolled out and the butter rolled in?"

"Resting" Pastry

Pastry is allowed to "rest" (this

is the culinary term for the above procedure), after it has been kneaded, because thereby it is rolled out much more easily and quickly. So, too, between the "turns," if the paste be covered to exclude air, and let stand perhaps five minutes, it may be rolled out quickly and with ease. Before an open window or in a room at a temperature of about 50° F., puff paste may be easily made without ice and with no longer delay than is occasioned by five minutes of "rest," occasionally, between "turns." We are unable to explain why this is so; but, after standing a few moments, dough seems to be in a relaxed condition.

QUERY 808.—Mrs. W. H. D., Detroit, Mich.: "How can ramekins of fine china be used for scalloped dishes without injury from the heat of the oven?"

China Ramekins and Oven Heat

Any dish, even of fine china, that is designed for oven use is supposed to be made to stand heat. French china sold for baked puddings, scalloped fish, oysters, macaroni, and the like, has a very fine or high glaze. If food be burned upon these dishes, it may be removed without resort to sapolio and similar detergents. Soaking in water a few moments is all that is needed. If in doubt about the fire-proof qualities of china, use the dishes for articles that have been previously cooked and are set in the oven only for the final browning, usually of buttered crumbs. Among such dishes would be cooked fish, vegetables, or meat heated in a sauce, then turned into the dishes, and covered with buttered crumbs. Hot tomatoes in layers, with buttered crumbs, could be cooked in a very moderate oven. Sareguemines ware and many white wares will stand a high degree of heat.

Notes and Correspondence

ADDRESS communications for this department to Janet M. Hill, Editor of the *Boston Cooking-School Magazine*, 372 Boylston Street, Boston.

Bessie Loesch, class of 1902, Boston Cooking School, has lately accepted a position as teacher of cookery at Hampton Institute, Hampton, Va.

Miss Emma L. Morrow, class of 1902, after a period of four months in settlement work at Rochester, N.Y., took charge of the Department of Domestic Economy in the Indiana Soldier's and Sailor's Home at Knightstown, Ind. Miss Morrow made a pronounced success of her work, and received the appointment for a continuance of her work in Indiana.

The ladies of the First Baptist Church of Macon, Ga., wishing to raise money to pay off the mortgage on their church, instituted what they called "The Woman's Exchange." A range was installed in the basement of the church, and upon it were developed such tarts, puddings, and cakes as mother used to make. These were sold on Saturdays. From \$20 to \$25 was taken in every Saturday. So urgent has been the demand for its pastry creations that the church bake-shop is still continued, though the mortgage has been cancelled, and the surplus revenue will be devoted to the minister's salary and expenses.

A distinguished foreigner, who has been summering at Newport, is very fond of American society.

In talking with a Boston *Herald*

reporter he said: "It is so pleasant over here, especially at dinner. The men say nothing, and the women do all the talking. This gives the men a chance to eat the good things, and to thoroughly enjoy their dinner. On the continent it is different, as over there the men have to do all of the entertaining, while the women folks talk very little, they are so busy eating."

And so, "brought back to health by a few hearty meals," Miss Maxine Elliott is able to open the season in a new play. There is a moral in this for the lady who wants to get thin, and who goes about it without medical advice, and unaided by good judgment. Miss Elliott discovered, as did Emma James and others who might be named, that no woman can work half the day, walk the other half, and sit up most of the night taking athletic exercises, all on a starvation diet, without feeling the consequences in other ways than by decreasing flesh.

BERLIN, ONTARIO.

Dear Madam,—Your magazine is very highly prized by me; and, though I do not say I could not keep house *without* it, I certainly can keep house much better *with* it.

The contents, from the pretty, dainty, illustrated cover to the last lines, are replete with timely articles.

MRS. H. C. H.

Home=Made Food

You will save much money in the household by baking at home instead of buying at the bake-shop or grocery. You will also get fresher, better, more tasty, purer and cleaner food.

Besides there is a pride and satisfaction in serving beautiful, novel and dainty food which has been made by the hands of mother or daughters, and which is certain to win admiration and praise from every one at the table.

ROYAL BAKING POWDER helps the housewife to produce at home, quickly and economically, fine and tasty cake, the raised hot-biscuit, puddings, the frosted layer cake, crisp cookies, crullers, crusts, muffins and other bread-foods with which the ready-made food found at the bake-shop or grocery does not compare. It is the greatest of bake-day helps.

ROYAL BAKING POWDER CO., NEW YORK.



Book Reviews

ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

THE CARE OF A HOUSE. By T. M. Clark. Cloth. 12mo. \$1.50. New York: The Macmillan Company.

This is a volume of suggestions to householders, housekeepers, and others for the economical and efficient care of dwelling-houses. It gives a simple explanation of the structure of a modern house, and of the appliances which are attached to it, with descriptions of the disorders to which they are subject, and of the methods of preventing and curing such disorders.

The importance to family life of a comfortable, wholesome dwelling, and the distress, anxiety, and expense often caused by defects which, if understood in season, might have been easily remedied, render this a valuable volume. It is filled with information that is worth knowing, and such as will most likely prove of saving value in countless cases. For those who want to know how to build properly, it will answer many questions. As a handbook of reference in the home, it has enduring value, for it will be a resource of help on frequent occasions.

WITNESSES OF THE LIGHT. By Washington Gladden, D.D. Illustrated. 12mo. \$1.25 net. Boston: Houghton, Mifflin & Co.

This is an interesting book. Biography affords not only the most interesting, but the most valuable of reading matter. History, the progressive thought of the world, is

(Continued on page xii.)

Doctor Knew

Had Tried it Himself

The doctor who has tried Postum Food Coffee knows that it is an easy, certain, and pleasant way out of the coffee habit and all of the ails following, and he prescribes it for his patients, as did a physician of Prospertown, N.J. One of his patients says: "During the summer just past I suffered terribly with a heavy feeling at the pit of my stomach and dizzy feelings in my head, and then a blindness would come over my eyes, so I would have to sit down. I would get so nervous I could hardly control my feelings.

"Finally, I spoke to our family physician about it, and he asked if I drank much coffee and mother told him that I did. He told me to immediately stop drinking coffee and drink Postum Food Coffee in its place, as he and his family had used Postum and found it a powerful rebuilder and delicious food drink.

"I hesitated for a time, disliking the idea of having to give up my coffee, but finally I got a package, and found it to be all the doctor said. Since drinking the Postum in place of coffee, my dizziness, blindness, and nervousness are all gone, my bowels are regular, and I am again well and strong. That is a short statement of what Postum has done for me." Name given by Postum Company, Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."



BRO-MAN-GEL-ON

PREPARED by adding boiling water only and allowing to congeal—that's all. So little trouble—so delightful results with Bromangelon.

The ONE Perfect DESSERT JELLY

Delicious and pure. See that you receive Bromangelon when ordering Bro-man-gel-on, thereby protecting yourself from substitution.

FLAVORS: Lemon, Orange, Raspberry, Strawberry, and Cherry. 13 cents the package. At all leading GROCERS.

Illustrated booklet FREE.

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Brownsville WATER CRACKER

Never becomes soggy, nor hard and tough—
always fresh and crisp—
A dainty wafer-like morsel that
appeals to particular people.

*Delicious with soups
and salads.*

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"THE TASTE TELLS"
*For Soups, Sauces
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**Famous Cudahy A-1 Silver
Plated Bouillon Spoons**

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**The Cudahy
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grace the best tables
because they bear
no advertising, are
made in the latest
design, French
Gray Finish, and
are heavier than
triple silver
plate.

Made by
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The Famous
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For each spoon
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metal cap from
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(Do not confuse these splendid spoons with ordinary offers)
Cudahy's Rex Brand Beef Extract is sold by all druggists and
grocers. Address

THE CUDAHY PACKING CO.
Beef Extract Department 19 SOUTH OMAHA, NEB.

(Continued from page x)

epitomized in the narratives of the lives of eminent men. Here are, in six chapters, sketches, necessarily brief, of six most distinguished men: Dante, the Poet; Michel Angelo, the Artist; Fichte, the Philosopher; Victor Hugo, the Man of Letters; Richard Wagner, the Musician; and Ruskin, the Preacher.

The book may be regarded as the very latest summing up of the respective life-work, and character of these men by an admiring scholar and literary critic. To the appreciative reader it provides an excellent introduction to a more extended acquaintance with the life and work of these men. We like to read the lives of men of character and worth such as these,—true men, frank, outspoken, and in no sense professional humbugs. They dipped deeply into the mysteries of nature and life; they were, also, fully dowered with the enthusiasm of humanity; witnesses truly are they of the light for which all are seeking.

Naught else than profit can accrue to young or old, in the perusal of books like this; and, assuredly, the reading of youth should be confined almost exclusively to biographical writings. In comparison with modern fiction, how great the gain in real attainment and noble incentive!

THE BOOK OF CHILDREN'S PARTIES.

By Mary and Sara White. Small 12mo. Numerous illustrations from photographs and drawings. Price \$1 net (postage, 7 cents). New York: The Century Company.

"The Book of Children's Parties" is for the mothers and teachers and grown-up friends of boys and girls of all ages. It is a book for every home where there are children, and for every person who ever wishes to entertain boys and girls acceptably. The book gives happy sugges-

(Continued on page xiv)

Machine Made

Our mothers used to spin the flax
Our fathers used to raise,
And make the garments that they wore
For work and holidays.
The spinning-wheel is dusty now,
Nor half so stout, I ween,
Are coats and vests and breeches now
We make 'em by machine.

Washington Star.

Busy Doctor

Sometimes overlooks a Point

The physician is such a busy man that he sometimes overlooks a valuable point to which his attention may be called by an intelligent patient who is a thinker.

"About a year ago my attention was called to Grape-nuts by one of my patients," says a physician of Cincinnati.

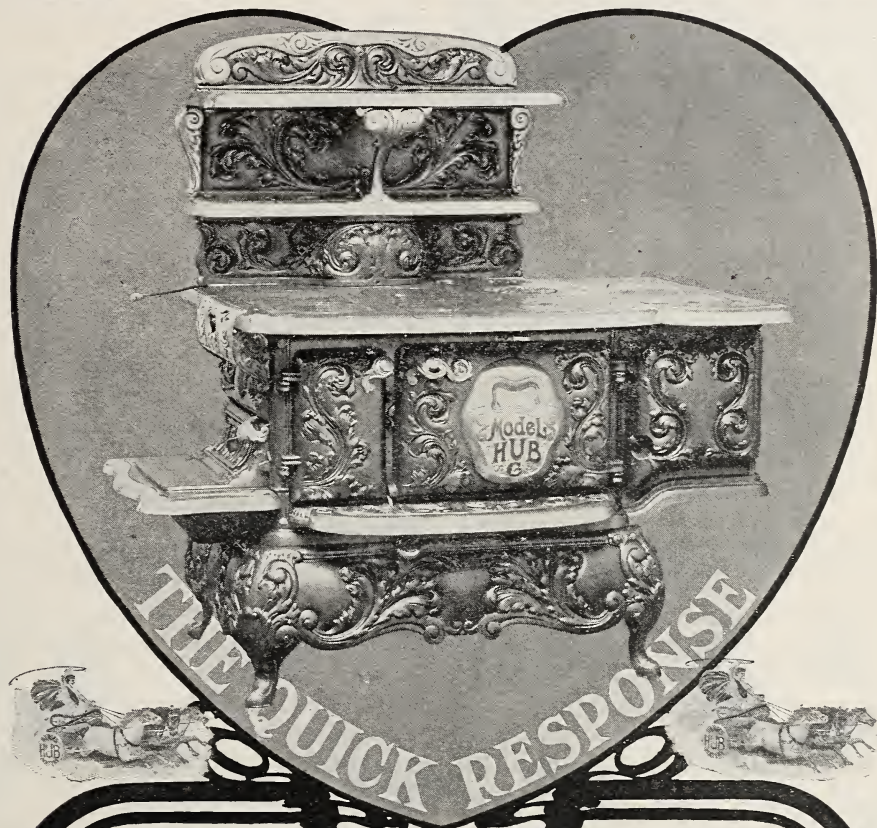
"At the time my own health was bad and I was pretty well run down, but I saw in a minute that the theories behind Grape-nuts were perfect, and, if the food was all that was claimed for it, it was a perfect food. So I commenced to use Grape-nuts with warm milk twice a day, and in a short time began to improve in every way, and I am now much stronger, feel 50 per cent. better, and weigh more than I ever did in my life.

"I know that all of this good is due to Grape-nuts, and I am firmly convinced that the claims made for the food are true. I have recommended and still recommend the food to a great many of my patients with splendid results, and in some cases the improvement of patients on this fine food has been wonderful.

"As a brain and nerve food, in fact, as a general food, Grape-nuts stands alone." Name given by Postum Company, Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."

*It wins
the Heart of the Cook*



OF THE **HUB** RANGE

To every demand of the cook

Makes Cooking a Pleasure

Send for Descriptive Circular of complete line of Hub Ranges
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SMITH & ANTHONY CO., 48-54 Union Street, Boston, Mass.

Manufacturers of Hub Ranges and Heaters and Sanitas Plumbing Specialties.

If not sold by your local dealer, order direct.

(Continued from page xii)

tions and full descriptions for Christmas, Twelfth-Night, Valentine, Alice in Wonderland, Easter, May, Rose, Fourth-of-July, Beach, Mountain, Hallowe'en, Indian, Dutch, and other parties. It tells how to make many suitable and dainty favors. It offers menus for all the parties suggested; and it describes a number of games good to fill in the odd moments, not only for formal entertainments, but for evening amusement in the home and for the kindergarten. The authors have had wide experience in entertaining children; and the many illustrations, from photographs and drawings, add to the little book's interest and helpfulness.

This little book is very neatly and tastefully gotten up, and is a gem of its kind.

THE LITTLE TEA BOOK. By Arthur Gray. 16mo. Illustrated. \$1.25. New York: The Baker & Taylor Company.

This is a companion volume to "Over the Black Coffee" by the same author. An attractive gift-book. It is filled with a "superior blend of tea-talks, tales, and tattle." The binding, make-up, and miniature tea-box fit it particularly for holiday use. At the same time it is quaint, instructive, and entertaining; for it contains much about tea and its use, and much about great tea-drinkers, not excluding the famous Dr. Johnson, who drew his own portrait thus: "A hardened and shameless tea-drinker, who for twenty years diluted his meals with the infusion of this fascinating plant, whose kettle had scarcely time to cool, who with tea amused the evening, with tea solaced the midnight, and with tea welcomed the morning."

BLOUNT OF BRECKENHOW. By Beulah Marie Dix. Cloth. 12mo. Price

\$1.50. New York: The Macmillan Company.

This is a remarkably interesting book in more than one respect. It is entirely out of the ordinary line of modern stories, and it bears the quaint and fascinating style of three hundred years ago.

The book contains an account of the career of one James Blount, whose dramatic life and tragic end occurred during the great Civil Wars of England in the seventeenth century. The story of James Blount, all that is known of him, is told by the men and women who knew him, and is comprised in the letters and journals of the Rowlestone family of Kirkstead, in Yorkshire, England. These papers have never been published; but the author, by permission of the present lord of the manor, here presents almost *verbatim* such letters as contained the story.

Thus we have a strange story of real life, as it was depicted by the several members of a noted family in familiar letters, the writers of which, as the editor remarks, "were far more deeply interested in the doings of their own family than in the course of national affairs."

Their narrative is, however, far more dramatic and not less interesting than the famous diaries of Pepys and Evelyn. But the book must be read, page by page, to be justly appreciated.

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The Odorless Disinfectant
Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
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CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."



ELECTRO-SILICON Silver Polish

Pleasing to the sight, to memory dear.

This Family Plate, bearing date of 1856, now in possession of a third generation has, so far as memory serves, always been cleaned and polished with Electro-Silicon (powder). To-day its brilliancy equals that of the silversmith's finish, without scratch or blemish, its original weight being intact.

The cardinal merit, brilliancy without abrasion, has made Electro-Silicon famous around the world. At Grocers & Druggists and postpaid 15 cts. (stamps).

ELECTRO-SILICON SILVER SOAP,
for washing and polishing Gold, Silver and Glass-ware, has equal merits. Postpaid,
15 CENTS PER CAKE.

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Imported Quadruple-coated



"The Ware that wears"

When enamelled ware is offered to you as "Imported," that's the time to be careful!

ALL STRANSKY WARE is imported, but all imported ware is *not* Stransky.



LASTS FOR YEARS.

Used and recommended by the highest cooking authorities.

STRANSKY & CO., New York



Household Hints

Keeping in Condition

To cure dyspepsia by means of exercise, try punching a bag. Suspend it at a convenient height from the floor, to permit of pounding it vigorously, after the manner of a prize fighter. You must wear gloves to protect your knuckles. Twisting the body around in both directions from the waist is a good exercise for you. Leaning forward and then backward as far as possible, also to the right and to the left, is good practice.

Interlock the thumbs, and with the knees straight, bend forward until the tips of the fingers touch the floor. Rise to an upright position, with the arms above the head.

Besides curing your dyspepsia, these athletics should expand your chest, put roses in your cheeks and grace and vigor in every motion. Don't say that you are too weak and breathless to take exercise. This is a delusion. The weakness and the quick and short respiration arise from want of exercise. The less exercise one takes, the less one is fitted for, and the more one needs it. Nerves will become disordered, the blood thick and sluggish, and muscles will grow flaccid without exercise.

Why Tumblers are So Called

How many times a day do we use words without stopping to think what they mean! Every day at luncheon and at dinner we drink out of a tumbler. But I, for one, never thought why the large glass that holds our milk or water was so called, until once upon a time I happened to have luncheon at All Souls' College, Oxford, where the curiosity of all the strangers present was excited by a set of the most attractive little round bowls of ancient silver, about the size of a large orange. These, we were told, were "tumblers"; and we were speedily shown how they came by their name.

When one of these little bowls was empty, it was placed upon the table, mouth downward. Instantly, so perfect was its balance, it flew back into its proper position, as if asking to be filled again. No matter how it was treated,—trundled along the floor, balanced carefully on its side,—up it rolled again, and settled itself, with a few gentle shakings and swayings, into its place.—*Selected.*

About the time a man goes into politics his wife starts to keeping boarders.

**TO HOLD THE STOCKINGS
UP OR THE
CORSET DOWN**

YOU CAN RELY ON

The

Velvet

Sample pair,
by mail, 25c.

If your dealer is "up to date," he
has the popular styles

GEORGE FROST CO., Makers, Boston, Mass.

Grip
HOSE CUSHION
SUPPORTER BUTTON

The Name is on
every Loop



Crawford Cooking Ranges

A Crawford sent on 30 days' trial if there is no agent in your town.

Send for new Illustrated Circulars.



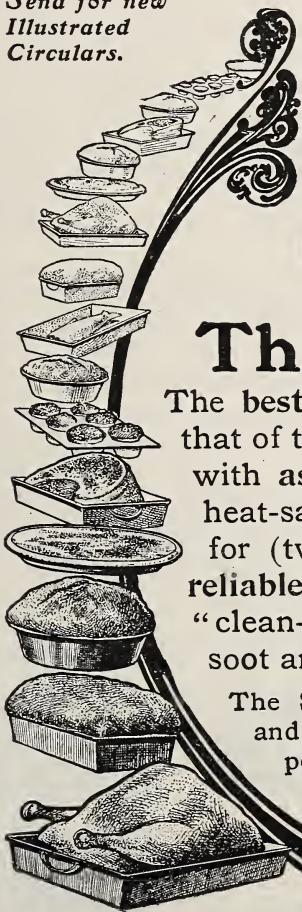
The Best Oven.

The best heated, most easily controlled is that of the Crawford Range. Extra large, with asbestos-lined back and improved heat-saving, cup-joint flues; five heights for (two) racks; an easy-to-read and reliable heat indicator; and a large "clean-out" plate in bottom for removing soot and ashes that often hinder baking.

The Single Damper (*patented*) controls fire and oven by one motion. It insures perfect regulation.

Crawford Ranges are made in the Finest Stove Factory in the World.

WALKER & PRATT MFG. COMPANY,
31-35 Union Street,
Boston.



Results of the New Food Inspection Law

Dr. Harvey W. Wiley, chief of the bureau of chemistry of the Department of Agriculture, reports that, as a result of the inspection of imported foods by his bureau under the new law authorizing the exclusion of impure or misbranded foods, twenty samples, or about 10 per cent., of 205 invoices examined, had been condemned and rejected. Of these twenty samples five were of Rhine wine, and contained salicylic acid; two, of white wine, Sauterne, and contained sulphurous acid; four, of olive oil, containing cotton-seed oil, and misbranded; three, of frankfurter sausage, containing harmful preservatives; four, of vegetables in cans with lead tops touching the food; one, of vinegar, misbranded and made from distilled alcohol; and one, of coloring matter for foods, in which coal-tar dyes were used.

“Don't you like the 'Autocrat of the Breakfast Table,' Mr. Tinkham?” asked a lady at a rural dinner party. “Well, really,” he replied, “I can't keep track of them foods. Maria,” he called to his wife, “have we ever tried the water cracker of the break-fast table?”—*Christian Register*.

The King's Coffee

It is said that his Majesty King Edward is becoming an inveterate coffee-drinker. Wherever he goes, his Egyptian coffee-maker, Emin Abraham, follows with his little coffee mill, and after luncheon and dinner prepares a special brew for his Majesty and the fortunate few who are privileged to taste it. Emin is able to hold this little mill in his hands when grinding the berries,—a particular kind,—and the coffee is served in very small cups which have almost the appearance of egg-cups. It is, of course, served by Emin himself in all the glory of Oriental drapery. The people who have tasted the king's coffee are very few, and not all of those admire the flavor of it, though none would dare to say so, knowing his Majesty has such a high opinion of its quality.

A tourist in Ireland who stayed over night at a wayside inn not frequented by visitors informed the landlord in the morning that his boots, which had been placed outside his room door, had not been touched. “Ah, shure,” said the landlord, “and you moight put your watch and chain outside your room door in this house, and they wouldn't be touched.”—*The King*.

MINUTE GELATINE

Is recommended to all good cooks, because it is the easiest to prepare and it makes the most and the best. Delicious with fruits.

Send 13 cents and your grocer's name for full-sized two-quart package, with fine “Minute Man” Recipe Book. The book tells all about the famous “Minute” goods.

Address Dept. S, WHITMAN GROCERY COMPANY, Orange, Mass.



Table China and Glass

Intending buyers will find an extensive stock to choose from in

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| Dinner Sets
(\$3 up to \$800) | Salad Sets
(\$5 up to \$150) |
| Pudding Sets
(\$2 up to \$20) | Ice Cream Sets
(\$3 up to \$75) |
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Also single dozens of high-class China Plates for course dinners; also

- Bouillon Cups and Saucers
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- French Porcelain Soufflé Dishes
- Paris Café Entrée Dishes
- Covered Gorgonzola Dishes
- Fire-proof Welsh Rarebit Dishes

In the enlarged Glass Department (2d floor) an Extensive Exhibit of

Fine Table Glassware

- Finger Bowls, Vases, Cocktails, Roemers, Sorbets, Crème de Menthes, Cordials, Lemonades, Champagnes, Hocks, Decanters, Carafes, etc.

Rare and odd China Pitchers from the ordinary up to the costly. Over 600 kinds to choose from.

Toilet Sets, Cuspadores, Umbrella Holders, Flower Vases.

In the **Art Pottery Rooms** will be seen an excellent exhibit of things adapted to Wedding Gifts, and in the **Lamp Department** (gallery) are attractive designs of all grades, from low cost to the costly ones.

In the **Dinner Set Hall** (3d floor) will be seen an exhibit of large Turkey Platters for the **Thanksgiving event**.

Every price marked in plain figures, and we are not undersold on equal wares if we know it.

INSPECTION INVITED

Jones, McDuffee & Stratton Co.

CHINA, GLASS, AND LAMPS

(SEVEN FLOORS)

120 Franklin St., Corner Federal, Boston

Street cars marked Federal Street may be taken from either railway station to the door.



Any housewife is in Good Luck if she happens to know about and can get our delicious ☘

WHITE HOUSE COFFEE

How is it with you, dear madam? Do YOU know about it, and can you procure it at your grocer's? "White House" Coffee is the best coffee obtainable. It is roasted and packed exclusively at our great Boston plant, in one and two pound airtight tin cans, and is so much nicer than ordinary coffees—so much richer in flavor and aroma—so much more satisfactory, you really must make an effort, if necessary, to have your grocer sell it. "White House" Coffee is widely distributed, and thousands of retailers handle it, yet it may be possible you cannot find it readily, in which case be so kind as to write us, telling us your grocer's name, and we will see to it that you are supplied.

DWINELL-WRIGHT CO.

Principal Coffee Roasters
Boston—Chicago

Fifty Cents an Egg,

and Some Other Little Surprises of Hotel Charges Abroad

"I have developed a lasting respect for the American egg," said a girl who has just returned from sight-seeing abroad,—“the plain, unvarnished egg of the domestic fowl, served soft boiled at breakfast time, such as you can get anywhere in this country for a few cents. The breakfast egg is one of my staple foods at home. For some time I endured its non-appearance across the water in silence. Finally, in Liverpool I called rashly,—

“‘Waiter, be sure to bring me a soft-boiled egg with my breakfast.’

“He brought it. Oh, yes, it was a very good egg; but what do you suppose it cost? ‘One soft-boiled egg, two shillings,’—exactly forty-eight cents for one egg. I don’t know whether they had to import the chicken to lay it or not; but, anyhow, I decided I wouldn’t often give them so much trouble thereafter.

“Your meal charges are full of little surprises like that. In this country the hotels give you ice to burn, so to speak, and charge you nothing. We had come down from Vesuvius, and came to our hotel in Naples, tired and hot. There was a very good dinner, but only warmish stuffs to drink. We made it clear to the attendant that we would simply expire on his hands, if he didn’t fetch some ice water, upon which he hurried away concernedly, and came back with a little dish of cracked ice and two glasses, for which thirty-three cents extra was charged. The funny thing was that you could have ice water brought to your room free; but, if you presumed to order it at the table, you were charged,—possibly because they don’t like reflections cast upon the incompleteness of their menus.

“It’s queer, too, to have to ring up a maid and tell her every time you want to take a bath, and pay her

(Continued on page xxii.)



“There’s Health in Every Cup”
OF
**Figprune
Cereal**

California Black Figs and Prunes are acknowledged to be fruits of great dietetic value. Figprune consists of 54% Figs and Prunes and 46% Grain. It is a perfect food beverage. Many members of the family prefer not to use coffee or tea. It resembles in color and surpasses in flavor the finest Java coffee. Is prepared in the wonderful Santa Clara Valley of California.

A Package of 1½ Pounds will make 50 Cups.
25c per Package, ½c per Cup.

Get it From Your Grocer

If he doesn’t sell it, send us your name and we will forward you a liberal sample and an interesting book on California’s Wonderland.

FIGPRUNE CEREAL COMPANY,
163 Market Street SAN JOSE, CAL

DIAMONDS ON CREDIT



Diamonds on Credit under the **LOFTIS SYSTEM** means that any person of honest intentions, no matter how far away they may live, may open a **Confidential Charge Account** for a Diamond, Watch or other valuable article of jewelry, and pay the same in a series of easy monthly payments.

How To Do It. Write today for our beautifully illustrated Catalogue, and from it select any article that you would like to wear or own; or, perhaps use as a gift to a loved one. We will send your selection on approval to your home, place of business or express office as you prefer. Examine it as leisurely and as carefully as you wish; then, if it is all that you anticipated, and the best value you ever saw for the money asked—pay one-fifth of the price and keep it. The balance you may send us in eight equal monthly payments.

On the Other Hand, if you decide not to buy, simply return the article to us at our expense. Whether you buy or not, we pay all express and other charges—you pay nothing, neither do you assume any risk or obligation whatever. We submit our goods on their merits, with absolute confidence that their quality, low price and our easy terms of payment will command your favor. We ask but one opportunity for adding your name to the largest list of pleased customers with which a Diamond house was ever honored.

To the Cash Buyer of Diamonds, we have a proposition to make which is thoroughly characteristic of our house. It is nothing less than a written agreement to return all that they pay for a Diamond—less ten per cent, at any time within one year. Thus, one might wear a fifty dollar Diamond for a whole year, then send it back and get \$45.00, making the cost of wearing the Diamond less than ten cents per week.

Write to-day
for catalogue

LOFTIS BROS. & CO.
Diamonds—Watches—Jewelry
Dept. M 160 92 to 98 State St., Chicago, Ill.

We are the Largest House

in the Diamond business. We are also one of the oldest—Est. 1858. We refer to any bank in America—ask your local bank how we stand in the business world. They will refer to their Commercial Agency books and tell you that we stand very high, and that our representations may be accepted without question.

Our Guarantee Certificate, given with every Diamond, is the broadest and strongest ever issued by a responsible concern. Further, we give the broad guarantee of complete satisfaction to every purchaser. Our exchange system is the most liberal ever devised, for it permits you to return any Diamond bought of us, and get the full amount paid in exchange for other goods or a larger Diamond.

Your Christmas Plans will not be complete until you have looked through our Catalogue, and considered what you can do in gift-making in conjunction with the **LOFTIS SYSTEM.** The \$5.00 which you might pay for something cheap and trashy, will make the first payment on, and put you in immediate possession of a splendid Diamond or Watch. You can thus make gifts that are commensurate with, and appropriate to the circumstances, without any considerable initial outlay. There can be no more favorable time than the present for buying a Diamond. Prices are advancing steadily and a profit of 15 or 20 per cent within a year seems assured. Dealers generally agree in this prediction.

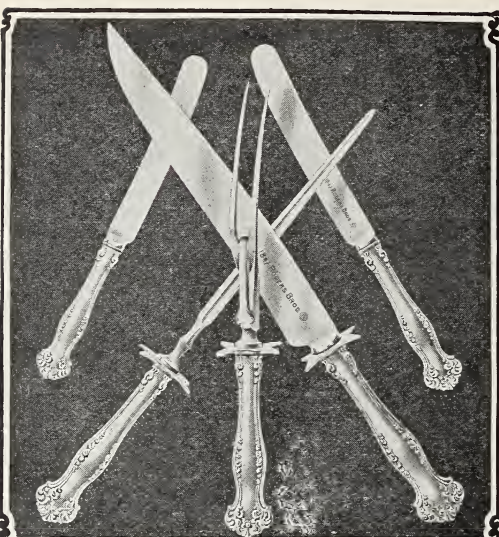
(Continued from page xx.)

sixty cents every time, too, as we had to do in Rome. Folks who pin their faith to the daily tub at home learn to limit their ablutive aspirations at that price.

"She leads you to a spacious room, containing a spacious tub, the bottom of which tub is covered with a fine linen sheet under water. There is also an extensive array of sheets spread over the floor, whether to save it or to protect your feet you don't know. This is all very nice, but hardly worth sixty cents. Apart from these preparations, it is just an ordinary tub bath, such as you might take in any hotel suite in America at considerably less cost. The Tiber is frightfully muddy, but there ought to be enough water in those famous old Roman aqueducts for poor tourists to wash and be clean without bankrupting themselves.

"Still," laughed the girl, "we generally got the worth of our money in one way or other, as we said when we took a carriage in Florence to drive to a certain curio shop we had heard of. We were dashed furiously around for one hour and a half, and finally set down in front of the shop, to find ourselves within a block and a half of the spot from which we started."—*Philadelphia Evening Bulletin.*

"Dar' may be sunthin' in de theory of transmigrashun, but I see no occashun to worry ober de matter. Should any of us be turned into a dawg in a fucher state, I hev no doubt dat bones will continer to be as plentiful as eber."—*Detroit Free Press.*



THANKSGIVING CUTLERY

as well as Spoons, Forks and fancy serving pieces bearing the complete trade-mark

"1847 ROGERS BROS."

are the best that money and long experience can produce. A supply of table silver for your own use or presentation purposes bearing this stamp carries with it a guarantee of many years of the most satisfactory service. Sold by leading dealers. Ask for catalogue "K-8."

Meriden Britannia Co., (International Silver Co., Successor) **Meriden, Conn.**
NEW YORK. CHICAGO. HAMILTON, CANADA.

Champion

Stove Clay.

For Mending Cracks and Holes in the Stove Lining.

NOTICE!

We very much desire to hear from all persons who have ever used Champion Stove Clay. If you have been pleased with it, and if it has saved you money, we should be gratified to know it, and if you have failed to get the results expected we want surely to know that fact.

Write us, please, and tell us of your experience: we'll return the postage to you and send you, free, a most interesting booklet, entitled

"WHAT AILS THE STOVE."

Don't neglect the Stove Lining; the Life of the Stove depends upon it.

Bridgeport Crucible Co., Bridgeport, Conn.



BREAD MACHINE

FOR HOUSEHOLD USE.

Sifts the flour and mixes 10 pounds of best bread in three minutes. Sold subject to trial and approval. Send for Booklet. Agents wanted.

Scientific Bread Machine Co.

(CYRUS CHAMBERS, JR.)

52d and Media Sts., Philadelphia

RALSTON NEW PROCESS WATER-STILL

Pure Water or ?

is an every-day question that needs an every-day answer, because life is as dependent on water as it is on food. Water can only be pure in two ways,— as it falls from the clouds untainted by inorganic matter, or by taking it from the earth and removing its chemical impurities. Distillation is the one method scientists have found effectual in removing impurities from water. But distillation by ordinary methods leaves the water flat and insipid.

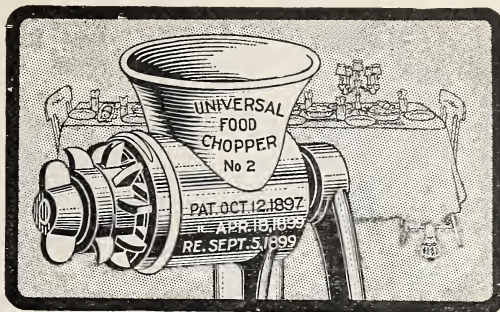
The Ralston New Process Water Still is a wonderfully efficient device for obtaining pure water that is palatable and "fit to drink." The simplicity of the Ralston process adapts it to household use. It keeps a fresh supply of water constantly on hand. Incidentally, the Ralston Still produces 22 per cent. more water than any other still, not because it is larger, but because it does better work.

Your name on a postal will bring our booklet, "Plain Facts on the Water Question."

Responsible Agents Wanted



The American Water Still Co.,
Successors to
A. R. Bailey
Mfg. Co.
Dept. F,
1218 Broadway,
New York

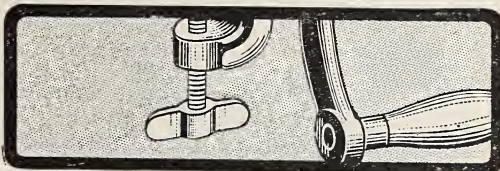


In the Preparation of Every Meal The "UNIVERSAL" FOOD CHOPPER

Chops Everything for the Table.
SAVES TIME, WORK, FOOD, MONEY.

Sold by Hardware and Housefurnishing Stores
"UNIVERSAL" COOK BOOK No. 6, SENT FREE.

Landers, Frary & Clark, New Britain, Conn.



OUR STORE

is recognized throughout the country as the leading store of its kind. All goods we sell we guarantee to be of the best.

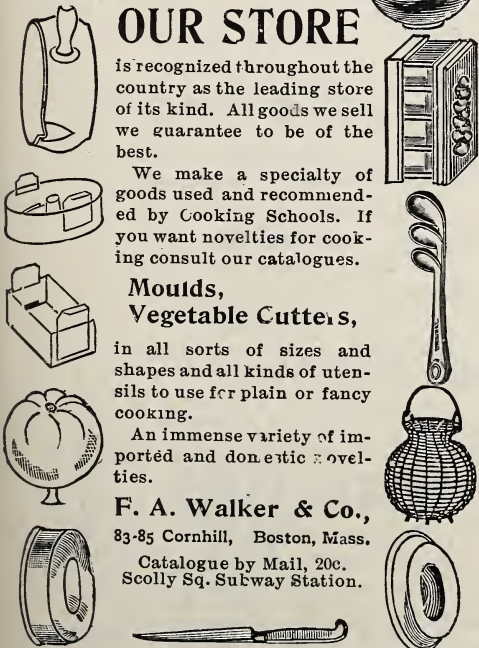
We make a specialty of goods used and recommended by Cooking Schools. If you want novelties for cooking consult our catalogues.

Moulds, Vegetable Cutters,

in all sorts of sizes and shapes and all kinds of utensils to use for plain or fancy cooking.

An immense variety of imported and domestic novelties.

F. A. Walker & Co.,
83-85 Cornhill, Boston, Mass.
Catalogue by Mail, 20c.
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ABSOLUTE PURITY

IN KITCHEN UTENSILS
FREEDOM FROM POISON
is hereby guaranteed

WE

MAKE



1520

KINDS

The Blue Label on every piece proves our statement.

When you buy Kitchen-Ware, buy
AGATE NICKEL-STEEL.
LALANCE & GROSJEAN MFG. CO.
New York Boston Chicago

DIRECT FROM THE
OLIVE GROVE TO YOU



**SYLMAR
OLIVE OIL
FROM
CALIFORNIA**

If you buy from us or from your dealer, you are sure of getting the very finest and purest olive oil direct from our works in the grove where the olives grew and ripened. Sylmar Olive Oil retains all the rich, fruity flavor of superior California olives, and is sold under a \$1,000 guarantee of purity.

FOR MEDICINAL USES
Two tablespoonfuls of Sylmar Olive Oil contains more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs, and is palatable. Our booklet gives physicians' directions for medicinal uses, cooking recipes, and Government recommendation. Booklet and sample bottle for 10 cents postage.

BUY OF DEALERS or DIRECT
Send post-office or express money order for \$3, and we will deliver, prepaid, three \$1 (quart) bottles at any express office in the United States. Give dealer's name, and we will offer him an agency.

Los Angeles Olive Growers' Association
314 Bradbury Block LOS ANGELES, CAL.

EVERYBODY KNOWS

... THAT ...

**FLEISCHMANN & CO.'S
COMPRESSED YEAST**

**MAKES THE
BEST BREAD**

Perhaps you don't know that it also makes the finest FANCY CAKE of numerous kinds.

Send postal card to us at 701 Washington St., N. Y. City, mention Boston Cooking-School Magazine, and we will send you a copy of our book "CHOICE RECIPES" free of cost.

How to take Coffee

The London *Lancet* commends the practice of drinking coffee after dinner, as coffee is an antidote to alcohol. Those whose digestions are disturbed by the use of hot coffee are advised to secure the advantages of its stimulating properties by taking it in the form of jelly. We are assured that a clear coffee jelly after dinner is every bit as good as the hot infusion, while it is free from some of its drawbacks. Coffee, unlike alcohol, diminishes organic waste, rouses the muscular energy without the collapse which follows alcoholic imbibition, and gelatine in the form of jelly is cooling, assuages thirst, is soothing, and has a tendency to absorb any excessive acidity of the stomach.

"Dear," said the physician's wife, "when can you let me have \$10?"

"Well," replied the medical man, "I hope to cash a draft shortly, and then"—

"Cash a draft? What draft?"

"The one I saw Mrs. Jenkins sitting in this morning."—*Philadelphia Ledger.*

Watch Them Well

There are four T's too apt to run
'Tis best to set a watch upon:

Our Thoughts.

Oft, when alone, they take them wings,
And light upon forbidden things.

Our Temper.

Who in the family guards it best
Soon has control of all the rest.

Our Tongue.

Know when to speak, yet be content
When silence is most eloquent.

Our Time.

Once lost, ne'er found; yet who can say
He's overtaken yesterday?

These trade-mark crisscross lines on every package.

GLUTEN FLOUR For
DYSPEPSIA.
SPECIAL DIABETIC FLOUR.
K. C. WHOLE WHEAT FLOUR.
Unlike all other goods. Ask Grocers.
For book or sample write
Farwell & Rhines, Watertown, N. Y., U.S.A.

Six
Million
Quarts
OF
Delicious
Desserts
AND
Ice-cream

were made in the
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Junket Tablets

If you have never tried Junket, do so now. It is one of the most exquisitely delicious, smooth, and velvety desserts that mortal ever tasted. Send your grocer's address and your own, and we mail you, free, enough tablets to make two quarts; or send addresses of five friends and your grocer's, and we mail the samples and the charming booklet, "Dainty Junkets," FREE.

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Send us *two new* yearly
subscriptions at \$1 each,
and we will renew your
own subscription for one
year free as premium.

THE COOKING-SCHOOL MAGAZINE
Boston, Mass.

Golden Grain

As a food product corn is the most nutritious cereal grain. In the heart of the kernel is hidden the very elements of vim and vitality.

In the
new table delicacy—

Karo

CORN SYRUP

*The Great Spread
for Daily Bread*

—the pure extract of corn—is all the goodness of the kernel in a pure form. A table syrup not only delicious but nutritious.—*makes you eat and makes strength.* Good for every home use.

10c., 25c. and 50c. At all grocers.

CORN PRODUCTS CO., New York and Chicago.

Ancient Kitchen Tools

are all right for a museum. They have no place in the modern kitchen. It is just as reasonable to expect a harvest with a hand plow as good cooking from poor kitchen tools. We have a full supply of

Up-to-Date Kitchen Appliances.

They save Time, Money, Labor, each one saving many times the cost of the Utensil. Call and look over our Stock. Inquiries cheerfully answered. Address

LEWIS & CONGER,
130-132 West 42nd Street,
NEW YORK.

Let's Pretend

Let's pretend that you and I
Have no real cause to cry
At the stones that bruise us so
In the pathway we are treading,—
Tired, tired feet are treading.
We are dancing as we go,
Like we used to long ago,
Let's pretend.

But can you and I rejoice
With the echo of that voice,
With its mournful rise and fall,
Calling, calling, calling, calling?
Hope is dead,—can it be calling?
'Tis no voice we hear at all:
'Tis a lonely bittern's call,
Let's pretend.

Does it matter, when 'tis done,
If the race be lost or won?
We have gained something, say I,
If we've just been trying—
Though our heart burst trying—
I can look you in the eye!
It will come right by and by,
Let's pretend.
—Edgar M. Dilley, in *Chat*.

Little Barbara, on seeing a dish of quivering lemon jelly placed upon the table, exclaimed, "O mamma, see how nervous that jelly is!"—*Youth's Companion*.

"I heard her boasting that her dinner party was a success from the beginning and ended with the greatest 'eclaw.' What's 'eclaw,' anyway?"
"Why—er—that was the dessert, of course. Didn't you ever eat a chocolate eclaw?"—*Philadelphia Press*.

THE OLD RELIABLE

DIXON'S "Carburet of Iron" Stove Polish.

NEVER TURNS RED OR RUSTS YOUR STOVES.

JOS. DIXON CRUCIBLE CO., - JERSEY CITY, N.J.

Sawyer's



See that top.

Sold in
Sprinkling
Top Bottles.

CRYSTAL BLUE

Gives a beautiful tint to linens, laces, and restores the color to goods that are worn and faded.

Be sure that you get

SAWYER'S

45 YEARS THE PEOPLE'S CHOICE.

DELICIOUS COFFEE EVERY DAY!

YOU can have it wherever you are, if you use an "EXCERPTA" Coffee-pot. Made in **one minute**. Simply pour boiling water through the trap, and it's ready—clear as wine, with a flavor surpassing anything you ever drank before. All aroma preserved, positively no odor of coffee until it is poured into the cup.



If your dealer cannot supply you, send us his name, and we will send you a copy of a famous picture and facts about the "EXCERPTA."

HOUSEHOLD MFG. CO., 790 Dun Building, Buffalo, N. Y.



CABBAGE, CLAMS and Everything.

From pepper-hash to chowder, there is no meat or vegetable so soft, hard, crisp or stringy, that it cannot be chopped with Sargent's Gem Food Chopper. It neither mashes nor mangles, but *chops* the food as coarse or as fine as you want it. Next to the stove,

SARGENT'S GEM FOOD CHOPPER

is the most useful article in the kitchen, saving its cost over and over in money, time and labor. Simple, unbreakable, easily cleaned, self sharpening.

Sold everywhere. Send for cloth bound Cook Book, FREE.

SARGENT & CO.,
148 LEONARD STREET, NEW YORK.



Bread Making Made Easy.



WITH "UNIVERSAL"
THE
Bread Maker and Raiser.

you can mix and knead Bread thoroughly in three minutes. Hands do not touch the dough.

Does away with Hand Kneading and makes Better Bread.

Easy to clean.
A child can work it.

Sent anywhere in U. S. prepaid for \$3.00.

Your dealer sells it for less.

Write for Booklet C. sent Free.

LANDERS, FRARY & CLARK, New Britain, Conn.

JELL-O

A CHILD CAN
PREPARE IT



"I am the little cook. I can prepare Jell-O as well as Mama. Just add a pint of boiling water to the contents of a package and set to cool. Sometimes I serve it alone or with whipped cream. It is very nice when nuts, fresh or candied fruits are added."

Four Fruit Flavors: Orange, Lemon, Raspberry or Strawberry. At grocers, everywhere, 10c.
THE GENESEE PURE FOOD CO., LeRoy, N. Y.

Our subscribers occasionally send us the names and addresses of those whom they wish to receive specimen copies of the *Cooking-School Magazine*.

We are always pleased to send these promptly.

Have YOU not neighbors and friends who would be interested in examining a copy of the magazine?

We should appreciate the favor of receiving the names and addresses of these—one or many—from you.

THE BOSTON
COOKING-SCHOOL MAGAZINE
Boston, Massachusetts

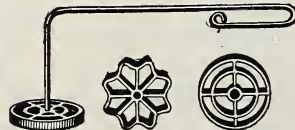
An Economical Man

A commercial traveller tells of a man who was riding on a train and pretended to become ill after eating a sandwich. The man opened his grip, and took out a hot water bag. "He got a sympathetic porter," the commercial man continues, "to fill the water bag with boiling water, and then he opened up his lunch basket, took out a piece of fried steak and warmed it up on the water bag. Talk about your light-housekeeping! Then, after he had warmed the steak, he cut it up with a pair of scissors, and fed it to himself with a pair of sugar tongs, because he would not take a chance with a fork going round a curve. But his finish was a limit. After he had eaten the steak, he unscrewed the stopper of the water bag and poured himself out a cup of hot coffee. He had the grounds in the bag all the time."

Charles Lamb once declined to take rhubarb pie because rhubarb is physic. "But it is pleasant and innocent," said his host. "So is a daisy," rejoined Lamb, "but I don't like daisy pie." "Daisy pie! Whoever heard of daisy pies!" said some one at the table. "Shakespeare is my authority," said Lamb. "He expressly mentions 'daisies pied.'"—*Christian Register*.

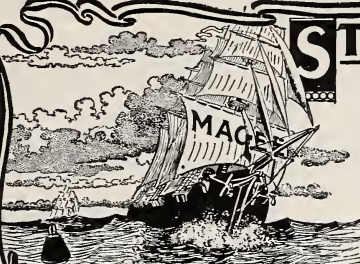
ROSETTE IRONS

50 cents,
postage 20 cents



These are the irons which lately have become so popular among cooking teachers and in cooking schools in all parts of the country. For full particulars and also catalogue of other Scandinavian and German cake irons, please address

ALFRED ANDRESEN & COMPANY
Department BC., Minneapolis, Minn.
Lady agents can sell dozens among friends.




STILL FORGING AHEAD!

The sales of Magee Ranges are still forging ahead. Where one Magee Range was sold a few years ago, a dozen are sold today. Fifty years ago the Magee Ranges were leaders. Today they are accorded the highest distinction ever given any Range — the preference of the majority. The reason is plain as ABC:—

MAGEE
Grand Ranges

Magee Grand Ranges
(50 YEARS THE LEADERS)



Best Cooks Prefer the Magee.

Bake best, with the least trouble, in quickest time, consume the least coal and wear the longest. That's why the sales are still forging ahead and why all the

Best Cooks Prefer the Magee.

If your dealer values your trade he'll give you the best Range — he'll give you a Magee. *Finely illustrated circular gives you a clever clew. It's free.*

MAGEE FURNACE Co., Makers of Magee Heaters and Ranges, 32-38 Union St., Boston, Mass.

GOLD ~ MEDAL HIGHEST AWARD PARIS EXPOSITION

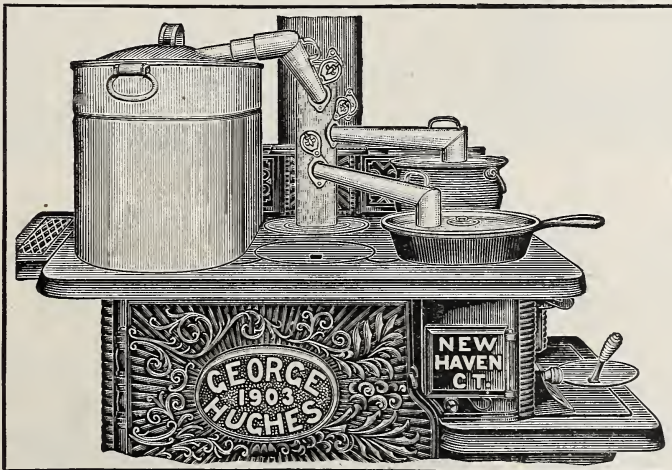
TAKE A THINK.

room, have your window-panes, paint, paper, and ceilings dry and unspotted, and NO SMELL from cabbage, onions, or other cooking in the house? You think it impossible, and would willingly give one hundred dollars for this happy state of living; yet I will guarantee to do it for \$2.75, the price of HUGHES AUTOMATIC STEAM and ODOR CONDUCTOR, or money refunded.

What would you say if you could COOK, BOIL, FRY, and WASH without any STEAM or ODOR escaping into the

INDORSED by

- Mrs. Janet McKenzie Hill.
- Miss Katherine A. French, Park chef-d'œuvre.
- Mrs. Sarah Tyson Rorer, of the *Ladies' Home Journal*, says: — "Your invention should be received with open arms by the vast army of people."



TESTED by

- The Boston Cooking School, 372 Boylston Street, Boston.
- The New England School of Cooking, 73 Worthington Street, Springfield, Mass.
- C. E. Coe, Sanitary Engineer and President State Plumbers' Association, New Haven, Conn.

BOOKLET FREE
Write for testimonials.

ALL STEEL AND IRON. Last a lifetime.

THE object of my invention is to discharge into the stove all fumes, vapors, and odors produced in cooking, so they will be carried up the flue by the draft. I pay the expressage and deliver the whole apparatus, cooking utensil covers, connecting pipes, and steam receiver, on receipt of the factory price, \$2.75, and guarantee COMPLETE IMMUNITY from steam or odor, or refund the money.

Agents wanted in every town.

Write **GEORGE W. H. HUGHES**, Manufacturer and Inventor, **NEW HAVEN, CONN.**

TOURNADE'S KITCHEN BOUQUET



30 Years

a Favorite!

For SOUPS, SAUCES, GRAVIES,
ROASTS, STEWS, ENTREES
AND GENERAL CULINARY PURPOSES

Imparts a Rich Color and Delightful Flavor. The Kitchen Garden Condensed and Ready for Instant Use. Keeps in Any Climate. Used and endorsed by Great Chefs and Eminent Teachers of Cookery.

"Housekeeping would be a burden without it."—SARAH TYSON ROBER.

"I know of no other kitchen luxury which is so near a necessity."—HELEN ARMSTRONG.

"Invaluable to the housekeeper."—MARY J. LINCOLN.

"Indispensable to all savory dishes."—JANET M. HILL.

"Indispensable to all up-to-date housekeepers."—ALICE CARY WATERMAN.

"Have used it for last ten years and would not be without it."—EMILY M. COLLING.

"A necessity to all good cooking."—E. LAPERRUQUE, Head Chef, Delmonico's.

If your grocer doesn't keep it, insist on his getting it for you. WRITE FOR FREE SAMPLE AND BOOKLET. Send 30 cents in stamps for prepaid package.

The PALISADE MANUFACTURING CO.

251 Clinton Avenue, WEST HOBOKEN, N.J.

N.B.—The word "Kitchen Bouquet" is exclusively our trade-mark. Infringements will be prosecuted.



STANDARD ROTARY SHUTTLE Sewing Machines

Do both lock and chain stitch work. We aim to make the finest machines in the world. We employ no agents or canvassers, and do not send machines out on suspicion.

We rent, repair, and sell for cash or on rental-purchase plan.

SPECIAL NOTICE. "STITCHWELL" \$4.75

small hand machines for travellers

Write for circulars.

STANDARD SEWING MACHINE CO.

GENERAL OFFICES,

173 Tremont St., Boston

Write for elegant 50-page catalogue and mention this magazine.

One Prayer

Let me work and be glad,
O Lord, and I ask no more;
With will to turn where the sunbeams burn
At the sill of my workshop door.

Aforetime I prayed my prayer
For the glory and gain of earth;
But now, grown wise and with opened eyes,
I have seen what the prayer was worth.

Give me my work to do,
And peace of the task well done;
Youth of the spring and its blossoming,
And the light of the moon and sun.

Pleasure of little things
That never may pall or end,
And fast in my hold no lesser gold
Than the honest hand of a friend.

Let me forget in time
Folly of dreams that I had;
Give me my share of a world most fair,—
Let me work and be glad.
Theodosia Garrison, in Independent.

At Charlie's birthday party John conducted himself with a propriety that would have surprised his mother, while the little host behaved shockingly. "Charles," said his mother at last in despair, "just see how prettily Johnnie behaves. What will he think of you?" "Never mind, Mrs. Jones," John said loftily. "He's only trying to show off. That's just the way I act when I'm home."

Minister. "Have you ever cast your bread upon the waters?" Mrs. R. (proudly). "Never since my first batch."—*Christian Register.*

Teacher: "what is an Indian's wife called?" Pupil: "A squaw." Teacher: "Correct. Now what is an Indian's baby called?" Pupil: "A squawker."



Send To-day for This
SCIENTIFIC GRIDDLE CREASER

10c.

Cleanly, scientific. Does the work in half the time and better than by any other method.

Fine catalog of excellent household specialties FREE.
BICH PFG. CO., 701 Hamlin Ave., Chicago, Ill.

SHREDDED WHEAT WHOLE 155

Biscuit and Triscuit completely nourish the entire body and brain and are the only naturally short, porous foods made from wheat without the use of fats, yeast or chemicals of any kind.

SHREDDED WHOLE WHEAT BISCUIT is staple in every well-provisioned larder and is the reliance of the thoughtful housekeeper because it can be combined with fruits, preserves and vegetables, in making over 250 varieties of all-course dishes. It stands conspicuously alone as a cereal for morning, noon and night.

TRISCUIT, the appetizing wafer is so baked by electricity that all the rich, nutty flavor of the Whole Wheat is retained. There are many original ways of serving it in addition to its standard uses as bread, toast and as a successor to crackers. It makes delicious cheese toast and sandwiches, and when dipped in icing is transformed into healthful sugar wafer.

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The Utility of the Measuring Spoon

is so obvious in these days of domestic science in which our most noted cooking-school teachers teach, especially of correct measurement in cookery, it seems hardly necessary to make comment.

Many of our good ladies, both the young unmarried miss and the housewife, attend cooking-school demonstrations and lectures, and listen attentively to all their expert teachings, that correct measurement will insure perfect results, and not guess-work, and yet some of them go home to their cooking and guess in the same way their mothers did, and then wonder why their cooking is not just what they expected from the recipe. How can you expect even passably good cooking when you are following a recipe that calls for one-fourth a teaspoonful of this, a tablespoonful of that, and a teaspoonful of something else, and you guess at it all?

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THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

VOL. VIII

No. 5



THE BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts

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AM CONVINCED THAT A PURE CREAM OF
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QUICK LEAVENING AGENT, AND IS A
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AS LONG AS MY SIGNATURE APPEARS
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The Merriest Feast of All the Year

Lo, now is come our joytul'st feast!

Let every man be jolly.

Each roome with yvie leaves is drest,

And every post with holly.

Now all our neighbors' chimneys smoke,

And Christmas blocks are burning ;

Their ovens they with bakt meats choke,

And all their spits are turning.

Old Song.



White House Silver Tureen

The Boston Cooking-School Magazine

VOL. VIII.

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No. 5.



Mrs. Roosevelt's New White House China

“White House Table Appointments”

By Waldon Fawcett

NEVER before in its history has the Presidential mansion at Washington been so lavishly provided as at present with table ware of all kinds. That adequate appointments of this kind are, however, essential is very apparent in view of the increasing number of official or semi-official dinners held

at the White House each season, and the more than proportionate increase in the number of guests who must of necessity be bidden to these repasts. Notably is this true in the case of the dinners to the diplomatic corps, attendance at which is not dependent so much upon the preferences of the President as upon the number

of envoys of foreign governments stationed at the American capital.

A notable domestic achievement on the part of the present mistress of the White House is found in the acquisition of sufficient china of uniform design to meet all the exactions of the largest dinner which the President may desire to give. Not in that the White House china closets were bare and barren wastes previous to the arrival of Mrs. Roosevelt have her contributions of china been notable, but from the fact that she has been instrumental in the securing of a large service in which, of course, uniformity of decorative design prevails.

In order that readers may understand the problem which confronted Mrs. Roosevelt, when she essayed to take up the duties of first hostess of the land, it may be explained that each four-year queen who graces the White House by her presence has

mainly as the property of the government. As it happened, however, neither Mrs. Cleveland nor Mrs. McKinley availed herself of the opportunity to order a full new service, but was content to order small lots of plates, cups and saucers, of varied design, as occasion demanded. On the other hand, the complete services ordered by Mrs. Roosevelt's earlier predecessors—Mrs. Dolly Madison, Mrs. Lincoln, Mrs. Grant, Mrs. Hayes, and Mrs. Harrison—had, by virtue of long-continued usage, become sadly depleted. Thus the present mistress of the White House was, upon the assumption of her new duties, confronted with the necessity of calling into requisition remnants of several different services, whenever her distinguished husband entertained a dinner party of eighty or ninety persons. To relieve this embarrassing situation, Mrs. Roosevelt determined to exercise her pre-



McKinley Cups and Saucers, Lincoln Fruit Basket, Grant Cake Baskets

the privilege of ordering a complete new dinner service, should she so desire, in conformity with her individual taste; and this china is not removed to her own home when her husband retires from office, but re-

rogative, and order a new service that should be of ample size, allowing for breakage, to meet all requirements for some time to come.

The new Roosevelt service, which was made at the Wedgwood potter-

ies in England, has all the dignity that should attach to table ware designed for use at the nation's most important banquets; and the forms

wise, bears the Great Seal, and, like all the pieces ordered by Mrs. Lincoln, is ornamented in maroon. The fruit baskets of the Lincoln service



Cut Glass, White House

of the various pieces, in the decorative designs, have been fully protected by patent, and thus reserved for the exclusive use of the Executive Mansion. The choice of the new china was made from seventy-eight different and exclusive designs that were submitted to Mrs. Roosevelt. The pattern is colonial, and the entire ornamentation is in gold, save the enamelling in color of the Great Seal of the United States, which appears on every piece. The new service consists of one hundred and ten dozen, or 1,320 pieces.

Although the provision of this new china is destined to do away with the hodge-podge of assorted china in dissimilar styles of decoration, which formerly constituted an affront to persons of æsthetic taste, many historic pieces of the old White House china will yet continue in use. One of these is the immense punch-bowl of the Lincoln service: this, like-

are yet in use, as are also one or two of those of the "flower set," ornamented in yellow, which constituted Mrs. Grant's contribution to the White House china.

Mrs. Roosevelt, on the occasion of small dinners at the White House, sometimes instructs the steward to use portions of the wonderful, hand-painted china service secured by Mrs. Hayes at a cost of several thousand dollars, a considerable portion of which has escaped the ravages of time and careless servants. Every specimen of the entire Hayes service has a different ornamentation, representing the fauna and flora of America. Likewise use is made occasionally at Mrs. Roosevelt's luncheons of the plates ornamented in blue and gold, which constituted one of Mrs. Cleveland's chief purchases, and there have been several functions when the table appointments included the Haviland plates, cups and saucers,

delicately decorated in pink, which were chosen by Mrs. McKinley.

Highly artistic, indeed, is the cut-glass service in use at the White House. It consists of upward of six hundred separate pieces, and was specially ordered by the government for the Executive Mansion. On almost every piece of the service, from the mammoth punch-bowl to the tiny salt-cellars, is engraved the coat-of-arms of the United States. This service, which constitutes the nucleus of the present collection of cut glass at the White House, cost \$6,000, and many additions have since been made to the accumulation. Many of these odd pieces, such as the decanters of the pure colonial design, do not, of course, bear the representation of the Great Seal. The White House stemware, including water goblets, champagne glasses, claret glasses, glasses for white wine and tiny cordials, is symmetrical in design and very daintily ornamented.

The gold and silver plate in use on the President's table, embracing, as it does, contributions by many different administrations, is much va-

ried in style and design. Almost every piece of the plate bears the inscription "President's House." Many of the pieces have a representation of the American eagle prominently included in the ornamentation: among these are immense tureens which were rescued from the attic by Mrs. Harrison, and have been in constant use ever since. The forks and spoons of the White House service are of very conventional design; but the knives are distinctly unique. One set of knives consists of quaintly fashioned gold blades supported by pearl handles.

Many "show pieces," for use in the ornamentation of the table, are included among the treasures in the store-rooms of the White House steward. The most massive of these is a rectangular "plateau,"—a gold framed mirror, which can be shortened or lengthened according to the size of the table, and the purpose of which is to simulate a lake in the middle of the banquet board. This heirloom was purchased in France, by order of Dolly Madison, three-quarters of a century ago. Another similar centre-piece is a silver canoe,



Full set Stem Ware, White House

four feet in length, representing the birch-bark craft of Hiawatha, which was purchased by Mrs. Grant at the Centennial for use on the occasion of

State banquets. Yet another trophy is a full-rigged ship, constructed of silver and glass: this was chosen by the late President McKinley.



A Modern Dining Room

Courtesy of Henry A. Turner Co.

Good-bye.

Good-night, and wings of angels
 Beat round your little bed,
 And all white hopes and holy
 Be on your golden head!

You know not why I love you,
 You little lips that kiss;
 But, if you should remember,
 Remember me with this:


He said that the longest journey
 Was all on the road to rest;
 He said the children's wisdom
 Was the wisest and the best.

He said there was joy and sorrow
 Far more than the tears in mirth,
 And he knew there was God in heaven
 Because there was love on earth.

Rennell Rodd.

A Christmas Carol.



HRISTIAN people,
come and sing,

Hope and joy receiving!
Tell of him who is our King,—
Still his words are living!
Proud or humble, rich or poor,
Christmas opens wide your
door.

From each heart its blessings
pour,—
The joy of joys is giving!

Christian people, sing ye now!
Earnest voices raising,
Sing good will to earth below,
Which, like heav'n, is prais-
ing!

Proud or humble, rich or poor,
Christmas opens wide your
door.

From each heart its blessings
pour,—
The joy of joys is giving!



How Santa Claus came to Suey Hip

A Christmas Story for Children

By Jessie Juliet Knox

SUEY HIP was a little Chinese girl, who lived in America. She did not have a bright, cheerful home, but lived in a cellar, with steps going down from the street. It was dark and smoky down there; but of course it did not seem so bad to little Suey Hip as it would to those who have always had a nice home, because she had never known anything else. Sometimes the children of a wealthy Chinese merchant would toddle by, in their richly embroidered robes. Their feet were so small they could hardly walk. Suey Hip would sit on the top of the steps, and, when she wished, play on the pavement in front of her home. And, oh, how she did long for some of those pretty garments! But her Mo Chun (mother) worked very hard to get what they had, by sewing for the Chinese stores; and so it seemed there was no way to get anything more than she had.

Now one day, when Suey Hip sat on the steps sunning herself and looking with longing eyes at the people as they passed, there came a little American girl, walking with her papa, through the streets. Suey Hip was very bashful, and hung her head and scraped her little sandals on the pavement, as they paused before her. "Hello, little one!" said the man, in such a kind voice that Suey Hip looked up, and, as she did so, caught sight of something in little Dorothy's arms which put her little motherly heart all in a glow, and she no longer felt afraid.

What was it she saw? Why, just the loveliest big doll, with eyes that

opened and shut; and it was dressed all in pink silk. Oh, the wonder and delight that sparkled in the dark eyes as she gazed! It seemed too beautiful to be anything but a dream; and she gasped, as she looked into the sweet face of little Dorothy: "Oh, what is it? Where you catch 'em?"

Dorothy laughed, as she replied, "Why, this is my dollie: Santa Claus brought it to me last Christmas."

"Sanny Claw? Who Sanny Claw? What's Chlismas?" eagerly inquired the child.

"Don't you know what Christmas is?" asked Dorothy. "Why, Christmas comes once every year, and is the loveliest time of all the year. Then we hang up our stockings, and in the night, while we are asleep, Santa Claus comes down the chimney and fills our stockings with the loveliest things,—dolls and toys and candy,—and, oh, just everything!" All this time Dorothy's papa stood listening in amused silence, as he thought it best to let the children carry on the conversation in their own way.

"Oh," said the astonished Suey Hip, "I wish I was you. Sanny Claw no come here. We no have Chlismas. You think he ever come—bling me doll?"

Just then Dorothy's papa spoke, and said: "I tell you what to do. You get your mamma to write a note, in Chinese, to Santa, and we will come to-morrow and get the note; and I will see that Santa Claus gets it. It is just one month till Christmas now; and who knows what may happen in that time?"

"You come again to-morrow?" eagerly inquired the child; and Dorothy said, "Yes,—yes,—we will, won't we, papa?"

"Yes, dear, we will come again to-morrow."

When they had passed out of sight along the narrow streets, Suey Hip toddled down the steps into the dark cellar she called home, and, going to her mother, who sat sewing by a tiny, latticed window, she exclaimed: "O Mo Chun! little 'Melican girl, she say Sanny Claw come every year, bling doll, bling candy, toy, ev'vy-thing. She say you lite note to Sanny Claw, tell him come bling me doll Chlismas."

After a great deal of explanation she made her little brown mother understand; and, though she herself could not really believe that anything so nice could happen to her child, yet she had a mother's tender heart, and was willing to do all the child asked of her. So she left her work, and went to a little table, where there were some queer-looking writing materials, Suey Hip watching her eagerly all the while, and, taking up a long sharpened stick, she dipped it into some black paste, and began to make queer Chinese letters up and down the long slip of red paper. After much effort it was finished, and given to Suey Hip. She placed it carefully in a little Chinese vase, and went out again to play on the streets. She was so excited that night that she could hardly eat her supper of rice and tea and little sweetened cakes. She was almost too excited to burn her incense before the little god in the corner; but she managed to get through with it, and was then put to bed.

Next day at the same hour Suey Hip's face had been scrubbed until it fairly shone, and her thick black

hair was pasted down and braided into a long cue, and she wore her best trousers and blouse of dark blue silk and little red sandals. Suey Hip was very much dressed up. The shy little mamma, who had also come out on the pavement to watch, put her fan up to hide her face, when she saw them coming, and quietly as a mouse slipped down the stairs again. At last they came, and Suey Hip eagerly handed them the note which was to mean so much to her. Dorothy's mamma had come with them this time; and, when she caught a glimpse of the timid little Chinese mother, peeping eagerly up at them, with her kind, woman's heart she stepped down into the dark cellar, and stretched out both hands to meet the little brown hands of the mother. She managed to make herself understood, and there was a good deal of low talking and many mysterious signs between the two mothers, but they understood, as mothers will; and papa pretended he did not see and hear. Dorothy told Suey Hip that it was just a month till Christmas, and that would not be very long,—just four little weeks,—it would soon pass. Then Mrs. Suey shyly asked them, in her pretty, little Chinese way, to come in and have a cup of tea. The tea was the best they had ever tasted, made in the cunningest little bowls without any handles.

After that there were a great many calls from Dorothy and her mamma, and a great deal more of that mysterious whispering between the two mammas, until, at last, it was announced that the very next day would be Christmas. "Oh, too good! too good!" said little Suey Hip, as she toddled around, too delighted to be quiet one minute.

It seemed as if the day would never pass; but after a while the shadows

began to fall on the narrow streets, and the big dragon lanterns were lighted, making everything so beautiful. And Suey Hip knew that she was the only child in all the big Chinatown who would hang up her stockings that night.

The hour had come. She got out her very best pair of cream-colored stockings, and with trembling little brown fingers hung them securely to the foot of her hard bamboo couch, and was soon in the land of dreams. Her dreams were all about Santa Claus, and he looked just as Dorothy had said, in his fur robes and with rosy cheeks and long white whiskers.

In the midst of her dream she awoke with a start. She wondered if he had been here yet. It was so dark; but, oh, she felt as if she just couldn't wait. But she knew Mo Chun was tired, and she did not wish to awaken her. So she crept—oh, so softly!—to the foot of the bed, and groped around in the dark for her stockings. Once she almost fell off the bed; but finally her little hands found what she sought, and she felt the stockings. They were all lumpy and fat. What could be in them? In the top of one she felt something large, something with hands and feet and hair. O joy! could it be, could it be? But she must wait and see. Oh, how glad she was when she heard Mo Chun moving, and saw the first glimmer of the day steal into their cellar home! With one bound she was out of bed, and Mo Chun was as glad as she; for really and truly, in the dark night, the 'Melican Sanny Claw" had by some means crept down

there, and just filled her stockings with good things. And the thing with hands and feet and hair was a real doll, with big blue eyes that opened and shut, and yellow hair and a blue silk dress. It had on the dearest little shoes, and ear-rings, and bracelets, and a necklace, and a nice big hat. Oh, how she hugged it to her heart; she could scarcely bear to put it down long enough to see what else there was! Not only were the stockings full, but there were lovely things all around. There was the dearest little trunk for dollie, all full of pretty dresses and wraps, and another little sunbonnet and hat for every day. And there was doll furniture, and the daintiest set of doll dishes. It seemed to the poor little Chinese girl that she had everything in the world there was to have; and—what do you suppose?—poked in through the little lattice window they found a package, and on it the words: "FOR MAMMA SUEY, FROM SANTA CLAUS."

And, when her little brown hands had eagerly opened it, what should she find but a whole lot of gold money! Oh, how happy she was! Now she would not have to work so hard, and strain her eyes at night by the dim candle. Now they could have some pork whenever they wished, and she pictured all the happiness they would get out of this yellow gold.

When Dorothy's papa and mamma came that day, they found the happiest hearts in the whole big city; and, when they saw the joy that had come into this little cellar home, they were so glad that they had given the note to dear old "Sanny Claw."



A Christmas Trio

By Kate Gannett Wells

SHE was only a teacher in the kitchen laboratory of a public school, but she was thirty years old and had been at it for eight years, and did not like it any better than when she first began. The secret desire of her heart was, as it had ever been, either to be at the head of an orphan asylum or—to be married. That is, she wanted some one to need her rather than for her to need somebody; and, though the principal of the school and her friends would have missed her if she had stepped out, they did not need her, places are so easily filled. Just to earn your daily bread and put nothing into a home is lonely work.

People advised Miss Fitz to marry, in the same general way with which a journey to the moon might be suggested. Each one said that chances grew slimmer as one grew older, or that she was too young to be the matron of an asylum. She rebelled against the tyranny of women's friendships *a deux*, and disbelieved in the graded system, because it never let children germinate under one teacher, but insisted on epochal transitions, pupils being sent tagged from one room to another. Just as she would begin to understand why family conditions made it expedient that one child should learn to prepare Hamburg steaks and another should make jellies or soups, the girl would be transferred, and Miss Fitz's personal interest would flag.

Then she tried to stimulate it afresh by working over chafing-dishes in her little flat, and carrying the results of her endeavors to the meagre table of some former pupil. But

charity palled. She craved a kitchen range and a household of her own, with economy to practise for its sake and dietaries to concoct for an invalid husband or sickly orphans. The next day, Christmas, would again find her a self-supporting, lonely young woman with many friends, but with no one dependent on her.

She took up her address book, as she sat alone on Christmas Eve over the furnace register, and scanned the list of her male friends,—a circle that was lessening with her advancing years. As she studied their names, she recalled the probabilities which once attached to them. One perhaps she might have married; one she would not; most were merely comrades; and so on. And then, weary with might-have-beens, she longed afresh for some one to whom she could wholly give herself. If she taught school solely for the love of it, that would have been giving herself; but she didn't.

To-morrow was Christmas, the day on which God had given, hidden in babyhood, a great life to the world. Giving was the secret of living,—not the giving of things, but of one's self. She herself was an orphan. Before she took care of herself, she had taken care of others. All that was long ago. Oh, if she were only needed! If she could just give herself!—not her day's hours, but her soul, to somebody or somebodies! To give, to give, be it ever so little, but to give freely, joyously, that was all she craved. To be so situated that she ought to work for another at the risk of her life rather than to keep on being prudent, just that she

might not miss the next day's school work, which any one on the waiting list of substitutes could do just as well! Christmas, the climax in all the ages, the day of highest personality; but she in her little personality was not wanted. No one needed her gift of herself, and she sighed in her abject loneliness.

In the large private laboratory of an apartment a wearied man was testing foods. "Modified milk for babies,—value of carbon compounds in household arts,—the human race to be built up scientifically,—through health one climbs into heaven,—but, oh! the formulæ of it all, when it is the personal touch that is wanted," he murmured disjointedly, almost audibly. "To-morrow is Christmas. The spirit is more than food or raiment, for life was born that it might be given. I, too, want to give myself; but I'm not worth taking. What's the use in principles of combustion, in proteids or albuminoids, in applied chemistry, unless I can give them a personal application! Help the human race! Fudge! Christmas Eve is uncommon lonesome. If she'd take me because of him! Girls take naturally to children, or they did before science interfered. Hang it! I've a mind to try,—just call myself a worthless Christmas gift, etc., etc."

He sat down and wrote, erased and wrote again, telling her he was cranky and all that, but that his boy was O. K. Yet he did not know how to get on with him, for he had not had him long, though the boy was eight; for his uncle and aunt had adopted him as a baby, when his mother died, and had given him their name, that he might be their heir. And now they had gone, and the boy had come back to him. But that, if she'd take the gift of such a

nice, ready-made boy, and take the father along with the child, he would be very grateful.

Then, having got through the business part, he told her that, as she had studied under him in his laboratory at the Institute, in preparing her school work, he had just wished more and more that he himself were worth giving to her, but, as it was Christmas time, perhaps she would be willing. So he sealed the letter and mailed it, wondering how he dared. At any rate, he did not dare to read it again.

Downstairs in the same apartment a sunny-haired boy tried to play by himself with machinery and toys, and to pretend he was having a merry Christmas Eve. But he wasn't, and he knew it. He had been to a gregarious Christmas tree of the Sunday-school, and had received a candy bag, a pair of toy scales, and a book. Not wanting these, he had given them to a little girl in the vestry, who, having had only useful things for her share, was unhappy. Her delight at his insight into her sorrow made him feel more Christmas-y.

He had bought some test tubes for his father, who was always breaking them; but he was afraid to put them in his parent's socks, lest, when his father drew them on, the tubes should break. Besides, the old gentleman did not hang up his socks. The boy had, also, got a pencil for Miss Fitz, the teacher in the room next to his, but who always had a kindly word for him at recess, when his own teacher snubbed him.

He, too, had a desire to give something real, personal; and he wanted to be given unto in the same way. He hoped his father would learn to love him, if he weren't in the way; and he wished the pretty teacher could come and live with him. He

was a lonely little boy, his bright home gone, his new home foreign unto him. If Christmas would only fix things somehow, and if he could get Santa Claus to bring it about! As he pondered, his ideas took shape; and, when he bade his father good-night, there was a tone in his voice which made the man take heart,—why he knew not.

The Christmas mail had come, and Miss Fitz was reading hers. She made as if she would tear it up. Then she stopped and read again, stamped her foot, reread and smiled, as if she guessed she would. The pink color spread around her little ears as she said aloud, "He needs me: I wanted to be needed."

Then there came a child's rap on the door, and Harry Luce, one of the school pupils, was saying to her,—she could scarcely hear him, her thoughts were so far away,—"Santa Claus sent you this."

She took the pencil and kissed the child. He put his arms around her neck, and she gathered him into her lap, both sobbing a little, though each knew it only of the other.

"Aren't you having a merry Christmas? I 'most cried myself awake this morning, it was so lonesome; and my papa is lonesomer. I want you to come and see him. Please come, he's pretty bad."

She put away her letters and went with the boy, not knowing where or why, but eager to serve another on Christmas morning. He told her of yesterday's tree, and she listened,

thinking of something else. He led her to his home, up into the library. "Papa! See, I've brought you a real Christmas present! She's got to stay here."

The professor started wildly, jubilantly, timorously. "Miss Fitz!" He drew back scared.

"Harry!" she exclaimed reprovingly, but had no strength to say more.

"That's my papa, that's my teacher in the next room," the boy stoutly declared by way of introduction.

"Leave the room!" ordered his father, sternly. The boy fled: his hopes had gone. The man tried to speak, but could not tell whether he did or didn't.

"I did not know he was your son. He asked me to come and see his father, who was pretty bad," said Miss Fitz, slowly smiling.

"Have you got my letter!" he at last contrived to ask intelligently. She stood still; and then, somehow, the secret of personality and of giving one's self in love to another burst upon them. After a while Harry was called back, and his father gave him to Miss Fitz.

Then, when the boy had unravelled the mystery,—that the teacher in the school-room next to his had been his father's pupil in the kitchen laboratory work (because the School Committee made teachers study when they ought not), and that she never knew that his father and he were relations,—he turned three somersaults over the best Christmas joke he had ever heard.

"EVERY house," says Mrs. Mary Hinman Abel, "should be an experiment station. In the question of house service the housekeeper takes part in the struggle between capital and labor; in mastering the plumbing

of her bath-room, she is studying hygiene and sanitary science; in studying methods of cooking, she is grappling with problems in chemistry unequalled in interest or value by the experiments in any laboratory."

Selection and Carving of Meat and Poultry for Seventy-five College Students

By Adolphe Meyer, Chef of Union Club, New York

THE choicest portions of beef for roasting are the ribs, the seven first of which are the "prime ribs." This joint is considered by many to be the finest and best-flavored piece of the carcass, excepting, perhaps, the sirloin, which is used rarely as a roast in the United States.

When cooking for profit, it is best not to use meat that is too heavy or that has an abundance of fat, although good beef should have an outside covering of fat of about one-half inch thick on the ribs and loin.

A set of seven ribs should weigh from thirty to thirty-three pounds, which through trimming and cooking will lose about one-third of its weight. The time required for roasting a set of ribs of that weight is about four hours. To render it more advantageous to the carver, it should remain in the hot closet or a warm place for an additional thirty or forty minutes.

Fresh or green meats—*i.e.*, such that have not been hung for a certain time—require more time to cook.

The short loin of beef is mostly used for steaks. If cut across the loin (without being boned) and with the tenderloin attached, the world-famous American Porterhouse steak is obtained. Slices from the boned loin constitute the sirloin, and those from the tenderloin the tenderloin steak.

As a roast, the sirloin is second to none; but for carving it needs an experienced hand. The loss through trimming and cooking is rather more than one-third of its weight.

Another piece of beef sometimes used for roasting (more so in families) is the rump or short hip of beef. It is, however, more suitable for braising or for steaks.

A short hip, to be profitable, should weigh from twenty-eight to thirty-four pounds. When boned (that is, without the tenderloin, the bones, and the inside fat), it will weigh from fourteen to seventeen pounds. If intended for roasting, cut the boned hip lengthwise in two; if for braising, in three. If used for steaks, it should be cut transversely in slices one inch thick. The tenderloin, when freed from sinews and fat, can also be used as steaks.

As mutton is objected to by many, on account of its strong flavor, it is advisable to buy the legs only. These should weigh from eight to ten pounds. Heavier than this, they are generally tough. Like beef, mutton needs to be "hung" for some time, as this procedure will not only render the fibre of the meat more tender, it will also make it lose its "sheepy" flavor. The time required for roasting a leg of mutton, underdone, is from one hour and one-half to one hour and three-quarters.

If accommodations are adequate to keep two or three whole lambs, conveniently, for a few days, it would prove to be economical to buy two or three carcasses at the time. Six legs and shoulders would be sufficient for a party of seventy-five. The loins and ribs, or racks, would nearly make enough chops for a broil, while the remainder of the lambs would

answer admirably for a substantial stew.

The most profitable lambs are those weighing from forty to fifty pounds.

To calculate how much meat is needed for a certain number of people, a half-pound of raw meat is counted, as a rule, per capita. A certain allowance has to be made for some kinds of meat which contains more or less bones.

In American plan hotels, a pound of ribs of beef is supposed to yield six slices, when roasted, or enough for six people. This, however, is reckoned very closely, and would not be sufficient to satisfy the average appetite of ordinary persons.

Chickens vary in quality, as well as in size and weight. Up to one and one-half pounds, they are the spring broilers; up to two and one-half pounds, spring roasters; and, from that up to three and one-half pounds, they become the ordinary roasting or fricassee chicken.

A broiler of one and one-half pounds is enough for two; a spring roaster of two and one-half pounds is ample for three; and a roaster of three and one-half pounds will be found sufficient for four people.

Fowls, if young, may be used for boiling or fricassee. Their average weight is four pounds; and one, if plump, will be enough for six persons.

No other fowl vary so much in size as turkeys, and the size is by no means an indication of tenderness or quality. A turkey of ten pounds is sometimes found to be tougher than one of twice that weight. Large turkeys have considerable weight about the crop and neck that cannot be utilized, and the best turkeys are such from ten to twelve pounds. These are generally juicy, tender, and economical. A turkey of ten

pounds will be sufficient for a party of fifteen to sixteen persons. Much depends, however, on the quality of the bird and the ability of the carver.

To do good carving, it is absolutely necessary to have good sharp knives; but this is not all. The carver must be familiar with the anatomy of the joint, so as to be able to cut thin and broad slices and, further, to give the carved meats an appetizing and pleasing aspect.

The ribs of beef are about the easiest joint to carve for a beginner.

When they are ready for carving, they should be trimmed, in order to free them from the desiccated meat. The side near the shoulder is then cut straight, and the ribs are set upright on the carving-dish, which should be provided with a cavity at one end, so that the juice running from the joint may be gathered there and be taken up easily. The knife should be held horizontally, and the beef has to be cut smoothly with long, steady strokes. The thinner the slices, the better it is; and the greater is the skill of the carver.

The carving of the sirloin is not, by far, as expeditious, and requires quite some skill. If the whole loin is to be carved at once, the tenderloin, or, as the English call it, "the undercut," may be removed first and cut in thin slices. The joint is then turned over, and the carver next slips the knife all around the meat at the end near the ribs, in order to free it from the bones. It is then sliced as fine as possible parallel with the ribs. Serve with each slice of loin a piece of the undercut. The hip or rump of beef merely needs to be cut in thin slices.

The legs of mutton and lamb are carved alike. The thick part, or kernel, is to be cut first, it being the

fleshiest part. The slices are cut straight down until the knife reaches the bone. The knife is then slipped under the slice so as to free it entirely. When the thick part is cut, the leg is turned to the other side, and the smaller kernel is then sliced, holding the knife parallel with the bone. To facilitate the carving of these joints, a special handle may be adjusted to the thigh bone, which may be had in any first-class hardware store.

A small spring chicken, roasted or broiled, is divided in two. The carving of a roasting chicken for four people is easy enough, and can be performed in two different ways. The first is to split the chicken in two, lift the legs, divide the drumstick from the second joint, and cut the breast in two, holding the knife somewhat slanting. The piece of breast with the wing attached should be somewhat smaller, and should be served with the second joint, while the larger piece of the breast goes

with the drumstick. If the chickens are stuffed, a spoonful of the stuffing is served alongside of the meat, a little of the gravy poured over, and, if there is giblet sauce, it is to be served separate. This is intended, of course, only if the chicken is served on plates directly to the individual. If it is to be dished upon platters and each person is to help himself, the second joint can be cut in two, and the breast into three parts.

To carve a turkey at the table is a rather difficult task, as it is not so easy to manipulate as a chicken, although, in principle, the carving is the same. First remove the legs and cut the dark meat into as many suitable pieces as wanted. It is better to cut them thin and broad, in order to make them look less bulky. Then stick the fork in the centre of the breast, right above the breast bone, and slice down on each side toward the wings, allowing the knife to run parallel with the breast bone.

The Life of a Fir-tree

By Kate Matson Post

It grew on a far hill's northern slope,
 Straight up towards a vault of blue;
 And, beneath, gray rocks peeped through the
 grass
 And fragrant ground-pine grew.

The tree grew tall and sturdy and fair
 In the air so pure and free.
 One almost wondered God made it so,
 Where few ever chanced to see.

But years rolled on, till an axe one day
 At the fir-tree's root was laid.
 It fell. "Ahl here ends my useless life,"
 Thought the sturdy tree, dismayed.

Ended, indeed! 'Twas but life begun
 When the fair tree stood erect,
 Bearing a burden of goodly gifts
 And with starry lights bedecked,

Where the whole air thrilled with happiness
 And joy of the Christmas tide,
 And strains of music and childish mirth
 Rang out upon every side.

'Twas for this great day the tree had lived,
 Had waited, while years rolled by;
 To have borne its share in love's great work
 Was enough, and then to die.

Decorations for Christmas

By Mrs. E. M. Lucas

FESTIVE decorations certainly increase the happiness of this day of rejoicing, and there are so many greens and decorative materials for the holidays that a selection is easily made.

Evergreen of all sorts may be used, with plenty of holly berries; and, when holly berries are not to be had, others may be substituted.

Black alder grows wild upon the outskirts of every wood. The beautiful-colored haws of the buckthorn and the hips of the wild rose, the glowing red berries of the climbing bittersweet, are among the most artistic and effective materials for decoration. Trailing blackberry vines, with their purplish stems and bronze and red leaves, are extremely decorative. These vines, together with box wood, hemlock, branches of laurel and fir, produce a very pretty arrangement for decorating fireplaces and corners. The rich green bristling pine, twigs and limbs, are admirable for room decoration. They have a pretty plume-like effect even after they are dry. Against the wall they form an effective feature, especially when used *en masse*; or for filling large vases, or outlining the framework, they are very decorative, especially if the cones adhere to the branches.

Running pine is beautiful for use, in its natural state, as garlands, festoons, and the like.

Better results are obtained by keeping greens *en masse* than by the tedious work of making set pieces, which always have a stiff look; and there is much more opportunity for spontaneous decorations, if natural branches are used.

Ropes of evergreen are useful: these can be festooned in the hallway, being draped from the picture moulding; and at the end of the hall, facing the door, the words, "Be Merrie All" or "Merry Christmas," will give a kindly greeting to all who enter.

In place of the laborious evergreen letters, cut the letters from red flannel, having chalked their outlines first, and edge with tiny sprays of evergreen; or cut them from sheet cotton, brush with mucilage and dust with mica, then outline with evergreen or with red berries and leaves.

Large branches of evergreen are placed in the corners. If there is a tall mirror in the hall, a charming effect is gained with the bamboo flower-holders. Fasten these the length of the mirror, and fill, alternately, with red berries and trailing vines and feathery clematis. An evergreen or palm rises at one side, and before it is a basket vase, filled with holly, leaves and berries.

The portières may be replaced by strands of evergreen, tied closely together onto the pole, and draped gracefully with large clusters of holly or red berries. For this purpose the fallen berries may be used, stringing them on stout thread or fine wire.

In large rooms the corners can be cut off with small evergreen trees, fastened to the floor by means of stout cords and tacks and to the moulding with cords, hidden under sprays of green. The ceiling can be decorated with ropes of green radiating from the centre to the sides of the room, like the spokes of a wheel, the ends hanging down about three feet and ending in a large spray of holly and leaves,

or a half-wreath tied with scarlet crêpe paper.

The simplest way to make wreaths is to cut a ring or half-ring from a solid piece of wire netting, and stick pieces of greenery through the meshes.

Narrow strips of the wire hanging from the picture moulding, massed with evergreen, is another pretty decoration, simulating a narrow frieze.

Temporary arches may be made for the doorways, or the tops and jamb may be covered with sprays, fastened with black pins. Or run a rope of evergreen about two feet from the top, and in the space above set large wreaths, made of the netting and massed with greenery. Another scheme for an opening is to festoon ropes of evergreen or running pine, one over the other, in loops, with branches of bright berries hung in the interstices.

The mantel may have the wood-work fitted with the wire netting, and be covered with greenery outlined with holly berries. Hanging from

the lamp, either in the hall or parlor must be the mystical bunch of mistletoe.

In the dining-room dress the mantel in a similar manner. Let ropes of evergreen be carried from the chandelier to the four corners of the room and run down to the floor. Pin tiny sprays of evergreen to the edges of the curtains, the ends overlapping, so the stems are hidden, thus making a rich green border. Put branches of pine or cedar in large vases upon the buffet.

For the festive board a tiny tree, gay with little red apples and silvered nuts, is appropriate, or a graceful *Asparagus plumosus*, with the jardinière almost concealed by holly sprays, is effective. Large square name cards of red cardboard, outlined with sprays of green, form charming dashes of color against the white background; and with tall candelabra resplendent in red shades, and sprays of holly with red berries laid here and there, a charmingly festive air is produced.



My Laddie's Tree

By Cora A. Matson Dolson

Last year I trimmed his Christmas tree
 With joy to see my Laddie's joy;
 No sweeter sight my eyes might see
 Than this, the gladness of my boy

The sun has turned away from me,
 The Christmas star has lost its light:
 I only see a wind-blown tree
 Within the place of graves to-night

O Christ! thy Mother feels for me!
 Lead me the way! The light is dim.
 Oh, let me trim my Laddie's tree,
 And joy my heart wi' sight o' him.

Housekeeping in Mexico

By an American

FOR Americans in Mexico, particularly for those living outside its capital, where there are now a great many houses already built or being built in American style, housekeeping is somewhat of a trial, indeed, at times, it becomes a veritable hardship.

The Mexican houses have no conveniences whatever, being built, in fact, without any modern conveniences; that is, without closets, sink, cellar, or running water. For washing purposes, water is drawn from a well situated in the inner *patio* (court-yard) adjacent to the kitchen. As this well water is generally hard and unfit for drinking or cooking, spring water is brought to the house by *aguadores* (water-bearers) on burros, each laden with five small barrels, or five-gallon cans; and each can costs from five to six cents.

The entrance to a Mexican house is through massive doors into the *zajuan*, or wide hall, which leads into the *patio*, invariably filled with flowering plants in large tubs. Around the *patio* the principal rooms are built, chief of which is the *sala* (parlor).

The furnishing of a Mexican parlor is about uniform, excepting in case of wealthy families who have travelled and adopted foreign ideas in regard to furnishing. The general taste runs to Austrian bent-wood furniture, for those who can afford it. Austrian bent-wood furniture is all right, when a few pieces are scattered around a summer sitting-room; but it becomes dreadfully monotonous to see, in almost every Mexican house of any pretension, a dozen chairs plastered tightly to the wall and

flanked by two sofas. There is nothing in the middle of the apartment save one or two tables, filled with cheap china or glass ornaments, such as vases, colored glass balls, etc. Not a book or magazine is lying around in the average Mexican home. Indeed, though there are a few papers, some with very crude illustrations, published in Mexico, not a single magazine is published in the whole republic. In truth, a Mexican *sala* reminds one of an old-fashioned convent parlor, neat, but very unhome-like.

Bedrooms are furnished as usual, minus a washstand, for which article the average Mexican has very little use, as a bath once a week suffices for him. The poorer classes, living in towns where there is not an abundance of water, never wash. The bed has one sheet, another being placed under the pillow for a wrap, as very few Mexicans know the use of a night-dress. The pillow, filled with a mass of hard cotton, is a very small affair, and very uncomfortable.

The dining-room, like the other apartments, is very uncheerful. One never sees a dainty-looking dining table. It is usually covered with a soiled oil-cloth, from which the family partake of their meals, and the dishes are often served in the vessels in which they are cooked. Of course, I am not referring to the wealthier classes, who live in more civilized ways, and have adopted foreign modes to some extent.

The Mexican kitchen, or *cocina*, is very large, and has a *brasero* extending its entire length, with an old-fashioned oven in the corner.

The *brasero* is a sort of range built of brick, and having from four to seven small holes with grating across, in which charcoal is burnt. Against a part of the wall is a shelf, about three feet from the floor, to hold the stone, or *metate*, on which their tortillas, or daily bread, are ground. The *metate* is about two by three feet, and is of just the same shape as that used by the Aztecs for the same purpose hundreds of years ago. They are of a black porous stone; and the *manga*, the stone used for grinding, is of the same stone. The *manga* is about eighteen inches long and three inches thick.

Tortillas are made by boiling corn for a few minutes with a little piece of lime. The hulls are then carefully washed off. The corn is then ground into a paste on the *metate*, being moistened a little during the process. A small portion is then taken in the hand and patted, until it becomes a very thin round cake about six inches in diameter. Placed upon a hot flat piece of earthenware or iron, called a *comal*, it is baked sufficiently upon one side in about a minute. It is then turned over and, in another minute, the average Mexican's spoon, knife, and fork is cooked. The poorer classes use these as a necessity, biting off a piece in conveying the food to the mouth. Other classes use them in preference to knives and forks, and scoop up their dinner with the greatest gusto. But let a foreigner once

eat with them, and they will then use knives and forks, but very awkwardly.

Some of the dishes are very good, one of which I will give here. Everything is cooked in *ollas*, brown earthenware dishes that stand intense heat. In lieu of the earthenware, porcelain-lined vessels are the best.

Put a large spoonful of lard into a saucepan. When very hot, put into this a cup and a half of rice that has been previously washed well and dried by spreading in the sun. Stir until it assumes a delicate yellow color, then add an onion and a large tomato, which have been chopped very fine (a clove of garlic is an addition). Stir for two minutes, until all is blended well, being careful not to burn. Now add red chili, which has been prepared in the following way: Take about two pods of dried red chili, take out all the seeds and rinse and soak in warm water until quite soft. Scrape the pith off, or work with the hands, until all the pith is removed from the skin, then put it with the rice. Add about a pint of water, salt to taste, and set on the back of the stove, covered, to simmer. Probably more water will be needed. But, when cooked, it must be perfectly dry and every grain separate and colored a delicate red color. It makes a very nice dish to serve as a vegetable at dinner or luncheon. To grind the chili, we use, here, a little indented bowl and a small rough stone.

SOME active women, who pride themselves in housekeeping, seem to forget that the object of keeping house is that human beings may be accommodated in it. Their sole idea

seems to be this, that the house may be kept in a certain form and order; and to the performance of the form and order they sacrifice the comfort the house was established to secure.

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Study the tastes and habits of those you would remember.

Send people what they like, not what you think would improve their tastes.

Exercise is the best medicine for the body, as it excites the flow of spirits and facilitates the excretions from the blood.—*Sydenham*.

Economy no more means saving money than spending money. It means spending and saving, whether time or money or anything else, to

the best possible advantage.—*John Ruskin*.

COST OF LIVING

ACCORDING to report the Employers' Association of Chicago has been making a careful examination into the comparative cost of living in that city at the present time and five years ago. Taking all the items of increase and decrease into account, the result of the investigation appears to be that there has been an advance in the cost of living equivalent to about 16 per cent.

As an offset to this increase must be put the increase that has been made in the rate of wages in certain industries and the more constant employment of labor that has prevailed during the last two or three years. But it is not likely that the result summed up in the foregoing figures would differ materially from that which would be obtained in other large centres of population, and it indicates a decided increase in the general cost of living in this country.

Advance in cost of living concerns us all, but it affects chiefly and severely those who labor with the hands and by the day. And yet regularity in occupation is far more important to the well-being of the workingman than the comparative price of food products. Constant employment, an even, steady course of business, are conducive to prosperity and contentment among all classes. To maintain these conditions should be the aim of all economic study and all legislation. Fluctuations of prices, the extremes of "good times" and "hard times," are neither natural nor desirable. The inevitable consequence of these fickle, industrial states is excessive gains on the part of a few and great loss and deprivation on the part of many.

What the wage-earning class want most is a uniform, wholesome condition of affairs, in which every one has occupation,—in other words, an opportunity where each individual can exploit his energies and be subject to no disturbance or shock of revolution. They who are constantly seeking for gains that may accrue to themselves through some change in economic policy do not belong to the better class of citizens.

EXERCISE *VERSUS* WORK

ALMOST any kind of physical work is considered exercise; and with a strong and healthy person it may matter little in what particular way exercise is taken, so long as it is taken at all and not overdone. It is quite different with an ailing person, for whom exercises are used for therapeutic purposes. Here a distinct difference must be made between work and exercise, especially where overwork is the cause of the ailment, as is very often the case. In such cases exercises should be administered as carefully as any other therapeutic agent, and in such a way as to produce a stimulating effect upon the muscles whose action promotes the circulation of the blood and has a soothing effect upon the nerves. To accomplish this with the least possible expense of vital energy is the merit of exercising.

This rule is not generally observed; and exercising is often done in such a way as to merely add more work, when the vital power is already overtaxed. The result of this way of doing is fatigue, and often even exhaustion instead of the desired stimulating effect. Even outdoor exercise is generally obtained at too great an expense of vital energy, as it is not only done to an excess, but

also too mechanically. Walking, as has been stated by medical authorities, but for the breathing of fresh air it necessitates, is poor exercise. Especially is this the case in crowded streets, where one's attention is constantly attracted to something or another, and concentration of the mind, which is of no less importance, is rendered impossible.

Thus walking and even other outdoor exercises are made simply work and often drudgery. The best exercise, especially for those not in robust health, is massage and resisting movements. The patient, being in a state of physical rest, is able to concentrate his thoughts upon the process, and a skilled and experienced operator will always regulate and restrict the manipulations to the responsive capacity of his patient.

Thus the patient obtains the greatest possible amount of *real* exercise with the least possible expense of vital energy. The value of massage is conspicuous, especially, in cases where overwork is the cause of ailments, and rest as well as exercise is needed.—*H. Speck, in Dietetic and Hygienic Gazette.*

REFLECTIONS

WORK is the artist that builds a splendid arch; worry, the enemy which removes the keystone, allowing the structure to fall.

Do not be deceived because the hardest work oft comes to naught and haphazard effort sometimes causes brilliant results. Thorough, systematic work always wins.

It's the last half-inch that tells. The finish of a hundred-yard dash is often decided by a hair.

The clerk who watches the clock is trying to find his dismissal.

"Well-rounded" men may be an ornament to society, but they are usually of little value to it. Whittle your one talent to the sharpest point of usefulness: a point is necessary to make an impress on the flinty surface of your world.—*M. J. Phillips, in Chat.*

IN 1904

THE *Cooking-School Magazine* is designed not only to please and instruct those who are engaged in home-making, but also to be of actual and permanent service in the home. It is conducted in accordance with the belief that it were better to learn how to live wisely and prudently than to take drugs and pay doctors' bills; and, when discreetly handled, it will save each month many times its cost.

The tendency of the day is, we think, toward simple, intelligent, self-reliant ways of living,—ways that are dependent upon personal effort and observance of natural laws rather than to be guided by methods that are ever subject to caprice and chance.

The corner-stone of all wholesome, contented living is good health: without this life has little of good to offer. Hence exercise, fresh air, ventilation, sanitation, hygiene, the selection and preparation of food, as instrumental to healthful living and contentment in the home, become topics some knowledge of which is of vital importance. All these are subjects with which the *Cooking-School Magazine* aims to deal.

For instance, what is of greater concern to the well-being of home life than the character and quality of the three meals a day, three hundred and sixty-five days in a year. To be sure, other and higher things may be called for to feed the soul, but these are primary and of im-

mediate and practical significance. They concern individual happiness and effective service in every one's life calling, whatever this may be.

It is proposed, in the coming year, to make each number of the *Cooking-School Magazine* of increasing value and helpfulness in all that tends to promote health, comfort, and intelligent activity in home life. As the Christmas season approaches, may we not ask our readers, What more prudent and suitable gift could be sent to many a friend than a copy of the *Cooking-School Magazine* for 1904? We shall be pleased to forward these copies promptly, together with a card bearing the name and compliments of the donor.

THE offer in our November issue to send specimen copies of the magazine to those whose names and addresses are kindly furnished by our readers has met with such agreeable response we would fain thank our friends, and renew the offer.

We give below a single letter, many of which of like import have been received during the past month:—

Mrs. J. M. HILL:

Dear Madam,—In the last issue of your magazine I read a note to the effect that to any one sending you names a copy of the magazine would be sent. I take pleasure in furnishing a few names of ladies whom I know will appreciate your good work, and I hope they will enjoy the helpful receipts and many suggestions as much as I have. If the subscription price were double the present amount, I should consider it money well invested.

Yours most respectfully,

MRS. W. L. L.

Sincerity is like traveling in a plain beaten road, which commonly brings a man sooner to his journey's end than by-ways in which men often lose themselves.—*Tillotson.*



Salad in Aspic Cups. See page 259

Seasonable Recipes

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Cocoanut Soup

Have ready two quarts of hot veal or chicken broth, freed from fat. Beat one tablespoonful of cornstarch into three tablespoonfuls of creamed butter, dilute to a smooth liquid consistency with a little of the hot broth, and stir into the rest of the broth with one-fourth to one-half a pound of fresh grated cocoanut, a blade or two of mace, and the thin, yellow peel of half a lemon. Let cook ten minutes, stirring constantly, then strain, pressing out the juice from the cocoanut. Reheat, add a cup of hot cream, and serve at once.

Canned Okra Soup

Chop two onions fine, and fry in one-fourth a cup of butter. Pour a cup of water over a pint of oysters,

and look over the oysters to remove bits of shell. Set the oysters aside until time to serve the soup, and strain the liquid into the onions. Add one can of tomatoes, half a cup of par-boiled and drained rice (rice brought quickly to the boiling-point in cold water and drained), a red-pepper pod from which the seeds have been taken, and five pints of water. Let simmer about two hours over a slow fire, stirring frequently. When about ready to serve, remove the red pepper, add a can of okra, cut in slices, if not already so cut, and bring quickly to the boiling-point. Turn in the oysters, heat again to the boiling-point, and serve.

Giblet Soup

Chop an onion fine, and put into

the saucepan with three tablespoonfuls of butter. Let cook, stirring meanwhile, to a golden brown, lighter

(made from trimmings) or water. Use the liquid to rinse out the frying-pan. Let simmer five hours. Re-



New Bouillon Cup with Salt and Pepper Servers

rather than darker in color. Then add a carrot (half a one, if large), chopped fine, two sprigs of parsley, two or three stalks of celery, cut small, and the necks, cleaned feet, and giblets of two turkeys or four or five chickens. Cook until well

serve one liver, strain off the broth, let cool, and remove the fat. Reheat and stir in two tablespoonfuls of flour or corn-starch, diluted with water to pour. Let cook ten minutes, then add salt, cayenne, a tablespoonful of lemon juice, the liver pressed through a sieve,

and a hard-boiled yolk of egg, for each service. A larger number of giblets is preferable, when water is used as the liquid, if fresh meat be not at hand. For a change half or a whole tablespoonful of curry powder may be added with the flour.



Shaping, Draining, and Frying Scallop Croquettes

browned, then cut the giblets in small pieces, and put into the soup-kettle with any bits of lean veal or beef and three quarts of light stock

Scallop Croquettes

Put one pint of scallops, just as they come from the market, over

the fire, and bring quickly to the boiling-point. Let boil, then drain at once, and cut in halves or in smaller pieces, if the scallops are large. Melt three tablespoonfuls of butter; add three tablespoonfuls of flour, and a dash of salt and paprika. When frothy, add three-fourths a cup of the scallop liquor, and stir and cook until smooth and thick. Then stir in the beaten yolk of an egg, a teaspoonful of lemon juice, and the scallops. Turn into a dish to cool, then shape in balls, and roll in bread crumbs. Flatten the balls, to give them a triangular shape,—two spatulas or knives are of assistance in doing this,—dip the white of the egg, beaten with a

mato or Hollandaise sauce, or with mayonnaise dressing, beaten gradually into enough tomato paste (pur-



Nuts with Swiss, Carved-Wood Nut-cracker

chased at Italian stores) to give a bright red color.

chased at Italian stores) to give a bright red color.

Celery with Beef Marrow

Trim three heads (one bunch) of celery, wash thoroughly and drain. Tie each head, with a tape, near the



Rolls Lettuce Sandwiches, Server of Polished Wood

tablespoonful of water, over them, covering every part, then roll again in crumbs and fry in deep fat, and drain. Serve with sauce tartare, to-

stalk end. Cover with boiling water, and let cook ten minutes, then drain, rinse in cold water, and set to cook again in boiling water. Let cook

about three-fourths an hour. Have ready a brown sauce, made by browning one-fourth a cup of flour in one-



Turkish Coffee Pot and Cups

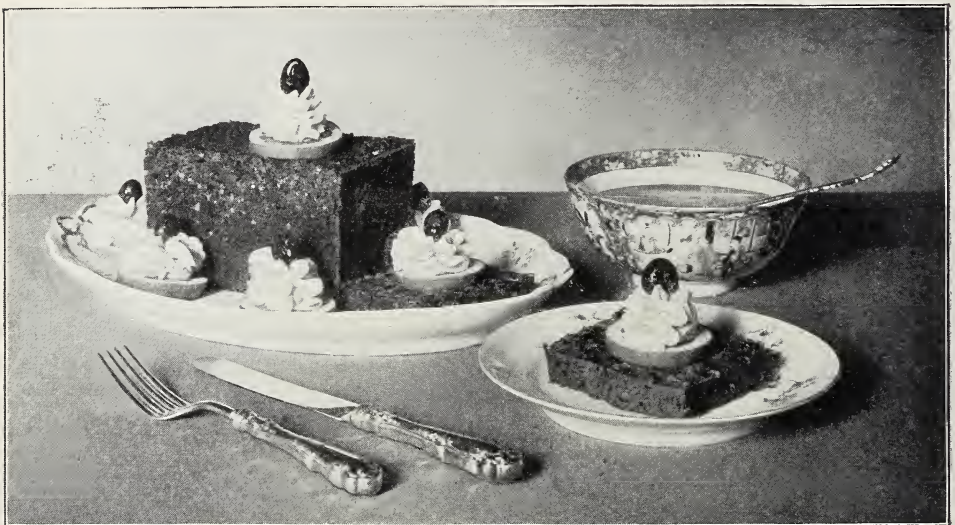
fourth a cup of browned butter and a slice of onion. Add one cup of brown stock and one cup of the celery liquid, and, when boiling, strain over the celery. Add about two dozen half-inch slices of beef marrow, and let simmer very gently ten minutes.

Rolléd Lettuce Sandwiches
Roll fresh-baked bread in a cloth wrung out of cold water. Cover tight with dry cloths, let stand several hours, then remove the crusts, and cut in very thin slices. Spread the slices with creaméd butter or with mayonnaise dressing, and over this lay a piece of lettuce leaf and roll up tight. Any bread may be

used, but bread made with potatoes or potato yeast is good for this purpose, because it is moist.

Potato Bread

Boil four, medium-sized, pared potatoes in water to cover until tender,



English Plum Pudding with Hard and Liquid Sauces

Put the celery on a serving-dish, pour over the sauce, and serve at once. The recipe will serve one dozen people.

then pass through a sieve with the water in which they were cooked. Add scalded milk to make a quart of liquid, also two teaspoonfuls of

salt, one-fourth a cup of sugar, and one-fourth a cup of shortening. When cooled to a lukewarm temperature, add two yeast cakes, softened in a cup of lukewarm water or milk, and flour to make a dough that can be kneaded. Knead until elastic, then set aside, to become light, in a temperature of about 68° Fahr. When light, shape into loaves, and, when again light,—not quite doubled in bulk,—bake about one hour.

Salad in Aspic Cups

Set patent charlotte russe moulds in broken ice and water, and decorate the sides of the chilled moulds, with alternate slices of olives and rounds



Florentine Meringue. See page 272

cut from cooked white of egg. When the decoration is set, fill the moulds with aspic jelly (a pint of consommé or chicken liquor, stiffened with an

ounce of gelatine, softened in half a cup of cold water and clarified with the white of an egg), and set aside



Mince Pie with Vanilla Ice-cream

to become firm. Put a spoonful of hot water into the hollow bottom of the moulds, let stand an instant, then turn out and immerse in hot water to the top, and turn contents onto individual serving-dishes. Fill the aspic cups with chicken and celery, cut in small pieces and mixed with

salad dressing. Any other salad ingredients may be used. Cups made of fish aspic and filled with lobster or shrimp salad are a novelty.

English Plum Pudding

Chop fine one pound of beef suet, and mix with one pound of flour, sifted with four level teaspoonfuls of baking-powder,

two teaspoonfuls of cinnamon, one teaspoonful, each, of mace, cloves, and salt. Then mix in one pound of raisins, seeded, one pound of currants,

one pound of brown sugar, and one-fourth a pound, each, of citron and candied orange peel, cut fine. Beat

sauce. If approved, hot brandy sauce may be also poured around each slice, as it is disposed on the serving-dish.

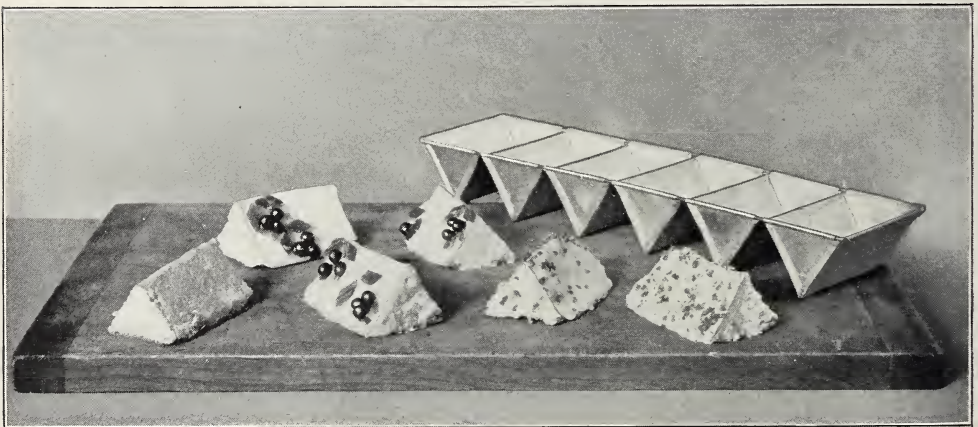


Chocolate Nut Doubles, Egg Rings and Christmas Cakes

four eggs without separating whites and yolks, add one cup of sweet milk, and stir into the dry ingredients. Turn into two buttered moulds that hold at least two quarts, each, and steam six hours. Turn from the moulds onto a serving-dish, and garnish with hard sauce pressed through a pastry bag

Hard Sauce

Cream half a cup of butter. Beat in gradually one cup of sugar, and then the unbeaten white of an egg. Beat vigorously throughout. The sauce should be very light and fluffy, when finished.



Waldorf Triangles with Baking Tin

onto slices of lemon. Serve a slice of lemon with the sauce on each service of pudding. The lemon tempers the heat that would otherwise melt the

Cracker Pudding

Roll ten crackers. Add to the crumbs spices to suit the taste, two level tablespoonfuls of sugar, one tea-

spoonful of salt, three-fourths a cup of molasses, and two quarts of milk. Mix thoroughly, and bake half an hour, then stir in half a pound of raisins, mixed with nine eggs beaten without separating, and bake in a moderate oven three hours. Serve hot with hard, or liquid, pudding sauce. Sufficient to serve eight or ten persons.

Park Street Cake
(Mrs. Cornelius, with
Variations)

Cream half a cup of butter. Add gradually one cup of sugar, then a cup of cleaned currants. Beat the yolks of four eggs, add a cup of sugar, and stir into the other ingredients with a teaspoonful of lemon extract. Add, alternately, one

thoroughly, and bake in a round pan without a tube. The size commonly used for a five-egg sponge cake is



Jelly and Cream in Pear Meringues

of proper size. Bake about an hour and a quarter. When cold, cover with a confectioner's white frosting or with a caramel frosting. Decorate with cherries and pistachio nuts.



Ice-cream in Jelly Cups

cup of milk and three cups of sifted flour, sifted with a teaspoonful of soda, two teaspoonfuls of cream of tartar, and half a teaspoonful of mace. Beat

In the illustration the cherries and blanched nuts are cut in quarters. The lettering "Merry X'mas" is made of chopped nuts.

Confectioner's Caramel Frosting

Cook half a cup of sugar to a caramel. Add half a cup of boiling water, and stir and cook until a thick syrup

powder. Add one cup of hickory nut meats, chopped fine, and, lastly, the stiff-beaten whites of four eggs. Bake in a loaf about one hour, or in a sheet about forty minutes.

A part of the nuts may be reserved and sprinkled on the top of the mixture just before it is put into the oven, or the cake may be covered with a chocolate caramel icing.



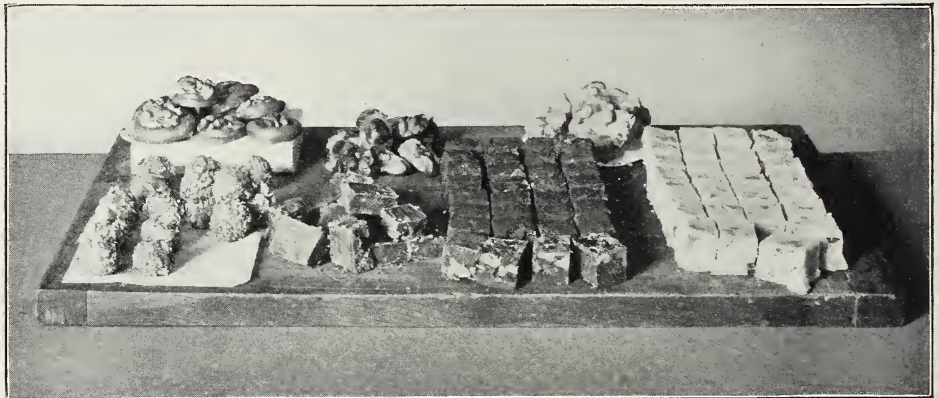
Pansy Baskets

is formed, then stir in sifted confectioner's sugar and half a teaspoonful of vanilla extract, to make a paste that will spread and not run off. This frosting will keep soft for weeks.

two tablespoonfuls of boiling water, and cook until the caramel is dissolved, then pour over one ounce or an ounce and a half, according to taste, of melted chocolate. Stir until smooth,

Chocolate Caramel Icing

Cook one-third a cup of sugar to the caramel stage. Add



Maple and Nut Creams Glacé Nuts and Cherries Penuchie Fruit Fudge
Violet Balls Maple Fudge Chocolate and Nut Fudge

Hickory Nut Cake

Cream half a cup of butter. Add, gradually, one cup and a half of sugar, then, alternately, three-fourths a cup of milk and two cups of sifted flour, sifted again with two teaspoonfuls of baking-

then add a cup of sugar and one-fourth a cup of water, boiled until the syrup threads from the end of the spoon. Continue the boiling until the syrup again threads, then pour in a fine stream onto the white of one egg,

beaten until foamy, but not dry. Beat occasionally until cold, flavor with a teaspoonful of vanilla, then spread a part over the cake, and with forcing bag and tube "pipe" the remainder upon the cake.

Egg Rings

Carefully separate the whites and yolks of two eggs. Put the whites in a bowl, and drop the yolks into a small saucepan of boiling water. Keep the yolks in a hot place until they are cooked solid throughout, then drain on a cloth and pass through a sieve. Beat one whole egg and the yolk of another until very thick, then add the sifted yolk and beat again. When the whole is light and smooth, gradually beat in half a cup of fine granulated sugar, and beat the egg-and-sugar mixture into a cup of butter, beaten to a cream. When these are thoroughly blended, beat in about four cups of sifted flour. When the mixture can be beaten no longer with a whisk or perforated spoon, knead on a board. Cut off small portions, and roll into long rounds, the thickness of a lead-pencil. Shape these into rings or eights, lay on a baking-sheet, brush over with beaten white of egg and sprinkle thickly with coarse, granulated sugar or blanched almonds, chopped fine. Bake a delicate straw-color.

Ice-cream in Jelly Cups

Decorate patent charlotte russe moulds with halves of candied cherries (a bit of almond in centre), angelica leaves and stems. Fill the moulds with liquid for lemon, orange, or wine jelly. When un moulded, fill the jelly cups with ice-cream. Whipped cream also makes a good filling for the cups.

Jelly and Cream in Pear Meringues

Fashion a meringue mixture (see page 469, May (1903) magazine) in the shape of pears, inserting in half of these dried currants for the blossom end and a bit of angelica for the stem end. When baked and ready to serve, fill corresponding halves with lemon, orange, grape, or wine jelly, cut into tiny cubes and stirred into double cream, beaten solid, and press together. Lay a crumpled napkin in the centre of a serving-dish, and about this arrange the filled pears. Cover the napkin and the spaces between the pears with twigs of holly or mistletoe.

A Christmas Bowl

Bake six Greening and three Baldwin apples without removing skins or cores. When tender, add four quarts of boiling water, the thin, yellow rind of three lemons and four oranges, and two bay leaves. Let simmer twenty minutes, then strain through a bag, pressing out the juice. Boil three cups of sugar with a pint of water twenty minutes. Add to the liquid with one cup of black-tea infusion, and set aside to become cold. Then add the juice from the oranges and lemons and a small bottle of maraschino cherries with the syrup. Let stand several hours before serving.

Waldorf Triangles

Bake any sponge or pound cake mixture in "goldenrod pans," well oiled. When cold, spread with confectioner's frosting and sprinkle with chopped pistachio nuts.

Seasonable Menus. Family of Three Adults

"An effect is pleasing in proportion as it is attained by little effort and simple means."

SUNDAY

Breakfast
 Quaker Oats, with Nuts, Milk.
 Corned Beef Hash. Stewed Tomatoes.
 Corn-meal Muffins.
 Cocoa.

Dinner
 Fowl Steamed and Baked,
 Brown Giblet Sauce.
 Steamed Cabbage, Hollandaise Sauce.
 Rice with Tomatoes and Cheese.
 Cracker Pudding (half recipe), Hard Sauce.
 Coffee.

Supper
 Bread and Milk.
 Little Cakes.
 Tea.

WEDNESDAY

Breakfast
 Oatmeal, Cream or Milk.
 Broiled Sausage. Fried Apples.
 Cooked Sweet Potatoes, Buttered and Broiled.
 Breakfast Corn-cake. Coffee.

Dinner (Guests)
 Roast Leg of Mutton.
 Baked Bananas, Currant Jelly Sauce.
 Franconia Turnips. Mashed Potatoes.
 Mayonnaise of Tomato Jelly with Celery.
 Canned Fruit. Wafers.
 Black Coffee.

Supper
 *Fried Oysters. Cole Slaw.
 Twin Mountain Muffins. Baked Apples.
 Cereal Coffee.

MONDAY

Breakfast
 Shredded Wheat Biscuit, Cream.
 Creamed Corned Beef au Gratin.
 Potato Chips (Reheated).
 Rye-meal Muffins. Coffee.

Luncheon
 Deviled Crabs.
 Baking-powder Biscuits. Olives.
 Lemon Bromangelon with Cream.
 Cereal Coffee.

Dinner
 Chicken Broth with Macaroni.
 Chicken Soufflé with Tomato Purée.
 Mashed Potatoes. Lettuce Salad.
 Cottage Pudding Baked in Roll Pan, Vanilla Sauce.
 Tea.

THURSDAY

Breakfast
 Farina, Cream.
 Tenderloin of Pork.
 White Hashed Potatoes.
 Dry Toast. Buns.
 Cocoa.

Luncheon
 Baked Sweet Potatoes, Butter.
 Dried Beef. Corn-cake (Reheated).
 Apple Pie. Coffee.

Dinner
 Split Pea Soup.
 Cold Mutton, Sliced Thin.
 Potatoes à la Maître d'Hôtel.
 Canned Peas. Dried Apricot Pie.
 Tea.

TUESDAY

Breakfast
 Gluten Grits, Hot Dates, Cream.
 Chicken-and-Deviled Ham Timbales,
 Cream Sauce. Baked Potato Cakes.
 Dry Toast. Coffee.

Luncheon
 Cream of Celery-and-Onion Soup.
 Bread Crumbs, Buttered and Browned.
 Coffee Jelly, Whipped Cream. Tea.

Dinner
 Sirloin Steak. Baked Sweet Potatoes.
 Scaloped Tomatoes.
 Lettuce-and-Celery Salad.
 Baked Apple-Tapioca Pudding,
 Ice-cream or Cream and Sugar.
 Cereal Coffee.

FRIDAY

Breakfast
 Apples Baked with Dates, Cream.
 Salt Mackerel, Broiled, with Hot Cream.
 Fried Farina. Biscuit. Coffee.

Luncheon
 Welsh Rabbit with Macaroni.
 Sifted Apple Sauce.
 Gingerbread. Cereal Coffee.

Dinner
 Boiled Haddock, Egg or Oyster Sauce.
 Boiled Potatoes.
 Lima Beans, Canned or Dried.
 Lettuce, French Dressing.
 Grape Juice Sherbet.
 Sponge Cake.
 Coffee.

SATURDAY

Breakfast
 Fresh Fruit.
 Hominy, Milk or Cream.
 Broiled Sausage.
 French Fried Potatoes.
 Fried Apples.
 German Coffee Cake.
 Coffee.

Dinner
 Mutton, and Macaroni
 Scaloped with Tomato Sauce.
 Boiled Onions, Buttered.
 Hot Cabinet Pudding,
 Jelly Sauce,
 Cereal Coffee.

Supper
 Chicken Salad.
 Pim-Olas.
 Yeast Rolls.
 Cream Cheese.
 Toasted Crackers. Jelly.
 Tea.

Bill of Fare for a Week in South Carolina.

Family : Three Adults, two College Boys, Girl of Twelve.

“The mind may feed upon fancy; but the matter-of-fact stomach imperiously demands something more substantial.”

SUNDAY

Breakfast
 Corn-meal Mush, Milk.
 Cold Boiled Ham, Sliced Thin.
 Baked Sweet Potatoes.
 Wheat Puffets. Canned Blackberries. Coffee.

Dinner
 Mock Bisque Soup, Bread Crumbs
 (Buttered and Browned).
 Chickens Roasted, Giblet Sauce.
 Fruit Jelly or Sweet Pickles.
 Plain Boiled Rice with Parsley.
 Turnip Cubes in Cream Sauce.
 Banana Ice-cream. Park Street Cake. Tea.

Supper
 Sardines. Lemon Points. Saltine Crackers.
 Bread-Cheese-and-Nut Sandwiches.
 Cookies. Cereal Coffee.

WEDNESDAY

Breakfast
 Oatmeal, Orange Marmalade,
 Cream or Milk.
 Broiled Bacon. Baked Eggs.
 Doughnuts. Coffee.

Luncheon
 Gnocchi à la Romaine.
 Toasted Crackers.
 Boiled Rice. Milk.
 Cooked Fruit.

Dinner
 Baked Ham.
 Scalloped Cabbage au Gratin.
 Candied Sweet Potatoes.
 Baltimore Somp with Parsley.
 Blackberry Sponge. Cream.

MONDAY

Breakfast
 Oranges. Finnan Haddie, Hot Cream.
 Plain Boiled White Potatoes.
 Fried Mush. Dry Toast. Coffee.

Luncheon
 Ham Timbales.
 Creamed Macaroni au Gratin. Cole Slaw.
 Yeast Bread and Butter.
 Stewed Figs.

Dinner
 Corn Chowder, Crackers.
 Chicken Croquettes, Canned Peas.
 Pickled Beets.
 Boiled Custard in Glasses,
 Snow Eggs above.
 Cake or Cookies. Tea.

THURSDAY

Breakfast
 Baltimore Somp, Cream.
 Cold Baked Ham, Sliced Thin.
 Hot Apple Sauce (Evaporated Apples).
 Baking-powder Biscuit.
 Coffee or Cocoa.

Luncheon
 Macaroni with Tomatoes and Cheese.
 Corn (canned) Fritters.
 Cream Cakes. Cocoa.

Dinner
 Chicken Timbales.
 Bechamel Sauce.
 Canned Peas. Cole Slaw.
 Chocolate Bread Pudding. Hard Sauce.
 Tea.

TUESDAY

Breakfast
 Crushed Wheat, Milk or Cream.
 Eggs Scrambled with Chopped Ham (Cooked).
 French Fried Potatoes.
 Corn-meal Muffins. Stewed Prunes. Coffee.

Luncheon
 Risotto. Dried Beef, Squizzled.
 Squash or Sweet Potato Pie.
 Cocoa.

Dinner
 Succotash
 (Dried or Canned Beans and Corn).
 Yeast Bread and Butter.
 Boiled Cabbage, Hollandaise Sauce.
 Caramel Blanc Mange, Cream.
 Tea.

FRIDAY

Breakfast
 Rice, Milk.
 Salt Codfish Balls, Horseradish Sauce.
 Hunter's Corn-cake.
 Coffee or Cocoa.

Luncheon
 Tomato Timbales. Cream Sauce.
 Bread and Hot Bacon Sandwiches.
 Jellied Figs, Cream. Tea.

Dinner
 Salt Salmon, Boiled. Egg Sauce.
 Boiled Potatoes. Canned Peas.
 Cold Boiled Cabbage, Salad Dressing.
 Sponge Cake.
 Baked Apples Stuffed with Orange Marmalade.
 Cream or Milk. Black Coffee.

SATURDAY

Breakfast
 Baltimore Somp,
 Syrup, Milk.
 Dried Beef in Cream Sauce.
 White Hashed Potatoes.
 Southern Spoon Corn-bread.
 Coffee or Cocoa.

Luncheon
 Cream-of-Celery Soup.
 Ham Soufflé, Tomato Sauce.
 Bread and Butter.
 Steamed Pudding,
 Hard or Liquid Sauce. Tea.

Dinner
 Cream-of-Salmon Soup.
 Chicken-and-Celery Salad.
 Fresh Bread and Butter.
 Frozen Apricots (Canned).
 Sponge Cake.

Recipes for South Carolina Menus

Corn-meal Muffins

Beat one-fourth a cup of butter to a cream. Add, gradually, three-fourths a cup of sugar, then two eggs, beaten without separating, and, alternately, one cup of milk and two cups of sifted flour, one cup of corn-meal, four level teaspoonfuls of baking-powder, and half a teaspoonful of salt, sifted together. Bake in a hot, buttered, iron muffin-pan about twenty-five minutes.

Dates for Breakfast

Separate the dates—one from another—with the fingers, cover them with boiling water, and stir about one minute, then skim out of the water onto an agate plate. Set into a hot oven from three to five minutes, then remove to serving-dish, or take out the stones, cut in halves, and stir into a hot, cooked cereal, or cut into smaller pieces, and stir into an uncooked muffin mixture.

Risotto (Luncheon or Supper Dish)

Put one cup of rice over the fire in a saucepan of cold water, bring quickly to the boiling-point, and let boil five minutes. Then drain and rinse in a sieve. Melt two tablespoonfuls of butter in a saucepan. Add half an onion and the rice, and stir and cook until the butter is absorbed, then add one cup of thick tomato pulp (tomatoes cooked till quite dry and then sifted), one teaspoonful and a half of salt, a dash of paprika, and from two to three cups of stock (made from roast chicken bones, veal, etc.) or water. Let cook until the rice is tender and the liquid absorbed, then take out the onion,

and stir in half a cup of grated cheese (American or imported, as convenient). Use a fork to mix in the cheese. Lift the rice carefully, to avoid breaking the kernels. The last part of the cooking is best done over hot water.

Rice with Bacon (Luncheon or Supper Dish)

Pour boiling water over one-fourth a pound of bacon, freed from rind and cut in slices, then drain and cut the slices into inch pieces. Sauté these to a light yellow color, then add a quart of water or light stock, and let simmer an hour or more. Parboil three-fourths a cup of rice in boiling water five minutes, then drain and rinse on a fine sieve. Add the rice to the bacon with a dash of paprika. Let simmer until both rice and bacon are tender, then add a cup of well-reduced tomato purée (cooked tomatoes passed through a sieve and cooked until thick). Mix thoroughly with a silver fork, and, when of a firm consistency, turn in a mound onto a dish.

Ham Timbales

Stir one-fourth a cup of fine bread crumbs from the centre of the loaf, the yolks of two hard-boiled eggs passed through a sieve, two tablespoonfuls of melted butter, one cup of fine-chopped, cold, cooked ham, one-fourth a teaspoonful of salt, and a few grains of cayenne, or drops of tabasco sauce, into one cup and a half of milk, mixed with two eggs, beaten without separating. Turn into buttered timbale moulds (fit paper into the bottom of the moulds before buttering), and let cook, set

on heavy folds of paper, and surrounded with water just below the boiling-point, until the mixture is firm in the centre. Serve, turned from the moulds and surrounded with white tomato sauce, or a cream sauce, flavored with onion and parsley. Half a cup of chicken and half a cup of ham give a more delicate timbale. In both cases the sifted yolks of eggs *may* be omitted. The timbales may be cooked in the oven or, covered, on the top of the range. Cups or a pudding-dish may take the place of the moulds.

Hot Ham Sandwiches

Spread half the slices of bread, prepared for sandwiches, with butter, the other half with fine-chopped ham, seasoned with mustard, if desired. Press the slices together in pairs. The slices should be cut *very thin*, and freed from crust. Beat an egg, add half a cup of rich milk, and soak the sandwiches in the mixture a few seconds. Heat two tablespoonfuls of butter or fat from mild-cured bacon, in the frying-pan, and in it brown the sandwiches, first on one side and then on the other.

Chicken Sauté, Creole Style

Separate two tender chickens into pieces at the joints, season with salt, and brown very slowly in one-fourth a cup or more of melted butter or bacon fat. Add, also, three onions, peeled and cut in slices. Cook until evenly and thoroughly browned, then sift in one-fourth a cup of flour, mix with the fat, and slowly brown. Stir in one pint of canned tomatoes, three or four sweet, green peppers, cut very fine after removal of the seeds, and a clove of garlic, two sprigs of parsley, and a piece of bay leaf, chopped fine. Cover, and let

simmer, stirring occasionally, about half an hour. Add a cup of broth or hot water, and let simmer a second half-hour or until the chicken is tender, then add such seasoning as is needed, and serve at once.

Stuffed Baked Apples

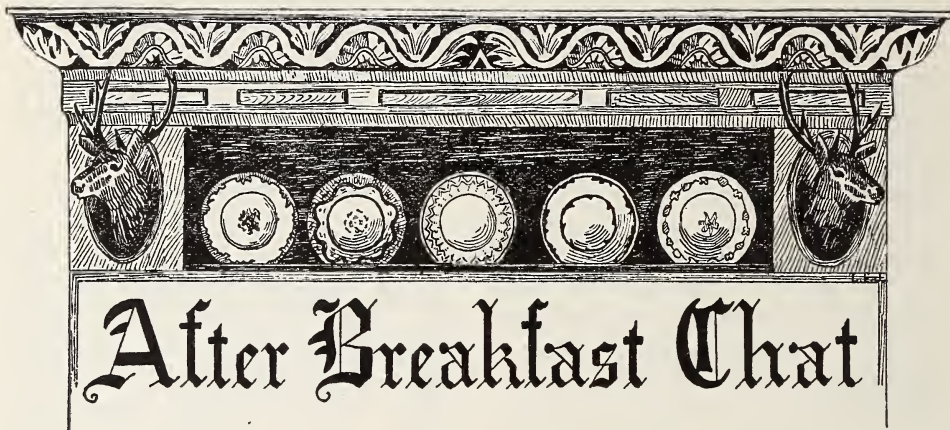
Remove the cores from eight tart apples. Pare the apples, and put into an agate or enamelled baking-dish. Fill the cavities with orange marmalade, sprinkle with granulated sugar, and add half a cup of boiling water. Bake in a quick oven until tender. Serve, hot or cold, with cream as a breakfast or a dessert dish.

Cabinet Pudding with Bananas

Butter a quart mould, and dispose in it a layer of sponge cake, cut in thin slices, and over this arrange a layer of sliced bananas. Continue in this way until the mould is filled. Beat three eggs, add half a cup of sugar, and pour on, gradually, one pint of milk, either hot or cold. Add a few grains of salt, and turn into the mould. The cake will absorb all the liquid, by allowing it to stand a few seconds. Cover the mould, and let steam, or cook set in a pan of hot water in the oven, until the custard is set and the pudding is firm. Serve hot with hard or currant jelly sauce.

Blackberry Sponge

Press canned blackberries through a sieve, to remove the seeds. Heat this juice to the boiling-point. Fill an earthen bowl closely with small cubes of stale yeast bread, pouring over the bread, as it is fitted into place, the hot juice. Use all the juice the bread will absorb. Set the sponge aside in a cool place for some hours, then turn from the bowl. Serve with cream and sugar.



After Breakfast Chat

By Janet M. Hill

“THE actual pleasures of life are very simple, and are not, as a rule, what one has to run far after.”—*Kirk*.

BEGINNING with the cooler months and the Thanksgiving season, there is abroad a pronounced and almost universal tendency to feast upon the good things of earth. We not only keep the regular feast days, but we improvise additional occasions whereby we may entertain our friends. The table has ever been and always will be a central object in the concerns of life. The good feeling engendered by sharing its pleasures has always been availed of as exerting no uncertain influence in social, political, and business matters.

But at times we become so infatuated with the idea of entertaining at meals that a word of caution may not be amiss. These festive occasions, whether they be on a large or small scale, if they are to be held at home, need be carried out so as not to interfere with the normal plans of the household. The home is primarily a private institution. It is the place where the several members of the family are to find, each, his chief enjoyment. In entertain-

ing friends, as it is often carried out, only an indirect influence is exerted in promoting the happiness of the family. If we entertain often, it might be well, occasionally, when our plans are well matured, to draw up a debtor and a credit column, with the final results of giving or omitting to give this particular function, just as it has been planned, as the items of the account. With this balance sheet before us, we may modify our original lay-out to provide pleasure for the entire family, and by so doing may really give more enjoyment and less entertainment to our guests. Indeed, it is said that “the verb *to entertain* has largely driven the verb *to enjoy* from the social page.”

The happiness of the largest numbers is always a matter of consideration; and, when these include those who look to us, by virtue of birth-right, for care and comfort, should not their well-being and pleasure be given more than a passing thought? Unspoiled children find happiness in very simple things.

If one has much money, she can buy expensive clothing; but nine times in ten she will not dress in as good taste as her sister, less favored in point of money, who makes up for this want in proper expenditure of thought and time upon her wardrobe. Likewise with meals, time and thought avail as well in the preparation of dishes as in the fashioning of gowns. . But, alas! the gowns are thought to make more show. We dress to be seen of our neighbors: we dine (except on occasion) in the privacy of our homes. So it often comes to pass that neither money, thought, nor time, is given to the dinner; while in respect to breakfast and supper, since breakfast foods are common and cheap, under the convenient mantle of these is hidden many a culinary sin.

There are countless homes in every section of the land—in small inland towns distant from railroad centres—where much variety in food supplies does not exist.

Even in fashionable summer resorts no farther distant than twelve hours from a metropolis, it is rare to find fresh fruit, peaches or pine-apples, in season. This does not, however, condemn such places to that monotonous routine in food which soon renders even good dishes unpalatable. Aborigines in barren lands find products which redeem their scanty store, and take away sameness from their fare. Given simply flour, milk, eggs, cabbage, and potatoes, with some form of fat, and what an endless variety of toothsome dishes can be prepared! and yet no housekeeper is restricted to these few commodities.

The sight of bits of lace, ribbon, and velvet, fires the imagination of one accustomed to the use of the

needle; and she immediately sets out to see what she can fashion. So an after-breakfast inspection of the refrigerator or the market should arouse the enthusiasm of her who provides for a family. Too often enthusiasm is wanting from lack of practice in the work; but any one who desires can learn to cook well, and the satisfaction that comes from work well done is not very far removed from actual pleasure in the work.

There are certain standard commodities that must be kept in stock, but variety can be secured by change in the less essential items. Chocolate will make a *bonne bouche* of many an, otherwise, neglected dish. As, for instance, a baked bread or tapioca pudding may be served with a chocolate hard sauce. Or chocolate may be added to the pudding itself, for which a liquid sauce may be provided.

Occasionally, a common, every-day article may be made to take the place of something quite unobtainable, and with good results. Baked sweet potatoes may take the place of chestnuts in many a fine dessert, and no one be the wiser. The potato will call for a little less sugar and more flavoring, and the texture will not be quite so delicate as when chestnuts are used; but the dish will be a success. Sweet potato pie, made after the manner of squash pie, may masquerade as a squash pie, and be relished by all who like the latter.

Christmas Day Menus

Caviar salad begins the elaborate home dinner. This *hors d'œuvre* was first served in Boston several years ago at a dinner given in honor of Patti. The season is most appropriate for its general appearance as a favorite appetizer. Lemon juice

is added to the caviar, and the whole is whipped lightly and very carefully with a silver fork, to avoid breaking the delicate eggs. A small portion of the mixture on the centre of a crisp heart leaf of lettuce is laid on each plate just before dinner is announced. The caviar may be rolled in the leaf and eaten from the fingers, or salad forks may be used. Rye or Boston brown bread sandwiches, or crackers and olives, are passed at the same time.

Fresh okra pods, boiled tender and cut in slices, add a pleasing touch of green to the consommé. If canned okra only be available, set aside the unused portion until next day, then reheat in boiling water, and serve on toast with Hollandaise, Bechamel, or cream sauce.

In our fourth menu the hot bouillon is passed to the guests as they appear ready to go to their homes, and is drunk from bouillon or tea cups. The bouillon may be drawn from a silver urn, or poured from a tall claret pitcher, or dipped from a punch bowl.

In the menus for South Carolina ham timbales appear, a dish often given in these pages. After all the slices that can be neatly cut from a cold boiled or baked ham have been served, pass the remainder, from which a part of the fat has been taken, through a food-chopper, and press tightly into an earthen bowl, for

use in timbales and other made dishes. If the timbales are for breakfast, have the moulds buttered and everything ready the night before.

In the menus given for those afflicted with special disorders, it must be remembered that the menus are written for general rather than specific cases. Each individual, sick or well, must study his own condition and be a law unto himself. Especially is this the case with those who are troubled with hereditary biliousness, since articles that are one man's food are most truthfully another man's poison. The daily diet of any one should not be restricted too much. For children a reasonable variety of plain, nutritious food must be presented, in order to secure requisite nutrition and proper growth.

For the Florentine meringue (illustrated on page 259) roll puff or plain paste into a sheet about one-eighth of an inch thick, cut into pieces about two and a half inches square, put onto a baking tin, prick with a fork, and set aside to become chilled. Set to bake in a hot oven, lowering the heat after the paste is well risen. Put together in pairs with jelly, lemon, orange, or pineapple paste between. Pipe a meringue on the top, and return to the oven to cook the meringue. Serve on individual plates spread with paper doilies.

Candies for Boys and Girls to make

By Janet M. Hill (*See Illustration on page 262*)

Fudge

HEAT two cups of granulated sugar and two-thirds a cup of milk to the boiling-point. Add two squares of chocolate, and stir constantly until the chocolate is

melted. Boil eight minutes, stirring occasionally. Add three level tablespoonfuls of butter, and cook five or six minutes longer, then dip a skewer in cold water, take from the water and put into the boiling syrup, and

then from the syrup into cold water. Pass the skewer in the cold water, between the thumb and finger, to push off the cooked mixture. If the mixture does not dissolve in the water, but forms a soft ball or mass between the thumb and finger, the cooking has been carried far enough, and the saucepan must be removed at once from the fire. Add a teaspoonful of vanilla extract, and beat until the mixture is creamy and sugars around the edge of the saucepan. Then quickly pour into buttered pans. A pan of the size selected for home-made bread will give candy three-fourths an inch in depth. When slightly cooled, mark in squares. Three-fourths a cup of glucose, corn, or like syrup may be substituted for the same measure of sugar. At the same time increase the quantity of butter to four table-spoonfuls. See illustration, page 262.

Fruit Fudge

Heat two cups of granulated sugar and two-thirds a cup of milk to the boiling-point. Boil eight minutes, then add one-fourth a cup of butter, and cook to the soft-ball stage (as described in the recipe for "fudge"). Remove from the fire, add a teaspoonful of vanilla extract and half a cup or more of candied cherries, pineapple, angelica, citron, etc., cut in small pieces. Stir until the mixture is creamy and begins to sugar around the edge of the saucepan. Turn into a buttered pan, having the mixture about three-fourths an inch deep. When nearly cold, cut to form cubes.

Maple Sugar Fudge

Heat two cups (one pound) of maple sugar, grated or broken in small pieces, and two-thirds a cup of milk to the boiling-point. Add

one square or ounce of chocolate, and stir constantly until the chocolate is melted. Boil eight minutes, stirring occasionally. Add one-fourth a cup of butter, and boil about seven minutes longer, or until a soft ball can be formed, when the syrup is tested in cold water (see recipe for fudge). Remove from the fire, and finish as in the preceding recipe. The chocolate may be omitted. From half to a whole cup of nuts, broken in pieces, may be added. In all candies where maple or brown sugar is used with milk, the milk is liable to curdle. If this feature *seems* at all objectionable, use water instead of milk.

Penuchie

Boil three cups of light brown sugar and one cup of milk until it forms a soft ball, when tried in cold water. Stir in two teaspoonfuls of butter and a cup of walnut or pecan nut meats. Continue to stir until the mixture becomes creamy and begins to stiffen, then drop by spoonfuls onto a buttered plate or confectioner's paper.

Maple-and-Nut Creams

Break a pound of maple sugar into small pieces. Add half a cup of boiling water and boil, without stirring, to the soft-ball stage. Remove from the fire and stir until creamy. Drop from a teaspoon in small rounds upon a buttered plate. Finish by pressing the unbroken half of an English walnut meat upon the top of each.

Glacé Nuts, etc.

Boil one cup of granulated sugar and one-fourth a cup of water, without stirring, until the syrup registers about 305° F. on a sugar thermometer; 345° F. is the caramel degree; 248° F. is the hard-ball degree. Sugar boiled to any degree between these two may

be used for coating nuts, etc. At the hard-ball stage, sugar forms a hard ball between the thumb and finger, when tested in cold water, as in making fudge. The caramel stage is known by the color. If one has no thermometer, remove the syrup soon after the hard-ball stage is noted. Have ready entire halves of walnut meats, blanched almonds, candied cherries stuffed with blanched almonds, cooked chestnuts, either home-grown or imported, fresh white grapes on short stems, etc. Dip these, one by one, in the hot syrup, completely covering the article with the syrup, and remove to a buttered plate or oiled paper to cool. The article should be covered with the candy and a little should form around it on the plate.

Jelly-and-Chocolate Bonbons

Melt one cup of currant, quince, or apple jelly over hot water. Add a *scant* fourth a package of gelatine

softened in one-fourth a cup of cold water and additional flavoring, if desired. Strain into tiny bonbon moulds, or into a larger mould, so as to cut into half-inch cubes. Drop, one by one, into chocolate fondant, melted at a low degree of heat, and drop onto oiled paper.

Violet Balls

Beat the unbeaten whites of two eggs into one-fourth a pound of almond paste, then add powdered sugar to make a paste that can be kneaded on a board dredged with confectioner's sugar. Break off small pieces, and roll them into balls. Dip these into the white of an egg, beaten slightly and strained, then roll in candied violets, crushed with a rolling-pin. Two ounces of violets will cover a large number of balls. Blanched almonds, browned delicately in the oven and cut in tiny bits, used in the place of the violets, give almond balls.

Confections for the Holidays

By T. Celestine Cummings

CRYSTALLIZED fruits are a delicious confection. The fruits best adapted for this purpose are peaches, pears, plums, pineapples, cherries, and currants. A small incision is made in the side of the small fruits to extract the pits. The larger fruits are pared and quartered, and the pineapple is cut in slices half an inch thick across the fruit. The coarse fibre of the centre should be cut out of each slice. Weigh the fruit, and allow an equal quantity of the best

white sugar. Make a rich syrup of a small cup of water to each pound of sugar. Boil for a few minutes, then add the fruit, and cook gently until it is transparent. Remove the fruit carefully on to a wire strainer, and let stand until perfectly cold. Then sprinkle liberally with powdered sugar, and set the strainer on a dish in a moderately warm oven for two hours, repeating the process until the juice has ceased to drip and the outside is dry and crystallized. It is then removed from the oven, and allowed

to get perfectly cold before it is packed away in boxes between layers of waxed papers. Thus packed and stored away in a dry place, it will retain its perfect condition an indefinite length of time. In the drying process do not hurry it by too much heat, as that will make the fruit tough and leathery. The oven should be a trifle above "lukewarm."

Any of these "fresh" fruits make a delicious confection dipped in a flavored fondant. Melt the fondant to the consistency required. Pierce each small piece of fruit with a hat pin, dip in the fondant, and drop on paraffine paper to dry.

Oriental Delight is another sweetmeat that can be easily made. Look over carefully one pound of figs. Seed and pit one pound, each, of dates and raisins, and put through a meat-chopper. Knead on a board sprinkled with confectioner's sugar until of a consistency to roll out to the thickness of half an inch. Cut out in tiny forms with a tin fancy cutter. Roll in sugar.

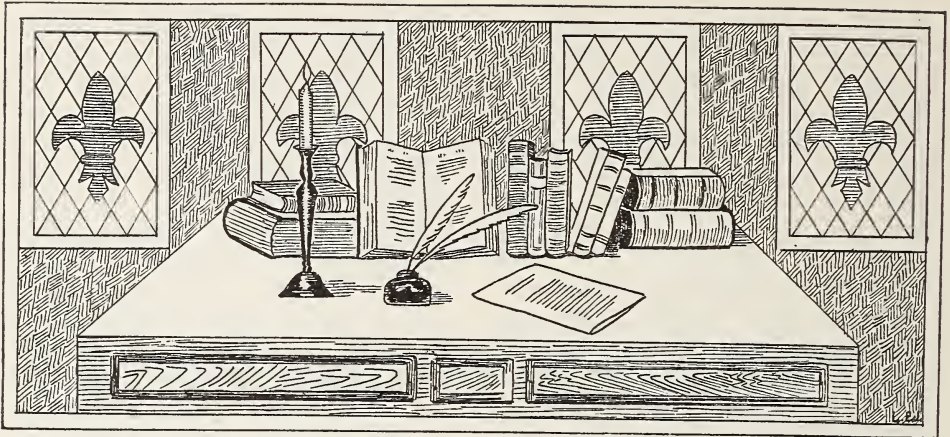
Cocoanut Macaroons.—To one freshly grated cocoanut, or the same quantity of dessicated, add the whites of two eggs and one pound of pulverized sugar. Set this on the fire and stir until it becomes so thick that the bottom of the saucepan can be seen as you stir, then remove from the stove. Have ready some sheets of oiled paper, and drop the mixture from a spoon. Leave an inch space between each "drop" as they spread. Set in a very hot oven until the tops are brown, when they are done.

Glacé Sweets.—Half a cup of water, a pinch of cream of tartar, and half a pound of loaf sugar. Boil until it thickens in cold water. Allow a portion of the glacé to spread in a thin sheet on a pan. When it stiffens

sufficiently, cut out different butterfly shapes. Marshmallows, cut into thin strips, are pressed in between the outspread wings for the body shape. Streak these with a bit of melted chocolate; and the wings should be flecked with drops, in butterfly markings, of different colored fondants, if the butterflies are to be eaten. If only to be used decoratively, the beautiful markings can be made by pressing in cut glass beads while the glacé is a trifle soft.

French Grapes.—Use a quantity of confectioner's sugar equal to the white of an egg and a spoonful of water, to make a stiff paste. Work in a little vanilla flavoring and a pale green tint of color paste for Malaga grapes. The paste can be tinted any color to suit the fruit it encloses. Your grapes should be firm and free from blemish. Cover each with a thin consistency of the paste. Cut out an oval shape of the thin paste, and press smoothly around the grape at the stem end. Leave the short stems on, to pick them up by, as you would the hulls of strawberries. These are very attractive, arrayed in various colors, and they are easily made, requiring less care than if made with the fondant.

Frozen Kisses.—These are a delicious substitute for ice-cream or an accompaniment. Order from the confectioner the required number of kisses, made round instead of oblong and about twice the usual size. Carefully remove a piece from the top of each. Make a filling in the proportion of one cup of strawberry or banana pulp and a scant half a cup of sugar to every cup of whipped cream. Set this away to freeze in salt and ice until just before serving. Fill in the kiss-shells, and sprinkle with chopped almonds.



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 809.—Mrs. G. E. S., Montreal, Canada: "Recipe for home-made fermented grape wine."

Grape Wine

Wash and stem the grapes, and squeeze through a coarse cloth. Allow one quart of soft water to each three quarts of juice, and three pounds of brown sugar to four quarts of juice. Let stand six weeks in an open vessel, covered with a light cloth, to exclude the dust, and then put up in bottles. As fermentation ceases before bottling, we see no reason why fruit-jars, closed as in canning fruit, could not be used for storing this wine. Store in a cool dark place. Either wild or Concord grapes would be good for this purpose.

QUERY 810.—Mrs. C. F., Union Hill, N.J.: "Recipe for angel food and a cooky made with rice flour."

Angel Food

Fill a cup with whites of eggs (it will probably take ten eggs); beat the whites until foamy, add half a level teaspoonful of cream of tartar and beat until dry. Then beat in one cup of fine granulated sugar. Add one teaspoonful of vanilla extract, then fold in one cup of flour, measured after sifting. Do not beat in the flour. Sift it over the other ingredients, then with a perforated spoon cut down through the mixture, turn it over, and repeat the process until the ingredients are evenly blended. Bake in an unbuttered tube-pan with a stronger heat than for a sponge cake in which yolks of eggs are used. Thirty to fifty minutes (according to the size of the pan) will be required. Let cool in the inverted pan. We cannot give a recipe for the rice cookies.

QUERY 811.—Mrs. H. W. H., New York City: "Recipes for giblet sauce to serve with roast turkey, and fried mush that is crisp and delicious"

Giblet Sauce

Cover the neck of the turkey and the cleaned giblets with boiling water, and let simmer gently until tender, adding boiling water as needed. Chop the giblets very fine, first removing all gristle from the heart and gizzard. When the turkey is cooked, pour off the fat from the baking-pan, and pour into it the liquid in which the giblets were cooked. Let simmer a few moments, stirring meanwhile, to loosen the browned flour and meat glaze from the pan. In the mean time, in a small saucepan cook one-fourth a cup of flour in one-fourth a cup of the fat, then gradually stir in one pint of liquid from the pan. If there be less liquid, use flour and fat accordingly,—two level tablespoonfuls of each to each cup of liquid. Let boil five minutes, add salt and pepper as needed, and strain over the chopped giblets. If preferred, the sauce may be made in the baking-dish after the fat, with the exception of what is needed for the sauce, has been poured off. When the pan is used, let the sauce simmer slowly for some minutes, to take up the brown deposits in the pan.

Fried Corn-meal Mush

Put one teaspoonful of salt into a quart of boiling water, then sprinkle in, with the fingers of one hand, a very little at a time, three-fourths a cup of Indian meal, stirring constantly with the other hand. Do not add meal after the mush ceases to boil. Wait, stirring meanwhile, until the mush is again boiling, then go on sprinkling in the meal. After all the meal has been added, set the

saucepan into boiling water and let the mush cook very slowly, covered, for several hours. Three hours will suffice, but a longer time is preferable. Turn into a bread-pan, or brick mould, and set aside to become cold. Then cut in half-inch slices. Have ready in a frying-pan hot fat cooked from fat salt pork (unsmoked). Into this put the slices of mush, and cook on one side until well browned, then turn and cook on the other side. The mush will brown quicker, if it be first rolled in wheat flour. The fat should not be deep enough to float the slices nor so scanty as to occasion burning.

QUERY 812.—Mrs. E. F. M., Central City Ia.: "Menu for a missionary tea."

Menu, Missionary Tea

Tables seating eight. (Presided over by matrons of the society. Young ladies as waitresses. Some tables laid with coffee service, others with tea service.)

I.

Scalloped Oysters.

or

Steamed Chicken au Gratin.

Cranberry Sauce or Fruit Jelly.

Fine-shredded Cabbage, Boiled Dressing.

Cold Boiled Ham or Tongue.

Scalloped Potatoes.

Yeast Rolls (Reheated).

Sliced Bananas, Cubes of Lemon Jelly,

Whipped Cream.

Tea or Coffee.

II.

(Guests not seated at tables.)

Rolled Lettuce Sandwiches

Deviled Ham Sandwiches.

Coffee.

Ice-cream.

Little Cakes.

QUERY 813.—Mrs. H. W. H., New York City: "Are the magazines indexed?"

Index to Magazine

A complete index of each copy of the magazine may be found, beginning on the page marked ii, at the

bottom of the page, and completed on the page marked iv. An index made up of the several indexes appearing for the full year—that is, for the volume—is now given in the May number of each year. Volumes III. and IV. were not indexed.

QUERY 814.—Mrs. K. M. P., New York City: "Accurate recipes for chestnut mush, baked rhubarb with orange peel, and little caramel custards renversée. Where can I obtain the book 'Fifty Years in a Maryland Kitchen'?"

Fifty Years in a Maryland Kitchen

"Fifty Years in a Maryland Kitchen," published by J. B. Lippincott of Philadelphia, is now out of print. It can be found occasionally at long-established public libraries or in second-hand bookstores.

Chestnut Mush

In the absence of a supply of chestnut flour with which to experiment we cannot give exact proportions of water and flour. Try making a small quantity of mush as follows, then, if a firmer or less firm consistency be desired, when next making the mush add to or take from the measure of flour. Have a pint of water boiling over the fire. Mix half a cup of chestnut flour and half a teaspoonful of salt with just enough cold water to make a smooth mixture that will pour. Stir this into the boiling water; continue stirring until it thickens, then cover, and let cook over hot water about an hour. It should be of the consistency of cornstarch blanc-mange. Turn into a mould or bread-pan, and, when cold, cut in slices and fry as corn-meal or other mush.

Baked Rhubarb with Orange Peel

Wash, wipe dry and clean, about a pound of rhubarb, cut in half-inch

lengths, and dispose these in an agate or white-lined dish in layers, sprinkling each layer with sugar. The quantity of sugar varies with one's taste, probably a cup and a half in all will be none too much. Add with the sugar thin slices of candied orange peel, or, failing this, use fresh peel. Pour in two or three tablespoonfuls of hot water. Cover the dish (do not use tin), and bake slowly until the rhubarb is tender.

Little Caramel Custards Renversée

Stir three-fourths a cup of granulated sugar in a saucepan over a hot fire. Stir constantly until the sugar is changed to a liquid of a light brown color. Turn a little of this caramel into an individual timbale mould (keep the rest hot), and holding the mould in a cloth, in both hands, turn it round and round to line with the caramel. The caramel will harden almost instantly upon the inside of the mould, and the work must be done quickly. Proceed in the same manner with five or six moulds. Reheat the caramel in the saucepan, if necessary, before lining each mould. Beat three whole eggs, two yolks, half a teaspoonful of salt, and one-third a cup of sugar. Add one pint of milk, mix, and strain into the moulds. Cook, set in hot water, on a folded paper, until firm. When cold, turn from the moulds and serve.

QUERY 815.—F. W. H., N. Chelmsford, Mass.: "Recipes for molasses drop cakes, also light-colored cakes not sponge."

Molasses Drop Cakes

Melt two-thirds a cup of butter in two-thirds a cup of boiling water. Add one pint of molasses, and stir in four cups of flour sifted with one tablespoonful, each, of soda and

ginger, one teaspoonful of cinnamon, and half a teaspoonful of salt. Then add flour as needed, to make a batter that will drop from the spoon. Drop the batter in rounds some distance apart, as the cakes should spread a little in baking. Bake one cake first, to determine accurately about the quantity of flour. The batter should be of such consistency that it cannot be poured from the spoon in a continuous stream, but will break and drop from the spoon. Probably five or six cups will be needed.

Light-colored Drop Cakes

Cream half a cup of butter. Add a cup of sugar, one beaten egg, half a cup of sour cream, and two cups and a half of flour, sifted with half a teaspoonful of soda. Caraway seeds may be stirred in at pleasure. Drop from the spoon, and bake in a slow oven.

Chocolate, Nut or Fruit Doubles

Beat two eggs until thick and light-colored. Add two-thirds a cup of sugar, half a cup of grated chocolate, half a cup of chopped pecan or walnut meats, half a cup of candied cherries, sultanas, and citron, chopped fine, half a teaspoonful of salt, a teaspoonful of vanilla extract, and a cup of sifted flour, sifted again with one level teaspoonful and a half of baking-powder. Mix thoroughly, and drop by the teaspoonful onto a buttered tin. Shape into rounds, spreading the mixture but little. Press half a nut meat or a candied cherry into the centre of each, and bake about ten minutes. The mixture will spread a little in baking. Bake on the floor of the oven, finishing on the grate, if necessary. The recipe will make two dozen or two dozen and a half of small cakes. Spread

the undersides of one-half the cakes with jelly or frosting, and press the other halves upon them. If wished moist, set aside in a stone jar. If crisp cakes are preferred, a tin receptacle should be selected.

QUERY 816.—Mrs. F. E. H., Redlands, Cal.: "Ideas for entertaining and menu for a Kaffee-klatsch."

Kaffee-klatsch

The German Kaffee-klatsch is a very simple affair. Verbal invitations may be given or notes sent out by a messenger, as is most convenient. The young women who present themselves, in answer to the invitations, bring with them some choice bits of needlework or knitting. Tongues keep time with busy fingers. Before dark coffee and cakes of some sort are served, after which the young women take their departure. German coffee cake, springerlie, Berlin rings, pfeffernüsse, German crisps, egg rings, and almond cake, all of which have been given in the magazine,—egg rings on page 263 of this number,—are appropriate cakes for such an occasion. We repeat the recipe for almond cake made of wheat bread, which was given as a charlotte russe.

Almond Cake

Beat the yolks of four eggs until light and thick. Beat in, gradually, one cup of sugar, one-third a cup of grated chocolate, half a cup of blanched-and-powdered almonds, and three-fourths a cup of grated-and-sifted bread crumbs, or rolled-and-sifted cracker crumbs, mixed with one teaspoonful of baking-powder. Finish by folding in the whites of four eggs, beaten dry. Bake in layer cake pans. Put fruit jelly between the layers, and frost the top.

QUERY 817.—Mrs. G. E. S., Oakland, Cal :
 "Recipe for a dish, not sweet, that may be
 taken to a convalescent."

Baked Sweetbreads with Celery Puree

Soak and wash thoroughly two large round sweetbreads. Let the water be cold, and change it several times. Drain, cover with boiling water, and let simmer twenty minutes. Remove to a baking-pan, and pour over them half a cup or more of well-reduced chicken broth. Bake about twenty minutes, basting four or five times with the liquid in the pan. Sprinkle lightly with salt when half cooked. In the meanwhile cook a head of celery (leaves, stalks, and root freed from blemishes), cut in small pieces, in boiling water and chicken stock until tender. Strain off the liquid, pressing it from the celery with a plate, and set the liquid aside for a soup. Press the celery through a purée sieve, reheat, and set over hot water, while the beaten yolks of two eggs, mixed with a tablespoonful of thick cream or creamed butter, is stirred through the purée. Let cook until the egg thickens. Season with salt, and turn upon a dish. Lay the sweetbreads above, and the dish is ready to serve. To send from the house, set into a hot earthen dish, spread a hot towel over the dish, and above this place a hot earthen cover. Boiled rice or a tomato purée may take the place of the celery purée. With the boiled rice, add half a cup of cream to the baking-pan, and thicken with the egg yolks. A chestnut purée would be suitable for some patients.

QUERY 818.—Mrs. S. E. G., New York City: "Recipes for chestnut desserts, other than Nesselrode pudding, compote with

syrup, and chestnut purée with whipped cream."

Chestnut Soufflé

Shell and blanch two dozen large chestnuts, boil until tender, then pound in a mortar and press through a purée sieve. Melt one-fourth a cup of butter. Add the pulp, half a teaspoonful of salt, half a cup of granulated sugar, and mix thoroughly. Then add, gradually, one cup of thin cream or rich milk, and stir constantly until it begins to thicken, then stir vigorously, to keep it from sticking to the pan. When the mixture leaves the sides of the pan, remove from the fire and add the well-beaten yolks of four eggs, a teaspoonful of vanilla extract, and fold in the whites of the eggs, beaten dry. Turn into a buttered baking-dish, and let bake, set in a dish of hot water, until well risen and firm in the centre. Serve with creamy or sabayon sauce; or, as a Christmas dessert, serve with maraschino sauce. This recipe will serve eight or ten people.

Creamy Sauce

Boil one cup of sugar and half a cup of water about six minutes, then pour in a fine stream, beating meanwhile, onto the white of an egg, beaten until foamy, but not dry. Set the sauce into a dish of cold water, and beat, occasionally, until cold, then fold in a cup of whipped cream. Flavor to taste.

Maraschino Sauce

Sift together two teaspoonfuls of cornstarch and half a cup of granulated sugar. Pour on one cup of boiling water, and cook five minutes. Add half a tablespoonful of butter, one-third a cup of maraschino cherries, cut in halves, half a cup of maraschino syrup, and a teaspoonful of lemon juice.

Chestnut Custard Renversée

Cook one cup of sugar in a small saucepan over a hot fire, stirring constantly, until the sugar melts (see page 278), then turn into a charlotte mould, quart size. Take up the mould by a towel held in both hands, and turn from side to side until the "burnt" sugar coats the inside of the mould. Set aside while the custard mixture is made ready. Shell and blanch two dozen large chestnuts (see page 203, November magazine) (a generous cup of small chestnuts may be used), and cook until tender, then drain, pound in a mortar and press through a sieve. Add half a cup of sugar, three whole eggs, and the yolks of three more, beaten without separating, and mix thoroughly. Add one cup and a half of milk and a teaspoonful of vanilla, and strain into the mould. Let bake, set on several folds of paper in a dish of hot water, until firm in the centre. When the water is poured about the mould, let it be at the boiling-point, but do not let it boil thereafter. When the custard has become chilled, turn from the mould, first loosening from the mould at the top, if necessary, onto a serving-dish. The caramel will form a sauce around the custard. This will serve six or eight persons.

QUERY 819.—A. H., Harlem, N.Y.: "Kindly explain more fully the recipe for mince-meat given on pages 229 and 334 of the December, 1901, magazine. How is the white stock made that is used in Bechamel sauce for asparagus and other vegetables?"

Mince Meat Given December, 1901

The last word of the first line on page 234 should read *cook*, not *cool*. The fruit juice and coffee might be added with the other ingredients,

and the brandy just as it is removed from the fire. The mince-meat will keep, stored in jars as fruit is canned.

White Stock for Bechamel Sauce

Use veal, chicken, or a combination of these. Take one pint of water for each pound of meat and bone (as sent from market). The cooking should be done at a gentle simmer. When completed, add hot water, if needed, to make as many pints of broth as there are pounds of meat and bone. For each two pounds of material taken add one teaspoonful of salt, one teaspoonful of sweet herbs, one tablespoonful, each, of fine-cut celery and onion, a sprig of parsley, and a bay leaf, or bit of mace. Broth from veal or chicken, cooked for the table, reduced by evaporation in an open saucepan, with vegetables added, is often more convenient for this use.

QUERY 820.—Miss C. C., Cincinnati, Ohio: "In preparing cherry mousse with preserved cherries, and in making a preparation of grated pineapple (raw), whipped cream, and beaten whites of eggs, I was unsuccessful in thickening the fruit juice, though I used, finally, a box of gelatine to a cup of the fruit. What was the trouble?"

Gelatine with Cherry and Pineapple Juice

We do not understand about the cherry mousse. Have never had such trouble and see no reason for it. The action of the pineapple juice is quite another matter. Pineapple juice contains a ferment that digests proteid substances. Pineapples are the only fruit known that possesses this principle, and are very valuable accordingly. If the liquid that would not thicken had been tasted, it would have been found to be bitter. On this account pineapple cannot be used with cream, milk, eggs, and gel-

atine, until after the action of this digestive principle has been done away with in cooking. Heat at 212° F. destroys this principle. Cook the pineapple, and then continue according to the recipe.

QUERY 821.—A. H., Boston, Mass.. "In the recipes for halibut mousse and fish roulettes is the fish cooked or uncooked before chopping? Was the recipe given for Russian bread correct? I used only six instead of eight cups of flour. Will this mixture make Russian buns? Was a sauce given for the bread? Recipe for inexpensive pie-crust that will be crisp and dry, and does not get moist after baking.

Fish for Mousse and Roulettes

The fish in both these recipes is chopped and pressed through a sieve before cooking.

Recipe for Russian Bread

The recipe for Russian bread was correct. It reads "about eight cups, in all." Enough flour must be used to make a dough which, when braided, will not flatten out. Brands of flour vary in thickening qualities. House-keepers do not measure flour alike. The mixture will make *one* kind of Russian buns. A sauce was not given for the bread. Possibly you wished brioche buns.

Inexpensive, Crisp, Dry Pie-crust

Pass through a sieve three cups of flour that has already been sifted, half a teaspoonful of salt, and a level teaspoonful of baking-powder. With the tips of the fingers or a knife work into this two-thirds a cup of butter. When well mixed, stir the ingredients to a dough with cold water. Mix with a knife, and use no more water than is needed to make a dough that will take up the particles in the bowl. About two-thirds a cup of water will be needed. Turn the dough onto a floured board, pat with the

rolling-pin, to flatten, then roll out into a sheet, and shape like a jelly roll. Cover closely, and set aside in a cold place until ready to use, then cut off from the end and roll out to fit the plate.

QUERY 822.—F. L., South Chatham, N.H.: "I am not successful with yeast buns, when I make them quite sweet and with a good deal of fruit. Though the sponge is light, the mixture does not rise well after the fruit, sugar, and rest of the flour have been added. What is the remedy?"

Yeast Buns with Sugar and Fruit

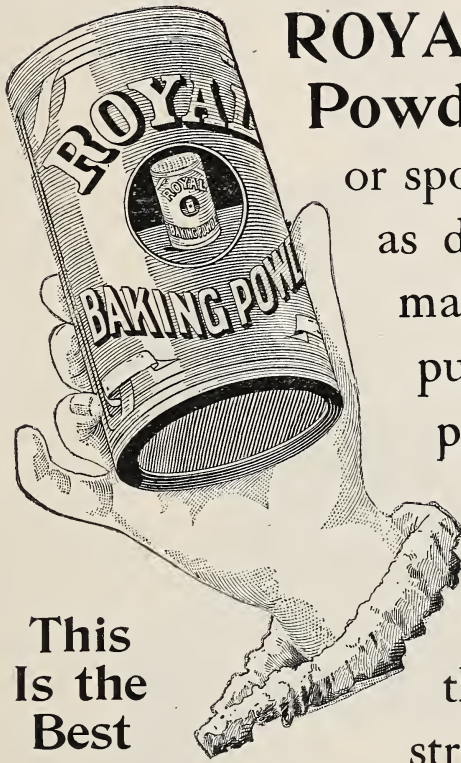
Double the quantity of yeast that you are accustomed to use, and see if you are not more successful.

QUERY 823.—C. A. S., Brooklyn, N.Y.: "Should pastry always be rolled from the maker or is this immaterial? How is *maraschino* pronounced?"

Rolling Pastry

Pastry may be rolled toward or away from the operator, or it may be rolled to either side with a sweeping motion, to broaden or otherwise shape it. The objectionable feature is in rolling the pastry *back and forth*. Roll with a long continuous motion, then take up the rolling-pin, and start again. The easiest way is to start each time at the portion of the paste nearest, and roll lightly to the end of the paste, either straight away or to one side. *Maraschino* is pronounced *má-ra-shé'-no*.

For the china pansy baskets, the new style bouillon cup with salt and pepper shakers, and the Turkish coffee cups we are indebted to the courtesy of Jones, McDuffee & Stratton. The Swiss sandwich server of polished wood, and the nut-cracker were loaned by F. A. Walker & Co. Both are well-known Boston firms.



**This
Is the
Best**

ROYAL Baking Powder

never cakes or spoils, and if used as directed always makes delicious, pure, wholesome, perfect food.

Other baking powders will not hold their leavening strength until re-

quired for use. They may work one day but fail the next. Such powders are a vexation, and waste good flour, eggs and butter. **ROYAL** works uniformly. The last spoonful in the can is as good as the first.

ROYAL BAKING POWDER CO., NEW-YORK.

Notes and Correspondence

ADDRESS communications for this department to Janet M. Hill, Editor of the *Boston Cooking School Magazine*, 372 Boylston Street, Boston.

The Lectures

A series of lectures free to the friends of Simmons College are given at the rooms of the college, 739 Boylston Street, on Wednesday afternoons. These lectures have special reference to the interests of the Department of Household Economics. John Graham Brooks gives the last two lectures, in a series of eight lectures on "Social and Industrial Organizations," on December 9 and 16. On December 9 the subject will be "The Co-operation of the Future"; on December 16, "General Summary of Results." Three lectures by Mrs. Mary Ambrose Eastman on "The Home as related to Education" will be given as follows: January 6, "Home Life and the Intellectual Development of Women"; January 13, "The Civic Opportunities of Women"; January 20, "Women's Work in Domestic Textiles."

Miss Helen Winslow, of Boston, has just published a directory of business women living in the Hub. It is the first volume of what she hopes will be a regular annual publication hereafter. Nearly half of the eighty-two pages in the book are devoted to teachers. This is probably the first business directory to characterize teachers as business women. There are three and a half pages of dressmakers, nearly as many milliners, and 105 regular medical practitioners, besides Christian Scientists

(Continued on page xii)

Couldn't Fool him

Doctor was Firm and was Right

Many doctors forbid their patients to drink coffee, but the patients still drink it on the sly and thus spoil all the doctor's efforts and keep themselves sick. Sometimes the doctor makes sure that the patient is not drinking coffee, and there was a case of that kind in St. Paul where a business man said:

"After a very severe illness last winter which almost caused my death the doctor said Postum Food Coffee was the only thing that I could drink, and he just made me quit coffee and drink Postum. My illness was caused by indigestion from the use of tea and coffee.

"The state of my stomach was so bad that it became terribly inflamed and finally resulted in a rupture. I had not drunk Postum very long before my lost blood was restored and my stomach was well and strong, and I have now been using Postum for almost a year. When I got up from bed after my illness, I weighed 98 pounds, and now my weight is 120.

"There is no doubt that Postum was the reason for this wonderful improvement, and I shall never go back to tea or coffee, but shall always stick to the food drink that brought me back to health and strength." Name given by Postum Co., Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."

MELLIN'S FOOD

*"The gracious boy who did
adorn
The world whereinto he was
born"*



KENNETH LESTER FOX, *Three and one-half years old*

We tried nearly every other infant food known, and none of them seemed to agree. Finally we called a doctor, who commenced to use Mellin's Food for him. He immediately began to gain, and has been very healthy ever since.

KENNETH'S FATHER.

We want to send you a free sample of Mellin's Food for trial.
MELLIN'S FOOD COMPANY, BOSTON, MASS.

(Continued from page x)

and other healers of the non-regular schools. Boston has sixteen women lawyers. There are several pages of women ice dealers, booksellers, druggists, jewellers, confectioners, coal dealers, bakers, grocers, furniture dealers, florists, and so on. One woman disposes of junk, another deals in second-hand building materials, yet another is a paper-hanger. There are five women dentists, and two women are the proprietors of laboratory kitchens.

Ella Newton Rhoades, class of 1903, Boston Cooking School, has accepted a position in settlement work connected with St. Martha's House, Philadelphia, Pa.

Mary C. Jones, class of 1902, Boston Cooking School, was married in September to Mr. Preston Dexter Forbush, at the home of Miss Jones, South Framingham, Mass.

Miss Virginia Miller, of Kansas City, Mo., class of '98, Boston Cooking School, is spending some months in Boston, taking lessons in cookery and allied branches of domestic science. Miss Miller's specialty is in the line of demonstration work.

Miss Lile G. Deeter, graduate of Boston Cooking School, has been engaged by the Presto Department of the H. O. Company, of Buffalo, N.Y., to test recipes and make suggestions for advertising purposes. Miss Deeter has rare qualifications to conduct successfully so important interests.

Speaking of anti-obesity exercise, a "Mother of Five" has written to a daily paper: "The best exercise any woman can take is to sweep a room every day, and not be sparing of running up and down stairs. I have done this from sixteen to sixty-

two, and there is nothing I enjoy more." Dear lady! There are those who would prefer being fat, horrible as such a state is deemed by modern woman!

Both Feel

What Proper Food does for Both Mind and Body

Physical health, mental health, indeed almost everything good on this earth, depend in great measure upon proper food.

Without health nothing is worth while, and health can be won almost every time by proper feeding on the scientific food Grape-nuts.

A California trained nurse proved this: "Three years ago I was taken very sick, my work as a trained nurse having worn me out both in body and mind, and medicine failed to relieve me at all. After seeing a number of physicians and specialists and getting no relief, I was very much discouraged and felt that I would die of general nervous and physical collapse.

"My condition was so bad I never imagined food would help me, but on the advice of a friend I tried Grape-nuts. The first package brought me so much relief that I quit the medicines and used Grape-nuts steadily three times a day. The result was that within 6 months I had so completely regained my strength and health that I was back nursing again, and I feel the improvement in my brain power just as plainly as I do in physical strength.

"After my own wonderful experience with Grape-nuts I have recommended it to my patients with splendid success, and it has worked wonders in the cases of many invalids whom I have attended professionally." Name given by Postum Co., Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."



*"That's my Idea
of Good Coffee!"*

That part of the great public
having the opportunity and
pleasure of drinking

WHITE HOUSE COFFEE

is unanimous in praising its superlative excellence — of quality and flavor. Under the circumstances, we feel justified in asking YOU to order it from your grocer — being quite particular to insist that he takes not the liberty of substituting something else. "WHITE HOUSE" or *nothing*. So certain are we that "White House" will please you, we will send you a *free sample*, in a miniature can similar in style to our commercial packages — which latter are invariably either 1 or 2 lb. tin cans, handsomely labelled in white, blue, and gold, with a cut of the White House, at Washington, prominently displayed. We may be addressed either at Boston or Chicago.

DWINELL-WRIGHT CO.
Principal Coffee Roasters

CUDAHY'S Rex Brand Beef Extract

"THE TASTE TELLS"
For Soups, Sauces
Savory Sundries and **Beef Tea**

Secure a Set of the
**Famous Cudahy A-1 Silver
Plated Bouillon Spoons**



FREE

The Cudahy Spoons

grace the best tables because they bear no advertising, are made in the latest design, French Gray Finish, and are heavier than triple silver plate.

Made by
Wm. A. Rogers
The Famous
Silversmith

How to Secure the Spoons

For each spoon desired send a metal cap from a 2 oz. or larger sized jar of Rex Brand Beef Extract, and 10 cents in silver or stamps to cover cost of mailing and mention this publication

(Do not confuse these splendid spoons with ordinary offers)

Cudahy's Rex Brand Beef Extract is sold by all druggists and grocers. Address

THE CUDAHY PACKING CO.
Beef Extract Department 19 SOUTH OMAHA, NEB.



Book Reviews

ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

THE HEART OF ROME. By F. Marion Crawford. Cloth, 12mo. \$1.50. New York: The Macmillan Company.

The famous "lost waters" of Rome play an important part in Mr. Marion Crawford's latest novel, "The Heart of Rome." These mysterious waters, ice-cold and crystal clear, traverse the underground portions of the city, and they appear in various places, coming no one knows whence, and flowing with equal rapidity no one knows whither. Utter mystery has always surrounded them; and in times of siege they were precious indeed to the occupants of Renaissance and post-Renaissance palaces. The adventures of Mr. Crawford's hero and heroine in the rambling cellars under the old Palace of the Conti, when the "lost water" overflows its channel and threatens to drown them, are described, it is said, with vividness and charm unusual even for the author of "In the Palace of the King."

Of this really interesting story the author himself says: "If it has interested or pleased those who have read it, the writer is glad. If it has not, he can find some consolation in having made two young people unutterably blissful in his own imagination, whereas he manifestly had it in his power to bring them to awful grief; and, when one cannot make living men and women happy in real life, it is a harmless satisfaction to do it in a novel. If this one shows any-

thing worth learning about the world, it is that a gifted man of strong character and honorable life may do a foolish and generous thing whereby he may become in a few days the helpless toy of fate. He who has never repented of a good impulse which has brought great trouble to other people must be indeed a selfish soul."

GOOD-BYE, PROUD WORLD. By Ellen Olney Kirk. Cloth, 12mo. \$1.50. Boston: Houghton, Mifflin & Co.

Mrs. Kirk has written clever and wholesome stories; and this, her latest work, is no exception. The title might suggest a sad narrative, but this is not the case. The reader is introduced at once to the editorial staff of a great newspaper in the metropolis, with a brilliant young woman, the heroine of the story, at the head of the "Hearth and Home Department." With growing interest we follow the somewhat strange though peaceful career of this gifted young woman to the final *dénouement*, when, through unforeseeable events, she becomes by inheritance and marriage the happy mistress of a fine, old, ancestral estate.

The story is well conceived. It deals with characters and incidents which are familiar to modern life. It affords cheerful, agreeable reading, and at the same time it leaves a favorable impression upon the mind of the reader.

(Continued on page xvi.)



*Roast
me in a*

HUB

SO SAITH THE TURKEY. He has learned from experience. Surely he ought to know. Give him a last chance to appear at his best

For the Thanksgiving Dinner.

The leading cooking schools and best cooks use HUB Ranges because they

Make Cooking a Pleasure.

Send for Descriptive Circular of complete line of HUB Ranges and latest advertising novelty E.

SMITH & ANTHONY COMPANY,
48-54 Union St., Boston, Mass.

Manufacturers of Hub Ranges and Heaters and Sanitas Plumbing Specialties. If not sold by your local dealer, order direct.



CHILDREN OF THE TENEMENTS. By Jacob A. Riis. Cloth, 12mo. \$1.50. New York: The Macmillan Company.

Mr. Jacob A. Riis calls his new book "Children of the Tenements." He declares that he never could make up even the least detail of a plot, and that he has always had to wait until a story came to him complete before he could tell it. Every incident described in this volume of some forty stories of the slums of New York actually happened the way it is here described. For twenty-five years Mr. Riis has been the most active fighter for a chance for the children of the poor to start life fairly. If any one knows the New York slums, it is he; and he has put into this book the most interesting and dramatic incidents that have come to his knowledge during the long "Battle with the Slum."

This book is worth reading. The stories are not invented: they are chronicles of real life. Naught else than praise and commendation can be said of them.

ON THE WE-A TRAIL. By Caroline Brown. Cloth, 12mo. \$1.50. New York: The Macmillan Company.

This story incidentally portrays the vicissitudes and the lives of the American pioneers in the "Great Wilderness," as the country west of the Alleghanies was generally known. The capture and recapture of Fort Sackville, at Vincennes on the Wabash, are important features among the central incidents.

The action begins in mid-wilderness, and culminates with the fall of the fort under the assault of George Rogers Clark. Here the lovers are reunited after months of separation and adventures. They were first parted by the savages, who murdered the heroine's entire family save herself. Driven into the forest, she is taken captive by the

Indians. She makes her escape. Later she is taken to the fort by one of Hamilton's *coureurs de bois*, and adopted into the family of the commandant. The lover meantime wanders from Kaskaskia to Detroit in pursuit of the tribe which has taken captive his sweetheart, and has various adventures by the way, many of which take place on the famous We-a Trail. The action of the story is practically confined to Indiana, the author's native State; and it forms an important addition to the increasing number of novels dealing with the early life of that region of the country.

Literary Notes

Next week the Macmillan Company will publish Mrs. Alice Morse Earle's new book, "Two Centuries of Costume in America." The subject of American costume, which has been singularly neglected, is now presented for the first time in an adequate manner.

Mr. T. M. Clark's "The Care of a House" has roused a surprising amount of attention and interest. All sorts of books telling how to build houses have been published recently; but this is the first which tells the house-owner how to keep his house in repair, and how to look out for floors, ceilings, roofs, fireplaces, furnaces, ranges, gas fixtures, and plumbing.

Platt's Chlorides

The Odorless Disinfectant
Destroys disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
Manufactured by HENRY B. PLATT, New York

CHILDREN

TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "Mrs. WINSLOW'S SOOTHING SYRUP."

It's Friendly,

make yourself familiar with it.
Trial quantity for the asking.



Used by owners of valuable Plate for more than a quarter century.

Electro-Silicon Silver Soap for washing and polishing Silver and Glass-ware has equal merits. At Grocers and Druggists. Postpaid, 15 cts. (stamps).
"SILICON," 30 Cliff Street, New York.

**Enameled ware
Beyond compare—
Quadruple coated
Stransky Ware.**

Enameled on *Armor Plate Steel* it resists hard usage—one piece outlasts a half dozen imitations. No seams to rust—it's **PURE, BEAUTIFUL, CLEANLY.** When a dealer says: "This is imported"—*then's* the time to see if the label reads Stransky Steel Ware.

Household Hints

Secret of Longevity

Sir James Sawyer, a well-known physician of Birmingham, has been confiding to an audience in that town the secret of longevity. Keep the following nineteen commandments, and Sir James sees no reason why you should not live to be 100:—

1. Eight hours' sleep.
2. Sleep on your right side.
3. Keep your bedroom window open all night.
4. Have a mat to your bedroom door.
5. Do not have your bedstead against the wall.
6. No cold tub in the morning, but a bath at the temperature of the body.
7. Exercise before breakfast.
8. Eat little meat and see that it is well cooked.
9. (For adults.) Drink no milk.
10. Eat plenty of fat, to feed the cells which destroy disease germs.
11. Avoid intoxicants, which destroy those cells.
12. Daily exercise in the open air.
13. Allow no pet animals in your living rooms. They are apt to carry about disease germs.
14. Live in the country if you can.

15. Watch the three D's,—drinking water, damp, and drains.

16. Have change of occupation.

17. Take frequent and short holidays.

18. Limit your ambition; and

19. Keep your temper.

For long distance walking assume something of a bicycle hump, lean far forward, give no rush with the feet. Depend altogether for momentum on the force exerted by gravity, which by your interruption of it serves to carry your body forward.

You must also bear in mind that short rather than long steps are the rule, and also that the advancing foot must never touch the heel first, but always the toes and ball of the foot. Indeed, your gait has a sort of shuffle in it, and is not pretty, but is tremendously effective.—*New York Herald.*

One of the most attractive tea-rooms in Paris provides a tiny time-keeper with each pot of tea. It is in the form of an hour-glass, but smaller, and by its help the customer may know to a "t" when her cup is brewed.

**TO HOLD THE STOCKINGS
UP OR THE
CORSET DOWN**

YOU CAN RELY ON

The

Velvet

Grip

**HOSE CUSHION
BUTTON
SUPPORTER**

Sample pair,
by mail, 25c.

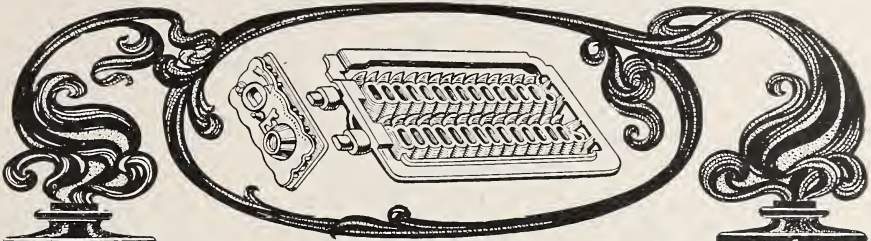
If your dealer is "up to date," he

has the popular styles

GEORGE FROST CO., Makers, Boston, Mass.

The Name is on
every Loop





Coal is Money!

Save money, time and trouble by using

Crawford Cooking-Ranges

The Improved Dock-Ash Grate, perfected Fire-Box, and Single Damper (*patented*) furnish perfect baking with less fuel than other ranges.

It is easy to keep the fire overnight, and by a half-turn of the handle clear it in the morning as bright as if freshly kindled.

The Cog-Wheels of this Improved Grate are outside the fire-box, protected from heat and ashes.

A CRAWFORD sent on Thirty Days' Trial if there is no agent in your town.

Send for Illustrated Circulars describing our various styles.

WALKER & PRATT MFG. CO.,
31-35 Union Street, Boston.



The Drawbacks of Sterilizing Milk

The use of sterilized milk for the purpose of artificial infant-feeding is meeting with condemnation on all sides. Once looked upon as an epoch-making innovation, it is now abandoned by the majority of leading authorities.

The author has drawn his conclusions from a study of 175 analyses of sterilized milk. It was found that milk, when subjected to high temperatures, gradually loses its normal odor and taste, becoming insipid. The fat globules undergo certain changes of a quantitative character. The sugar and the albuminous elements are likewise altered. These changes are the results of high temperature. The milk thus altered in composition becomes indigestible or else loses its vital properties.

Prolonged employment of sterilized milk as an infant food lowers or completely deranges metabolism; an extra strain is thrown on the digestive organs, paving the way for a host of diseases; the systemic nutrition is inadequate, and the result is frequently constitutional disease.

Finally, the much-vaunted germicidal value of sterilization is a complete illusion. This result can only be obtained by temperatures which render the milk useless for feeding.

Cleanliness in handling and preserving the milk are far more valuable.

Either a Feast or a Famine

A countryman in a restaurant ordered roast lamb, and the waiter bawled to the cook:—

“One lamb!”

“Great Scott, mister,” cried the countryman, “I can’t eat no hull lamb. Gimme some fried oysters instead.”

“One fried oyster!” bawled the waiter.

“Well, Methuselah’s ghost! Mister, one fried oyster ain’t going to be enough. Gimme a dozen of ’em. Durn these city eatin’ places!”—*Exchange.*

When your apples all is gathered, and the ones a feller keeps
Is poured around the cellar-floor in red and yeller heaps,
And your cider-makin’s over, and your wimern folks is through
With their mince and apple-butter, and their souse and sausage, too,—
I don’t know how to tell it, but, if such a thing could be
As the angels wantin’ boardin’, and they’d call around on me,
I’d want to ’commodate ’em, the whole indurin’ flock,
When the frost is on the pumpkin and the fodder’s in the shock.

James Whitcomb Riley.

“They All Say

I make the daintiest and delicious-est desserts. I make them out of this new

Minute Jella-Crysta

It is all prepared and ready to put in just hot water and then set to cool in the mould. There are seven flavors, and they are every one of them just as nice as can be: Orange, Lemon, Strawberry, Raspberry, Pistachio, Chocolate and Wild Cherry.”

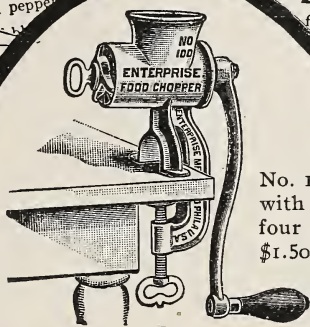
Send five two-cent stamps and get a full-sized package of MINUTE Jella-Crysta and the celebrated MINUTE COOK BOOK.

Address Dept. S, **WHITMAN GROCERY CO.,**
Orange, Mass.

Manufacturers also of MINUTE Tapioca, MINUTE Gelatine,
and MINUTE Malta-Coffeena.



Vegetable Sandwiches
 Chicken a la Terrapin
 Fish Turbot in Shells
 Halibut a la Delmonica
 Corned Beef Hash
 Curry of Mutton
 Creamed Chicken
 Fig Pudding
 Nut Sandwiches
 Cold Slaw
 Ham Patties
 Sausages
 Fish Sandwiches
 Stuffed Eggs
 Creamed Potatoes
 Cannelon of Beef
 Lamb Croquettes
 Fruit Ice Cream
 Indian Chutney
 Beef Minced on Toast
 Ham Relish
 Lobster Salad
 Hashed Browned Potatoes
 Mince Meat
 Oyster Tea
 Hamburg Steaks
 Deviled Chicken
 Bisque of Clams
 Pineapple Pie
 Curried Rabbit
 Boudins
 Russian Salads
 Scrappe
 Cecils
 Fish Cutlets
 Turkey Soup
 Puree of Clams
 Fruit Soda
 Souffle
 Mutton Ragout
 Pilaff of Lamb
 Ham Canapes
 Chicken Salad



No. 100
 with
 four knives,
 \$1.50

**THE GREATEST OF ALL
 KITCHEN HELPS**

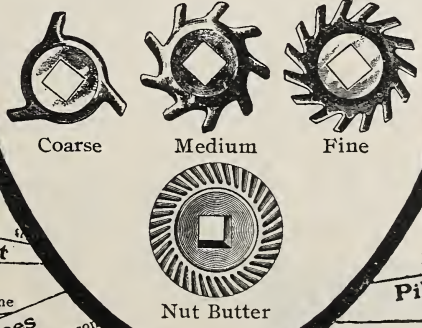
and savers is an Enterprise Food Chopper. It chops all kinds of food quickly, easily, uniformly and to any desired size. It makes possible many dainty dishes that could not be made without it. By utilizing left-over food it is a great saver—usually paying for itself in the first week or so. The

**ENTERPRISE
 FOOD CHOPPER**

is strong, durable, easily cleaned and cannot rust. Sold by all hardware, housefurnishing and department stores. "Enterprise" on each machine.

The recipes shown here are taken from "The Enterprising Housekeeper," a book of 200 tested recipes by Helen Louise Johnson, showing the many uses of the Enterprise Food Chopper. Sent for 4c in stamps.

THE ENTERPRISE MFG. CO. OF PA., Philadelphia, Pa.



New York Hash
 To every cupful of cooked chopped meat take 2 cupfuls of chopped potatoes.

Ham Canapes
 1 cupful of chopped boiled ham 1/2 cupful of cream
 1/2 cupful of Parmesan cheese Paprika to taste

Chicken Salad
 Chop cold, cooked chicken meat into even-sized balls. Select the tender stuff.

DELICIOUS COFFEE EVERY DAY!

YOU can have it wherever you are, if you use an "EXCERPTA" Coffee-pot. Made in **one minute**. Simply pour boiling water through the trap, and **it's ready**,—clear as wine, with a flavor surpassing anything you ever drank before. All aroma preserved, positively no odor of coffee until it is poured into the cup.



If your dealer cannot supply you, send us his name, and we will send you a copy of a famous picture and facts about the "EXCERPTA."

HOUSEHOLD MFG. CO., 790 Dun Building, Buffalo, N.Y.

Fine Kitchens in Southern Homes

Why should kitchens be always built at the back of the house, where the grass is trimmed down and slop pails accumulate? Why have a back of the house, anyway, instead of two fronts, equally respected? The writer recalls in Georgia a long brick house, with three front doors, one of them the kitchen door: you could look straight through the house in pleasant weather, because there were three other doors facing the ones that looked over the bay.

The rose that was trained over the drawing-room ran along to the kitchen, and peeped in at the dear old mammy who sang there very often. To balance things, the peach-tree that was trained, English fashion, on the sunny wall of the kitchen extended its pliant branches to the dining-room grapevines.

Parsley grew in the violet borders, the cream smelled of roses, and the flavor of peach leaves that shamed the druggists' product lingered in the cake.

The mistress could sit in the drawing-room and see the children coming home from school or guests driving up from either direction, and consequently a fresh handkerchief and collar were always ready. Dicey in the kitchen could always see them, too, and cake was on the plate and Zeke was in his dress-coat when the door-knocker rapped.

And no one in that house knew the front or the back thereof. It was a kindly and original old Pennsylvania German who built a great sunny kitchen where the company room is generally placed because, he said, "mother" spent nearly all of her time in the kitchen, and she should have the best. He gained praise in his county, but no followers.

Supply is unlimited, but it rests with us to apportion it to our wants.

"1847 Rogers Bros"

Our Holiday Suggestion

is that you present yourself as well as your friends with a sensible, serviceable gift—spoons, forks (or the fancy pieces that match), bearing the old and well-known trade-mark

"1847 ROGERS BROS."

Cheap and unreliable goods in all lines abound—a discredit to maker (if known), giver or user. Buy something known to be lasting—"Silver Plate" that wears"—of leading dealers. Send for our Catalogue "L-8," beautifully illustrated.

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International Silver Co., Successor,
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THE LOFTIS SYSTEM

permits any person of honest intentions, no matter how far away they may live, to open a confidential Charge Account for a Diamond, Watch or other valuable article of jewelry, and pay the same in a series of easy monthly payments.

How it is Done: Write today for our illustrated Catalogue, and from it select any article that you would like to wear or own; or, perhaps give to a loved one at Christmas. Your selection will at once be sent to your home, place of business or express office as you prefer. Examine it with all the care you wish; then, if it is all that you anticipated, and the best value that you ever saw for the money, pay one-fifth of the price and keep it. The balance you may send us in eight equal monthly payments.

On the Other Hand, if you decide not to buy, simply return the article at our expense. Whether you buy or not, we pay all express and other charges—there is no expense to you, neither do you assume any risk or obligation whatever. We submit our goods on their merits, with absolute confidence that their quality, low price and our easy terms will make you a pleased customer.

Your Christmas Plans will not be complete until you have looked through our new Christmas Catalogue, and considered what you can do in gift making in conjunction with the LOFTIS SYSTEM. The five dollars which you might pay for something cheap and trifling, will make the first payment on, and put you in immediate possession of a beautiful Diamond or a Fine Watch. With a very little money, you can make gifts that are commensurate with, and appropriate to the circumstances—for we require but one-fifth of the price of any article when we deliver it to you. **IF YOU PREFER TO BUY FOR CASH** we have a proposition to make which is thoroughly characteristic of our house. It is nothing less than our written agreement to return all that you pay for a Diamond—less ten per cent, at any time within one year. You might thus wear a fifty-dollar Diamond for a whole year, then send it back to us and get \$45, making the cost of wearing a Diamond, less than ten cents per week.

Write to-day for catalogue.

LOFTIS BROS. & CO.

Diamonds—Watches—Jewelry

Dept. P-160 92 to 98 State Street

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CHRISTMAS DIAMONDS

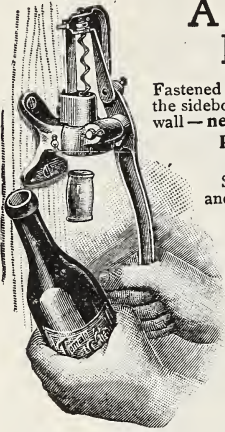
We are the largest house in the Diamond business. We are also one of the oldest—Est. 1858. We refer to any bank in America—ask your local bank how we stand in the business world. They will refer to their books of commercial ratings and tell you that we stand very high, and that our representations may be accepted without a question.

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THE YANKEE
Cork Puller

A Household Necessity



Fastened up anywhere you wish—on the sideboard, ice-box, door frame, or wall—never mislaid.

Pulls all corks instantly and without effort

Simply moving the handle up and down **not only** draws the tightest cork, but also automatically discharges it from the machine—it is a **mechanical marvel**.

Removes corks clean—no bits left in bottle

Remember the exasperating work of opening tightly corked oil, catsup, medicine, and numerous other household bottles, and realize that no woman should ever be obliged to struggle with a corkscrew.

Sold everywhere, or sent direct, express prepaid, on receipt of price. After 30 days' trial, money cheerfully refunded if not pleased.

Nickel Plated, \$1.25. Silver Plated, \$3.50
For Hotels, etc., with clamp for counter,
Nickel Plated, \$2.00

Booklet for the asking. Order to-day from the Makers.
THE GILCHRIST CO., 102 Lafayette St., Newark, N.J.

Growing Vegetables in Winter

An ingenious woman, who became tired of failures with delicate house plants in the winter, conceived the idea of turning her winter conservatory into a forcing house for early vegetables. A window of a small, sunny sewing-room was fitted with boxes, one above the other, and in this she has had the satisfaction of producing a winter vegetable garden. She has to-day flourishing beds of radishes and early lettuce, and is trying in two of the boxes to produce a dish of strawberries by February. The strawberry plants were set out in November, and have been carefully watched and watered. The berries are already in evidence, and, barring some mishap, will be lusciously ripe by St. Valentine's Day. "The experiment," she says, "has proved interesting, and it has been quite exciting to pick my own salad and radishes with snow on the ground." It is an experiment that any one, probably, could equally well carry out who has a sunny window to devote to it.—*New York Evening Post.*

A Delicate Hint

Senator M. S. Quay tells an amusing story of the childhood of his daughter, Miss Cora:—

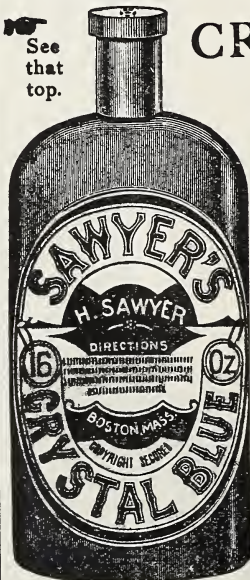
"We had a number of guests to dinner one night, and somehow, in serving a dish of chicken, I forgot my little daughter. She, disappointed, sat and gazed thoughtfully into her empty plate, not liking to remind me of my oversight, not liking, either, to be left out of the chicken course. Finally, a thought struck her. She crumbled on her plate a piece of bread, and then she beckoned to the plate of chicken, saying coaxingly, in the sing-song tone that we use in attracting fowls to us:—

"Here, chick, chick, chick, chick. Here, chick, chick, chick, chick, chick! Here, chick! Here, chick!"

Sawyer's

Sold in
Sprinkling
Top Bottles.

CRYSTAL BLUE



Gives a beautiful tint to linens, laces, and restores the color to goods that are worn and faded.

Be sure that you get

SAWYER'S

45 YEARS THE PEOPLE'S CHOICE.

Ancient Kitchen Tools

are all right for a museum. They have no place in the modern kitchen. It is just as reasonable to expect a harvest with a hand plow as good cooking from poor kitchen tools. We have a full supply of

Up-to-Date Kitchen Appliances.

They save Time, Money, Labor, each one saving many times the cost of the Utensil. Call and look over our Stock. Inquiries cheerfully answered. Address

LEWIS & CONGER,
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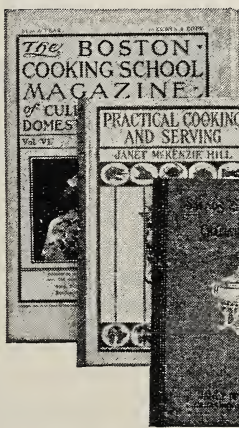
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FOOD CHOPPER
Chops Everything.
PREPARES A GREAT VARIETY OF APPETIZING DISHES QUICKLY AND EASILY.

Sold by HARDWARE STORES.
"Universal" Cook Book No. 6 Free.
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OLIVE OIL
FROM
CALIFORNIA**

If you buy from us or from your dealer, you are sure of getting the very finest and purest olive oil direct from our works in the grove where the olives grew and ripened. Sylmar Olive Oil retains all the rich, fruity flavor of superior California olives, and is sold under a \$1,000 guarantee of purity.

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Two tablespoonsfuls of Sylmar Olive Oil contains more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs, and is palatable. Our booklet gives physicians' directions for medicinal uses, cooking recipes, and Government recommendation. Booklet and sample bottle for 10 cents postage.

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Send post-office or express money order for \$3, and we will deliver, prepaid, three \$1 (quart) bottles at any express office in the United States. Give dealer's name, and we will offer him an agency.

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814 Bradbury Block Los Angeles, CAL.

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COMPRESSED YEAST**

MAKES THE
BEST BREAD

Perhaps you don't know that it also makes the finest FANCY CAKE of numerous kinds.

Send postal card to us at 701 Washington St., N. Y. City, mention Boston Cooking-School Magazine, and we will send you a copy of our book "CHOICE RECIPES" free of cost.

Ponce de Leon's Fountain is found

A Brooklyn physician sixty-two years old has renewed his youth like the eagle by drinking from three to four quarts of water every day. He can do feats of flexibility now that he could not at twenty-one.

Water is as much needed for the internal bath as it is for the external, and without it the inner man cannot be cleanly.

Without enough water the tissues get too dry, the blood thick and sluggish, and the waste matters are not expelled, but retained and circulated about, defiling the blood.

This is the history of nearly all diseases, and is called "auto-intoxication" in medical dictionaries.

Without enough water the body starves, water being from 60 to 70 per cent. of the entire body weight.

The time to drink water is not at meals.

Drink two glassfuls immediately on rising and two before going to bed, three in the morning and three in the afternoon.

Don't drink within half an hour before meal-time nor two hours after.

The water drinker cultivates a clear complexion with every glassful, wards off rheumatism, constipation, and a great many other hideous diseases, and, best, last, and most of all, old age.

At a smart wedding in London instead of rice a silvery shower of tiny horseshoes and little shoes (human) were thrown after the bridal pair. Silver sounds hard, almost as hard as rice; but it was only silver paper, and therefore harmless.

These trade-mark crisscross lines on every package.

Gluten Grits AND
BARLEY CRYSTALS,

Perfect Breakfast and Doctors Health Cereals.
PANSY FLOUR for Bread, Cake and Pastry.

Unlike all other goods. Ask Grocers.
For book of samples, write
FARWELL & RHINES, Watertown, N. Y., U.S.A.



BRO-MAN-GEL-ON

The ONE Perfect
DESSERT JELLY

DELICIOUS and pure. The reason Bromangelon is so superior is that the materials used are the best obtainable. Refined by a method all our own.

FLAVORS: Lemon, Orange, Raspberry, Strawberry, and Cherry. **13 cents the Package.**

AT ALL LEADING GROCERS.

Illustrated booklet FREE.

STERN & SAALBERG, Manufacturers, New York

WELCH'S GRAPE JUICE.

**NATURE'S FINEST
FOOD AND DRINK.**

Six large presses of 80 tons pressure extract the juice of choicest Concord grapes. The juice is quickly sterilized and sealed in glass. The Welch process is different from any other.

Welch's Grape Juice is a home necessity—in the medicine chest, as a table beverage on the sideboard and in the kitchen; but the more you use it as a beverage and in making desserts, the less need of it as a medicine and the less need of other medicines. Welch's is absolutely pure and unfermented.

Booklet with recipes free. 5-oz bottle by mail 10c. Welch's is sold by druggists and fancy grocers. If your dealer will not supply you send \$3 for trial dozen pints by express, prepaid, east of Omaha.

THE WELCH GRAPE JUICE CO., WESTFIELD, N.Y.



**Better
than
Honey
for
Less Money**

A bee will leave the sweetest blossoms for Karo Corn Syrup. Though lower in cost Karo Corn Syrup is equal to honey in flavor, and superior to it in purity and nutritive value.

Karo

CORN SYRUP

is a pure, clear, wholesome syrup made of the grain of the corn and retaining the full nutriment of this most nutritious of all cereals. The best syrup for every purpose where a syrup is used.

Sold in 10c, 25c and 50c friction-top tins.

If you cannot get Karo Corn Syrup at your grocer's, please send us a postal giving his name and address.

"Karo in the Kitchen" a new book of original receipts written for Karo Corn Syrup, sent free upon request.

CORN PRODUCTS CO.,
New York and Chicago.



MOTHERS WANT TO USE

that which will keep the baby's skin soft and free from skin diseases.

OLIVE OIL

is recognized as the one thing in toilet articles to do it.

Carmel Soap

is made wholly of

Pure, Sweet Olive Oil

and made right where the olives grow, at Mount Carmel, Palestine. Nothing can be more necessary to the nursery than such a soap

Sold by Druggists and Leading Grocers.

Imported by A. KLIPSTEIN & CO.,
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"KITCHEN AND HAND"

... SOAP ...

The Best Soap Ever Introduced
For Cleansing and Polishing
Tin, Copper, Brass,
And all Metals.



For Cleansing & Restoring
PAINT
It has no equal in the market.

For removing Tar, Pitch, Cement, Varnish, Paint, Axle Grease, Blacking, and all impurities from the hands, it is unequalled, leaving the skin soft, white and smooth.

Beware of Imitations. For Sale by all Grocers.

CHAS. F. BATES & CO.

Proprietors and Manufacturers,

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To insure a Graceful Carriage

To raise the crown of the head as high as possible and then try to make the chest meet the chin will make a graceful carriage, smaller stomach, a fuller chest and more lung power. To reach either above the head as far as possible or to the floor without bending the knees will decrease the size of the waist and round it, also fill in the hollows in front of the arms.

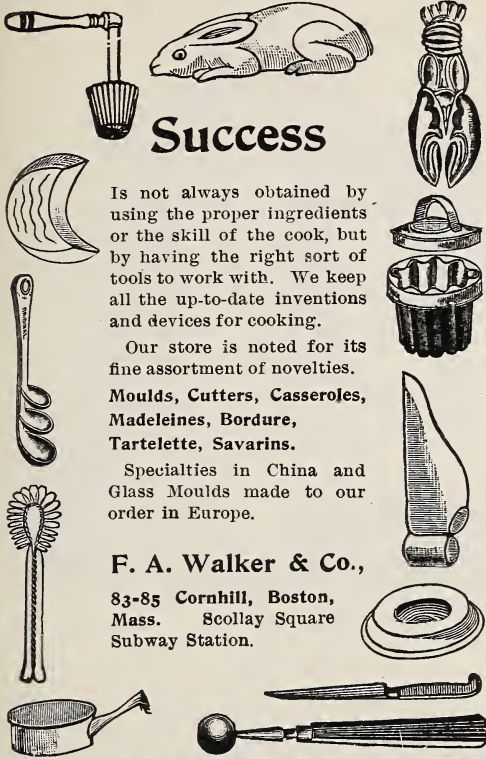
When one recognizes the fact that olives can be grown profitably from Mount Shasta to San Diego on lands that are now used for sheep ranges, and that can be had per acre for a \$5 gold piece; when we note that a large portion of European immigrants are of the Latin races, bringing with them their tastes and habits and transmitting the same to their children; when we know, as we do now, that ever since civilization began to make headway, and perhaps before that, olives and their product were largely the food supply of nearly all the children of the Orient, as it is destined to be in the near future that of the Occident—with such prospects for a market for olives and their products, there does not seem to be an immediate likelihood of overdoing the olive culture in our State. Thirty years ago tomatoes were looked upon with suspicion. Now more are consumed than any other vegetable except potatoes. It will be the same with olives thirty years hence.—*San Francisco Call.*

THE OLD RELIABLE

DIXON'S "Carburet of Iron"
Stove Polish.

NEVER TURNS RED OR RUSTS YOUR STOVES.

JOS. DIXON CRUCIBLE CO., - JERSEY CITY, N.J



Success

Is not always obtained by using the proper ingredients or the skill of the cook, but by having the right sort of tools to work with. We keep all the up-to-date inventions and devices for cooking.

Our store is noted for its fine assortment of novelties.

Moulds, Cutters, Casseroles, Madeleines, Bordure, Tartelette, Savarins.

Specialties in China and Glass Moulds made to our order in Europe.

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83-85 Cornhill, Boston, Mass. Scollay Square Subway Station.

BREAD MAKING MADE EASY.

WITH THE "UNIVERSAL" Bread Maker and Raiser

you can mix and knead Bread thoroughly

In 3 Minutes.

Hands do not touch the dough.

Easy to Clean. A Child can Work It.

Does away with Hand Kneading. MAKES BETTER BREAD.

Sent anywhere in the United States prepaid for \$3.00.

Your dealer sells it for less.

Booklet "C" Free
Landers, Frary & Clark
New Britain, Ct



Make Your Own Mince Meat

Then you know what's in it. Sargent's Gem Food Chopper does all the hard part of the work; doing the rest is only a pleasure. Chops fine enough for peanut butter, coarse enough for chow-chow or anywhere between. For transforming the "left-overs" of yesterday into the delicacies of to-day

Sargent's Gem Food Chopper

is a veritable kitchen wizard.

Sold at hardware and house-furnishing stores. Send for cloth-bound Gem Cook book, free.

SARGENT & CO.,
148 Leonard St. New York.



JELL-O

A CHILD CAN
PREPARE IT



"While Mama is busy getting ready for Christmas Dinner I am preparing the **Jell-O**. I can do it as well as she. I am going to add some candied cherries to this, but the addition of any fruit or nuts makes a nice change. Why don't you try some for your Christmas Dinner? Everybody likes it."

Four Fruit Flavors: Lemon, Orange, Strawberry and Raspberry.

THE GENESEE PURE FOOD CO., Le Roy, N. Y.

TOURNADE'S KITCHEN BOUQUET



30 Years

a Favorite!

For SOUPS, SAUCES, GRAVIES,
ROASTS, STEWS, ENTREES
AND GENERAL CULINARY PURPOSES

Imparts a Rich Color and Delightful Flavor. The Kitchen Garden Condensed and Ready for Instant Use. Keeps in Any Climate. Used and endorsed by Great Chefs and Eminent Teachers of Cookery.

"Housekeeping would be a burden without it."—SARAH TYSON ROBER.

"I know of no other kitchen luxury which is so near a necessity."—HELEN ARMSTRONG.

"Invaluable to the housekeeper."—MARY J. LINCOLN.

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"A necessity to all good cooking."—E. LAPERRUQUE, Head Chef, Delmonico's.

If your grocer doesn't keep it, insist on his getting it for you. WRITE FOR FREE SAMPLE AND BOOKLET Send 30 cents in stamps for prepaid package.

The PALISADE MANUFACTURING CO.

251 Clinton Avenue, WEST HOBOKEN, N. J.

N.B.—The word "Kitchen Bouquet" is exclusively our trade-mark. Infringements will be prosecuted.

When Mother Goes Away

When mother goes a-visiting,
There's lots uv things to do,
An' fur a week or so ahead
She's in a reg'lar stew.
She says she's got to clean the house,
An' labors night an' day
At cleanin', scrubbin', pickin' up,
Afore she goes away.

She goes up in the garret fust,
An' keeps a-workin' down,
An' cleans down to the cellar shelves,
An' does the thing up brown.
Poor pa, he don't know what to do,
Jes' worries night and day;
Ma says he ain't no good to help
Afore she goes away.

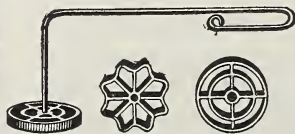
We live a week on "picked-up" meals,
"Hard-pickin', too," says pa;
An' then he trembles at the look
Uv scorn he gets from ma.
Pa drives her to the railroad train,
A-feelin' fur from gay;
An' by an' by the train comes in,
An' ma, she goes away.

An' then we find our troubles jes'
Begin that very day;
An' things ma baked to last a month
Like bubbles fade away.
An' soon we live from hand to mouth,
An' pine an' all grow thin,
An' we are tickled mos' to death
When ma comes home ag'in.

—Joe Cone, in *Food Topics*.

If a cork should be a trifle too large for the neck of a bottle, drop it into boiling water for three minutes, and it will be found to fit quite easily.

ROSETTE IRONS



50 cents,
postage 20 cents

These are the irons which lately have become so popular among cooking teachers and in cooking schools in all parts of the country. For full particulars and also catalogue of other Scandinavian and German cake irons, please address

ALFRED ANDRESEN & COMPANY
Department BC., Minneapolis, Minn.

Lady agents can sell dozens among friends.

Driftwood Blaze



"Oh! Mama, see the Rainbow."

A LITTLE of this wonderful powder sprinkled over the burning logs adds the beauties of the rainbow to the sunshine of an open wood fire. For mailing purposes, we have introduced this season a decorated Sitting Can, in which form *Driftwood Blaze* is more conveniently handled.

FOR GENERAL INFORMATION ADDRESS

Dunbar Driftwood Blaze Co.

Where Daily Demonstrations Are Given.

21 Bromfield St., Boston, Mass



STANDARD ROTARY SHUTTLE Sewing Machines

Do both lock and chain stitch work. We aim to make the finest machines in the world. We employ no agents or canvassers, and do not send machines out on suspicion.

We rent, repair, and sell for cash or on rental-purchase plan.

SPECIAL NOTICE. "STITCHWELL" \$4.75
small hand machines for travellers

Write for circulars.

STANDARD SEWING MACHINE CO.

GENERAL OFFICES,

173 Tremont St., Boston

Write for elegant 50-page catalogue and mention this magazine.

BOSTON MEASURING SPOONS

(Four in the set)
Correct measures for

- Quarter Teaspoon
- Half Teaspoon
- Teaspoon
- Tablespoon

Made of Aluminum

Used and endorsed by highest authorities in the art of Cooking.

A necessity for careful cooks.


A delight to chafing-dish users.

Assures perfect results.

Set of four spoons postpaid, 50c.

JOHN FORD CO.
P.O. Box 1575, Boston

You'll Think As You Drink



You'll not only think more clearly and easily, but you'll also think you never drank anything so delicious and satisfying, when you have a cup of

HOOTON'S Cocoa

It's a nutrient, building up body and brain—the drink for thinkers and workers.

Sample free for grocer's name, or full 10c. can, for 8 cents in stamps and grocer's name.

HOOTON COCOA AND CHOCOLATE COMPANY,
Newark, N. J., U. S. A.

Like Mother



THE BREAST FOR BABY.

The Cell for Food
On sale by all druggists. Complete bottle, by mail, 38c. In ordering, address Dept. B.

Hygeia Nursing Bottle Co., Buffalo, N. Y.

BUY THE CELEBRATED CHAMBERLIN STEAM COOKER



Cooks Everything.

Used on a gas, coal, or oil stove, it will cook a big dinner with but flame enough to keep 2 quarts water boiling. It will do the every-day cooking with least possible trouble and gives out no odor. Unsurpassed as a Fruit Canner, for which directions go with each Cooker, and it is used extensively as a Sterilizer.

The best in the world. Send for circular

S. W. Chamberlin Co.

Office and Manufactory, 25 Union Street
BOSTON, MASS.

DR. STEDMAN'S Teething Powders

Used by mothers the world over for nearly half a century. Not a soothing remedy, but a **Teething Powder, absolutely safe and harmless.** Dr. Arthur H. Hassall, of the Analytical Institution, London, England, in his report on these Powders, writes: "Absolutely free from morphia or any other alkaloid or constituent of opium. Thus Stedman's Teething Powder is favorably distinguished from similar preparations."—Arthur H. Hassall, M. D.


A gum lancet, the trademark, is on every packet and on every powder, none otherwise genuine.

Having a branch in the United States reduces the cost to 25 cents for a packet of nine powders. Almost druggists or mailed on receipt of price.

Book of testimonials and Dr. Stedman's Pamphlet, "The Nursery Doctor," sent free on request. Address

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Home Office, 125 New North Road, Hoxton, London, Eng.

Kindly mention this paper.



Recreation and Business Combined

In these days of strenuous effort, where gigantic enterprises are the one absorbing question wearing to the extreme on one's vital forces, and with the whirl and excitement of the busy city with its crowded, noisy streets, there can be no rest. The close application which is demanded of the business man makes it necessary that he be healthy, hence the demand for resorts, the environments of which tend to that aim. Half a day of golf, a brisk walk through the pines, or to indulge in any one of the numerous out-of-door sports, sort of braces one up, but the trouble is, where is there a place having just these opportunities.

A ninety-minute railroad ride takes you to Lakewood, the most famous, the most popular resort known for the business man. A perfect atmosphere, a healthful climate, delightful surroundings, fine hotels, and a select social following are the qualities Lakewood possesses, and the resort is reached by the New Jersey Central. Its trains are fast and frequent, and coaches and parlor cars are of the latest design. If you are interested in Lakewood, send to C. M. Burt, G. P. A., 143 Liberty Street, New York City, for book No. 1: it's free for the asking.

Congress Bread

One quart of sifted flour, one even teaspoonful of salt, three teaspoonfuls of Congress Baking Powder. Mix these thoroughly together, and add sweet milk or water, to make a soft dough, and bake at once.



BREAD MACHINE

FOR HOUSEHOLD USE.

Sifts the flour and mixes 10 pounds of best bread in three minutes. Sold subject to trial and approval. *Send for Booklet.* Agents wanted.

Scientific Bread Machine Co.
(CYRUS CHAMBERS, Jr.)
52d and Media Sts., Philadelphia

\$1.00 A YEAR

10 CENTS A COPY

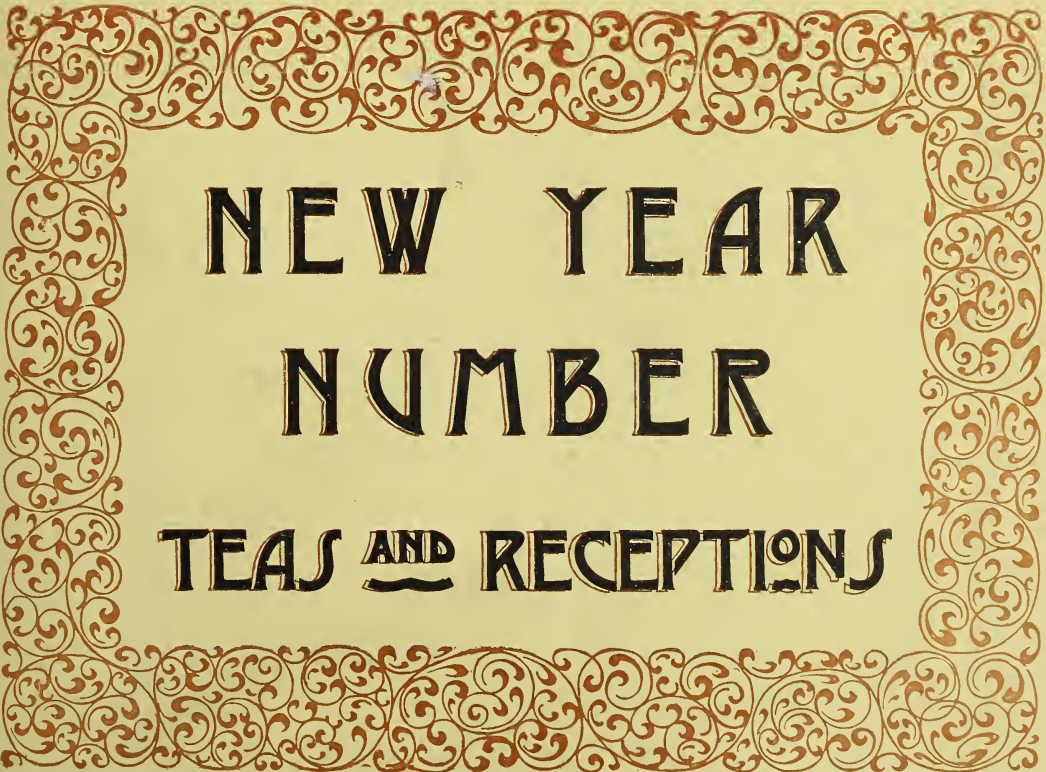
THE BOSTON- COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND
DOMESTIC ECONOMICS

VOL. VIII

JANUARY, 1904

No. 6



NEW YEAR
NUMBER
TEAS AND RECEPTIONS

THE BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts

"Where Purity is Paramount"



**(The
Packing
Room.**

Here the Checkerboard labels are put around the packages and sealed, to keep the foods fresh and pure.)

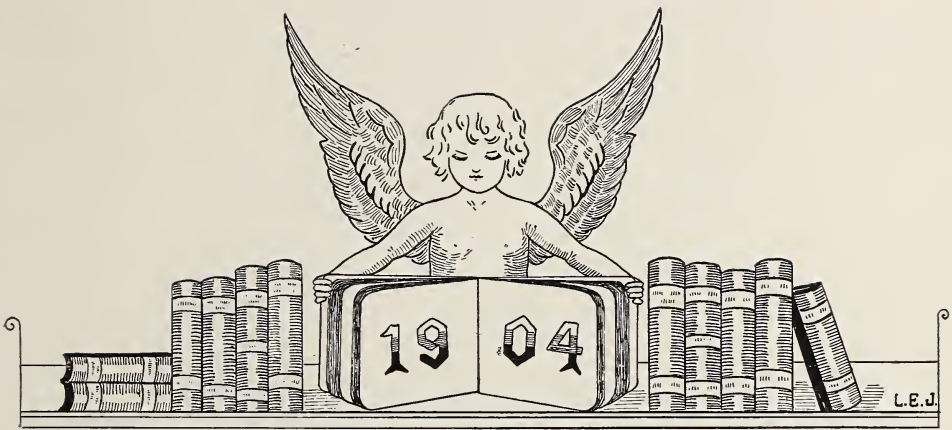
Says the Miller:

"I have made about Twelve Million Checkerboard Packages of foods the past year and on New Year's Day I make just one resolve—the same each year; to make each package as good as the last; I can't make it any better.

"Suppose you try delicious Ralston Breakfast Food to-morrow morning. The folks who eat Ralston every day know that I keep my resolution."

Free! For Office, Parlor or Study—Printed on fine Art Paper, bearing no advertisement. It is just a bit of the Miller's fine, quaint philosophy handsomely printed. Send either 2c. in stamps or the top of any Checkerboard package to **Ralston Purina Co., St. Louis.**

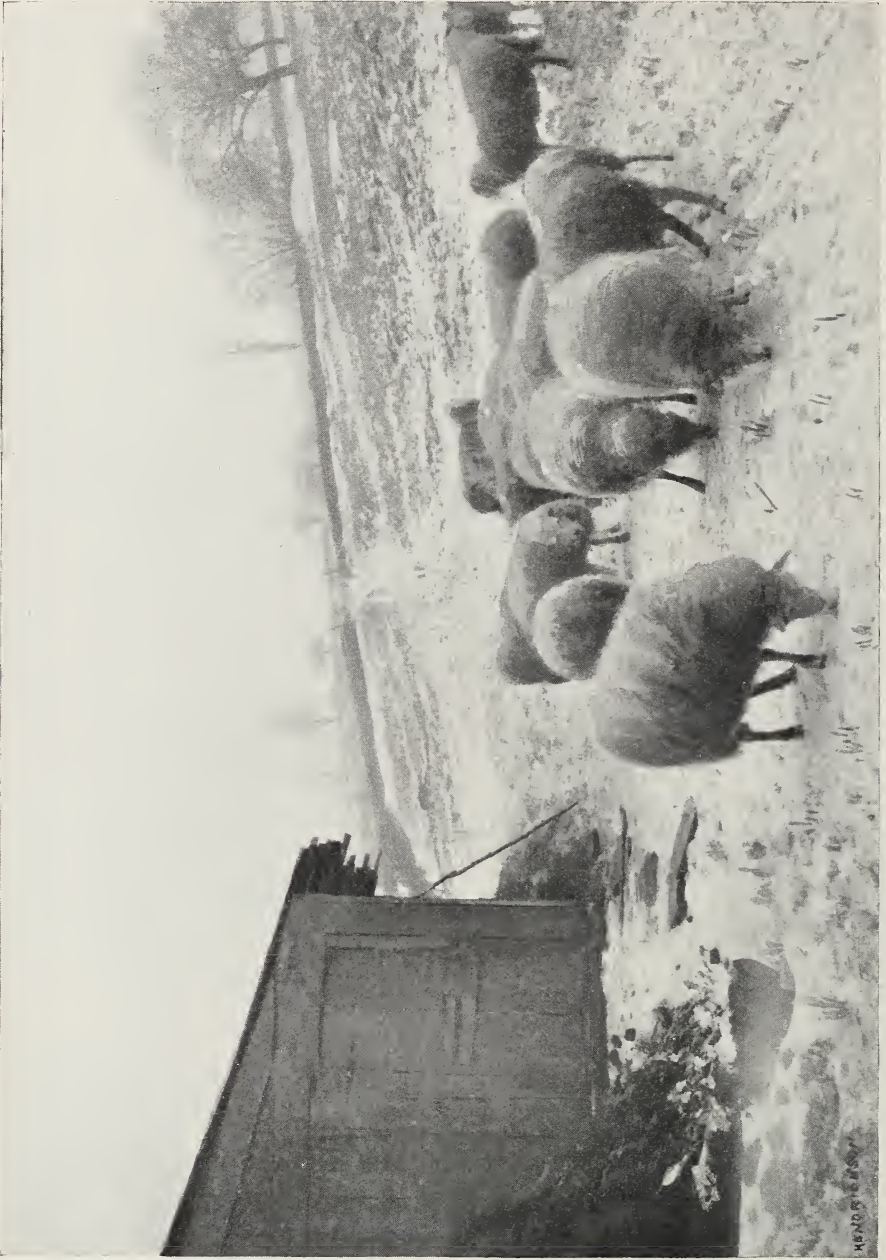
Ralston PURINA FOODS



THE NEW YEAR

Twelve unread books are in his hands,
His smiles are sweet our hearts to win;
When at the door he waiting stands,
We open wide, and bid him in.

CORA A. MATSON DOLSON



A WINTER SCENE

The
Boston Cooking-School Magazine

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JANUARY.

No. 6.

UNDER GRAY SKIES

A Winter Song



CROSS the cheerless, wind-swept waste,
Under gray skies, we wend our way :
No sign of life this wintry day
In sky above or earth below,—
Naught but bare boughs and drifting snow.

Yet soon the miracle of May
Shall arch the heavens in tender blue,
And clothe these naked boughs anew ;
Shall sprinkle all the meadows over
With buttercups and honeyed clover.

Dear, let us check the rising tear.
Grief cannot always rend the heart,
If we of nature be a part ;
A little while, and then life's May !
We must be glad somewhere — some day.

LUCIA W. EAMES

Under the Dragon Lanterns

By Jessie Juliet Knox



The honored Son of the House

TO the Californian who desires to study the Chinese, an excellent opportunity is given in the Chinatown of San Francisco, where one may go at any time, and feel as if he had been suddenly transported to the Flowery Kingdom itself. And to come into personal contact with the "heathen Chinese," certainly does broaden our ideas, and make us know that, after all, the spark divine may dwell in all; for one may have just as stanch a friend in a high-binder or a little cigarette-smoking Chinese lady as in a native of the Occident. We have not known the Chinese in their home life, or indeed in any sphere,

save in books, from whose pages we have gained the idea that the Chinese are irreclaimable heathen, always bowing to idols. But when one goes among this strange people, showing friendship and interest in them, he soon finds the facts quite different.

Having had the pleasure of a personal friendship with the former Chinese consul and his sister, who is the wife of Wu Ting Fang, ex-minister at Washington, we have had exceptional opportunities for studying the high-caste Chinese, as well as the low, and we find them full of interest. Madame Wu, as many of us know, is a sweet and cultured lady, with a most charming personality; and one must always feel ennobled for having come in contact with such a character. The wives of the official class are free to go and come as they choose; but, strangely enough, they choose to remain quietly at home, in the society of their maids and children, with occasional visits to other high-class Chinese, and going to the temple, perhaps, twice a year and to the theatre as rarely. The aristocratic Chinese ladies have the "little feet," and could not walk about much, if they desired; and so the majority of them are seemingly content to remain in their tiny, doll-like apartments near the roof, making tea, attending to the wants of their children, and embroidering rich and beautiful garments of different kinds to be worn at the festival of the New Year, the feast of the lanterns, the moon festival, the burning of the devil, etc. We who are free cannot begin to realize the childish ecstasy with which these dear little ladies and children of the Orient

look forward to the different festivals. And why? Because it is always delightful to escape from prison bars, to look up into the blue sky, and to breathe the pure air of freedom.

It is best to visit Chinatown during one of these holiday occasions; for then we can see all classes, and the narrow, picturesque streets are aglow with the vivid colors of the holiday robes of Chinese femininity. Then one may see the aristocratic ladies, assisted by their pretty little maids, wending their way to the house of a friend, to the theatre, restaurant, joss house, etc., and all chattering and giggling in that dear little way so characteristic of Chinese women and girls. At these times the narrow streets are lined with the pink loveliness of the sacred almond blossom, the snowy beauty of the narcissus or Chinese lily, and the men on the streets are kept busy in selling these flowers.

No home would be complete, at this time, without bulbs of Chinese lilies in a bowl of water with stones, and the stems tied with red paper, to frighten away evil spirits. The fragrance of these flowers, mingled with the incense ever burning for the gods, is fairly intoxicating.

Not only on the streets do we see these bits of Celestial femininity, but always, if one will but glance upward, he will see far above him on the carved balconies, gay with flowers and swaying dragon lanterns, pretty faces shyly peeping through the flowers, and gazing down with

childish absorption and interest at the swaying mass below, the people of all nations; for these one can always see in cosmopolitan San Francisco. And it is not unusual to be pelted with a velvety shower of perfumed almond blossoms, to see a brown dimpled hand withdrawn, and to hear a shy Chinese giggle.

In the windows of rich and poor alike red candles are burning, denoting joy; and the omnipresent little bowl of sand is set at every door, stuck full of punk sticks, whose ends are kept lighted and are ever giving forth that peculiar, permeating odor of Oriental incense.

Perhaps the most picturesque bit



Little-footed Maidens in Festal Robes

of all is the child's part of the festival. Tea-rose babies, in beautiful tint and attire, toddle along or are carried by proud father or nurse. Children of all sizes, of high and low degree, one may see at these times. It is all so beautiful that it seems really a pity not to be able to reproduce the scene for the delectation of our less fortunate friends who



A Chinese Lady

cannot see it. The Chinese ladies are averse, however, to having their pretty features perpetuated on cardboard, and will hide their faces, when they recognize the familiar camera, which to them is full of evil spirits, ready to seize one at the pressing of the bulb. But the children are more easily persuaded; and little Sen Toy, the only son of proud and wealthy parents, was only too glad to have his Mongolian lineaments transferred to paper, and to see himself as he appeared to others, dressed in his

cunning little cap, gay trousers and apron, with the square pocket in front. He looked "velly fine," there could be no doubt of that. At least so thought his shy, little, aristocratic mother; and we found him such a dear little fellow that we can but agree with her.

Our friend, the high-binder, has two beautiful children, also; and we met them just as they were going to the joss house to offer sacrifices to the god. They were richly dressed, all their garments being of silk, and their sandals embroidered. The girl, little Gum Sing, wore a jewelled head-dress and carried a picturesque umbrella. They were bearing a jar of flowers to set before the good joss.

The doctor is standing in front of his drug store. So we step in to give him a short call, while he is dispensing medicine to his customers,—medicine in the unattractive forms of dried lizards, snakes, and scorpions; for the Chinese use these things for medicine.

After leaving the drug store, we have the extreme good fortune to see Mrs. Wong approaching. Any one could see at a glance that she is an aristocrat. She has upon this occasion carried out a color design most effectively. She is attired in a silken blouse, or *shom*, of the palest rose, with a rich border, no doubt embroidered by her own dainty fingers. Her wide trousers are a deeper shade of rose, and her fan of the most delicate tint. From the embroidered bands of the trousers coquettishly peep the tiny V points of her little shoes, also of rose and gold. Rocking and swaying with the "golden lily gait" of the aristocrat, she approaches the door where she is to make a call. Mrs. Wong always remembers her American friends; and she is fairly

dazzling in her rich Oriental loveliness, as she gives us the accustomed and now familiar Chinese salutation (namely, a very weak little touch of a soft brown hand,—it could not be called a clasp, for with anything so strenuous as that they are not acquainted). A soft timid voice says: ‘How do? You well?’

Her face is round and dimpled, with great wide eyes that can sparkle with coquetry or sadden with regret. Her lips are full and red; and her eyebrows are shaped like the proverbial willow leaf, for the attainment of which all the refractory hairs must be extracted. She speaks in a shrill falsetto, as that denotes the aristocrat; but at times, when she forgets, her voice is very low and sweet.

On the door are strange Chinese characters, meaning happiness, joy, and all sorts of good things, to the entering guest. Upon invitation we are glad to accompany Mrs. Wong. So, after ascending the usual number of tortuous steps, we find ourselves in front of a closed door, with a small square opening therein. Into this Mrs. Wong speaks a Chinese word. The door flies open as if by magic, and we are greeted by a strong odor, of incense, almond and lily, and a great deal of feminine chattering and giggling, none of which we could under-

stand. The soft little hands of the hostess, who is the wife of a wealthy merchant, are held out to us in embarrassed greeting; and we place our card upon the lacquered tray, together with the card of Mrs. Wong, which is



The New Chinese Joss House, San Francisco

a strip of red paper with her Chinese name in large black letters.

Our hostess does as well as she can to make us feel at home; but, being so limited in her knowledge of our language, it is rather a difficult matter. She is a dear little thing, with round, saucy face and a scarlet bud of a mouth. From out the wide sleeves

of her green blouse gleam the omnipresent, green jade stone bracelet. In the coils of her black hair are numerous pretty stick-pins. The majority of the ladies present have whitened their faces with rice-flour paste, and faint suggestions of carmine tint lips and cheeks. The slanting eyes are dancing with sheer happiness, and jewels hang from their small ears. There is a subdued feminine murmur, while the hostess serves wine and tea. The tea, as made by a real Chinese lady, is surely equal to the ambrosial nectar of the gods. The hostess drinks first, holding the little handleless cup on both sides; and the guests do the same. Other Chinese dainties are plentiful, but somehow they do not appeal to the American palate.

Meanwhile we wonder what the little paper god pasted on the wall thinks of all these feminine goings-on.

As the hostess only knows a few words of our language, and those words happen to be, "How old are you? How many children have you?" etc., one can readily understand that conversation soon languishes; but it is somewhat of a relief just to sit back and listen to the feminine buzz, enlivened with a great many giggles and looks of curiosity.

At the Chinese theatre the visitors must sit on the stage with the actors. This seems odd at first, and one is afraid; but after a better acquaintance with the people this fear is lost, and everything is enjoyed to the utmost. Their music is anything but alluring; and the beating of the big round tom-tom, and the piping

of the shrill flageolets, grate on the ears of the music-lover. No women are allowed upon the stage, but they are well impersonated by the men. The women are far up in the balcony, next the ceiling, so they will not be near the men, who are standing below, as there are no seats. It is pathetic to see the childish absorption with which they gaze down upon the stage. It is all real to them: they forget no part of it, but have it to talk and think about in the solitude of a long year.

We go next to an elegant Chinese restaurant, with rich furnishings; and there we have a cup of delicious *chah* (tea). The restaurant is very beautiful: it has a music (?) room, and a most picturesque balcony, upon which glow ever the great lanterns of the dragon. As we look over the railing, we see our sweet girl friend, Sen Woy Yon, passing below. She is evidently very much embarrassed to be thus on the street alone; but she is none the less alluring, for all that, garbed in palest lavender from head to foot.

The joss house comes next, and here everything is rich and elegant. We see the joss with a great bowl of incense burning under his august nose. The sides of the rooms are lined with the chairs of rich, carved teakwood, which are covered with scarlet satin, embroidered in gold. It is all so beautiful; but we must say good-bye to the magic, Oriental city, and leave the blossoms and the light and the perfume of incense and the fairylike scintillations of the great dragon lanterns.



A Company Cook, United States Army

Adventures of a Cook in Foreign Lands

By an ex-Soldier

JUST because I had cooked in a cheap restaurant on the Bowery and knew something about waiting on table, the audacious first sergeant of the company, in which I enlisted for the Spanish-American War, detailed me as cook as soon as we left for the front. A few days later the order came relieving me from company duties and assigning me to the kitchen as chief cook for an organization of three officers and a hundred and twenty enlisted men. I had two assistant cooks and four waiters, also two dish-washers, the prison gang and fatigue party to cut wood and haul water an hour each morning.

What a "kick" I made, however! I had enlisted to annihilate the enemies of the United States, not to cook. But fate was against me. I told my little story of patriotism to the first sergeant, and thought that I touched his heart. I spoke of the flag, of duty, cause, and mother; and, when I thought he was about to revoke the order and let me take up the rifle, he turned upon me, and simply said, "Rats!"

I appealed to the second lieutenant, and asked him to go to the captain and get me released from common cook's duties, so that I might soldier and be a real hero. This officer explained that in the event of an actual battle I would not be left out. I could seize my trusty rifle, take my position in the file-closers, and do my duty. Anyway, some one must cook for the outfit; and what better sacrifice could one make

for his country than to cook for comrades in arms? The second lieutenant convinced me that I could

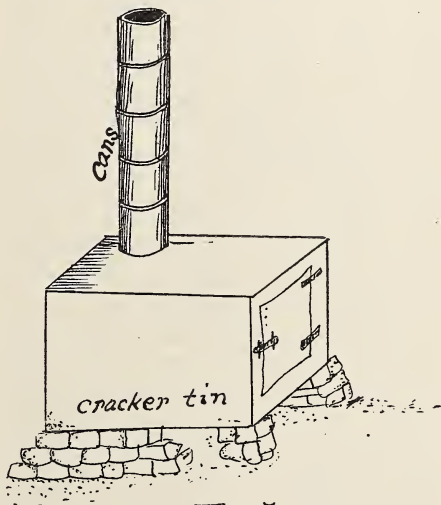


Fig 1

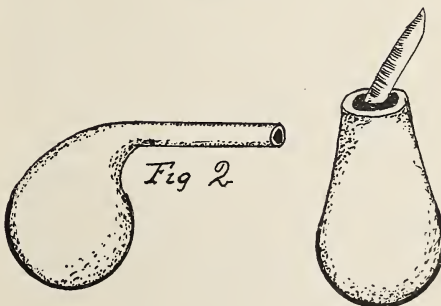


Fig 2

Fig 3

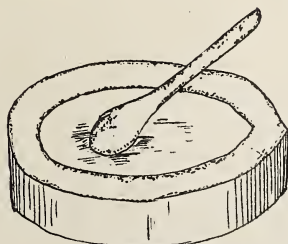


Fig 4

be a hero at the kettle, and I went to work.

At first mess next day several men desired to meet the cook, and have it out with him. I had connived, these "sassy fellows" intimated, with the quartermaster sergeant to cut rations and divide the spoils. They called me a "stomach robber," and held me in such condition that I kept a good weighty club near by, ready for use. But, after all, I found these fellows only jollied for fun. That is, they considered it part of their privilege, as soldiers, to "kick" about the cook, the quartermaster and the first sergeant. So I kept on. In fact, I had to keep on. There was no way out. Several of our boys had deserted, and the most of them had been caught and returned.

I will jump a year or more, and land in the Philippines, and then two more years, and you have me located to date with a company, still cooking, and this time in Moroland. I want to show you some of my field fittings. When a column goes into the interior for the savage tribes, the pack trains carry ammunition, rations, and medical supplies. We poor devils of cooks cannot even get a kettle through.

Figure 1 is a stove made from a hard-tack box. A door is shown, and a stack made of sections of empty tomato cans. We cooked biscuits in this oven for several weeks before the field ranges came to us. Figure 2 is a native vessel made of horn, and used for water; while Figure 3 is a kind of pulverizing device of domestic design which we utilized for grinding corn and rice. Figure 4 we used for reducing coffee to proper fineness after roasting. The affair is of stone, and the device for pounding is also of stone. For several weeks

the men prepared their coffee in separate tin cups, each for himself, until the boilers were obtained. Figure 5 is a model of wood table used for field purposes. The top is mahogany. Mahogany is as common as pine. Figure 6 is a cocoanut-shell dipper, and it is wonderful how useful these utensils of savage construction prove to be. Figure 7 is a device for cutting food and reducing to desired parts. The instrument has wooden handle and metal or stone head-piece. Figure 8 shows the form of tent used. It is simply a piece of canvas stretched over ridge poles and posts on the fashion of the regular tent fly, only much smaller. Several times wounded

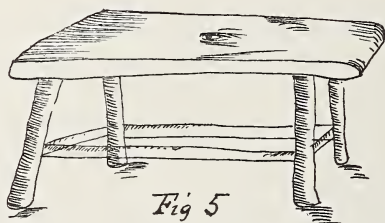


Fig 5

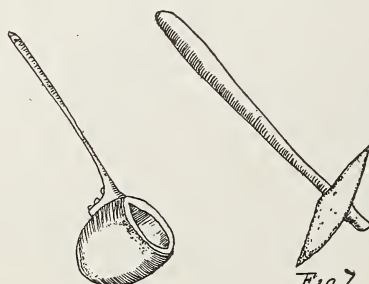


Fig 6

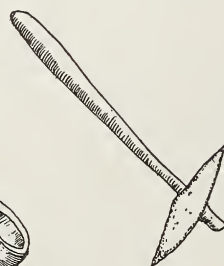


Fig 7

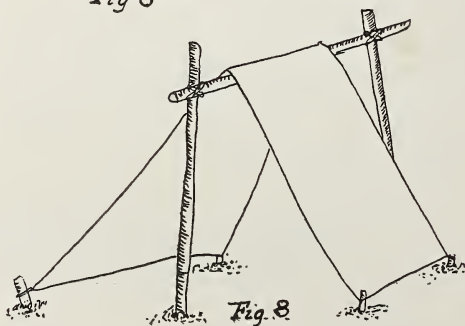


Fig 8

or sick men found this little tent very useful to them, until better facilities could be obtained. We seldom had the tent alone, as we could accommodate three other persons, and usually had a full house.

Rations for the supply of the company are forthcoming in garrison, and there is not much trouble; but field service has been my fate, I am pleased to say, in most of my nearly four and one-half years of service. There rations may be forthcoming, and they may not. It takes hustling on the part of the cook to make up for shortages, by purchasing, with the funds of the company, corn, potatoes, etc., from the friendly natives who follow the camp. There is a good deal in knowing how to make things last. I have seen cooks dump the pulverized cracker on the ground. I used these in making dumplings. Scraps need not be lost. They can be worked up into meat pies and the like.

A garrison ration consists of twenty ounces of meat, per man, eighteen ounces of flour, two ounces of beans, sixteen ounces of potatoes, two ounces of dried fruit, almost two ounces of coffee, a little over three ounces of sugar, some pepper, salt, etc. Field rations are the same in amount of meat, but it is usually of dried beef, same in amount of hard bread, beans, potatoes, and other articles. A field ration of coffee is ready roasted. Beans are canned. In fact, most

field and travel rations are in readiness for use.

A cook can save a great deal for his company. The company is entitled to so much; and, if the men do not utilize the whole amount allowed, the surplus can be turned back into the commissary and cash obtained for the same. This cash is used to buy delicacies not issued by the government. Thus, in garrison, we have ice-cream and pie. In the field we have fruits. Often the savings help out the company fund. The cook gets his regular pay as a soldier and a stipend from the company fund. If he suits the men, they do not forget him on pay-day or at Christmas.

I like the life. Our company has been in some three engagements and several skirmishes, during the past two years, in the Moro trouble on the Island of Mindanao; and I see by our record that I was not left out. Our officer kept his promise. Whenever trouble was ahead, I had a chance to shoulder the rifle with my comrades. I have lost nothing in glory that I can see, and financially have won out; for I have a neat little bag of coin in my chest, all made from savings on my pay and small gifts of money from comrades, who seemed to appreciate our field biscuit and "slush," although, if I remember aright, several of those who have donated toward my little "pile," on one or two occasions, expressed a desire to "lick the cook."

"Farewell, O passing year,
With all thy joy and fear,
Farewell to thee.
Grand truths can never die.
'March on!' is still our cry,
Oppression we defy,
And work God's will.

"Hail, New Year, hail to thee!
God's children must be free
From shore to shore.
Bring to us hope and light,
Bring right instead of might,
Grant us to walk aright
Forevermore."

Kate Tannatt Woods.

The Filipino and his Cook-book

By Helen Campbell

THAT a dish is a national one is now known to be positive and not to-be-doubted testimony to its value as food for that nation. To this conclusion the best writers on dietetics came by slow degrees, since food analysis is a matter of comparatively recent date. But the latest word from a very high authority, long head of the London Hospital Medical College, Dr. Robert Hutchinson, simply confirms this conclusion, and advises little meddling with the standard dishes of any people. The sneer at Southern "hog and hominy," for example, is merely proof of ignorance, since only in just that combination could the Southern laborer, black or white, find just the number of calories of force, and requisite amount of nitrogen and carbon, to build brawn and muscle and insure a good day's work. New England baked beans, with its brown bread and pickle, in which the New Englander still delights, were another involuntary scientific arrangement for producing the force needed by the pioneer.

Looking at national dishes from this point of view, the humblest dish of a people is eagerly analyzed, to discover if it fulfil the required conditions; and the popular cook-book, or, failing that, the recipes handed down by word of mouth, take on a new value. The latest study in this direction is the Filipino Cook-book, from which it seems that our little brown brothers are in no wise behind other peoples in their instinct for the combinations their climate and habits demand.

Taking up this compilation and

adding to it the information coming from the families of officers and soldiers in our army in the Philippines, one discovers that *luya*, or ginger, takes the place of the capsicum used in all hot climates, in its natural form as small red peppers, the sweet pepper, etc. These furnish the stimulus rendered imperative by a climate, the tendency of which is to induce diseases of the liver. But ginger has its own stimulating and corrective qualities, though its flavor for meats and fish displeases the foreigner as thoroughly as it appears to satisfy the native Filipino.

The Filipino, in his natural state, has a very limited diet. Fish and rice, rice and fish, is his menu from beginning to end of life, with a little meat on festival occasions, and tropical fruits, if the lazy peasant troubles himself to care for them, yams, etc., grown with but the slightest trouble in cultivation. Tamarinds abound, and are a necessity in almost every Filipino dish.

Bawang, or garlic, *luya*, or ginger, and *sampaloc*, or tamarind, in one and another order or combination, are the foundation, wherever meat in any form is used. The fish in greatest abundance seldom has the delicate flavor of more northern varieties, and it is often coarse in texture and almost tasteless. Sour sauces are, therefore, a part of all preparation.

Cinagang na isda, for instance, is a stew of any order of fish to be had; but it is made strongly acid with tamarind juice or whole tamarinds stewed with it. A sauce, in which tamarind juice takes the place of

water, thickened to a smooth paste, is served with fish fried brown in cocoanut oil; but the form of frying most in demand includes plentiful ginger in the oil or grease in which the fish are fried, and they are then sprinkled thick with powdered sugar,—an appalling combination for the Anglo-Saxon palate. Raw fish, minced fine, mixed with beaten eggs and scrambled, is, in degree, like the creamed codfish of New England, or might be but for the overpowering ginger.

Beef stew, also, not with ginger, surprises the eater; and *dinaguanng baca* is beef blood thick with *sampaloc*, or tamarinds stewed to a thick paste. *Adoba* is a marvellous stew made of beef, onions, potatoes, peppers, *luya* in profusion, and *sampaloc*, also fresh vegetables of any order, being added, if obtainable. But the crown of all is *lichong baboy*, a sucking-pig carefully prepared for cooking. A pit is then dug and a fire built at the bottom, over which, at the sides, forked sticks are set, with a bamboo pole run through the forks. On this pole the pig is impaled, and the charmed native turns it by a wooden crank, until it has reached the state so dear to Charles Lamb. Then it is served as a high festival dish.

A pullet, stewed to shreds and known as *manoc na pospka*, is served with a mixture of boiled rice, peanuts, almonds, and currants. The *sampaloc* sauce is in evidence here, also, so that, no matter what sounding name may be given or how the meat

may differ, the final flavor resolves itself into garlic, tamarind, and ginger.

The Filipinos are an undersized people, though not, strictly speaking, underfed. The highest forms of nourishment are often lacking; yet, as a whole, they are a fairly healthy people, with huge enjoyment of their own cuisine,—a people, however, from which we are hardly likely to draw more than a suggestion or two.

Cocoanut oil, for instance, is the most delicious of frying mediums, and it can now be had at various vegetarian headquarters in this country. It is used also in cakes instead of butter. But the American cookery book is already cosmopolitan; and the food supplies of all nations are of necessity in all large American markets. Though all nations are fast Americanizing, at the same time they are compelling us almost unconsciously to the adoption of their best methods.

In the mean time every prominent writer on dietetics sounds the same cry: We are eating too much and too elaborately prepared a variety. Greater simplicity is the first essential, else the disease known as Americanitis, otherwise appendicitis, will become even more national than it is at present. Born of two things, the enormous tension and pressure of the modern rush for wealth, and the steady increase in luxurious living, a return to simplicity and moderation is the first essential; and, at this last point, the Filipino sets an example, it is said, that may well be followed.



Novelties and Suggestions

By Adolphe Meyer, Chef of Union Club, New York

FROM Paris, the centre of good living and entertaining, comes the tidings that pink teas, yellow dinners, and such color fads are no longer the fashion. Freak foods and decorations are put aside, and plain elegance reigns supreme once more.

Novelties, nevertheless, are still looked for, and sometimes adopted with exceedingly poor judgment, similar to that evidenced some few years ago, when the fad of serving hot chocolate to ice-cream came to be quite *en vogue* in New York.

This was probably an imitation of the Norwegian or Siberian omelet, or, as it is sometimes more pertinently termed, "Surprise Soufflé."

If not artistic, this dish is at least original in its conception and, withal, easy of preparation.

A piece of sponge cake, one inch thick, is trimmed and placed on a dish that will stand the fire. Some ice-cream, preferably in brick-shape, is set on top of the cake; and both are then coated rather thickly with the soufflé preparation, which may be flavored either with vanilla or lemon.

Six or seven minutes before the omelet is to be served, it is put into a brisk oven, and, when cooked, is served on the same dish on which it was baked.

Upon serving, the dish is passed at the table; and great is the surprise of those partaking to find ice-cream in the centre of the omelet.

A variation of this dish is to lay on top of the cake some stewed fruit, which may be composed of different sorts, such as pears, peaches, pineapples, cherries, etc.

The serving of food cooked (or at least supposed to be cooked) on planks is advertised by a few reputable houses, that boast of their high-class cuisine.

Planked shad, or even bluefish or whitefish, when well prepared, is perfection in itself; but a planked beef-steak is a mere parody, without any right of existence, as the study of how to cook a steak properly will soon enough teach those who are in doubt.

To bring forth a new culinary creation is not as easy a matter as a good many may think: variations, however, if prompted by good judgment, will answer as well in many instances.

When considering the many different styles of serving eggs, it seems that almost anybody with a little culinary experience ought to be able to vary this, that, or the other style; and, if served within a circle of friends, such efforts should certainly find commendation.

To illustrate the above remarks, the following may serve as an example. Left-overs from a previous dinner, either lobster, fish, chicken, or turkey, may be creamed in plenty of sauce. Of this a spoonful is put in some small china cases, a raw egg is broken over it, and allowed to cook slowly in a mild oven.

Instead of china cases, shells from baked potatoes, which were cut in halves and scooped out, may be substituted; or of the remnants small round croquettes may be prepared, to be used as garnishing for poached eggs, over which various sauces may be poured, as cream, tomato, Créole, Béarnaise, or Hollandaise sauce.

Numerous side dishes, little titbits,

or salads, can be prepared, and each one be different from the other.

Tomatoes, for instance, can be scooped out and filled with various ingredients, such as celery, cauliflower, chicken, lobster, shrimps, crab flakes, hard-boiled eggs, anchovies, sardines, Russian salad, etc.

The dressing need not always be plain mayonnaise. By the addition of fine-chopped fine herbs, such as parsley, chevril, chives, and tarragon, the sauce not only obtains a beautiful green tint, but also a most agreeable flavor, making it an admirable relish with cold viands.

Through the addition of thick-reduced tomato sauce the mayonnaise dressing will become somewhat sharper and of a pink appearance. Both of these sauces can also be served with cold fried or broiled fish.

Various cooked remnants can be made into tasty salads, when well dressed and dished up on crisp lettuce leaves.

Equal quantities of cold boiled rice, smoked beef tongue, chicken, and celery, dressed with mayonnaise, and with just a tinge of fine-chopped green pepper, will please almost any taste. Needless to say that other vegetables may be added to or substituted for the above, and that the salad may be decorated with hard-boiled eggs, cold beets, and gherkins.

Crab flakes, which can be obtained, already picked and in fine condition, from the principal fish dealers, have now replaced the stuffed crab or crab croquette almost entirely. Cooked in cream with a suspicion of fine old sherry, it makes a most delicate dish for luncheon, dinner, or supper. Sauces can also be varied; and other ingredients, such as mushrooms, tomatoes, red or green peppers, may be added.

Crab flakes will be found very con-

venient in the preparation of various chafing-dish forms, in which they replace lobster and oysters.

Green peppers stuffed with crab flakes are ordered frequently; and another fashionable dish, especially desirable for light luncheons, are green peppers stuffed with chicken hash.

Peppers at the present time of the year are not too pungent. To remove the skin readily, they should be scalded for a few seconds in hot fat. As soon as they are drained from the fat, besprinkle with salt and rub off the skin with a towel.

Next cut off the part near the stem, remove the seeds, and place each pepper in a timbale mould. Fill them up with a chicken hash in cream, to which a few well-beaten eggs were added, so as to give it a custard-like consistency.

Set the moulds into a pan with boiling water, and place in a moderate oven for from twelve to fifteen minutes. Then unmould, and serve with some kind of sauce.

The English custom of serving savories at the end of the dinner is getting to be more prevalent of late in the United States. Different cheese preparations, such as soufflés, ramekins, cheese straws, etc., were served here years ago; but the request for various toasts, especially spread with fish pastes and pureés, is now made more frequently.

These pastes can be bought, but are preferably prepared at home. The fish, either bloater, anchovy, etc., after being freed from skin and bones, is well crushed, about one-quarter of its weight of butter is added, and, when well amalgamated, is rubbed through a sieve. The purée is then spread over the toast, sprinkled over with red pepper, and well heated before serving.

Before concluding, mention should

bé made of a sweet dish, brought into notice only recently, the preparation of which in some respects is similar to the Norwegian omelet.

Some good-sized oranges are cut in halves, and scooped out. With the juice an ice-cream is prepared.

The orange skins are then filled about half-full with the ice-cream, and the top is covered with an omelet

soufflé preparation. Two or three minutes before serving, the oranges, which should be placed on a pan of cracked ice, are put in a brisk oven, just long enough to cook the soufflé.

As a variation, the ice-cream may be left out entirely, and the orange shells can be filled with an orange soufflé preparation.

Dates

By Julia Davis Chandler

IF you wish dates that are daintily packed, still on long stems just as they grow, and so fresh as to closely resemble dates plucked from the tree, then ask for Tunisian dates at any nice foreign fruit store. Though not always obtainable, they are much cleaner than the usual blocks of dark dates, and they are packed very carefully and prettily.

They come in long slender boxes, covered with pink paper and edged with white lace-paper frillings, and a label showing mosques and palms, camels, and a stretch of desert. The box is a pretty trifle for a child or an invalid, also just the thing for a picnic basket.

In the East the date palm supplies the Arab not only with a staple food, but from the dates syrup, vinegar, and a form of brandy are made. Besides these it gives him wood for building, which is durable, though not solid. The branches replace rattan in household furniture, for beds, chairs, and tables, while the leaves are made into baskets, the welcome article we call a fan, and most useful twine. From the outer part of the trunk, fibre for rope is taken.

In Egypt the natives live for months on bread and the common black dates, while the red dates are eaten fresh by the better classes. The large yellow dates are peeled and stoned from the stem end, and stuffed with blanched almonds or almond paste, pounded walnuts, sugar, and orange-flower water. Then they are preserved in a thick syrup of sugar and water. Sometimes they are crystallized for sweetmeats.

American cookery books give directions for stuffing dry dates with nuts, marshmallow candy, or Neufchatel cheese. A German authority stones the dry dates, and stews the fruit slowly for an hour, in a syrup of sugar and water, with some Malaga wine.

A New York firm puts up a marmalade of dates, figs, raspberries, and nuts. Without the raspberries it would be quite as nice, and could be made at any season of the year at home. First stone the dates, steam the figs, and shell the nuts, then chop all together, or put them through a machine, and press in a mould. This is nice when eaten with cream or used for a sandwich filling. Dates

can also be chopped and mixed with orange juice, or orange marmalade, for a sandwich filling.

Graham muffins filled with chopped dates are delicious.

Since the final test of every fruit in America is, "Will it make pie?" it may be said here that dates may be used for pies very much as prunes or raisins are used by adding sugar, lemon or orange juice, and a little water and cornstarch. Some add a bit of butter or a pinch of salt as well. In old England we find in recipes of 1450 that dates and other fruits, like raisins and dried currants, were packed around big pieces of meat and game in a "coffin" of pastry, which must have been the forerunner of the present-day mince pie.

It is strange that in the Bible we find no mention of dates, but frequent reference to figs, pomegranates, and the vine. During the Babylonian captivity the Israelites must have had them, as in Babylonia they were a most important crop. Rentals were paid, in dates or barley. The canals were lined with date-trees; for, though the date palms love the desert air, they must lave their feet in water.

The Temple Library records of ancient Nippur, recently excavated by the University of Pennsylvania, show clay tablets of the time of Artaxerxes. These bear in cuneiform lettering the transactions of important business men of those days. The legal obligations of the contracting parties are expressed in as dry and exact repetition as are legal papers of to-day. They were written by scribes and witnessed by seals and thumb-prints for signatures. On these the date palm is frequently mentioned. In one tablet, which is a sixty-year lease of land and buildings, the rental is twenty "gur" of dates per annum, for the orchard land, and the uncultivated

land, for the planting of it with more date-trees.

As it states that "in the presence of Ekur-belit, daughter of Bel-balatu-ittanu, Mother of Bagamiri, the writing has been written," it is probable she was Bagamiri's rich mother-in-law, one to be deferred to, although it says that "Bagamiri spoke of his own free will," etc.

Another tablet is a receipt from a slave for one year's rent for half a field and a stable. The rental is twenty-five "gur" of dates and one jar of the best date wine, one lamb, and sixty "qa" of flour.

We do not know whether they planted seeds or took suckers from mature trees, to get the right proportion of pistillate and staminate trees to secure abundant crops.

In America no large crops of dates have been grown, though the Spaniards brought the date palm to St. Augustine, Fla., long ago; and from the Missions in Mexico they have spread with the growth of the Missions to California. Where the climate is not too humid, they have fruited. Those planted in 1875 bore fruit in seven years; and each tree yields from six to seven bunches, weighing from twenty to thirty-eight pounds each. Lately they have thrived in Arizona, but in many places the fruit does not fill out or the trees suffer from untimely irrigation.

With the development of our Western arid plains it is to be hoped that these fine and long-lived trees may increase, that fresh and well-cured dates, and the bread from our great wheat-fields, may be provided for all. Thus we may become as strong as the Saracens, who were able to turn back the allied forces of Europe during the Crusades, while subsisting on dates and barley bread tied to their saddle-bows.

A Text from a Cook-book

“By a Mere Man”

MY text is the statement to be found in a recent and well-known authority on cookery: “The cooking of albumen or starch, when each is cooked separately, is a simple matter. The difficulty arises when the two are combined in the same dish; and, like some of the ministers, in an age when life was less hurried, I hope to discuss the same in my ninthly, or tenthly, if space holds out.”

The chemistry of cooking has received a moderate amount of attention in recent years, and some of its simpler points have been disseminated, until they are of almost universal knowledge. The frequent statement that the best way to boil eggs is not to boil them illustrates the general apperception that albuminous food should be cooked at a very moderate temperature, say 170° F.

On the other hand, it is better understood than formerly that starchy foods must be subjected to a higher degree of heat, if they would be rendered capable of digestion in the human stomach. To make these digestible with comparatively little energy requires a much greater heat in cooking.

People are learning that starch cannot be really cooked, or made fit to eat, by a few minutes over the fire in a double boiler. Mush has had its day. Let any one try, as I did in my early experiments, to cook rice at a temperature below 212° F., and note the result. I cooked it for fifteen hours at 160°–180° F., which will be noted as the proper temperature for albumens, and then tasted it. The rice was deliciously

soft and delicate, as attractively cooked as any I ever saw; but it had a flat, raw taste. It was raw. Simple chemistry soon proved that. Had the wheat and oatmeal mush of a dozen years back been made of less highly flavored grains, as rice, its popularity would have been short-lived, and we should now resort less to expensive “health foods.” The latter are, many of them, good; but we pay the manufacturer, because we do not know how to change the most ordinary food products into food by proper cookery.

Our compendious books on dietetics tell us that starch is changed into dextrin, a soluble and easily digestible substance, at a temperature of 300°–400° F., and, further, that a portion of the starch is so changed at a temperature of 212° F. or somewhat higher. This latter point becomes of importance in boiling, as the heat is limited, obviously, to 212° F. Moreover, they leave us very much in the dark as to what proportion of the starch may be thus converted at 212° F. or thereabouts, though this also is a matter of no small moment to the digestive apparatus of the ordinary unathletic man. He wants *cooked* starch, not half-cooked starch; and, short of the higher temperature, nobody seems willing to speak with conviction. Probably no one has taken the bother to find out the facts.

Let us consider a particular method of making bread, and some of the superficial results, after which perhaps we will get a little nearer to our text. As the point in which we are now particularly interested is the cooking, any good recipe may be

taken, but I will give mine, to show what a simple process the bugbear of bread-making may become.

To make two loaves of about one pound, each, take one pint of milk, one-half a compressed yeast cake, one level teaspoonful of salt, one rounded teaspoonful of sugar, one level tablespoonful of butter or lard, as preferred, and five or six cups of flour, as may be needed. Mix these ingredients thoroughly. It is well to dissolve the yeast in the liquid first, and to add the flour last, since this method aids thorough mixing: otherwise it makes no difference. This may sound heretical to some, but it is true.

It will be noticed that an unusually small amount of yeast is called for. Yeast is an unwholesome body introduced for a special purpose, and then supposed to be killed by baking. Enough is as good as a surfeit: there is less to kill, and sometimes to escape the fire. When thoroughly mixed, place the dough in two common bread-pans. The time consumed in these operations is ten to twelve minutes. There is no kneading or other labor except the first mixing. Set the dough to rise at a temperature of 90°-100° F. In about two hours it will have risen to double its original bulk, then cook two and one-half hours at a temperature of 250°-275° F.

The actual labor involved is evidently much smaller than is customary in bread-making, and the total time consumed extremely short in spite of an extra long baking. It should be added that the dough will rise considerably higher during the first fifteen minutes' exposure to the low baking heat. But how about the bread? The loaf comes from the oven with a thick crust, neither unduly hard nor yet too elastic and

tough, as French bread often is, and of a pleasing flavor. The texture of the crumb is that of any good home-baked bread, properly aerated, but is of a distinctly yellowish or cream-white color. On tasting, the crumb, as well as the crust, proves to be particularly sweet, lacking both starchy and yeasty flavor. The crumb itself has been partially dextrinized, and on trial proves easily digestible. Such bread makes especially good toast. Moreover, while the bread is dryer than ordinary, on removal from the oven, and sooner ready to eat, it does not dry so quickly to the unpalatable stage. In short, it keeps better, and is especially palatable to most people.

Like all extra good things, this bread cannot, conveniently, be made without some means of regulating the heat, and a thermometer to gauge it. In my own case the bread is raised in an Atkinson (Aladdin) oven, by means of a very small lamp, and baked, without removal by the substitution of a more powerful lamp.

Whether starch can be properly cooked, in the sense of a real chemical conversion, at 212° or thereabouts, I am not yet prepared to say. That it can be hydrated and more or less broken up is undoubtedly a fact. The foregoing method of cooking bread is given as my nearest approach to an answer, up to this time. Since albumen hardens at 212°, perhaps below, and grows less digestible as the heat is increased above that point, the difficulty mentioned in the quotation which I chose as my text is evidently a real one. How, then, are two substances requiring such different treatment to be properly cooked in combination? And the answer, like that of a famous conundrum, is that they can't. Still, before facing a future of separate portions of al-

bumen and starch, let us try an ordinary recipe, for example,—

Brunswick Stew

Cut a four-pound chicken as to fricassee. Put in a large covered saucepan, with a small sliced onion, and either a ham bone or one-fourth a pound of bacon. Cover with boiling water, and let simmer an hour and a half. Then add one pint of fresh Lima beans, one pint of corn cut from the cob, one tablespoonful of cut parsley, one-half a teaspoonful of salt, one-quarter a teaspoonful of pepper. Cover, and let simmer an hour longer. Care must be taken not to scorch this stew. Keep over a moderate fire. Remove the bone or bacon before serving.

There you have a well-known Southern dish in its usual form. Read the directions over once more, and consider the excellence of that chicken. Read them again, and consider the beans and the corn. Try the recipe, and you will, probably, pronounce it good, even with its half-cooked vegetables. We are all too used to that failing to take notice of it. Then try it this way, and compare. Begin by putting your vegetables and condiments, and also your bacon, into your pot or stew-pan, with water enough to keep them moist, but not sufficient for them to boil, as they must be raised to a heat of about 300° F. or a bit over. Cook at this temperature as long as you please, merely keeping them moist by the occasional addition of water to prevent burning. You will not overdo

the matter, if you cook from after breakfast till early afternoon or longer. Three hours before supper add the chicken, and enough water to make a satisfactory stew, and cook at a heat of 180°–200° F. till ready to serve. You will now find both starch and albumen cooked, and tender, neither having been sacrificed to the other.

There are one or two points to be noted. Don't raise the heat so high as to split the fat globules in your bacon. With slow cooking a heat of 300°–320° F. will cook the starch and not harm the fat. If you *must* cook at 350° F. or above, put the bacon in with the chicken at low heat; but the stew will not be so palatable. Don't hurry. There are few forms of starch that can be cooked in a short time.

This recipe, as illustrated above, is a fair sample of the manner in which cookery books are made. It was taken from a Western book, but there is no choice. Directions are given in the old-fashioned way, apparently without a thought as to the chemical result, provided a pleasing flavor is obtained; and yet properly cooked food is always more palatable than that which is not. Try the stew both ways, and see.

There are, of course, many recipes in which the problem is more difficult than in the specific instance with which I have dealt, also many in which it is far easier. This merely indicates the manner in which a recipe should be handled. One should never be blindly followed without thought.



Our Castles in Spain, or Rest by Diversion and Repose

By E. D. H.

WE are told that Bishop Brooks kept fifteen minutes of each day sacred to solitary meditation. This was one way, it is claimed, in which he retained his wonderful mental and physical strength. No doubt the benefit came from change of thought. Had he carried his many cares into his solitude, he could have gained but little rest.

If the housekeeper would but observe this practice, she would be surprised at the result. Housekeeping has a more limited environment than most other occupations, and, hence, frequently results in nervous irritation.

At such a crisis go into a room apart. Drop as a garment all thoughts and cares and hopes that are daily companions, and with closed eyes say, "All things are well: my own has come to me." Then to the inward vision summon just the environment and companions most longed for. There are no limits to the powers of the imagination. Away stretches a long line of snow-capped mountains, or the boundless ocean with white ships sailing, the rose-covered terraces of a beautiful garden, or the spacious halls of a grand castle. Or, if the mood does not find grandeur congenial, picture the return of a dear friend, a family gathered at the fireside, or a tiny Kate Greenaway village, with children playing. These are but suggestions, which a more creative imagination will elaborate and improve. Imagine any scene

that represents peace and secures a delight, from its very antithesis to the usual course of life, and from its journey the spirit will return to a rested body and a more cheerful and happy state of mind.

The necessarily receptive state relaxes the body sometimes more completely than sleep. The little journeys brighten the outlook, as do the healthy dreams of youth. As "the mind grows by what it feeds upon," from frequent communion with scenes and people, other than those with whom we come in daily contact, soon a certain sympathy and magnanimity will be the outcome. In times of sorrow and anxiety, it will be a relief to be able to glide out of the present into a place of rest. The actual world will take on new beauties. The artist tells us that it is the suggested rather than the real that he sees. The imagination so cultivated has but to lift its eyes to the blue sky, studded with white clouds, to see hosts of Fra Angelican angels, with golden trumpets, sending forth more beautiful music than human ear has ever heard.

We live in a practical world. Must the actual absorb all our time and attention, until the spirit cries out, and punishes the body with nervous prostration and melancholia? Try taking a few journeys to our castles in Spain. The result will be that poise of spirit and self-control so seldom met with in the rush and turmoil of these busy times.

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The year is closed, the record made,
The last deed done, the last word said:
The memory alone remains
Of all its joys, its griefs, its gains;
And now, with purpose full and clear,
I turn to meet another year.

SIMPLICITY IN LIVING

IN the midst of the rapid growth and expansion in all the means and appliances of modern life a few people, at least, are coming to feel that unnecessary luxuries and the mad rush for wealth and display make less for comfort and happiness than do the more common blessings

that are freely bestowed upon us from every side. We grow weary of things and the constant strife for place and pelf, and long for more simple ways of living.

“How many things I do not want!” said the wise man of old, as he saw the goods of the rich carried in a procession. “How many things I do not need!” the wise man of to-day may say as he walks amid the marvellous productions of the age.

In every phase of life's conduct, selection, choice, has become literally a matter of absolute necessity. Every man and woman must choose his or her own physical, mental, and spiritual pabulum. Of books and periodicals, for instance, there is no end. One can scarcely hope to read even the title-pages of them all, much less to glance at the pictures within, while the idea of even trying to read the superfluous contents is entirely out of the question. To us a few choice books, a rare picture or two, with which we are familiar, are the source of far greater profit and enjoyment than whole libraries of books and galleries of art, whose profusion of riches tend chiefly to amaze.

From our viewpoint the common things of life, which are within the reach of all, are fitted to afford most of satisfaction and contentment; and, as a plain, homely matter of fact, does not simplicity in living consist mainly in wholesome food, a comfortable dwelling-place, and close contact with nature in abundant outdoor life? In the words of the writer, to whom we are indebted for the thoughts suggested in this topic: “Life itself is worth more than any other possession a man may accumulate. The things which we gather around us may be dispensed with, and will be, when we find that they

are not exchangeable for the treasures which belong to the real life of the family and the community. A great discovery we make, when it appears that the richest blessings come without toil, without strain, without anxiety, as the result of living truly, honestly, with mind and heart open to receive that which enriches the mind and satisfies the heart. A little more civilization will bring us into an era of simplicity."

HOUSEHOLD AIDS

THE field truly is great, and the helpers are few. Nothing is more certain than that in all larger places there is mission ground for schools in which young women are trained for household service. We use the word "service" in the business or professional sense. At present, we learn, where such schools have been started, the call is largely for cooks, waitresses, and maids-of-all-work rather than for supervisors and managers of households. This fact points to the weak spot in every kind of service, and especially in that of domestics. Some one must do the drudgery,—that is, if manual labor is to be called drudgery,—and housekeeping is a calling in which manual labor is the item of chief concern. In no wise can it be avoided.

There are two things about which the average young woman, whatever her station may be, should know something. These are the making and care of her own clothes, and the selection and preparation of food. In respect to neither of these matters, so essential to her present and future welfare, is she apt to be proficient, while in any considerable knowledge of the latter she is most likely to be woefully deficient.

To be sure, experience is the great

teacher, and thus knowledge may be gained; but the thing of first importance is to raise the occupation of housekeeping, in all its departments, to the dignity of a high calling, and this can be done only by cultivation and training. For without interest, earnestness, and enthusiasm, which spring from direct application, success is wanting in any undertaking of life.

Hence every effort put forth to train and equip efficient helpers in home-making is a point gained towards the desired goal of intelligent home management; and the wide significance of the subject must lead to its proper recognition.

Apropos to the foregoing is the statement that "at least four-fifths of the homes of this country do not regularly employ domestic servants." "The discussion," therefore, "of the question how the mistress of a home can perform her own household duties and keep peace in the family concerns a far greater number than the question how to get on with servants."

ADVERTISEMENTS

FREQUENT reference to our advertising department is quite unnecessary. The advertisements speak for themselves. In character and quality and reliability they are above criticism and unexcelled. No complaint has ever been made to us of a single article here represented.

In conception and in performance the *Cooking-School Magazine* stands for the highest excellence, purity, and temperance in all things. As an aid to the cultivation of dietetics, wholesome food, sanitation, and hygiene,—the best of all things in the home,—it has its very *raison d'être*. And we are somewhat proud to feel

that the descriptive matter of our text and the contents of our advertising columns are in complete accord. With the utmost confidence we can recommend or guarantee the superior quality and character as well as the strict reliability of the articles represented in the advertising pages of the *Cooking-School Magazine*. In fact, all these things have been tried and tested by us, in actual usage, and they have not been found wanting.

RENEWAL OF SUBSCRIPTIONS

THE most pleasing manner in which a subscription to this magazine can be renewed is by sending us the names of two new subscribers, in accordance with the offer so often repeated in our pages.

The *Cooking-School Magazine* is made known principally through the recommendations of those who have used it, and thus come to know and appreciate its intrinsic merits. In evidence of this we take the liberty to print from our correspondence an occasional letter, like the following:—

VERMONT, Dec. 9, 1903.

Dear Sirs,—Enclosed find two dollars (\$2), which pays for magazine two years, to January, 1905.

I could not think of running a house without the help of this monthly visitor, and in entertaining I find its help invaluable.

Most sincerely yours,

MRS. G. P. I.

Not long since we received a cash order of seven dollars, to renew a single subscription for seven years. While we are highly gratified to receive so substantial a tribute of confidence in our publication, we do not, of course, solicit prepayment of subscription for a term of years. We shall, however, try not

to disappoint our patrons, but to make each number and volume of the magazine of wider interest and greater value than the preceding.

HOUSEHOLD SUGGESTIONS AND ECONOMIES

THE *Cooking-School Magazine* will pay for short manuscripts of one or two hundred words suitable for use in a department under the foregoing heading. In addition to fair remuneration for accepted items, we will award prizes, in cash and books, to the writers who, in the judgment of the editors, submit the most practical or generally useful suggestions on economy on or before June 1, 1904. All manuscripts will be edited. Practical suggestions by which economy of time, product, strength, or money, may be secured are the kind of items desired. We are certain the readers of this magazine will be pleased to note and compare the experience of others on many household subjects, and the result will be mutually beneficial. Actual experience, tried methods, new ideas, are what is wanted, and for these the *Cooking-School Magazine* is willing to give just and liberal compensation. May we receive prompt and generous response for this department!

DESPITE great resources and general prosperity it is conceded that business has taken a depressing turn and the cost of living has increased. Economy, in the sense of prudent, healthful living, is the keynote to the contents of this magazine. Viewed thus, we believe it is worth many times the price of a subscription. May our readers not only favor us with a renewal, but choose to make renewal by sending us the names of two new subscribers.



Empire Chocolate Service

Seasonable Recipes

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Mutton Stew for Orphans' Home

Remove the fat from the forequarter of a carcass of mutton, and cut the meat into small squares. Cover the bones with cold water (let the water barely cover the bones), and set over the fire to cook for soup. Just cover the meat with boiling water, and let simmer until very tender. It will take about four hours. When rather more than half cooked, add two or three onions, cut in slices, four or five sprigs of parsley, and a dozen stalks of celery, cut in small bits. Half an hour before serving, add a quart of raw potato, cubes or slices, and salt as needed. A quart of canned tomatoes pressed through a sieve may be added, occasionally, to vary the dish.

Mutton Broth

After the bones have simmered four hours and the bits of meat can be scraped from them, take out the bones and gristle, and set aside to become cold. Remove the fat, if any, and add about half a cup of rice, brought to the boiling-point in cold water and drained. Let cook an hour, stirring often. Season with salt, and serve. Onion, parsley, and celery may be added, when the cooking of the bones is half completed. For a change add to each quart of broth a tablespoonful and a half of oatmeal and salt as needed. Let cook over hot water about two hours, then strain, and serve hot. The broth should have a jelly-like consistency.

Rizzoletti

Let half a cup of rice come quickly

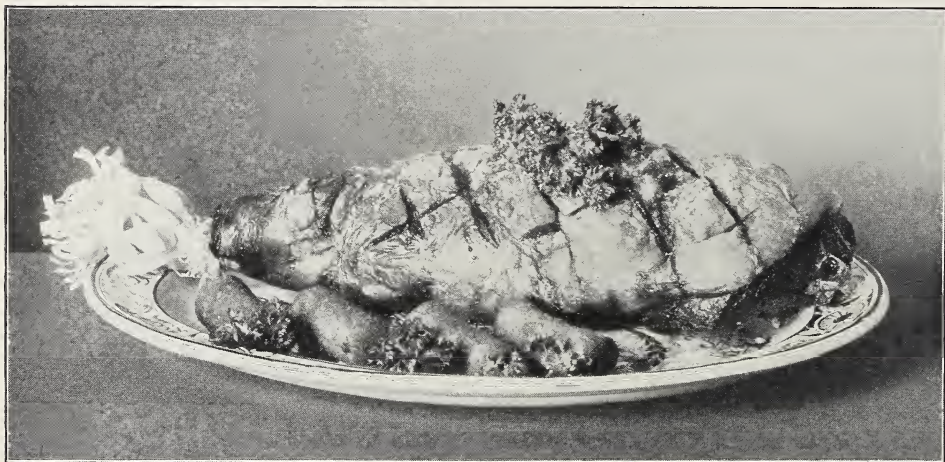


Rizzoletti, "Left-over" Dish

to the boiling-point in a quart of cold water. Pour into a sieve, let cold water run through it, then add one cup and a half of stock, made from turkey or chicken bones or milk, water, and tomato purée, and half

pleted. Cook a slice of onion in one-fourth a cup of butter without browning. Add one-fourth a cup of flour and one-fourth a teaspoonful of salt, and cook until frothy. Then add a cup and one-third of milk, stock, or tomato purée, and stir constantly until the boiling-point is reached. Remove the onion, and stir one-third a cup of the sauce into a third a cup of chopped chicken. Into the rest of the sauce stir about a cup of the cooked rice, which may be either hot or cold.

Add more of the rice, if desired. By so doing the balls can be handled more easily. The dish is at its best, when each kernel of rice is surrounded by sauce. The beaten yolk of an egg or the whole egg, beaten without sepa-



Leg of Lamb, roasted, Banana Croquettes

a teaspoonful of salt, and let steam or cook in a double boiler until the rice is tender. The kernels should be whole, when the cooking is com-

pleted, may be added, though the dish is very satisfactory without the egg. Turn both mixtures onto plates to cool. When cool enough to handle,

form the rice into balls, making a depression in each, and put in a little of the chicken mixture. Cover this rice with the mixture, roll in sifted bread crumbs, cover with beaten egg, and again roll in crumbs. Fry in deep fat, three or four at a time. The proportions given will make six or seven balls. One made flat serves as a support for the middle ball.

Roast Lamb with Banana Croquettes

Remove the superfluous fat from a leg of lamb, and score the thin layer of fat on the outer side of the leg, diagonally. Rub over with salt and pepper, dredge with flour, and set into a roasting saddle or on a rack in a baking-pan. Have the oven very hot at first, to sear over the outside. After fifteen minutes

paper frill over the bone, and dispose parsley and banana croquettes at this end of the dish.



Chicken Mousse with Nut-and-Celery Salad moulded in Patent Charlotte Russe Moulds

Banana Croquettes

Remove the skin and coarse threads from the bananas, and trim the pulp of each to simulate a cylindrical-shaped croquette. Roll in an egg, beaten with a tablespoonful of cold water, and then in sifted bread crumbs,



Jellied Mayonnaise of Oysters for Buffet Luncheon or High Tea

reduce the heat, and let cook about an hour and a half. Baste frequently with bacon fat, melted in hot water. Remove to a serving-dish, slip a

seasoned with salt and pepper, and fry about a minute and a half in hot, deep fat. Drain on soft paper.

Chicken Mousse with Nut-and-Celery Salad

Scald one cup of cream, milk, or

through a food-chopper, pounded in a mortar, and pressed through a sieve. Stir over ice-water until smooth and



Graham Bread made without Kneading

well-reduced and flavored chicken liquor. Beat the yolks of three eggs. Add one-fourth a teaspoonful, each, of common salt and celery salt and a dash of white pepper or paprika, and cook as a boiled custard. Remove from the fire, and stir in one-fourth a

beginning to set, then fold in one cup of double cream, beaten solid. Add more salt and pepper, as is needed, and put into patent charlotte russe moulds. Rap the moulds on the table, that the mixture may settle down and fill the moulds perfectly.



Racks to keep Toast Crisp

package of gelatine, softened in one-fourth a cup of cold chicken liquor or water. Strain the custard over a cup of cooked chicken breast, passed

When cold, turn from the moulds (dip the moulds in warm water to facilitate the removal of the mousse), fill the open centres with sliced celery

and pecan meats, broken in pieces and mixed with French dressing. Season the washed-and-dried leaves of a head of lettuce, plentifully, with French dressing, and serve around the moulds of mousse.

Jellied Mayonnaise of Oysters

Make a quart of aspic jelly, using for this chicken liquor flavored with celery, onion, parsley, and mace, three-fourths a package of gelatine, the juice and yellow rind of half a lemon, a few drops of tabasco sauce, a little salt, the beaten white of one and the crushed shells of two or more eggs. To one cup of the aspic, cold but not jellied, add half a

own liquor, drained and chilled, slices of pickle, and a few capers. Have ready a charlotte mould decorated



Oatmeal with sliced Bananas and Cream

with fans (gherkins cut in thin slices and spread like a fan), slices of gherkins and figures cut from hard-boiled eggs. Turn the oyster mixture into the mould, and set aside. Decorate a larger mould of the same shape

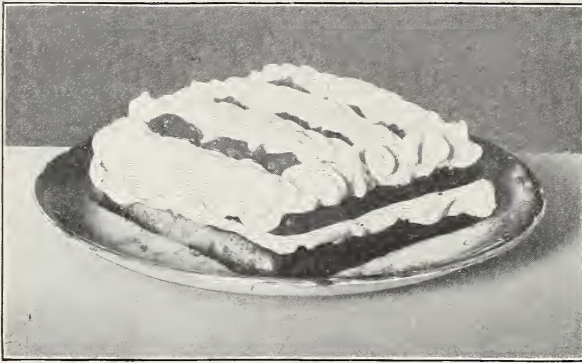


Anti-tannic Tea Infuser, Five O'clock Tea Cups, Etc.

cup of mayonnaise dressing. Stir until the mixture begins to thicken, then stir in a pint of oysters, brought quickly to the boiling-point in their

with slices of hard-boiled egg, slices of pickle, and capers, and turn in the rest of the aspic jelly mixture. When cold, use the mould of jelly for the

base, and upon this put the jellied mayonnaise mixture. Garnish with heart leaves of lettuce, dressed with



Apricot Short-cake

French dressing. Serve French dressing or mayonnaise in a dish apart. If the oysters be large, cut in pieces before mixing with the aspic mayonnaise, season with salt and a few

Graham Bread
 Soften one-third a cake of compressed yeast in half a cup of water. Add a second half a cup of water, a cup of scalded and-cooled milk, with two tablespoonfuls of butter, a teaspoonful of salt, and three tablespoonfuls of molasses. Stir in two cups and one-half of Graham flour and one cup and a half of white flour. Mix very thoroughly, but do not mould. Let stand over night. In the morning cut down with a knife, and turn into bread-pans. Shape with the knife, and, when again light (nearly doubled in bulk), bake about one hour.



Grape Juice Frappé, Whipped Cream Decoration

drops of lemon juice or vinegar from the chilli pepper bottle. Pickled nasturtium seeds also make an agreeable addition.

Oatmeal with Sliced Bananas

Have the water salted (half a teaspoonful to a pint) and freshly boil-

ing. Stir in slowly one cup of steam-cooked oats to two cups of water. Let boil up once after all the grain

titions, separating the pulp, and lift out the membrane in one piece. Add to the pulp in the grape fruit a few pieces of orange pulp and half a dozen white grapes, skinned, cut in halves, and seeded. Let become thoroughly chilled. When ready to serve, mix the pulp in each shell with about a teaspoonful of mayonnaise dressing, and serve at once.



Grape Fruit, Orange-and-Grape Salad

is added, then set into the hot water-kettle, and cook from half to a full hour. The latter is preferable. Turn into patent charlotte russe moulds, and let stand over night. In the morning turn from the moulds onto a buttered baking-sheet, and set into a hot oven to become very hot. Remove to the serving-dishes with a spatula or broad-bladed knife, and fill the centres with sliced bananas. Put a spoonful of whipped cream above the bananas, sprinkle with sugar, and serve.

Fried Oyster Sandwiches

Purchase large oysters. Drain and set on a cloth to dry. Dip in sifted bread crumbs seasoned with salt and pepper, then in an egg beaten with a tablespoonful of cold water, and again in the crumbs. Fry to a golden brown in deep, hot fat. Drain in the basket, and again on soft paper. Have ready some bits of bread (Boston brown, rye, or Graham preferred) of suitable size to take two oysters. Spread the bread with sauce tartare or butter, and put together in pairs.

Grape Fruit, Orange-and-Grape Salad

Cut the grape fruit in halves. With a sharp knife cut close to all the par-

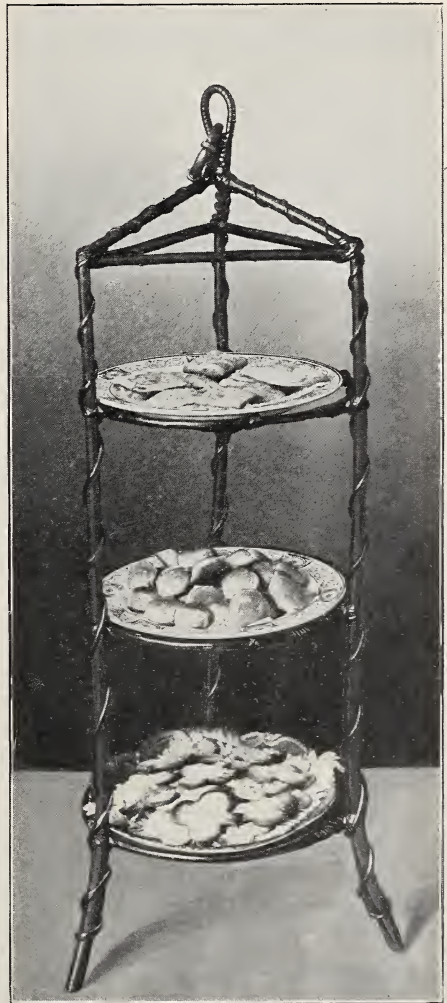


Fig Diamonds, Tiny Baking Powder Biscuit, and Clover Leaves

Apricot Short-cake

Cream one-third a cup of butter. Add one cup of sugar, gradually, the beaten yolks of two eggs, half a cup of milk, one cup and three-fourths of sifted flour with two and one-half level teaspoonfuls of baking-powder, and the stiff-beaten whites of two eggs, in the order named. Bake in two-layer cake-pans. When cool, put together with apricot snow or foam.

Apricot Snow or Foam

Take one cup of canned apricots, drained from the syrup, and press through a vegetable press or ricer. Add one cup of sugar, the unbeaten white of an egg, and the juice of half

or a whole lemon. Beat the mixture with a perforated wooden spoon until it will stand alone: it will take nearly half an hour. Use between and above the layers of cake. A few halves of apricot, cut in pieces, may be used to decorate the snow. This may be served at once, or it will keep at this season in good condition about a week. Raw apples grated, banana pulp pressed through the ricer, or other semi-solid fruit, may take the place of the apricots. The apricot gives a particularly agreeable flavor and tint.

Clover Leaves

Cream half a cup of butter. Add, gradually, a cup of granulated sugar, the beaten yolks of two eggs, the grated rind and juice of one lemon (half a lemon is enough, if the lemon be large), the white of one egg, beaten stiff, and flour enough to knead. Roll into a very thin sheet. Stamp out with a clover-leaf cutter, and dispose on a baking-sheet. Brush over with white of egg, beaten and strained (the white of one egg is reserved for this purpose), and sprinkle with chopped almonds or pistachio nuts and granulated sugar. Bake to a delicate straw-color.



Tea Percolator, Candied Cherries, Etc.

Grape Juice Frappé (for Clubs, Teas, etc.)

Mix one quart of grape juice, one quart of water, the juice of four oranges and two large lemons, and one cup and a half of sugar. Pour into the can of a freezer, packed with equal measures of ice and salt, and turn the crank in the usual manner, until the mixture is half frozen. Serve in a punch-bowl. Decorate with whipped cream. The cream should be sweetened but little, if at all.

Fig Diamonds

Put half a pound of figs over a slow fire with three or four tablespoonfuls of water, cover, and let steam until the water is absorbed. Then chop *very* fine, return to the fire, and cook to a smooth paste with a little hot water, wine, lemon, or orange juice. Roll the "clover-leaf" mixture into a rectangular sheet and very thin, spread the cooled fig-preparation over one-half the paste and fold the other half over the fig. Stamp out into fancy shapes, brush the tops with beaten white of egg, sprinkle with nuts and sugar or sugar alone, and bake to a yellow straw-color.

Apple Custard

Pare six apples, cut in quarters, and remove the cores. Add one cup of sugar, one cup of water, and four tablespoonfuls of lemon juice. Cook until the quarters are tender, being careful to retain the shape. Take out the pieces of apple, and cook the liquid until very thick, then pour over the apples, and set aside to jelly. Make a custard, using one pint of milk, one-third a cup of sugar, a little salt, and from three to six yolks of eggs. Flavor with vanilla. When cold, pour over the jellied apples.

Corn-meal Custard

Scald one quart of milk over hot water. Stir in half a cup of granulated corn-meal and a teaspoonful of salt, mixed thoroughly with half a cup of sugar. Stir until the mixture thickens, then add half a cup or more of currants or stoned raisins, cover, and let cook an hour. Remove from the fire, and, when cooled slightly, stir in two beaten eggs. Turn into a baking-dish, buttered and dredged with sugar, and bake about half an hour.

Small Chocolate Cakes

Cream half a cup of butter. Add, gradually, one cup of sugar, then one-fourth a cup of cocoa, the beaten yolks of three eggs, and, alternately, half a cup of water and one cup and a fourth of sifted flour, sifted again with three level teaspoonfuls of baking-powder, one teaspoonful of cinnamon, one-half a teaspoonful of mace, and one-fourth a teaspoonful of cloves. Lastly, add a teaspoonful of vanilla extract and the whites of three eggs, beaten dry. Bake in small tins.

Caramel Marshmallow Icing

Boil one cup and a half of brown sugar, half a cup of cream, and one teaspoonful of butter about forty minutes. Add half a pound of melted marshmallows (melt over hot water), and beat until thick enough to spread. Decorate the frosting with red candies or cherries, angelica, nuts, and ornamental frosting, or leave plain.

Baked Apples

Select large, well-flavored apples, pare and remove the cores without cutting through, thus forming cases. Fill the open spaces with butter and sugar creamed together (spice may be added at discretion), and bake in a slow oven.

Menus for Teas and Receptions

Club Teas

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| <p>I.</p> <p>BREAD-AND-BUTTER SANDWICHES.
HOT TEA.
GRAPE JUICE FRAPPÉ, WHIPPED CREAM
DECORATION.
ASSORTED CAKES.</p> | <p>II.</p> <p>MACAROONS. "CLOVER LEAVES."
HOT CHOCOLATE.
COLD BLACK COFFEE WITH ICE-CREAM.</p> |
| <p>III.</p> <p>BOUILLON. BREAD STICKS.
HOT TEA. GRAHAM BREAD-AND-NUT SANDWICHES.
LADY FINGERS.</p> | |
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Five O'Clock Tea

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|--|--|
| <p>I.</p> <p>TINY BAKING-POWDER BISCUIT.
RYE BREAD-AND-BUTTER SANDWICHES.
TEA WITH CANDIED CHERRIES.</p> | <p>II.</p> <p>WHITE BREAD-AND-HONEY SANDWICHES.
CREAM CHEESE AND BAR-LE-DUC SANDWICHES.
TEA.</p> |
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Morning Card Party

(Served at Card Tables)

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|---|--|
| <p>I.</p> <p>FRIED-OYSTER SANDWICHES. OLIVES.
HOT COFFEE.
MACEDOINE OF FRUIT, WHIPPED CREAM (Individual Moulds).
LITTLE CAKES.</p> | |
| <p>II.</p> <p>CHICKEN TIMBALES, BECHAMEL SAUCE.
CELERY. NUT-AND-CRESS SALAD. SALAD ROLLS.
RAISINS IN SHERRY WINE JELLY, WHIPPED CREAM.
SPONGE TRIANGLES.
COFFEE.</p> | |
| <p>III.</p> <p>JELLIED GRAPE FRUIT IN SHELLS.
OYSTER CROQUETTES. COLE SLAW.
HOT BAKING-POWDER BISCUIT.
COLD TURKEY, SLICED THIN. FRUIT JELLY. OLIVES.
POTATO BALLS, MAÎTRE D'HÔTEL.
LITTLE CAKES. COCOA. WHIPPED CREAM.</p> | |
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Reception (Buffet)

- CHICKEN MOUSSE WITH LETTUCE-AND-NUT SALAD.
OYSTERS AND EGGS IN ASPIC JELLY WITH LETTUCE AND MAYONNAISE.
GRAHAM BREAD-AND-BUTTER SANDWICHES.
BOSTON BROWN-AND-WHITE BREAD SANDWICHES.
OLIVES. MAN-OLAS. SALTED NUTS.
MARSHMALLOW PARFAIT.
STRAWBERRY BAVARIAN CREAM. LITTLE CAKES. COFFEE.

Seasonable Menus. Five Bachelor Maids

Hours of work, 9 till 4 o'clock

Minute details make all the difference whether the meal is to be enjoyed by the strong or left untouched by the delicate.— *Clement Dukes, M.D.*

SUNDAY	<p><i>Breakfast</i></p> <p>Malaga Grapes. Toast. Rolls (Reheated). Coffee.</p> <p><i>Dinner</i></p> <p>Chicken Fricassée. Cranberry Sauce. Sweet Potatoes. Celery. Caramel Parfait. Black Coffee.</p> <p><i>Supper</i></p> <p>Bread and Butter. Apple Sauce. Neufchatel Cheese. Cocoa.</p>	WEDNESDAY
	<p><i>Breakfast</i></p> <p>Hot Cereal. Stewed Figs. Cream. Frizzled Dried Beef. Baked Potatoes. Doughnuts. Coffee.</p> <p><i>Dinner</i></p> <p>Roast Ribs of Beef. Scalloped Tomatoes. Franconia Potatoes. Celery-and-Nut Salad. Hot Apple Tapioca Pudding (Baked), Vanilla Ice-cream. Black Coffee.</p>	
MONDAY	<p><i>Breakfast</i></p> <p>Hot Cereal with Dates. Hashed Chicken on Toast. Baker's Rolls. Coffee.</p> <p><i>Dinner</i> (6 o'clock)</p> <p>Hamburg Steak. Tomato Sauce. Mashed Potato. Canned Stringless Beans. Jellied Apples with Custard. Drop Cakes. Black Coffee.</p>	THURSDAY
	<p><i>Breakfast</i></p> <p>Hot Cereal, Cream. Bacon. Hashed Potatoes. Baker's Rolls. Orange Marmalade. Cocoa.</p> <p><i>Dinner</i></p> <p>Cream-of-Corn Soup. Cold Roast Beef, Hot Brown Sauce. Potatoes. Buttered Turnips. Prune Whip, Custard Sauce. Black Coffee.</p>	
TUESDAY	<p><i>Breakfast</i></p> <p>Hot Cereal with Bananas. Chopped Raw Beef with Gravy. Mashed Potato Cakes. Zwiebach. Cocoa.</p> <p><i>Dinner</i></p> <p>Cream-of-Celery Soup. Browned Crackers. Lettuce-and-Salmon Salad. Sliced Oranges with Nut Meats, Sugared. Black Coffee.</p>	FRIDAY
	<p><i>Breakfast</i></p> <p>Hot Cereal, Cream. Baked Sausage. Hot Apple Sauce. White Hashed Potatoes. Toast. Coffee.</p> <p><i>Dinner</i></p> <p>Cream-of-Celery Soup. Boiled Cod, Pickle Sauce. Boiled Potatoes. Lima Beans (Canned). Lettuce Salad. Nuts in Lemon Jelly, Whipped Cream. Black Coffee.</p>	
SATURDAY	<p><i>Breakfast</i></p> <p>Hot Cereal, Cream. Fish Hash. Pickles. Rolls. Coffee.</p>	
	<p><i>Dinner</i></p> <p>Oyster Soup. Browned Crackers. Potato Salad. Graham Bread and Butter. Baked Tapioca Pudding, Hard Sauce. Black Coffee.</p>	

Inexpensive Menus for Orphans' Home

Children from 3 to 10 years of age (by request)

"Youth requires its food-supply to be paid in advance, so that the system is always solvent."—
Clement Dukés.

SUNDAY	<p><i>Breakfast</i></p> <p>Oatmeal. Sliced Bananas. Milk. Potatoes Hashed in Milk. Broiled Bacon. Bread and Butter. Cocoa.</p> <p><i>Dinner</i></p> <p>Raw Round of Beef, Chopped, Cooked in Hot Frying-pan without Fat. Baked Potatoes (White and Sweet). Tomatoes Stewed with Bread Crumbs (Older Children). Caramel Ice-cream. Drop Ginger Cakes.</p> <p><i>Supper</i></p> <p>Hot Boiled Rice, Chocolate Sauce. Bread and Butter. Stewed Prunes. Milk.</p>	<p><i>Breakfast</i></p> <p>Cereal (with Broken Nut Meats) (for the Older Children). Milk or Cream. Hamburg Steak. Baked Mashed Potato Cakes. Bread and Butter. Marmalade. Milk for Small Children.</p> <p><i>Dinner</i></p> <p>Cream-of-Celery Soup. Broiled Lamb Chops. Baked Potatoes. Canned Peas. Chocolate Bread Pudding.</p> <p><i>Supper</i></p> <p>Milk Toast. Bread and Butter. Stewed Fruit. Drop Ginger Cakes.</p>	WEDNESDAY		
	<p><i>Breakfast</i></p> <p>Wheat Germ Meal. Hot Dates. Milk. Broiled Bacon. Broiled Potatoes. Rye-meal Muffins. Bread and Butter. Cereal Coffee. Milk.</p> <p><i>Dinner</i></p> <p>Mutton Stew. Macaroni with Hot Cream or Tomato Purée. Bread and Butter. Junket with Brown Bread Crumbs.</p> <p><i>Supper</i></p> <p>Rye or Graham Bread and Butter. Hot Stewed Apples. Drop Cakes. Milk.</p>	<p><i>Breakfast</i></p> <p>Picked-up Codfish. Boiled Potatoes. Fried Corn-meal Mush, Molasses. Bread and Butter. Milk.</p> <p><i>Dinner</i></p> <p>Boiled Fowl. Baked Sweet Potatoes. Celery Hearts. Bread, Chicken Gravy. Sifted Cranberry Sauce. Sea Moss Farine Blanc Mange, Milk, Sugar. Chocolate Fudge.</p> <p><i>Supper</i></p> <p>Hot Boiled Rice, Milk. Dry Toast. Marmalade or Jelly. Milk.</p>		THURSDAY	
	<p><i>Breakfast</i></p> <p>Hot Cereal. Stewed Prunes. Dried Beef in Cream Sauce. Baked Potatoes (White). Breakfast Corn-cake. Bread and Butter. Milk.</p> <p><i>Dinner</i></p> <p>Boiled Haddock or Cod. Boiled Potatoes, Baked Potatoes. Drawn Butter Sauce. Canned String Beans or Peas. Baked Apple Tapioca Pudding, Sugar and Rich Milk.</p> <p><i>Supper</i></p> <p>Cream-of-Fish Soup. Toasted Crackers, Buttered. Bread and Butter. Apple Sauce. Milk.</p>	<p><i>Breakfast</i></p> <p>Cereal, Milk. Hashed Fowl on Toast. Broiled Sweet Potatoes. Graham Muffins. Milk.</p> <p><i>Dinner</i></p> <p>Roast Leg of Lamb, Baked Potatoes. Cole Slaw (Oil and Vinegar) (Older Children). Macaroni, Platter Gravy. Baked Indian Pudding, Cream or Butter. Milk for Younger Children.</p> <p><i>Supper</i></p> <p>Zwieback. Dried Fruit, Stewed. Bread and Butter. Cocoa. Milk.</p>			FRIDAY
	<p><i>Breakfast</i></p> <p>Cereal with Hot Dates, Milk. Dried Beef, Plain. Potatoes Hashed in Milk. Bread and Butter.</p>	<p><i>Dinner</i></p> <p>Broiled Fresh Fish. (Younger Children). Baked Lamb and Potato Hash (Older Children). Stewed Celery. Bread and Butter. Creamy Rice Pudding.</p>			

AFTER BREAKFAST CHAT

By JANET M. HILL



In Reference to Menus

Menus for Orphans' Home

We are glad to note that those who have young children in care are coming more and more to realize that variations from the serene and happy state of mind, which is characteristic of young children is, in large measure, due to indigestion occasioned by faults in eating.

The three faults most in evidence are eating of improper articles of food, eating of suitable articles at unadvisable hours, and inability or unwillingness to eat at any one time a sufficiency.

Foods Improper for Children

Among the articles of food forbidden to children are sausage, fresh pork, corned beef, kidneys, liver, pastry, griddle cakes, new bread, turnips, cabbage, raw or fried onions, cucumbers, carrots, fried foods, cheese, tea, and coffee. After the period of second dentition greater variety in food is needed than before that time.

Craving for Fruit and Sweets

The craving of growing children for fruit is only less than that for sugar and sweets, and both these wants must be recognized. The salts and acids contained in fresh fruits and vegetables are absolutely essen-

tial to the physical integrity of a growing child, but the supper hour is not the time when these articles should be provided. Sugar is needed to supply heat and energy, but the dietaries in most families and institutions are apt to contain too much starch and sugar and too little protein.

Quantity of Food Eaten

Healthy children are hungry at regular intervals; but many a child is so fond of play or seeing what is going on that, as soon as the first pangs of hunger are appeased, he gives his attention to other things, and goes from the table without taking food enough to supply the system until the next meal. In consequence, such children are frequently hungry. They exhaust their resources in maintaining activity, and leave nothing upon which to grow. Young children have no reserve supply of fat upon which to draw, when food is not at hand. To remedy this, each child while at table should receive the personal supervision of some one, whose duty it is to know whether the requisite quantity of food has been actually eaten. Where large numbers of children, varying in age, are to be fed, they can be better

cared for, if the younger children be seated at one table, and another table be given up to the older children.

Fat in the Diet of Children

Fat is a necessary item in a child's dietary. It is especially indicated for thin, nervous children and for such as have frequent colds or catarrhal disorders. Children are fond of cream; but, though cream is not as expensive as butter, it is usually thought too dear for common use.

Most children like bacon; and tender, mild-cured bacon is considered a wholesome form in which to eat fat, the long smoking to which it has been subjected being inimical to parasites, often to be feared in other forms of pork. But cooking at too high a temperature brings about changes in fat that render it particularly liable to produce digestive disturbances. Hence a careful, painstaking cook is needed to cook even the simplest articles of food, that they be sent to the table in a condition fit for the stomach of a child. Cook the bacon, in a slow oven, in a hinged broiler set over a dripping-pan. Pour the delicately cooked fat into a cup, and, when cold, use, instead of butter, on baked potatoes or bread sliced thin, on boiled rice or other cereal served as a vegetable. The crisp, delicately cooked slices will be eaten with avidity even by the youngest child. Do not, however, make the mistake of having bacon too often. The stomach loathes monotony.

Monotony in Food

No matter what the kind of food may be, choice or commonplace, do not serve the same items day after day. One does not tire of bread as readily as of most other articles of

food; but bread is a "stand-by" with children, and it certainly will be relished much better, if the kind be varied, as it may be, with rye, Graham, entire-wheat, oatmeal, and Boston brown bread. Occasionally let the dough be mixed too moist for moulding, especially if it is to be Graham bread, and sweetened a little with molasses (a recipe is given in this number of the magazine). The size, shape, and general appearance, too, of the loaf, each has an effect upon the appetite.

Special Items in Menus

Milk is specified with the cereal, but in this connection a small quantity of cream is preferable to a large quantity of milk, for the reason that the cereal will probably be masticated more thoroughly. A few nut meats or dates, stirred into the cereal prepared for the older children, will also be helpful in this particular, while at the same time furnishing additional nutriment.

Uncooked bananas are not suitable for the younger children, but half a very ripe banana may be sliced for children of six years and above.

Beef from the top of the round, or from the tender part of the rump, passed through a meat-chopper, then stirred in a hot frying-pan, and moistened with a little boiling water and seasoned, is usually a favorite dish with children. Of course, the youngest children can be given only the gravy; and this should not be diluted too much with water.

In making the drawn butter sauce for the fish, stir the flour, smoothed in cold water, into boiling water, let cook ten minutes after boiling begins, then remove from the fire, and beat in the butter.

Recipes for mutton broth and stew will be found among our seasonable

recipes. The name "mutton," however, is a misnomer. Mutton is rarely found outside of large city markets; for the average housekeeper objects to paying for the large quantity of fat that is found thereon. As a rule, lamb grown since September or October is what is supplied at this season, whether the order be for mutton or lamb. The purchase of a whole lamb would be economical, if room could be made for it in the refrigerator.

Menus for Teas, Receptions, etc.

Any reference to the accessories of the five o'clock tea table is perhaps superfluous; for every woman, in dispensing tea at this hour, seeks, as far as her purse will allow, for the daintiest of furnishings,—egg-shell china, polished silver, and immaculate linen. Whatever edible is served at this repast should be in harmony with the rest of the service: it also should be very simple. Daintiness and perfection of service are relied upon to secure pleasing effects. In preparing the sandwiches, no matter what the filling is to be, cut the shapes of bread before spreading, and take care that the filling is not brought quite to the edge of the bread, to insure against soiling the gloves of those who are partaking of your hospitality. Baking - powder biscuit, light as a feather and no larger than a silver quarter, require no butter, and are a pleasing change from the sandwich so often dispensed.

The five o'clock teacup is decidedly diminutive; and cut sugar, in keeping with the size of the cup, may be had at fancy grocers. Glacé cherries to be used in place of sugar may be prepared at home. A recipe was given on page 273 of our Christmas number. For this service select small cherries, and do not give them too lavish a coating of candy. Sliced pineapple,

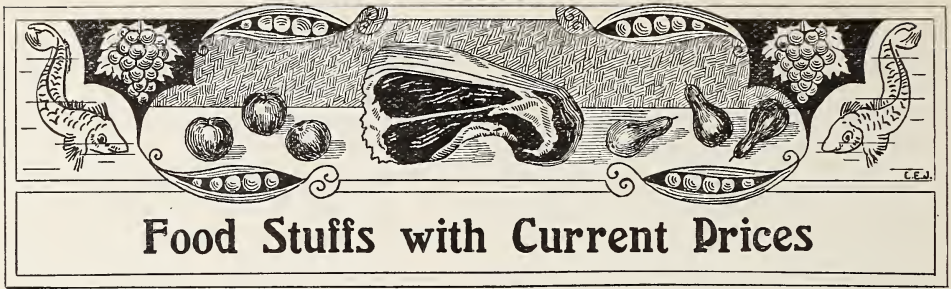
cut in cubes and candied, is another pleasing addition to "the cup that cheers."

In the illustration on page 314 is shown a china tea percolator with saucer, upon which the percolator rests after use. The percolator holding the tea leaves is set within the cup, and freshly boiling water is poured upon them. After two or three minutes the percolator with the leaves is lifted from the cup. A bowl receives the spent leaves, and a fresh supply is put in place for the next cup.

When several cups are to be served within short intervals of time, the new "anti-tannic tea infuser," an English patent, might be found convenient. This style of teapot, also, might prove to be eminently satisfactory at the family tea table. The upper part of the pot is double, to provide an air chamber from which the air can be drawn at pleasure, by turning a valve near the handle. When the freshly boiling water (enough apparently to fill the pot) is poured over the tea leaves in the percolator, just beneath the cover, the air chamber is filled with air. After the water has stood upon the leaves three or four minutes, the valve is turned, thus releasing the air in the inner chamber. The tea infusion now rushes in to occupy the place of the air, and leaves the spent tea leaves above the infusion. Thus several cups of tea, uniform in strength and free from all tannic acid, are assured, even if the infusion be allowed to stand some minutes.

At clubs, which are domiciled in their own building or in rooms reserved for their special use, tea and wafers are served whenever several women are called together. But, occasionally, a more pretentious tea, following a

(Continued on page 329.)



Food Stuffs with Current Prices

JANUARY

As quoted by Mrs. J. M. Hill of Boston, Mrs. Sophie Barclay of Baltimore, Md., Mrs. A. E. Kirtland of Montgomery, Ala., Mrs. Nellie Duling Gans of Chicago, Ill., and Mrs. E. M. Lucas of San Francisco, Cal.

FOOD STUFFS.	Boston.	Baltimore.	Montgomery.	Chicago.	San Francisco.
Beef, Stewing . . .	8-12c. lb.	—	12½-15c. lb.	8-12c. lb.	January items unexpectedly delayed.
Braising (Chuck) .	10c. lb.	—	12½-15c. lb.	10-12½c. lb.	
Rib Roast . . .	12½-16c. lb.	—	12½-15c. lb.	20c. lb.	
Sirloin Roast . . .	25-28c. lb.	—	12½-15c. lb.	20c. lb.	
Steak, Sirloin . . .	30c. lb.	16c. lb.	12½-15c. lb.	18-20c. lb.	
Porter House . . .	30c. lb.	25c. lb.	12½-15c. lb.		
Rump . . .	30c. lb.	12½c. lb.	12½-15c. lb.	12½c. lb.	
Round . . .	25c. lb.	15c. lb.	12½-15c. lb.	10-12½c. lb.	
Fillet . . .	35c. lb.	—	—	25c. lb.	
Corned, Ribs . . .	10-12c. lb.	—	6c. lb.	12½c. lb.	
Brisket . . .	12-15c. lb.	—	6c. lb.	8c. lb.	
Mutton, Leg . . .	—	18c. lb.	12½-15c. lb.	16c. lb.	
Loin . . .	—	18c. lb.	12½-15c. lb.	20c. lb.	
Breast . . .	—	13c. lb.	12½-15c. lb.	8c. lb.	
Lamb, Leg and Loin,	16c. lb.	18c. lb.	12½-15c. lb.	18-20c. lb.	
Loin Chops . . .	25c. lb.				
Forequarter . . .	10c. lb.	14c. lb.			
Veal, Steaks . . .	30c. lb.	25c. lb.			
Roast . . .	16c. lb.	18c. lb.			
Pork . . .	12½c. lb.	12½c. lb.			
Chicken . . .	25c. lb.	17c. lb.	25-50c. each.		
Fowl . . .	20c. lb.	15c. lb.	25-50c. each.		
Turkey . . .	25-28c. lb.	19c. lb. dressed	20c. lb. dressed		
Phil. Capon . . .	28c. lb.				
Geese, Vermont . .	18-20c. lb.				
Rhode Island . . .	23c. lb.				
Duck, Rhode Island,	25c. lb.				
Vermont . . .	18-20c. lb.				
Teal . . .	\$1.25 pair.				
Black . . .	\$2 pair.				
Redhead . . .	\$3.50 pair.				
Canvas Back . . .	\$6 pair.				
Prairie Chicken . .	\$3.50 pair.			\$1.50 each.	
Pheasant . . .	—	\$1-\$1.10 each.			
Quail . . .	\$5-\$6 dozen.			90c. pair.	
Rabbits . . .	40-50c. pair.	25c. each.			
Hare . . .	40-50c. pair.			20-30c. each.	
Venison Steaks . .	40c. lb.			35c. lb.	
Chops . . .	35c. lb.				
Partridge . . .	—	25-30c. each.			
Squabs . . .	45c. each.	25-30c. each.			
Guinea Fowls . . .	\$1 pair.	2c. lb.			

FOOD STUFFS.	Boston.	Baltimore.	Montgomery.	Chicago.	San Francisco.
Fish, White	18c. lb.	—	—	18c. lb.	
Black Bass	18c. lb.	—	—	22c. lb.	
Trout	—	10-15c. lb.	—	15c. lb.	
Halibut	20c. lb.	—	—	20c. lb.	
Salmon, Frozen . .	20c. lb.	—	—	20c. lb.	
Perch	13c. lb.	12-16c. lb.	—	10c. lb.	
Red Snapper	16c. lb.	—	—	—	
Cod	8-10c. lb.	—	—	—	
Haddock	8-10c. lb.	12-18c. lb.	—	—	
Mackerel, Frozen,	25c. each.	—	25c. lb.	—	
Oysters	40c. qt.	40c. qt.	60c.—\$1 100.	35c. qt.	
Selects	65c. qt.	—	—	50c. qt.	
Blue Points	75c. qt.	—	—	25c. doz.	
Lobster	25c. lb.	—	—	30c. lb.	
Shrimps	45c. qt.	—	—	30c. qt.	
Scallops	50-75c. qt.	—	—	—	
Eggs	35-45c. doz.	33c. doz.	35c. doz.	—	
Milk	7-8c. qt.	9c. qt.	5-8c. qt.	6c. qt.	
Cream	30-60c. qt.	30c. qt.	25-30c. qt.	30c. qt.	
Butter	28-32c. lb.	36c. lb. best.	25-35c. lb.	30c. lb.	
Lard	12c. lb.	12½c. lb.	9-10c. lb.	12½c. lb.	
Cottolene	—	—	12c. lb.	8-10c. lb.	
Potatoes, White . .	\$1 bushel.	85-90c. bu.	30c. pk.	25c. pk.	
Sweet	5c. lb.	\$2.50 bbl.	20c. pk.	50c. pk.	
Yams	—	\$1.75-\$2 bbl.	—	—	
Celery	15-25c. bunch.	6-8c. head.	10c. hd., \$1 doz.	40-50c. doz.	
Cabbage	4c. lb.	10c. head.	5-10c. head.	10c. head.	
Cauliflower	15-35c. each.	25-40c. each.	25c. each.	15-30c. each.	
Brussels Sprouts . .	20-25c. qt.	25c. qt.	—	25c. qt.	
Squash	3-4c. lb.	50c. doz.	15c. each.	15-25c. each.	
Onions	40c. pk.	50-65c. bu.	25c. pk.	40c. pk.	
Spanish	5c. lb.	—	—	5c. lb.	
Chives	20c. bunch.	—	—	—	
Egg Plant	—	15-20c. each.	—	25c. each.	
Beet Greens	50c. pk.	—	—	—	
String Beans	40c. qt.	60c. pk.	—	20c. qt.	
Radishes, Hothouse,	5c. bunch,	—	—	10c. doz.	
Tomatoes, Hothouse,	25c. lb.	\$1 doz.	—	20c. lb.	
Cucumbers	15c., 2 for 25c.	—	—	10-20c. each.	
Mushrooms	75c.—\$1 lb.	—	—	75c. lb.	
Lettuce	8-10c. head.	10-12c. head.	—	10-15c. head.	
Escarole	10c. head.	—	—	—	
Romaine	15c. head.	—	—	—	
Spinach	35c. pk.	40c. pk.	—	60c. pk.	
Peppers, Green . . .	50c. doz.	—	—	—	
Cress, Hothouse . . .	8c. bunch.	—	—	—	
Oyster Plant	25c. bunch.	10-15c. bunch.	—	—	
Artichokes, Common,	2 qts. 25c.	—	—	15c. qt.	
Globe	35c. each.	—	—	—	
Apples, Cooking . . .	35c. pk.	25-50c. pk.	35-40c. pk.	40-85c. pk.	
Table	Lady, 25c. qt.	—	—	30-75c. doz.	
Pears	35-75c. doz.	—	—	50c. doz. Seckels.	
Lemons	20c. doz.	20c. doz.	—	30c. doz.	
Oranges	35-50c. doz.	25-35c. doz.	25c. doz.	40-60c. doz.	
Kumquat	30c. qt.	—	—	—	
Limes, Green	20c. doz.	—	—	—	
Grapes, Malaga . . .	15c. lb.	12-18c. lb.	—	25c. lb.	
Niagara	30c. basket	—	—	—	
Pineapples	20-75c. each.	—	—	—	
Grape Fruit	10-20c. each.	15c. each.	—	20c. each	
Strawberries	75c. qt.	70c. qt.	—	—	
Cranberries	2 qts. 25c.	10-12c. qt.	15c. qt.	15c. qt.	
Bananas	20c. doz.	10-15c. doz.	10c. doz.	30c. doz.	
Dates	10c. lb.	8c. lb.	15c. lb.	15c. lb.	
Figs	25-30c. lb.	10-20c. lb.	20c. lb.	15c. lb.	

January items unexpectedly delayed.

Queries and Answers.



L. E. J.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 824.—A. A. S., Brooklyn, N.Y.:
“Recipe for cottage pudding with grape juice sauce.”

Cottage Pudding

Cream half a cup of butter. Add, gradually, one cup of sugar, one egg, beaten light, and, alternately, one cup of milk and three cups of flour, sifted with one teaspoonful of soda and four level teaspoonfuls of cream of tartar (or use six level teaspoonfuls of baking-powder). Flavor with half a teaspoonful of lemon or orange extract, and bake in a shallow pan. When the batter has been spread evenly in the pan, dredge the top with granulated sugar. The pudding will bake in about twenty-five minutes. Cut in squares, to serve.

Grape Juice Sauce

Sift together one cup of sugar and two level tablespoonfuls of flour or cornstarch, and stir into one pint of grape juice heated to the boiling-point. Stir constantly until thickened and

smooth, then stir occasionally for ten minutes. Finish with a teaspoonful of butter and a tablespoonful of lemon juice.

QUERY 825.—A. H., Boston, Mass.: “Recipe for hard soap for household use.”

Hard Soap

Let simmer all day on the back of the stove five pounds of rendered fat, one pound of potash, and ten quarts of water. Let the fat and water be cold when the potash is added to them. When the cooking mixture becomes as thick as honey, beat in half a pound of borax, and pour into a tub or wooden box, rinsed thoroughly with cold water.

QUERY 826.—Mrs. F., Union Hill, N.J.:
“Kindly tell how to build a pyramid of macaroons, stating what is used to hold them together.”

Pyramid of Macaroons

A mould of the shape required is the first essential. Brush this over

upon the outside with olive oil. Have ready a cup of sugar cooked to caramel. Set a macaroon against the mould, which rests on a plate or board, dip one side of a second macaroon in caramel and press against the first. Continue dipping and pressing one against another, until a row of macaroons extends around and close to the mould, then make a second row above the first, dipping two sides of the macaroons in the caramel, to fasten each to the row below as well as to those in the same row. Reheat the caramel as needed. Another way is to set carefully a row of macaroons around the mould, then pipe a little ornamental frosting between them: a drop is enough. The frosting hardens very quickly, and holds the macaroons in place more securely than does the caramel. Set a second row above the first and pipe with frosting as before; finish with other rows, and, when dry, slip from the mould. In using the frosting, avoid piping against the mould.

QUERY 827.—Mrs. F. R. M., Youngstown, Ohio: "Recipe for scrapple."

Philadelphia Scrapple

Let a clean pig's head simmer in a little water, until the flesh slips easily from the bones. Remove the bones, and chop the flesh fine. Set the liquid in which the meat was boiled aside to become cold, then remove the fat, and return the liquid to the fire. When the boiling-point is reached, add the chopped meat, and season to taste with salt and pepper. Let come again to the boiling-point, then sift in through the fingers corn-meal, to make of the consistency of corn-meal mush. Stir constantly until thickened, then, occasionally, for an hour or more. After ten minutes' stirring and cooking,

the mush may be cooked more slowly on the back of the range. When done, pour into bread-pans. When ready to use, cut in slices and fry in bacon or salt pork fat, first on one side and then on the other, to a golden color. The scrapple is fried a little better, if it be dipped in flour.

QUERY 828.—Mrs. H. S., Bristol, Conn.: "Menus for an evening whist club. We have had patties, salads, scalloped oysters, and ice-cream and cake."

Menus for Whist Club

Scalloped Oysters in Chafing-dish.
Chopped Olive-and-Nut Sandwiches
Pineapple Parfait. Sponge Triangles.
Coffee.

Cold Roast Turkey, with Dressing.
Olives. Cranberry Frappé.
Tea.

Hot Bouillon. Buttered Rolls. Olives.
Marshmallow Parfait. "Clover Leaves."
Cocoa.

Salad Rolls or Chou Paste Cakes,
Filled with Chicken Salad.
Olives. Pickles.
Coffee.

Stewed Figs in Sherry Wine Jelly
Whipped Cream.

QUERY 829.—Mrs. A. P. R., Chicago, Ill.: "Recipe for home-made crackers."

Home-made Crackers or Wafers

Sift together one-fourth a teaspoonful of salt and one cup of pastry flour. With a knife or the tips of the fingers work to a dough with water, sweet milk, or thin cream: the last is preferable. Knead slightly,—just enough to get into shape,—then roll into a very thin sheet, stamp out with French cutters, or cut into rectangular pieces with a sharp knife, prick with a fork, and bake a delicate brown.

Home-made Crackers, No. 2

Sift together two cups of flour

and one-fourth a teaspoonful of salt. Work two tablespoonfuls of butter into the flour, and mix to a dough that can be rolled out, with cold water. Roll as thin as possible, prick with a fork, and bake to a straw-color.

QUERY 830.—Mrs. F. S., Reno, Nev.: "When should the blazer of a chafing-dish be used directly over the flame, and when over hot water?"

Use of Chafing-dish Blazer

The blazer of a chafing-dish is used either as a saucepan or as the upper part of a double boiler, the hot-water pan being the lower part of the boiler. Use the blazer, as a saucepan or as part of a double boiler, just as in cooking on the kitchen range. As, for instance, in melting butter, cooking flour in it and then adding a liquid to make a sauce, the cooking is done in a saucepan directly over the fire. When you add cubes of chicken or parboiled oysters, etc., to make a creamed dish, you stir them into the sauce, wait for it to reboil, then set over hot water until thoroughly heated. If hot milk is to be thickened for a sauce with flour mixed with liquid, in the chafing dish as on the range, the cooking will be done over hot water.

QUERY 831.—Miss E. S., Cincinnati, Ohio: "Kindly publish again the recipes for compote of French chestnuts and marrons glacé given in February-March, 1901, magazine. Also a recipe for planked white fish."

Compote of French Chestnuts

With a sharp, pointed knife slit each chestnut shell across one side. Cook a minute in boiling water, drain well, and let dry. Add a teaspoonful of butter for each pint of nuts, and stir and shake over the fire three

or four minutes. Then remove the shell and skin together. Keep the nuts covered with a thick cloth, as they shell better when hot. Soak the shelled nuts in cold water to cover, to which is added a little citric acid, or a larger quantity of lemon juice, seven or eight hours. This is to harden the nuts, that they may not break in pieces while cooking. A quantity of acid about equal to the size of a shelled nut may be used with each pint of shelled nuts. The acid is harmless; but, if more be used, the taste will be noticeable. The nuts are in the best condition for preserving in syrup, or as glacé nuts, when they are first gathered in the fall. They dry out very quickly, and then are likely to fall in pieces while cooking. After soaking the chestnuts in the acid water, drain, and cover with plenty of boiling water. Let boil. Then cook about two hours with the water partly quivering at one side of the pan. When sufficiently tender, drain, and cover with a syrup made of sugar and water, each equal in weight to the weight of the nuts, and a piece of a vanilla bean. Keep hot without boiling two hours. Drain off half the syrup, reduce about one-half, pour over the nuts, and keep hot one hour. Drain off all the syrup, strain, reduce a little, and, when cold, pour over the nuts. If the syrup sugars when cold, add a little hot water, let boil, and use cold.

Marrons Glacé

Prepare the chestnuts as for the compote above. Dry the nuts, then take them, one by one, on a skewer, and dip into sugar and water that has been cooked to about 340° F. with one-fourth a teaspoonful of cream of tartar. Lay the nuts on an oiled paper to cool. Remove

the syrup from the fire as soon as the thermometer registers the proper number of degrees. If it becomes too cold, let stand in hot water. If the cooking of the sugar be done on a bright, cold day and continued until near the caramel degree (345° F.), there is little danger of the candy becoming "sticky" by standing.

Planked White Fish

A planked fish is a rather expensive dish; for, when served at its best, a new plank is required for each fish. The planks cost about fifty cents apiece, and are made of hard wood. Let the plank become thoroughly heated in the oven, then brush over the surface, on which the fish is to be placed, with olive oil. Tack the fish (three or four tacks will be needed) skin side down upon the plank, and set into a dripping-pan, to catch any overflow. Brush the fish with melted butter, and shake salt lightly over it. The fish is now ready for a coal or wood oven; but, if it is to be cooked in a gas oven, sprinkle salt upon the exposed surface of the plank, to avoid charring. Set on the floor of the oven, and bake about twenty-five minutes. Baste at least three times with melted butter. Remove the plank to a serving-dish, garnish the edge with parsley and slices of lemon, or with mashed or duchess potato put on with a pastry bag and tube. Spread the fish with creamed butter mixed with fine-chopped parsley and lemon juice.

(no white) rind of six lemons, in six quarts of cold water about half an hour, then add six pounds of sugar, the juice of the lemons, four gallons of cold water, and a cake of compressed yeast softened in a cup of cold water. Mix the whole thoroughly, and strain through a cloth laid over a colander. Turn at once into bottles or fruit-jars. Do not quite fill the receptacles. Close securely, and let stand in a warm place, until bubbles begin to form and show through the glass, then set aside in a cool place. To serve once to a small number, make only one-third or one-fourth the quantity. Serve from a tall, slender pitcher, and in small or apollinaris glasses.

Ginger Soda Water

Boil two and a half ounces of granulated sugar, one and three-fourths ounces of tartaric acid (bought of a druggist for a few cents), and one pint of water five or six minutes. When nearly cold, beat the syrup into the whites of three eggs, beaten until very foamy, and add half an ounce of ginger extract. Store in a fruit-jar closely covered. To use, put three tablespoonfuls into a large glass half filled with cold water, stir in one-fourth a teaspoonful of soda, and drink while effervescing. For use as specified in the query, it were better to select small glasses, and use one-half the quantity of syrup and soda. Have the soda crushed and sifted ready for use.

French Mustard

Pass together through a sieve one-fourth a cup of flour, one-fourth a cup of sugar, five level tablespoonfuls of mustard, half a level tablespoonful of tumeric, and one-fourth a teaspoonful of salt. Mix to a smooth paste with cold vinegar: it will take about

QUERY 832.—Mrs. G. E. S., Montreal, Can.: "Recipes for a home-made ginger beverage and for French mustard, or a mustard that may be kept in a bottle for use as occasion requires."

Ginger Beer

Boil half a pound of ginger root, crushed slightly, and the thin yellow

two-thirds a cup. Then gradually stir in one cup of hot vinegar, and stir and cook over hot water until thick and smooth. Cover, and let cook ten minutes, then store in glass, and tightly cork.

QUERY 833.—K. M. P., New York City: "Recipes for rice, tropical fruits, etc."

Bananas à la Porto Rico

Put the bananas, without removing the skins, into hot ashes or a very hot oven, and bake until the skins are blackened and begin to burst open. Send to the table in the folds of a napkin. The skins serve to hold the heat, and are not to be removed until the moment of eating. To be eaten, buttered, with lamb or mutton chops, or roasts, and in the place of potatoes.

Baked Bananas with Sultana Sauce

Let half a cup of sultana raisins, cleansed and washed, cook in boiling water half an hour or longer. When cooked, there should be about a cup of liquid. Thicken with two level teaspoonfuls of cornstarch diluted with cold water, and let cook eight or ten minutes. Add one tablespoonful of butter and the juice of half a lemon, also, if approved, three tablespoonfuls of sherry wine. Pour over bananas baked in the skins. To bake the bananas, pull down a section of the skin of each banana, loosen, and take the pulp from the skin, remove all the coarser threads, and return, replacing the skin carefully, lest the air discolor the pulp: set into an agate pan, and bake until the skin is darkened and the pulp softened. Take the bananas up by the two ends, and slip the pulp onto the serving-dish. Serve with mutton or lamb as an entrée, or with cake as a dessert.

Rice Croquettes en Surprise

Put a cup of rice over the fire in a quart of cold water, and bring quickly to the boiling-point. Turn into a fine sieve, and let cold water run through it. Return to the fire in a double boiler with three cups of milk and half a teaspoonful of salt. When the kernels are tender and the milk absorbed, stir in one-fourth a cup of cream, two tablespoonfuls of butter, one-fourth a cup of shredded orange peel, and one-fourth a cup of sugar, mixed with the beaten yolks of three eggs. Turn onto a dish to cool. When cool enough to handle, shape the rice around the pulp of bananas cut into three pieces, each. When all are shaped, dip in crumbs, then in the whites of the eggs, beaten with three tablespoonfuls of olive oil, and again in crumbs, and fry in deep fat. Serve with Sabayon sauce.

QUERY 834.—Mrs. S. A. B., Lincoln, Neb.: "Recipes for tomato sauce and potatoes other than fried."

Tomato Sauce

Cook a clove of garlic or slice of onion, chopped, in a tablespoonful of butter, until delicately browned, then add a can of tomatoes (six or eight tomatoes), a sprig of thyme and of parsley, and let cook slowly for an hour or more. Then pass through a sieve fine enough to keep back the seeds. Melt two tablespoonfuls of butter, and cook in it one-fourth a cup of flour, half a teaspoonful of salt, and a dash of pepper. Add gradually the cooked tomato pulp, and stir and cook until thickened and boiling. A teaspoonful of beef extract or kitchen bouquet and two or three drops of tabasco sauce are an improvement to the sauce.

Potatoes à la Maître d'Hôtel

With French cutter scoop out about a pint of potato balls from pared potatoes. Cook in boiling salted water until tender. Drain, add a cup of milk, and set over the fire. Cream two tablespoonfuls of butter, beat in the yolks of one or two eggs, half a teaspoonful of salt, a dash of pepper, and two or three teaspoonfuls of lemon juice. When the milk is partly absorbed, stir the egg mixture into the milk and potatoes. When thick as cream, turn into the serving-dish, and sprinkle with a tablespoonful of fine-chopped parsley.

Scalloped Potatoes

Cover the bottom of a buttered baking-dish with cracker crumbs. Pare eight medium-sized potatoes, and slice very thin into the dish. Season with one-fourth a teaspoonful of pepper and two tablespoonfuls of salt. Pour over two tablespoonfuls of melted butter and enough cold milk to cover the potato. Bake two hours in a moderate oven.

Rechauffée of Meat with Potato

Remove fat and gristle from cold roast beef, mutton, or veal, chop the lean meat fine, and put in a stew-pan with enough stock or water to prevent burning. Season with salt and pepper. Simmer just long enough to heat thoroughly. Serve at once in the hollow of a mound of hot mashed potato.

After the hollow mound has been formed, it may be decorated with more mashed potato, using a pastry bag and tube. Brush over the decoration with egg beaten with a tablespoonful of milk or water, and set into the oven to become hot and slightly browned. Then use as a receptacle for the meat.

In Reference to Menus

(Concluded from page 321)

short musical or literary programme, to which guest have been invited, is in order.

For this occasion a round table, at least five feet in diameter, offers the best means of securing a handsome and effective result. Then, with snowy linen, bright, glistening china, silver, and glass, augmented by a bit of growing green or a few choice ferns and blossoms, nothing more can be desired. Tall centre-pieces, either vases or baskets filled with flowers, are seen across the room to best advantage; and, thus placed, they are not open to objections that prohibit their use, except by a skilled hand, on the dining table. Some kinds of green—as asparagus vine and sprengeri—do not wilt when laid upon the cloth, and may be trailed from the centre to the edge between the dishes. Silver spoons and forks may, also, be laid upon the cloth in circles, half circles, or other design. The silver itself is attractive by candle-light, and, thus disposed, can be easily gotten at.

Two or four ladies, seated at the table, pour tea, chocolate, or coffee. In the menu given it is intended that two ladies, at opposite sides, dispense hot chocolate or cocoa with whipped cream, and other two, at the other sides, black coffee with ice-cream. Let the coffee be double the strength of ordinary breakfast coffee. While hot, add sugar and cream to suit the ordinary taste, and set aside to become chilled. When served from the table, it can be poured from a tall pitcher or drawn from a silver coffee-urn into chocolate cups or glass sherbet cups. Finish with a teaspoonful of ice-cream to each cup. If preferred, cocoa may be served in this way, and the coffee served hot.



Notes and Correspondence



Address communications for this department to Janet M. Hill, Editor of the Boston Cooking-School Magazine, 372 Boylston Street, Boston, Mass.

Opening of a Cafeteria

What is a cafeteria? one naturally asks. The Cafeteria at 35 Bedford Street, Boston, is attractive in its freshness, with its big window full of growing plants, its white-capped maids, who serve food smoking hot across the shining counters, and with no delay at all. At the private opening recently, Mrs. Richards, of the Institute of Technology, explained that this new lunch-room was based on a plan for providing the best food at low rates by eliminating the cost of service, and that the wear and tear of temper attendant on waiting for one's luncheon would be lessened by the privilege of serving one's self. Entering, one looks up at the bill of fare (varied daily) which is posted conspicuously on the wall, then, picking up a small tray from a convenient pile, slips into the slow-moving Indian file of customers, and receives promptly, on request, the various viands, served out in small dishes from large hot boxes behind the counter. The savory viands, beef stew, mashed potatoes, etc., are found at the first counter, then puddings, ice-cream, bread and butter, tea and coffee, which you may cream and sugar to taste as you move on. A "lightning calculator" at a little desk gives you a check covering the cost of your trayful, and you take your

lunch to any table you choose and enjoy the reward of your brief labor. Departing, you take along the tray of empty dishes, leave it at a side counter, and, gratefully paying your small charge to the pretty, dark-eyed cashier, go forth rejoicing, with time saved to do several errands.

The Country Camp

While talking of boys' camps and girls' camps with a progressive hotel man from New Hampshire, I received an idea that was new to me; but I can see that the future will probably justify his foresight. It was this: that the man who will build a group of log cabins in the wilds of New England and run them in an up-to-date hotel manner will reap a harvest. I know of none that are built and run as he suggested. The boasted luxury of pine boughs and a mere house, guides, etc., is well enough to talk about when you return, but good clean cabins, with good beds, baths, open fireplaces, and a general dining-room, with good steward and chef, would bring prices and guests that you little think of. Having such accommodations, do you think people would go up four stories in a modern summer hotel into a room so small that they have to go into the hall to change their mind, with one chair

for wife and the trunk for themselves, at \$35 per? In the language of the latest New York slang, "Me for the camp."

Care of the Tea-kettle

The tea-kettle in which water is boiled, whatever the material may be that it is made of, should, says *Tea, Coffee, and Sugar*, have a lid that fits closely, and be kept quite free from fur. If water, especially hard water, is constantly boiled in the same vessel, which is filled up from time to time and never emptied, fur must accumulate. Many people, to prevent furring, place one or two marbles or an oyster shell in the kettle. No doubt these answer the purpose, but decidedly the best and cleanest plan is never to suffer a kettle to stand with water in it unless it is actually in use. When not required, it should have all water drained from it, be well rinsed with fresh water, wiped, and left to dry.

Green Coffee

I have read that raw coffee beans are treated to coloring matter to give a green shade and bring higher price. So it is not sure to be pure, even when bought raw.

Again, I've known maids to wash the coffee-pot in soapy water, then, when the coffee was made and cream added, it turned to a color suggesting green.

J. D. C.

In response to query 810, in December issue, Mrs. D. H. Hintonburg, Canada, sends the following recipe:—

Rice Flour Cookies

Cream two ounces (one-fourth a cup) of butter, add two ounces (one-fourth a cup) of sugar, and one egg, well-beaten, alternately, with two ounces,

each, of rice flour and common flour (half a cup, each), sifted with one-fourth a teaspoonful of baking-powder. Flavor with lemon extract. Roll out on a board, using as little flour as possible. Bake in a slow oven to a pale straw-color. Reheat before sending to the five o'clock tea or the supper table.

The Three C's

The German emperor is said to regard the empress as an ideal woman.

"I can wish nothing better," he has said, "than that the girls of Germany should, like the empress, devote themselves to the church, their children, and their cooking."

Pure Home-made Candy, guaranteed to contain no glucose or other adulterant: Cream Peppermints, Vanilla Chocolates, Jersey Cream Fudge, etc., 40 cts. to 60 cts. per pound; sample box, 10 cts. Address C. M. Benedict, Harvard, Mass.

Mrs. A. E. Kirtland, Montgomery, Ala., who fills orders for home-made jellies, preserves, and cordials, has a limited supply of these articles still on hand, which she would be glad to dispose of at this season. The list includes apple, quince, blackberry, guava, and wild-plum jellies, blackberry jam, peach, quince, and fig preserves, and blackberry and wild-plum cordial.

Elizabeth Hinchman, class of 1903, Boston Cooking School, has charge of the Domestic Science Department of the Pictou Academy, Pictou, N.S.

Our china tea-infuser, percolator, cups, punch bowl, etc., were selected from the large stock of Jones, McDuffee & Stratton. They are shown by the courtesy of that house.



Book Reviews

ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

HOUSEHOLD SCIENCE. By Juniata L. Shepperd. Cloth. Illustrated. Price \$1.75.

Miss Shepherd, the author and publisher of this book, is instructor of cookery at the School and College of Agriculture, University of Minnesota. Her book is designed for use in the class-room, and also to serve as a manual for the housewife in the farmhouse. "It treats of the philosophy of cooking, and gives directions for preparing and serving many of the substantial and some embellishing dishes. It treats, also, of the kitchen and dining-room, and gives suggestions on their furnishing and care." The author has drawn largely upon books and magazines devoted to the subject of household science, and supplemented her studies by formulæ for the preparation and serving of various dishes.

The result is a discriminating, painstaking, and comprehensive treatment of the subject of cookery, along the lines the subject is wont to be handled in American cook-books.

THE POST-GRADUATE COOKERY BOOK.

By Adolphe Meyer. Cloth. Price \$2. New York: The Caterer Publishing Company.

The author says: "In presenting the 'Post-graduate Cookery Book,' I should perhaps explain that my idea has not been to produce a book to take the place of existing works of

culinary reference, but, instead, one that shall serve as a sort of supplement to other standard volumes. There is much that is new being constantly added to culinary knowledge, and in the 'Post-graduate Cookery Book' I have endeavored to record such original, up-to-date, or especially *recherché* dishes as have seemed to me most likely to be of value to the reader.

"This work, as its title indicates, is addressed primarily to those who have graduated in their culinary studies; but I have endeavored to explain everything so clearly as to make it of almost equal value to those who are younger and less experienced."

The book contains a large number of special recipes, many of them original, which cannot be found in the ordinary cook-book.

PRACTICAL, DIETETICS, WITH REFERENCE TO DIET IN DISEASE. By Alida Frances Pattee. Cloth. \$1.

Miss Pattee, the author and publisher, is a graduate of the Boston Normal School of Household Arts, and has been closely identified with hospital work during the past eight years.

The book represents the course in Dietetics as arranged by Miss Pattee for Bellevue Hospital, New York City: it is now in use in that and other

(Continued on page x.)

For Breakfast Luncheon or Tea

A few small biscuits easily made with Royal Baking Powder. Make them small—as small round as a napkin ring. Mix and bake just before the meal. Serve hot.

Nothing better for a light dessert than these little hot biscuits with butter and honey, marmalade or jam.

You must use Royal Baking Powder to get them right.

Send for Royal Cook Book. Tells how to make a hundred different breads, biscuits and muffins.

Neither good nor wholesome biscuit can be produced with alum baking powder, which may be known by its lower price. Alum is a mineral acid whose use in food causes dyspepsia, liver complaint and kidney trouble.

ROYAL BAKING POWDER CO., NEW YORK.

(Continued from page 332.)

institutions. It is used also as a textbook at the Boston Normal School of Household Arts, State Normal, Framingham, Mass.

In the preface Miss Pattee expresses her sentiment as follows:—

“Having found the need of a simple and compact handbook for the use of the nurse, I have endeavored in the following pages to give the result of the knowledge gained during the past eight years of class work in hospitals of different cities.”

This book, as it claims, is a brief and simple manual for physician, nurse, and home use, for which there is a large and constantly growing demand.

A FOREST HEARTH. By Charles Major. Cloth. 12mo. \$1.50. New York: The Macmillan Company.

Many books especially suitable for holiday gifts, in the line of fiction, are published by the Macmillan Company. Of these the titles of a few are given here, and, in brief, what is said of them by the reviewers:—

“If it be the true art of literary genius to produce striking effects by the simplest mean, ‘A Forest Hearth’ might be classed without hesitation among the excellent things in American fiction. Here is no clash and crash of arms, no interweaving of military history with bucolic records. There is nothing fantastic about this latest record of life, love, and loyalty in the sheltering forests of the Blue River region. A courtship begun almost in infancy; opposition from unexpected quarters to the course of true love; the petty devices of petty people to entangle hero and heroine in a hopeless coil; the predestined intrusion of a repulsive yet potent element of commercialism; the Quixotic and hackneyed device of an eleventh-hour abandon-

(Continued on page xii.)

Memory Mending

What Food Alone can Do for the Memory

The influence of food upon the brain and memory is so little understood that people are inclined to marvel at it.

Take a person who has been living on improperly selected food and put him upon a scientific diet in which the food Grape-nuts is largely used, and the increase of the mental power that follows is truly remarkable.

A Canadian who was sent to Colorado for his health illustrates this point in a most convincing manner: “One year ago I came from Canada a nervous wreck, so my physician said, and reduced in weight to almost a skeleton, and my memory was so poor that conversations had to be repeated that had taken place only a few hours before. I was unable to rest day or night, for my nervous system was shattered.

“The change of climate helped me a little, but it was soon seen that this was not all that I needed. I required the proper selection of food, although I did not realize it until a friend recommended Grape-nuts to me and I gave this food a thorough trial. Then I realized what the right food could do, and I began to change in my feelings and bodily condition. This kept up until now, after six months’ use of Grape-nuts, all my nervous trouble has entirely disappeared, I have gained in flesh all that I had lost, and, what is more wonderful to me than anything else, my memory is as good as it ever was. Truly, Grape-nuts has remade me all over, mind and body, when I never expected to be well and happy again.” Name given by Postum Company, Battle Creek, Mich.

There’s a reason.

Look in each package for a copy of the famous little book, “The Road to Wellville.”



Received Highest Award **Gold Medal** Pan-American Exposition

Lowney's Cocoa is not like other cocoas, it is better. The flavor is better — full and delicious. It is absolutely a natural product; no "treatment" with alkalis or other chemicals in order to cheapen the process of making. No adulteration with flour, starch or ground cocoa shells or coloring matter — nothing but the nutritive and digestible product of the choicest Cocoa Beans. A trial will show what it is.

Sample Can ($\frac{1}{4}$ lb.) for 15 cts. in stamps.

P. S.— Lowney Receipt Book telling how to make Chocolate Bonbons, Fudge, Icings, etc., at home, sent FREE.

THE WALTER M. LOWNEY CO., BOSTON, MASS.

Book Reviews

(Continued from page xii.)

ment of an unloved wooer for the bucolic Prince Charming, who rides forth conquering and to conquer,—are not these the very commonplaces of fiction from time immemorial? The indefinable spirit of true romanticism breathes through it all, and carries the reader along in strong sympathy with stout-hearted Diccon Bright and lovely Margerita Bays."

THE SPIRIT OF THE SERVICE. By Edith Elmer Wood. Cloth. Illustrated. 12mo. \$1.50. New York: The Macmillan Company.

This "book is delightfully written, full of color, and cleverly descriptive of naval society and sentiment. The author has a rare gift for letting us know intimately all her characters and for introducing us only to the sort of young men and young women whom it is a positive pleasure to know. The navy lieutenants, captains, and admirals are the real thing,—honorable and gentle, manful and patriotic, yet fully in touch with the modern spirit. It is written from the inside—almost from the deck of a warship—and by the wife of an officer of distinction. The description of the fight in Manila Bay is exhilarating,—as graphic as the sprightliest reporter made it at the moment. The indomitable, heroic, devoted spirit animating the service gleams through the book,—through its fighting, its patrolling, its court-martialing, its love-making, and all the rest. The book is not only readable, but it is something more."

AUNT JIMMY'S WILL. By Mabel Osgood Wright. Cloth. 12mo. \$1.50. New York: The Macmillan Company.

"Ought books for children to have a moral, and ought that moral to be evident? The real moral in Mrs.

(Continued on page xiv.)

Mr. Boerum.—"Willie, you shouldn't eat so much between meals. It will take away your appetite at meal-times."

Willie Boerum (earnestly).—"I don't see why it should. My eating at meal-times never takes away my appetite for eating between meals."

On the Baby

Coffee Even the Babies Thrive On

The little daughter of a college president was saved by the use of Postum Food Coffee at a time when she could not take any solid food.

Baby's aunt says: "My sister and her husband (who is president of a college in Georgia) visited me last Christmas, and their little baby two months old was very sick. I thought it was not properly nourished, so I began feeding it on Postum, which I have used in my own home for years with such grand results.

"You would be surprised to know how that little thing improved. Sister had been feeding it on artificial food that did not agree with it. The baby continued to get stronger all the time we were feeding her on Postum, and, when sister left here, she took Postum with her, for she feels certain that with Postum to feed the baby on she is sure of good healthy nourishing food drink."

Name given by Postum Company, Battle Creek, Mich.

Postum is made of the purest cereals with absolutely no medication whatever, and, when boiled according to direction, it is heavy with food value and a great nourisher and re-builder as well as a delicious drink. It is also a specific for all of the dozens of different diseases caused by coffee. Trial proves this.

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Million
Quarts
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Delicious
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If you have never tried Junket, do so now. It is one of the most exquisitely delicious, smooth, and velvety desserts that mortal ever tasted. Send your grocer's address and your own, and we mail you, free, enough tablets to make two quarts; or send addresses of five friends and your grocer's, and we mail the samples and the charming booklet, "Dainty Junkets," FREE.

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FOOD MADE WITH
Mrs. LINCOLN'S
BAKING POWDER

Is finer grained, sweeter, more healthful, and keeps moist longer than that raised by the more rapid action of powders containing other acids.

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AFTER MANY YEARS' EXPERIENCE, I AM CONVINCED THAT A PURE CREAM OF TARTAR BAKING POWDER IS THE BEST QUICK LEAVENING AGENT, AND IS A WHOLESOME FOOD ADJUNCT.
I GUARANTEE THAT THIS POWDER, PREPARED AFTER MY FORMULA, CONTAINS ONLY THE HIGHEST POSSIBLE GRADE OF CREAM OF TARTAR AND BICARBONATE OF SODA, WITH THE SMALLEST PERCENTAGE OF CORN STARCH NECESSARY FOR ITS PERFECT KEEPING.
AS LONG AS MY SIGNATURE APPEARS ON THESE LABELS, HOUSEKEEPERS MAY BE SURE THAT THIS FORMULA WILL BE FOLLOWED IN THE MANUFACTURE OF THIS BAKING POWDER.

Mary J. Lincoln
AUTHOR OF THE "BOSTON COOK BOOK"
AND SUE, OF MRS. LINCOLN'S BAKING POWDER COMPANY.

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For each spoon desired send a metal cap from a 2 oz. or larger sized jar of Rex Brand Beef Extract, and 10 cents in silver or stamps to cover cost of mailing and mention this publication

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Cudahy's Rex Brand Beef Extract is sold by all druggists and grocers. Address

THE CUDAHY PACKING CO.
Beef Extract Department 19 SOUTH OMAHA, NEB.

(Continued from page xii.)

Wright's new story for girls of ten to sixteen relates to the happiness and pleasure and satisfaction you gain from the sunshine which you spread around you. The story is spirited and lively, full of fun and action and incident."

HOLT OF HEATHFIELD. By Caroline Atwater Mason. Cloth. 12mo. \$1.50. New York: The Macmillan Company.

This book is by the author of "A Minister of the World," "A Woman of Yesterday," etc., stories well known to many readers. "The author has done some notable work in fiction, but this is the first book in which she has really found herself. She has here given us a true picture of human life as it exists to-day."

THE CHILDREN WHO RAN AWAY. By Evelyn Sharp. Cloth. Illustrated, 12mo. \$1.50. New York: The Macmillan Company.

"Miss Sharp is one of the happiest of modern writers of stories for children. 'The Children who Ran Away' is a lively story of several boys and girls who ran away from a dull, empty, London house, where they were always in the way, and went to 'the lady who wanted children.' Their pranks are exceedingly diverting. The children are hearty and healthy, and grown-ups will like the book quite as well as children. Indeed, it is compared by reviewers with Kenneth Graham's famous book, 'The Golden Age.'"

THE MAGIC FOREST. By Stewart Edward White. Cloth. Illustrated. 12mo. \$1.50. New York: The Macmillan Company.

The magic forest is a charming tale of outdoor life and adventure. "It is marvellous how Mr. White has caught the outdoor atmosphere. He has done it before, to be sure, in his

grown-up books, but the materials he employs here are so slight and the tale so simple that the result is a real triumph of art. No better book could be put into a young boy's hands, and his elders can read it with equal pleasure. The colored illustrations are very good indeed."

THE LITERARY SENSE. By E. Nesbit. Cloth. 12mo. \$1.50. New York: The Macmillan Company.

The eighteen stories that make up these amusing and realistic tales have made, it is said, a good many friends during the few months since the book appeared. The stories are more than clever, and replete with quiet humor. It is styled as the kind of book to read aloud or to entertain one's self selfishly with on a railway train. Humor is the pleasing feature of the book. Or, perhaps, satire may be the motive of the author in portraying those "who think it better to try to make life conform to literature than to make literature reproduce life."

Mr. Roe, of the American Baptist Publication Society in Chicago, tells of a person who recently asked for "a book on kitchen gardening." After everything of the kind had been submitted, it was discovered that he wanted "Mrs. Wiggs of the Cabbage Patch."

Platt's Chlorides

The Odorless Disinfectant
Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
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**CHILDREN
TEETHING**

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP." ~

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merit, peculiar to itself, distinguishing it from all others has made it famous around the world.

**ELECTRO
Silver Polish
SILICON**

in form of Powder for dry cleaning and polishing; in form of Soap for washing and polishing, either 15 cents postpaid.

Sold by druggists, grocers and leading dealers everywhere.

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**Enameled ware
Beyond compare—
Quadruple coated
Stransky Ware.**

Enameled on *Armor Plate Steel* it resists hard usage—one piece outlasts a half dozen imitations. No seams to rust—it's PURE, BEAUTIFUL, CLEANLY. When a dealer says: "This is imported"—*then's* the time to see if the label reads Stransky Steel Ware.

When you write advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

Household Hints

Let's not Scold

"Don't scold, my dears."

The gentle, elderly woman laid her bit of household sewing on her knee, and spoke impressively, looking from one to the other of the two earnest young faces before her.

She had lived a busy, useful life, with a wider influence than is given to most women, so what she had to say had weight.

"Most of us," she went on, smiling gently, "are born into the world with a burning desire to set things right.

"We see plainly enough that a great many things are wrong, and it is funny how we get the idea that we have arrived just in the nick of time to put everything to rights.

"Dear, dear," she laughed, bending over her work again, "how we do go at it! The mystery is how creation ever got on without us, and what will become of the universe when we go hence. There has got to be a tremendous amount of talking done if, in the little life allotted us, we are to turn everybody we know from the error of his ways—which usually means, convert him to our way—and

depart with the proud consciousness of having swept and garnished the world ready for the millennium.

"I don't say we mayn't each do something. But the whole thing doesn't rest with one of us, thanks to Providence.

"And I do say that the little we can do is not to be done by scolding and talking.

"Some men will be boors, and some women will be miracles of foolishness, and people will dress idiotically and eat unscientifically and bring up their children ignorantly; and you dear girls who want to reform these things may just scold yourselves blue in the face, and things will go on just the same.

"You can't make a man gentle, a woman wise, or a child good by scolding. You can't set things right either at home or out in the world by eternal nagging.

"Don't do it, girls. Don't even try it. Try nature's way. Smile on the just and the unjust.

"Make just one woman as nearly perfect as you can. And, when men know her, they will learn gentleness; when women know her, they will

(Continued on page xviii.)

TO HOLD THE STOCKINGS UP OR THE CORSET DOWN

YOU CAN RELY ON

The **Velvet**

Sample pair, by mail, 25c.

If your dealer is "up to date," he has the popular styles

GEORGE FROST CO., Makers, Boston, Mass.

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HOSE CUSHION SUPPORTER **BUTTON**

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van Houten's Cocoa

Pure and Unmixed.
Delicate Aroma.
Really Cheapest in Use.

Best & Goes Farthest

DELICIOUS COFFEE EVERY DAY!

YOU can have it wherever you are, if you use an "EXCERPTA" Coffee-pot. Made in **one minute**. Simply pour boiling water through the trap, and **it's ready**,—clear as wine, with a flavor surpassing anything you ever drank before. All aroma preserved, positively no odor of coffee until it is poured into the cup.



If your dealer cannot supply you, send us his name, and we will send you a copy of a famous picture and facts about the "EXCERPTA."

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For SOUPS, SAUCES, GRAVIES,
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Imparts a Rich Color and Delightful Flavor. The Kitchen Garden Condensed and Ready for Instant Use. Keeps in Any Climate. Used and endorsed by Great Chefs and Eminent Teachers of Cookery.

"Housekeeping would be a burden without it."—SARAH TYSON ROBER.

"I know of no other kitchen luxury which is so near a necessity."—HELEN ARMSTRONG.

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"Have used it for last ten years and would not be without it."—EMILY M. COLLING.

"A necessity to all good cooking."—E. LAPERRUQUE, Head Chef, Delmonico's.

If your grocer doesn't keep it, insist on his getting it for you. **WRITE FOR FREE SAMPLE AND BOOKLET** Send 30 cents in stamps for prepaid package.

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N. B.—The word "Kitchen Bouquet" is exclusively our trade-mark. Infringements will be prosecuted.

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A PERFECT BLEND
OF COCOA, SUGAR,
AND CREAM

**Nothing to Mix
Nothing to Fix**

PREMIUM SLIP
WITH EVERY CAN

Try ROYAL CHOCOLATE!

Your Grocer has it. If not, send us *two stamps*, and we will mail you a sample with *premium slip* enclosed.

Field Chocolate Co., 130-132 Commercial St.,
Boston, Mass.

(Continued from page xvi.)

be wiser; and, when children know her, they will be good.

"And you won't need to have scolded a single scold."

Golden Rule Proverbs

All God's tools have five fingers.
How rich is a contented beggar!
Pray like a hero: receive like a child.

Hearts right with God, hearty toward men.

Tears that do not wash the soul blacken it.

Words that leap from heaven are swift on earth.

An axe-head needs a handle, and a thought needs a deed.

Influence travels forever, but it sends its children back home.

"Frances," said the little girl's mamma, who was entertaining callers, "you came downstairs so noisily that you could be heard all over the house. Now go back and come down the stairs properly." Frances retired, and in a few minutes re-entered the parlor. "Did you hear me come downstairs this time, mamma?" "No, dear. This time you came down like a lady." "Yes'm: this time I slid down the banisters," explained Frances.

Conundrums

How can you divide fourteen apples equally between nine boys, if four of the apples are very small? By making them into sauce.

If the man on the front of an ice-cart weighs 139 pounds, what does the man on the back weigh? The ice.—*Christian Endeavor World*.

Why is a beehive like a bad potato? A beehive is a bee-holder, a beholder is a spectator, and a specked 'tater is a bad 'tater.

Champion

Stove Clay.

For Mending Cracks and Holes in the Stove Lining.

NOTICE!

We very much desire to hear from all persons who have ever used Champion Stove Clay. If you have been pleased with it, and if it has saved you money, we should be gratified to know it, and if you have failed to get the results expected we want **surely** to know that fact.

Write us, please, and tell us of your experience: we'll return the postage to you and send you, free, a most interesting booklet, entitled

"WHAT AILS THE STOVE."

Don't neglect the Stove Lining; the Life of the Stove depends upon it.

Bridgeport Crucible Co., Bridgeport, Conn.



Ancient Kitchen Tools


are all right for a museum. They have no place in the modern kitchen. It is just as reasonable to expect a harvest with a hand plow as good cooking from poor kitchen tools. We have a full supply of

Up-to-Date Kitchen Appliances.

They save Time, Money, Labor, each one saving many times the cost of the Utensil. Call and look over our Stock. Inquiries cheerfully answered. Address

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FOOD
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Bowl, Easier, Better and
Quicker.**

Sold by Hardware and
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New Britain, Conn.



Patent Charlotte Russe Moulds

Can be used not only in making "Charlotte Russe," but for many other dishes. You can use them for timbales. You can mould jellies in them. You can bake cakes in them. Wherever individual moulds are called for, you can use these. The moulds we offer are made by a patent process. They have no seams, no joints, no solder. They are as near perfection as can be had. They retail at from \$3 to \$3.50 a dozen. A set of six will be sent *postpaid* to any present subscriber on receipt of two new yearly subscriptions at \$1 each. The supply is limited. They can be secured in no other way. Send at once.

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BOSTON, MASS.

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OLIVE GROVE TO YOU



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If you buy from us or from your dealer, you are sure of getting the very finest, and purest olive oil direct from our works in the grove where the olives grew and ripened. Sylmar Olive Oil retains all the rich, fruity flavor of superior California olives, and is sold under a \$1,000 guarantee of purity.

FOR MEDICINAL USES

Two tablespoonfuls of Sylmar Olive Oil contains more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs, and is palatable. Our booklet gives physicians' directions for medicinal uses, cooking recipes, and Government recommendation. Booklet and sample bottle for 10 cents postage.

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Send post-office or express money order for \$3, and we will deliver, prepaid, three \$1 (quart) bottles at any express office in the United States. Give dealer's name, and we will offer him an agency.

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Send postal card to us at 701 Washington St., N. Y. City, mention Boston Cooking-School Magazine, and we will send you a copy of our book "CHOICE RECIPES" free of cost.

A Modern Martyr

A gleam of china blue and white,
Some silver fair to see,
A dainty kettle shining bright,
When Mabel makes the tea.

She poses in a cushioned nook,
And brews most regally;
No queen could more majestic look
Than Mabel making tea.

But ah, alack, 'tis sad to say
Those hands I love to see
Fluttering above the china gay
Make execrable tea;

And I, concealing that the mess
Does not agree with me,
Drink smilingly four cups—no less—
When Mabel makes the tea.

Katharine Hereford Siemens, in Argosy.

"Don't you know," said the tall man at the free-lunch counter, "I'd be satisfied with the world, if I could find a pearl in this oyster soup."
"Some people want so much," sighed the little man. "I'd be satisfied, if I could find an oyster."

One Sunday a teacher was trying to illustrate to her small scholars the lesson, "Return good for evil." To make it practical, she said, "Suppose, children, one of your school-mates should strike you, and the next day you should bring him an apple, that would be one way of returning good for evil." To her dismay one little girl spoke up quickly, "Then he would strike you again, to get another apple."—*Youth's Companion.*

A New Miss Muffet

Out on the mall were the girls playing ball:
Johnny sat near on a tuffet.
He said with a scowl, as a girl missed a foul,
"Just look at that little miss muff it!"

St. Nicholas.

These trade-mark crisscross lines on every package.

GLUTEN FLOUR For
DYSPEPSIA.
SPECIAL DIABETIC FLOUR.
K. C. WHOLE WHEAT FLOUR.
Unlike all other goods. Ask Grocers.
For book or sample, write
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A "Sweet" that is delicious and healthful. A "food" that is pure. Be sure to receive Bromangelon when ordering Bromangelon, thereby protecting yourself against substitution.

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FLAVORS: Lemon, Orange, Raspberry, Strawberry and Cherry

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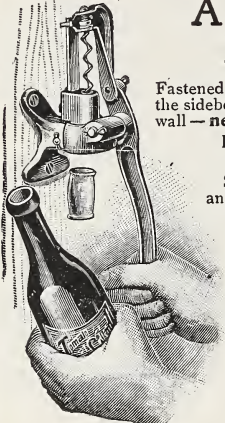
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Pulls all corks instantly and without effort

Simply moving the handle up and down **not only** draws the tightest cork, but also automatically discharges it from the machine—it is a **mechanical marvel.**

Removes corks clean—no bits left in bottle

Remember the exasperating work of opening tightly corked oil, catsup, medicine, and numerous other household bottles, and realize that no woman should ever be obliged to struggle with a corkscrew.

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The Best Soap Ever Introduced
 For Cleansing and Polishing
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PAINT
 It has no equal in the market.

For removing Tar, Pitch, Cement, Varnish, Paint, Axle Grease, Blacking, and all impurities from the hands, it is unequalled, leaving the skin soft, white and smooth.

Beware of Imitations. For Sale by all Grocers.

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Here are some examples of what the British school-boy can do when he tries hard:—

"John Wesley was a great sea captain. He beat the Dutch at Waterloo, and by degrees rose to be Duke of Wellington. He was buried near Nelson in the Poets' Corner at Westminster Abbey."

"The sublime porte is a very fine old wine."

"The possessive case is the case when somebody has got yours and won't give it to you."

"The plural of penny is twopence."

"Mushrooms always grow in damp places, and so they look like umbrellas."

"You have such strange names for your towns over heah!" said a titled Englishman. "Weehawken, Hoboken, Poughkeepsie, and ever so many others, don't you know!" "I suppose they do sound queer to English ears," said the American, thoughtfully. "Do you live in London all the time?" "Oh, no," said the unsuspecting Briton. "I spend part of my time at Chipping Norton, and then I have a place at Pokestoggon-the-Hike."

For several years the following legend adorned a large sign over the door of a one-story, tumble-down little shack on one of the fashionable streets of Washington: "James Parkes, dealer in wholesale and retail oysters." *W. D. L.*

THE OLD RELIABLE

DIXON'S "Carburet of Iron" Stove Polish.

NEVER TURNS RED OR RUSTS YOUR STOVES.

JOS. DIXON CRUCIBLE CO., - JERSEY CITY, N.J.



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in all sorts of sizes and shapes and all kinds of utensils to use for plain or fancy cooking.

An immense variety of imported and domestic novelties.

F. A. Walker & Co.,
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SARGENT'S GEM FOOD CHOPPER

Chops meats, fruits, vegetables, nuts, etc. Simple to operate; cleaned in a moment; changed from coarse to fine in the twinkling of an eye; lasts a lifetime. The Gem Chopper Cook Book, cloth bound, sent free on application. Hardware dealers and housefurnishers sell the Gem Chopper.

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REQUIRES NO COOKING

Gives **LIGHT** and **LIFE** to all Wash Fabrics. Makes Linen look like **NEW**.

For sale by all Grocers.
ELECTRIC LUSTRE STARCH CO.
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Blue package, 10 cents

BUY THE CELEBRATED CHAMBERLIN STEAM COOKER



Cooks Everything.

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S. W. Chamberlin Co.
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See that top.

Gives a beautiful tint to linens, laces, and restores the color to goods that are worn and faded.

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45 YEARS THE PEOPLE'S CHOICE.

JELL-O

THE DESSERT
THAT EVERYBODY
LIKES



Dolly and I have played so hard she is tired and I will give her some **Jell-O**. Mama says it is good for everybody, and I can make it as well as she.

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Flavors: Lemon, Orange, Strawberry, and Raspberry. At Grocers' everywhere, 10c. No additional expense. Always keep a few packages of Jell-O in the house for immediate use.

THE GENESEE PURE FOOD CO., Le Roy, N.Y.



STANDARD ROTARY SHUTTLE Sewing Machines

Do both lock and chain stitch work. We aim to make the finest machines in the world. We employ no agents or canvassers, and do not send machines out on suspicion.

We rent, repair, and sell for cash or on rental-purchase plan.

SPECIAL NOTICE. "STITCHWELL" \$4.75
small hand machines for travellers.

Write for circulars.

STANDARD SEWING MACHINE CO.
GENERAL OFFICES,

173 Tremont St., Boston

Write for elegant 50-page catalogue and mention this magazine.

Pay your Way

Make sure, then, in partaking of hospitality that you are able to discharge the obligations it imposes. Hunt out conversational coin from the crannies of your brain. Be ready to give out something when the conductor glances your way.

I know a family in which, from the youngest child to the son in college, each member is required to contribute something to general conversation at meal-time. They have never been allowed to regard this as a mere stop for stoking the physical engine, to be made as brief as possible. Each treasures up some incident of the day: no one forgets that he has met an old friend or heard a bit of news or seen a great man or even watched the trail of the fire patrol and the excitement it aroused. They have become more observant, their sense of humor is sharpened, their sympathies are quickened in little street comedies, because of the applause of the family circle. They are always sure of a friendly interest in their individual adventures and misadventures. They all keep in touch with each others' pursuits. Meal-times are not dull in that family. The mind as well as the body is refreshed.—*Isabel McDougall.*

Pat, reading a placard in window of a small restaurant bearing this inscription: "One dozen oysters fried in a box, 25 cents." "Bedad, whin I ate oysters, I wan thim fried in a frying-pan. How do they fry thim in a box, anyway?"—*W. D. L.*

The Quickest Cleaner in the World

Reid's Putz Liquid Metal Polish

Instantly cleans Brass, Copper, Nickel, Silver, Zinc, and imparts a lasting, wonderful brilliancy to pipes, faucets, andirons, fire-sets, and samovars. For sale by all grocers. If your dealer hasn't it, send us his name. Trial size (4 oz.) sent by mail for fifteen cents in stamps.

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Dunbar Driftwood Blaze Co.

Where Daily Demonstrations Are Given.

21 Bromfield St., Boston, Mass.

Fine, Light Bread and Cake

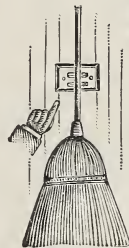
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PERFECTION CAKE SPOON

Price, 20 cents postpaid
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Perfection Creams potatoes, crushes fruit, mashes vegetables, taking them out of boiling water, etc. Will last a lifetime. Catalogue of latest useful household and kitchen novelties free. Write to-day.

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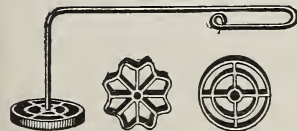
Send **10c.** to-day for this handy little article. Use the **COMMON SENSE BROOM HOLDER**, and your broom will retain its proper shape and last twice as long. **FREE** catalogue of useful household specialties. Send for both broom holder and catalogue to-day.

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ROSETTE IRONS

50 cents,
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ALFRED ANDRESEN & COMPANY
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Lady agents can sell dozens among friends.

ARGENTO

Is a paste that will silver-plate your tableware with real silver every time it is used, and *will not rub off.* Easy to use, being applied with wet rag. Effect instantaneous. The housekeeper's delight.

One of our customers writes: "With a 25-cent box of your Argento I have plated thirty-six spoons, twenty-four forks, two cake baskets, two syrup pitchers, and a table bell, and still have some left. My silverware looks like new. It is the best thing for silver I ever had."

Not a bronze, powder, or paint. No mercury or poisons.

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as well as for taste and flavor—a valuable nutrient, as well as a delicious drink—such is

**HOOTON'S
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Absolutely pure, nourishing, satisfying. Sample free for grocer's name, or full 10c can for 8 cents in stamps and grocer's name.

**HOOTON COCOA AND CHOCOLATE COMPANY,
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THE BREAST FOR BABY.

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The Chance

No man is born too late
To turn his back to hate:
We may not all be great
Or rich or wise.
The chances may be few
For winning fame; but who
Succeeds by gazing through
Ungrateful eyes?
Mankind has never had
Less cause for being sad
Nor none for being glad
Than we possess.
Ne'er has the world before
Encouraged kindness more
Or had such gifts in store
For cheerfulness.

New York Herald.

It is easy to believe that many a hotel and restaurant has failed because of no steam table, a bad steam table, or, to bring the subject down to a nutshell, because of cold dishes. Many articles of food, well cooked, arouse opposition in the guest at first glance, if served on cold plates. In zero weather some one in the kitchen should be held responsible for the temperature of the plates and other dishes. It is one of the trifles in hotel keeping that demands little or no cost but constant attention.—
Hotel World.



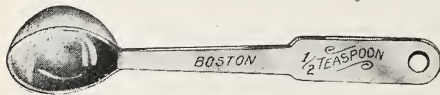
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Teething Powders**

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Kindly mention this paper.



**Boston
Measuring
Spoons**

(Four in the set)
Correct measures for

- Quarter Teaspoon
- Half Teaspoon
- Teaspoon
- Tablespoon

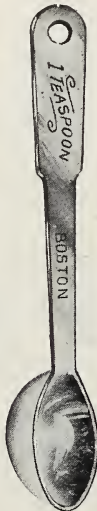
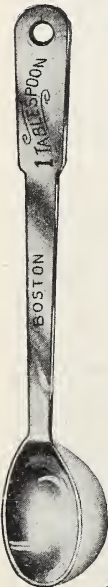
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- A delight to chafing-dish users.
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Set of four spoons,
postpaid, 50c.

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The BOSTON COOKING-SCHOOL MAGAZINE

of CULINARY SCIENCE and
DOMESTIC ECONOMICS

Vol. VIII. FEBRUARY, 1904

No. 7



Heart-shaped Crêpe Paper Table for Valentine Supper

The BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts



Says the Miller:

"I love children; and if healthy children are 'the hope of a nation' then the next generation of men and women will thank this generation for giving them Ralston As children they're thanking me already!"

RALSTON

either way

To Cook Ready Cooked

The old standby; Ralston Breakfast Food; most delicious, healthful, satisfying and economical of foods. 15 cents for 30 breakfasts.

Ralston Health Crisp made of the same Gluten-ean Wheat that gives the famous flavor, toasted to a turn. Large 10c. pkgs.

Free Magazine Offer Extended to March 1st, 1904.

P. S. Another wall motto for the asking—another bit of the Miller's quaint, true philosophy, beautifully printed, to hang up anywhere. No advertising marks. Send 2c stamp or the top of any "checkerboard" package. We'd rather have the latter.

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**Ralston
PURINA FOODS**

"Where Purity is Paramount"

'TIS a sage question, if the Art of Cooks
Is lodg'd by nature, or attained by Books;
That Man will never frame a noble Treat
Whose whole Dependence lies on some Receipt.
Then by pure nature ev'ry thing is spoil'd,
She knows no more than stew'd, bak'd, rost, and boil'd.
When Art and Nature join th' effect will be
Some nice Ragoust, or charming Fricasy.

Art of Cookery, London, 1709.

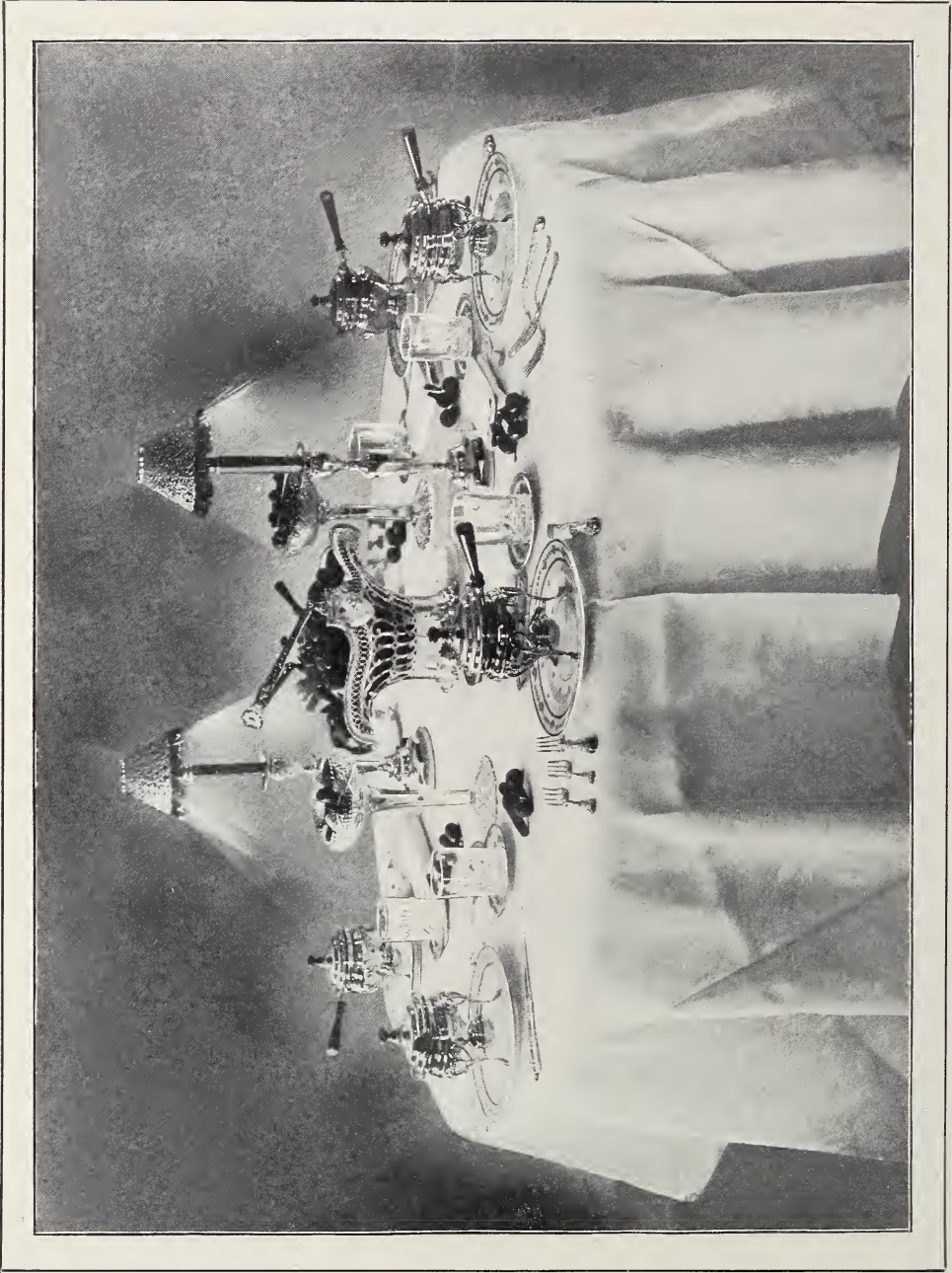


Table Laid for Formal Dinner. Fish Course Served in Individual Chafing Dishes. (For Menus see page 366)

The

Boston Cooking-School Magazine

VOL. VIII.

FEBRUARY.

No. 7.

Art and Craft Creations for the Home

By Katherine Louise Smith

WIDE interest in the Art and Crafts movement is doing much to educate and rightly direct public taste, and we are learning that it is the fitness of the finished work for the end it is to serve that counts. Fortunately, an educated public taste creates a demand which is invariably met by the supply, and the protests against the restriction of the traditional in art are at last doing good. Societies of Art and Crafts all over the country are doing much by frequent exhibitions to encourage all honest effort; and an object is no longer considered as a copy, if the worker finds his creation suggests Greek or Japanese, for there is nothing new under the sun, especially in art.

When the Morris movement began in England in a small way, no one dreamed how the light from the little candle would radiate. It is this Morris spirit, which has lived after him, that asks to-day in town and country for artistic work, both machine and hand-made. Even the department stores realize this, for their various Art and Craft exhibits allow the public to view beautiful as well as useful objects created by modern craftsmanship. The exhibitions held recently in Boston, New York, Syracuse, Min-

neapolis, and other large cities, have displayed not only local productions, but the finest specimens of the artisan shipped from East and West; and the result is freedom and strength in decorative design, which grows from a comparison of different methods.

Perhaps the efforts of the artist-artisan have nowhere been more successful than in working metal, silver, copper, and brass. Lamps and candelabra show great novelty in design. In jewels it no longer suffices that the setting be rich and appropriate; but delicacy of feeling has recognized that gems are characteristic, and pearls, turquoises, and opals are so placed that they rival the diamond and ruby. Many leading metal workers are always represented at Art and Craft exhibits, some of whom have created a field for themselves in the line of decorative brass candle-sticks and Dutch lanterns with horn lights.

In the book-making line the crafts have made wonderful improvement in binding and decoration. Mechanical color-work has advanced to a high degree of perfection, and the illumination done by the present-day craftsman is suggestive of the rare parchments of the monks of the early churches. In the same way modern book-binding has taken wonderful

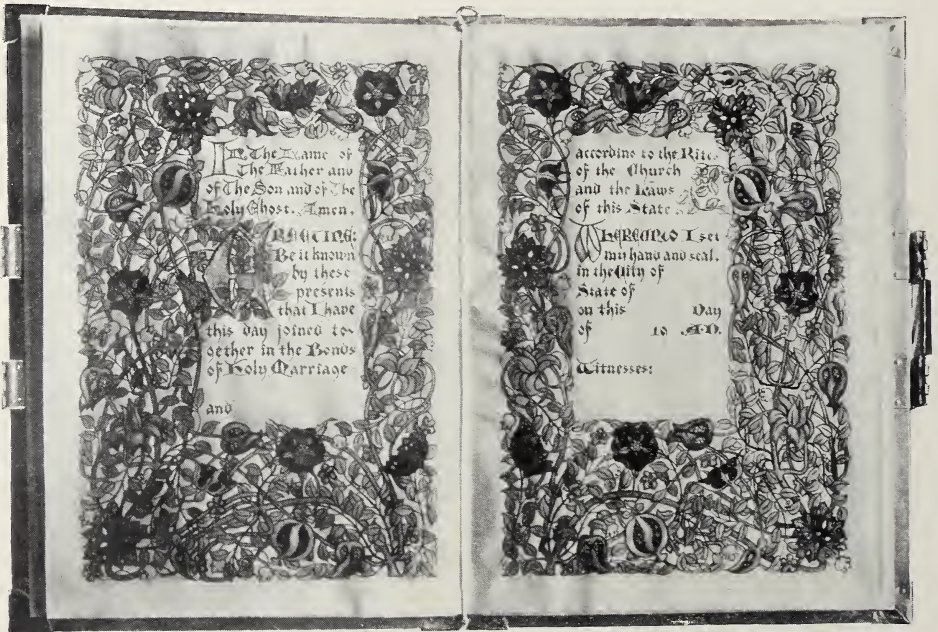


Cover of Marriage Book

strides. The Hull House bindery of Chicago, represented by Miss Ellen

Starr, has attracted much attention, as have the bindings of Otto Zahn, the American member of Toof & Co., whose books are noted for the mirror-like polish, which vies in favor with the smooth surface of the Mosher books. Some of these are in green, crushed levant, hand-wrought with applications of black leather, and are exquisite in the extreme. The best modern leather for binding is the Niger goatskin, prepared by natives. This is imported, in small quantities, by those who enter on rare book-binding as matter of practical import in business.

The warm rich tones of leather make this material one of the best for household decoration; and decorative leather-work is always shown at Art and Craft exhibits, where unusual and original designs are displayed. As an accessory in table and cushion covers, piano covers, desk sets and screens, leather is always beautiful. Fine screens, with elaborate designs

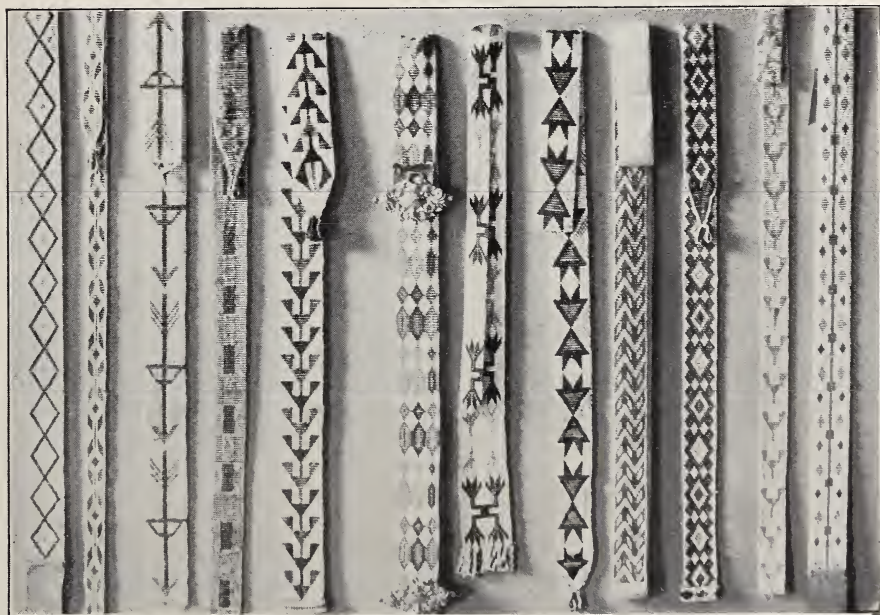


Illuminated Marriage Book of Leather with Brass Trimmings

in carved, embossed, and inlaid leather-work, card-cases, mats, book covers, and reredos hangings are among the characteristic pieces in this branch of craftsmanship. Some of the handsomest work that has reached the East has come from a workman in California. Much of his work is a combination of different materials. Among the oddities are beautiful wedding certificates, richly illumined on parchment, which is bound in white leather and trimmed with brass inset with semi-precious stones. These sell for seventy-five dollars. The same worker has made a number of unique chests with tiny drawers for holding household silver and valuables. The covers of these are rich leather, embossed and set with varicolored stones. Other novel designs are small metal screens to set on a table, to protect the flame of an alcohol lamp or chafing-dish from drafts. These are made of copper, with translucent stones, here and

there, to enrich the pattern. Some of these pieces are valued at four hundred dollars; but this is readily given by the well-to-do purchaser, who wishes exclusive designs. The silver caskets, in particular, are marvels in construction for economizing space, and are filled with tiny drawers, which are not visible from the outside.

The ceramic exhibit at all Art and Craft Societies is always a strong one, and represents our best American potteries. The Rookwood pottery has long been favored, and probably will never be superseded, though it is supplemented in the last few years by other American makes. Among these are the Grueby opaque ware, which comes in green shades, the new Losanti ware of Cincinnati, and the distinctive Van Briggles ware of Colorado Springs. The new pottery seeks individuality above all things. Few of the pieces are exactly alike, and many are never duplicated. One unique design, which has just been finished,



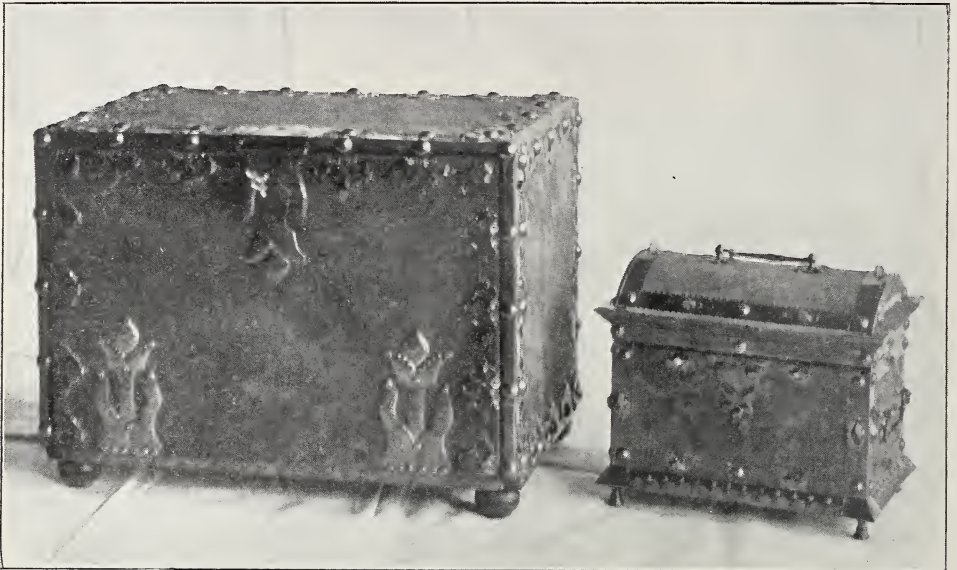
Bead-work done at Indian School, Oneida, Wis.

consists of a breakfast service, which is calculated to obviate the awkward experience of carrying a loaded tray upstairs. A little alcohol lamp rests securely in the centre of a copper tray, which has indentations to hold the various cups and saucers so they cannot slip. A small teapot with an ivory handle fits securely over the alcohol lamp; and the result is an ingenious piece of mechanism, which gives opportunity for the display of the metal worker's art as well as the skill of the potter.

The Deerfield Society is always represented at Art and Craft exhibits by their blue and white needlework, while basketry and decorative modelling come in for a share of attention. Collections of bead-work show both the old-fashioned bags and chains of our grandmothers and the modern examples that simulate closely

exhibits. All kinds and shapes are shown, from the tiny work-basket, made of sweet grass, to the large affairs made in imitation of the Alaskan product. Two young women in Plainfield, N.J., make a specialty of this work; and the field is growing in several directions.

Wood-carving is a craft of the centuries, but the coming of shop and factory worked havoc in the art. Still, it is regaining its own through this modern Art and Craft movement. Carving alone is shown in some pieces, notably chests, while other productions have their beauty enhanced by the use of color, judiciously applied. This tendency to use color on wood is distinctive; and chests, racks, and other articles of unique character are purchased by connoisseurs. Many pupils of Pratt Institute and the Cincinnati Art School excel in this work;



Chests of Leather bound with Brass, set with Semi-precious Stones

the designs of colonial days. This rage for bead-work is closely followed by the popularity of basket-making, which is much in evidence at all large

and, when the decoration is an inlay, or inset, of stained glass in green, blue, or brown, the effect is charming.

These are a few of the exquisite

examples to be seen in our Art and Crafts exhibits. Many of these pieces, or duplicates, now decorate homes, whose owners have learned to live up to the motto, "Not how much, but how good." The femininé touch is discernible in many of these creations, though men and women designers are both represented. The assortment of articles, from the ornamental to the useful, is so varied that there seems

the returns at every exhibit show that diligent search has been abundantly rewarded. Every worker seeks individuality above all things, and the idea of utility is combined with the decorative. Doubtless we have had in time past a great many ugly effects that have gone by the name of Morris, but these are not made to-day; for, as there is never a supply without a demand, the reaction from



By courtesy of Shreve, Crump & Low, Boston

Copper Tea-kettle for the Den

no limit to the possibility of the modern craftsman. One idea is prominent, and that is that artistic articles are growing in demand for home decoration.

The purpose of the societies that further this movement is largely educational. Most of the exhibits are free; and, as it is always difficult to get exhibitors of beautiful and expensive things, for which there is a limited market, to send these things long distances, as a rule no commission is charged for sales. A sharp lookout is kept for new workers, and

ugliness has put an end to ungainly productions. Even machine-made products are feeling this demand, and the manufacturer is putting out better designs and copying the best of ancient handicrafts. So far the Art and Craft Societies have struggled alone in advocating principles that individuals would do well to emulate.

When the new university is planned, where nothing useless is taught, we may look for the old conditions of art and handicraft, which once prevailed in the cities of the Elbe and the Low Countries of Europe.

A Club Episode

By Helen Campbell

WHY Mrs. Hosea Ryerson had been made one of the big club's Committee on Household Economics, the committee itself had long wondered. For Mrs. Hosea, outwardly large, bland, and with a smile as fixed and unvarying as that of the Assyrian king in the Museum of Fine Arts, was mistress no less of a calm, well-rounded obstinacy, unmatched even by a congregation of donkeys. The chairman, small, dark, eager, with a fresh idea every hour as to methods of life in general, had dashed herself in vain against this wall of contented yet assertive ignorance. Committee work had been hampered, and classes no less, while Mrs. Hosea, unconscious of the baleful nature of her methods, smiled on, but peacefully opposed whatever the committee regarded as progress, voted down of course, but rising undismayed to a fresh occasion with a forty-woman power.

"I am a club woman most certainly, for Mr. Ryerson wishes it; and what he approves of I should never question," she had stated in the beginning of her club career; and little Mrs. Ellis on a back seat nodded her pretty head wisely.

"I told you so," she said. "It's our votes he's after; but, luckily, we know him too well."

"But this unusual addition to my duties," Mrs. Hosea went on, "makes me no less mindful of the sanctity of the Home, and all that pertains to it; and I shall guard that holy word the more sacredly, because there are hints that some of our members have slack ideas of its sacredness. I trust I am misinformed."

It was probably because of the recurrence of this phrase in her daily conversation that an impression had gained ground in the club that such devotion certainly ought to re-enforce the work in Household Economics. In any case Mrs. Hosea and the Home, as she bore it before her, had been an effectual brake on the passage onward. To-day she seemed even bigger and blander than usual, and, at an unexpected point in the discussion, announced as suddenly as Mr. F.'s Aunt, and with the same order of relevancy: "The homes of the nation are the bulwark of the nation. I trust you all feel this." Now she paused, then proceeded ponderously, an almost exact imitation of Mr. Hosea's methods in his popular political speeches: "This matter of cooking you are speaking of should be taught from that view-point. I mean it is my conviction that no cooking can be superior to home cooking, and a teacher should have learned, at home, the inimitable home flavor, and not have acquired a costly and unnecessary form of knowledge at any Institute. No, I say. Give me home cooking and the things that mother used to make, about which our dearest associations are twined. My mother's pies were unsurpassed. My mother's doughnuts, too. The kitchen was her favorite spot"—

Mrs. Hosea paused suddenly, realizing that, like Mr. Wegg, she had "fallen into poetry unawares," the line which should round out her triumph still evading her. The chairman's eyes were dancing; and, as Mrs. Hosea still hesitated, she finished for her.

"She never changed that view."

"Certainly not," Mrs. Hosea went on, restored to full composure by the statement so in line with her own conviction.

"Please define what you consider home cooking?" the chairman asked after a pause in which Mrs. Hosea appeared to wipe away a tear of affectionate remembrance, then turned her round brown eyes inquiringly on the speaker.

"Everything that the dear provider sends in. All that is required in the daily meals should be cooked in the home kitchen, and served to the loved ones with the home flavor in them. I suggest, therefore, that for this mission class in cookery we employ Mrs. Brown, the widow who has just lost her fourth and last child, and who can now arrange for a class in her own kitchen. It is much more suitable for children of the poor than to bring them in contact with things they are never likely to own, like those in the club kitchen. I hope the committee will be in favor of this plan. Home cookery, I repeat, is what they should learn."

The chairman was on her feet as the slow voice ended.

"And so perpetuate a wrong, ignorance meeting ignorance. She has lost her last child, because of her utter lack of knowledge of the laws of nutrition, of the bearing of the food question on life and work. Ignorant not alone of that, but of the simplest laws of hygiene, of all the knowledge that no one gave her as foundation for a sane motherhood. She is only one of millions like her, Heaven help them all! Home cookery! The methods that helped to kill her own children this club will not allow to be applied to others equally helpless. It is a hard thing to say; but the record is plain before us, and I have studied

it well. You must know,—you must have heard, that the fearful death-rate among children under five years old arises in great degree from the total ignorance of the mothers as to how to feed them. The average mother begins motherhood with no training; and she has neither room, time, nor means to learn, even if she were disposed to, which she isn't. How should she be? She and her brood—for that matter, most of us—eat what we like, and take the consequences. Look at our farmers' wives and families. Their hair falls off; their teeth go before thirty; patent medicine is enthroned as family god; their Lares and Penates are bitters-bottle and pill-box, and dyspepsia in a hundred forms the general possession. Neither instinct nor affection, nor duty, can teach her the laws of food or nutrition. In short, as a wise woman has said: 'Pie-making is not a maternal function, though it appears to be considered so, and motherhood and wifehood do not teach cookery.' The dog who shares our home cookery ranks next to man in diseases. It is the corn-fed hog—not the hog fed on the remnants of 'home cookery'—that we prefer to eat. The women of the land, with their abominable dyspepsia-breeding cookery, are thus far responsible for much of the drunkenness. Our diseases are mostly food diseases. Many of our crimes and much of our unhappiness come from wrong food and wrong preparation of food. Because of this, unskilled teaching should be barred out; and this committee would be false to its ideal and to the community at large, if it entered on its list of teachers any but those of the highest training to be had."

A deep, sweet seriousness was on the chairman's face as she ended and sat down quietly. Mrs. Hosea's hand-

kerchief was at her eyes, and she spoke in a stifled tone:—

“It is as I thought. I have always felt that the club might at any time wipe out that reverence for the Home that the true woman must always feel. It has done so in this case,—our dear chairman’s case; and I can only pray that her eyes may be opened. But the time has come when I feel it necessary to resign and to state publicly that I have found today that the Woman’s Club of our beautiful city counts as arrayed with the destroyers of the Home. My sis-

ters, our relation is ended; and, though in the great world we meet as usual, as a club I bid you a sorrowful farewell. We shall meet, I have said, but not again in these precincts, or in a discussion that I must consider unhallowed.” And now, with a mournful yet acid look about her, Mrs. Hosea arose, and swept from the room.

“Inexpressible idiot!” the chairman murmured; “but what a blessing she is really gone!” And the committee with a cheerful smile proceeded to business.



The Pilgrim Bird

God opened the windows of heaven,
And sent out a beautiful bird;
A sigh and a gleam, like the joy in a dream,
It leaped into life at his word.
God fashioned its pinions and plumage,
He painted its beautiful wing;
He placed in its throat a glorious note,
And said, “Go forth, and sing.”

Not “for the ears that listen,”
Not “for the shouts that ring,”
Not “for men’s praise of thy glorious lays,”
But merely, O bird, “Go, sing.”
Did it doubt? Did it pine and falter?
Did it furl its beautiful wing?
Because nobody heard, did that wonderful
bird
Lose heart, and refuse to sing?

Nay, over the wide world speeding,
Far over the mountain’s crest,
Away and away, to the ends of the day,
To sing in God’s wilderness.
And over the lone world watching,
Where never a step is stirred,
In the midnight’s flow, God’s ear bends low
For the song of his pilgrim bird.

Will Allen Dromgoole.

Heredity or Self-making, Which?

By Kate Gannett Wells

MARCELLA had never forgotten the day she discovered she was only an "adopted." She could still hear the scornful tone with which Jimmy Jones, in shoving her sled down the Long Path on Boston Common, had announced the fact to a group of boys. She remembered also that a tall, handsome lad had offered to drag her sled up the hill, and had told her she'd come out all right in the end, which ever since she had been trying to do.

On that day she had gone home sorrowfully, and asked what it meant to be adopted, only to be petted in reply and made happy for the moment. Yet she had lain awake at night wondering and vowing to her little self that never again would she go coasting, and she never did.

Marcella had a long memory, a hot temper, and an investigating turn of mind. So she looked up the word "adopted" in the dictionary, and declared to herself that Jimmy Jones had told her such an awful lie he ought always to be punished for it. Then she began to fancy that people pitied her instead of loving her as they did other girls; and she felt "riled," to use her own expression. Everything seemed to grow worse and worse for her, until one spring day on account of her carelessness at school she was sent upstairs to the sub-master for admonition. "Poor child," she overheard the teacher say, "she may not be wholly to blame; for no one knows what are her inheritances."

"My mamma will give me just as much money as other girls have," de-

clared the child, indignant at misapplied compassion. The sub-master, an excellent man without imagination, was shocked, and passed her on to the master, who had no time for little things, and sent her home until he should have leisure. As Marcella left the office, she turned on him, with all the latent wildness of her nature, and the pent-up woes of her heart bursting from her childish control, exclaiming: "I hope you never will have time, for I shall pray God to get you drowned in vacation. You don't know how to keep school."

Before the master could summon his wits to reply, she had rushed downstairs and out into the street, hatless, to run home. But a police officer espied her, and caught her by the arm. As she tried to escape, her boy protector of the winter seized the hand, which she had thrust forward for a pull at the officer's sleeve-strap, saying, "Let her alone, Cop: she's a neighbor of mine and all right."

As the lad was rather a favorite of the policeman, who knew boys better than often did their fathers, he consented, after a few words, to leave the frightened child in the boy's care. She refused to go home. So Hal took her to a vacant lot, and in a place dear to all children's hearts they sat down, Marcella finding comfort in stubbing her boots into the sand and refuse. Hal, however, was embarrassed, and fervently hoped that no one would discover him with a pretty, hatless girl. The silence between them had lasted long enough for him to insist on speech. "What's up?" he asked.

"I don't know," answered Mar-

cella, recklessly. "Things always have to begin; and it began, you know, that day last winter!" Hal nodded. "Well, it's spread. I'm not popular. I'm an adopted. The dictionary and mamma and papa don't agree. When I used to get mad, I just got marked like anybody else. Now they take to excusing me, because of what they call heredity. Everybody has got that, only mine is different. Miss Smith said I could not help being careless, and called me 'poor child.' I told her I could help it, but I wouldn't. So she sent me upstairs to the sub-master, and he sent me along to the master; and I just up and at him. That's all." And she swallowed hard, for she did not want to cry before a boy.

Then Hal did just what he had had no notion of doing three moments before: he put his arms round her, and she laid her head down on his knees and cried, just what she did not mean to have done. But both of them started up as they heard the well-known whoop of boys coming round the corner, and each nodded to the other, comrade-fashion, and disappeared at opposite ends of the parkway. Marcella went home, and said nothing. Hal went down town, and called on Marcella's father at his office. "It's none of my business," he began helter-skelter-fashion.

"What isn't?" asked Mr. Lord, with whom Hal was on friendly terms.

"Why, whether she is adopted or not. I am going to marry her just the same as soon as I'm in business; but you ought to tell her she's an adopted, and not let the story sneak out the way it does and have her pitied when she gets mad,—just as if she couldn't help it, for of course she can."

"What are you talking about?" asked Mr. Lord, so sternly that the boy quickly recovered his senses and

manners, and -begged pardon, but with grim insistence told what he knew,—how Jimmy Jones hated Marcella, because she snubbed him and would not take his spruce gum, and that somehow he had found out from the aunt with whom he boarded, who had once lived in a hospital and had taken care of babies, that Marcella had been one of them. So Bob whispered it all round, just to spite Marcella.

"And you believe the story?" said Mr. Lord.

"Yes, and Marcella believes it, too, because, when she asked you and Mrs. Lord, you did not do anything but hug her and give her candy. That's just the same as saying it was true. Then, lately, you are always excusing her when she is naughty,—I guess she is most of the time,—and saying she can't help it; and once she overheard you say you were afraid of heredity."

"How do you know this?" demanded the man.

"Because Marcella told me herself; because, sir,—promise me you won't tell, never" (Mr. Lord nodded),—(the boy stood on tiptoe and whispered into Mr. Lord's ear), "because I'm one of those babies, too, and I know how it feels. Only," and he spoke louder, "the folks that took me always told me what I am, and that it depended on me what I got to be, because heredity needn't count. Most folks don't know it, and, if they do, they can't surprise me. You see Marcella didn't know, and she didn't like being surprised."

Mr. Lord looked searchingly at the lad, and then out of the window. Turning, he laid his arm on the boy's shoulder, saying: "Don't speak of this. I trust you. Come here to-morrow."

"I beg your pardon, sir. I was

hot-headed." And, taking up his cap, he left the office. In vain did Mr. Lord try to balance his accounts. Across them ran the great mistake he and his wife had made. Hal was right. Marcella ought to know, hard as it would be now to tell her.

Years ago he and his wife, in their childless loneliness, had adopted the child. His logic had wanted her early to know the truth; but his wife's selfish craving for childish affection had kept them silent, lest Marcella might not love them as much, if she knew she were not their own daughter. Now the Nemesis had come through the girl's suffering, and Mr. Lord insisted that she should be told.

"Tell her then yourself," yielded his wife, at last. "It will be the saddest day of her life."

"It will be the beginning of the best years of her life. One can't go on living a lie," he replied.

He went upstairs to find the child curled up in the broad window-seat, looking at the moon. He drew her towards him; for he loved her more, if possible, than did his wife, and understood her far better. "Papa," she asked before he spoke, "am I an adopted?"

He held her close with kisses on forehead, eyes, and lips as he answered, "Yes." The silence seemed long and cruel to them both. She shrank in his embrace as if she were in pain, but he would not let her go. When quieted by his tenderness, he told her how her own parents had died, and how he and his wife had taken her from the hospital to be their own blessed little girl, and that there had never been a day since she came to them that they had not rejoiced she was theirs.

"Are you sure you don't want to get rid of me, when they poke fun at me at school?" she questioned.

"Never," he answered; "but why didn't you tell me they did so?"

"Because, first, I thought they did it just to tease me; and, when I did try to ask, you and mamma gave me candy. I threw it away, though, just as soon as I got upstairs. Then I heard mamma call me 'poor child,'"—Mr. Lord shuddered as she spoke,— "and you said you were afraid heredity counted. I looked out the word in the dictionary; but, when the teacher talked to me about inheritances, I just pretended she meant money. I wouldn't let her know I saw through her. O papa, I'm the miserablest little girl ever was adopted. I don't belong nowhere. I don't see why I got born." And the child sobbed as if her heart would break.

Very tenderly and slowly, so she could understand each word, her father explained to her that she was truly their child, and that heredity needn't count, if it held aught else than final good for her.

The girl listened, at first stupidly, then comprehendingly. "Papa, if I can begin to-morrow and not go to that horrid school any more, perhaps heredity needn't count,—that's what you said. Perhaps I needn't get mad so often. Please don't give me any more candy, not for a whole year; and I'll try to get ahead on heredity, if I've got it bad."

"You haven't. We three, you, mamma, and I, will try together for a year, so that trying will make a nice little inheritance to hand over to 1905."

"That will be fun," she exclaimed, clapping her hands, forgetful of her sorrow for the next hour. But it returned to her as she woke in the night, until she made up her mind to begin, at once, on the inheritance, and so fell asleep.

The next afternoon Hal went to Mr. Lord's office. What the two said to each other was never known till years after, when Hal asked Marcella to be his wife.

"It isn't heredity, so much as love in the home and will-power in one's self that counts for good," said Mr. Lord to his wife, as Marcella and Hal drove off on their wedding journey.



Entertaining on Occasion

By L. D. H.

FIRST make out a list of guests. Take care to include a "pudding-stick," the name given herself by one dear friend, who was always ready to mix and stir the company by spontaneous jokes and suggestions. Then there is the musical friend, who knows how to sing and accompany the popular airs, and thus is an invaluable aid to the hostess in exhilarating the atmosphere and in filling up gaps. Parties seem to be appropriate to young people, as a matter of course. But have you ever observed that married people, not in their first youth, when well acquainted with each other, seem to abandon themselves more naturally to this form of entertainment?

Suppose you are to invite your friends to a little dinner to be given on the evening of St. Valentine's Day at seven o'clock. Write the invitations on lace paper, and enclose in valentine envelopes. Request the ladies to come dressed as Valentine maidens,—that is, in powdered pompadour, patch, three-quarters skirt, bodice, etc.,—and the gentlemen in corresponding costume. Cheese-cloth, crêpe paper, a little ingenuity, and a few hours' time are all that is necessary to bring about a very charming result.

Have a large, heart-shaped top placed on the dining-table. The color scheme should be red and gold. By each cover place a red rose, and a red card in the shape of a heart, on which is written in gold some adjective that describes the most marked characteristic of the guest for whom the card is intended. Each guest must find the right place by studying these cards. Through each card is tied a dainty bow (alternating red and gold at each place), one long end of which is laid along toward the centre of the table, and then carried up and placed in the hands of a china Cupid suspended from above and directly over the centre of the table.

The menu should be of a light and dainty character, and should follow the color scheme as far as it is possible.

At the close of the dinner, the hostess directs each guest to untie the ribbon, and then follow it until the end is found. Soon all the ribbons are taken from the Cupid's hands; and the guests, following each his own, find them crossing and recrossing through many rooms and around various pieces of furniture. Often each one must wait until others come, before the ribbon can be freed from the loose knot in which it has been tied with other ribbons. Thus all

the guests may meet each other many times, before they stop by chairs drawn up at card-tables for a game of progressive hearts.

Any one who has entertained at all, even in the most modest manner, knows how soon guests exhaust all the pleasure there is in one game, and are ready for another. The successful hostess must have many schemes in mind, and must know just when to pass most tactfully from one game to another. After an hour at cards, let each guest be supplied with a pencil. Place a large sheet of drawing-paper before one of the guests, and request that she (women are usually most apt in invention) draw the beginning of a valentine. Then, allowing but a minute to each one, pass the paper on, until all have added an expression of their skill to the valentine. If, after it has been passed around, it still has an unfinished appearance, let it go the rounds again. Then turn the paper over, and let each write a line of poetry. Every other line must rhyme with and have the metre of the preceding line. This

valentine will be a unique souvenir for the hostess, probably both artistic and grotesque. Those who are not skilful with the pencil afford quite as much fun as the artist does admiration.

Now divide the company into two groups, each group to take a turn at acting charades, or Mother Goose rhymes, or in portraying, by pantomime, well-known advertisements, etc., while the other group guesses the correct word, rhyme, etc.

Next the hostess produces bunches of gay paper flowers and ribbons. These, with thread and needle, she hands to the gentlemen, requesting each to make a becoming hat for a lady. After the ladies have donned these hats, a flash-light photograph of the entire company is in order. Copies of this photograph should be sent, later, to each guest as an appropriate souvenir of the occasion.

As no good time is complete without music, before good-bye is said, let all gather about the piano, and join in singing college songs, or the airs of some light opera.



Love's Vagaries

By Cora A. Matson Dolson

I bought me a house for a stately home,
But Love would not through the doorway
come.

I pleaded her long; but she said me, "Nay,"
And back from the entrance turned away.

My mansion rang with the sounds of mirth,
But Love was not by its costly hearth.

I grew weary of the frescoed walls,
The aimless laughter that filled its halls.

Misfortunes scattered my wealth to nought,
And lost me the house that wealth had
bought.

I went to live with the lowly poor,
'Twas Love's own hand unlocked me the
door.

The Evolution of the Menial Idea

By Frances Albert Doughty

THE student of sociology takes note of curious transitions in thought and opinion which come about gradually, the current being scarcely perceptible for a time, until at last the drifting away from old landmarks and boundary lines becomes apparent even to the most casual observer.

At this moment, the profession of nursing is a striking example of one species of transition. In all ages of the world, men and women have naturally cared for their own families in illness, deeming no kind of service to them derogatory to self-respect. In ancient and mediæval times, women of every degree nursed the wounded after battle, for the sake of common humanity; but ladies of high repute and family never adopted nursing as a calling without first becoming Sisters of Charity or entering some other religious order, and thus renouncing the worldly position in which they were born and reared. Nursing as a means of livelihood—that is to say, a combination of the money-making motive with the philanthropic—would have been considered a distinctly menial office, quite unfit for gentlewomen. Only in the last quarter of the nineteenth century did evolution complete its work, in recognizing trained nursing as an honorable profession for all classes.

The coworker of the trained nurse, the doctor, himself has evolved to an extent that was undreamed of by his forerunners in the healing art. Two hundred years ago the surgeon did not expect to be called a gentleman: that was no part of his ambition. The "leech," ready to draw blood for

nearly every ill that flesh is heir to, found it advantageous to acquire some knowledge of herbs and roots, for the sake of their medicinal properties. He knew, also, how to extract teeth,—for centuries dentistry had not advanced beyond tooth-pulling,—and he did not disdain to act as barber for his patients and patrons. As a matter of course, he was treated as a menial. To this day in England, where tradition still has sway, a physician, unless he has risen to eminence, does not enjoy the social prestige that is accorded in America to regular members of a medical society, who have, in addition to their diplomas, a personal claim to polite manners and correct usages. Some young English doctors prefer to be addressed as "Mr." All other things remaining as before, a young man, here, finds that he has made social advancement with the right to put an M.D. after his name.

The social evolution of the clergyman may be said to have been fully accomplished. In the days of Dean Swift the chaplains in noblemen's houses, if not ranked precisely as servants, came midway between the servants' hall and the drawing-room. That celebrated man formed his attachment for the ill-fated Stella while visiting familiarly the housekeeper's room, to which sphere of the castle the young woman belonged. But for her obscure position as a dependant and relative of the housekeeper, the prelate might have been willing to acknowledge his relations with her, after he had attained the pinnacle of his ambition.

The office of the teacher and the

position granted him are still in the throes of social evolution. A professor, a man of learning, in a well-known college or university, finds that his chair as a means of bread-winning is not considered detrimental by the fashionable set; but the music-master, who goes from house to house, and the governess, who lives in the house of her employer, are conscious of not being just on the platform with the college professor. In England and on the Continent of Europe, although her patrons insist upon her having the manners and culture of a lady, the governess is made a social subordinate. She must dwell in solitude, when free from the children. In America, except in certain families, the governess is by no means a serf. She has so often won, by marrying either the son and heir or some honored guest of the establishment, that her possibilities as a social factor, especially if she be a pretty girl, are generally conceded to be unfathomable. This concession, however, does not include the nursery governess, who engages to wash and dress the children as well as give them primary instruction.

Ich dien, "I serve," is the motto on the crest of the Prince of Wales, who is thus stamped as the first servant in the realm, and no one, having an adequate idea of the services the British public exacts of the heir apparent, in return for his salary and his perquisites, will dispute the appropriateness of the motto. In the royal family of Germany each son is taught a trade. In case of emergency he will be able to fall back on this trade as a means of support or disguise; and, if such an emergency should never arise, he will find it an amusement for his leisure hours. Peter the Great worked as a ship-builder in Holland; Louis Philippe taught school

in the United States; and Prince Louis Napoleon (afterwards Napoleon III.) found employment in a factory here. Louis XVI., unfortunate monarch, was so fond of shoemaking that he cobbled persistently, unheeding the portents of a bloody revolution in the air around his palace.

In spite of kingly precedent, the aristocracy in monarchical countries outgrows its prejudice against trade with snail-like pace, although its sons are perfectly willing to marry the daughters of millionaire American tradesmen. In the last decade there have been a few instances of representatives of the nobility going into business. In Austria, where the conservative spirit is hide-bound, a nobleman opened a fruit store, stating in his advertisement that he meant to give his "personal attention to the business." In London a few dress-making and millinery establishments are conducted by titled ladies, who visit these daily, though the office of receiving money from purchasers is probably delegated to underlings. Some of these ladies have been allowed to retain a measure of social prerogative, in consideration of birth and breeding.

Literature as a profession has had its day of mere sufferance in fashionable circles. Maria Edgeworth belonged to a well-placed and popular Irish family. Her father, a man of literary tastes himself, feared, at first, that her talent for literature, if made conspicuous, would weigh against her success in the world of fashion. Maria averted this catastrophe by consummate tact in relegating her talent for scribbling to the background on telling occasions.

A few decades ago an American author of world-wide reputation was made minister to one of the courts of Europe. He mentions in his autobi-

ography that, during his stay at that capital, no one ever spoke to him of his books. The only way to account for this omission is that every member of the high foreign clique, in which he was moving, believed that the American minister would rather be esteemed for his ability as a diplomat than for his success as an author. To compliment him on his lesser achievement—namely, the pleasing of a democratic host of readers—seemed to them detrimental to a personage of his consequence.

Another American traveller, about the middle of the last century, said that at a London dinner party he saw the poet Rogers bringing up the rear in the order of guests.

Thackeray, in spite of the adulation he received in some quarters, declared in one of his old letters that a literary man ranked below that class of gentry which was composed of apothecaries, attorneys, and the wine-merchants; and that a grocer's daughter in England would think she had made a misalliance in marrying a painter. Writers and artists are distinctly on the rise. Marie Corelli has literally made a name for herself, having dropped that of her adopted father, Dr. Mackay, to use her pen-name only at the entertainments of the nobility.

This whole question of social precedence in the line of occupation is on a movable and ever-inclining plane; and it is impossible to fix correctly and definitely the status of any one of them, to say what is a menial and what is not a menial calling or service. Over and over again a worthy and noble individual has been seen to exalt for the time the occupation in which he was engaged.

Association, friendship, intimacy, cannot be regulated: they never will be, for they are determined by laws so subtle as to elude even definition; but the trend of the twentieth century will be to remove barriers that have long obstructed the way and prevented a clear understanding between different classes of workers in the world. More and more the work that is useful to humanity will be dignified by human thought. There will be marked changes at both ends of society. Not only will the lowly born and bred prove themselves capable of the loftiest grades of mental, moral, and artistic effort, but the highly born and bred will labor in lines hitherto accounted the sole province of the lowly, and they will lose thereby not a jot or tittle of their prestige as ladies and gentlemen.

As Galileo said, "The world does move, after all."

Dress for the Four-fifths

By Grace Littlefield

THE opinion is wide-spread that almost any woman can do housework. So it is ordinarily accepted that almost anything will do to wear when at house-

work. Half-worn and even ragged shirt-waists, frayed bicycle skirts, kimonos, spotted and old-fashioned woollen dresses, wrappers, etc., are the garments that many families are

accustomed to see worn by the mother. Such costumes are in as poor taste as frayed and scratched drawing-room furniture is in the kitchen. Is it possible that women are so ashamed of housework that they are not willing to acknowledge, even to themselves, that this is their occupation?

Four-fifths of the families of this country, it is said, keep no servant. So, to a majority of women, suitable dress for the kitchen should be the dress of first importance. In the first place, since it is impossible to cook or clean for any length of time without soiling the clothes, material that can be easily laundered is in best taste. Black and white gingham will be found to be the most practical material, because it always seems to look fresher every time it is laundered, while it is only very rarely that cotton material of any other color retains its freshness. But, if the children like to see mother in bright colors, then bright colors it must be. A very fine weave, which always brings a high price, is too delicate to withstand frequent laundering and the severe strain of muscular work. Select stuff of good medium quality.

Women pore over the latest fashion journals. They plan just how that visiting gown shall be made. They worry over both the fit and the cost. They forget that the gown that should have the most perfect trim and faultless fit is that in which they are most often seen by those who love them. The perfectly plain shirt-waist suit, worn with low white collar and small plain tie, gives the best effect. If the separation of skirt and blouse be an objection, these may be attached, as nurses do their costumes. At least four of these gowns are necessary, two in use, while two are being laundered. It will

be more restful, and will save the gowns, to change one gown for the other in the afternoon. These afternoon gowns may be made a little more elaborate by stitching or braid or a bit of lace. Beautify aprons by pretty ruffling over the shoulders, and have as many of these useful articles as possible.

By no means wear a wrapper when at work. A wrapper is a lounging-robe, and, therefore, not a work-dress. But, since it is wise to be prepared for sickness, that will sometimes come, or days when rest is the best medicine, have a negligée as dainty and exquisite as your purse can afford. Many a convalescence is prolonged, because the patient must choose a night-dress or a stiff dress.

Add to these garments one good suit, a hat suitable for each season, one or two dainty blouses, two pairs of shoes, two pairs of gloves, three sets of underwear, two gingham petticoats, one moreen petticoat, one-half dozen pairs of hose, one-half dozen collars, and a few stocks, and we have a sufficient wardrobe for a woman in average station. If she lives in a very social community, a dainty silk gown with a long wrap to cover it may be necessary. Remember that skirt and blouse of the same color form the most artistic combination.

The quick change of fashion and the childish fear of being out of style are conditions against which every intelligent woman should take her stand. On the other hand, a moderate adaptation to the prevailing mode is in best taste. Clean, simple garments, carefully adjusted, express refinement and intelligence. What other attributes can any woman wish to display through her raiment?

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COOKS AND COOKS

“**T**HE Frenchman may keep on his hat during the entracte of a play and be forever wrangling with his mode of government, but he has taught the world how to dine. “Let me have books!” cries Horace: “Let me have cooks!” exclaims the Gaul. And with the cooks come the cook-books, the meditations, codes, almanacs, physiologies, manuals, and guides.”

Cooks are still in demand. Repeated and urgent are the appeals, here and everywhere, for the experienced cook. For the service of

the professional teacher of cookery the calls are few and at rare intervals. Why should a calling so universal and necessary as that of the cook want operatives? for the field of effort is wide of reach and the rewards for efficient services are fair and certain.

It goes without saying that one cannot prepare and cook food well who has not been taught how, or, what is the same thing, at least acquired the knack through dear-bought experience. As the case now stands, young women, unqualified and inexperienced, presume to practise and experiment on helpless humanity, and expect to be well paid for the so-called service. Once an apprentice served without pay: it is quite different now, at least in household affairs. The intelligent, well-trained, skilful cook is hard to find.

In large clubs, restaurants, and hotels the cooking is generally in charge of chefs. These men have been trained abroad and under the tutelage of other noted chefs, until they are able to undertake the duties of a *maître-d'hôtel* for themselves. Catering to large numbers, their methods cannot be well described. Oftentimes, in fact, they are not able to explain readily to others how they themselves attain the good results they achieve. La Reynière, perhaps, throws light on their ways in his famous book, the “Almanac of the Epicures.” “The index of a good cook,” he says, “should ply without ceasing from the saucepan to the mouth, and it is only by thus momentarily tasting his ragouts that he may determine their precise point. His palate, therefore, must be extremely delicate, virginal, as it were, so that the least thing may stimulate it and advise it of its faults.” Certainly, this is not in accordance

with the methods taught in the average American cook-book.

But where are our schools for the training of cooks? Or why should not the subject of cookery be made a branch of study in all schools that are attended by young women? The subject is vital, practical, and of wide import. It cannot be mastered in a day or picked up at short notice. In these days, knowledge and skill are requisite to successful performance, in each and every pursuit of life. Specific training is needed, to meet the requirements of modern home-life, and especially in the "art with which mankind is so directly concerned thrice a day."

PROGRESS IN HYGIENE

THE attention given in our medical journals to the subject of food and nutrition, the general legislation enacted in many States in connection with higher standards of pure food laws, and the experimental diet tests conducted by the Agricultural Department of the government are indications only of the progress that is being made in matters of hygiene and wholesome living. The assertion is now trite that food and air and exercise are the sources from which health and vital energy are derived. Any neglect or disregard of these, the prime conditions of well-being, means impaired strength and vitality. Hence the study of food and nutrition in all its varied phases and from every view-point becomes a matter of fundamental importance. The average housekeeper must know something of the composition of foodstuffs, that a suitable selection and combination of materials in the daily regimen may be made. Also the preparation of dishes to secure the best results

is an item of no secondary concern; while the cost of supplies for the table is ever a besetting factor in any attempt at economic reform.

In this connection the *Dietetic and Hygienic Gazette* aptly says:—

"The more important question that now looms before dietetic philosophers and students of domestic economy is that of cheapening the cost of all those articles of daily consumption that are essential to the perfect nutrition of the human body.

"To-day it costs the working classes more than twice as much as it need cost to live. Because of badly selected items of the daily regimen, of wasteful methods of preparation, of unthrifty and hand-to-mouth methods of buying, the consumers average to pay two or three times as much for their table supplies as is realized by the producer. This is all wrong, and the day is not far distant when this phase of the subject of living will compel more careful study."

DIET OF CHILDREN

ACCORDING to the *New York Medical Record*, "The proper feeding of children is one of the most important factors in building up a good sound constitution, and much of the loudly proclaimed race degeneration among civilized nations must be laid to injudicious diet. This is especially the case with the urban population.

"In a work recently published concerning the food of the laboring classes the following postulates are laid down: 'Since food is the sole source of the energy required for building up the body, doing work, and maintaining the temperature, it is obvious that the working capacity and well-being of a community must be largely influenced by the food sup-

ply of the individuals. Without an adequate supply of food proper growth and development of the body are impossible, and not only is the working capacity of the individual diminished, but a predisposition to disease is induced. . . . The working capacity of a man is conditioned by the amount of food he consumes and uses. . . . An insufficient supply of food diminishes the work-doing power of the body in two ways: first, by preventing the full development of muscle, the great energy-liberating tissue; and, secondly, by not affording the potential energy for the work to be done. Lastly, a sufficient diet is essential for the maintenance of the bodily heat."

From these and other like considerations the inference is drawn "that, as a rule, the composition of the foodstuffs used by the working classes are, on the whole, badly balanced and unsuitable; and also, what is far more certain, that the vast majority of laboring men's wives have not the remotest idea of the relative properties of certain foods as compared with those of others, nor of their relative price."

"A lesson might be learned in this connection from the peasantry of France, and to a lesser extent from those of Germany, who are extremely poor, yet know how to choose and cook food judiciously and well. The question of good food is a paramount one in all that concerns a nation's prosperity. To raise a race physically and mentally sound, the children must be well fed; and, in order to bring about this result, the women of the poorer classes—especially in towns—must possess the knowledge of selecting suitable food and of cooking it in a proper manner. There is a wide field in the United States in which to impart this knowledge."

DIETETIC NUGGETS

"IF all the maladies resulting from defective, excessive, and badly regulated nutrition and neglected hygiene could be eliminated from the world, we should realize a pretty clean bill of health.

"The former generations of physicians have been busy wrestling with the problem of 'curing the sick.' The coming medical man will probably bend his endeavors toward preventing disease. His chief reliance will undoubtedly be nutrition.

"A majority of the human race either carelessly or ignorantly lose sight of the few really fundamental conditions of physical health. As they drift from nature, they appeal to art. They subscribe for a 'health' journal, buy somebody's 'Domestic Practice of Medicine,' stock their cupboards with 'standard remedies' and much advertised nostrums, and then consider themselves competent to treat all ordinary diseases, both real and imaginary.

"It is the ill-nourished and ill-fed who first succumb to any form of infection or epidemic. Your stall-fed ox is sleek as satin. It is the whey-fed calf that shivers, when the first early frost falls on the grass, that has to be housed and coddled, and that is a dwarf and a victim of vermin and scurvy. This is an important object-lesson, and it leads straight to a study of nutrition. The dominant question is a question of diet. In the ill-fed animal, human or dumb creature, the bloodstream is the first to go bankrupt, the first to show deprivation and depression. It famishes for want of food."

Seasonable Menus

Ease (at table) is not to be found in state and superabundance, but in having what you want when you want it, and with no temptation to excess.— *Thomas Walker.*

SUNDAY	<p><i>Breakfast</i> Oranges. Boston Brown Bread Toast with Cheese. Doughnuts. Coffee.</p> <p><i>Dinner</i> Casserole of Lamb Chops and Chestnuts. Diced Turnips in White Sauce. Lettuce Salad. Chocolate Charlotte Russe. Coffee.</p> <p><i>Supper</i> Graham Bread and Butter Sandwiches. Stewed Figs. Swedish Sponge Cake. Cocoa.</p>	<p><i>Breakfast</i> Quaker Oats, Cream. Sausage. Fried Apples. Buckwheat Cakes. Coffee.</p> <p><i>Luncheon</i> Slices of Tongue in Brown Sauce. Yeast Rolls. Prune Pie. Cocoa.</p> <p><i>Dinner</i> Cannelon of Beef. Scalloped Potatoes. Tomato Jelly and Cress Salad. Baked Bananas, Sultana Sauce. Cake. After Dinner Coffee.</p>	WEDNESDAY	
	<p><i>Breakfast</i> Hot Shredded Wheat Biscuit. Sliced Bananas, Cream. Cold Boiled Tongue, Sliced Thin. Baked Potatoes. Coffee.</p> <p><i>Luncheon</i> Venetian Eggs. Toast. Banded Apples. Cake. Tea.</p> <p><i>Dinner</i> Fried Chicken, Paprika Sauce. Boiled Rice, Buttered. Baked Squash or Sweet Potatoes. Cole Slaw. Currant Jelly and Cream Cheese Salad. Coffee.</p>	<p><i>Breakfast</i> Canned Apricots. Gluten Grits, Cream. Tongue and Potato Hash. Boiled Eggs. Rolls. Coffee.</p> <p><i>Luncheon</i> Cream-of-Corn Soup, Crackers. Waffles, Syrup. Tea.</p> <p><i>Dinner</i> Salmon Timbales, Hollandaise Sauce. Mashed Potato, Browned. Stringless Bean Salad. Tomato Sherbet. Cake. After Dinner Coffee.</p>		THURSDAY
	<p><i>Breakfast</i> Ralston Breakfast Food. Stewed Figs, Cream. Bacon. Fried Rice. Coffee.</p> <p><i>Luncheon</i> Scalloped Tomatoes. Baking-powder Biscuit. Apricot Snow, Whipped Cream. Cocoa.</p> <p><i>Dinner</i> Chicken Soup. Halibut Cutlets, Paprika Sauce. Potato Cubes, Maître d'Hôtel. Squash Pie. Tea.</p>	<p><i>Breakfast</i> Hominy, Cream or Butter. Eggs Scrambled with Cubes of Bacon. Orange Marmalade. German Coffee Cake. Coffee.</p> <p><i>Luncheon</i> Creamed Oysters au Gratin. Hot Baking-powder Biscuit. Olives. Junket with Chestnut Purée. Tea.</p> <p><i>Dinner</i> Lentils Baked with Tomato Purée, Boston Style. Cole Slaw. Chocolate Bread Pudding (Currant Jelly and Meringue). Tea.</p>		
<p><i>Breakfast</i> Sausage. Fried Hominy. Breakfast Corn-cake. Apple Sauce. Cocoa.</p>	<p><i>Luncheon</i> Salt Codfish Balls, Tomato Sauce. Steamed Boston Brown Bread. Sliced Oranges and Bananas, Sugared. Coffee.</p>	<p><i>Dinner</i> Haddock Stuffed and Baked, Oyster Sauce. Potato Salad. Apple Pie. After Dinner Coffee.</p>	SATURDAY	

Simple Menus for Family of Two Adults

(Man and woman, at work outside the home, noon dinner.)

If a meal is taken when the appetite is at the most healthy point of keenness, and no more is eaten than nature requires, business may be resumed pleasantly and without deranging the digestive powers.—
Thomas Walker.

SUNDAY	<p><i>Breakfast</i></p> <p>Oatmeal. Hot Dates, Cream. Rye-meal Muffins. Coffee.</p> <p><i>Dinner</i></p> <p>Hot Veal Loaf, Tomato Sauce. Lima Beans (Dried), Buttered. Cabbage Salad. Rice Pudding.</p> <p><i>Supper</i></p> <p>Bread and Butter. Apple Sauce. Cream Cheese. Cocoa.</p>	<p><i>Breakfast</i></p> <p>Shredded Wheat Biscuit with Poached Eggs. Stewed Prunes. Rolls (Reheated). Cocoa.</p> <p><i>Dinner</i></p> <p>Beef Tenderloin, Broiled. Potatoes in Milk (Left Over). Canned Wax Beans. Bromangelon. Coffee.</p> <p><i>Supper</i></p> <p>Rice Cooked with Bacon and Tomatoes. Canned Fruit. Toast. Tea.</p>	WEDNESDAY	
	<p><i>Breakfast</i></p> <p>Ralston Breakfast Food. Bananas, Cream. Toasted Muffins (Left Over). Coffee.</p> <p><i>Dinner</i></p> <p>Cold Veal Loaf. Sliced Potatoes, Boiled and Buttered. Cold Lima Beans, French Dressing. Rice Pudding (Left Over). Cereal Coffee.</p> <p><i>Supper</i></p> <p>Hot Stewed Tomatoes. Graham Bread. Bacon. Stewed Prunes. Drop Cakes. Tea.</p>	<p><i>Breakfast</i></p> <p>Eggs Baked in Cups, Bits of Toast. Date Muffins. Coffee.</p> <p><i>Dinner</i></p> <p>Half Shoulder of Lamb, Steamed. Small Turnips, Boiled and Buttered. Cold Wax Beans, French Dressing. Gelatine Blanc Mange. Fruit Jelly. Cereal Coffee.</p> <p><i>Supper</i></p> <p>Hot Succotash (Canned). Bread and Butter. Canned Fruit. Sweet Wafers. Cocoa.</p>	THURSDAY	
	<p><i>Breakfast</i></p> <p>Veal Loaf and Potato Hash. White Mountain Rolls. Orange Marmalade. Coffee.</p> <p><i>Dinner</i></p> <p>Small Slice Halibut, Sautéed in Bacon Fat. Plain Boiled Potatoes. Cabbage, Boiled Dressing. Sliced Oranges. Wafers. Cereal Coffee.</p> <p><i>Supper</i></p> <p>Creamed Macaroni with Cheese. Dried Beef. Stewed Figs. Bread and Butter. Tea.</p>	<p><i>Breakfast</i></p> <p>Sardines in Cream Sauce on Toast. Baked Potatoes. Graham Rolls. Coffee.</p> <p><i>Dinner</i></p> <p>Canned Salmon, Hot Egg Sauce. Plain Boiled Potatoes. Canned Beets, French Dressing. Lemon Jell-o. Wafers. Cereal Coffee.</p> <p><i>Supper</i></p> <p>Oyster Stew, Crackers. Pickled Beets. Bread and Butter. Cranberry Sauce. Coffee.</p>	FRIDAY	
SATURDAY	<p><i>Breakfast</i></p> <p>Bacon, Fried Potatoes. Hecker's Buckwheat Cakes. Orange Marmalade. Coffee.</p>	<p><i>Dinner</i></p> <p>Cold Shoulder of Lamb. Sautéed Bananas. Hot Oatmeal, Buttered. Stewed Figs, Custard Sauce. Drop Ginger Cakes. Tea.</p>	<p><i>Supper</i></p> <p>Hot Curried Salmon. Beets, French Dressing. Bread and Butter. Coffee Jelly. Whipped Cream. Tea or Hot Water.</p>	



Courtesy of Shreve, Crump & Low, Boston

Silver Fruit Basket

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Fish and Oysters, Gerard Style

Remove the skin and bones from two flounders, cut the fillets in two-inch pieces, scant, and set aside about a pound and a half of the pieces. Put the bones, trimmings, etc., and about one-fourth a pound of solid fish into a saucepan with half an onion, a sprig of parsley, and half a dozen peppercorns. Cover with cold water, and let simmer an hour. In the mean time bring a pint of oysters to the boiling-point, drain, remove the hard portion, and add this with the liquid to the fish-kettle. Let simmer until reduced to a cup and a half, strain, add a cup and a half of claret, also salt as needed; and in this, when

hot, simmer the pieces of fish. They will cook in about fifteen minutes. Beat three tablespoonfuls of flour into three tablespoonfuls of creamed butter, and, after diluting with a little of the hot liquid, stir into the rest of the liquid in the pan. Let simmer ten minutes, add the pieces of oyster, finish with the juice of half a lemon and a teaspoonful of anchovy essence, and serve. After the stock has been prepared, the fish may be cooked in the chafing-dish.

Salmon Timbales *en Surprise*

Remove the skin and pulp from one pound of raw salmon, and pound the flesh to a pulp. Add a level

tablespoonful of butter, half a cup of cream sauce, half a teaspoonful of salt, a dash of paprika or one-

the pieces of oyster into an equal bulk of white sauce, add the beaten yolks of two eggs, salt, pepper, and lemon juice, as needed, and put about a teaspoonful into the centre of each timbale. Cover with the salmon force-meat, and cook in a dish of hot water fifteen or twenty minutes, or until firm. Turn from the moulds, and serve with



Halibut Cutlets

fourth a teaspoonful of tabasco sauce, the whites of an egg, and, if liked, a grating of nutmeg or a few grains of mace. Pound again, mixing thoroughly, then press through a sieve, and set aside to become chilled. Then fold in, lightly, but evenly, half a cup of cream, beaten solid. With this force-meat line timbale moulds, thoroughly buttered after being fitted

mock Hollandaise sauce poured around. Cream or Bechamel sauce may be substituted. Halibut may replace the salmon.

Mock Hollandaise Sauce

Cook two tablespoonfuls of vinegar with half a dozen peppercorns in a small saucepan, until reduced a little. Pick out the peppercorns, add one-



Casserole of Lamb Chops and Chestnuts

with a round of paper. Have ready a cup of oysters brought quickly to the boiling-point, drained, bearded, and the soft part cut in pieces. Stir

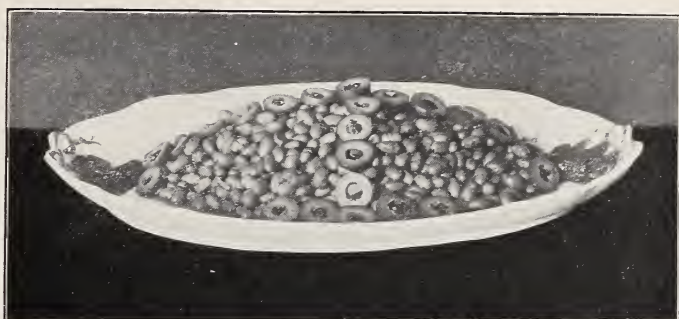
fourth a cup of the white sauce, made for the timbale filling, and set over hot water. When hot, beat in the beaten yolks of two eggs, mixed into

one-fourth a cup of butter, beaten to a cream. Stir constantly while the sauce thickens, adding meanwhile in bits a second fourth a cup of butter. Add salt as needed, also the juice of half a lemon.

Halibut Cutlets, Paprika Sauce

Remove the skin and bone from enough halibut to give one pound, and pass this through a food-chopper twice. Beat one-fourth a cup of butter to a cream, and work evenly into the fish. Work in, also, three tablespoonfuls of cream, a generous half teaspoonful of salt, a dash of pepper, and a few drops of onion juice or mace, as is agreeable. Form the

in sifted bread crumbs, cover completely with an egg diluted with a tablespoonful of water, and again



Boston Baked Bean Salad. Sliced Pim-Olas and Pickle Garnish

roll in crumbs, and fry in deep fat about five minutes. Serve with paprika sauce and Saratoga potatoes.

Paprika Sauce

Melt one-fourth a cup of butter, and cook in it a slice of onion and sprig of parsley. Add one-fourth



Cover for Formal Dinner. China Plate for Water Glass

mixture into eight cutlet shapes, and set aside to become chilled. If the mixture sticks to the hands, in shaping, chill, and then shape. Roll

a cup of flour and half a teaspoonful of salt, and stir and cook until frothy. Then add one cup of veal or fish stock and one cup of tomato purée. Let boil

five minutes, then strain and season very highly with paprika. Reheat, and finish with half a cup of hot cream.



Maple Custard with Snow Eggs and Cherry Decoration
(See Page 365)

Casserole of Lamb Chops and Chestnuts

Remove the superfluous fat from

with cold water, bring quickly to the boiling-point, and let boil two minutes, then drain, and shake back and forth

in the pan until both pan and chestnuts are dry. Put in a teaspoonful of butter, and shake again until the chestnuts are coated. Set into the oven two or three minutes, then with a sharp knife cut a narrow band from each, around the nut, and take off the shell and inner lining together. Put half the chops into a casserole, and on them lay a part of the onion rings. Add the rest of the chops, the

rest of the rings, and a pint of boiling water, cover, and let cook an hour or a little longer; skim off the fat, add the chestnuts, a sprin-



Preserved and Fresh Kumquats, Maraschino Cherries and Weisbaden Prunes

eight or ten lamb chops. Peel a small onion, cut in slices and separate the slices into rings. Cover a pint of Italian chestnuts, in a frying-pan,

with a small quantity of salt and paprika, and, if needed, more water, and let cook very slowly until the chops and chestnuts are tender. Before serv-

ing, remove fat—if there be any—with tissue paper or spoon, and add more seasoning, if needed. Slices of blanched carrot may be added with the onion.

Boston Baked Bean Salad

The quantity of oil to be used in this salad will depend upon the quantity of pork used in cooking the beans. Often, when the dish is intended for sedentary people, no pork is used. In this case three or four tablespoonfuls of oil will be none too much for a pint of beans. Into this stir about half a teaspoonful of paprika, a few drops of onion juice, and, very gradually, two tablespoonfuls of vinegar. Mix this through the beans, and turn them on or into the serving-dish. Cover, and let stand half an hour in

the pickles from blossom to stem end, but without completely separating the slices, then spread as a fan. A



Marshmallow Parfait

teaspoonful of fine-cut chives is considered the best form in which onion can be introduced into bean salad.

Marshmallow Parfait

Cut a pound of marshmallows in small pieces. Add one-fourth a cup



Packing Marshmallow Parfait

a cool place. Finish with slices of pim-olas and fans cut from tiny cucumber pickles. To cut the fans, with a sharp, thin-bladed knife slice

of boiling water, and stir in a double boiler until the marshmallows are melted. In the mean while let one cup and a half of sugar, half a cup

of boiling water, and one-fourth a teaspoonful of cream of tartar boil until it forms a soft ball when tested

stand, buried in equal measures of ice and salt, about four hours. The ice will be removed from the mould more easily, if the mould be lined with white paper, just as a mould is lined for a charlotte russe.

This parfait is of such a consistency that the ingredients will not separate easily, and the mould need not necessarily stand in the salt and ice mixture while it is being made ready for freezing.

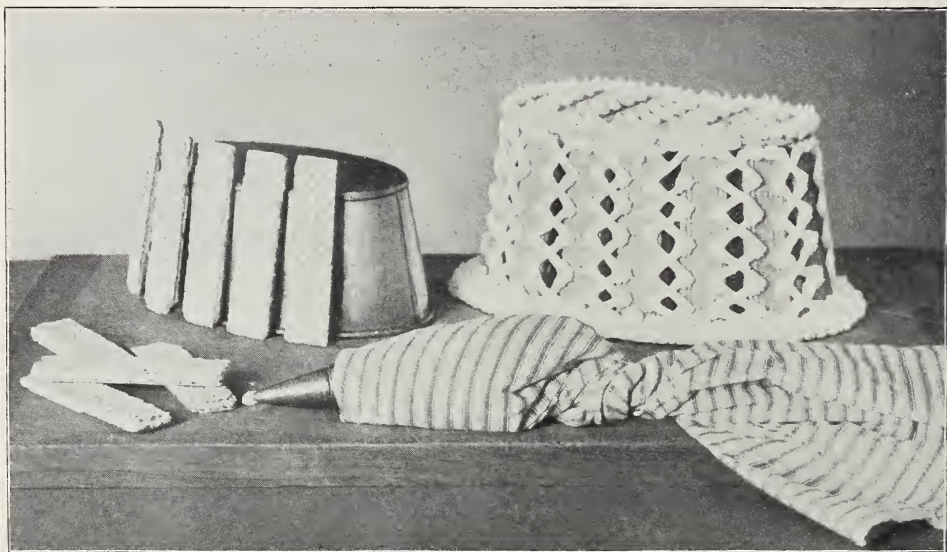
Tomato Sherbet

Wash two lemons, carefully, and take off the thin yellow rind. Simmer a can of tomatoes, the lemon rind, and a three-inch piece of bruised ginger root about fifteen minutes,

in cold water. Then pour in a fine stream onto the beaten whites of two eggs, beating constantly. Then beat occasionally until cold. When cold, flavor to taste (a tablespoonful of vanilla is good) and fold in one pint of double cream and one cup of single



Tomato Sherbet



Wafer Case to place over Mould of Ice-cream, Bavarian Cream or Charlotte

cream, beaten solid. Turn into a two-quart mould, filling it to overflow. Spread a paper over the top, and over this press the cover. Let

then pass through a sieve fine enough to keep back the seeds. Mix with a syrup, made by boiling one quart of water and a pint of sugar twenty

minutes, and add the juice of the lemons. When cold, freeze as any sherbet. Half or a fourth a cup of ginger syrup and fine-chopped ginger root from a jar of preserved ginger may replace the green ginger root. Or preserved kumquats with syrup may replace the ginger. There should be between two and three cups of the strained tomato. If green ginger root be used, a more pronounced flavor may be obtained, by boiling the ginger in the water to be used in the syrup, in addition to cooking with the tomato. In purchasing preserved ginger, select what is known as "stem." This insures small pieces of fine texture and very tender. In the illustration of this dish, part of the cups are decorated with slices of stem ginger and part with preserved kumquats, cut in quarters.

fourth a cup of boiling water over the fire, and stir and cook until smooth and boiling. Then let cool,



Chocolate Charlotte Russe

and stir into one pint of chilled double cream with a teaspoonful of vanilla extract. Beat with a Dover egg-beater until solid to the bottom of the bowl, then turn into a mould lined with paper and lady fingers, iced with confectioner's sugar mixed to a paste with sugar syrup, and decorated with candied cherries and angelica. Set aside to become cool and firm. Then serve turned from the mould.

Chestnut Charlotte Russe

Blanch about a cup and a half of Italian chestnuts, and cook in milk about half an hour, or until tender and the milk is mostly absorbed. Mash, and press through

a sieve. Measure one cup of the pulp, add three-fourths a cup of sugar, and stir over the fire until the sugar is dissolved. Then stir into a custard, made



Chestnut Charlotte Russe

Chocolate Charlotte Russe

Put three teaspoonfuls of cocoa, one-fourth a cup of sugar, and one-

of one cup of milk, the yolks of three eggs, half a cup of sugar and a few grains of salt. Add also about half a two-ounce package of gelatine, soft-

with maraschino cherries, when it is turned from the mould. If double cream be used, the gelatine may be omitted. Add the sugar and flavoring to the wine, and beat solid to the bottom of the bowl. Dilute the chestnut purée with a little of the cream, then fold the two together, adding the chopped cherries.



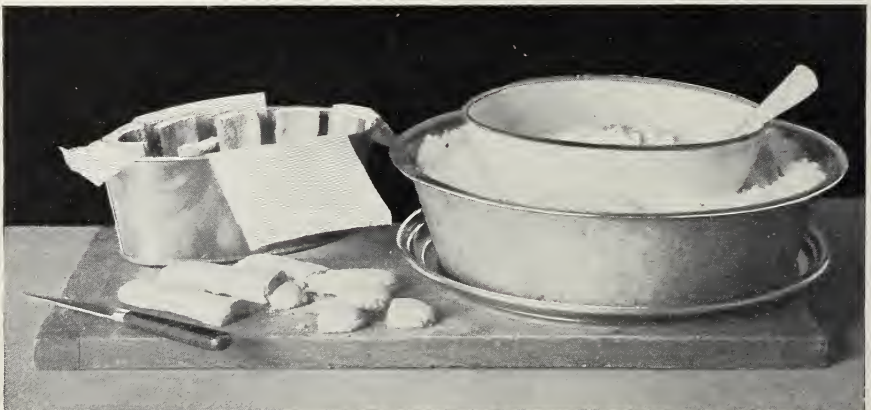
Chestnut Ice-cream, Moulded in Charlotte Mould Lined with Macaroons

ened in half a cup of cold water, a teaspoonful of vanilla extract, half a cup of liquid from a bottle of maraschino cherries, and half a cup of cherries, cut fine. When the mixture has cooled, set it into ice water; and, when it begins to thicken, combine with it the whip from three cups of cream, drained and chilled. Stir in a little of the cream at first, then cut and fold in the rest, working carefully to insure a smooth mixture. Turn into a mould lined with paper and meringues, similar in shape to lady fingers. Decorate the cream

a cup of sugar. Beat the yolks of five eggs, add half a cup of sugar, and beat again. Then dilute with the hot milk, and stir into the rest of the milk. Stir constantly until the mixture coats the spoon slightly, then add half a teaspoonful of salt, and pour over a cup of hot chestnut purée. Pass the whole through a sieve, and set aside to cool. Add a pint of cream, and freeze as usual. Then add one cup of maraschino cherries, cut in small pieces, and half a cup of the liquid in the cherry bottle. When thoroughly mixed, pack in a char-

Chestnut Ice-cream

Scald one quart of rich milk with



Lining a Mould with Lady Fingers for Charlotte Russe

lotte russe mould, lined with paper and then with macaroons and maraschino cherries. Set into a tin pail with tight-fitting cover, and let stand buried in equal measures of ice and salt about an hour. To fill the mould, line with paper, and dispose macaroons and cherries on the bottom and a row of macaroons against the side and resting on the bottom of the mould. Carefully put in the frozen cream, to keep the decorations in place, adding more cherries and macaroons as the mould is filled. Such a mould of cream may be un moulded perfectly and easily, without delay or the use of hot water or cloths. To shell and blanch the chestnuts, see recipe for Casserole of Lamb Chops and Chestnuts. Cook the blanched chestnuts in boiling water until tender, drain, and press through a sieve.

Baked Maple Custard with Snow Eggs and Cherries

Beat two whole eggs and four or five yolks. Add one-fourth a teaspoonful of salt, half a cup of maple sugar or syrup, and three cups of milk. Mix thoroughly, and turn into custard cups. Bake, set in a pan of hot water, until the custard is firm. Beat the reserved whites of eggs until very foamy. Beat in as many level teaspoonfuls of powdered sugar as whites of egg. Beat until very dry and glossy, then fold in an equal number of tablespoonfuls of sugar. Shape the mixture between two tablespoons, wet in boiling water, and poach in a saucepan of simmering water. Turn the "eggs" several times during the cooking. Put one on each cup of custard, and while hot decorate with cherries and angelica. Serve very cold with cake, at a February 22 celebration.

Brown Bread Toast with Cheese

Cover six or eight slices of toasted brown bread with grated cheese, and pour over the whole a pint of cream sauce. Let stand in the oven two or three minutes, then serve at once.

Venetian Eggs (Chafing-dish)

Melt one tablespoonful of butter in the blazer, and cook in this a tablespoonful of chopped onion. When browned, add half a can of tomatoes, a teaspoonful of salt, and a few grains of cayenne. Stir and cook until boiling throughout, then stir in three tablespoonfuls of cheese, cut fine or grated, and three unbeaten eggs. Stir and cook until the eggs are set, then serve at once on toast. After the cheese and eggs are added, the blazer must be lifted from the flame occasionally, or the hot-water pan must be used.

Scalloped Tomatoes in Chafing-dish

With a fork pressed into a butter ball brush over the bottom of the chafing-dish blazer. Turn in about a cup of canned tomato and sprinkle with salt. Add two or three drops of tabasco or a sprinkling of paprika, then sprinkle on a light layer of buttered cracker crumbs, add another layer of tomato, season as before, and another layer of buttered crumbs. Continue in this way until all the ingredients are used. One cup and a fourth of crumbs, mixed with half a cup of melted butter, will be about the right proportion for a quart of tomatoes. Cover the dish and let stand over the flame about five minutes, then put the hot-water pan in place and let stand about fifteen minutes. Do not stir while cooking.

Menus for Entertainments

Formal Dinner, February 22

Pleased with the opportunity afforded the United States of becoming a respectable nation, I resign with satisfaction the appointment I accepted with diffidence.—*General Washington.*

He fought, but not with love of strife; he struck but to defend.—*Eliza Cook.*

CONSOMME, TOMATO TIMBALE AND PEAS.
FISH AND OYSTERS, GERARD STYLE (Served in Individual Chafing-dishes).
CUCUMBERS, FRENCH DRESSING.
CHICKEN FILLETS. ASPARAGUS TIPS IN VELOUTE SAUCE.
TOMATO SHERBET.
ROAST SADDLE OF VENISON, CURRANT JELLY.
SWEET POTATO CROQUETTES.
ENDIVE SALAD.
MARASCHINO CHERRIES IN JELLY.
MARSHMALLOW PARFAIT IN WAFER CASE.
SALTED PEANUTS. MAPLE BONBONS. MINT LEAVES CANDIED WITH CHERRIES.
COFFEE.

Dishes for Valentine Suppers (*Buffet*)

This night I hold an old accustom'd feast.—*Romeo and Juliet.*

SARDINE SANDWICHES. CAVIARE SANDWICHES.
MOSAIC SANDWICHES. CHEESE AND NUT SANDWICHES.
PIM-OLAS. PICKLES. SALTED NUTS.
MAYONNAISE OF CHICKEN IN TOMATO JELLY CUPS.
OYSTER SALAD IN SWEDISH TIMBALE CASES (Heart-shaped).
HOT CREAMED OYSTERS IN PAPER CASES (Heart-shaped).
ORANGE SHERBET. TOMATO SHERBET. RASPBERRY SHERBET.
BURNT ALMOND ICE-CREAM MOULDED WITH LADY FINGERS OR MERINGUES.
COCOA FRAPPÉ, WHIPPED CREAM.
"BOW KNOTS" (Crullers) SUGARED. WAFERS. HEART-SHAPED CAKES.
WIESBADEN PRUNES. STUFFED DATES. BONBONS.
HOT COFFEE.

Honey and Honey Goodies

By Mary Taylor-Ross

"Sweeter also than honey and the honey-comb."

THIS has been a "land flowing with milk and honey" ever since the day when Brother Robin, out in the "big woods," was sufficiently energetic to "line a bee."

For many a day had the writer longed to "try" a collection of honey recipes; but, in the absence of the honey, she had never been able to gratify the longing. Now Robin dear, who has the sweetest tooth imaginable, urged the good work along, promising to eat all the honey dainties I could make.

There was such a quantity of the delicious sweet that we were finally obliged to send to the city for the "honey-man," as he has since been called; and from him we learned many interesting things about this toothsome product of the busy bee.

From this man, who had kept bees when a boy, and now handled many pounds of honey in a year, we learned that honey on the market is divided into three classes, or kinds,—honey in the comb, strained honey, and honey that has been extracted from the comb, which we found to be very different from strained honey, being much better-flavored and of a finer grain.

None of our honey could be sold as "honey in the comb"; for this is prepared for the market by placing small boxes in the hives, and letting them be filled and sealed by the bees themselves. To cut the comb and fit it into the boxes would not answer, as the honey would run out before the boxes could reach the city. I was rather glad, on the whole, that

here was something the bees could do that we could not; for it had seemed rather cruel to take their summer's work from them.

Strained honey is made by heating slowly both the comb and its contents, keeping the saucepan at the back of the range, until the honey can be strained through a cloth. We cared little for this, as the liquid was cloudy, even after it had been strained, like jelly, and the flavor was not nearly so good as we expected. Honey extracted from the comb we liked best of all, for it was the pure liquid without the comb; and this is the least expensive of all, for, as the "honey-man" explained, it takes twenty pounds of honey to make one pound of comb. It is the comb, therefore, that makes honey expensive, the bees requiring a longer time to make the cells than to fill them with honey after they are made.

We learned quite a little about bees and their ways, and found their life-work to be a most wonderful thing.

As the poet says,—

"He looks like a gentleman, lives like a lord,
And works like a Trojan hero,
Then loafs all winter upon his hoard,
With the mercury at zero."

Some of the bees were killed when the trees were felled and opened for the honey, and some of them were brought home and kept in the cellar, where they are fed on sweetened water and honey. In the spring a hive will be made and fastened in the apple orchard, but whether the bees will remain in the hive is yet to be seen.

Some of the honey was canned,

a part was set aside for the bees. Then the collection of honey recipes was pinned on the wall, and we went to work.

The honey was used in so many different ways that we didn't have a chance to tire of it. There are glasses of clear honey, extracted from the comb, and carefully put away for the use of the bees next summer, or for those who are ill, not to mention the many jars and glasses we prepared as daintily as possible for Christmas.

Honey Sandwiches.—These were made by cutting thin slices of bread from the loaf, buttering every other slice with butter that had been beaten to a cream, and spreading the other slices with honey. The buttered slice was laid on the honeyed bread and the crusts removed, after which the sandwiches were cut into fancy shapes. Do not be too generous with the honey, or it will ooze out between the slices and the task of eating will be anything but a pleasure on account of sticky fingers.

Honey Cakes.—In an English recipe book belonging to our grandmother we found this recipe: Put three-fourths a pound of butter in a saucepan and allow it to soften, then stir in two and a half pounds of flour, and keep stirring till the mixture is slightly browned. Turn out on a board, and make a depression in the middle. Pour into this one teaspoonful of salt and the same of soda that has been dissolved in a little water. Mix well, and stir in enough water to make a soft paste. Knead like bread, cut into sections, and make into round cakes, much as the Scotch shortbread is handled, making a deep dent in each one. Bake on a tin sheet till done, when they are a pretty light brown. Put into a saucepan a pint of water and half a pound

of honey. Stir over the fire until it is reduced to a thick syrup, and then pour over the cakes. Set back in the oven, which should be rather cool, until the honey is well soaked in, then place on a hot platter and serve at once, with plenty of hot tea. This makes a very good dish for luncheon or for a light, Sunday evening tea. The cakes are not unlike Scotch shortbread, but are less rich, and much easier to handle and bake. Do not use too much liquid in mixing.

Honey Gingerbread.—Sift a pint of flour, and stir into this half a pint of sour cream, or milk. If the latter is used, a tablespoonful of butter should be added by way of shortening. Sift with the flour half a teaspoonful of ground ginger and the same of fine cinnamon, then stir in two tablespoonfuls of sugar and two of honey (strained). Mix and beat the batter thoroughly; and, when ready for the oven, stir in half a teaspoonful of soda that has been dissolved in a little warm (not hot) water. Bake about three-quarters of an hour, taking care not to burn, and then cut into squares, and serve hot with plenty of honey.

Honey Luncheon Toast.—This was made many times for luncheon or tea, and we never seemed to tire of it. Beat one egg thoroughly, and add one pint of sweet milk, or half cream and half milk. A pinch of salt should be added to the egg, and then beaten until there are no "strings" to be found. Stir in two tablespoonfuls of strained honey, and in this dip slices of stale bread that have been neatly trimmed. Brown quickly on a hot griddle, and serve with hot coffee and plenty of honey extracted from the comb.

So far as possible, we used the strained honey for cooking, and that

extracted from the comb for eating with honey goodies.

Honey Filling for Layer Cake.—Take half a cup of sugar and half a cup of honey. Moisten the sugar with cold water, then add the honey, and cook in a saucepan over the fire until it threads. Remove and stir into this the white of one egg that has been beaten to a stiff froth. The filling must be beaten hard and constantly, that the egg may not curdle. Spread between layers of cake, made earlier in the day, and serve at once. This is also good served between layers of shortcake.

Rice Griddle-cakes, with Honey. (Brother Robin's favorite).—Beat a cup of cold boiled rice until it is fine, adding a little milk, if necessary, to soften it. Then add the yolks of four eggs and the rest of a pint of sweet milk. Stir in flour enough to make a batter that is rather stiff, and then add one tablespoonful of melted butter, one teaspoonful of soda, and two of cream of tartar, and a pinch of salt. The whites of the four eggs, after they are beaten very stiff, should be folded into the batter, and the cakes baked on a hot soapstone griddle. Use as little grease as possible. As each one is baked, butter, spread with honey, fold like an omelet, and serve at once.

Honey Omelet.—For a sweet omelet this is not to be excelled. Make a plain egg omelet as usual, using water instead of milk, since milk makes an omelet rather leathery. When it is well done, pour honey in a thin stream over the top, fold quickly, and serve at once, passing plenty of honey in a small pitcher. By the way, we found that the honey did not drip from the nose of the pitcher onto the table-cloth, if we took the precaution to rub the spout with butter or thick cream before pouring

in the syrup. When cream was passed with griddle-cakes, the nose of the pitcher was rubbed with butter.

Honey Sponge Cake.—One cup of honey, one cup of flour, and five eggs. This is all, but the result is delicious. The yolks and honey are beaten together, the whites are made into stiff white froth, and folded in with the flour, handling the ingredients as little as possible, using a light wire spoon as for mixing angel cake. Lemon was used for flavoring; and the cake was baked as quickly as possible, being out of the oven inside of ten minutes.

Besides these we made honey fruit cakes, honey cookies, honey ginger snaps, a delicious honey teacake, love cakes (German), and many kinds of candies, including honey fudge and honey popcorn balls.

Grandma caught the enthusiasm, and remembered a kind of drink that her mother and grandmother used to make, called "metheglin." Here was something we had not heard of, so we were only too glad to assist grandma in the making. Upon looking it up in the encyclopædia, we found that "metheglin" is a drink described as "most insidious" (which we found later on to be quite accurate information). We also discovered that it was very ancient, being the favorite drink of the Norsemen, flowing freely at their wild celebrations and marriage feasts. When these northern tribes invaded Greece and Italy, they took with them their favorite liquor; and the surviving Greeks and Romans seemed to take most kindly to its introduction. Tacitus (our college boy informed us) attributed the health and great age of the ancient Germans to this unadulterated drink; but, if we dared to differ from this great authority, we would say that it was their good

health that enabled them to withstand its effects. Metheglin is also known as "mead, or honey-mead," and as "hydromel."

Grandma boiled a gallon of soft water, putting into it, while it was still cool, a little stick cinnamon and a few cloves; one part of strained honey was added to three parts of water; and, when the liquid had boiled and cooled and the honey had dissolved, one cup of hop yeast and half a cup of ground malt were stirred in. The honey-combs were also rinsed, and the water added to the liquor; for this is the way grandma's mother had always done. Then the

liquor was set away in a moderately warm place to ferment until it became clear, when it was drawn off and bottled. In the course of time we found it to be a most sickish liquid, decidedly insipid; and some of us were inclined to think that a mistake had been made in making, until we found, one by one, that it really was "most insidious," just as the encyclopædia had revealed.

Whenever old people come to the house, they seem to enjoy our "metheglin," I suppose, because its flavor brings back the period of youth, which seems to grow so much more enchanting as one leaves it behind.



Prize Menus for Sunday Dinner

First Prize: Copy of "Practical Cooking and Serving." To Mrs. Small, Buffalo, N. Y.

MENU.

Julienne Soup (page 198, "Practical Cooking and Serving").
 Chicken Fricassee (page 180, "Practical Cooking and Serving").
 Boiled Rice (page 331, "Practical Cooking and Serving").
 Mashed Squash (November Magazine).
 Cranberry Jelly (November Magazine).
 Apple and Celery Salad, French Dressing (November Magazine).
 Saltines. American Cheese.
 Maple Charlotte Russe (November Magazine).
 Coffee.

In arranging this menu, I have kept my own family in mind, as our conditions are similar, in many respects, to the requirements in the

offer; namely, there are five of us, all adults, however, with the exception of a sixteen-year-old brother. Our table allowance averages ten dollars weekly. At present we have no maid.

All go to church in the morning, and some of us to Sunday-school in the afternoon, hence the shortness of the interval between the two necessitates an easily prepared dinner.

The greater part of this dinner can be prepared on Saturday. The vegetables, boiled, are to be added to the brown soup stock, always on hand, and simply reheated in a closely covered utensil. The chicken is also cooked on Saturday. Then the sauce is made on Sunday, and the cooked fowl reheated in it. The cranberry

jelly may be moulded on Saturday. The squash is steamed or baked, and riced, ready for reheating on Sunday in the double boiler, when it may be beaten with a fork and seasoned. Also the celery may be cleaned and rolled in a towel, and placed in the refrigerator, and the sponge cake baked for the charlotte russe.

I have assumed that the two younger children are *girls*, in which case the help they can give the mother is considerable; for there are so many "last things" to do in serving even a plain dinner. Even in case all three children are boys, they may be taught to be exceedingly useful. I speak from experience; for our only brother, now sixteen, will lend a hand in almost any domestic need. Therefore, the dinner can be prepared and served with little outlay of strength and time on Sunday. I should set the dining table for dinner before church, also measure and look over the rice. Then, later, while the rice is boiling, make the yellow sauce, put it into the chicken, and have the squash ready in the double boiler. With the assistance of the children the cream may be whipped (if thoroughly chilled, it takes only a few minutes), the apple and celery cut and dressed, the jelly unmoulded, the bread, wafers, and cheese arranged on plates, the soup and dinner plates heated, and the meal is ready to serve. Reheat the soup *quickly* and do not allow it to *boil*.

I have neglected to say that the coffee need not be made until the second course has been removed. While one child removes the dishes and brings in the salad, another may attend to the filtered coffee.

The family for whom this little dinner is planned are occupied (except the mother) in school work, combined with much outdoor exercise,

walking and skating, and some manual labor in the home,—shovelling snow, care of furnace, etc.,—so that the food needs be nourishing and quite easy of digestion. The dinner furnishes a much larger number of calories than are required, taking thirty-two hundred per day for a man as the standard; but a light evening meal will bring a correct dietary.

Second Prize: Copy of "Salads, Sandwiches, and Chafing-dish Dainties." To Mrs. Keefe, Hyde Park, Mass.

MENU.

Steamed Fowl, Gravy.
Steamed Rice. Buttered Lima Beans.
Celery-and-Apple Salad.
Stewed Figs with Orange Jelly and Cream.
Coffee.

The fowl, made ready on Saturday, is put over the fire in a steamer and left to cook over a gas flame. The rice is put into the steamer just before going to church.

Third Prize: Subscription to the *Boston Cooking-School Magazine*. To Mrs. Rich, Roxbury, Mass.

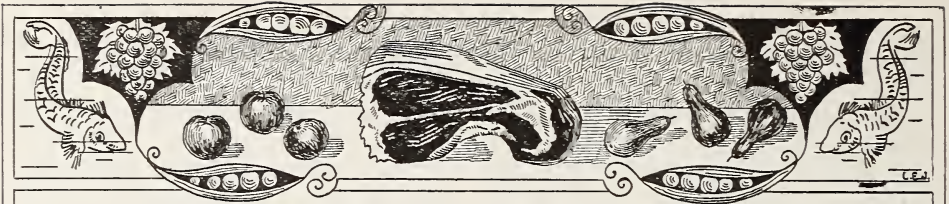
MENU.

Strained Vegetable Soup (Reheated).
Croutons.
Roast Lamb (cooked in double pan without attention), Canned Mint Sauce.
Mashed Potatoes. Creamed Carrots and Peas.
Baked Tapioca Pudding with Raisins, Nuts, etc. (page 537, "Practical Cooking and Serving").
Crackers. Cheese. Coffee.

Fourth Prize: Subscription to *Boston Cooking-School Magazine*. To Mrs. Hillyer, Madison, Wis.

MENU.

Hamburg Steak with Macaroni.
Cabbage au Gratin.
Duchess Potatoes.
Pumpkin Pie.



Food Stuffs with Current Prices

FEBRUARY

As quoted by Mrs. J. M. Hill of Boston, Mrs. Sophie Barclay of Baltimore, Md., Mrs. A. E. Kirtland of Montgomery, Ala., Mrs. Nellie Duling Gans of Chicago, Ill., and Mrs. E. M. Lucas of San Francisco, Cal.

FOOD STUFFS.	Boston.	Baltimore.	Montgomery. Game, Savannah.	Chicago.	San Francisco.
Beef, Stewing . . .	8-12c. lb.	—	12½-15c. lb.	8-12c. lb.	6c. lb.
Braising (Chuck) .	10c. lb.	—	12½-15c. lb.	10-12½c. lb.	—
Rib Roast . . .	12½-16c. lb.	—	12½-15c. lb.	20c. lb.	12½c. lb.
Sirloin Roast . . .	25-28c. lb.	—	12½-15c. lb.	20c. lb.	10c. lb.
Steak, Sirloin . . .	30c. lb.	16c. lb.	12½-15c. lb.	18-20c. lb.	12½c. lb.
Porter House . . .	30c. lb.	25c. lb.	10-15c. lb.	—	—
Rump . . .	30c. lb.	12½c. lb.	12½-15c. lb.	12½c. lb.	—
Round . . .	25c. lb.	15c. lb.	12½-15c. lb.	10-12½c. lb.	8c. lb.
Fillet . . .	35c. lb.	—	—	25c. lb.	15c. lb.
Corned, Ribs . . .	10-12c. lb.	—	6c. lb.	12½c. lb.	7c. lb.
Brisket . . .	12-15c. lb.	—	6c. lb.	8c. lb.	—
Mutton, Leg . . .	—	18c. lb.	15-20c. lb.	16c. lb.	12½c. lb.
Loin . . .	—	18c. lb., chop, 20c.	15-20c. lb.	20c. lb.	chop, 10c. lb.
Breast . . .	—	13c. lb.	15-20c. lb.	8c. lb.	8c. lb.
Lamb, Leg and Loin,	16c. lb.	18c. lb.	15-20c. lb.	18-20c. lb.	15c. lb.
Loin Chops . . .	25c. lb.	—	—	20c. lb.	—
Forequarter . . .	10c. lb.	14c. lb.	—	—	10c. lb.
Veal, Steaks . . .	30c. lb.	25c. lb.	12-15c. lb.	22c. lb.	—
Roast . . .	16c. lb.	18c. lb.	12-15c. lb.	16c. lb.	—
Pork . . .	12½c. lb.	12½c. lb.	12½c. lb.	12c. lb.	11-12½c. lb.
Chicken . . .	25c. lb.	17c. lb.	25-50c. each.	18c. lb.	35-75c. each.
Fowl . . .	20c. lb.	15c. lb.	25-50c. each.	14c. lb.	—
Turkey . . .	25-28c. lb.	19c. lb. dressed	20c. lb. dressed	22c. lb. dressed	{ dressed, 35c. lb. live, 27c. lb.
Phil. Capon . . .	28c. lb.	—	—	22c. lb.	—
Geese, Vermont . .	18-20c. lb.	—	—	16-18c. lb.	\$2 each.
Rhode Island . . .	23c. lb.	—	—	—	Goslings, \$1 each
Duck, Rhode Island,	25c. lb.	—	—	—	Wild geese, 35- 50c. each.
Vermont . . .	18-20c. lb.	—	—	—	{ 50c. old. 75c. young.
Teal . . .	\$1.25 pair.	—	—	\$1 pair.	35-40c. each.
Black . . .	\$2 pair.	—	—	\$2 pair.	—
Redhead . . .	\$3.50 pair.	—	—	\$3 pair.	—
Canvas Back . . .	\$6 pair.	—	—	—	—
Prairie Chicken . .	\$3.50 pair.	—	—	\$1.50 each.	75c. each.
Pheasant . . .	—	\$1-\$1.10 each.	—	\$1.25 each.	—
Quail . . .	\$5-\$6 dozen.	—	35c. pair	90c. pair.	—
Rabbits . . .	40-50c. pair.	25c. each.	—	—	25c. each.
Hare . . .	40-50c. pair.	—	—	20-30c. each.	—
Venison Steaks . . .	40c. lb.	—	—	30c. lb.	—
Chops . . .	35c. lb.	—	—	30c. lb.	—
Squabs . . .	45c. each.	25-30c. each.	—	75c. pair.	30c. each.
Guinea Fowls . . .	\$1 pair.	22c. lb.	—	\$1 pair.	—
Fish, White . . .	18c. lb.	—	—	18c. lb.	—

FOOD STUFFS.	Boston.	Baltimore.	Montgomery.	Chicago.	San Francisco.
Fish, Black Bass . . .	18c. lb.	—	—	22c. lb.	
Trout	—	10-15c. lb.	—	15c. lb.	
Halibut	20c. lb.	—	—	20c. lb.	
Salmon, Frozen . . .	20c. lb.	—	—	20c. lb.	
Perch	13c. lb.	12-16c. lb.	—	10c. lb.	
Red Snapper	16c. lb.	—	—	12½c. lb.	
Cod	8-10c. lb.	—	—	10c. lb.	
Haddock	8-10c. lb.	12-18c. lb.	—	10c. lb.	
Mackerel, Frozen,	25c. each.	—	25c. lb.	—	
Oysters	40c. qt.	40c. qt.	60c.-\$1 100.	35c. qt.	
Selects	65c. qt.	—	—	50c. qt.	
Blue Points	75c. qt.	—	—	25c. doz.	
Lobster	25c. lb.	—	—	30c. lb.	
Shrimps	45c. qt.	—	—	30c. qt.	
Scallops	50-75c. qt.	—	—	40c. qt.	
Eggs	35-45c. doz.	33c. doz.	35c. doz.	40c. doz.	35-60c. doz.
Milk	7-8c. qt.	9c. qt.	5-8c. qt.	6c. qt.	10c. qt.
Cream	30-60c. qt.	30c. qt.	25-30c. qt.	30c. qt.	20c. pt.
Butter	28-32c. lb.	36c. lb. best.	25-35c. lb.	32c. lb.	15-50c. lb.
Lard	12c. lb.	12½c. lb.	9-10c. lb.	12½c. lb.	15c. lb.
Cottolene	—	—	12c. lb.	8-10c. lb.	10c. lb.
Potatoes, White . . .	\$1 bushel.	85-90c. bu.	30c. pk.	25c. pk.	1½c. lb.
Sweet	5c. lb.	\$2.50 bbl.	20c. pk.	50c. pk.	2c. lb.
Yams	—	\$1.75-\$2 bbl.	—	—	—
Celery	15-25c. bunch.	6-8c. head.	10c. hd., \$1 doz.	40-50c. doz.	5c. each.
Cabbage	4c. lb.	10c. head.	5-10c. head	10c. head.	5c. each.
Cauliflower	15-35c. each.	25-40c. each.	25c. each.	15-30c. each.	10c. each.
Brussels Sprouts . . .	20-25c. qt.	25c. qt.	—	25c. qt.	5c. lb.
Squash	3-4c. lb.	50c. doz.	15c. each.	15-25c. each.	Summer, 7½c. lb. Hubbard, 1½c. lb.
Onions	40c. pk.	50-65c. bu.	25c. pk.	40c. pk.	2c. lb. green, 5c. bunch.
Spanish	5c. lb.	—	—	5c. lb.	—
Chives	20c. bunch.	—	—	—	—
Egg Plant	—	15-20c. each.	—	25c. each.	5c. each.
Beet Greens	50c. pk.	—	—	—	—
String Beans	30c. qt.	60c. pk.	—	20c. qt.	15c. lb.
Radishes, Hothouse,	5c. bunch.	—	—	10c. doz.	—
Tomatoes, Hothouse,	25c. lb.	\$1 doz.	—	20c. lb.	2½c. lb.
Cucumbers	15c., 2 for 25c.	—	—	10-20c. each.	15c. doz.
Mushrooms	75c.-\$1 lb.	—	—	75c. lb.	—
Lettuce	8-10c. head.	10-12c. head.	—	10-15c. head.	3 heads 5c.
Rhubarb	25c. lb.	—	—	—	8½c. lb.
Green Peas	60c. pk.	—	—	—	7½c. lb.
Spinach	35c. pk.	40c. pk.	—	60c. pk.	—
Peppers, Green	50c. doz.	—	—	60c. doz.	10c. lb., red 5c. lb.
Cress, Hothouse	8c. bunch.	—	—	5c. bunch.	—
Oyster Plant	25c. bunch.	10-15c. bunch.	—	20c. bunch.	—
Artichokes, Common,	2 qts. 25c.	—	—	15c. qt.	—
Globe	35c. each.	—	—	—	—
Apples, Cooking	35c. pk.	25-50c. pk.	35-40c. pk.	40-85c. pk.	50c.-\$1.50 per box
Table	Lady, 25c. qt.	—	—	30-75c. doz.	—
Pears	35-75c. doz.	—	—	50c. doz. Seckels	75c.-\$2 per box.
Lemons	20c. doz.	20c. doz.	—	30c. doz.	10c. doz.
Oranges	35-50c. doz.	25-35c. doz.	25c. doz.	40-60c. doz.	15-40c. doz.
Kumquat	30c. qt.	—	—	30c. doz.	—
Limes, Green	20c. doz.	—	—	—	5c. doz.
Grapes, Malaga	15c. lb.	12-18c. lb.	—	25c. lb.	7½c. lb.
Niagara	30c. basket	—	—	Hothouse, \$1.50 b.	—
Pineapples	20-75c. each.	—	—	20-80c. each.	15-20c. each.
Grape Fruit	10-20c. each.	15c. each.	—	20c. each	10c. each.
Strawberries	75c. qt.	70c. qt.	—	\$1 qt.	20-40c. drawer.
Cranberries	2 qts. 25c.	10-12c. qt.	15c. qt.	15c. qt.	—
Bananas	20c. doz.	10-15c. doz.	10c. doz.	30c. doz.	20-30c. doz.
Dates	10c. lb.	8c. lb.	15c. lb.	15c. lb.	10c. lb.
Figs	25-30c. lb.	10-20c. lb.	20c. lb.	15c. lb.	8c. lb.



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 835.—Miss E. M. W., Bridgewater, Mass.: "Recipes for macaroni, Italian style, egg timbales, tomato sauce, and pineapple sponge, for the chafing dish."

Macaroni, Italian Style

Cook one-eighth a pound of macaroni, broken in bits, in boiling water until tender, drain, and rinse in cold water. Melt two level tablespoonfuls of butter in the blazer, and cook in it two level tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and paprika. Add gradually half a cup, each, of well-seasoned stock and tomato purée, let boil a few moments, then set into the hot-water pan. Add the macaroni and one-fourth to one-half a cup of grated cheese. Cover, and let stand until very hot. Lift the macaroni with a fork and spoon, to mix the cheese evenly through the dish, and

serve. Three-fourths a cup of cooked chicken or veal, cut into small cubes, may be added with the cheese.

Egg Timbales

Beat six eggs without separating the whites and yolks. Add half a teaspoonful of salt, a dash of pepper, a teaspoonful of chopped parsley, about twenty drops of onion juice, and one cup and a half of rich milk. Stir until well mixed. Turn into well-buttered timbale moulds, set these in the blazer on a folded paper surrounded with water, and set into the hot-water pan. Cook about twenty minutes or until the centres are firm. Serve turned from the moulds, and surrounded with

Tomato Sauce

Melt two level tablespoonfuls of butter in the blazer. Add two level

tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and pepper, and, when frothy, add gradually one cup of tomato purée. Stir until the sauce boils, then cook three or four minutes.

Pineapple Sponge

Put one can of grated pineapple and half a cup of water in the blazer. When boiling, stir in a scant half-cup of quick-cooking tapioca, and set over the hot-water pan. Cover, and cook until the tapioca is transparent, stirring occasionally. Then add the juice of a lemon and about half a cup of sugar. When again hot, fold in the whites of two eggs, beaten dry. Serve with cream and sugar.

QUERY 836.—Mrs. A. B. W., Worcester, Mass.: "Recipes for creamed oysters and modes of serving them."

Creamed Oysters

Pour half a cup of cold water over a quart of oysters in a colander. Pick up each oyster, one after another, to remove any shell that may be attached to it, and drop into a saucepan. Shake over a quick fire, until the oysters look plump and the edges curl, then drain, cover, and keep hot. For each cup of drained oysters make a cup of cream sauce, using two level tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and pepper, and one cup of liquid, thin cream or rich milk, or half a cup of one of these and half a cup of the strained oyster liquor. Stir in the oysters, add more seasoning, if needed, and let stand over hot water to become very hot. A few drops of onion or lemon juice (one or both) with or without half a teaspoonful of chopped parsley may be added with the oysters. In

making the sauce, cook the butter until it ceases to bubble, lifting the dish occasionally from the fire, to avoid discoloring the butter. Stir in the flour and seasonings, and, when cooked a little, add the liquid gradually. Occasionally lift the saucepan from the fire, and beat the contents thoroughly. Do not let the sauce reach the boiling-point until all the liquid has been added and the sauce is perfectly smooth.

Serving Creamed Oysters

Creamed oysters may be served from a platter, a deep dish, shells (scallop), china or paper cups, or cases, green peppers, Swedish timbale cases, a puff-paste vol-au-vent, patties, bread boxes (individual or loaf size), or in china cases held in silver or copper casseroles. When served from a platter, surround the oysters with puff-paste or toast points. The ends of toast points may be lightly dipped in broth and then in fine-chopped parsley. Creamed oysters au gratin are covered with cracker crumbs, mixed with melted butter and browned in the oven. One-third a cup of butter is used to a cup of crumbs.

QUERY 837.—R. L. H., New York City: "In using soda and cream of tartar instead of baking-powder, what proportion of the two former should be used? For instance, how much soda and cream of tartar should replace one level teaspoonful of baking-powder?"

Soda and Cream of Tartar in Recipes calling for Baking-powder

As a general rule, let the combined amount of cream of tartar and soda equal the quantity of baking-powder called for, in the proportion of a scant four parts of cream of tartar to one of soda.

QUERY 838.—M. O' C., Providence, R.I.: "Recipe for a cranberry jelly that shall be clear."

Clear Cranberry Jelly

Make a syrup by boiling together two cups of sugar and two cups of water five minutes. Add one quart of cranberries, and cook, slowly and uncovered, until the syrup is well colored. The cooking should be done in a large saucepan, to avoid crushing the fruit. Turn off the syrup, add for each three cups an ounce of gelatine softened in half a cup of cold water, and strain through a cheesecloth into a mould.

QUERY 839.—C. T. Z., New York City: "Diet with menus for a child about thirty months old, who is pale and has poor appetite."

Diet for Child Two and a Half Years Old

As a rule, children may begin to eat meat at about the age of twenty months, but it should not become a daily article of food until after they are three years old. A pale, anæmic child should be given broth or meat juice daily, and meat should alternate with a bit of fish or a soft-cooked egg. Milk and cream, in generous quantities, are still to be important items of food. Well-baked potatoes, spinach passed through a coarse sieve, boiled onions, celery stewed in milk, asparagus and peas, in season, cooked to a pulpy consistency, are permissible. Macaroni, cereals, especially oatmeal, macaroni, with plenty of bread and butter, an occasional light (not rich with eggs) custard, junket, simple puddings, the scraped pulp of a ripe apple, fruit juice, the pulp of cooked prunes and dates, are a generous list of articles suitable for a child of two and a half years. Oatmeal jelly makes, with

cream and a sprinkling of sugar, a palatable dessert, or made with chicken broth it may be eaten without the sugar. Candy or sugar, except as combined with other articles in simple puddings or a sprinkling upon the cereal, should not be given until the child is three years old. In a concentrated state it is liable to interfere with digestion, and thus destroy the appetite. The principal meal should, on no consideration, be given later than the middle of the day. A cup of milk, preferably warm, should be given at bedtime, whenever desired. The hour of the child's meals should be made, as pleasant as possible. A nap after the noon meal and exercise in the open air every day, weather permitting, are essential to insure appetite, digestion, and proper nutrition.

Menus

Breakfast, 7.30.

Oatmeal, *thoroughly Cooked*, Sugared Lightly, Cream.

Poached Egg.

Bread and Butter. Milk.

10 or 10.30, A Sweet Orange

Dinner, 12.30.

Beef Scraped from Fibre, Broiled.

Baked Potato.

Bread and Butter. Pulp of Stewed Prunes. Milk, if Desired.

3.30, Cup of Beef or Mutton Broth.

Supper, 5.30.

Boiled Rice, with Cream or Milk.

Bread and Butter.

Glass of Milk.

Breakfast, 7 or 7.30.

Pettijohn's Breakfast Food, Cream

Tender Bacon, Broiled.

Pulp of Baked Apple.

Bread and Butter.

Glass of Milk.

10 or 10.30, Sweet Orange or Chicken Broth

Dinner, 12.30.

White Meat of Chicken, Cut Fine.
Stewed Celery with Cream.
Bread and Butter.
Rice Pudding.
3.30, Cup of Beef Broth.

Supper, 5.30.

Zwiebach. Apple Sauce.
Bread and Butter.

Breakfast, 7 or 7.30.

Corn-meal Mush (Cooked Thoroughly), Milk.
Toast, Buttered. Pulp of Baked Apple.
Glass of Milk
10 or 10.30, Cup of Mutton Broth, with
Tapioca.

Dinner, 12.30.

One Egg, Scrambled.
Macaroni, Hot Cream. Bread and Butter.
Oatmeal Jelly. Pulp of Hot Dates, Cream.
3.30, Broth or Milk.

Supper, 5.30.

Saltines with Hot Milk.
Bread and Butter.
Honey.

Breakfast, 7 or 7.30.

Oatmeal. Pulp of Dates. Cream (no Sugar).
Bit of Fresh Fish, Broiled or Boiled.
Bread and Butter
10 or 10.30, Cup of Broth.

Dinner, 12.30.

A Broiled Lamb Chop, Cut in Bits.
Baked Potato.
Spinach. Bread and Butter.
Grape Juice Gelatine.
3.30, Cup of Beef Broth.

Supper, 5.30.

Zwiebach. Warm Milk.
Stewed Apples or Prunes.
Bread and Butter.

QUERY 840.—Mrs. H. S. S., Oswego, N.Y.:
"Recipes for buckwheat pancakes and oyster
patties."

**Buckwheat Pancakes (Baking-
powder)**

Sift together one cup of buck-
wheat flour, one-third a teaspoonful
of salt, one tablespoonful of sugar,
and two level teaspoonfuls of baking-

powder. Add one cup and a half
(scant measure) of cold water (or
part milk and part water), and mix
thoroughly. Bake at once on a hot
griddle.

Buckwheat Cakes (Yeast)

To one pint of lukewarm liquid
(water or part milk) add two table-
spoonfuls of sugar, half a teaspoonful
of salt, half a cake of compressed
yeast, softened in half a cup of water,
and about two cups of buckwheat
flour. Beat until perfectly smooth,
and set aside in a warm place for an
hour. Then let stand until morning.
Beat hard, and let rise again in a warm
place. In half an hour it should be
ready for baking. A cup of this,
left over, may be set aside, and used
as yeast to start cakes for the follow-
ing morning.

Oyster Patties

Directions for making puff paste
were given in the November, 1902,
magazine; for flaky paste, in the No-
vember, 1903, magazine. While
puff paste is preferable, either of
these may be used for patty cases.
Prepare the oyster filling for these
by the recipe given for creamed oys-
ters, in answer to Query 836. For
variations use part chicken liquor,
in making the sauce. Add a few
pieces of cooked mushroom or cooked
oyster crabs with the oysters.

QUERY 841.—Mrs. M. M. I., Hamilton,
Ont.: "Simple menu for a luncheon for a
dozen young girls of from twelve to fourteen."

Menu for Girls' Luncheon

I.

Chicken Soup.
Broiled Lamb Chops.
Potatoes à la Maître d'Hôtel.
Canned Peas.
Lettuce Salad.
Banana Whip in Glasses. Wafers.

Banana Whip

Press the pulp of six bananas through a ricer or vegetable press. Cook with two-thirds a cup of sugar and the juice of a lemon until thoroughly scalded (use a double boiler), and let cool. Add a teaspoonful of vanilla extract and a few grains of salt. Then beat gradually into a pint of double cream, beaten solid with a Dover egg-beater. Set aside to become very cold. Serve piled high in small glasses, lined with slices of banana. Sprinkle the top with chopped pistachio nuts. This may also be served in sponge-cake cases, baked in patent charlotte russe moulds. Once tried, this dish will become a favorite.

II.

Cream-of-Tomato Soup.	Croutons.
Chicken Croquettes.	Canned Peas.
Rolls.	Olives.
Lettuce.	Currant Jelly-and-Cream Cheese Salad.
Pineapple Sherbet.	Wafers.
Cocoa, with Whipped Cream.	

III.

Cream-of-Pea Soup.	Bread Sticks.
Fried Chicken, Tomato Sauce.	Mashed Potatoes.
Or	
Chicken Timbales, Mushroom Sauce.	
Buttered String Beans.	
Spinach-and-Egg Salad, French Dressing.	
Charlotte Russe.	

IV

Chicken Soup.	Rolls.	Olives.
Broiled Sirloin Steak.		
Candied Sweet Potatoes.		
Lettuce Salad.		
Macedoine of Fruit in Jelly.		
Whipped Cream.	Wafers.	

QUERY 842.—Mrs. W. L. S., Newberry, S. C. "In recipes for cake, etc., calling for pastry flour, what is the equivalent in common or in whole-wheat flour?"

Bread and Pastry Flour

Sift the flour and measure out the

quantity called for in the recipe, then for each cup take out two level tablespoonfuls of either white bread flour or entire-wheat flour. Try baking a small cake first; and, if the cake be not sufficiently delicate, take out a third tablespoonful for each cup.

QUERY 843.—Mrs. M. E. C., Hillsboro, Ill.: "How clarify fat in which croquettes have been fried? Kindly give classification of foods."

To clarify Frying Fat

After the fat has stood a short time to cool a little and settle, pass it through a cheese-cloth in a colander or strainer over another kettle. Pour in the fat gently and without jarring the kettle, and do not pour in the last few tablespoonfuls. With soft paper or worn cloths wipe out the rest of the fat, wash the kettle outside and in, and return the fat. When cold, cover and set aside. If the fat be clarified before using, as it should be, nothing more will be needed now. The fat should be strained each time after frying, exception being made to but few articles other than potatoes. Flour or crumbs, no matter how fine they may be, left to burn in the fat, will quickly spoil it for all purposes.

Classification of Foods

The compounds that make up our food are known as proteids, carbohydrates, fats, salts, and water. The white of eggs, tissues of lean meat, curd of milk, gluten of grains, and gelatine from gristle and bone are examples of proteids. Eggs, meat, fish, milk, and cheese contain a large proportion of protein, so, also, do ripe peas, beans, and lentils, flour and other products made from wheat, oats, rye, and barley. But the proteid in vegetable substances is not

as easily and completely digested as that from animal substances. All the proteids, except gelatine from gristle and bones and certain flavoring extractives, contain albumen or its equivalent. These compounds build up the tissues of the body. They may, also, to some extent supply heat, which is of less importance than building tissue. Gelatine, though classed as a proteid, cannot build tissue; but it is useful as fuel food, and when present will be used for this purpose, thus protecting the real proteid and saving it for its first and highest end. The *carbohydrates* include starch, the sugars, and cellulose. These are found largely in vegetable foods. Their chief office is force-making. *Fats* (cream, butter, olive oil, fat of meat, etc.) are the true heat-producers. *Salts* occur in the juices of meats, fruits, and vegetables, and in milk, and are essential to proper nutrition and growth.

QUERY 844.—Subscriber: "Kindly publish recipes for sauce jardinière, omelet Celestine, and orange omelet or soufflé baked in halves of orange peel."

Sauce Jardinière

Melt one-fourth a cup of butter, and cook in it two tablespoonfuls, each, of carrot, onion, and celery, cut into tiny pieces of the same size and shape. Add also a teaspoonful of fine-chopped parsley and half a teaspoonful of sugar, and cook until browned, then cover with stock, and let simmer until the vegetables are tender. Prepare a sauce with one-fourth a cup, each, of butter and flour and a rich, highly flavored brown stock. To this add the drained vegetables, with two tablespoonfuls, each, of stringless beans, cut in small pieces, and cooked peas. Season with cayenne and salt.

Omelet Celestine

Beat six eggs without separating, until a full spoonful can be taken up. Mix with them two ounces of powdered macaroons (dried in the oven, passed through a food-chopper, and sifted), two tablespoonfuls of sugar, and one-fourth a teaspoonful of salt. Cook as any omelet, then spread over the surface a thin layer of currant jelly, sifted apple sauce, marmalade, cranberry jelly, canned pineapple (grated), strawberry preserve, or other sweetmeat, and roll or fold the omelet. Turn onto the hot serving-dish, sprinkle the top with powdered sugar, and glaze with a hot poker or a salamander.

Omelet Soufflé in Orange Shells

(Adapted from the Post-graduate Cookery Book)

Dilute half a cup of flour and one-fourth a teaspoonful of salt with cold milk to pour, and stir into the remainder of a pint of milk scalded over hot water with the grated rind of an orange. Stir and cook until smooth and thick, then cook, stirring occasionally, ten minutes. Beat the yolks of three eggs until light. Beat in, gradually, three-fourths a cup of sugar, and add a little of the hot mixture. Return to the saucepan, and cook until the egg is set. Remove from the fire, and beat in two tablespoonfuls of butter and fold in the whites of six eggs, beaten to a firm froth. Brush over the inside of orange shells (halves of oranges with pulp removed) with melted butter, dredge the butter with granulated sugar, and use as receptacles for the soufflé preparation. Do not fill the shells too high. Bake until the mixture is well puffed up and "set" (about ten minutes). Serve as soon as they come from the oven.

Set the shells into a baking-pan, for convenience in removing from the oven.

QUERY 845.—Mrs. M. L. C., W. New Brighton, N.Y.: "Rye bread made by the recipe published in the magazine last year, though baked more than an hour, is sticky. What is the trouble? Formal luncheon menus for a family with no maid; menus in which change of plates is avoided as much as possible."

Sticky Rye Bread

Rye bread is proverbially "sticky." There is a vast difference, however, in the quality of flour, owing to variety of grain, milling process, season, etc. Flour made in the same locality and in the same mill differs from season to season. We have noted this season that bread made by the recipe referred to (half white flour) has the characteristics of rye bread in greater degree than in some other years when made without wheat flour, except for kneading. The only remedy we can offer is to increase the proportion of wheat flour.

Formal Luncheon Menus, Easily Served

I.

Scalloped Oysters.
Cold Roast Turkey. Creamed Potatoes.
Cabbage-and-Nut Salad. Rolls.
Quince Preserves, Cream. Sponge Cake.
Coffee.

II.

Consommé.
Veal and Chicken Croquettes.
Creamed Peas.
Tomato Jelly and Celery Salad. Rolls.
Vanilla Charlotte Russe. Chestnuts in
Syrup.
Coffee.

III.

Breaded Veal Cutlets, Tomato Sauce.
Stringless Beans. French Fried Potatoes.
Rolls. Olives.
Lemon Cheese Cakes.
Strawberry Preserves.
Coffee.

In laying the table, use bread-and-butter plates. If desired, these may, also, be used for the salad, which can be passed. In the second menu the consommé cups can be removed with the other plates before serving the dessert, or the soup may be omitted.

QUERY 846.—D. H., Hintonburg, Ont.: "Recipe for almond paste."

Almond Paste (Beauvilliers)

Blanch a pound of sweet and four ounces of bitter almonds, and beat them in a mortar with one-fourth a pound of butter, putting in from time to time a drop of water, alternately, with a drop of egg white (make a small hole in the end of an egg from which the white may be dropped). Occasionally add a few drops of lemon juice. When pounded to a smooth consistency, add three-fourths a pound of sifted, powdered sugar. When well mixed, remove to a saucepan and a slow fire. Dry well, stirring constantly until it does not stick to the fingers. Strew the pastry board with powdered sugar, and roll the paste into a smooth compact mass. When cold, wrap in waxed paper and cover closely.

QUERY 847.—Mrs. F. H. M., North Andover, Mass.: "Recipe for small cakes made of pecan-nut meats and called Marguerites."

Marguerites

Beat four eggs until a full spoonful can be taken up. Beat in one cup of brown sugar, one cup of sifted flour, sifted again with one-half a teaspoonful of baking-powder and half a teaspoonful of salt. Beat thoroughly, and add at the last two cups of pecan-nut meats, broken or cut in small pieces. Put the mixture into very small buttered pans with a perfect half nut-meat on the top

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Queries and Answers

of each. Pecan meats may be removed in better shape, if the nuts be let stand in cold water five or six hours and then dried over night.

QUERY 848.—Mrs. C. M. C., Chicago, Ill.: “How can the blades of steel knives be cleaned? Mention some ways of cooking venison.”

Care of Steel Knife Blades

Steel knife blades need cleaning every time they are used, especially if they are left standing even a few moments after use. We have found Bristol brick with soap a most satisfactory detergent. Let the blade of the knife rest perfectly flat upon a board, and rub the steel with a bit of cloth, dampened with soap, then dipped in the brick reduced to a powder. If the knives are rusted in spots, cover the spots with olive oil and quick-lime. Let stand two or three days, then rub with Bristol brick.

Venison Steak

Have the steak cut about one inch and a half thick. Broil rather under done, spread both sides with creamed butter, and pour over one or two tablespoonfuls of melted currant jelly. Bernaise sauce may be spread upon the steak, or port wine sauce served in a dish apart. Serve at the same time spaghetti or sweet potato croquettes, candied sweet potatoes, or white potatoes fried whole.

Venison Roasted, Boiled, etc.

The loin, haunch, leg, or saddle may be roasted. The haunch and the leg are usually marinated in vinegar scalded (and cooled) with mixed herbs, sliced onion, and carrot two or more days before cooking. If toughness be feared, brush the meat with oil before putting it into the marinade. Slices from the leg, steeped in a marinade, may be dried, cut in pieces for serving, rolled in

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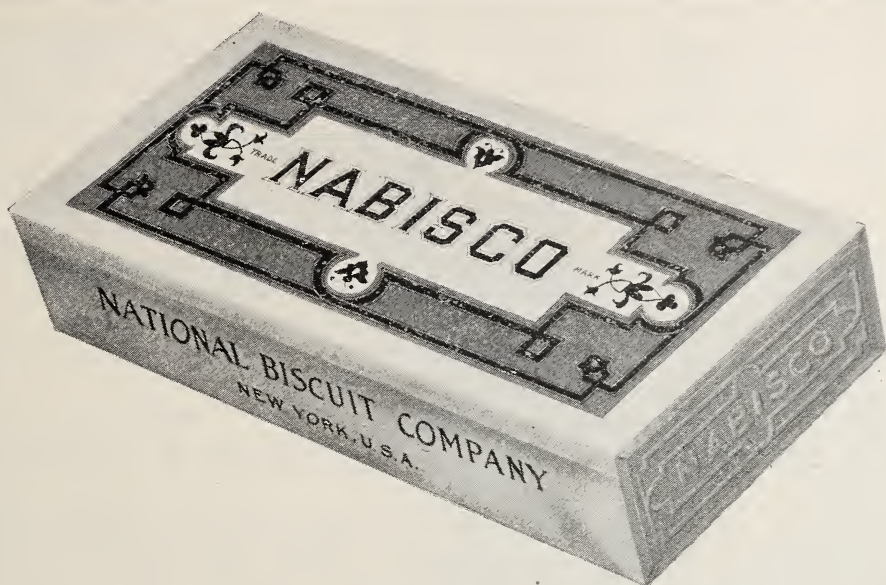
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Tea, or Vintage, serve Nabisco Sugar Wafers in the
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flour, browned in bacon fat, and simmered in hot water until tender. Thicken the liquid, and add jelly, lemon juice, or port wine, as is agreeable. A leg of venison may be boiled until tender, and then browned on all sides in hot salt-pork fat. The meat from the neck and shoulder, cut in small pieces, is often stewed until tender, and used in a venison pie. The bones and trimmings are used to enrich the broth for the pie.

QUERY 849.—Mrs. M. S., Montreal, Can.: "Recipe for a layer cake using only the whites of three eggs. How cook beef kidneys to make them tender?"

White Cake

Cream half a cup of butter. Beat into this, gradually, one cup of sugar. Then add, alternately, half a cup of milk and two cups of sifted flour, sifted again with three level teaspoonfuls of baking-powder. Flavor with a teaspoonful of vanilla extract, and add, at the last, the whites of three eggs, beaten dry.

Beef Kidneys

Kidneys sliced thin will be tender after sautéing in butter and five minutes' heating in a sauce. If once boiled, they require hours of cooking to be made tender. Veal or lamb kidneys are preferable to those from older creatures, for obvious reasons.

Quit Coffee

Said the Great German Specialist

It disappoints some people to be told that coffee causes the disease. But it is best to look squarely at facts and set the face towards health, for that's more fun than anything else, anyhow. A Cincinnati man consulted a Berlin physician on nervous diseases, and says:—

"Four years ago I was an habitual coffee-drinker, having used it for 25

years; and, being naturally of a nervous temperament, I became almost a nervous wreck, greatly suffering from insomnia, almost constantly constipated and weighing only 128 pounds.

"I consulted physicians, and took medicine all the time, but had no relief. About three years and a half ago I went abroad, and while in Berlin heard frequently of a great physician, Prof. Mendel, an authority on nervous trouble, so I resolved to consult him.

"Prof. Mendel surprised me very much by asking at once if I was a coffee-drinker, and, on my telling him I used it two or three times a day, he said, 'It is poison.' After carefully examining me, he told me there was nothing the matter with me whatever but what could be entirely cured in 30 days by letting coffee and other stimulants alone and dieting.

"I had a hard time following his advice. I did not know what to do until I came home and told my wife, who got some Postum. We tried it, but at first did not like it. Then we went over the directions on the package together, and found we had not boiled it long enough. That was the beginning of the end of my trouble; for the Postum was delicious after that, and I drank it regularly, and it helped from the start.

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ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

BACTERIA, YEASTS, AND MOLDS IN THE HOME. By H. W. Conn. 12mo, cloth. 293 pp. Illustrated. \$1.00. Boston: Ginn & Co.

The book contains an important summary of the facts which have rapidly accumulated in recent years concerning the relation of micro-organisms to all matters connected with the home. The work is a popular and not a scientific discussion, free from many technical terms, and admirably adapted to the needs of the housewife, the student of domestic science, and all others interested in home economics.

In the household, micro-organisms have an important bearing in three directions.

They are the cause of the *decay* and *spoiling* of foods and many other products.

They are sometimes of value in the *preparation* of foods.

They are the cause of *contagious diseases*.

Along these lines Professor Conn discusses molds, yeasts, bacteria, the preservation of food, and the prevention of the distribution of contagious diseases as few students are prepared to do. The contents of this book are of the utmost concern to every intelligent and progressive housewife.

THE ART OF HOME CANDY-MAKING.

By Martin A. Pease. \$1.00. Canton, Ohio: Pease & Smith.

This book is intended for those

who make candy at home. It contains a system, simplified and written expressly for home candy-makers, and is exactly the same method as that used by the makers of the finest confectionery. For two dollars the author provides a complete outfit,—including book, thermometer, dipping wire, and four bonbon moulds.

This is doubtless the most practical and helpful manual as yet offered to the amateur candy-maker; for it gives explicit directions for making the finest candies.

Last year there were three times as many books printed in Germany as there were in the United States, but in the United States there were three times as many papers printed as there were in Germany. Moreover, there were more books printed in France, and also in Italy, than in this country. This would be worth thinking about if we had the time to think about it.

Platt's Chlorides

The Odorless Disinfectant

Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers. Manufactured by HENRY B. PLATT, New York

CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."

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in merit with our famous powder, Electro-Silicon, in form best adapted to the purpose.



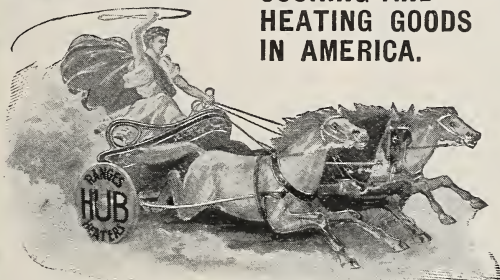
for washing and polishing Jewelry, Silver and Glass-ware, or it may be used with a moist cloth.

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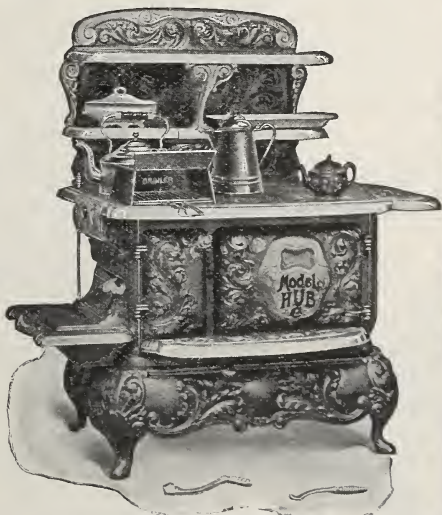
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The Queen of Fruits

By T. Celestine Cummings

AMERICA is certainly the land of the apple. Grown over the widest range of country and under the most various conditions, it is the most adaptable of fruits not only because of its varieties, but also of its varied uses for ten months of the year. The Italian vender sells more apples at his corner fruit-stand than any other fruit. Scores of juicy apples are consumed in sly bites under the desk-lids during school hours. Without apple pie at frequent intervals, what New England household could be called well-ordered? The housekeeper prides herself especially on this. Aside from pie, however, there are many delicious ways in which apples can be used for the table.

Fried Apples

Properly cooked, fried apples make one of the most appetizing breakfast relishes, and it is quickly prepared. Wipe the apples well, and core. Melt a piece of butter—a level tablespoonful—in a skillet, and slice the apples a quarter of an inch thick, and sprinkle with sugar. Use tart apples: they cook much quicker than sweet ones, and have a far better flavor. Set the skillet on the back part of

the stove, and cover closely. This steams them, and the sugar draws out the juice, which united with the butter makes a delicious syrup.

Baked Apples

Apples are quickly baked, if the tart juicy varieties be used. They are in perfection when baked in a moderate oven, as long baking makes the skin tender and gives a subtle brown flavor to the pulp. The results of a quick fire will be a burned surface and a tasteless, watery pulp. There are dainty ways of baking apples, to make pretty, attractive-looking desserts. Pare and core, set in a pan with a little water, and fill the cavities with sugar and a pinch of cinnamon or nutmeg, as preferred, or use as a filling a marmalade. Quince or apricot mixed with fine-chopped nuts makes an especially delicious filling. Serve on individual dishes with a custard or cream sauce, or sweetened whipped cream.

Banded Apples

Banded apples make a pretty appearance. In paring the apples, leave a half-inch band around the middle. Core and fill the cavities as above,

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UP OR THE
CORSET DOWN**

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The

Velvet

Grip

**HOSE CUSHION
BUTTON
SUPPORTER**

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The Name is on
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FLAVOR, PURITY, CONVENIENCE
AND ECONOMY



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OF COCOA, SUGAR,
AND CREAM

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AND GENERAL CULINARY PURPOSES

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Use. Keeps in Any Climate. Used and endorsed by
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necessity."—HELEN ARMSTRONG.

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CARY WATERMAN.

"Have used it for last ten years and would not be with-
out it."—EMILY M. COLLING.

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Head Chef, Delmonico's.

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and place a slice of lemon on the top of each. On sending to table, place a bit of angelica in the lemon slice, and garnish with sprigs of parsley, if a sauce is not used. Fill the cavities, unless it be with sugar, after the apples are taken from the oven. They should be served hot.

Porcupine Apples

Still another variety of baked apple is called porcupine apples. Blanch and slice lengthwise a quantity of almonds, and slightly brown them in the oven. When the apples are taken from the oven, stick these little quills all over the apples, so they fairly bristle. Arrange the apples in a mound in a dish for serving, and, if any syrup remains, pour it over them. For a custard sauce beat two eggs with a fourth a cup of sugar, add a pint of hot milk, and cook over hot water, stirring constantly. Flavor with vanilla.

Baked Apple Pudding

Pare and core enough apples of uniform size to crowd closely together in a well-buttered baking-dish, and fill the centres with a fruit mixture. To a syrup, made of a cup of sugar and one-third a cup of water, add half a cup of blanched almonds and seeded raisins, chopped. Boil down until quite thick, then fill into the cavities. Place a fourth a cup of butter and half a cup of milk in a saucepan over the fire, and, when boiling, add half a cup of flour. Stir vigorously until the mixture falls from sides of saucepan. Cream together a fourth a cup of butter and half a cup of sugar. Then add, in succession, the unbeaten yolks of three eggs. Pour this mixture over the apples, and bake one hour in a moderate oven. Serve with

Butter Foam

Beat together half a cup of butter and a cup of sugar until they are

Vegetable Sandwiches
 Refreshing with cold meats
 Cresses are most

Chicken a la Terrapin
 finely-chopped cooked chicken
 1 tablespoonful of fat
 1 cupful of cream
 salt and pepper

Fish Turbot in Shells
 hard-boiled eggs
 4 table

Halibut a la Delmonica
 3 tablespoonfuls
 1 tablespoonful

Corned Beef Hash
 the same way

Curry of Mutton
 2 cupfuls of chopped

Creamed Chicken
 2 cupfuls of chopped cooked chicken
 2 tablespoonfuls of cream
 salt and pepper

Fig Pudding
 2 cupfuls of bread
 1 cupful of sugar
 2 cupfuls of milk

Nut Sandwiches
 Chop
 to a paste with the
 Season to taste
 Turn into a

Cold Slaw
 age and shred
 er is hot

Ham Patties
 1/2 cup of finely-chopped cooked
 1/2 cup of ham
 1 tablespoonful of
 1/2 cup of

Sausages
 3 teaspoonful
 2 teaspoonful
 3 teaspoonful

Fish Sandwiches
 be flaked fine, seasoned with
 juice, celery or onion
 moistened with
 salt

Stuffed Eggs
 take
 hopped cooked m
 er, melted

Creamed Potatoes
 obtained by using freshly-boiled
 while warm

Cannelloni of Beef
 and of lean beef from the
 1 table

Lamb Croquettes
 of finely-chopped cooked lamb
 of boiled rice
 spoonful of chopped parsley
 spoonful of lemon

Fruit Ice Cream
 through the press and use in
 quart of cream or ch
 may be used

Indian Chutney
 2 quarts of green
 1 small onion
 2 cupfuls of vinegar
 1/2 cupful of salt
 1/2 cupful of sugar

Beef Minced on Toast
 and one-half cupfuls of minced
 into sauce

Ham Relish
 cupful of cold boiled ham, chopped fine
 of cream
 Salt and

Lobster Salad
 lobster meat into
 a cool place

Hashed Browned Potatoes
 very small dice; season
 butter into a frying
 Stir until the po
 be heated
 ver a

New York Hash
 To every cupful of cooked chopped meat take
 2 cupfuls of chopped potatoes

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 Refreshing with cold meats
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Chicken a la Terrapin
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 Salt and

Lobster Salad
 lobster meat into
 a cool place

Hashed Browned Potatoes
 very small dice; season
 butter into a frying
 Stir until the po
 be heated
 ver a

New York Hash
 To every cupful of cooked chopped meat take
 2 cupfuls of chopped potatoes

These are mixtures of vegetables and, as with the mixture depends upon what you have on hand string beans and peas; asparagus fine with

Macedoine Salads

Beef Spanish
 finely chopped

Oyster Tea
 Chop the oysters. Add to each cup of o of water. Put in the farina boiler and tated put through the meat juic for use. This will

Hamburg Steaks
 weak from the round
 1 tablespoonful of ch
 2 or 3 drops of oni
 parjoram may be ad
 the seasoning
 cupfuls of finely-chopped
 of butter

Deviled Chicken
 2 cupfuls of finely-chopped
 2 table

Bisque of Clams
 1 cupful of butter
 1 pint of

Pineapple Pie
 2 sugar
 2 eggs
 1 small pin

Curried Rabbit
 of finely-chopped cooked
 on juice

Boudins
 1/2 cup of finely-chopped cook
 ter

Russian Salads
 is but a mixture of cold
 at the taste, or o

Scrapple
 all hog's head into halves
 and thoroughly
 th four

Cecils
 beef 1 tablepoon
 Salt and p
 1/2 cup of

Fish Cutlets
 cooked fish meat, chopped fine
 2 table

Turkey Soup
 1 cupful
 3 table
 salt and

Puree of Clams
 1 cupful of
 2 table

Fruit Soda
 1 1/2 cupful

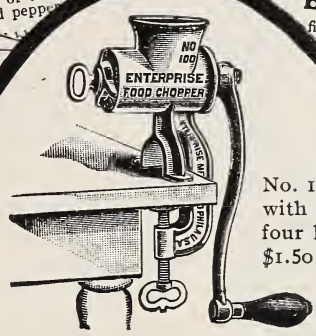
Souffle
 3 eggs
 2 table
 1 cupl

Mutton Ragout
 2 cupfuls of cold chopped meat
 1 tablespoonful of butter
 1 cupful of stock
 1 teaspoo

Pilaff of Lamb
 2 cupfuls of cold, chopped la
 1/2 cupful of butter

Ham Canapes
 1 cupful of chopped boiled ham
 1/2 cupful of cream
 of Parmesan cheese
 Paprica to taste

Chicken Salad
 Chop cold, cooked chicken meat into even
 Select the tender



No. 100
 with
 four knives,
 \$1.50

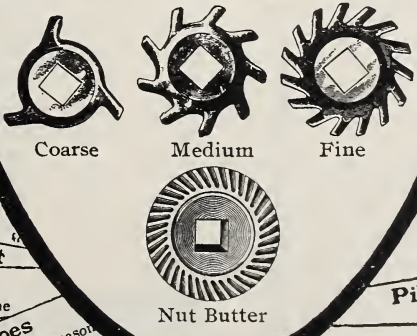
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comes from. No fear of tainting the food cooked in Stransky Steel Ware—it's all imported. But all imported ware isn't "Stransky."

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If it reads "Stransky Steel Ware" you're safe, and it's

"The Ware that Wears."

very white and creamy. Add two tablespoonfuls of cream, and flavor with vanilla. Let chill on ice before serving on the pudding.

Apple Soufflé

Grate five large tart apples. Add two tablespoonfuls of butter and half a cup of sugar, also the juice and grated rind of a lemon, with the yolks of four well-beaten eggs, and, lastly, the beaten whites. Pour into a buttered dish, grate a sifting of nutmeg over the top, and bake till brown. About thirty minutes will be required. Serve at once with hard sauce.

Apple Jelly

Take a pound of sugar to a pint of juice, and boil fifteen minutes. It is delicious when flavored with orange and excellent with lemon.

Red Apple Sauce

The difference between apple sauce stewed quickly over a fire and that baked in the oven, slowly, is so great that you could easily believe that fruits of an entirely different nature had been used. As a general rule, apple sauce is quickly prepared in warm weather; but in the cold days of autumn and winter, when a continued fire is not too warm, try apple sauce baked. This was our grandmothers' preference. The apples were pared and cored and cut in quarters. Allow one cup of sugar and half a cup of water to two quarts of apples. Place them in a deep crock. These apples require less sugar than when



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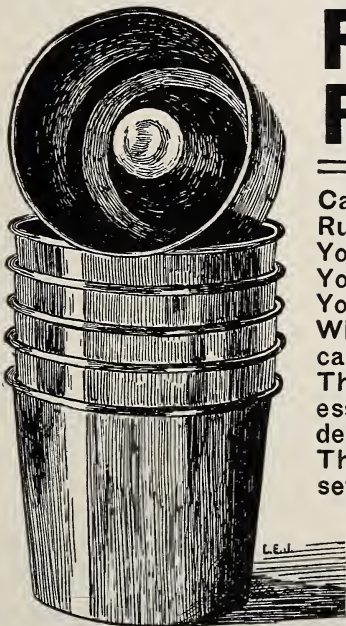
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You can bake cakes in them.

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JELL-O

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There is no dessert so attractive or so easy to prepare. Simply add a pint of boiling water to a package of Jell-O and set to cool, and everybody likes it. Always keep a few packages in the house for an emergency. All grocers sell it. 10c. per package.
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HOUSEHOLD MFG. CO., 790 Dun Building, Buffalo, N. Y.

they are stewed, for the long cooking develops the natural sweetness of the apple. Cover closely, and cook for an hour and a half or until they assume a deep red color. If they cook too fast, the steam will cause them to burst, and a mushy sauce results; but moderate cooking leaves each piece, distinctly whole, in a delicious cidery syrup. Let the apples cool in the pan without touching the fruit. These may be used as a sauce for breakfast or dinner, or they may be served with cream and hot biscuit or cake for a dessert. For the filling of pies baked apple sauce is delicious.

Preserved Apples

For six pounds of tart apples, perfectly sound, use three pounds of granulated sugar. Pare, quarter, and core the apples, and boil the skins in water enough to cover. Sprinkle the sugar over the apples, and let them stand until it is dissolved. Then strain the water from the skins, and pour it boiling hot over the apples. Let stand until cold, then heat up the syrup again, and pour it over the apples. Do this several times; and then put all over the fire, add the grated rind and juice of two lemons, and cook slowly until the apples are clear and transparent. Can while boiling hot.

Apple Butter

One gallon of boiled cider, half a bushel of tart juicy apples: use Greenings, Baldwins, or any kind that will cook tender quickly. Boil the cider down in a porcelain or granite kettle until half its quantity. Quarter the

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**CORN
SYRUP**

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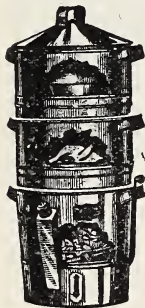


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Cooks Everything.

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Depends upon the Lining.
Watch it daily, and when holes like these appear don't "let it go," but MEND it.

Champion Stove Clay.

Mix a little with water in an old tin dish, and with a small trowel or kitchen knife plug up the hole after which you can build the fire immediately, if necessary, although it is better to wait twenty or thirty minutes, if you have time. Often saves the price of a new stove. Try it.

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BRIDGEPORT CRUCIBLE CO.
Bridgeport, Conn.



Mend It Yourself

apples, removing skins and cores, cut in small pieces, and cook in the boiling cider as many pieces at a time as it will cover, until all are cooked. Then mash as soft as possible, and boil the fruit up in the cider until it is of the consistency of marmalade. This mass should be stirred carefully, now, with a long-handled wooden paddle, as it is liable to burn. This delicious, old-time, fruit butter is put up in stone jars. It is generally made in quantities large enough to last all winter. Where there are children, it takes a quantity, as they are very fond of it on slices of bread between meals.

Red Apple Sauce Meringue

Add to the sauce already described, while hot, nutmeg and cinnamon to taste, a tablespoonful of lemon juice, and the grated rind of the lemon. This quantity is for a pint of the apple sauce. Mix with it two tablespoonfuls of butter and the well-beaten yolks of two eggs. Beat until light, adding gradually half a cup of granulated sugar. Bake in a covered baking-dish for ten minutes in a moderate oven. Remove, and cover with a meringue made from the whites of the eggs, four tablespoonfuls of pow-



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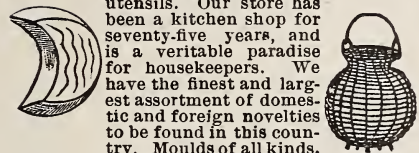
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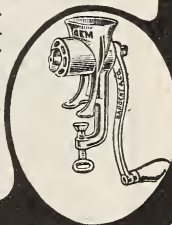
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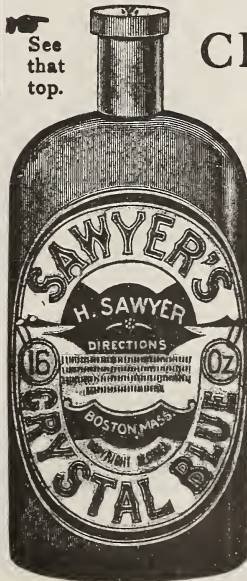
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dered sugar, and half a teaspoonful
of vanilla. Place in the oven to
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Apple Cream

Place in a bowl one cup of fine-
mashed apple sauce, sweetened to
taste, and the unbeaten whites of
three eggs. Add a pinch of salt, one
tablespoonful of lemon juice, and the
grated rind of a lemon. Beat this
mixture together until it is stiff enough
to "stand." Chill on ice, and serve
in tall parfait glasses, and top with
whipped cream, flecked with dots
of any kind of red jelly.

Baked Apple Ice-cream

Wipe and bake six tart apples.
When tender, sift and to the pulp
add one-fourth a teaspoonful of cinna-
mon, one teaspoonful of rose-water,
and sugar enough to make quite
sweet. Add a quart of cream, also
sweetened with half a cup of sugar.
Mix thoroughly with the pulp, and
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Delicious Apple Salad

Take half a dozen tart apples, pare
and slice, and add a Spanish pepper,
chopped fine. Place in your salad
bowl the tender leaves of a large head
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slices, sprinkled with the chopped
pepper. Over all pour a French
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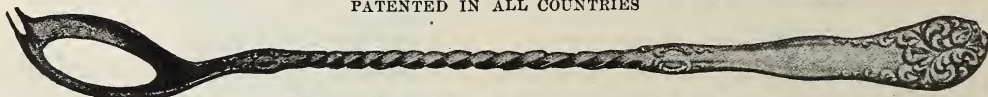
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Vol. VIII. MARCH, 1904

No. 8



Easter Cake (See page 417)

The BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts



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A MODERN DINING-ROOM

The Boston Cooking-School Magazine

VOL. VIII.

MARCH.

No. 8.

Artistic and Sensible Home Furnishings

By Katherine Louise Smith

THE regular living-rooms of a family gradually assume the characteristic tastes of their occupants. Among a certain class of men there is a disposition to leave matters relating to home ornament and furniture to women. This and public taste—for men make the furniture—is to blame for the very poor character of the furniture to be obtained in the marts of commerce.

The fact of living in a dwelling far enough from the city's centre to encourage physical and spiritual growth is clearly calculated to organize an ideal home. To this must be added proprietorship, for nothing else contributes so surely to the evolution of the community. A house is not a home, a place merely to eat and sleep. An organization of the home approaching the ideal must have for a foundation an intelligence concerning what home in its highest sense is, and the furnishings of that home will undoubtedly betray to some extent the thoughts of its owners. Prentice Mulford contends that his axiom, "Thoughts are things," can be reversed, and that "things are thoughts"; for the atmosphere of a house affects persons, and an empty room is filled with the atmospheric personality of its former occupants.

Whether this be so or not, "by their taste ye shall know them"; and the gaudy house furnishings betray the quality of the man.

Undoubtedly, the square house is the most economical in shape. It costs less money to build it, less fuel to heat it, and fewer steps to do the necessary inside work. An entrance and stairway in the centre of a house shortens the distance to be traversed daily in doing housework. Such a house admits of reception-room, library, dining-room, and kitchen on the main floor, with three chambers and a bath-room on the second floor. If this house be built upon clean, dry soil, with suitable care for cellar walls and underpinning, and the rooms are so arranged that they communicate with each other readily, or can be secluded, when desired, the wholesome ideal home is secured.

When it comes to the matter of furnishing, money and taste are the requisites. Many people are now using colonial furniture, or the work of the great cabinet-makers of the eighteenth century, and pieces which owe their origin to the style known as Empire. Others buy Sheraton and Hepplewhite designs and old, massive mahogany shapes, having carved columns and claw feet. But in the

average number of homes we find the furniture totally out of keeping with their surroundings. Too many people have an idea that some Louis of France gave his name to some particular style, and Napoleon had innumerable N's on his draperies. The result is a discord, on which one is unable to put his finger. Generally, it is best to rely on some one who has made the subject of furniture a study. By this means not a person of eccentricity, who thinks poor judgment "taste," but one who has trained judgment, is relied upon; and the good decorator seldom takes note of fads.

The effect of judgment is shown in the picture of a library that was furnished by a noted decorator. Here the subdued light comes from stained glass windows situated over the book-

racks, while a strong light for reading comes from the side windows. A good library table, large enough to serve as writing-desk and a repository for books, occupies the centre of the room. If any criticism could be made, it would be that the room is over-furnished, too much furniture being simply dust-catchers. The rug is easily removed to give access to the hard-wood floor. A good feature of this room is in the utilization of the chimney by the side of the flues for windows, and the large drawers, for papers and photographs, underneath the book-shelves, are useful adjuncts. Detachable book-shelves with glass fronts, which let down, are preferred by many to shelves that cannot be removed and have no protection for the bindings.

Another room in any house, which



Reception Hall

needs suggestions from the decorator, is the music-room. Here it is desirable that the furnisher should know the laws of acoustics as well

dining-room; for it is here the family life is first shared with the outside world, the reception-room nowadays revealing little of the characteristics



Music-room, Louis XIV. Style

as the proper fittings for such an apartment. Any music-room, large enough to merit the name, should have a grand piano. Failing this, the piano should be placed across one corner, as in this way it gives out more sound, the back being unmuffled. Hard-wood floors are a necessity here, as in the library; and the arrangement of a wall candelabrum near the piano, to give light in the evening, is desirable. Such a room requires simplicity of furnishings, an abundance of pictures of musicians, autograph letters, and books on music.

Nowhere, perhaps, is individuality more clearly shown than in the

of the house. Wainscoting is always in good taste in this room, and goes well with the hard-wood floor. Though tastes differ in regard to a square or round table, the surface should always be brightly polished, to reflect the centre-piece of flowers or ferns. One essential in this room is the sideboard, which should be massive, not too ornate, and invariably have a mirror, to reflect the silver, and a plate-rack at the top. A new design has a space left at the bottom for the chafing-dish. Another essential is the grate, for without this no dining-room is complete, a grate fire adding much to hospitality

and good cheer. Where a square table is in use, the carpenter can build a round top to fit the square top, which can readily be removed. For daily use this gives a sense of comfort, and for state occasions a large round top can be made to fold at least once when not in use, so as to take as little space as possible. A dark golden bronze rug on the floor tones in with the woodwork and gives a good color scheme to the room. Many decorators are now using hair-cloth, like that our grandmothers used, for chair bottoms. It comes in green and blue, wears perpetually, may be scrubbed when soiled, without removing from the chair, with soap and a stiff brush, and has a great advantage over leather, which shows every bit of grease dropped upon it, thus permanently injuring its appearance.

Probably no room in the house

in this room, the rug carrying out the color motif of drapery and side walls. It is questionable whether stuffed furniture be appropriate in this room, certainly rattan is lighter and cleaner. The brass bed should have a box spring, that the valance may hang well. Many valances, at present, are loosely sewed to the sides of the springs, so that the top of the bed-spread can easily be removed. In this room, as in the dining-room, a grate is needed. So is a capacious dress-box, which can be placed at the foot of the bed. More latitude can be allowed in the matter of pictures in this room, which, besides being the place for the family portraits, should have walls of amplitude to bear etchings of beautiful women by accredited artists. The canopy over the bed should carry out the idea of the walls and rug, and in shape should be of the variety known as "calesche" in



Bedroom of Mistress

needs to be more suggestive of comfort than the bedroom of its mistress. Light tones are always to be desired

the old mahogany of Spanish origin. The washstand is a marvel of ingenuity, being a circular shelf fitted

to the inside of the closet door. This is large enough to hold basin and pitcher, and, when the door is closed, cannot be seen from the room. It goes without saying this room should be one of the pleasantest in the house. The windows should have a good exposure, and the furniture be pretty and serviceable.

To furnish any home in taste requires much earnestness of thought either by the owner or decorator. Though it may be safer to leave a house to the decorator, much pleasure is lost; for in the joy of picking up odd bits of furniture lies one of the pleasures of housekeeping. Few people know the extent of thought given, in furnishing our finest homes.

Architectural papers and the erection of fine buildings educate people and keep them in touch with the advances of years. Another field is open to the person who will treat of interiors in a non-professional manner, give hints for tasteful, inexpensive furnishings, and suggest to the would-be householder the possibilities of style, fitness, and beauty. The decorator stands ready to do this; but what is needed is some one between, who with the knowledge of the trained decorator will assist the mistress of the house in selection, that she may have the sensation that her individuality has been consulted, even if her taste has been unknowingly directed.



An Ideal Guest Chamber



Courtesy of Meriden Britannia Co.

Silver Chocolate Service

Dinner-giving in History and Fiction

By Elizabeth Orr Williams

THERE are few occasions that develop more fully our social instincts than a well-conceived and artistically prepared dinner. It recuperates physically, it refreshes mentally, it renews the energy and elasticity of our bodily frames, and it cheers, and links us socially in bonds of mutual interest, as coworkers in the sphere of helpfulness for others.

In the matter of dinner, feast, or banquet, we find it mentioned in history, song, and story.

Even Lord Byron, with all his poetic sense of the beautiful, descended from his intellectual heights, and made his material wants known in the following lines:—

“Besides, I’m hungry, and just now would take,

Like Esau, for my birthright, a beef-steak.”

Furthermore, he was generous enough to think that every one else was hungry; for he adds,—

“All history attests
That happiness for man, the hungry sinner,
Since Eve ate apple, must depend on dinner.”

Perhaps Newstead Abbey, his home, echoed to no more welcome sound

“Than that all-soul softening, overpowering
knell,

The tocsin of the soul, the dinner-bell.”

This Byronian illustration of the poetical and the practical may be found in the inner lives of other eminent men.

We find in the annals of history that mention is made of men of large intellect who gave due attention to the art of dining. Among these were Sydney Smith, Dean Swift, the elder Dumas; and even the venerable Socrates centuries ago emphasized the importance of the excellent skill which creates a palatable feast.

Pope Leo X., Raphael, Talleyrand, King George IV., William Pitt, did not care for nuts and vanilla creams; but they did full justice to the substantial.

Napoleon I. was not behindhand in realizing the social value of dinner-giving, and recommended it to all his functionaries.

In all ages, since civilization and Christianity began to develop the higher qualities of the human family, open-hearted and generous hospitality has been esteemed highly honorable. In primitive ages there were no inns or hotels. The wandering shepherds of the East shared their frugal fare with the strangers who came among them. Dining was then in its infancy.

Its evolution into a fine art, however, was rapid. Among the Greeks and Romans, feasts became most sumptuous. The feast that Mark Antony gave to Cleopatra was praised so highly that Antony called his chef, and presented him with a city as a remuneration. Dining became so elaborate and costly that Lycurgus, during the period of the Spartan government, organized public meals, which were the epitome of simplicity, in order to suppress the extravagance of the times.

From the history of Joseph we learn that the Pharaoh of that period employed a cook especially for puff paste, who fashioned it into a variety of elegant forms. The Hebrew feasts, at which flesh and wine were used,

largely testify something respecting the *cuisine* of the well-fed ancients.

It is a matter of little moment to us, other than as fact, that at the wedding nuptials of Richard, Earl of Cornwall, and Cincia, daughter of Raimund, Earl of Provence, which were celebrated in London in 1243, thirty thousand dishes were served at the marriage feast.

At the nuptials of Alexander III. of Scotland and Princess Margaret of England, solemnized in York in 1252, sixty fat oxen were consumed at the wedding feast.

King Edward I. gave a grand spread on the occasion of his coronation, which included 728 pigs, 440 oxen, 430 sheep, 22,600 chickens and capons, and 13 fat goats.

We may infer that Queen Elizabeth of England did not need the tonic of a quassia cup before breakfast, for in one of her journeys through England 3 oxen and 140 geese were required for a Sunday morning breakfast for her and her retinue.

In every country we find some dish that is peculiar to its people. In England a man eats roast beef and Sally Lunn's, in Scotland sheep's head and oatmeal, in Ireland potatoes in all forms, in France frogs, in Holland pickled herring, in Germany sauer-kraut, in Spain pepper dishes spiced with anise, in Italy macaroni, in Hindustan curry, and in America the choicest things from all countries, including salad, which is one of the few links that bind us to the golden age, days of peace and innocence.

There is a fine old proverb that tells us that a good salad requires a spendthrift to pour in the oil, a miser to put in the vinegar, a wise man to add the mustard, and a madman to stir it all up.

In regard to dinners our own beloved America has given some which

were not without prestige. Among these was one by Mrs. Astor at an expense of \$25,000, and another by Mrs. Mackay at \$50,000.

But, just as we begin to dilate with pride on our American munificence, incorrigible old history puts in the fact that Ptolemy Philadelphus, three hundred years before the Christian era, gave a delightful little dinner that cost what would be in our money \$2,239,000. The daily dinner of Alexander the Great, frugal as it was, cost \$1,700. It was Alexander who had caves in India, in which tons of ice were preserved. The Greeks and Romans cooled their wines with ice, and the Turks had their glaciers, in which they kept ice for the table.

It has come to be an accepted fact that a good dinner is an excellent thing, and restorative. It is an old idea, and perhaps a true one, that a man's heart may be touched quicker by attending to the wants of his digestive apparatus than by any other means. Hence it may be advisable to encounter a hungry man after the digestive function is well under way, while nutriment and cheer are traveling to the heart and brain as fast as an intricate mechanism can carry.

To Careme, a Frenchman, we are indebted for the variety of food, especially soups, that is presented in dinner courses. This was a subject of study with him for many years before he settled upon a system that suited him.

The dinners that are set before us, varied and substantial, like nearly all other excellent things in the world, have their fictitious counterparts in the dainty luncheons and sumptuous dinners that are spread on the tables of fiction for our mental delectation.

Even Pickwick is better, spiced

with its lurching episodes; and the Pickwickian fare, chops and tomato sauce, is familiar to us all. Feasts in fiction are usually ready-made; but George Eliot, who is so minute in all domestic details, presents Mrs. Garth, in "Middlemarch," with sleeves rolled to the elbow, deftly handling her pastry, applying the rolling-pin, and giving ornamental touches, while she expounded with grammatical fervor what were right views about verbs and pronouns for her children, who stood about anticipating the pies.

Then we may recall the plain noon-day lunch, or rather the twelve o'clock dinner, of Joshua Geddes and his sister Rachel, Quakers, with which they entertained their friends, in Scott's story of "Red Gauntlet." We also recall the dinners of Neuchalet, the banker, described in Disraeli's story of "Endymion." Then, too, there is the feast in the Rucellai Gardens, in the charming story of "Romola," when a peacock was placed, feathers and all, on a large dish, closely resembling a live one taking its unboiled repose; but, when the classical, though insipid, bird was turned, its plucked breast offered tender slices of meat to the assembled guests, appeasing hunger and surprise at the same time.

The importance of dining well in all its bearings, and the influence it exerts on the happiness of a people, brings with it a sufficient claim for favorable reception among women throughout the world.

For in all the evolutions of dining in ancient and modern forms we discover the same universal gastronomic creed, that we must "eat to live."

The food we eat, the clothes we wear, the atmosphere we breathe, make the material trinity of the physical basis of our lives.

The Gospel of Clutter

By Helen Campbell

IT is meant for the gospel of clearance, but it is working out to my own knowledge as the gospel of clutter."

These were the words that came to me from the pair in the trolley on their way from the great fair, which year by year adds some new thought of what practical living may stand for.

The trolley traveler, like travelers in other fashions, gives unconsciously many a confidence to the public, itself too busy at the same occupation to heed a neighbor. But the solitary one carries home strange stories, family secrets, neighborhood tragedies or comedies, as the case may be, and learns to lend an attentive ear to these side-lights on the great business of living.

It was a club woman who spoke, for she had begun the talk with a statement of how difficult it seemed to be to reconcile the claims of the club with mere enjoyment, such as the fair stood for; and her companion had contended at once that the club taught one what to enjoy properly, and was, therefore, the necessary prelude to all desirable things, fairs included. And so the conversation wandered peacefully to the remark quoted in the beginning.

"I suppose you mean something, Emily Perkins; but I certainly don't see what. You do love to be mysterious."

The voice was the voice of a tired woman, but whether with too much club or too much fair did not appear; and "Emily Perkins" answered cheerfully, her voice a mellow comfortable one that ought to have been sooth-

ing to the most tired hearer. "You know I have been boarding for a year in —, so as to be near my son, and with a minister's widow who has a nice little house; or, my room is nice, the rest of the house a museum for several generations of bric-à-brac. Upstairs is for the past. Downstairs is the present, or approximately so, as far as the stork and the 'throw' era, every picture with its scarf, every chair with bows, gilded rolling-pins, painted milk-stools, ribboned coal-scuttles, and all the rest, pervading every foot of space on wall or floor. The little parlor has a lamp petticoated and frilled to the *n*'th degree, too sacred for anything but the sewing society; and I had supposed that the end had been reached. But last week the good little woman accompanied me and her daughter-in-law, with whom she is on the best of terms, to the fair; and here the story begins.

The fair this year presents for feminine consideration two rooms,—a William Morris room, or fairly so, and one that is all that William Morris might rise to protest against; for it is draped and frilled and crowded with ornaments, so called, of all countries and eras, ending with what we know as a 'cosey corner.' They had passed through the first, with its fine coloring, its simple shapes and ample spaces, and looked at it pityingly; for beyond they had caught the look of what appealed to every clutter-brain cell in their heads. There were Bagdad rugs, or curtains, over the thing doing duty for couch,—a couch on which one might 'curl' up, as is the wont of tired woman,

Curtseys or Hand-shakes?

By Kate Gannett Wells

HOSTESS-SHIP has always been the perennial occupation of womanhood, though not even in the days of the French salon did it become such an art as it is to-day, especially in England, where house and dinner parties are entertained with due deference to political affiliations. It is said, however, that Mrs. Joseph Chamberlain declines to make her drawing-room a political meeting-place for her husband's friends. She does far more for him, if she makes it a restful resort for all whom she entertains; for through the charm of informal but well-bred cordiality has come the ascendancy of the American element in English life.

The twentieth-century hostess today, in America or Europe, leads a wider, if not a busier, life than did her great-grandmother, as far as general society is concerned. There is more luxury now than ever before. Successive week-end parties are a greater strain on mental resources than the huge quarterly gatherings of the Quakers or the large family dinners of fifty years ago.

Yet these week-end parties, Friday afternoons to Monday mornings, (is there any church-going on Sundays?) are delightful substitutes for formal balls, since the modern girl cares more for golfing, curling, hunting, than for dancing. But even in her outdoor life she more or less observes the social etiquette of each pursuit, its code of rules for non-interference and fair play. So, when evening comes, she is ready to temper the would-be rigid etiquette of its hours by adoption of the partial freedom

of the morning, her ideas of the etiquette of the ball-room or afternoon tea shaping themselves around her curtsy or her hand-shake, the former standing for formality, the latter for cordiality. Which will dominate in her hostess-ship will depend largely upon her temperament rather than upon any formulated code of observances. One can shake hands coldly or curtsy cordially.

Whether curtsy or hand-shake should prevail depends upon the size of the room in which a hostess receives. A series of formal curtseys in a small room are as ludicrous as repeated hand-jerks in a big ball-room. The stature and general "make-up" of a hostess, moreover, has something to do with the appropriate way of receiving. The unhygienic and fatiguing side of hand-shakes may well develop neuritis, and the constant backward or downward bend of the curtsy is conducive to trouble with the knee. But, apart from such small irregularities, there is a subtle pervasive atmosphere about both welcomes that a guest feels as soon as she enters a room, and to which she unconsciously responds. This atmosphere may either be the aroma of a kindly, loving disposition or the malarial effect of a churlish nature.

One cannot be a good hostess without sympathetic imagination and the instant intuition to know just how to welcome each guest. There is nothing more snobbish and amusing (with a heartache for the nonsense of it) than a hostess who is indifferent in manner toward her guests of average social quality and full of defer-

ential eagerness toward those who are prominent or distinguished. Yet, if she does not indicate in her welcome some sense of values, she offends. It is better to be too cordial, to shake hands too heartily, than to be conventional and curtsey at far distances.

For instance, afternoon teas are classed as informal, so no deep curtseys should then be made. If one cannot shake hands all the time, one can slightly bend, as if in deprecation of the bigness of the crowd, which affords neither time nor space to extend the hand. But in a ball-room, where guests are formally presented, a hostess should always curtsey, more or less deeply, in proportion to the welcome to be accorded.

When one is in the receiving line, a frequent line in these days of club and D. A. R. receptions, the elaborateness of a constant, low, formal curtsey is impossible, though with some guests a half-curtsey, with others a hand-shake, is needed. Only no one mode of welcome should detain others who are pressing forward to the line. It is aggravating that one person, who wants to converse with her hostess, can keep back twenty others. The receiving line is always too long. If there must be many hostesses for a single occasion, it is better to distribute them in small groups, the guests making the rounds of all or lingering in one or another centre as they choose. A hostess should be able to "size up" with lightning rapidity those presented, and then to adapt her outward gesture to the dictates of her heart, provided it is a warm-hearted heart.

A hostess often hedges herself against the possibility of hand-shaking by carrying a fan, handkerchief, or flowers. It is said that Mrs. Roosevelt shields herself with the last. The

curtseying of guests to all in a receiving line has greatly diminished in England. Not long ago at "the passing of the presence," as it is there called, each one presented had to curtsey to five or six royal personages, the last curtsey being more like an awkward bob of the body. Now one curtseys only to the sovereign and his consort.

Much depends upon the clearness of introductions. Everybody should have some idea of who anybody may be. When Miss Wilkins was introduced to Marion Crawford, the novelist, he did not look as if aware she was the authoress. So her name was repeated in full, as "Miss Mary E. Wilkins," and then again, with the addition of the words, "the writer." Still he did not catch the import of the name. If he had, what should have been his recognition of her?

Another gentleman saw a lady across a room, and was eager to be presented. When he came nearer, finding she was not the person he thought, he said in his embarrassment, "Distance lends enchantment." She curtseyed low, with an inscrutable smile, by which formality she dismissed him. Smiles sink deeper into another's soul than any other form of welcome or rebuff, if the giver of them seems to be unconscious of their power.

Curtseys and hand-shakes are parts of etiquette, the best etiquette arising from the best manners, formed by sincerity of heart and grace of bearing. Etiquette is the exchangeable silver coin of society, without which we should all be at loggerheads. It is as much the passport to harmonious family life as to social recognition. It demands social training, mental and moral truth, and physical grace. Now that any one can entertain over an evening chafing-dish or an afternoon cup of tea, grace-

Curtseys or Hand-shakes?

By Kate Gannett Wells

HOSTESS-SHIP has always been the perennial occupation of womanhood, though not even in the days of the French salon did it become such an art as it is to-day, especially in England, where house and dinner parties are entertained with due deference to political affiliations. It is said, however, that Mrs. Joseph Chamberlain declines to make her drawing-room a political meeting-place for her husband's friends. She does far more for him, if she makes it a restful resort for all whom she entertains; for through the charm of informal but well-bred cordiality has come the ascendancy of the American element in English life.

The twentieth-century hostess to-day, in America or Europe, leads a wider, if not a busier, life than did her great-grandmother, as far as general society is concerned. There is more luxury now than ever before. Successive week-end parties are a greater strain on mental resources than the huge quarterly gatherings of the Quakers or the large family dinners of fifty years ago.

Yet these week-end parties, Friday afternoons to Monday mornings, (is there any church-going on Sundays?) are delightful substitutes for formal balls, since the modern girl cares more for golfing, curling, hunting, than for dancing. But even in her outdoor life she more or less observes the social etiquette of each pursuit, its code of rules for non-interference and fair play. So, when evening comes, she is ready to temper the would-be rigid etiquette of its hours by adoption of the partial freedom

of the morning, her ideas of the etiquette of the ball-room or afternoon tea shaping themselves around her curtsey or her hand-shake, the former standing for formality, the latter for cordiality. Which will dominate in her hostess-ship will depend largely upon her temperament rather than upon any formulated code of observances. One can shake hands coldly or curtsey cordially.

Whether curtsey or hand-shake should prevail depends upon the size of the room in which a hostess receives. A series of formal curtseys in a small room are as ludicrous as repeated hand-jerks in a big ball-room. The stature and general "make-up" of a hostess, moreover, has something to do with the appropriate way of receiving. The unhygienic and fatiguing side of hand-shakes may well develop neuritis, and the constant backward or downward bend of the curtsey is conducive to trouble with the knee. But, apart from such small irregularities, there is a subtle pervasive atmosphere about both welcomes that a guest feels as soon as she enters a room, and to which she unconsciously responds. This atmosphere may either be the aroma of a kindly, loving disposition or the malarial effect of a churlish nature.

One cannot be a good hostess without sympathetic imagination and the instant intuition to know just how to welcome each guest. There is nothing more snobbish and amusing (with a heartache for the nonsense of it) than a hostess who is indifferent in manner toward her guests of average social quality and full of defer-

ential eagerness toward those who are prominent or distinguished. Yet, if she does not indicate in her welcome some sense of values, she offends. It is better to be too cordial, to shake hands too heartily, than to be conventional and curtsey at far distances.

For instance, afternoon teas are classed as informal, so no deep curtseys should then be made. If one cannot shake hands all the time, one can slightly bend, as if in deprecation of the bigness of the crowd, which affords neither time nor space to extend the hand. But in a ball-room, where guests are formally presented, a hostess should always curtsey, more or less deeply, in proportion to the welcome to be accorded.

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ful, well-proportioned etiquette invests the economical hostess with as much charm as it does the giver of a fashionable ball. The basis of etiquette, fair play and sympathy, are great principles hidden in the deferential curtsy or the frank hand-shake. Cordiality or formality,—which? Have both, one to temper the other.

Be cosmopolitan, if you want to be a permanent success. Do not “stick” in any local rut. Mix your

guests as you do your occupations, different kinds for various needs, sometimes a “pot-pourri” of all. Do not think that people with different ways from yours are necessarily wrong, and remember that words even change their values. For example, “fussing” is now the coeducational term for the calling on young women by big boys. Flirtations and Platonic friendships are still under the ægis of a wise etiquette, which has nothing to do with changing fashions.



A Minute Song

By Clara E. Webber

Did you ever stop to wonder
 As the minutes hasten by,
 And the old clock on the stairway
 Gives their ticking, clicking cry,
 Telling o'er and o'er the story,—
 Going, gone; yes, going, gone,—
 What it is they whisper softly
 As they sing from morn till morn?
 “Busy ever, weary never,
 Go we on our way.
 Father Time is watching o'er us,
 Helping us each day
 To be steady little workers:
 This is what we say.”

Some there are who bid us linger,
 Not so fast, so fast, they say:
 How they'd wonder if we waited
 At so long a dreary day!
 We must go on thus forever,
 We must surely all be there
 When the great hour bids us gather,
 So to strike us off with care.
 “Busy ever, weary never,
 Our delight to be
 The brightest, truest little minutes,
 Any one could see,
 Gliding swift into the storehouse
 Of dear memory”

“Little ones, we're changing ever,
 As you work or as you play.
 If you lose us, you'll ne'er find us
 Coming in some other day.
 For we, counting up so slowly,
 Bid the years their story tell.
 You can fill these years with glory,
 If you use each minute well.
 Ready ever to endeavor
 A kind word to say;
 Glad to do a good deed often,
 Cheery be all day,
 And the Father, watching o'er you,
 Safely leads the way.”

Breakfast at "Madame Beaucaire's" in Lent

By T. Celestine Cummings

IN New Orleans it was our good fortune to "breakfast" at Madame Beaucaire's. It is one of the treats in store for visitors who wish to partake of "Creole" viands in all their perfection. "Oh," the hostess would say, "we'll go to Madame for breakfast" or dinner, as the case might be. The appointments are always immaculately fresh,—table, napery, china and glassware,—and the fragrance and bloom of flowers are everywhere.

As it interfered with Madame's duties to answer all the questions asked about the mysteries of Creole cooking, she conceived the clever idea of writing out her recipes; and they may be obtained now at every meal. For a small consideration extra you can obtain each recipe of the meal, neatly typewritten on separate leaflets, and tied together with a ribbon, with a little spray of orange-blossoms or other distinctly Southern bloom run through the bow.

"Crawfish," Louisiana's own shell-fish, made an attractive dish on the table. The red of the freshly boiled fish, reposing so invitingly on its bed of chopped ice, and the cream of spinach soup by its side made a charming contrast with its dainty green. These crawfish are eaten from the fingers. It was fun to consult our "recipe" leaflets. Yes, there it was, all written out, how to manipulate these pretty shell-fish.

"Separate the heads from the tails, then peel them, so the meat can be easily extracted. . . . To prepare them for the table you take a gallon of water, and in it you boil a clove of garlic, a little allspice, a few whole cloves,

and a chopped herb bouquet, until all the flavor and fragrance have been extracted. You then add two quarts of white wine, or vinegar if you prefer, to the water, and in this liquor boil the fish until they are tender. They should be seasoned unsparingly with salt and a teaspoonful of cayenne pepper. When they have assumed a bright red hue, you will know that they have been cooked sufficiently. Then serve cold on ice, or, as some prefer, with a sauce made of oil, vinegar, pepper, mustard, and salt."

The spinach, half a peck, was boiled until soft, then pounded into a paste. To this was added a quarter pound of butter; after seasoning with salt, replace the spinach on the fire and stir constantly as it heats for ten minutes. Then add two quarts of bouillon, let boil, and press through a strainer, after which return to the fire, and at the moment it comes to a boil add a tablespoonful of butter and a teaspoonful of granulated sugar. This soup was served with sippets of toast.

A "*Jambalaya*" came next with a salad. There are many ways of making this Spanish Creole dish; that is, in the mixture of its ingredients. The one we relished that day was made of kidney beans and accessories, one of which is always "rice," whatever else goes to its making.

Jambalaya au Congre

Boil one pound of red kidney beans, two onions, a cup of rice, and parsley, and season with salt and pepper. The water should cover these ingredi-

ents and boil gently until the beans are tender. The rice will also be plump grained. Keep the kettle well covered, with just a crevice through which the steam can escape.

This was served hot with fresh butter and the accompanying salad. This salad was a "poem" in gastronomy; and the height of Madame's skill was employed in its manipulation.

Louis Quinze Salad

Peel a clove of garlic cautiously; take of it a single section, and, holding it gingerly in one hand and the salad bowl in the other, rub the garlic upon the inside of the bowl, going over its entire surface, pressing it on. This is all you need of the garlic, and it will give to the other ingredients just the flavor needed. Next take two heads of lettuce, crisp to the heart, and uncurl each leaf with the fingers, and break it into three or four pieces as you drop it into the salad bowl. Small round radishes are pared previously. These are quartered, and dropped on top the lettuce. Three small slender cucumbers follow next, shaved up with a little cabbage-shaver. These are scattered in between the slices of radishes. Stoned olives are cut in eighths, and a tart apple sliced thin. This salad is served with a French dressing made rather thick with oil and very spicy with pepper. The quantity used for a salad for six people is as follows: the heart leaves of two heads of lettuce, three bunches of small radishes, three slender cucumbers, three olives, and one apple. The tiny cucumbers should be only a trifle larger than those used for pickling.

Just as we were finishing this course, Monsieur Beaucaire came in, bearing

a large platter. His countenance glowed with pride as he set the dish on the table, and listened to our admiring exclamations. For truly it was an achievement to be proud of, and Monsieur had been busy preparing this pretty surprise for us, while we had been discussing our breakfast. The platter bore on it a boiled fish, with head and tail left on. It was decorated beautifully. A golden net covered it. This was made of fine strips of lemon peel. The soft silver-gray body of the fish shone through the golden meshes, and lay as if just caught. Arranged around the fish on the dish was the prettiest of seaweed, some of the tiny sea beans and iridescent small shells still clinging to it.

After this came dessert. It commenced with a guava jelly omelette. The Creole style of making this is to beat the yolks and whites of the eggs, separately, and then, when each is beaten as light as possible, blend them and beat together. They are first seasoned with salt and pepper. When the tablespoonful of butter in the frying-pan is sufficiently melted, pour in the eggs. As soon as they show indications of being "set," you must begin to shake the pan gently until the process of cooking is almost finished, as this is the only means by which to prevent the omelette from sticking to the bottom of the pan. Spread the jelly on one-half the omelette, and fold the other half over it. Sprinkle lightly with powdered sugar, and serve immediately before the "puff" goes down. The plates used should be hot. Apples and cheese passed together, but on separate dishes, seemed to imply that they should be eaten in conjunction.

Busily we referred to our guide, the leaflets; and, sure enough, there it

was in black and white. The cheese was pineapple, already grated, and passed in its pretty shell, garnished with parsley greens.

"You take a tablespoonful of the cheese and mix it with a third as much butter. This makes a sort of paste, which is moistened by a teaspoonful of French cognac. It must not be too wet. Use less of the

cognac, if preferred. Now peel and slice your apple, and spread your cheese mixture, gradually, on the slices of apple."

We followed the directions implicitly; and, as a result, we had a new and delicious sensation in the region of the palate. Creole coffee, fresh fruits, and nuts ended our ever-memorable breakfast.



Sleep, my Honey Boy, Sleep

Mabel Cornelia Matson

The crimson sun drops in the angry west,
Madly the fierce winds sweep.
Safely cradled on mother's breast,
Sleep, my honey boy, sleep.

May God be kind; for the night is wild,
And out on the storm-swept deep
A father sails for his wife and child.
Sleep, my honey boy, sleep.

Oh, naught dost thou know of the cruel sea,
And too young thine eyes to weep.
God bring him safe to thee and me.
Sleep, my honey boy, sleep.



Pure Food in Massachusetts

By L. D. H.

TWENTY years ago general alarm over reported adulteration in many articles of food resulted in investigation and legislation all over the country. A national committee was appointed, who offered a prize for the best draft of a law for the prevention of food adulteration. This prize was won by Professor Wigner, of London, whose draft was adopted as a law by Massachusetts, and has proved so perfect that but few amendments have been necessary during all these years.

Nearly all the States have enacted

more or less legislation concerning this matter, but none of them can approach Massachusetts in her zeal for perfecting and executing this law. This pre-eminence is no doubt largely due to the active interest aroused by the comparatively large number of authorities on the subject, whom the educational institutions of the Commonwealth have attracted.

The Board of Health appoints each year a force to fill the department of food and drug inspection. These inspectors collect and receive samples of suspected foods for analysis, execute the required prosecution of of-

fenders, and make a report of their work to the public.

Investigation has proved that, while adulteration is common, it is more often fraudulent than harmful; that is, cheaper articles of food are often substituted. Sometimes wheat is added to coffee, stems to spices, water and coloring matter to milk, glucose to molasses, cotton-seed oil to olive oil, etc.

Borax, boric acid, formaldehyde, salicylic acid, and sulphurous acid are the preservatives most commonly found. These are not articles of food, and are poisonous in more or less varying degrees; but authorities differ as to their harmful nature in small quantities. Experiments along this line are being carried on at Washington; but no report has yet been issued, except that the amount of preservative necessary to affect different individuals varies remarkably. The law in Massachusetts allows the presence of preservatives in food, "provided that they are not injurious to health," and that the name of the particular preservative is plainly indicated on the package. However, it does not seem possible that a normal being would ever knowingly take poison under any circumstances, no matter how small the quantity.

There seems to be no doubt regarding the harmful effects of aniline dyes, which were at one time quite freely used and are now found occasionally, in one case a single bottle of ketchup being found to yield enough dye to color a "four-in-hand" necktie bright red.

For general information we print the following acts regarding food adulteration in Massachusetts:—

ACTS OF 1897, CHAPTER 344, SECTION 3

SECTION 3. An article shall be

deemed to be adulterated within the meaning of this act in the case of food: 1. If any substance or substances have been mixed with it, so as to lower or depreciate or injuriously affect its quality, strength, or purity. 2. If any inferior or cheaper substance or substances have been substituted wholly or in part for it. 3. If any valuable or necessary constituents or ingredients have been wholly or in part taken from it. 4. If it is in imitation of or is sold under the name of another article. 5. If it consists wholly or in part of a diseased, decomposed, putrid, tainted, or rotten animal or vegetable substance or article, whether manufactured or not, or, in the case of milk, if it is produced from a diseased animal. 6. If it is colored, coated, polished, or powdered in such a manner as to conceal its damaged or inferior condition, or if by any means it is made to appear better or of greater value than it really is. 7. If it contains any added substance or ingredient which is poisonous or injurious to health, provided that the provisions of this act shall not apply to mixtures or compounds recognized as ordinary articles or ingredients of articles of food, if every package sold or offered for sale is distinctly labeled as a mixture or compound, with the name and per cent. of each ingredient therein, and if such mixtures or compounds are not injurious to health.

ACTS OF 1901, CHAPTER 341

An Act relative to the Sale of Articles of Food and Drink which contain Antiseptic or Preservative Substances.

SECTION 1. Every article sold as an article or ingredient of food or drink that contains any added antiseptic or preservative substance except common table salt, saltpetre,

cane sugar, alcohol, vinegar, spices, and in smoked food the natural products of the smoking process, shall be deemed to be adulterated within the meaning of chapter three hundred and forty-four of the acts of the year eighteen hundred and ninety-seven, unless every package of such article sold or offered for sale bears a label on which are clearly indicated the presence and the percentage of every such antiseptic or preservative substance.

At present there is much discussion over a national food law that shall be uniform in all States. This is certainly a much-needed condition.

When dealers in Massachusetts return cases of adulterated food to the manufacturer, they often add this facetious suggestion, that such food be forwarded to a certain State whose laws in regard to food are known to be lax.

The last report made by the Massachusetts Board of Health states that, while legislation has made manufacturers more skilful at food adulteration, the practice is conspicuously on the decrease. The general public is being educated gradually to avoid food that has the possibility of adulteration, and dealers are careful to offer for sale only those articles whose labels are legally correct.



Each in his own Tongue

A fire-mist and a planet,
A crystal and a cell,
A jelly-fish and a saurian,
And caves where the cave-men dwell;
Then a sense of law and beauty
And a face turned from the clod,—
Some call it Evolution,
And others call it God.

A haze on the far horizon,
The infinite, tender sky,
The ripe, rich tint of the corn-fields,
And the wild geese sailing high,
And all over upland and lowland
The charm of the goldenrod,—
Some of us call it Autumn,
And others call it God.

Like tides on a crescent sea-beach
When the moon is new and thin,
Into our hearts high yearnings
Come welling and surging in,—
Come from the mystic ocean
Whose rim no foot has trod,—
Some of us call it Longing,
And others call it God.

A picket frozen on duty,
A mother starved for her brood,
Socrates drinking the hemlock,
And Jesus on the rood;
And millions who, humble and nameless,
The straight, hard pathway plod,—
Some call it Consecration,
And others call it God.

William Herbert Carruth.

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WORDS AND DEEDS

TALK is cheap. Boasting avails little, and yet many people seem to think that claiming is the main resource to successful achievement. On every side the methods of the great showman are still in vogue. This could not be the case unless too many people were so easily gulled.

But, notwithstanding this manifest and wide-spread credulity, the conditions of life to-day call for deeds, and not words, for executive ability rather than theoretical knowledge. We most of us need acquaintance with formu-

laries less and training in doing more. We can safely leave theories in the hands of the doctrinaires: they will care for them. A law or doctrine, provided that it works or explains the facts, will come speedily into general practice and acceptance. The theory of evolution, for instance, is now an accepted law, even by those who have not studied its principles and processes or given the subject the least consideration. The mass of mankind must devote their energies to the immediate work of the hour.

And right here the modern technical school has this advantage over the old academic college: its graduates are prepared to do something. While, barring teaching,—and this now calls for a special course of training,—the college graduate has his profession yet to acquire, his apprenticeship to serve.

Is not the inference plain, then, that in all courses of study, alike for young men and young women, there should be a point where some preparation is begun to be made for the pursuits of practical life? And this is in accord with the thought of the day. Teach how to do more, and less about the ways and means of doing. By gradual steps we pass from the known directly to the unknown. "This one thing I do" indicates the pathway that leads to successful achievement in actual life.

KNOWLEDGE AND BELIEF

WE believe many things that are not true. In fact, there is always an element of uncertainty in a belief. Were it not so, the subject of thought would become knowledge and be no longer a belief. Our beliefs, therefore, may be true or untrue. This we are constantly proving by means of the light of experience and investigation.

People used to think that the earth was flat: now we know that it is round. We may believe that the Japanese will win in the present unfortunate contest, or *vice versa*, and give reasons for our belief; but the element of uncertainty cannot yet be eliminated.

What we want, as the fundamental source of successful living, is sure knowledge of certain things; and these are chiefly matters that pertain to life, its maintenance, preservation, and well-being. The housewife has to deal with food and diet in all its phases, with ventilation, sanitation, and hygienic and artistic environments. Her knowledge should include, in part at least, that of the builder, gardener, doctor, lawyer, and economist. Here, too, items of fact are of vital concern. Safety here lies not in the way of chance and caprice. The only sure way to prosperity in the home is through intelligent study, prudent thought, and experimental attainment.

WORK AND NOT WORRY

LABOR is wholesome. To energize is to be happy. Well-being, physical, mental, and moral, depends upon effort. It is only work that frets which is harmful. The most pitiable object on earth is the man, poor and out of work. His case is desperate, indeed. The rich often toil with even greater zeal, in spending their possessions, than they who strive to accumulate the same. And the latter undoubtedly enjoy the greater degree of contentment and happiness. Work is no hardship. The kind of work may be vexatious. This and excess of toil, like much study, is a weariness of the flesh.

Women are apt to look upon housekeeping as drudgery, simply because

they do not like this kind of activity. But why may they not plan out, systematize, and dignify the work so as to like it? The calling of the homemaker is necessary and world-wide. Excluding the young and infirm, who must be cared for, and about half the adults of the race must be occupied largely in household affairs.

There is positive pleasure in doing what one is fond of and can do well. The skilled workman finds pleasure in the use of his tools. The first aim of every housewife should be to make herself mistress of the situation. By dint of thought and conscious effort she should strive to simplify processes, to render irksome tasks agreeable, to the end that all things may be done faithfully and cheerfully. Interest and pleasure are essential to success in every business venture. Even housekeeping is delightful to those who resolve to achieve success therein. Work without worry is the secret to the successful management of any enterprise, and housekeeping is not an exceptional instance.

"Efforts, to be permanently useful, must be uniformly joyous,—a spirit all sunshine, graceful from very gladness, beautiful because bright."

THE *Cooking-School Magazine* is not designed merely to entertain its readers. Usefulness is its *raison d'être*. From a practical point of view it is worth, may we not presume, much more than it costs per month. In each number the housewife must find something within its pages, in matter of fact, suggestion, or another's experience, to lighten her own cares of housekeeping or lead to more approved and better ways of procedure. Our steadfast desire is to make the *Cooking-School Magazine* more and more useful in a constantly increasing number of homes.

Mrs. Hill, the editor of the magazine, can be found at this office regularly on Wednesday mornings, where she will be pleased to meet subscribers and patrons, and confer with them in respect to menus, recipes, and other matters of interest in home life. Her correspondence has grown to such dimensions, requiring so much of her time and attention, that readers in this city and vicinity especially, are invited to avail themselves of this opportunity to obtain such information as they may desire.

“The old adage, ‘Let well enough alone,’ has lost caste. It is conservatism enthroned, inertia crystallized. Deference to it has always handicapped the progress of the race.”

A Frenchwoman never heats up her house cooking or baking foods, winter excepted. Connected with many of the shops where fruit, vegetables, poultry, and game are sold is a place for roasting. This is generally in full view of the public. One can order a roast from these places, or the meat and poultry may be prepared and sent to these *rôtisseurs* to be roasted. The cooking is done before an immense wood fire in an open fireplace. The meat is put on a spit, which is turned constantly by clockwork. The roasting generally begins about four o'clock in the afternoon, and continues till nine o'clock in the evening. Cold roast poultry can always be obtained at such shops, which do a wonderful trade all the year round. Many of the geese, turkeys, and chickens, are cut up into two, four, or more pieces: a wing or a leg can even be bought. They are all placed on white china dishes and ticketed. You select according to your means.

Cooks Wanted

In a recent issue of the *Morning Post* over a hundred and fifty people were appealing by advertisement for “good cooks.”

The advertisers in many instances made alluring reference to the comforts and attractions of the home, which, in addition to certain substantial emoluments, they offered to any qualified person who would do the cooking. In one advertisement it was set forth that the cook who would consent to come should have three assistants in the kitchen. In other cases the announcement that kitchen-maids, scullery-maids, and “between-maids” were kept carried a pleasing insinuation that the cook would have little to do but to look on. In one case it was set forth that the house which the cook was invited to come to had a “pleasant situation.” “Two in family” was a frequent enticement. “Two in family, small house, very little housework,” was one lady’s plaintive appeal.

For the most part the situations offered were in the houses of people of the upper and well-to-do classes. They were not French men cooks who were being appealed for,—those haughty professors are not sought through the medium of advertisements,—but competent English exponents of the simpler arts of the kitchen.

It is hard to comprehend why a calling offering a remuneration which, with wages, incidental emoluments, and the value of a comfortable and, in most cases, luxurious home, must amount to an average of about £100 a year, should be neglected by the British working-woman. But, notwithstanding schools of cookery and steadily rising wages, there is a greater scarcity of better-class cooks than ever.—*Food and Cookery.*



Courtesy Adolphe Meyer, Chef Union Club, New York

Salmon with Montpellier Butter

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Beef Bouillon Served Cold

Cut in very small pieces or chop fine three pounds of raw beef (the vein or underpart of the round will give solid meat without bone). Let stand in three quarts of cold water until the meat is well colored, then heat slowly to the boiling-point. Let boil two or three minutes, then simmer five hours. Add a small onion with three or four cloves pressed into it, half a carrot, two or three sprigs of parsley, three stalks of celery, and a bit of bay leaf, and let simmer another hour. Strain, and set aside. When cold, remove the fat, mix the stock with salt, pepper, beaten white and crushed shells of eggs. Use one white of egg, as many shells as are available, and one teaspoonful of salt to each quart of stock. (Then add more seasoning to suit the taste.)

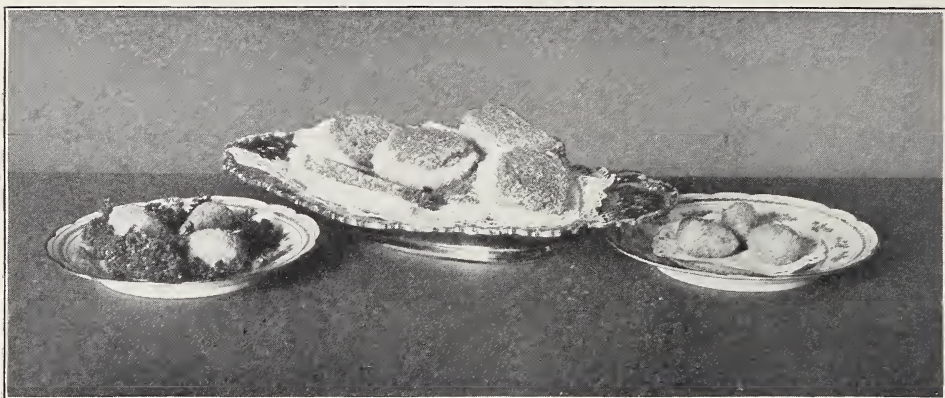
Stir while heating to the boiling-point, let boil two or three minutes, then simmer fifteen minutes. Remove the scum from the top with a skimmer, strain through two folds of cheese-cloth laid over a fine strainer, and set aside to chill before serving. The bouillon will jelly, if bone be used or if the liquid be cooked at boiling temperature. If it jellies, dilute with hot water, add more seasoning, and let cool again. For tomato bouillon add a pint of tomato purée to a quart of stock before clearing.

Deviled Raisins (Hors d'Œuvre)

Select large plump raisins, and drop them, a dozen at a time, into a saucepan holding half a cup or more of hot olive oil. Let cook until they are round and slightly browned. Skim out, drain on soft paper, and sprinkle

lightly with salt, paprika, and ground ginger. Serve as an appetizer at the beginning of a meal or at any time

bread (stale, but not dried) in half a cup of milk (a little more milk may be needed) until smooth. Add two



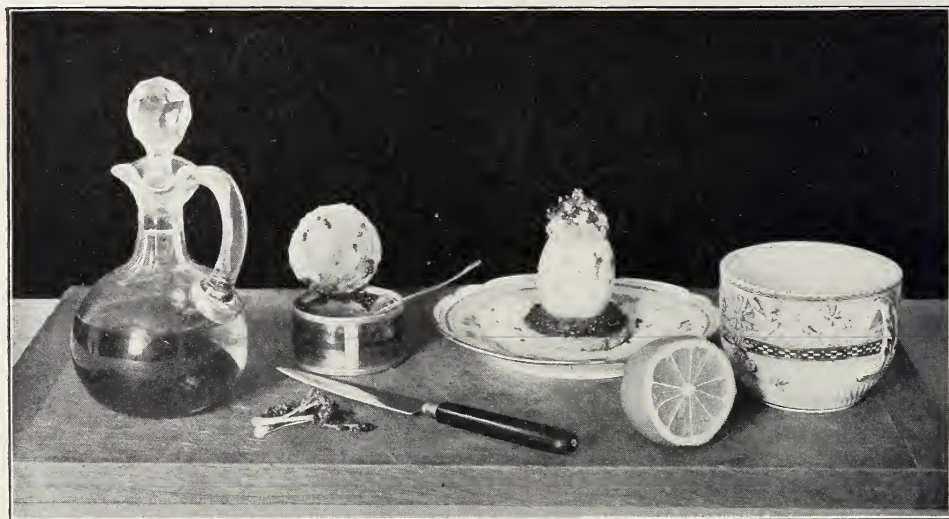
Sardine Croquettes

when salted almonds would be appropriate.

Sardine Croquettes (Egg-shaped) (Hors d'Œuvre)

Wipe the oil from a dozen or more

tablespoonfuls of butter, the beaten yolk of an egg, a dash of paprika, the cooked yolks of three eggs, sifted, a teaspoonful of lemon juice, and the sardine purée. Mix thoroughly, and shape into small balls, then elongate



Stuffed Egg

sardines. Remove the skin and bones, and press the pulp through a purée sieve. There should be one cup of purée. Cook half a cup of grated

one end to form egg-shapes. Dip in beaten egg and roll in fine crumbs, then fry in deep fat. Serve as a relish at the beginning of luncheon or dinner.

Send to table on individual dishes, resting on a paper doily or in a nest of parsley. Pass at the same time bread-and-cucumber or sauce-tartare sandwiches. Serve with them bread-and-butter sandwiches, olives, and radishes. Or serve them on heart leaves of lettuce that have been dipped in French dressing.

spoon or a column cutter, and remove the yolk. Cut the slices of white in small pieces, and add the pieces of



Creamed Salsify au Gratin

Stuffed Eggs (Hors d'Œuvre)

Let as many eggs as covers at table, immersed in boiling water, stand, where the water will keep hot without simmering, twenty-five minutes.

yolk and bits of lobster, anchovies, shrimps, or sardines, equal in bulk to the bits of egg. Add also a few capers, a little mustard, if liked, and enough mayonnaise to hold the in-



Creamed Salsify in Preparation

Drain, and let stand in cold water ten minutes or more, then remove the shells. Cut a thin slice from each end, with the handle of a small

ingredients together. To one-fourth a pound box of caviare add, alternately and drop by drop, the juice of half a lemon and an equal quantity of olive

oil, and beat to a firm whitish paste. Have ready rounds of bread, fried in butter or toasted and spread with



Fish Pudding

butter, then cooled. Spread the croutons with the prepared caviare, set the eggs, filled to overflow with the mayonnaise mixture, in the centre, and sprinkle the whole with finely-chopped parsley or truffles.

Cream-of-Salsify Soup

Scrape and cook a bunch of salsify as directed for salsify au gratin. After draining the slices, reserve half a cup of them to serve in the soup, and press the remainder through a purée sieve.

fourth a cup of flour and a teaspoonful of salt. Dilute gradually with a little of the hot milk, then stir into the rest of the milk, cook over hot water twenty minutes, remove the onion and parsley, add the salsify purée and slices, salt and pepper as needed. If the soup be too thick, additional hot milk may be added.

Creamed Salsify au Gratin

Scrape a bunch of salsify (oyster plant), and throw the roots, as scraped, into a bowl of cold water, acidulated with two tablespoonfuls of vinegar or lemon juice, to keep from discoloring. When all the roots are scraped, cut them in thin slices. Dilute a tablespoonful of flour with water to make a smooth paste, and stir while pouring onto it a quart of boiling water. Add a teaspoonful of salt, a tablespoonful of vinegar or lemon juice, and the drained slices of salsify. Heat quickly to the boiling-



Group of Proteids from Vegetable Kingdom

Scald a quart of milk with two slices of onion and two sprigs of parsley. Beat one-fourth a cup of butter to a cream, then beat into it one-

point, then let simmer until tender, adding boiling water as needed. The time needed for cooking varies; but, as a rule, two hours will be none too

long, often an additional half or a full hour is of advantage. Drain, and mix with one cup of cream sauce. Dispose in an au gratin dish, buttered, or scallop shells, cover with buttered cracker crumbs, and brown in a hot oven. Serve with meat or fish.

Salsify Fritters *en Surprise*

Cut the salsify roots, prepared as above, into two or three pieces, and cook as for creamed salsify. When tender, drain and press out the water. Rub the vegetable through a purée sieve, and add three beaten eggs, about a teaspoonful of lemon juice, and salt and pepper as needed. Stir, and cook over hot water or on the back of the range, where the mixture will not boil, until stiffened a little. Dry two dozen or more oysters on a cloth, and cover completely with the mixture. Have ready in a frying-pan a little hot olive oil, butter, or other fat, and in it sauté the fritters, first on one side and then on the other, to a golden brown. The fritters may be prepared without the oysters, when the egg need not be cooked with the purée before sautéing in the hot fat. Simply mix into the purée, and drop by spoonfuls into the frying-pan. The salsify, oyster-fritters are often egged - and - bread-crumbed, then fried three or four minutes in deep fat.

Fish Pudding

The recipe for salmon timbales *en surprise*, given in the February maga-

zine, may be cooked in a melon mould, decorated with capers or chopped truffle. The whites of two eggs are



Roast Loin of Lamb with Turnip Purée

needed in this recipe, which makes a firm timbale. The following recipe gives a more delicate dish. The dish shown in the illustration was made of halibut. This mixture may be baked in timbale moulds. Pound enough halibut to make a cup of fish after being pounded and sifted. A half-pound of fish, weighed after freeing from skin and bone, will be needed. Add to the fish, pressed through a sieve, four ounces, or half a cup, of panada, one-third a cup of butter, and the whites of three eggs. Pound again in the mortar, and again press through a sieve. Set aside to become chilled. Then very gradually beat into it one cup of cream, beaten solid. Have ready a melon mould—



Loin of Lamb. Ready for Baking

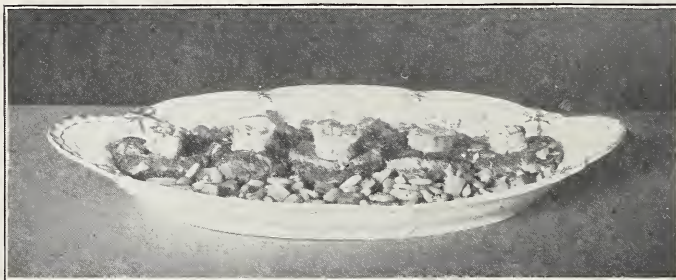
a fish mould is preferable—thoroughly buttered and decorated with capers or chopped truffles. Turn in the mixture, tapping the mould against

the table several times, to cause the mixture to settle evenly into it. Set into a pan of hot water, on several



Mushroom-and-Marrow Omelet

folds of paper, and let cook until the mixture feels firm in the centre. Turn onto a serving-dish. Surround with rosettes of mashed or duchess potato, holding a cooked potato ball on the top, and sprinkle the potato balls with chopped parsley. Finish with slices of lemon, holding a figure cut from slices of pickled beet. The panada may be bread or flour. For the bread panada, cook crumbs from the centre of a loaf in cream or milk to form a smooth paste. For the flour panada, melt a tablespoonful of butter in one-fourth a cup of boiling water, stir in one-fourth a cup of flour, and cook to a smooth consistency. Add a few grains of salt, turn into a cold



Minions of Beef with Marrow and Macedoine

dish, and beat in the white of one egg. Cover and cool before using. Serve the fish with any sauce used for boiled or baked fish.

Loin of Lamb Stuffed and Roasted

Have ready a loin of lamb, boned and with flank trimmed, to cover a small roll of dressing. Season the inner side of the meat with salt and pepper. Shell 24 chestnuts (see page 360, February magazine), and cook until tender in simmering water. Set aside six or eight, to use whole, and press the rest through a sieve. Add one pound of sausage meat and one pint of bread crumbs from the centre of a stale loaf. Mix together thoroughly, then add salt and pepper as needed, and use as a stuffing for the boned lamb, adding the whole chestnuts here and there. Tie strips of cotton around the meat to keep the flank in place over the dressing. Rub the outside with salt and pepper, and roast about two hours, basting every fifteen minutes with the dripping in the pan. When cooked, remove the tape, and serve on a purée of mashed turnips, with brown sauce in a sauceboat. Serve at the same time baked bananas with a currant jelly or raisin sauce. Loin of veal may be cooked in the same manner.

Minions of Beef with Marrow and Macedoine

Cut six or more slices from a well-trimmed beef tenderloin; with a wet cleaver bat them to the same thickness,

about five-eighths of an inch; lay a pattern on each and with a sharp knife cut into perfect rounds. Dip these in oil or melted butter, and

broil over a moderate fire about six minutes, or sauté in a little hot butter, turning constantly. Have ready one or two slices of marrow for each minion. To prepare, split a marrow bone sawed in several pieces, and take out the marrow in whole pieces. Cut these into as many slices as are needed. Let stand an hour in cold water, then drain, cover with boiling water, and let stand without boiling ten minutes. Dispose the minions on a hot serving-dish, the marrow above. Pour over a cup (less or more as needed) of brown sauce mixed with a few tablespoonfuls of tomato purée, and surround with cooked flageolet and cubes of carrot.

butter, then add stock, and cook until tender. Prepare the marrow as in "Minions of Beef with Marrow," and



Little Flower Decorated Cakes

cut into small cubes. Make a sauce of two tablespoonfuls, each, of butter and flour, half a teaspoonful of salt, a dash of pepper, and a cup of rich brown stock. Beat the whites of five eggs until dry. Beat the yolks of five eggs until thick. Add the sauce



Apple-and-Raspberry Jelly

Mushroom-and-Marrow Omelet

If canned button mushrooms are used, cut them in lengthwise halves or quarters. If fresh mushrooms be used, break them in pieces, sauté in

to the yolks with one-fourth a cup, each, of the prepared mushrooms and marrow, and into this mixture fold the whites of the eggs. Melt two tablespoonfuls of butter in a hot

omelet-pan, pour in the egg mixture, spreading evenly over the pan. Let stand about two minutes, where there croutons at each end, and a sprig of parsley with three or four mushrooms on top.



Cake Decorated with Violets, etc.

is a moderate heat, then set into the oven until a knife thrust into the centre comes out without liquid mixture adhering to it. Cut across the omelet at right angles to the handle of the pan, fold, and turn onto a hot platter. Surround with a cup of rich brown sauce, to which two tablespoons, each, of sliced mushrooms and bits of marrow have been added. Finish with a small mound of bread

juice from a quart can of raspberries, and measure the whole. Put about four cups of the juice into each of several saucepans, and about three and one-fourth cups of sugar onto as many agate plates as saucepans. Set the liquid over a quick fire, and the sugar into a moderate oven. Let the liquid boil fifteen minutes, skim, then add a plate of hot sugar. Let boil up once, skim again, and pour into hot

Apple-and-Raspberry Jelly

Remove all imperfections from half a peck of apples, cut them in quarters, barely cover with boiling water, cover, and let cook until soft throughout. Then turn into a bag, and drain. When the bag is cold enough to handle, press gently, to remove the last of the liquid. Add the



Courtesy of Jones, McDuffie and Stratton

New Style of Bon-bon Dishes

jelly glasses. The last of the jelly will be quite thick. If the jelly does not prove firm enough,—apple jelly grows firm by keeping,—cook the second lot twenty minutes, then add the sugar as in the first boiling. The juice of three or four lemons may take the place of the raspberry juice, or that from two lemons may be used with the raspberry juice.

Rye-meal Biscuit

To one pint of milk, scalded and cooled, add half or a whole cake of compressed yeast, softened in half a cup of lukewarm milk or water, and three cups of sifted bread flour. Beat very thoroughly and for several minutes, then cover and set aside to become light. When light, add one-third a cup of olive oil, melted butter, or drippings, one-third a cup of molasses, one teaspoonful of salt, and two cups and one-half of sifted rye-meal. Beat thoroughly and for several minutes, and set aside, to become light, then roll into small balls and dispose in a buttered pan. When light and puffy, bake about twenty-five minutes. The recipe makes two and a half dozen of small biscuit. The tops of the biscuits may be glazed by brushing them over with a teaspoonful of cornstarch, diluted, and cooked in a cup of boiling water.

Burnt Almond Omelet

Cook one cup and a half of sugar to caramel; add three-fourths a cup of water, and simmer to a syrup. Beat the whites of five eggs dry and the yolks until thick. To the yolks add a few grains of salt and five tablespoonfuls of the caramel syrup. When thoroughly blended, pour over the whites, and cut and fold together evenly. Have two tablespoonfuls of butter melted in a hot omelet-pan. Sprinkle the bottom of the pan with

two tablespoonfuls of chopped almonds, and turn in the egg mixture, spreading it evenly over the pan. Sprinkle lightly with chopped almonds, and, when "set" on the bottom, remove the pan to the oven. When the centre of the mixture is firm, score, and turn onto a hot platter, pour over the hot syrup, and serve at once.

Swedish Sponge Cake

Beat, separately, the whites and yolks of four eggs. Beat one cup of sugar into the yolks, then add half a cup of potato flour sifted with three-fourths a level teaspoonful of cream of tartar, one-fourth a teaspoonful of soda, and one-fourth a teaspoonful of salt. Add, lastly, two teaspoonfuls of lemon extract and the whites of the eggs. Bake in a moderate oven forty minutes. This recipe, using potato flour, makes a very tender sponge cake.

Currant Jelly-and-Cream Cheese Salad

Have currant jelly shaped in tiny moulds, or remove from a larger mould with a teaspoon. Dispose the jelly on heart leaves of tender, blanched lettuce, surround with small cubes of Neufchatel or cream cheese, and pour French dressing over the whole. Serve at luncheon or dinner in place of sweet dessert.

Rice Biscuits

Cream one cup of butter. Add one cup of sugar, gradually, then the beaten yolks of two eggs, and half a pound, each, of rice flour and ordinary flour, lastly the whites of two eggs, beaten dry. Drop the mixture from a spoon onto a buttered baking-sheet, and bake in a moderate oven from ten to fifteen minutes. Serve at five o'clock tea.

Menus for a Week in March

The object of cooking is twofold, æsthetic and hygienic.

SUNDAY

Breakfast
Cereal.
Poached Eggs on Toast, Tomato Sauce.
Grape Fruit Marmalade.
Rye-meal Biscuits.
Coffee.

Dinner
Emergency Soup.
Loin of Lamb, Stuffed, Brown Sauce.
Candied Sweet Potatoes.
Turnip Purée. Apple-and-Raspberry Jelly.
Lettuce-and-Radish Salad.
Cheese Sticks.
Maple Parfait. Wafers. Coffee.

Supper
German Coffee Cake, Toasted.
Cocoa or Chocolate.

WEDNESDAY

Breakfast
Ralston Breakfast Food.
Finnan Haddie Baked in Cream.
Baked Potatoes.
Buttered Toast. Coffee.

Dinner (Guests)
Baked Shad, Roe Croquettes.
Mashed Potatoes. Lima Beans, Maître d'Hôtel.
Cole Slaw. Fresh Rye Bread.
Canned Apricot Ice-cream.
Wafers. Coffee.

Supper
Smoked Fish.
Bread and Butter.
Stewed Apples.
Ginger Cookies. Cereal Coffee.

MONDAY

Breakfast
Pettijohn's Breakfast Food, Milk or Cream.
Sausage, Fried Bananas.
Rye-meal Biscuit (Reheated).
Coffee.

Dinner
Lamb Broth with Flageolet.
Cold Loin of Lamb. Mashed Potatoes.
Turnips in Cream Sauce.
Hot Cornstarch Pudding.
Canned Raspberries.
Tea.

Supper
Rice Cooked with Tomato and Cheese.
Bread and Butter. Evaporated Peaches.
Tea.

THURSDAY

Breakfast
Broiled Ham, Eggs.
Hominy with Parsley or Cream.
Baking-powder Biscuit. Maple Syrup.
Coffee.

Dinner
Boiled Shoulder of Lamb, Caper Sauce.
Boiled Potatoes. Spinach.
Compôte of Fruits, Maltaise.
(Individual Charlotte Russe Moulds.)
Tea.

Supper
Cream-of-Spinach Soup, Croutons.
Bread and Butter. Canned Fruit.
Tea.

TUESDAY

Breakfast
Grape-nuts, Cream.
Frizzled Smoked Beef.
Mashed Potato Cakes.
Corn-meal Muffins.
Cereal Coffee.

Dinner
Beefsteak. Baked Potatoes.
Onions in Cream.
Spiced Apple Pudding.
Hot Currant Jelly Sauce.
Tea.

Supper
Baltimore Somp, Maple Syrup, Cream.
Bread and Butter.
Cocoa or Chocolate.

FRIDAY

Breakfast
Barley Crystals, Cream.
"Picked up" Codfish in Tomato Sauce
on Toast,
Poached Eggs above. Yeast Biscuit (Reheated).
Coffee.

Dinner
Slice of Halibut, Sautéd.
Escaloped Potatoes. Lima Beans, Maître d'Hôtel.
Tomato Jelly, Boiled Salad Dressing.
Red Apple Sauce, Cream.
Baking-powder Biscuit.
Black Coffee.

Supper
Shad Salad. Bread and Butter.
Canned Pineapple. Wafers.
Cereal Coffee.

SATURDAY

Breakfast
Farina, Cream.
Lamb-and-Potato Hash,
Horseradish.
Hecker's Buckwheat Cakes,
Maple Syrup. Coffee.

Dinner
Lentil Soup.
Cannelon of Beef.
French Fried Potatoes.
Stewed Tomatoes.
Strawberry Bro-man-gel-on.
Wafers.

Supper
Baked Red-eyed Beans, Bos-
ton Style, Pickles or Ketchup.
Hygienic Brown Bread.
Custard Pie.
Tea.

Menus for Occasion

Chafing-dish Dinner, 7 O'clock P.M.

With a few friends and a few dishes dine.—*Cowley.*

CAVIARE CANAPÉES WITH STUFFED EGGS. OLIVES. RADISHES.
FRICASSEE OF OYSTERS, TOAST (CHAFING-DISH).

MINIONS OF BEEF TENDERLOIN, MUSHROOM SAUCE.
(2 chafing-dishes, one for meat, one for sauce.)

SWEET POTATO CROQUETTES OR CANDIED SWEET POTATOES
OR MACARONI CROQUETTES.

CRESS-AND-BANANA SALAD, FRENCH DRESSING.
CHEESE. FANCY CRACKERS. DEVILED RAISINS.

COFFEE.

“Little Dinner”

We'll have some half a dozen friends,
And there an end. *Romeo and Juliet.*

CONSOMMÉ WITH FLAGEOLET.

INDIVIDUAL FISH TIMBALES, DUCHESS POTATO ROSETTES, MOCK HOLLANDAISE SAUCE.

BONED LOIN OF LAMB, STUFFED.
HOMINY CROQUETTES.

CREAMED SALSIFY. BAKED BANANAS, JELLY SAUCE.

LETTUCE SALAD.

CHESTNUT COMPÔTE WITH CREAM AND CHERRIES.

LITTLE CAKES. COFFEE.

Lenten Luncheon

We cultivate literature on a little oatmeal.—*Sydney Smith.*

Menu

STRAWBERRIES, FRENCH STYLE.

CREAM-OF-ASPARAGUS SOUP. TOASTED ROLLS.

LOBSTER CHOPS, CUCUMBERS.

PLANKED BALTIMORE SHAD, DUCHESS POTATOES.

CREAMED ROE AU GRATIN.

LETTUCE, CUBES OF TOMATO JELLY AND SLICED EGG, MAYONNAISE DRESSING.

PINEAPPLE OMELET.

COFFEE.

AFTER BREAKFAST CHAT

By JANET M. HILL



In Reference to Menus and Recipes

FOODS containing abundant protein are a necessity throughout life; for, though the building of tissue practically ceases when full stature is attained, the various tissues must be kept in repair as long as life lasts. But sometimes we seem to forget that protein is found in the vegetable as well as in the animal kingdom. Vegetable protein, however, is not digested and assimilated as completely as that which originates in the animal kingdom; but, if the tax upon the system be not disproportionate to the result, there is a decided gain, from an economic point of view, when a portion, at least, of this principle is secured from other food than meat. Hutchison, in "Food and Dietetics," gives the cost of a pound of proteid purchased in different forms, as follows:—

- 1 pound of proteid in peas costs 7*d.*
- 1 pound of proteid in oatmeal costs 7½*d.*
- 1 pound of proteid in bread costs 1*s.* 6*d.*
- 1 pound of proteid in milk costs 2*s.* 2*d.*
- 1 pound of proteid in beef costs 2*s.* 8*d.*

Beef is compact in form, and the percentage of proteid in a given bulk is higher than in the other articles named. What is true of beef is also true of other proteids originating in the animal kingdom, with the exception perhaps of milk, which is bulky,

on account of the large proportion of water it contains.

If peas, bread, macaroni, or oatmeal, be depended upon as the full source of our supply of proteid, the amount of vegetable food that must be eaten, to insure the requisite proportion of proteid, will overtax the capacity of the stomach and other digestive organs. In trying to avoid too much bulk, we often make the mistake of selecting too concentrated food. But there is a happy mean, and this it were well to look for.

Proper elimination is essential to a perfect state of health. The bulk of vegetable foods, together with the waste cellulose which they contain, and which is apt to ferment in the intestines and produce acids that hasten on peristalsis, is often the very thing needed to insure the completion of the cycle, which begins with food ingestion and ends with food-waste, elimination. Two-thirds the total amount of proteid may often be taken from vegetable sources, with profit to health as well as the pocket-book.

In the illustration given on page 408 is shown a group of foods rich in vegetable proteids. We do not think the articles should supplant entirely meat, fish, and milk; but in many cases we do think these concentrated

foods are used too liberally. Their flavor is most agreeable to us, and we partake of them more freely than we ought.

From the items shown in the illustration and others similar in character we may often select and prepare such dishes as are suited to the needs of our particular families, and thus be enabled to trim down the size of the roast or steak. We must not, however, forget that many of these vegetable products are of delicate flavor. Accustomed to the rich flavor of meat cooked over the glowing coals, our sense of taste is not adjusted, perhaps, to such delicacy; and the hand and judgment of the skilled cook is demanded, to make these dishes really attractive to us.

Born and bred in a country of limited resources, the Italians—long before France had become the home of good cookery—had learned how to turn poverty of material to the best account. The juices of meat extracted from the head of a sheep or the feet and giblets of a fowl, the flavor of mushrooms and garlic intensified by cooking in oil, of tomatoes concentrated and intensified by the sun's rays, the aroma of fine cheese, all were drawn upon to make macaroni, polenta, and other farinaceous dishes worthy a place upon the best tables in any land.

Easter Cakes

Easter comes this year on April 3, and it seems advisable to give here a few suggestions for the table at this spring festival. For the little cakes any recipe for nice cake may be used. A white cake is preferable, perhaps. Either white pound, lemon, or the inexpensive white cake, given in the February magazine in answer to query 849, would be satisfactory. For the icing boil half a cup of granu-

lated sugar and half a cup of water two or three minutes. Add a scant tablespoonful of lemon juice or half a teaspoonful of vanilla extract, and stir in enough sifted confectioner's (NOT powdered) sugar to make a paste that will spread evenly. Use at once, as it will not spread well when cold. Tint some of the frosting with pink, lavender, or red color-paste, and stir in sugar until a piece pressed with the fingers will hold its shape. Break off little bits, and shape them into buds and blossoms. Put a tiny bit, tinted yellow, into the centre of each blossom, and press upon the frosting, with bits cut from candied angelica root. Let the whole represent flowers, etc., on a stem. A larger cake, covered with the same frosting, may be decorated with a bunch of violets. Angelica will furnish the stems and leaves, and candied violets the blossoms. If candy eggs be not available, this same frosting may be shaped into balls, and the balls elongated at one end to give egg-shapes. A sprinkling of cocoa will give the flecked appearance of many birds' eggs. Nests may be formed of ornamental icing, tinted with melted cocoa or chocolate. A fine tube or a paper cornet is needed to shape the nests. Again angelica does duty for leaves.

Large cakes should be cut at the table.

Other Easter Dishes

The sardine croquettes, served as a relish at the beginning of the dinner, are made with a foundation of bread panada, but half or perhaps three-fourths a cup of thick white sauce may be used instead.

For the chicken custard to garnish the consommé, pound one-fourth a cup of cooked breast of chicken in a mortar and press through a sieve. Add a little salt and paprika, three

tablespoonfuls of tomato purée, and two beaten eggs. Mix evenly, and poach in a buttered cup until firm in the centre. When cold, unmould and cut as desired.

Bone the quails for the game course, and stuff them with chicken force-meat. Truss neatly, and cook in a casserole until tender. When cold, cut them in halves, dip in beaten egg, roll in crumbs, and fry in deep fat. Use the liquid in which they were cooked in making a Bechamel sauce to serve around them.

Apple and Raspberry Jelly

Apples in March, unless one have better than ordinary facilities for keeping them, are not at their best. Still there is no season of the year when their presence in the larder is more prized, and with careful use

of the knife and cold water even apples with blemishes may be manipulated into toothsome dishes.

Did you ever try using sound portions of this fruit in jelly? The juice from a jar of canned raspberries will afford a variation from the plain apple jelly and add to the quantity of liquid. Also the juice of one or two lemons may be added. Or these with the yellow rind may be used without the raspberries. A half-peck of apples with a pint of raspberry juice will yield a dozen medium-sized glasses of jelly. The berries left in the jar need not go begging; for, if no other use for them occurs to you at the moment, reheat them in a syrup made by boiling a cup, each, of sugar and water about six minutes, and serve, either hot or cold, as a sauce for a hot cornstarch pudding.

Simple Living

The simplification of living is more or less in the air, and there seems reason to hope it may become really the proper thing. One woman of fashion has freed herself and family from bondage to solid silver table service, except forks and spoons, declaring that the burden of getting it properly cared for was no longer to be borne. Another gave a most successful luncheon during the past summer on the lawn under the trees, serving a first course of iced muskmelons, next hot coffee, with ham and chicken sandwiches, and lastly blackberries and cream, cookies, and baskets of fruit. When this sort of thing can be done, to the great satisfaction of every one, by the mistress of one of the first families of a fashionable suburban town, the exhausted toiler, struggling

for beribboned, lace-doiled luncheon and dinner "effects," may well pause to consider whether the required strength and money cannot be more wisely expended than in this particular kind of "fleeting show."—*Judith Chaffee, in New York Tribune.*

The *Practical Confectioner* states that restaurants in Paris are becoming practical. Thus, instead of several waiters waiting on customers with *hors-d'œuvre*, only one now does so, who hands a silver dish which is divided into six compartments and which are filled with as many different *hors-d'œuvre*. This gives a choice to each guest, and saves time and labor, as only one *garçon* is required instead of there or four.

Home Ideas and Economies

Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Dripped Coffee for One

OFTENTIMES, if some one has to make an early train, or a guest arrives unexpectedly late, when fresh coal has been put on the fire, it is very convenient to have a quick way of making coffee.

Coffee can be made more quickly and with less trouble if it be dripped rather than boiled. There are pots which filter through a cloth bag or drip through perforated metal or pottery strainers. For these the coffee must be pulverized or very fine-ground, while for boiled coffee it is used much coarser.

Here is a little invention for making dripped coffee, for one or two, which fits directly over the cup. With water boiled over the gas or even a lamp, nice coffee can be made in a few minutes.



The accompanying drawing shows how it looks. The upper part holds the coffee, and the saucer-like flange rests on a cup or a straight-topped pitcher, if one wishes to drip coffee for two.

The silver gauze in the opening at the centre allows the liquid coffee to drip through into the cup.

The secret of dripping coffee is to let the coffee swell slowly at first. If one has not the requisite patience

or if it happens that one has to use a rather coarse-ground coffee for this kind of a dripper, it is better to scald the coffee first in a cup, and then put it into the dripper. After this the bulk of the water can be added faster. The little perforated cover shown at the left is used to hold the coffee in place and to distribute the water evenly.

It is easily cleaned and carried about in a trunk, with a small supply of coffee and condensed cream in screw-topped bottles.

AMONG the most novel treasure-trove resulting from a summer trip abroad is a charcoal-holder from Holland. In the churches there people have boxes, with perforated covers, for foot-stoves. The fire is of coals held in an earthen dish. A happy thought of one girl was to buy one of the latter and use it as a bowl for mayonnaise or pudding sauce. It is very pretty, being made of pale green glazed ware. In shape it is nearly square and somewhat flaring, with a handle on one corner. It cost the sum of three cents, but it is more noticed than some things that cost as many dollars. The owner said they were to be had by the barrel, and only the trouble of bringing them prevented her from buying a number for her friends who like odd things.

WHEN making a laundry bag, do not omit a loop wherewith to hang it. Do not depend upon the drawing-string for that purpose; for, if the contents are at all weighty, the casing is soon torn, or worn through, at the ends. It is also very much

more trouble to put things into the bag from day to day, if it is so hung; for it necessitates taking it down, unless one side is left open some distance. A strong pair of loops at opposite sides of the bag, so that it may be hung from two hooks, is preferable. One loop will answer. While directions for making pretty laundry bags are often given, this item is never considered.

A NEW method of cooking poultry has just found its way North. A traveler in the Far South praises a dish he had there. A chicken—for in the South they never say hens or poultry or fowls—is dressed and filled with a dough of chestnut meal. The legs are taken off at the second joint, and the wings shortened. It is then put inside a beef bladder, which has been carefully prepared. The opening of this is tightly closed; and it is then cooked in a kettle of water, the fowl simmering in its own juices. JULIA DAVIS CHANDLER.

My Point of View

IT is both objective and subjective, —this more abundant life which we housekeepers and home-makers desire.

That watchword of our time—The Simple Life—serves us as pilot in these bewildering days when “prosperity” seems to put some of the necessities of life (in the way of food-stuffs at least) beyond our reach.

Contrary to accepted theory, the buying in small quantities is proven economy, wherever the cook is generous-handed. One laughs to realize that she manages with half as much because of closer limitations, but can well afford such practical jokes.

In the preparation of food, variety may help economy: rice or macaroni

with cheese substituted for the too frequent potato; the chocolate cake or gingerbread, usual guest of the evening meal, decked with whipped cream for dessert. Even variety of serving-dish may count; and a most ordinary boiled custard, served over fruit in glass cups and crowned with meringues baked in covers of baking-powder boxes, will surprise and delight our dear critics, who never guess it the result of almost despairing wonder as to what to do with the bit of apple sauce or canned fruit left from supper.

A box of salmon or shredded cod-fish, or the potatoes from dinner, will seem transformed, if baked with buttered crumbs in one of the dainty brown casseroles we can buy so cheaply.

For some of us the adoption of the “light breakfast” has lifted a load from the shoulders; and while we sit, refreshed and buoyant, at the close of the simple meal of fruit, cereal, and coffee, or cereal coffee, and toast or muffins, we marvel at the blindness of our minds when a three-course breakfast seemed a necessity, and we burdened our wits and our purses, that we might eat more than we should at day’s beginning.

Economy of time as well as money is one of our needs and desires. To see one’s housework not as an *end*,—drudgery on which we open our eyes in the morning and which claim the greater part of our precious day,—but a *means* to larger, happier living for our families as for ourselves,—such an attitude not only cheers, but actually lessens our labor. For, the more of life we try to reach beyond the confines of our “daily round,” the more we find.

Our age serves us well in this respect, and good taste joins fashion

to save our energies, long wasted on heavy carpets and draperies and the dusting of superfluous bric-à-brac.

To be mistress (not servant) of ourselves,—of our time, of our money; to claim and enjoy our share of the pleasures of life,—its music, its literature,—that so we may best serve those of our household and our community,—such is our aim.

These aspirations belong to all womankind, and the new life in our own veins will quicken that of those who serve us. Much of the domestic difficulty, which is such a problem of our time, would be solved, if we sought to help our servants find these same heights to which our own steps tend.

Greater repose and poise, more refreshment and cheer, we must have, brought to us largely from outside,—from friends, from nature, and from books, but built on the foundation stones alone worthy of sufficient bodily refreshment and mental self-control.

“Rest is not quitting a busy career,—
Rest is the fitting of self to its sphere;
’Tis seeking and serving the highest and
best,
’Tis onward unswerving, and that is the
rest.”

ELIZABETH L. B. FLETCHER.

Kitchen Notes

IF one cannot have a marble slab for the top of the kitchen table, the best covering is zinc. It may be kept clean easier, and servants cannot harm it with the knife when cutting bread or meat. If only table oil-cloth can be afforded, the tan-colored in small check will be found the most serviceable of any; for it will not show stains readily.

One need not despair of having plenty of garnishing supplies, nor be

obliged to order such from the public greenhouse. Plant a carrot or parsnip in good soil, and allow to grow in a sunny window. Either will make a marvelous growth in a few weeks, and will supply an abundance of plummy leaves for garnishing. The leaves of the parsnip are unfit to eat. They are even said to contain poisonous properties. If eaten in any quantity, they might produce sickness, but are harmless when used simply as a garnish. The foliage of the carrot is the prettier, and may be used in soups.

A teaspoonful of liquid house ammonia (or the concentrated powder) in warm suds will clean silver thoroughly and well, and add to its brilliancy. Use a small brush if the silver is chased, rinse in hot water, and dry with a linen towel. Then rub very dry with chamois. Silverware treated thus daily will not require weekly or monthly polishing with whiting, but will always be presentable without it. Ammonia serves to polish glassware most brilliantly.

To remove cream spots from embroidered centre pieces or doilies, dampen the spots with house ammonia, full strength (or, if aqua ammonia, diluted), then lay a fresh blotting paper over the moisture, and iron lightly. This treatment for removing any grease from white goods.

A strong solution of citric acid will be found much more efficacious in removing iron-rust spots than lemon juice and salt, and safer than oxalic acid. Lemon juice is likely to leave yellow spots nearly as difficult to remove as the original discoloration, if it is not entirely washed out of the fabric before soap is used, and oxalic acid weakens the cloths.

Lay the garment in strong sunshine after applying the citric acid solution, and rinse well with clear water subsequently.

MRS. W. L. COCHRANE.

THE washing of ribbons is not always attended by the best results; but I like this method, taught me by a milliner, better than any yet tried. Put the ribbon into a basin of warm water, rub on some good white soap, and wash as you would anything else. While still wet, iron on the right side with a hot iron, and, when dry, rub between the hands as if washing it, until all the stiffness is out of it, then iron again to remove the wrinkles. Washed in this way, it is difficult to tell it from new ribbon.

We all know how difficult it is to successfully wash a crocheted shawl and have it look fluffy and in good shape when done, but I tried an experiment recently which proved successful. I put the shawl into a pillow-case, tied a string around the top, and then washed it in plenty of hot water and soap. It was then rinsed thoroughly and hung out to dry, pillow-case and all. The result was almost perfect, although the next time the shawl is washed I shall choose to do the work on a bright, windy day in midsummer, when it will dry more quickly, and, I think, come out almost like new.

If one wishes to be truly economical, a good place to begin is at the coal-bin. Oh, the coal which is wasted in many of our homes, simply because those in charge do not understand the care of a fire! It is one thing to keep a good fire with the dampers wide open, and quite another with the dampers closed.

If one is ironing, baking, or doing anything which calls for a hot fire, why, of course, the dampers must be so arranged as to allow the desired heat; but it is a woful waste of coal to keep a red-hot fire all the time. To let the fire come up fairly well and then close the draughts tightly, until the heat is needed, is the true way of economizing. And, then, a few cinders will do wonders for a kitchen fire, even keeping it well overnight, when fresh coal would fail. I burn one hod of coal each day, in extreme weather a little more, in my kitchen stove, and rarely put on fresh coal after making the fire in the morning. I then fill the fire-box full of coal, open and shut the draughts according to the work to be done, after dinner rake it a very little, cover with cinders, adding a few more after supper, and in the morning have a good fire, with steaming hot water in the kettle. Sometimes, if the day has been a windy one, the fire will be gone, but the water still hot.

Many times the cook is bothered in having her cake crust over on the top, and it is a question in her mind as to the cause. Some claim that the trouble is in the baking, that the oven is not hot enough when the cake is put in. But I have an idea that the way in which the ingredients are put together has something to do with it. In a sponge cake, as well as in other varieties, many rules call for the separation of the eggs, and advise adding the beaten whites the last thing. A friend has made a study of the question, and claims that the white of the egg and the sugar do not mix readily with the other ingredients, and so unite in forming a crust; and she has found that, when she mixes the whole egg with the other

things, her cake is all right, and without a hard sugary crust.

EMMA J. FULLER.

[NOTE.—We would like to hear concerning the experience of others in this matter.—E.D.]

Reviving Household Industries

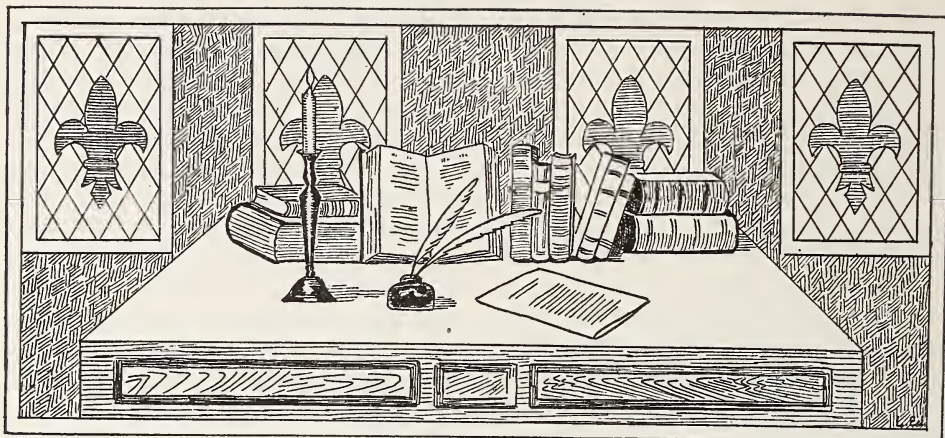
A few years ago the products of household industry were as little prized in the general market as were the old fireplaces and candlesticks of our grandfathers after the modern improvements of furnace heat and gaslight had been introduced. So the crochet needle and atrocities in "fancy work" took the place of the loom and its enduring products. Factory-made goods were so varied and so cheap that there was no demand for anything else. But more recently there has been a decided change, and there is a growing appreciation of the old-fashioned, honest handicrafts. Taste has improved, and people who used to be content with the latest novelty turned out in quantity now want individual things, not merely in the domain of the fine arts, but in that of useful household articles. The woman who now has a piece of her grandmother's homespun prizes it not only as a relic, but as a thing of use and beauty. The old fabrics, made of the best materials and the most unfading dyes, are eagerly seized upon wherever found, and new ones, made where the old methods still survive or have been revived, find a ready sale at remunerative prices. Of course, the great bulk of merchandise for all classes of people must be produced by machinery; but that is no reason why household industries should die out. . . .

The homespuns made by the cottage weavers of Scotland are in demand all over the civilized world; and

woollens from our own firesides, if as well made, should be equally prized. It is a common complaint that individuality is being stamped out by our industrial system, and that there is no chance for the people who are not in the current of progress; that there is no chance for the farmer except in the West, where agriculture is carried on at wholesale, or for the craftsman who does not rush to the town with its big factory. That is only because the farmer or the hand-craftsman does not take his chance. Villages decay and are poverty-stricken because they have accepted poverty and not improved their opportunities. What can be done for them is illustrated by the success of the cottage industries of Ireland. There the weavers and lace-makers, whose work is sought by people of wealth and taste, have brought prosperity to hundreds of homes. . . .

With their delight in machinery and their desire to be up to date, the Americans more than any other people have abandoned household industries. Many despise them now and are impatient of slow processes, and think it uneconomical to work at them. For those who really find more profitable employment it may be. But there are thousands who do not; and with proper encouragement they might produce homespun fabrics and laces, and find in the work not only financial profit, but the moral benefit which comes from skilled industry and independent creation in however humble a sphere.—*New York Tribune*.

Parisian restaurant keepers are as a rule noted for their good butter; but it may be a revelation to many to learn that the agreeable taste and flavor is imparted by the addition of a small quantity of *miel*, or honey. —*The Practical Confectioner*.



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 850.—Mrs. J. L. S., Missoula, Mont.: "Is there any difference between rye flour and rye meal? In your recipes you say 'cream the butter.' How is this done? I have always creamed the butter and sugar. Recipes for sour cream biscuit and for baking-powder biscuit. Where can the bean-pot shown in your November magazine be purchased?"

Rye Meal and Flour

There is the same difference between rye meal and rye flour that there is between wheat meal (Graham) and wheat flour. Both meals are too coarse for use alone, but make full as good, if not better, muffins, when combined with flour, than does the flour alone. Rye meal, not flour, is used in making Boston brown bread. It gives a most agreeable taste to the loaf.

Creaming Butter for Cake

As a rule, the texture of a cake

will be better, if the butter be creamed before any sugar is added to it; and the work can be done much more easily by beginning in this way. In cold weather the cake-bowl should be warmed slightly or rinsed out with warm water, and dried. The butter should be of the temperature of the living-room. Then with the cake-spoon beat it until it is of a pliable consistency, smooth and white on the edges. When this condition is secured, the sugar can be added gradually, but very quickly, and the whole will shortly be very light and fluffy.

Sour Cream Biscuit

Pass through the sieve, together, four cups of sifted flour, one level teaspoonful, each, of salt and soda. Then mix to a dough with sour cream, of which it will take about one pint. The cream should be actually sour.

Any milk that is present should be thick and loppered. If the cream be less sour, less soda may be used, and the lightness of the biscuit be assured with baking-powder. No fixed recipe can be given for such biscuit, as everything depends upon the exact degree of acidity developed in the cream. Only cooks expert by practice can be sure of success when dealing with these combinations.

Baking-powder Biscuit

Pass through the sieve, together, four cups of sifted flour, one level teaspoonful of salt, and three level tablespoonfuls of baking-powder. With a knife or the tips of the fingers work in three level tablespoonfuls, or more, of butter, then mix to a soft dough with sweet milk, or half milk and half water. It will take about a pint of liquid. Cut the dough with the knife until no dry flour is visible, then turn onto a board lightly dredged with flour. Roll it around with the knife until the surface is lightly coated with flour, then pat and roll out into a sheet five-eighths an inch thick, cut it into rounds, and bake at once. Fifteen to twenty minutes will be required for baking.

Bean-pot for Boston Baked Beans

The bean-pot to which you refer, shown in November magazine, may be found at the store of Jones, McDuffee & Stratton, Franklin and Federal Streets, Boston.

QUERY 851.—Mrs. M. S., Montreal, Can.: "Recipes for cooking kidneys."

Kidneys Sautéd

Remove the skin from the kidneys, cut lengthwise in halves, remove the hard portion, and slice in eight or ten pieces. Melt some butter in a frying-pan, let settle, and turn off the

clear fat. Wipe the pan free from sediment, reheat the clarified butter, and, when it becomes very hot, toss the kidneys about in it, having the fire very hot. Drain off the butter, and add, for two kidneys, a pint of hot, rich brown or tomato sauce. Season as needed. Madeira is sometimes used. Mushrooms and red or green peppers are often cooked with them. If served on toast, it may be spread first with anchovy butter or a purée of foie-gras.

QUERY 852.—Mrs. L. D. K., Toledo, Ohio: "Are green-looking oysters good to eat? Why does a cake that rises well and looks fine in the oven settle by the time it is baked? The cake is not heavy, but does not look as light and nice as it did just before it was done. I find quite often that meringues flatten out instead of keeping shape. What is the remedy?"

Healthfulness of Green Oysters

Herdman and Boyce, in a "Memoir" entitled "Lancashire Sea Fisheries," conclude that there are several kinds of greening, some of which, such as that found in the green Marennes oysters and in those of several rivers on the Essex coast (England), are healthy; while in others, as some Falmouth oysters, the green color is associated with the presence of an excess of copper. Others, as some American varieties re-embedded on our coasts, have a pale green tint, owing to an increase in certain corpuscles of the blood, and cannot be regarded as in a healthy state. C. F. Langworthy, of the United States Department of Agriculture, after investigation of the subject as seen in this country, concludes that "greening" is the result of consumption by the oyster of certain forms of green algæ, the coloring matter of which is soluble in the tissues and juices of the oyster, and that such oysters are not unhealthful.

Why a Cake settles in Baking

All food made light by carbon dioxide "settles," when the gas that has made it light has escaped. We plan to bake or fix the cells holding the gas before the gas escapes. A fire hot enough, when the cake is at its full height, would stiffen the cell walls so they would not settle, but the cake would be charred and inedible. If the heat be sufficient to form gas to send up the cake and yet be not strong enough to stiffen or bake the walls at all, the cake will be solid and "heavy," when the gas has escaped.

QUERY 853.—Mrs. A. C. H., Sioux City, Ia.: "Recipe for New York ice-cream."

New York Ice-cream

We suppose the name, "New York ice-cream," is a local appellation given to an ice-cream made with eggs. All authorities unite in a general division of cream-ices under two heads: French or Neapolitan cream-ice, made with a custard foundation, and Philadelphia cream-ice, which is a purely American production, made of sweetened-and-flavored cream and nothing else. French or Neapolitan cream-ice is made of cream or rich milk, and from six to twelve yolks of eggs to each quart of liquid. One cup of sugar is allowed for each quart of liquid, and one for each dozen of egg yolks. Cook the beaten yolks, beaten again with the sugar, in the hot liquid, as a boiled custard. If milk has been used, add a cup or more of cream when removing the custard from the fire, or, if preferred, just before freezing. Cornstarch, arrow-root, or flour, may take the place of a part of the yolks. Delmonico cream-ice is a French cream-ice, in which equal proportions of cream and milk are used. The cream is beaten and

added to the custard mixture either before freezing or when partly frozen.

Delmonico Ice-cream

Scald one quart of milk. Beat eight eggs (sixteen yolks are better) without separating the whites and yolks. Beat in three cups of sugar, and stir into the scalded milk. Stir and cook until the mixture covers all imperfections on the spoon, then remove from the fire, and strain into a cold dish. When cold, add two tablespoonfuls and one-half of vanilla extract and one quart of cream beaten to a perfect froth, and freeze as usual.

QUERY 854.—Long Cliff, Logansport, Ind.: "Recipe for English muffins, made with yeast and baked in rings on a hot griddle, and, also, a recipe for 'a fruit-jar,' or fruit preserved in alcohol."

English Muffins

Into a pint of scalded-and-cooled milk put a teaspoonful of salt, two tablespoonfuls of sugar, the whites of two eggs, slightly beaten, and half a cake of compressed yeast, softened in half a cup of water. Stir in enough white flour to make a very soft dough. About four and one-half cups of flour will be needed. Beat long and thoroughly, and set aside, covered, to become light. When the mixture has risen to about twice the original bulk, take out a piece about half the size of a cooked muffin, and pat it into shape on a floured board. Leave on the board or transfer to a floured baking-pan. When all are shaped, cover and set aside to become light. Before the mixture has become doubled in bulk, put into oiled rings resting on a hot griddle. The griddle should not be too hot, as the muffins require to be baked nearly fifteen minutes on each side; and they should be only slightly browned when cooked.

When the first side is cooked, turn the muffin, and bake upon the other side.

Fruit Jar

Cleanse the small fruits with cold water. Remove stones from cherries, shred pineapple, carefully freed from outside covering, with a fork, and remove all white skin from sections of orange or grape fruit. Allow half a cup of sugar to each quart jar of fruit. Put the fruit and sugar into the jars in layers, alternately. After a jar is filled in this way, pour in, slowly, white brandy. Let the jar stand a few minutes, then add more brandy. When the jar will contain no more, adjust the rubbers and screw on the tops tight.

QUERY 855.—Mrs. G. M. T., West Norfolk, Va.: "Are aluminum cooking utensils perfectly safe and healthful to use? Recipe for canning figs."

Aluminum Cooking Utensils

We know of no reason why aluminum cooking utensils are not perfectly safe to use.

Canned Figs

Wash the figs thoroughly, then put them into fruit-jars. Set the jars on the rack in a steam kettle, and pour in water to cover the rack. Make a syrup by boiling sugar and water, in the proportion of a cup of sugar to a pint of water, five minutes. Fill the jars of figs with syrup until they overflow, put on the rubbers and covers, and the cover of the kettle, and let cook an hour, then refill the jars, if needed, and let cook fifteen minutes. Screw down the covers, and set aside. The thin yellow rind of an orange or lemon or a piece of ginger root may be put into each jar with the figs. The figs may be cooked in an open saucepan, and then

removed to sterilized jars in the same way as other fruit is canned.

QUERY 856.—Mrs. A. J., Hornellsville, N.Y.: "Recipes for shepherd's pie and man-olas."

Shepherd's Pie

Put cooked meat in thin slices, small cubes, or fine-chopped, into a buttered baking-dish, and add stock or sauce to moisten, also such seasoning as is desired. Celery salt is appropriate for chicken, a little chopped mint or a few capers with lamb, and kitchen bouquet or Worcestershire sauce with beef. Onion juice is good with any variety of meat, and salt is needed with all. Have ready enough mashed potato, well prepared and seasoned, to cover the top of the dish to the depth of half an inch or more. Brush over the top with beaten egg or sprinkle with buttered cracker crumbs. Set into the oven to become very hot and brown the crumbs. The dish may be made with cold ingredients, but is at its best when the sauce or stock and the potato are hot. Then let stand in a hot oven only long enough to brown the top.

Man-olas

Man-olas are a proprietary product sold by the Seville Packing Company. Their advertisement will be found in our columns.

QUERY 857.—Subscriber, Boston: "Recipe for New York gingerbread. Did not have good success with the Park Street cake given in the Christmas magazine. How was it put together?"

New York Gingerbread

Cream half a cup of butter. Beat in, gradually, one cup of sugar, then the yolks of two eggs, one-fourth a cup of molasses, and, alternately, half a cup of milk and two cups of sifted flour, sifted again with one-

fourth a teaspoonful of soda and three tablespoonfuls of yellow ginger. Add at the last the whites of two eggs, beaten dry. Beat thoroughly, and bake in a loaf.

Park Street Cake with Variations

Cream half a cup of butter. Beat in, gradually, one cup of sugar, then a cup of cleaned currants. Beat the yolks of four eggs, add a cup of sugar, and stir into the other ingredients with a teaspoonful of lemon extract. Add alternately one cup of milk and three cups of sifted flour, sifted with HALF a teaspoonful of soda, *one teaspoonful and a half (measured level)* of cream of tartar, and half a teaspoonful of mace. Beat thoroughly, and bake in a round pan from an hour and a quarter to an hour and a half.

QUERY 858.—Mrs. E. H. P. Brookline, Mass.: "I do not succeed in making whole-wheat or Graham bread that is always light, when baked. Do not know what the trouble is. Have tried mixing stiff and baking long, and mixing slack, etc. Made two perfectly delicious loaves of Graham bread by the recipe in the January number, the first time I tried it; but it was not good the next time."

Whole-wheat and Graham Bread

As we have not seen the bread, we are unable to state where the trouble lies. Of course, if bread is to be light when baked, it needs be light when put into the oven. Try using a larger quantity of yeast,—say two yeast cakes to a pint of liquid. Watch the dough closely, and do not let it get too light before "cutting it down." Put it into the oven before it is quite doubled in bulk, after it has been set to rise the last time.

QUERY 859.—Mrs. M. S., Montreal, Can.: "Recipe for a small jelly roll."

Sponge Jelly Roll

Beat the yolks of three eggs until

very thick. Beat into them, gradually, half a cup of sugar with the grated rind and juice of half a lemon. Fold in the whites of two eggs, beaten dry, and then half a cup of sifted flour, sifted again with half a level teaspoonful of baking-powder and a few grains of salt. Spread the mixture in a pan lined with buttered paper, to the depth of three-eighths an inch, and bake between ten and fifteen minutes. Turn the cake, at once onto a clean cloth, remove the paper, and *trim off the edges*. (If these are left on, they stiffen and cause the cake to break on the edge.) Spread the upper surface (*i.e.*, the bottom) with jelly, then quickly roll up the cake, keeping the cloth between the fingers and full length of the cake. The cloth may be sprinkled with sugar before the cake is turned onto it.

QUERY 860.—Mrs. W. E. N., North Pitcher, N.Y.: "How is javelle water used, to bleach cotton articles that are yellowed by age, but not worn?"

Javelle Water for Bleaching

Use about one cup of javelle water to a pail of water. Immerse the articles in the water, let stand two or three minutes, then wring out of this water, and place in soapy water. Wash and scald in soapy water, then rinse in the usual number of waters, adding a little ammonia to the first water.

QUERY 861.—Mrs. J. J. F., Cincinnati, Ohio: "Menus for a supper for ten guests, at the cost of ten cents, each, and necessitating as little cooking as possible."

Menu for 10 Guests, Cost 10 Cents Each

I.

Chopped Ham Sandwiches.
Celery-and-Nut Salad.
Coffee.

ROYAL BAKING POWDER



ROYAL Baking Powder is indispensable to the preparation of the finest cake, hot-breads, rolls and muffins.

Housekeepers are sometimes importuned to buy other powders because they are "cheap."

Housekeepers should stop and think. If such powders are lower priced, are they not inferior?

Is it economy to spoil your digestion to save a few pennies?

Makes
the lightest
most
delicious
and
tasty
hot biscuit

Alum is used in some baking powders because it is cheap. It costs but a few cents a pound whereas the chief ingredient in a pure powder costs thirty. But alum is a corrosive poison which, taken in food, acts injuriously upon the stomach, liver and kidneys.

Queries and Answers

Individual Charlotte Russe.
(Whipped Cream and Cake.)

II.

Welsh Rabbit.
Lettuce-and-Tomato Jelly Salad.
Rolls. Coffee.
Pineapple Sherbet. Cake.

III.

Creamed Fresh Fish au Gratin.
Bread and Butter.
Pickles.
Lemon Sherbet.
Wafers. Coffee.

IV.

Ham-and-Veal Timbales.
Creamed Potatoes.
Cole Slaw. Bread and Butter.
Coffee Jelly. Whipped Cream.

QUERY 862.—E. M. G. P., Biglerville, Pa.:
“Recipe for white potato custard pies.”

Potato Custard Pies

Press cooked potatoes through a ricer to make a solid pint (one pound). Stir in half a cup of butter, one cup of sugar, the grated rind and juice of one lemon, and the yolks of six eggs, beaten and mixed with a second cup of sugar. When thoroughly mixed, fold in the whites of six eggs, beaten dry. Bake in two large pans lined with pastry as for a custard pie.

QUERY 863.—Mrs. J. W., Colorado: “Menu for a card party. Wish the color scheme to be brown.”

Menu for Card Party

Oyster Croquettes. Olives. Rolls, nicely
Browned.
Chicken (brown meat). English Walnut or
Pecan-and-Celery Salad.
Graham Bread-and-Butter Sandwiches.
Angel or Maple Parfait-and-Chocolate Ice-
cream
(Bombe in Melon Shape), or Vanilla Ice-
cream, Chocolate Sauce.
Marguerites or Brownies. Salted Nuts.
Deviled Raisins.
Coffee.

Boy.—“My mother says there was a pound of sand in the last box of prunes you sent up.”

Grocer.—“Well, you tell your mother that was the best scrubbing sand. She is a good customer, and I threw it in.”—*Philadelphia Record*.

Doctor Explains

His Article in the Medical Magazine about
Coffee

One of the most famous medical publications in the United States is the *Alkaloidal Clinic*, in a recent number of which an entertaining article on coffee by a progressive physician and surgeon is published. In explaining his position in the matter, this physician recently said:—

“In the article in question I really touched but lightly upon the merits of Postum Food Coffee. I have had several cases of heart trouble, indigestion, and nervousness, where a permanent cure was effected by merely using Postum in place of coffee without any other treatment.

“In my own family I have used Postum for three years; and my children actually cry for it, and will not be satisfied with any other beverage. Indeed, they refuse to eat until they have had the customary cup of Postum; and, as it is a re-builder and does nothing but good, I am only too glad to let them have it.

“To get the best results, we boil the Postum at least 20 minutes, and it is then settled by adding a little cold water. Then the addition of fresh cream makes a beverage I now prefer to the very best coffee.” Name given by Postum Company, Battle Creek, Mich.

Authorities are agreed that Postum is a wonderfully quick and sure re-builder. Ten days' trial in place of coffee proves it.

Look in each package for the famous little book, “The Road to Wellville.”



NABISCO

SUGAR WAFERS

Sweet to the lips, a lingering enjoyment to the palate, more potent to charm than any of the erstwhile tricks of Cupid. An exquisite confection such as never before created. Two filmy strips concealing between them a luscious cream of Lemon, Orange, Chocolate, Vanilla or Mint. To give the final and most exquisite touch to the informal tea or banquet of State, serve Nabisco Sugar Wafers.

NATIONAL BISCUIT COMPANY



Book Reviews

ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

THE AMERICAN PRISONER. By Eden Phillpotts. Cloth. Illustrated. Price \$1.50. New York: The Macmillan Company.

A large part of the pleasure in reading this book grows out of the fact that it is something more than merely a very good story. There is meat in it, and character, and a knowledge of life, and philosophy. It is a "Romance of the West Country" during the War of 1812, and is noteworthy for several strong and distinct characters, for the agreeable progress of its incidents, for its abundant variety of interest, and for its constant entertainment. Lovey Lee, for whose cottage the prisoners aim on making their escape, and who afterwards digs Grace's grave in the presence of the girl, whom she has tied to a tree, is one of the strangest characters in recent fiction. It is a vigorous, manly book, which resembles "The Four Feathers," "The Call of the Wild," and a few other recent novels, in being specially attractive to men as well as to women. Grace Malherb is a charming heroine, and a stronger contrast could hardly have been imagined than that between her three lovers.

This story is strong in every sense,—in plot, execution, and descriptive matter. We do not regard the hero and heroine as the most distinctive and interesting characters in the narrative. In the slang of the day, they "get there," and apparently receive full more than they deserve. But

Timely Calling

How the Pastor saved a Life

A man near Fort Gay, W. Va., made an entire failure in getting strength from the kind of food he ate, and, not knowing that the trouble was with the food, kept on losing health until the doctors gave him up to die.


It was supposed to be consumption, because he was wasting away steadily and slowly dying. His minister called from time to time, and one day brought along a package of Grape-nuts, thinking from what he knew of the famous food that perhaps it might help him. The sick man took to it at once, and from that day began to get well. In writing, he says:—

"I walked to town to-day three miles. Have gained over forty pounds in about two months, and my neighbors don't know what to say. I frequently am told it was as if I am raised from the dead. Everybody here knows of my case. You can tell people to write to the postmaster or Rev. L. D. Bryan. I will make a sworn statement that Grape-nuts saved my life." Name given by Postum Company, Battle Creek, Mich.

This is another illustration that, where all other food fails, one can be brought back to health and strength on Grape-nuts. "There's a reason."

Look in each package for the famous little book, "The Road to Wellville."

"There's Health in Every Cup"



FIGPRUNE CEREAL

THE CUP OF LIFE IS THE CUP THAT CONTAINS

FIGPRUNE CEREAL

This health beverage is composed of the wonderful fruits and grains of California—54 per cent of figs and prunes and 46 per cent of grain—with all their nourishing, invigorating and health-giving properties retained.

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If he does not have it, send us his name, and we will send you a liberal sample free, and a beautifully illustrated booklet of the famous Santa Clara Valley.

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FOOD MADE WITH Mrs. LINCOLN'S BAKING POWDER

Is finer grained, sweeter, more healthful, and keeps moist longer than that raised by the more rapid action of powders containing other acids.

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AFTER MANY YEARS' EXPERIENCE, I AM CONVINCED THAT A PURE CREAM OF TARTAR BAKING POWDER IS THE BEST QUICK LEAVENING AGENT, AND IS A WHOLESOME FOOD ADJUNCT.

I GUARANTEE THAT THIS POWDER, PREPARED AFTER MY FORMULA, CONTAINS ONLY THE HIGHEST POSSIBLE GRADE OF CREAM OF TARTAR AND BICARBONATE OF SODA, WITH THE SMALLEST PERCENTAGE OF CORN STARCH NECESSARY FOR ITS PERFECT KEEPING.

AS LONG AS MY SIGNATURE APPEARS ON THESE LABELS, HOUSEKEEPERS MAY BE SURE THAT THIS FORMULA WILL BE FOLLOWED IN THE MANUFACTURE OF THIS BAKING POWDER.

Mary J. Lincoln
AUTHOR OF THE "BOSTON COOK BOOK"
AND ONE OF MRS. LINCOLN'S BAKING POWDER COMPANY.

Office 21 Commerce Street Boston

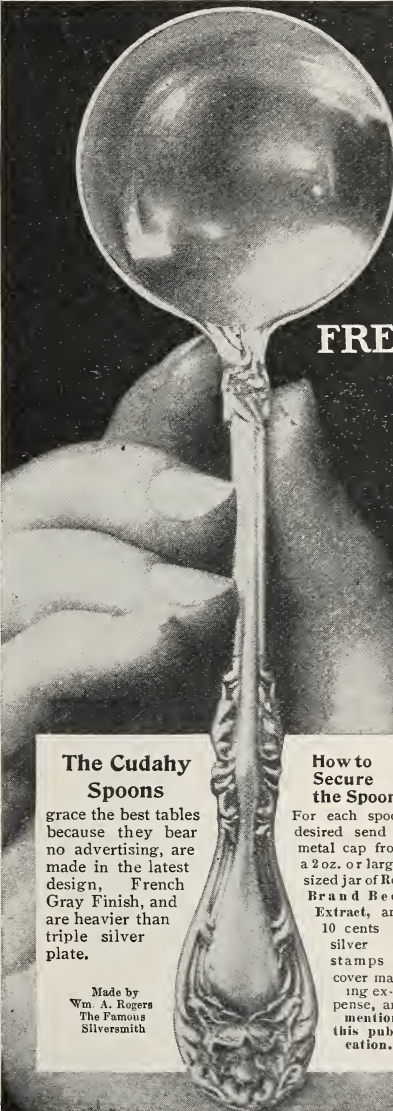
None genuine without Mrs. Mary J. Lincoln's signature

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For Soups, Sauces Savory Sundries and **Beef Tea**

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grace the best tables because they bear no advertising, are made in the latest design, French Gray Finish, and are heavier than triple silver plate.

Made by Wm. A. Rogers The Famous Silversmith

How to Secure the Spoons

For each spoon desired send a metal cap from a 2 oz. or larger sized Jar of Rex Brand Beef Extract, and 10 cents in silver or stamps to cover mailing expense, and mention this publication.

(Do not confuse these splendid spoons with ordinary offers)

Cudahy's Rex Brand Beef Extract is sold by all druggists and grocers. Address

THE CUDAHY PACKING CO.
Beef Extract Department 19 SOUTH OMAHA, NEB.

the several personages, who scheme and struggle for and against an auspicious climax to the course of events in the early lives of two young people, are exceedingly remarkable characters. Some of these are not likely to pass soon from the memory of the reader.

FOOD AND COOKERY FOR THE SICK AND CONVALESCENT. By Fannie Merritt Farmer. 12mo. Cloth. \$1.50, net.

This is a new book, and the latest work of its kind to be placed on the market. It is designed to meet the needs of the trained nurse, the mother, or of any one having care of the sick. The work is the result of years of study along the lines of food and feeding, and contains much scientific knowledge simply given.

The opening chapters are invaluable to those whose duty it is to care for the sick, and of equal importance to those who see in correct feeding the way of preventing much of the illness about us. The chapter on Infant Feeding is an authoritative guide to aid in the development of the baby, and child feeding is considered with like care.

The hundreds of recipes, many of which have their caloric value given, are for the most part individual, thus requiring but a minimum of time for their preparation. Suggestions as to diet in various diseases have not been overlooked. Fifty full-page half-tone illustrations add to the utility and beauty of the book.

WHAT SHALL WE EAT? By Alfred Andrews. Cloth. 120 pp. Price 50 cents. New York: The Health-Culture Company.

This book treats of the Food Question from the standpoint of Health, Strength, and Economy.

One important feature of the work is found in the numerous tables given,

showing the results of some 1,500 analyses of food products to determine the constituent elements, comparative food values, time required for digestion, etc., of every article in common use as food. From these tables it is found that one pound of protein can be obtained from corn-meal for twenty-two cents, while from oysters it would cost \$5, or from bananas about \$9, and the cost of 1,000 calories of energy runs from one cent in potatoes to \$1.25 in lobsters. The legumes and nuts are found to possess great nutritive value. There is a special table showing what food value can be purchased for ten cents in the various food products at current prices.

The foods for various conditions are indicated, as what is the best for the growing child, the laboring man, the sedentary worker, and the aged. The matter is condensed, and that which might be given in large volumes is presented here in a compact and convenient form.

The Thoughtlessness of Wives

In the window of a public house in Whitechapel has been seen a card on which was written the following notice: "A friendly lead will be given on Wednesday night in aid of Bill Sykes, whose wife has just died and left him totally unprovided for."

Platt's Chlorides

The Odorless Disinfectant
Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
Manufactured by HENRY B. PLATT, New York

CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."



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The cardinal merit, brilliancy without abrasion, has made Electro-Silicon famous around the world. At Grocers & Druggists and postpaid 15 cts. (stamps).

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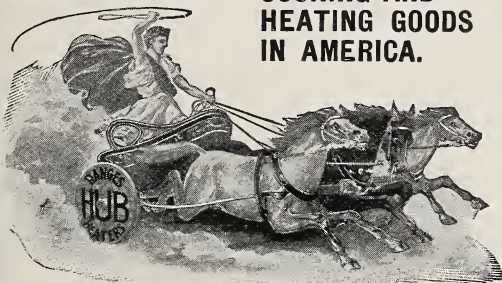
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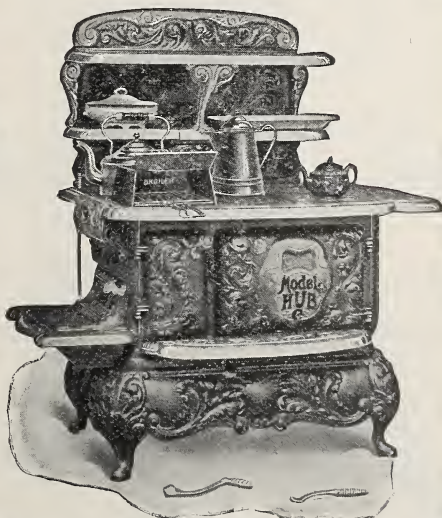
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The Breakfast Sausage

By Mary Taylor-Ross

NOW *sausages*—once or twice a week for breakfast are not unpleasant. As lunch even with mashed potato they become monotonous. As dinner they are impertinent.—*Rudyard Kipling, in "The Light that Failed."*

KEEPING this statement in mind, the housewife will find a friend, indeed, in the homely sausage, whether it be in the form of small, well-packed cases, having all the mystery of the prize package of our childhood, or in the more wholesome, small, round cakes of home-made sausage, familiar to every one who has ever sojourned at a farmhouse.

There are many, many ways of serving the common sausage so that it becomes an uncommon dish,—one that may be used many times during the winter without tiring the family palate.

Plain sausages, put into a spider and fried until they burst and brown irregularly, are neither healthful nor palatable, and are not to be compared to those from which the grease has been removed, and which are then browned in the oven.

Plain Browned Sausages.—Wipe each sausage with a soft cloth as soon as they arrive from the market, then drop into boiling water, having laid them in a wire basket so they

will not require handling or piercing with a fork, when they are removed from the saucepan. Cook five minutes, lift the wire basket, and set the sausages aside. If the saucepan containing the water in which they were cooked is also set aside and allowed to become cold, the fat congeals on the surface, and may be removed and saved for other culinary purposes. One also has an opportunity of discovering to what an extent this previous cooking relieves the digestive apparatus. A little of the sausage fat added to the kettle, when one is frying croquettes, chops, and similar dishes, will improve their flavor quite perceptibly; and hash browned potatoes are much more palatable fried in sausage fat than in lard, or even butter, which burns too easily to be good for frying. If one hesitates about using the fat in these ways, there is still the soap fat to be considered, to which it will be a desirable addition, in that it is a clean, white fat, and therefore good for soap-making.

When the parboiled sausages have

**BE SURE YOUR CORSET
HOSE SUPPORTERS
HAVE THIS CLASP**

The **Velvet** **Grip**

**CUSHION
BUTTON HOSE
SUPPORTER**

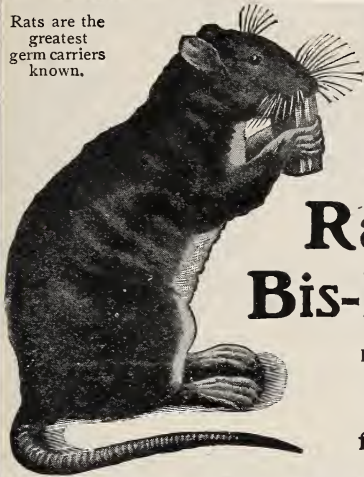
Sample pair
by mail, 25c.

Sold all over the world.

GEORGE FROST CO., Makers, Boston, Mass.

The name is on
every loop 

Rats are the greatest germ carriers known.



RATS AND MICE

leave choicest food and grain for

Rat Bis-Kit

Packed in boxes

Ready for use

Destroy your rats before warm weather.

The only poison it is safe to have about. Acts quickly. Die in open air seeking water. Dry, clean. Put in rat holes, linen closets, pantries, etc., without soiling anything.

Why take risk of mixing poison?

Endorsed by all leading drug houses in the United States. Sold over the entire world.

Ask your druggist. If he hasn't it, send us 25 cents for one box or 60 cents for three boxes, express prepaid.

The Rat Biscuit Co., Dept. C.M., Springfield, O.



Chops Everything you Eat. Does NOT mash, tear or squeeze, but it CUTS CLEAN AND QUICK.

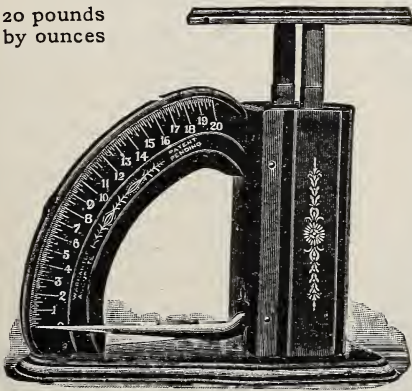
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20 pounds by ounces



IF NOT, PLACE YOUR ORDER TO-DAY FOR

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IT'S ACCURATE

An accurate scale in the household will save its cost many times. With a good scale at hand you can be sure of getting full weights. A little lost on the pound soon amounts to a matter well worth attention.

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In cooking and preserving, a scale is invaluable, for accuracy of measurement insures the best results. No household can afford to be without a reliable scale. Its uses are many, even to weighing the baby.

This scale is always ready to use. No loose weights to get lost. It is low in price and will last a lifetime. Order to-day. Money back if not exactly as represented.

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There is no "just as good": re-
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cooled, they may be placed on a
toasting-rack, which is set over a
dripping-pan, and the whole placed
in a hot oven, where the sausages
soon become browned evenly over
the entire surface; and, as the fat
drips into the pan beneath the rack,
they are as free from grease as pos-
sible. Serve hot.

Plain Fried Sausages, No. 1.—
Having parboiled the sausages ac-
cording to directions, roll them in
flour, and fry at once in deep fat.
Serve on a hot platter with French
fried potatoes, cooked in the same
kettle of fat.

No. 2.—Place the parboiled sau-
sages in a hot spider, that has been
lightly greased, and roll them rapidly
about until they are browned.

No. 3.—Cut each parboiled and
cold sausage in two, lengthwise, dip
in egg and roll in crumbs, and then
fry in deep fat until they are a golden
brown.

Home-made Sausages.—Remove from
the muslin bag and slice, then cook
slices in a spider, turning both sides,
until they are small brown cakes,
which should be served very hot
with baked potatoes.

Creamed Sausage.—Cut into short
lengths any pieces of cold cooked
sausages, or "Vienna sausages,"
which are often called "Frankforts,"
or "Frankforters." If the supply is
rather short, each piece may be split
in the middle, making twice as many
pieces as though they were left round
in shape. Make a drawn butter
sauce by blending together one ta-
blespoonful of butter with one spoon-
ful and a half of flour, and pour over
the mixture one cup and a half of

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GLUTEN FLOUR For
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SPECIAL DIABETIC FLOUR.
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BELLOWS FALLS, VT.

It makes rich red Blood

Makes pallid cheeks rosy, dull eyes sparkle, weak stomachs hungry, and despondent minds merry.

Not a drop of alcohol—just the pure, fermented, undiluted, unadulterated juice of the choice Concord Grape.

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It's Nature's finest food and drink. All that is of value in the Grape is embodied in Welch's. It is fruit nutrition in fluid form. The sick and convalescent find it a delicious, sustaining food. It does not create a false stimulation—it invigorates. It keeps people well. Try it on the table.

Guaranteed Absolutely Pure.
Booklet Free. 3-oz. Bottle by Mail 10c.

If your dealer will not supply you send us \$3 for 12 full pints (½ case) shipped express prepaid any where in the United States east of Omaha.

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Every one takes Tomato Soup when it is

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Delicious, creamy, appetizing

WHY NOT TRY A CAN?

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Teachers of cooking recommend them. Physicians advise their use for making both food and dessert.

We mail, postpaid, ten Junket Tablets, to make ten quarts, for 10 cents.

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Box 2507,
LITTLE FALLS, N.Y.

boiling milk. Throw the bits of sausage into this, heat all up together over the fire, taking care not to break or crumble the sausage, and serve hot with baked potato.

Sausages à la Creole.—This is also a good way to use up left-over sausages; but one may also cook them for the purpose, for either this or the creamed sausages. Either the ordinary or the Vienna sausage may be used; and, as in the previous recipe, they should be cut into short lengths, preparing enough to make half a cup. Beat one cup of cold boiled rice until it is soft and fine, heating it slowly as it is being beaten, and adding a little milk from time to time. Mince very fine a tablespoonful of onion and fry in a saucepan with one tablespoonful of flour, using great care not to let them burn. When it is cooked, add half a cup of strained tomato juice, stir in the rice, and, last of all, the pieces of cold sausage. Cover the saucepan, and let all cook together for a few moments, until the whole is well warmed through. Serve with slices of hot buttered toast. A little curry added to the rice may be used to make an occasional "change" in this dish, which is not at all difficult to prepare, and is a decided improvement upon warmed-over sausage, in the ordinary meaning of the term.

Home-made Sausage.—This excellent recipe for home-made sausage was given to the writer by a farmer's wife, who every fall makes a large quantity of sausage for a near-by city market, packing it into cheese-cloth bags two or three inches in diameter, which make small, round



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FOR HOUSEHOLD USE.

Sifts the flour and mixes 10 pounds of best bread in three minutes. Sold subject to trial and approval. Send for Booklet. Agents wanted.

Scientific Bread Machine Co.

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Imparts a Rich Color and Delightful Flavor. The
Kitchen Garden Condensed and Ready for Instant
Use. Keeps in Any Climate. Used and endorsed by
Great Chefs and Eminent Teachers of Cookery.

"Housekeeping would be a burden without it."—SARAH
TYSON ROBER.

"I know of no other kitchen luxury which is so near a
necessity."—HELEN ARMSTRONG.

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CARY WATERMAN.

"Have used it for last ten years and would not be with-
out it."—EMILY M. COLLING.

"A necessity to all good cooking."—E. LAPERRUQUE,
Head Chef, Delmonico's.

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or an assorted case containing one
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BEECH-NUT PACKING COMPANY

Canajoharie, N.Y., U.S.A.

Fill the Jug
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CORN SYRUP

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Pure, delicious and nutritious.

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cakes when the sausage is sliced ready for the pan. Select rather lean, fresh pork, removing all bones and gristle. Pass through the chopping-machine, using the finest knife of all; and, if the meat does not seem really fine, pass it through the machine a second or even a third time. For ten pounds of meat allow five tablespoonfuls of salt, four of black pepper, three of powdered sage, and half a teaspoonful of cayenne pepper. Mix the seasoning evenly through the meat, working and kneading with the fingers, and then pack into the muslin bags, or into one-pound baking-powder cans that have been lined with paraffin paper, to keep the meat from contact with the tin. Leave the paper long, that it may stand up over the top of the tin; and, whenever a few slices of sausage are needed for breakfast, pull on the paper, cut off what is needed, and let the rest slip back into the can. The only change the writer makes in this recipe is to use paprika instead of the cayenne given; for paprika is a much more mild and sweet red pepper than cayenne, and far more palatable. Of course, the home-made sausage does not require the previous parboiling; for, in the meat, only the minimum allowance of fat is used, no cracker crumbs nor other adulterants, and, as the work of making a small quantity of sausage meat is too small to be estimated, one wonders that housewives continue to be imposed upon by the aforementioned "prize package" affair.

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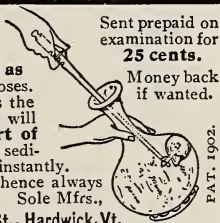
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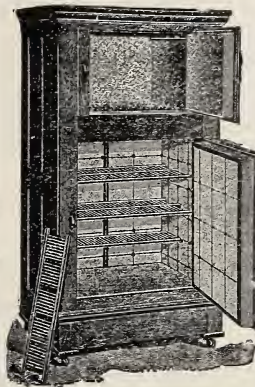
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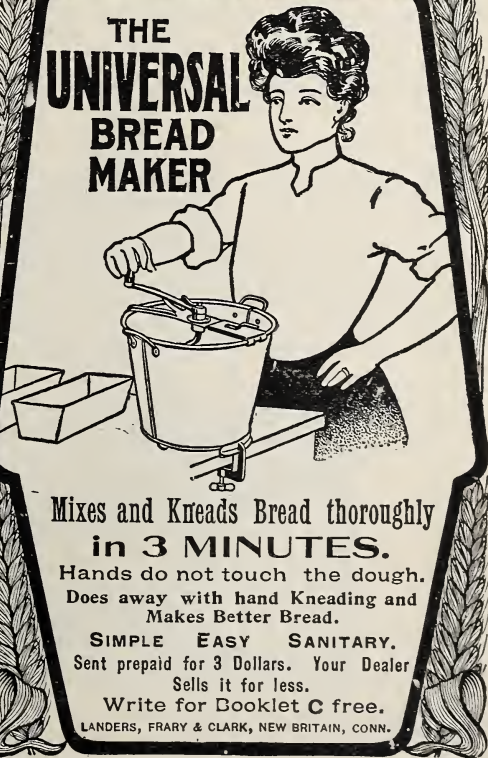
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fry in a spider ten minutes, browning them carefully, after making sure that they are well cooked in the middle. Roll out short biscuit dough on the bake-board, and cut into rounds. Lay one of the sausage cakes on each round of dough, and fold the dough over, to form the familiar "pocket-book roll." Bake in a hot oven, and serve with a browned potato puff, made by beating hot mashed potato till light, stirring a beaten egg, diluted with milk, into it, and spreading the mixture on a hot griddle in the form of a large, round cake, about two inches thick. When one side is a rich brown, turn the puff carefully over, and brown the other side. Spread with butter, pepper, and salt. The puff may be made from left-over mashed potatoes, and the sausageettes, from cakes of left-over home-made sausage, instead of cooking both new for the purpose.



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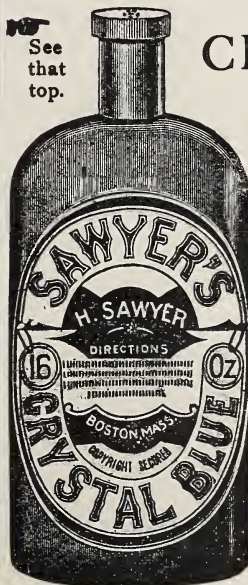
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One should remember at all times that the outside of a lemon is anything but clean. If you look at it, you will see some tiny spots like scales all over it. These are the eggs of an insect; and, if the fruit is not washed, they become an ingredient of whatever dish the lemon is used for.

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The BOSTON COOKING-SCHOOL MAGAZINE

of CULINARY SCIENCE and
DOMESTIC ECONOMICS

Vol. VIII.

APRIL, 1904

No. 9



After Dinner Coffee Service in Sterling Silver

The BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts



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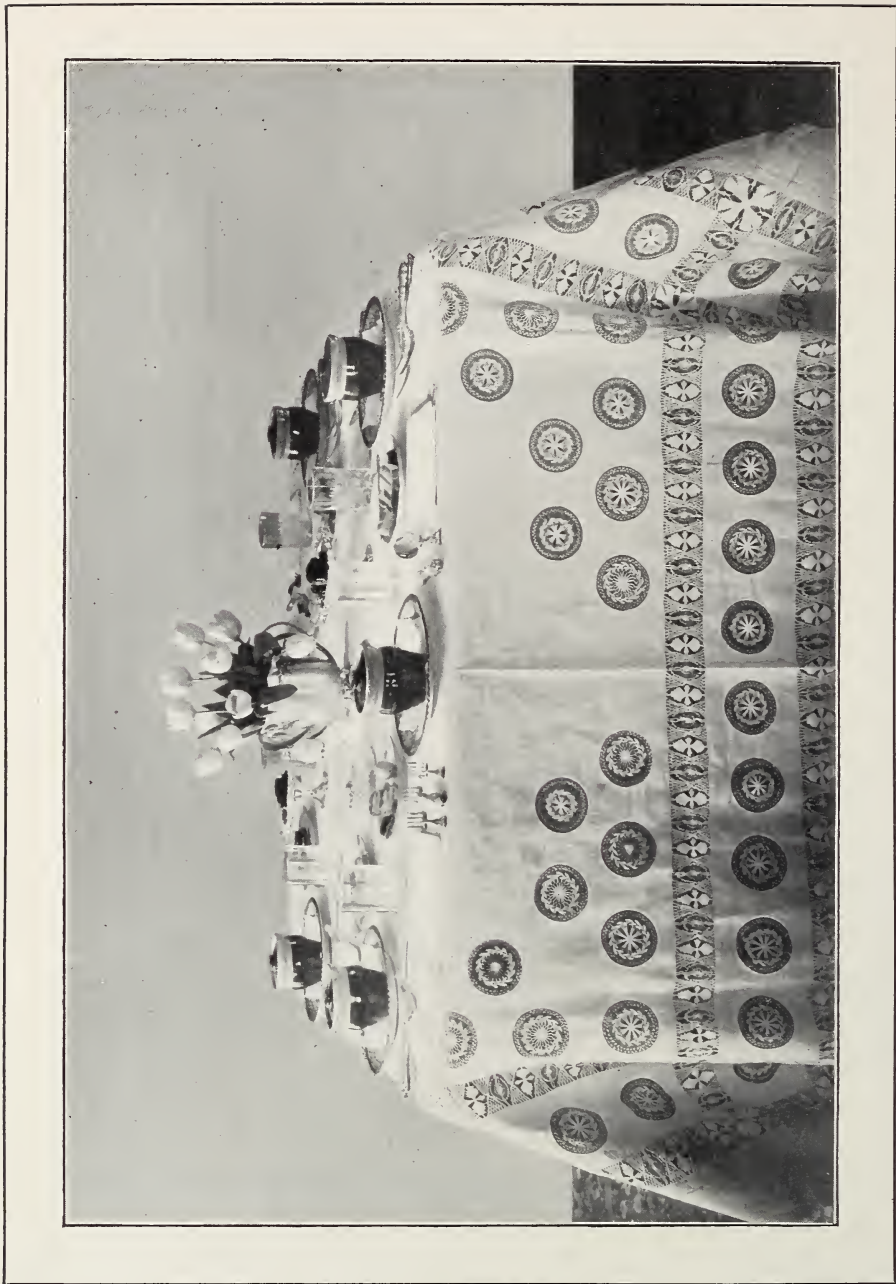
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*If I would serve, while others sit at ease,
My heart and hand, my brain and tongue, must please
To do their best ;
Not only dainty viands must be brought,
But kindly speech, that waits on kindly thought,
Must greet my guest !*



LUNCHEON TABLE, SECOND COURSE, PETITE MARMITE

The Boston Cooking-School Magazine

VOL. VIII.

APRIL.

No. 9.

The Sea-gardens of Avalon

By Jessie Juliet Knox

IT is a delight to visit the wonderful island of Santa Catalina. Both winter and summer its beauties are indeed a revelation. Santa Catalina is a picturesque island about thirty miles long, and very popular as a resort for tourists in all seasons. Visitors to Los Angeles board the train for San Pedro, and there take the steamer for the little town of Avalon, on the Catalina islands. Visitors go to this place for the purpose of catching tuna, an immense fish which is found here in great abundance. There is also fine still-water bathing, stage-riding over the mountains, and chasing the wild goat, which are found in great numbers. Then there is always tennis and other outdoor sports, and good music, which is ever floating melodiously out over the blue and placid waters.

As the great steamer ploughs the dimpled sea, which from San Pedro to Avalon is intensely blue, the white wings of sea-gulls flash between ocean and sky, as the birds, according to their faithful custom, follow in the wake of the steamer. The waves are ruffled with myriad white-caps, and the air is deliciously exhilarating. It is a joy to live and breathe in a world so beautiful.

"And my soul is full of longing for the secret of the sea,
And the great heart of the ocean sends its thrilling pulse through me."

After a few hours of delightful swaying and dipping over the Pacific, the islands are reached; and then, indeed, one begins to realize the wisdom of choosing this as the place for vacation. Here for five long, beautiful months there is not a storm, not a drop of rain, not a hot or cold day, and never any severe weather, even in winter. Here, the year round, birds sing and flowers bloom. The air is full of the rich notes of the mocking-bird. It is the most picturesque spot imaginable. Beautiful hotels and villas nestle amid soft greenery, and restaurants and lodgings furnish every comfort for the tourist.

The sea trip always makes one seek to renew the inner man as soon as the steamer arrives, and everything has a much better flavor than it has inland. But all the beauties of mountain and canyon pale into insignificance, when compared with the transcendent loveliness of the blue above and beneath.

The sea has ever been a theme for artist, poet, and painter; and about

it cluster many tales and traditions, many beautiful fancies. In the wild Ægean, Neptune held his court, attended by mermaids and dolphins, to whom even Orpheus deigned to play. Among its terrors were Scylla and Charybdis, and the Sirens. In northern waters the Lorelei reigned, and Undine lived in a palace as rich as the caverns of Capri.

The chief delight of a visitor to Avalon consists in sailing in a glass-bottomed boat, with which the blue and placid surface of the sea is always dotted. Once in the boat, and peering down through the glass box, all the upper world is forgotten, and one gazes with ecstasy and wonder at the queer inhabitants of the deep.

"Stranger than Aladdin's story,
Lo! the dream-surpassing glory,
And the marvel unimagined
Of the limpid underworld."

wonderful existence, and in its submarine forests lie untold wonders of flora and fauna. It is so full of strange and beautiful things that it recalls our childish delight in reading Jules Verne's description of his wonderful submarine voyage in the "Nautilus." Gazing within the crystal mirror, one beholds an enchanted scene. The sun's rays penetrate the water, casting upon objects below all the colors of the rainbow. It seems too beautiful to be real; and we dip our fingers in the cool salt water, to be reassured. The combinations of color are marvelous, —a perfect kaleidoscope of changing tints. Here vegetable life is abundant, and the fauna varied beyond anything known elsewhere. There are great rocks and caverns, encrusted with a pearl-like, glittering substance, which shimmers like diamonds in the sun. The rocks are carved in fan-



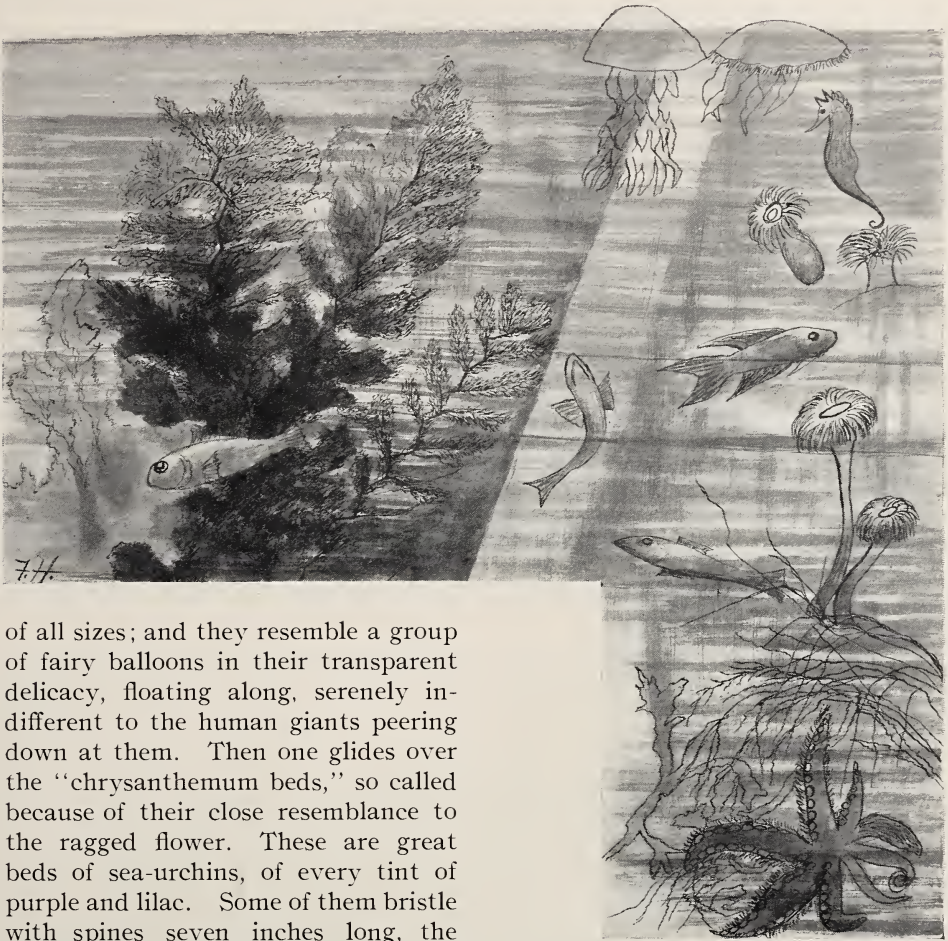
Avalon, Santa Catalina, Cal.

Here Nature manifests herself in her three kingdoms, animal, mineral, and vegetable. The sea is only the embodiment of a supernatural and

tastic similitude of pinnacles and grottoes; and one could almost believe that mermaids and Lorelei hold sway, on thrones of translucent amber.

The jelly-fish must be having a reunion of their lymphatic relatives, if one may judge by the troops of them,

But most gorgeous of all are the fishes, of all sizes and colors. In description of them no pen could do



of all sizes; and they resemble a group of fairy balloons in their transparent delicacy, floating along, serenely indifferent to the human giants peering down at them. Then one glides over the "chrysanthemum beds," so called because of their close resemblance to the ragged flower. These are great beds of sea-urchins, of every tint of purple and lilac. Some of them bristle with spines seven inches long, the larger ones standing guard over the dear little offspring, no bigger than one's finger-nail. Their homes are lined and floored with zoöphytes of different kinds. The gorgeous palaces under the sea are more beautiful than those on land.

There are our friends the Anemone, numerous and of many sizes. They have very retentive natures, and clasp closely whatever is inadvertently poked into their pincushion mouths. Their attire rivals in hue the flowers of the upper world.

justice. They vie in vivid tints with our most brilliant birds and butterflies. Nature seems to have used her most gorgeous pigments in their coloration. Darting hither and thither, with fearless *abandon* in their rocky homes hung with tapestries of zoöphytes, are great families of gold fish, broad and short, and of most dazzling reddish gold. There are flying fish and ugly sea-cucumbers and convict fish in their striped suits. Star-fish are very numerous. With their gay

attire they contribute greatly to the beauty of the scene, waving their many fingers in the water, as if in exchange of greetings. And none of these denizens of the deep seem afraid of the human bipeds gazing down at them. There are myriads of fish as blue as the sky,—glittering salmon, with its friend, the sole. They are all there, and with company manners.

The only regret one can have is that there is not some way to walk along the sandy white floor, amid those brilliant sea-gardens, studded with stars and festooned with the lacy draperies of kelp, whose green and amber banners are constantly waved by the gentle undulations of the boat. Everywhere is sea-weed, a wild and luxurious vegetation, for over two thousand varieties are known. Long, floating ribbons of green, brown, and yellow, press against the clear glass; and great kelp trees, as large as trees on land, wave their branches with infinite grace, clasping their feathery arms around millions of baby-fishes, who take shelter in their branches to avoid being devoured by larger fish.

In this vast reservoir of nature are shells of all kinds, so tantalizing in their beauty that one longs to reach down and gather them, but must close

the ears to the seductive call of the sirens. There are fragile white shells, which a breeze might shatter, and great strong abalones, with their shimmering pearl.

But nothing could be more beautiful than the kelp, reaching out its great arms on every side, its berries and translucent globes being turned to vivid amber by the touch of the sun-god. One seems to be looking into an immense aquarium, with all kinds of sea-grasses, spangled with shimmering fragments of pearl,—a wonderful mosaic of changing lights and shadows, interfusing into radiant tints. Every moment the eye is bewildered by such prodigality of enchanting loveliness.

But all things beautiful must come to an end, and so must this all-too-swift visit to the submarine world; and we step once more on the white sands of Avalon, and inhale the perfume of its roses and orange blossoms, and gaze in admiration upon its vine-hung villas, until at last night floods the scene, and, entranced, we see the sun set in the ocean. The marvelous gold and purple of the sky tinges the waves with kindred tints, and the whole scene is enveloped with the soft transparency of flame-like color.



Moonlight at Avalon, Cal.

Nothing can destroy the sublime calmness of the declining day, as the green line of the hills grows black against the burning scarlet of the clouds, and garden and villa slumber in the perfumed silence. And on the isle, where Avalon nestles in its sea-

girt canyon, heaven's lamp is lighted, as our steamer again ploughs its way over the shadowy sea, and

"Into the ocean from afar
Falls the trail of its golden splendor,
And the gleam of a single star
Shines refulgent, soft, and tender."

April Showers

By Cora A. Matson Dolson

I sing a little song to-day,
A song of April showers,
Before we knew the blooms of May
Or warmth of August hours.

'Twas then we thought, my Love and I,
We could not well agree;
For April breezes blew awry,
And clouds hung heavily.

But we have learned, in after ways,
The budding of the rose,
The sudden storm of summer days,
The frosts that Autumn knows.

When comradeship has grown to bind
The hearts of love together,
The April drops they do not mind,
Or stress of wintry weather.



Luncheon Table, Coffee Service



Welsh Rabbit

By Julia Davis Chandler

THERE are many variations of the time-honored dish called Welsh Rabbit. Every lover of it has one certain way to which another's method is heresy. If any one dare start the tiresome discussion whether the name is rabbit or rare-bit, be sure he or she is a novice. Those who appreciate the savory cheese are too busy eating the delicious stuff to waste time over the origin of the name.

There are mild, custard-like mixtures with very little cheese and a great deal of milk and egg. These, one witty writer says, are imitations made for school-children. There are real rabbits made of cheese only, melted in good old ale, with veins hot with mustard and red pepper. One noted chef uses half Rhine wine and half ale. Another rubs the dish with garlic before the rabbit is compounded. A woman, lecturer and writer on cookery, uses celery for flavor, and another authority adds curry powder. Curry powder has such a distinctive flavor, it belongs only in curries, mixed pickles, and, perhaps, roast veal gravy. Welsh rabbits and curries should not be made similar by flavoring the former with curry powder.

Some food specialists say that the addition of a little baking-powder is an improvement and quite hygienic. The cheese may be grated, chopped, or put through a potato "ricer." Choose rich cheese, and it will not turn to gutta-percha-like consistency.

If you have no chafing-dish, or this utensil be not large enough for the numbers to be entertained, a double boiler may be used. Make a white sauce of milk or of ale, thickening with cornstarch slightly, and in it slowly melt the chopped cheese, and you will not have the anxious, hurried moments one is apt to have over direct heat. This rabbit will keep awhile without growing tough, and so is very convenient to serve to belated home-comers or sleighing parties. Do not condemn it until tried. Season with pepper and preferred condiments.

The bread for a rabbit should be toasted on one side, and that put downward on the plate, the untoasted side left up to receive the rich yellow cheese, which will penetrate every cell of the bread.

Worcestershire and tabasco are preferred-sauces with which to enliven further the rabbit, when all complete;

but let each one add these to suit individual tastes.

Some add, as a garnish and extra relish, crisp curled slices of the best bacon: others place a poached egg on top, and call it "Golden Buck."

We can but wonder what kind of rabbits were served in that famous old "Cheshire Cheese" in London, where Goldsmith, Pope, De Quincey, Thackeray, Dickens, Leech, Douglas Jerrold, and Tom Hood were wont to lunch. Even Charles II. and Nell Gwynne used to enjoy a chop there; but why not a rabbit? Doubtless the rabbits were the genuine old English variety, made with half ale and half Madeira wine, seasoned with nutmeg and cayenne.

Does Dr. Johnson's portrait frown upon the customs of to-day? His portrait hung at the old Cheshire Cheese. It is said, also, though it cannot be proved, that Shakespeare was a frequent visitor there. Whether he came or not, he knew what a Welsh rabbit was; for he made old Falstaff say in Windsor Forest, when he hears the Cymric accent of Sir Hugh Evans,—

"Heavens defend me from that Welsh fairy, lest he turn me into a piece of toasted cheese."

The Princess Victoria of Wales is said to make as fine a rabbit as can be produced, and the king enjoys them.

Photographs of Welsh scenes would make pretty souvenirs for a rabbit supper. Quaintly dressed Welsh women, with their high hats, could be painted in water colors on thick paper, for place cards; that is, if anything so formal be wanted at a rabbit supper, for only one's true comrades should share this informal, late evening occasion, bringing good cheer and good conversation. Be sure that you paint your Welsh peasant women

with rosy cheeks; for, though they eat cheese for breakfast, and drink the strongest tea, they do not know the meaning of indigestion and nerves.

A Welsh rabbit belongs in the same category of terms as "Norfolk turkey" (red herring), "Bombay duck" (a kind of fish), "Cape Cod turkey" (salt codfish), Albany beefsteak (sturgeon), and "Scotch woodcock" (a savory dish without a trace of a bird in it, but made of cheese). All these names were given originally in derision,—little twits on the common fare.

There is a story told of a Welsh minister in this country who, while preaching as a candidate, was entertained in many homes. Some one started the idea that rabbits were the national dish in Wales. So the worthy housewives, wherever he went, had wild or tame rabbits for meat. Finally, he tired of his fare, and yet wished to be polite; and, when he was asked to say grace, he thus expressed himself:—

"Rabbits young and rabbits old,
Rabbits hot and rabbits cold,
Rabbits tender and rabbits tough,
I thank thee, Lord,
I've had enough."

Some dreadful and envious newspaper man has said that women are playing "hob" with Welsh rabbits, and do not enter into a true understanding of them. Even among themselves the men bandy terms of opprobrium. The writer for years has preserved clippings of rabbit controversies. One man says a certain noted chef should be banished to darkest limbo for using egg yolks. Another hoots at the idea of putting a finished rabbit into the oven to "ripen" for a few minutes. But all agree that it should be eaten at once, red-hot, as if the sheriff were coming.

At a rabbit supper for ladies the

table was of polished mahogany. In the centre was a square of heavy Bavarian linen, embroidered in old stitches, with a border of oak-leaves, through which ran a procession of rabbits, boar, and deer. The plates matched the usual blue-gray steins, and had bunnies bounding through the scroll-work decoration. No delicate china was used, only odd pottery, cracker jars and relish dishes. The rabbit was made very dexterously, in a chafing-dish, of rich full-cream cheese.

The most appropriate finish for such a supper is a pineapple salad, the kind called "Turquoise," for no

apparent reason, since the pimento decoration is the only color, and that is red. However, since the salad is nice, we will forgive the Waldorf's chef for his color-blindness. It is made of pineapple and celery, cut in straws, and chopped pimentos laid on lettuce and dressed with mayonnaise.

Cake, ice-cream, and similar things do not harmonize with cheese dishes. The pineapple assists in the digestion of the cheese, and so is beneficial as well as palatable. It is decorative, too; for of course you must surmount your salad with the crown and leaves of this gift of the tropics.

Dress Coats in Family Life

By Kate Gannett Wells

HOW far or how much should we behave at home as we do in company? Must we be just as much dressed and just as agreeable in family life as in society? Must our husbands and sons wear dress coats at dinner? Yes, if that means they should be just as agreeable and polite as if they were with other folk than their own. No, if it means that they have not time between office business and ward politics to conform to the usual etiquette of attire, provided that, at least, they have time enough to seem glad to be at home again.

Shall women wear evening dress at the family home dinner? That depends on whether such dress means low neck or only something better than the morning working gown. At any rate, they should "change their dress," as the phrase goes. But how can they do it, when they have to

prepare and dish a dinner? Just here comes in the advantage of training. If cooking schools had done nothing else than to show women how to cook without getting red in the face, how to have everything gotten ready when men and children were out of the house, and then how to dish the dinner and yet not seem tired (even if one is), and how to be pleasant (when one does not feel so), they yet would have largely contributed by their teaching to the pleasures of home life.

Whether one should or should not wear the conventional evening dress in daily life depends on the style and spirit of the home. Its style—that is, its income—often forbids rigorous application of such costume, though its spirit always commands it; for the sense of welcome, leisure, and ease conveyed by evening dress can be nourished just as much by a fresh

collar or shirt-waist as by a dress coat or a low-necked gown. The symbolism of the dress coat is the grace before meals; the thankfulness that one has wife, husband, child, friend, somebody (if only one's self) for whom it is worth while to look as charming as one can. The less attractive one is in appearance,—for not all are beautiful,—the more need is there of the dress-coat symbolism.

The dress coat is homage to women, recognition of their fidelities and refinements. Mr. George Ticknor, a famous, courtly Bostonian and scholar, always gave his arm to his wife, leading her to the dinner table with as much deference as he "took in" titled ladies, when they, in turn, were his guests. It was invariably dress coat and simple evening gown with the Ticknors *à deux*, from deference to each other; and most beautiful was it to see their mutual obeisance because of its simplicity of motive.

In a minister's home, where paucity of salary provides but slight extra service, the wife always changes her dress, even if it merely be from a gingham gown to a fifty-cent serge dress. The husband always brushes his coat; and, if perchance she has seated herself, because he is belated by some inopportune caller and the children must be punctual, he never fails to put his hand on her shoulder in lover fashion, before he takes his place at the table. That touch is his recognition of gratitude for the home life made by her. And in a day laborer's home, where the man returns grimy and tired, he washes his hands in the tin basin, takes down the comb from the clock shelf and runs it through his hair, while his wife dishes the dinner, changes her apron, and tosses up her falling locks into a prettier "pompadour," before the two sit down to the table. In

this home, as in that of the minister's, the theoretical idea of dress coats was carried out as fully as in the Ticknor mansion.

Yet social etiquette has many who abhor or disdain it. The "thee and thou" phrase and the "hat canon" of the Quakers were both adopted, it is said, from resentment against aristocracy. William Penn's father insisted that his son should take off his hat before him, the king, and the Duke of York, and that William should never use the "thee and thou" to any one of the trio. Otherwise he could "worship his hat" and speak as he pleased. The gray dress, however, of the Quakers was made necessary, because the black robes earlier worn by their preachers caused them to be considered as friars, who were obnoxious to the Protestant king. Curious was it, that those who rebelled against certain forms of etiquette had to follow convention in a sectarian dress and color for the sake of self-protection.

One or another principle, big or little, is usually the basis of etiquette; as, for instance, in the story about Herbert Spencer, when the Duchess of Devonshire invited him with Huxley, Darwin, and others to meet the Czar of Russia, and hinted to the three scientists that they should appear in court dress. But Spencer declined, "having no notion of looking like a monkey," he declared, whereupon the duchess replied that she should be proud to receive a person of his distinction in any costume. Darwin went in ordinary evening dress, and Huxley in court costume. Spencer felt he was contending for a principle, that of personal liberty. Was he right, and Huxley wrong? Was Darwin as polite as Huxley?

It may be neither court costume

nor evening dress that is the point in question. It may be a crush hat, against which "Amicus" in the *New York Sun* protests. To him a soft hat is "a more graceful adjunct of evening dress," while a Derby hat would be dreadful. Again, a frock coat at a morning and a dress suit at an evening wedding is, each, indispensable; but the reason is not far to seek,—convenience. Yet a dress suit is always in style—except when it isn't.

Some men contend that health and refreshment rather than etiquette call for the evening change from business sack to dress coat. "I care for my home and respect my wife too much not to appear before her at dinner with as much care of my dress as if I were still courting her, which, indeed, I am always doing," said a Hudson River millionaire.

That husband understood what the dress coat means in family life. It is considering one's family just as good as anybody else, and a little better. It is knightly homage to one's wife; it is good manners toward one's children; it is filial regard for one's parents; it is being in the mood, at least once a day, to render respect unto one's collaborators, even if one has neither means to buy a dress nor time to exchange the business garb for it.

The complement of the dress coat

is the evening attire of woman, her simple dinner dress, with its long or short list of accessories. That is the attention she, in turn, shows to her lover husband; the rightful longing she always has to look well to her children; the daughter's like desire to be pleasing unto her parents, whose home shelters her. Very false to this inner meaning of dress is the parody that runs,—

"Wives and daughters all remind us
We must make our lives sublime,
And departing leave behind us
Wherewithal to live in style."

In many homes where dress coats cannot abound, as well as in those where they do, the family reserves its bits of news, its choicest anecdotes, its conundrums and jokes, for the dinner table. Such conversation makes palatable many an ill-cooked dish and is economical in the long run, for a merry mind and heart aids digestion. If we can but realize the higher meaning of etiquette, we shall look upon the dress coat as merely the temporary, outward sign of permanent, inward courtesy of thought, which in act we would as eagerly extend to our family as to our guests.

Then, when we do accept society's conventions of dress, we do so without losing the large simplicities of our heart.



Unwavering

By Eugene C. Dolson

As waters, running on from day to day,
In time have worn the solid rock away,
So one with steadfast purpose in his soul,
Though baffled oft, may gain at last the goal.

With the Starvation Army at Yale

By Helen Campbell

A SINGULAR title, perhaps, for the organ of a long-established, most deservedly successful cooking school. Not alone this, but much more the organ of all matters in which wise thought may be cultivated in this problem both of the best food and of daily household life and needs. But now and then, merely by way of balancing up a little,—a corrective perhaps for the necessary surplus of most charming things to eat,—one may consider such facts as are now a matter of serious scientific research and experiment. The title is not mine, but that given by Yale undergraduates to the baker's dozen of United States regulars detailed to spend nine months under the direction of Professor Russell H. Chittenden. The secrets of his method cannot be told at this writing,* since nobody knows them save the director himself and the men in charge; that is, in detail. The outward facts are plain to all on or near the ground, and the source of incessant jest on the part of students, who consider that Uncle Sam is temporarily unbalanced and will, when he recovers his reason, restore the dozen victims to their own regiments.

The experiment, now some months under way, is based on prolonged study, by Professor Chittenden, of the effects of light eating on the human system. An article for the *Popular Science Monthly* some time ago, after careful experiment on one of his students, held his conclusion that it was possible to get a fair amount of work out of both brain and body while abstaining entirely

from the usual food of the ordinary man. This is simply another form of saying that people eat too much, and that both health and strength may be better served by less solid eating.

It is not then a fad of one man or a few followers, but an experiment, considered by government authorities as worth trying, as naturally it has important bearing on the present army ration, in regard to which much experimenting has been for long going on,—the Emperor William's "pease-sausage," for example, the result of one, a savory preparation of meat and peas, which can be made into soup, if preferred, or on forced marches, etc., where there is no time for cookery, taken as it is.

The question is then: Can a dozen soldiers in nine months live well, increase strength, feel better, and do steady hard work on a diet entirely distinct from the customary food of either soldier, sailor, or civilian? If they can, as the record up to date affirms, the general public may also be prepared to experiment.

The Yale undergraduates knew little of the experiment till the advent of the soldiers in the gymnasium. But when one of the men, Private Curtiss, broke the Yale indoor track-record for the quarter-mile, making his time one minute and eight seconds, a second faster than the swiftest Yale runner had been able to accomplish, question began. Later Private Curtiss plans to go out on the outdoor track, and Yale men are practising vigorously with the hope of heading off success in this unexpected contestant. Each day the soldiers spend

* February, 1904.

an hour in the gymnasium, going through a series of carefully selected exercises, which will presently figure at length in the deductions the public will draw as to the combination of light eating and healthy, vigorous life.

Preceding the experiment with soldiers, Professor Chittenden had placed under test Horace Fletcher, whose own five years' study of nutrition was already a matter of public interest and curiosity. Placing himself for a fortnight in Professor Chittenden's hands, both diet and exercise formulas were rigidly followed out. Mr. Fletcher had for a long time lived on milk, maple sugar, and a prepared cereal, not restricting amount, but keeping to this menu. Two meals a day was his custom, and he had not only great enjoyment of the maple sugar, but preferred that and carbohydrates generally to a meat diet. When he came under Professor Chittenden's observation, he was in perfect health, his methods having resulted in a marked gain in both mental and bodily vigor, with no craving for heartier food. He weighed one hundred and sixty-five pounds and was well developed in all ways.

During the fortnight's test, Mr. Fletcher was under constant observation and examination in the Scientific School; and, in reporting upon the case, Professor Chittenden said:—

The main things to be noted were: first, that the total daily consumption of proteid amounted to an average of only forty-five grams, and that the fat and carbohydrates were taken in quantities only sufficient to bring the total fuel value up to a little more than 1,600 large calories. If, however, we eliminate the first day, when for some reason the subject took an unusually small amount of food, these figures are increased somewhat; but they are ridiculously small compared with the usually accepted dietary standards. When we remember that the Voit standard demands at least 118 grams of proteid, and

a total fuel value of 3,000 large calories daily, we appreciate the full significance of the above figures.

To find out definitely, then, whether a man of Fletcher's weight could keep up this weight and do heavy physical work, he was given a course of physical training at the Yale Gymnasium that the ordinary man would have found impossible. Because of the results of his observations of this training, Professor Chittenden adopts the same amount of work for his army squad, his own view receiving added testimony from the gymnasium director, Dr. Anderson, who wrote of it:—

On February 1, 4, 5, 6, and 7 I gave to Mr. Fletcher the same kinds of exercise we give the 'varsity crew. They are drastic and fatiguing, and cannot be done by beginners without soreness and pain resulting. The exercises he was asked to take were of a character to tax the heart and lungs as well as to try the muscles of the limbs and trunk. Mr. Fletcher has taken these exercises with an ease that was unlooked for. He gives evidence of no soreness, and the large groups of muscles respond the next day without evidence of being poisoned by carbon dioxide. There is no evidence of distress either during or after the endurance test, the long run. The heart is fast, but regular. It comes back to its normal beat quicker than does the heart of other men of his weight and size. My conclusion given in condensed form is this: Mr. Fletcher performs his work with greater ease and with fewer noticeable bad results than any other man of his age and condition I have ever worked with.

To this report the director added that, to appreciate its full significance, it must be remembered that for some months Mr. Fletcher had taken practically no other exercise than that of the daily walks about town. The opening four days held the most strenuous work, and it was evident that the body required a certain amount of proteid material, yet the work was done with no apparent drawing upon any reserve the body may have possessed. He did as much

work, with better results, on his two meals a day of maple sugar, milk, and cereal, as the 'varsity crew at their table of heavy food taken in large quantities; and these facts were regarded as so important that government scientific men approved the further experiment on the army detail.

At the close of the experiment, Dr. Chittenden summed it up:—

Are we not justified, in view of these results, in asking ourselves whether we have yet attained a clear comprehension of the real requirements of the body in the matter of daily nutriment, whether we fully comprehend the best and most economical method of maintaining the body in a state of physiological fitness. The problem is far-reaching. It involves not alone the individual, but society as a whole; for beyond the individual lies the broader field of the com-

munity, and what proves helpful to the one will eventually react for the betterment of society and for the improvement of mankind in general.

As to the army men, they are not only cheerful, but congratulate themselves loudly on not being part of the "poison squad" now being fed experimentally by Professor Wiley, the United States government chemist, on "doctored" foods of all orders. At least, these limited Yale rations are wholesome and appetizing; for hunger makes them so, and in due time, in the official report, we shall have fresh light on the food question, not as viewed by cranks of any order, but by the quiet, judicial, always-ready-to-try-again mind of the scientific man.

The Interesting Gourd

By T. Celestine Cummings

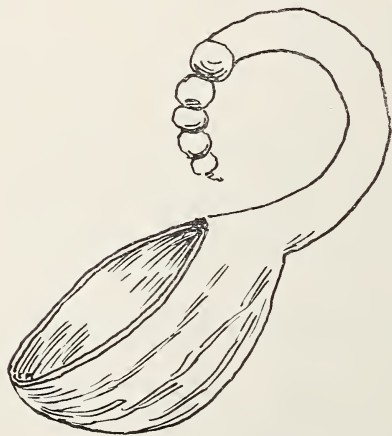
THE origin of the gourd is completely enshrouded in mystery, but its undoubted antiquity, no less than its remarkable qualities, entitle it to rank as an aristocrat of the plant kingdom. It has been associated with the history of many lands. From the earliest times it has been cultivated in India, in the warmer parts of Asia, in Egypt, and in the northern part of Africa. Among the members of this old aristocratic plant's family we find the giants of the plant kingdom.

No other fruit can approach it in size and weight, for a globular specimen may be more than a yard in diameter and weigh more than two hundred pounds. Still, there are dwarfs

in size. Some of these gourds so closely resemble fruits, pears, oranges, or bananas, that, if placed on a dessert dish, they would deceive any one. Certain gourds are known from their shape as "Turk's Caps" or "Turbans," the former a uniform rich yellow in color, and the latter striped alternately green and white.

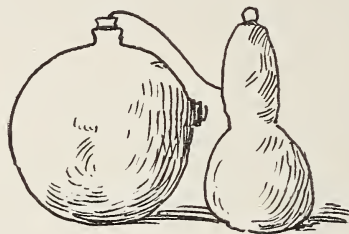


When the Southern boy makes a gourd into a musical instrument, he is only doing as primitive people in all parts of the world have done before. Wierd, even beautiful music is produced from these gourd violins and guitars. When the gourd is growing, it can be made to assume fantastic shapes. By a little clever work each day the handles can be tied into a knot. Occasionally a green gourd will be caught between two rails of a fence, and will have a bulge on either side something like the figure eight. By putting one board under the gourd and another on the top, it can be made to grow flat, so that it will fit the pocket, and can be used as a powder-horn. The "dipper gourd" has handles sometimes four feet long. Following the above suggestions, while it is yet pliable, its length can be curved into almost a circle, to serve as a handle for the dipper formed of the larger bowl part. Commence with the tip



end of the handle, and tie it with string in five or six places; and, as it grows, these little divisions will puff out like little balls, and your gourd dipper will have a beautiful handle. If a gourd has a pretty vase shape,

the top can be cut off, and made into a little hinged cover by perforating a hole in it and the top of the gourd, connecting the end by a ribbon run



through and tied in a bow. There are many pretty bottle shapes, dumb-bells, and so on.

During the War of the Rebellion, when china and earthenware became scarce in the Southern States, cups, tea-sets, and all manner of serviceable articles for household use were made of gourds. Some of these were very handsome, as any one knows who has seen sets of these vessels. They are now valued highly as curios in the cabinets of collectors. The firm, smooth surfaces of ripe gourds take washes of water colors beautifully. Pretty designs can be painted on them as easily as on china, or they may be etched with acids, also stained in lovely tints with dyes, or decorated in the very newest way by the heated platinum point. Names or initials may be effectively produced in several ways. Cut letters out of paper and paste them on the gourd while it is still green. Then, when it has dried and turned the pale drab it finally assumes, the letters will appear in green, or reverse the proceeding, if you wish, and the letters will be drab. Another process is, after pasting the paper on the gourd, hold it over a gas jet until the surface browns. The protected part will, of course, remain its natural color. So

essential is the gourd to rural life in the South that there are many homely sayings relative to it.

In sawing the side of a well-sea-



soned gourd, a peculiar rasping noise is produced. It resembles the sound made by some folk when they sleep; and hence the individual who snores loudly is said to be "sawing gourds." The man who mumbles his words in talking is said to make a noise "like a bumble-bee in a gourd."

In former days long-handled gourds were used in country churches as collection-boxes. The deacon could stand in the aisle, and reach either side. Southern women use the small gourds to slip in the heel or toe of the stocking to darn over. Similar ones, which have a white skin, serve as nest eggs, and deceive many a credulous hen that has tried ineffectually for weeks to hatch them.

The highly ornamental gourds are not, as a rule, good to eat. They either lack flavor entirely or have a disagreeable taste. The orange gourd is particularly bitter; but nevertheless it is cooked and enjoyed by the Turks, who also make use of pure white gourds, which resemble snowballs when displayed in the sunny market of Constantinople. Although the insides of most gourds is bitter, there are sweet varieties, containing a quantity of sugar, which has led to the suggestion that sugar might easily be extracted from them. On the plains of Hungary this experiment has been tried with quite good success. In India and China the elongated, snake-like gourds play an important part in



the curries and stews of native preparations. In Arabia the bottle-gourd is known as carrah, and is commonly eaten boiled in vinegar. The young shoots, when boiled, furnish an excellent vegetable.

The Brooklet

By Cora A. Matson Dolson

Stay, brooklet, here where first you saw the
light,
Bubbling in coolness where the shadows fall;
Thy fragrant banks are snowed with violets
white,
And here the red-winged blackbirds mate and
call.

Farther away is toil and grasp of gain,
Farther away the grinding mill-wheels sound;
Your bosom will be smirched by many a stain,
And drift of wreckage in its surgings found.

A Word for the Banana

By M. O. Howes

THE banana as we see it is a most prosaic object. We have little love and less respect for it. It is cheap and undesirable, passed over lightly by the housekeeper or produced to "help fill up the small boy." As a delectable article of food, we give it grudging mention, even while consuming vast numbers as a people; and it seems impossible to believe in the weekly consumption of thousands upon thousands of "stems," unless we suppose that all the world's a-picnicking.

Having had the pleasure of meeting the banana in its native atmosphere, I am touched with pity, when I view it hawked about the city streets on hand-carts or lying neglected upon the corner stands, a plebeian among fruits; for I recall a little island far, far away, whose green hills and valleys lying fair beneath the sun are covered with a dense growth of broad-leaved trees, whose fruit, with its awkward purple blossoms, is the emblem of prosperity, the glory of the land.

In that enchanted region crops never fail. Smiled upon by an eternal summer, watered by every passing cloud, the rank luxuriance of this king of the island has its way, for its cultivation is very simple, and nine months after the suckers are set out the fruit is ready for cutting and shipment to our unappreciative market; for truly banana possibilities are as yet an unworked mine to the American cook.

After my lady passes a winter in the West Indies, her table will offer a new dainty to delighted guests. Several weeks at a most charming

private house in the midst of the banana region, where acquaintance with the mistress was both a pleasure and a possibility, gave to me, a New England housekeeper, an enviable peep into the domestic secrets of this southern home, some of which have since done novel service, while more, alas! are relegated to the dreams of the unattainable.

One very simple dish is quickly prepared, and proves most convenient in an emergency. Slice into a buttered pudding-pan a thick layer of bananas, cover with two tablespoonfuls of sugar and moisten with lemon juice. Repeat, with a thin sprinkling of cracker crumbs between each layer, until the dish is filled, having for the top a layer of crumbs moistened with melted butter. Bake until delicately browned. One lemon to three bananas is a satisfactory proportion, and the combination of the two is very delicious.

In a foreign country a "native" hotel, which essays no "American plan," sounds most alluring to seekers after the "real thing," and at such a place one balmy February morning I settled down for a few quiet days. The house was charming. Very long, very low, a piazza stretched the entire length of both stories, back and front, and over the rail climbed vines of wondrous growth. Before the door, right in the centre of the drive, stood a royal palm, the tallest, straightest, and most worthy of its name to be seen in all the island. It waves its feathery top high above the roof, and marks the spot in even the shortest memory. Sitting-rooms on the second floor open with long windows

upon the veranda on either side. The inside walls are tinted a soft blue, against which heavy arched doorways of black wood stand out effectively. The bare floors have native rugs, and all about straw couches and lounging-chairs invite repose. The dining-room leads directly from the first floor veranda; and here, as you sit at lunch, the eye dwells upon pleasant things of all sorts through the wide-open doors,—far stretches of green, the blue blossoming *lignum-vitæ*-trees, the quaint and crooked street beyond,—while every little while a huge Jim Crow helps out the picture by spreading his great wings and circling lazily into the air.

Barefooted black handmaidens softly come and go their deliberate way, serving you with any number of strange dishes, among which one sees and soon longs for the never-failing banana or plantain, in the morning fried a delicious brown, at luncheon roasted in the skin, at dinner served as a toothsome dessert, combined with various jellies. It is rarely missing in some form.

The steamer makes its last stop at a banana station before the long homeward voyage is begun, and here passengers are privileged to go by train into the plantation after the fruit; and a merry company fill up the chairs of an improvised observation car for the six-mile climb through the mountainous forest of banana trees with which every foot of the land is planted. Here the broad leaf waves undisturbed, save where some self-rooted and venturesome native growth springs up by chance. The railroad is not run by schedule time, and its delighted passengers think contentedly that the ship will not sail without its "last few." So the "conductor"

plunges off into the jungle to rob a nutmeg-tree, and the "brakeman" makes a long search for sugar-cane.

A little hamlet clusters about the stopping-place of the train, and out from the hillside cabins run the coolie women and children to beg "Missie" for a quattie or offer to slip off from bare legs and arms old silver bracelets for a shilling or two. All along the passage of the train we had met the coolie men. Pictures from "The Arabian Nights" they seemed, black and solemn-visaged, picturesquely swathed in folds of white stuff, and carrying the awe-inspiring *machete*, a knife which Bluebeard himself might have envied, but which is in very truth the harmless insignia of labor, for he and his brothers are imported from India to become "banana strippers" for a term of years.

All aboard! and off puffs the loaded train with its fussy engine and its observation car,—out into the sunset glow. The portly and dignified clergyman on the front seat contentedly sucks his stalk of sugar-cane, the nervous lady on the back takes a secret grip of the rope, and the little handful of lotus-eaters go sliding down the mountain side as the lengthening shadows come creeping up.

A few hours more, and the swarm of native women, who circle between car and ship in an endless chain, each well-poised head bearing its burden of fruit, will have melted away, and far out on the darkening waters the ship and its freight are speeding toward home. With this setting of romance, who can but pity the obscurity of the banana's latter days, shorn of its glory and deprived of its utility? Good housekeepers all, study the virtues of this unappreciated product.

What do our Homes Express?

By E. D. H.

IF an ordinarily discerning person could inspect any home, he would perceive readily the characteristics, personalities, and ideals of its occupants, though strangers to him and, for the time being, absent. All the material world is constantly receiving the imprint made by the contact of human thought, and character is evolved through its expression. "Tell me what a man dreameth, and I will tell you what he is," is just as true with the clauses transposed. Every human product and action originated in a thought. There are no lies. We pretend, we try to deceive, but the truth will out.

Let us look about our homes to see what we are. Is it not true that the average home expresses imitation of the home of the millionaire, as it is generally supposed to be? This imitation varies only in proportion to the good sense displayed. It is true that it seems impossible for the average purse to be stretched to express every ideal; but it is just as true that somewhere—in the life of the house, in the disposal of furnishings, in the repair of architecture—this ideal will creep out to view.

We hear and read much just now about simple living, but there was never a time when people were so absorbed in the acquisition of material things. Our homes betray a sacrifice of that which abides to the accumulation of the unnecessary. Out of these ideals of living have sprung the greed and envy which result in our rapidly growing inequality in the distribution of wealth. But man is something more than flesh. The fut-

ure life of our republican ideals depends upon the individual independence and all-round development of a large number of our men and women. We need more homes that express the courage to reject all things and fashions acquired for mere pretension; where the necessity for mental and spiritual growth, as well as physical, is recognized; where the mother has time to acquire scientific knowledge of food and its preparation, and then has the persistence to apply such knowledge, though her mother never did and her neighbors never do; where the service of food is attractive and dignified without the help of servants; where the furniture is durable, easy to care for, and educational in form and outline; where something of the best in literature and art are ever at hand with their subtle but sure influence.

Orators know the significance of the pause in impressive speech. In like manner does much space between articles of furniture and still more space between pictures and ornaments add dignity and peace. Any article bought just to fill up space is placarded with the intention. On the other hand, who can comprehend the far-reaching influence, moral as well as artistic, of a truly perfect outline or a harmonious combination of colors?

The ancients worshipped their household gods. This was the poetical expression of a truth. Every home has a spirit whose silent influence even the chance visitor feels. Who can fail to see the beauty and peace in the domestic picture, where Hawthorne and Whipple picked cur-

rants for tea, while Mrs. Hawthorne made biscuit and Mrs. Whipple laid the table.

Harmony in the home depends upon the extent to which ideals are held in common, or to the amount of sympathy which each member has for the ideals of the other members. Where ideals clash, there exists divorce which no court of law can make

more sure, and every sensitive soul in such a home withers under its influence.

No two human beings are just alike; no single groove is fit for everybody; and no real competition should create envy. Every home should encourage individual, independent growth. Ape-like imitation belittles: independent application develops.



Fruition

By Lucia W. Eames

Far out on the waste of waters
I saw a shining sail:
'Twas but a speck in the distance,
Yet straightway we cried, "All hail!"

And hearts that were sad with waiting,
And eyes that with tears were wet,
Forgot their woe and their weeping
When loving hands were met.

Lift up your heads, ye children,
And doubt to the breezes fling;
Fix your eyes upon the future,
And hope and trust and sing.

For over life's restless billows
Hope's fair sails yet may bring
Their treasure likewise homeward
To your hearts' safe harboring.

To the South Wind

By Mabel Cornelia Matson

Blow, south wind, o'er the budding woods,
And in the fragrant pine
Chant low your sweetest melodies,
To charm the jessamine.

Blow, south wind, o'er the fair green fields,
And softly, as you pass,
Bend down and kiss each violet
Shy hiding in the grass.

Blow, south wind, o'er a spot I know,
And take my love with thee
Unto my little sweetheart there,
The wild anemone.

THE BOSTON COOKING-SCHOOL MAGAZINE

OF

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JANET MCKENZIE HILL, Editor.

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WE intend to put the *Cooking-School Magazine* into the hands of its readers on the first day of the month. The late day on which our March number was mailed out was due entirely to a strike of compositors and pressmen, with which the publishers of the magazine were in no wise concerned. Unfortunately, however, our printer was involved in the contest; and the inevitable result of all such muddles followed, that both the innocent and the guilty alike were sufferers. But the strike is now off, and we hope in future to be able to issue the magazine regularly and promptly.

THE SCIENTIFIC HABIT

NEITHER the name "domestic science" nor its equivalent, "household economics," explains itself. These terms are apt to be not well understood or even misleading. They might be defined, perhaps, simply as the science of common things, or the scientific method applied to common things. To people in general, physics, chemistry, physiology, bacteriology, etc., are of very little concern, save in the matter of practical application. The results of all scientific processes are readily accepted, while the elucidation of the processes themselves are relegated to the domain of the specialists. In the minds of most people what is meant even by science itself is a vague and uncertain sentiment.

But in recent years a change is taking place in the object and method of teaching most subjects, science included. An English authority, in an address on the subject of "The Movement for Domestic Science Teaching in England," puts the case well, and in substance as follows: "A very great change has taken place in science teaching. Instead of trying to teach the technicalities of chemistry, physics, etc., in the schools, it is now sought to bring science teaching into relation with common things, and to make it, above all, a training in scientific method. In other words, the new movement aims to bring education into closer relationship with the work of life."

History, for instance, as matter of dates and facts, is a dry subject, and it has little bearing on the ordinary affairs of life. But history as the story of man's progress from lowly origin, up through dangers and hardships, to his present marvelous attainments, is a most fascinating study;

and the insight history affords into the evolution of man's thoughts is more wonderful even than is the record of his deeds of prowess. Likewise the study of other branches of science, treated in like manner, becomes an interesting and profitable occupation; and the inference to be drawn is that the pursuit of all subjects must be brought into contact with the work of the present everyday life.

Considering, especially, the case of women, the same authority says: "For the great majority of them their most important work in life consists in the management of the house and the training of children, and it is admitted that nothing can be of more importance than that these things be done well. The old idea that efficiency in women's work can be acquired casually is disappearing. We now have definite schools in cookery, laundry work, dressmaking, etc.; but these are arts, and underlying these is science. That is to say, the arts are governed by certain principles or laws of nature. It is one great object of domestic science to teach these laws and show their application; but, more important than that, it is the object of domestic science to produce a habit of mind and a habit of action such as the proper study of science alone can give. In brief, the desire is to dignify labor and to make education something that will help to infuse into women's work an intellectual interest and a spirit of intelligence of which it is often most sadly in need."

COMPULSORY ARBITRATION

THE *Cooking-School Magazine* advocates the principles of domestic economy and ideal simplicity in home life. Consistent

with this position, it wishes to be regarded as among those publications that favor arbitration as the final means of settling all questions of dispute, both social and national in character, that may lead to strikes and open warfare. And why may not the proper laws be enacted, which shall render this process compulsory? Why may not the civilized nations of the earth agree that dissensions, which fail of otherwise friendly adjustment, shall be taken to some established court of arbitration whose decisions are final and inviolate?

The world has no longer need of people who want to fight. For these let a portion of earth be set apart. Civilization, if it means anything, is a movement not towards, but away from, the savage state. Implements of war and destruction, like instruments of torture, are relics of bygone ages. To be sure, until the whole earth becomes civilized or sufficiently humanized, people must keep watchdogs, and be prepared to protect their persons and defend their rights; but in aggressive, offensive warfare no intelligent people can now engage. Against this the protest of every human being is in order. We have simply outgrown the inclination for all that sort of glory and aggrandizement. And, what is more, whatever makes for peace makes also for prosperity in peaceful pursuits and the sure upbuilding and perpetuity of ideal homes.

REST AND RECREATION.

INCIDENTAL to the recent celebration at Harvard of President Eliot's seventieth birthday, it is reported that, "however closely President Eliot applies himself to his tasks of the fall, winter, and spring, he leaves his work behind when he starts

for his summer home at North-east Harbor, Me., after Commencement. He has a beautiful estate overlooking the water, and there for about three months the president and Mrs. Eliot exchange the occupations. Mr. Eliot attends to the supervision of the house, buying supplies and preparing the menus, while Mrs. Eliot devotes herself to the president's correspondence, consulting him only when necessary. Thus each secures an absolute change; and, when the summer is over, Mr. Eliot has had a rest.'

This idea is noteworthy, anyhow. President Eliot has become the most famous of all Harvard's presidents. He is a leader in more lines than one. In educational thought he is peerless. In art, religion, social matters, and government his ideas are always advanced and in the way of enlightenment and progress. And now in respect to rest and recreation, subjects foremost in interest to many at this season, the item of practice hinted at in the foregoing is both sensible and highly commendable. In thousands of instances why should it not be adopted and become a custom? How much of change and rest, of positive insight and gain in life, would accrue to all concerned! We know of homes where the custom has prevailed to the mutual pleasure and advantage of the household. Is there good and sufficient reason why man, in countless cases at least, should not share in the responsibilities of housekeeping?

BITS OF WISDOM

“**D**ISEASE is a remedial attempt on nature's part to get rid of a poison. If a man eats too much or takes food of the wrong kind, he gets sick. To then give

him medicine to cure his indisposition and make him comfortable is to run a grave risk of killing him.

Physicians everywhere are now coming to the conclusion that to stimulate flagging vitality is to make a sedative necessary a little later on. This course continued—alternate stimulants and sedatives—means a nervous breakdown.

Nature has given you a sedative. Give the organs rest when they ask for it. But the average man, when he is dull, is inclined to stimulate on whiskey or drugs, or at least to look upon the oolong when it is red. People who stimulate their energies artificially are bound to soon reach for an artificial sedative.”

“Fresh air, moderate exercise, plain food, regular sleep, and kind thoughts will heal you of your diseases, pluck from memory its rooted sorrows, and put you close to all the good there is.”

“The source of power is in human emotion, in human desire. Men get what they work for, and in just the measure they work for it. The measure of success is the measure of desire.”—*The Philistine*.

Happiness itself is sufficient excuse. Beautiful things are right and true, so beautiful actions are those pleasing to the gods. Wise men have an inward sense of what is beautiful, and the highest wisdom is to trust this intuition and be guided by it. The answer to the last appeal of what is right lies within a man's own breast. Trust thyself!—*Ethics of Aristotle*.

Happiness is a state of constant occupation upon some desirable object, with a continual sense of progress towards its attainment.—*Madame de Staël*.



Weights and Measures of Butter and Flour. See Query 879

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Scotch Mutton Broth (for the Sick-room)

Remove the fat from about two pounds of mutton cut from the neck, and cut the meat in small pieces. Add the crushed bones and about three pints of water, cover, and let simmer very gently between two and three hours. Then strain off the liquid, pressing out as much juice from the meat as possible. There should be about one quart of broth. Remove the fat, using a spoon and blotting-paper. Add two level tablespoonfuls of oatmeal and a teaspoonful of salt, and cook in a double

boiler two hours. Strain through a very fine sieve or cheese-cloth, and serve hot. The broth should have a delicate, jelly-like consistency. Onion, parsley, carrot, and celery may be cooked in the broth for flavoring, at discretion.

Beef Tea (for the Sick-room)

With a damp cloth wipe a pound of beef, cut from the under part of the round or vein or from the neck. Pass it through a meat-chopper, and mix with it, in the upper part of a double boiler, a pint of cold water. Cover, and let stand one hour, then set into a dish of water at the sim-

mering-point, and keep the outer dish at that point one hour. Pour off the liquid from the inner kettle,

of water to the boiling-point, turn off the source of heat, and lower into the water one egg taken from a refrig-



Materials for Petite Marmite

remove any droplets of fat with spoon or blotting-paper, season, and serve. To reheat, use a double boiler, and do not raise the temperature of the water in the outer kettle higher than the simmering-point, about 185°.

erator. Cover closely, and let stand six minutes, when the egg will be soft cooked. By remaining in the water eight minutes the egg will be medium cooked. In order to insure uniform results, the conditions must not vary.



Proteid Foods from Animal Kingdom

Soft-cooked Egg (Department of Agriculture, Bulletin No. 128)

Select a granite-ware stewpan holding one quart. In it heat one pint

The kind of kettle, the quantity of water, the number of eggs, and the temperature of the eggs and the water must be observed.

Petite Marmite

To make two quarts of this soup, purchase two pounds of the knuckle of veal, two pounds of beef from the neck, lower part of the round, or vein, a fowl, five or six inches of marrow bone (beef, and the bone should be split), a carrot (two or three, if young and small), a turnip, two onions, and, in season, three or four stalks of celery. Wipe the meat, cut the beef and veal into small pieces, leave the fowl whole or cut in halves. Melt part of the marrow, and in it brown a part of the meat (this may be done in the soup-kettle or in the frying-pan). Add three quarts of cold water, let heat slowly to the boiling-point,

cutter) from the turnip and carrot (cut new carrots in slices), and slice the celery and one onion in pieces of



Chicken Sauté with Fried Potatoes, Etc.

uniform size and shape. Cook these until tender by themselves, but add the trimmings of all, and one onion, to the soup-kettle, with two teaspoonfuls of salt. Now remove the chicken, to serve apart, first taking off a portion of the breast, to serve (cut in pieces) in the "marmites." Take out,

uniform size and shape. Cook these until tender by themselves, but add the trimmings of all, and one onion, to the soup-kettle, with two teaspoonfuls of salt. Now remove the chicken, to serve apart, first taking off a portion of the breast, to serve (cut in pieces) in the "marmites." Take out,



Oyster Cocktail in Lemon Cups, Boston Brown Bread, Etc.

put in the fowl, breast upward, and let simmer gently until the fowl is tender. About an hour before this cut out some balls (with a French

also, a portion of the veal and beef for the same purpose, and set the rest aside for made dishes. Remove the fat with a spoon and blotting-paper,

letting the kettle stand in cold water, meanwhile. Beat the whites of two eggs with the crushed shells; and,

Crusts with Marrow

Let the marrow stand an hour in cold water, then drain, cover with



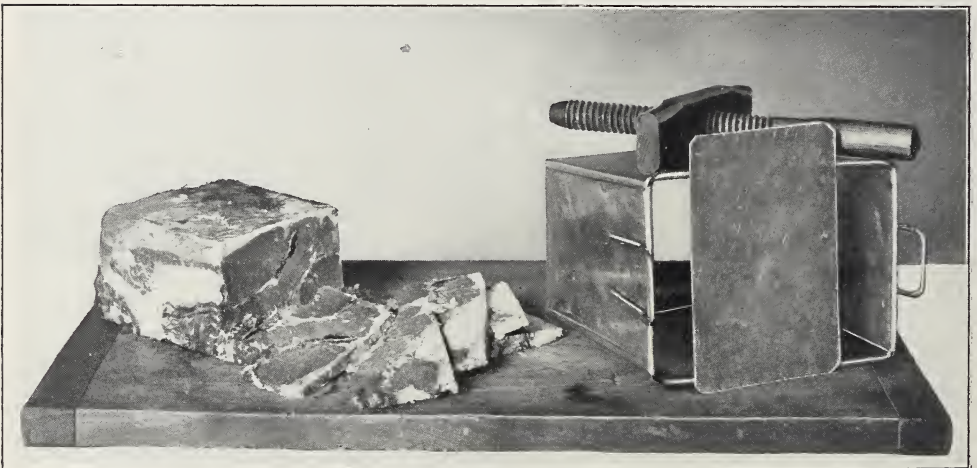
Planked Sirloin

when the soup is cooled so that it will not cook the egg, stir the egg mixture into it. Stir while reheating to the boiling-point. Let boil three or four minutes, then set back for ten minutes. Skim, then drain through several folds of cheese-cloth. Reheat, and serve in the little pots with a few bits of each kind of meat and vege-

boiling water, and let stand ten minutes without boiling, but kept very hot. Drain again, sprinkle with salt and paprika, and spread upon rolls cut in slices and toasted. Serve while very hot

Planked Sirloin (à la Rathskeller)

Have a sirloin steak cut two and



Pressed Corned Beef

table in each pot. Turnip is often omitted. String beans, peas, or asparagus tips, may take the place of the celery. Serve at the same time.

one-half inches thick, and from heavy beef. Remove the bone, flank end, and superfluous fat, wipe carefully, and place inside a hot, well-oiled

hinged broiler. Cook three or four minutes over a bed of coals, turning the broiler every ten seconds, then set in the broiler, resting on a dripping-pan, into a hot oven to cook from twelve to fifteen minutes. Have ready an oval hard-wood plank, made hot in the oven, also hot mashed potato, cooked cauliflower, mushrooms, four small onions, and about half a cup, each, of cooked string beans, flageolet (dried French

beans), peas, and carrot (cut in cubes or other shape). Dispose the cooked steak in the centre of the hot plank, fill in the space around the steak with a thin layer of mashed potato and pipe a border of potato around the plank half an inch from the edge. Set the onions at the four corners of the steak. Brush over the edges of the piping and the onions with the beaten yolk of an egg, and set the plank into the oven long enough to reheat the potato and brown the edges delicately.

Mix the flageolet, carrots, peas, and string beans, season with salt, pepper, and butter, and dispose these on one end of the plank between the steak and the piping on the edge. On the other end dispose cooked mushrooms (fresh or canned selected)

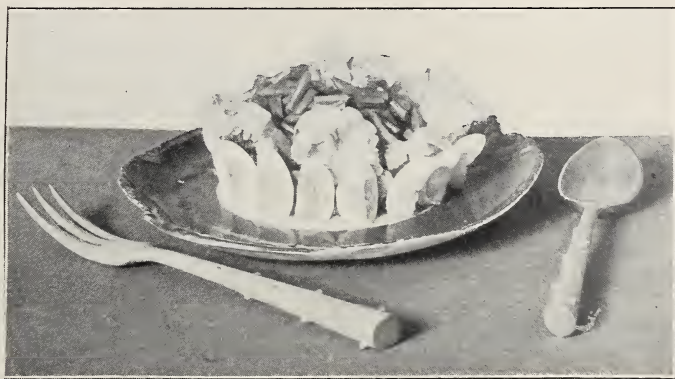
hot and well seasoned. Lay flowers of cooked cauliflower, well seasoned and hot, on the steak, and serve brown mushroom sauce

in a boat. Cooked asparagus, passed through a ring cut from a cooked carrot, may be pressed into the po-



Poached Eggs with Asparagus. See page 461

tato at the opposite ends of the steak (in the place of the cauliflower), and cubes of turnip or other vegetable may form a part of the macedoine. To serve, cut in strips through the tenderloin and the portion above, and add to each plate the kinds of vegetables desired. If canned mushrooms are selected, reheat in boiling water, but without boiling. Sauté fresh mushroom cups, after peeling, in butter, add a little

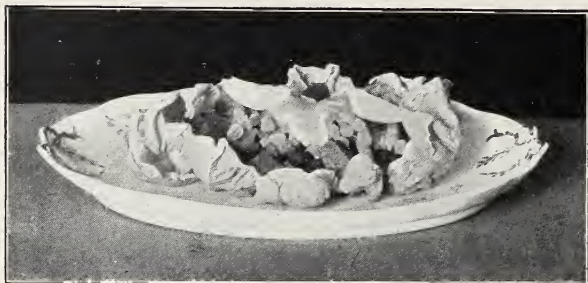


String Bean Salad in Crown of Eggs

stock, and let simmer about twenty minutes. They are then ready for serving on the steak and in the sauce.

Brown Mushroom Sauce

Cook one tablespoonful, each, of bits of onion and carrot, a sprig of

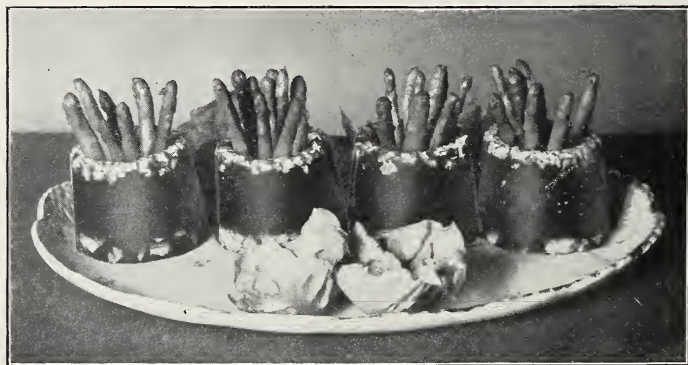


Tomato Jelly-and-Asparagus Salad, No. 2

parsley, a sprig of thyme, and bit of bay leaf in two tablespoonfuls of butter until browned, then add three tablespoonfuls of flour, and stir until browned. Add gradually one cup of brown stock, and cook until smooth and boiling, then strain over one-third a cup of mushrooms, cut in halves or pieces.

Tomato Jelly-and-Asparagus Salad

Have patent charlotte russe moulds standing in ice-water. Crumble the



Tomato Jelly-and-Asparagus Salad

yolk of a hard-cooked egg, and chop the white fine. Put the yolk into the bottom of our moulds, add a few spoonfuls of tomato mixture to each

mould, and, when "set," fill the moulds nearly to the top with the mixture. When this is "set," dispose the chopped white against the inner and upper edges of the moulds, and fill to the top with the tomato. When firm, unmould, put a rounding teaspoonful of mayonnaise dressing in each cup, and into this set asparagus tips dressed lightly with French dressing. Garnish the dish with lettuce.

Tomato Jelly

Pass the contents of a can of tomatoes through a sieve, rejecting nothing but seeds and coarse fibres (if any). Put two cups of this purée over the fire with two slices of onion, two cloves, a sprig of parsley, a piece of bay leaf, four peppercorns, or a bit of green pepper, and two teaspoonfuls of tarragon vinegar. Let simmer fifteen minutes, then skim out the vegetables, etc., and add half a teaspoonful of salt and half a two-ounce package of gelatine, softened by standing some time in three-fourths a cup of cold water. Stir until the gelatine is dissolved, then use as above.

Tomato Jelly-and-Asparagus Salad, No. 2

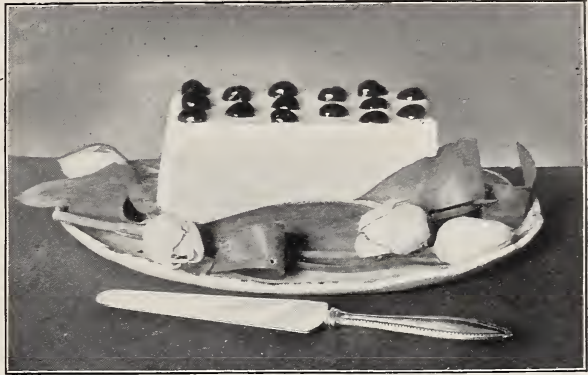
Mould tomato jelly in a shallow dish, (have the jelly half an inch thick). Turn on 'o a clean sheet of paper, and with a knife dipped in hot water cut the jelly in cubes. Pour over the cubes

enough French dressing to moisten the jelly, and dispose these on a bed of lettuce leaves that have been carefully (to avoid crushing) dipped into French dressing. Above these dispose cooked asparagus tips (fresh or canned) dressed with oil, vinegar salt, and pepper. Finish with a large spoonful of mayonnaise (this may be omitted), and two or more lengthwise quarters of hard-cooked egg.

Tutti Frutti Parfait

Let three-fourths a cup of sugar and one-third a cup of boiling water boil to the thread degree, and pour in a fine stream onto the whites of two eggs beaten until foamy. When cold, cut and fold into one pint of double cream (cream that may be beaten solid) beaten solid to the bottom of the mould. Flavor with a tablespoonful of vanilla (or flavor to taste with *crème de menthe* cordial), and mix in, gently, three-fourths a cup of candied fruit, cut very fine or chopped.

and unfrozen. If hot syrup be used, chill the fruit before use. If maraschino or *crème de menthe* cherries be



Tutti Frutti Parfait

selected as the fruit, they are ready to add, when chopped. Turn the parfait into a mould lined with paper or into the can of the freezer, cover securely, and let stand about three hours packed in equal measures of crushed ice and salt. When unmoulded, decorate the top of the parfait with *crème de menthe* cherries, cut in halves and surround with three or four tulips or other spring flowers



Cassava Cakes

Let the fruit stand, before using, an hour or more in a rich, hot sugar syrup or in rum or wine to cover. The syrup or wine will keep the fruit soft

To prepare Cassava Cakes

Toast the cakes first upon one side and then upon the other. Spread with creamed butter, and serve at

once in the folds of a hot napkin. These cakes are particularly appropriate for five o'clock tea. They sell for about twenty-five cents per box. A box contains two dozen cakes. At the close of a dinner or luncheon, cassava cakes may be served with cheese. Prepare as above, or spread with butter and grated cheese, and set into a hot oven long enough to melt the cheese.

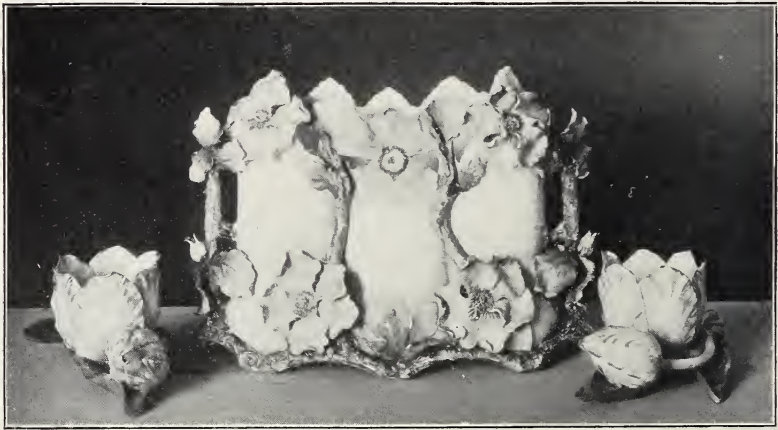
Oyster Cocktail in Lemon Cups

Cut a thin slice from each end of a lemon, one that the lemon may stand upright and the other that the contents of the lemon may be removed. Carefully take out the membranes, leaving a cup that will hold liquid. Instead of cutting off two slices, one end of the lemon may be cut in vandykes. For two lemons use twelve small oysters, freshly removed from

made of Boston brown bread, spread with mayonnaise dressing, through which fine-chopped capers have been stirred.

Chicken Sauté with Onions and Fried Potatoes

Separate a fowl into pieces at the joints. Break the back into two parts, cut the breast into two pieces, and divide each of these into lengthwise halves. When washed or wiped, cover with boiling water and let simmer until tender. Season with salt, and let stand where it will keep hot until ready to serve. Have ready in the frying-pan three or four tablespoonfuls of hot bacon (mild cured) fat. Roll the pieces of fowl in flour, and sauté them in the hot fat, first on one side and then on the other, until delicately browned. Dispose on a serving-dish. Put the rump end of the



Receptacles for Early Spring Flowers in Carlsbad Ware

the shell, and very cold. Mix with these one-fourth a teaspoonful of grated horseradish, two drops of tabasco sauce, a teaspoonful of tomato catsup, a tablespoonful of lemon juice, and, if needed, a few grains of salt. Put the mixture into the lemon shells, and serve with sandwiches

backbone in the centre of the platter, let the small ends of the drumsticks rest upon either side of this, with the larger ends towards the ends of the platter. Arrange three pieces of breast in front between the drumsticks, the two second joints, the fourth piece of breast, and the upper

half of the back on the opposite side of the dish, with the wings above the dumsticks. Have ready a pint of potato balls (cut with French cutter) fried tender in hot fat (this will take about ten minutes, and the fat should not be too hot, or the potatoes will become too brown) and sprinkled with salt, also about a dozen small onions boiled tender, drained, brushed with beaten yolk of egg, and browned in the oven. Dispose the potatoes at the two ends of the platter with the onions at the sides. Serve brown, tomato, or paprika sauce in a dish apart. A recipe for paprika sauce, which is particularly good with this dish, was given in the February number. A brown sauce may be made in the frying-pan. After the chicken is cooked, the liquid in which the chicken was cooked furnishes stock for any of these sauces, leaving some to improve any of the cream soups served at this season.

String Bean Salad in Crown of Eggs

Cut four hard-cooked eggs in lengthwise quarters, and trim the quarters, to stand level. Soften a teaspoonful of granulated or a tablespoonful of shredded gelatine in cold water, and dissolve with just as little hot water as possible. Dip the ends of the egg quarters in the gelatine, and press them upon a *chilled* plate one after another, to form a crown. Drain a can of tiny green string beans, put them over the fire in cold water, and bring quickly to the boiling-point. Drain again, and dry on a cloth, then cut into short pieces or leave whole. Mix half a teaspoonful of salt and one-fourth a teaspoonful of paprika with five or six tablespoonfuls of olive oil, then beat in, gradually, two tablespoonfuls of vinegar. When well-blended, pour over the string beans, and mix thoroughly, then turn into

the crown of eggs. Set heart leaves of lettuce inside the row of eggs, and sprinkle the whole with chopped chives. (Chill before mixing.)

Poached Eggs with Asparagus, etc.

Have ready four squares of well-toasted bread. Dip the edges in boiling, salted water, and dispose on a hot dish. Above lay hot, tender asparagus tips (cooked in boiling salted water), the points all the same way. Over these pour a cup of white or Bechamel sauce, and dispose a delicately poached egg above. The ingredients for the Bechamel sauce are two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and pepper, and half a cup, each, of cream and white (chicken or veal) broth. To poach the eggs, have a buttered frying-pan containing boiling water, to which half a teaspoonful of salt and a tablespoonful of vinegar have been added. Set this where the water will keep hot, but not boil. Break in the eggs, and let stand until delicately cooked throughout. After the eggs are thoroughly "set" on the bottom, loosen, if needed, from the bottom of the pan, to avoid too rapid cooking. A thin skimmer, spatula, or griddle-cake turner, is useful for this purpose.

Pressed Corned Beef

Put a piece of corned beef, rinsed in cold water, over the fire in cold water (four pounds of brisket was used for the illustration), bring to the boiling-point, and let simmer about six hours, or until very tender. Remove from the kettle, and put into an oblong pan, or a press designed for the purpose, cover with a board bearing a weight or press with a board that is set by a screw. Let stand some hours, then remove, and serve cut in thin slices.

Menus for a Week in April

The amount of food ingested ought to accord with the amount of force employed for the purposes of daily life.—*Sir Henry Thompson.*

SUNDAY	<p><i>Breakfast</i> Shredded Wheat Biscuit, Cream. Broiled Finnan Haddie. White Hashed Potatoes. Radishes. Baking-powder Biscuit. Coffee.</p> <p><i>Dinner</i> Fowl Sauté. Fruit Jelly, or Prune-and-Lettuce Salad, French Dressing. Maple Parfait. Brownies or Marguerites. Coffee.</p> <p><i>Supper</i> Fricassée of Oysters. Toast. Olives. Cheese. Cereal Coffee.</p>	<p><i>Breakfast</i> Grape-nuts, Cream. Scrambled Eggs, Bacon. Radishes. Zwiebach. Coffee.</p> <p><i>Luncheon</i> Lima Beans and Lettuce, French Dressing. Hot Rye-meal Biscuit. Lemon Pie. Coffee.</p> <p><i>Dinner</i> Loin and Leg of Lamb, Roasted. Banana Croquettes, Franconia Potatoes, Turnips in Cream Sauce. Cress Salad. Hot Gingerbread, Whipped Cream. Coffee.</p>	WEDNESDAY			
MONDAY	<p><i>Breakfast</i> Cereal, Bananas, Cream. Broiled Ham. Poached Eggs. Mashed Potato Cakes. Toast. Coffee.</p> <p><i>Luncheon</i> Ham-and-Chicken Timbales. Buttered Flageolet. Baked Rhubarb. Brownies. Tea.</p> <p><i>Dinner</i> Cannelon of Beef with Macaroni in Tomato Sauce. Boiled Cabbage, Drawn Butter Sauce. Sliced Oranges. Wafers. Coffee.</p>	<p><i>Breakfast</i> Oranges. Calf's Liver and Bacon. Baked Potatoes. Rice Griddle-cakes. Coffee.</p> <p><i>Luncheon</i> Petite Marmite. String Bean Salad in Crown of Eggs. Toasted Rolls with Marrow. Rhubarb Pie. Tea.</p> <p><i>Dinner</i> Cold Roast Lamb, Currant Jelly. Buttered Parsnips. Potatoes in Milk. Lettuce Salad. Coffee Jelly, Whipped Cream. Little Cakes. Tea.</p>	THURSDAY			
TUESDAY	<p><i>Breakfast</i> Boiled Rice, Cream. Poached Eggs with Asparagus on Toast. Spider Corn-cake. Cereal Coffee.</p> <p><i>Luncheon</i> Creamed Cabbage and Cheese au Gratin. Baking-powder Biscuit (Entire Wheat). Baked Tapioca Custard, Liquid Sauce. Tea.</p> <p><i>Dinner</i> Cream-of-Pea Soup. Escaloped Oysters. Lettuce, French Dressing. Rice Croquettes, Fruit Jelly or Sabayon Sauce. Coffee.</p>	<p><i>Breakfast</i> Sliced Bananas. Vermicelli Eggs with Toasted Shredded Wheat Biscuit. White Mountain Muffins. Coffee.</p> <p><i>Luncheon</i> Fried Oysters. Pim-Olas. New Carrots in Cream Sauce. Pineapple Omelet. Cereal Coffee.</p> <p><i>Dinner</i> Cream-of-Spinach Soup. Planked Shad, Creamed Roe au Gratin. Mashed Potatoes. Lettuce and Tomato Jelly Cubes, French Dressing. Lemon Sherbet. Wafers. Coffee.</p>	FRIDAY			
SATURDAY	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><i>Breakfast</i> Barley Crystals, Sliced Bananas, Cream. Potato and Beef Hash. Poached Eggs. Tomato Sauce. Virginia Spoon Corn-bread. Cocoa.</td> <td style="width: 33%;"><i>Luncheon</i> Veal Soufflé (Petite Marmite), Bechamel Sauce. Mashed Potatoes. Asparagus(Canned), French Dressing. Baked Indian Pudding, Cream. Tea.</td> <td style="width: 33%;"><i>Dinner</i> Cream of Corn Soup. Chicken Sauté, Fried Potato Balls. Cauliflower, Hollandaise Sauce. Canned Fruit. Sponge Cake. Coffee.</td> </tr> </table>	<i>Breakfast</i> Barley Crystals, Sliced Bananas, Cream. Potato and Beef Hash. Poached Eggs. Tomato Sauce. Virginia Spoon Corn-bread. Cocoa.	<i>Luncheon</i> Veal Soufflé (Petite Marmite), Bechamel Sauce. Mashed Potatoes. Asparagus(Canned), French Dressing. Baked Indian Pudding, Cream. Tea.	<i>Dinner</i> Cream of Corn Soup. Chicken Sauté, Fried Potato Balls. Cauliflower, Hollandaise Sauce. Canned Fruit. Sponge Cake. Coffee.		
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Menus for April Fête Days

"Sound of vernal showers on the tinkling grass."—*Shelley.*

Luncheon

(*Floral Decoration, Tulips in Silver or Glass Loving-cup*)

STRAWBERRY COCKTAIL.
PETITE MARMITE, CRUSTS WITH MARROW.
FRIED SMELTS. LATTICE POTATOES, FRIED.
CUCUMBERS, FRENCH DRESSING.
SWEETBREADS À LA MINT VERT (Braised with Purée of Peas and Sliced Mushrooms).
TOMATO JELLY CUPS WITH MAYONNAISE OF ASPARAGUS.
GRAHAM SANDWICHES. TUTTI FRUTTI PARFAIT. WALDORF TRIANGLES.
RADISHES. CHEESE BALLS. TOASTED CASSAVA CAKES.
COFFEE.

Luncheon (*Lilacs*)

CREAM-OF-OYSTER SOUP. OLIVES. SOUP CRACKERS.
LOBSTER CUTLETS, SAUCE TARTARE.
FILLETS OF CHICKEN BREAST, RICE TIMBALES, ASPARAGUS SAUCE.
LETTUCE-ORANGE-AND-STRAWBERRY SALAD, MAYONNAISE DRESSING.
VANILLA ICE-CREAM. PRESERVED OR BRANDIED PEACHES.

Buffet Luncheon

BOUILLON IN CUPS.
SLICES OF TONGUE IN ASPIC JELLY (LARGE MOULD). CRESS SALAD.
TOMATO JELLY CUPS WITH MAYONNAISE OF SWEETBREAD AND CUCUMBER.
DEVILED HAM SANDWICHES. CAVIARE SANDWICHES.
OLIVES. SALTED PISTACHIO NUTS. BROWNED PIGNOLIA NUTS.
PRUNES STUFFED WITH FONDANT AND FRUIT.
INDIVIDUAL CHARLOTTE RUSSE; GARNISH: WINE JELLY.
COFFEE.

Chafing-dish Supper (*Unpremeditated*)

"To eek the cheer, in plenty forth they brought
A plate of groats, and a dish of meal;
A threif of rakes.—I trow she spared them naught."

ANCHOVY PASTE-AND-RYE-BREAD SANDWICHES.
EGGS SCRAMBLED WITH DRIED SMOKED BEEF.
OLIVES. CREAM CHEESE. ORANGE MARMALADE. BISCUIT.
LEMONADE.

AFTER BREAKFAST CHAT

By JANET M. HILL



In Reference to Menus, Recipes, Etc.

"It is only the Arabs of the desert that affect to despise fish."

Perfection in table service means perfect comfort for all served.

THE rapid alternation of sunshine and shower gives the present month its deserved reputation of fickleness; but with the first warm days of spring comes fickleness in other things than in the weather. The appetite is often most variable. Those who labor with the hands, in the open air, rarely lack for appetite; but there are countless men and women working indoors who, though they may feel "all gone," cannot eat with relish the food which they have been wont to enjoy. Now is the time to offer these something light and—to use a word very much overworked in culinary terms—dainty. There is probably nothing that will "fill the bill" quite as satisfactorily as the salad. Now a salad of itself is not necessarily nutritious; but the bit of crisp green, carefully dressed, will incite the appetite, and thus result in the partaking of food that will maintain strength and ability to accomplish work. Some one will exclaim: "If one has no appetite, why eat at all? Why not wait until appetite comes naturally?" This might do if, when one became hungry, he could simply put out his hand and take that which is adapted to his

need; but, alas! even in cities it is not always convenient, or even possible, without lavish expenditure, to find simple yet wholesome articles of food. So it really becomes the duty of most house-mothers to "challenge the appetite" of the individual members of their families "by variety in service." This practice has, however, its limitations. The appetite of the nervous, irritable child, subject to frequent stomach disturbances, certainly is not to be challenged by the sight of pastry, cakes, ices, confectionery, and the like.

But to return to the subject of salads. Only in large cities or where one has a cold frame can lettuce, young onions, cucumbers, garden cress, radishes, and blanched dandelion be found in early April. It will be necessary for many of us to have recourse still longer to canned and dried vegetables, with such help as is to be gotten from a box of chives or parsley growing in a sunny window. Without the chives, do not affect to despise the common onion. If one have nothing but beans (string or the bean itself) or canned tomatoes to dress, let the cold cooked beans or the tomato, made into jelly and

cut in cubes, stand with slices of onion above and below until they have absorbed the volatile flavor, then dress with condiments, oil, and vinegar.

The Arabs of the desert pretend to despise fish, because it is out of their reach. On account of expense many fancy salads cannot be afforded often; but, after all, the dressing of the salad has quite as much to do with its acceptance as does the kind of material which serves as foundation. Let us not affect to despise all salads, because sweetbread, lobster, fresh cucumbers, tomatoes, and the like are not, at this season, found in our market basket. The wise woman makes good use of what she has, and finds out that really choice canned vegetables and dried beans, properly treated, need only a carefully blended dressing, to insure most delectable dishes. You do not like oil? Then by all means learn to like it. One can ill afford to live in this century without eating oil. Let us begin the spring aright, and have plenty of salads properly dressed.

In families of refinement living on small incomes—and there are many such—the question of table service has become a troublesome matter to adjust. The housekeeper, who is obliged to “count her pennies,” and whose only resource for help outside of work sent to the laundry is the maid who comes to her by the hour, at rates varying from fifteen to twenty-five cents, is obliged to consider the kind of work that she prefers to have done for her. If the maid does no serving, she can prepare and clear away the dinner in two hours. With windows to wash, silver to clean, the care of the house, to say nothing of the preparation of breakfast and luncheon and the in-

evitable dish-washing, is it not better to have help in doing some of these things than to indulge one's fancy in having the dinner served in the perfection possible with an expert waitress in attendance? At first thought one would say, ‘get along without the maid in the dining-room except when the presence of guests renders such service more of a necessity.’ It is a necessity then, if we consider comfort a necessity; for the woman presiding at table cannot do so with dignity and pleasure to herself and others unless she be—at least for the time being—absolutely care-free; but daily practice or custom on the part of the family as well as the maid is needful to perfect service on occasion. We can prescribe no arbitrary rules to fit all cases. The American woman, above all else, is resourceful; and each must work out her own individual problem, to secure the least possible wear and tear of muscles and nerves. That she solves her problem with credit to herself and the community of which she forms a part is attested by the large number of homes in this country, where upon limited means families are reared who are conversant with whatever is good in household management and all the comfort that pertains thereto. These housekeepers, of all others, are they to whom the word “simplify” means much. Here no bric-à-brac that has not some definite use should be allowed to accumulate to be dusted. Children should store only those things which they are willing to care for, let other playthings be passed on to those who will find pleasure in the care of them.

But at this time we are particularly interested in simplifying the service of the dinner, to the end that comfort may be secured when a maid is not in attendance. First of all let

the size of the table be carefully adjusted to the number of people who are to sit around it. Provide bottles of condiments and the like for each two persons; and in most cases supply the table with individual bread-and-butter plates, and also an extra supply of bread and butter. Have the tumblers filled with water and a filled carafe at each end of the table or, where the table is long, for each two or three individuals.

A dinner wagon (one was described in this magazine October, 1903), a convenience at all dinners, is doubly useful when no maid is in attendance. Let the courses be reduced to two, the *pièce de résistance* with a salad and the dessert. When the family sit down, the first course is in order upon the table, the salad on the bread-and-butter plate. The dessert with crackers and cheese and all china and silver necessary for this course, together with the coffee service, matches to light the alcohol lamp, etc., are neatly arranged upon the shelves of the dinner wagon, which is standing in easy access to the hand of the hostess. When the first course is ended, the dessert, cheese, and coffee service are set in place upon the table, and the first-course plates of those near by are removed to the wagon. The coffee is now made; and, while the beverage is filtering into the reservoir of the coffee-pot, the dessert is served. After the dinner wagon is thus relieved of its contents, it is noiselessly moved to the host, who disposes upon it the dish of the dinner, his own plate, and those of the family near him.

Among the illustrated dishes shown in this number are several which, by their construction, tend to simplify

the serving of a meal. That is, the one dish embodies the complete course. Such dishes are the planked sirloin, sauté of fowl, eggs with asparagus tips, and the petite marmite, though sometimes with the two latter dishes a hearty salad, served by itself, would not be amiss.

The planked sirloin may be simplified by reducing the number of vegetables. When carving is not a bugbear, the straight rib bone need not be cut out before cooking.

Meat and vegetables, cooked in a casserole, and Boston baked beans are other dishes of this class. They are most satisfactory when served from the original, hot cooking-dish, the casserole and bean-pot respectively. The bean-pot should be set upon a napkin (made from an old tablecloth for this purpose) on a tray or platter before the place of the man of the house, or, in the words of a familiar author, "man of wrath." A platter upon which the pork may be taken out, a small carving knife and fork with which to cut and serve the same, and a spoon for serving the beans should be in place when dinner is announced. Soup may precede this dish, as there will be no trouble in keeping the beans hot. Food in a casserole may be kept hot during a soup course, but some sort of an appetizer would really be more appropriate than soup immediately before such a dish.

If, with an expert maid in attendance, dinner must not be announced until everything that is or may be needed is ready, then how much more important does this become, when there is no maid to help smooth over any remissness in this line, and some one must rise from the table to remedy the oversight!

Home Ideas and Economies

Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Oyster Omelet and Nutshells

IF, by walking miles innumerable and straining eyes until half blind, you can discern anywhere an ash-sifter,—such as was made and sold five years ago in the form of an ordinary fire-shovel, perforated all over with half-inch, circular holes,—buy it for five cents, and treasure it as if it cost five hundred dollars.” So said a busy editor, a man with a taste for gastronomy and an ability to straighten out home matters for an invalid mother on occasions.

“There is no meat broiler in existence which is so convenient for small steaks, and for any form of range or stove. It is the only broiler which adapts itself to oysters,” he continued. “It can be cleaned to chemical perfection of cleanliness, at any time, by shoveling up in it some of the red-hot coals of the range and allowing them to remain until the sheet iron of the pan becomes red-hot.

“For broiled oysters in perfection you must have a fire of nutshells. Keep a box, and, when nuts are cracked, save the shells in it, where they will be dry. They burn gloriously, and give to the oyster a flavor like unto camp-fire cookery. Black walnut shells give a decided flavor to what is cooked over them, and vary as you please with the milder nuts. Lay your oyster right on the shovel, and, when they stick, lift them with a thin knife,—flexible, like a palette knife. Do not be afraid of getting the very biggest oysters, and be sure to let them cook a good long time. They will shrink very much and grow dark brown.

“Would it be a sin to oil the broiler?” asked the listener.

“I never did. I suppose it might do,” said this disciple of Dumas and all other literary men who love cookery.

“You are like Gouffé unconsciously, in smoking things with savory wood,” said the listener. Gouffé uses juniper berries and especial woods for certain choice smoked meats.

“I did not know that. It was my own discovery,” said the man editor. “I always thought, if the pen disappointed, instead of using the sword I would seize a broiler and open a chop-house, and have half the men in town running after me there. I would set forth an oyster omelet that would fetch my worst enemy, and convert him into a friend.

“I have told you how to broil the oysters. The broiling and adding of the nutshells may keep you so busy you will want some one to beat the eggs for you,—the yolks thick and the whites until you can turn the bowl over. Have your omelet pan ready with some butter sizzling hot. Pour in the yolks, and let them cook, as a blanket for the whites. When well set, add the whites, and almost immediately lay the oysters in a line across the very middle of the omelet. Into the fluffy whites they will sink. Now cut away the side, so it will be loose enough to fold over. There you will have a firm, but tender, yellow omelet, with a filling of white bulging from the open edge. It takes skill to dish it without breaking, but every one has to learn by trying. Now lift the pan, and let the hot butter drip on the white edges and crisp them.

"The omelet will hold up several inches thick till you can get it to the table and have it served. After a goodly portion of it you ought to walk a couple of miles."

JULIA DAVIS CHANDLER.

IN these days, when a veritable tidal wave of silverware follows in the trail of even the modest wedding, the young housewife has much ado to keep all undimmed her glittering treasures for the inspection of a sometimes wearisome file of new relatives and friends.

And if My Lady's dainty fingers are her only servants, she will be pleased with a suggestion which has been put to practical test by the owner of a chest of silver.

Have a large *aluminum* kettle (which can be bought for a dollar) filled with boiling water. Into this plunge all the silver which can be covered by the water, and boil for half an hour, covered. If the silver is not very dirty, it will look white and new in a few minutes; but the aluminum will become coated with a sediment from the silver, and must be carefully scrubbed.

This may prove a Magic Kettle.

M. O. HOWE.

A Short Cut in Marmalade-making

TO slice oranges and lemons in the process of making marmalade, there is nothing better than an ordinary carpenter's plane, an instrument which is found in almost all households in a larger or smaller form. The older wooden planes are preferable, as they do not discolor the fruit as the more modern all-iron plane would do. To use, invert the plant over the pan in which the marmalade is to be made. Take the whole fruit, and move it

back and forth over the knife, removing the seeds as they appear. This will give slices equal to those made with the very expensive marmalade machine, though with slightly more trouble, but much more quickly and easily than with an ordinary knife. The plane blade should be sharp and properly adjusted before commencing the slicing. An individual once trying this short cut will never use the ordinary kitchen knife again, for the ease and rapidity with which the fruit can be sliced is marvelous.

R. H. H.

A Crazy Luncheon

A CRAZY luncheon, recently given, was said by the guests who attended to be one of the most enjoyable functions of the season.

The invitations were written on pieces of paper torn from paper bags, and worded:—

My deer friend,—I'me goin to give a party tuesday at wun o'clock. Pleez dress up good. Wear sumthin diffrent from what you ever wore before and i'll give a good presunt to the wun of you who dresses odder nor anybody else. Don't cum before wun o'clock cause i don't want to be bothered with you till i get about thru in the kitchen. Cum if it is dus storm bekaus i shall cook most of the food beforehand.

Yours to oblige,

MARY SKINNER.

When the guests arrived, they found their hostess wearing a skirt which had previously done duty as a crazy quilt. The bodice consisted of a short kimono worn over her husband's vest. Her hair was decorated with artificial flowers, a nail-brush, and several lead-pencils. At her side hung a somewhat battered hot-water bottle. In her hand she carried some dry twigs tied with heavy rope. The hostess's costume was not more grotesque than her guests; and much fun was had "studying the new styles."

When lunch was announced, the guests were led to the craziest-looking dining-room imaginable. The centre-piece of the table was a tin peach-can, from which the label had not been removed, filled with paper sunflowers, and placed on a mirror, which was made from a bright tin pan. Artificial flowers, shelf paper, and dry twigs formed the other decorations. Although the queerest conceits were worked out, great care was taken that everything should be spotlessly clean; and, as the lunch was a really excellent one, nothing was introduced which could in any way be repulsive to any guest.

Small tin dippers were used instead of glasses, but they were new and bright. The napkins were of the cheapest cheese-cloth, unhemmed; but the cloth was new.

Finger-bowls were served for the first course, and were followed by black coffee. The last course was soup. The soup was served in china cups on which was lettered in gilt, "crazy luncheon, February twenty-ninth, 19.-04." These cups were afterward washed by the maid, and presented to the guests as souvenirs. Wooden plates and spoons, tin plates and spoons, and many other unique ideas were introduced as the luncheon progressed. INEZ E. FOX.

A SYSTEMATIC arrangement of kitchen furniture and utensils will save time and labor.

A useful cupboard, to stand near the stove, should have a shelf near the top, one at the bottom, and rows of nails on back, ends, and inner side of the door. In this keep pots, kettles, frying-pan, toaster, colander, cooking spoons and forks, salt, pepper, herbs, coffee, and other things used about the stove, when cooking.

Another convenience is a strong, light table that can be easily moved about wherever needed.

Sheet zinc, laid over edges and tacked firmly in place, makes a table covering that is easily cleaned and is not injured by hot cooking vessels, which may be removed from the fire to such a table.

A pantry-cupboard may hold flour and meal chests, extracts, spices, sugar, salt, baking-powder, soda, raisins, nuts, chocolate, moulding-board, rolling-pin, bowls, moulds, and all measuring and mixing dishes and spoons.

One trip to the refrigerator or cellar for butter, lard, milk, and eggs, and one's baking is accomplished with the fewest possible steps.

All cupboards and tables in kitchen and pantry should be kept dry and free from dust and crumbs. In cleansing them, use clean cloth, clear, warm water, in which is dissolved a spoonful of borax or soda. After thoroughly drying, your cupboards will not have that lingering musty odor that often follows the use of soap.

E. M. HALL.

Method in House Management

MY friends call me a crank on the subject of keeping house according to business methods, but I want to impress on other women the greater ease and comfort that results from it.

In the first place, I think the woman should have charge of everything about the house and pay all the bills. If the coal or gas bills are larger than usual or the plumber's services needed more often, she can remedy it as easily as her husband, and the size of the bills means more to her.

Secondly, in the daily management of the house far more can be done at specified times than is usually be-

lieved. In my own case I go to market twice a week only; and, if the maids have forgotten any of their needs, they must get along somehow until the next time. The wash is never put away until it is looked over and everything needing repair put aside. Every morning I have a talk with each servant, not about the day's work,—for that is laid out according to a regular programme,—but to speak of any fault, hear any complaint, or give directions for any special work. And a thing forgotten at that time goes until the next day.

Thirdly, I know approximately how long each piece of work takes, and no more is asked of my servants than they can do. I try, also, to give them some degree of regularity in their hours, and it is a very exceptional thing indeed that interferes with their free time.

To sum it all up, the more system I use in my housekeeping, the more comfort for all of us, the more time for myself, and greater economy results. My husband is untroubled by house bills, and my servants rarely leave me except to be married.

MARY BEAN.

Sugar-cane

AT a meeting of the Housekeepers' Alliance of Philadelphia, a well-known educator, Mrs. Josephine Mumford, told a funny story in the course of her address, when urging the necessity for knowledge of nutrition.

She said the ideas of many wives and mothers were as indefinite as the little boy who wrote at a school here, "Cane sugar is sugar which, when it gets into the stomach, turns into sugar-cane."

One of the auditors wanted to interpose this remark: "Perhaps his mother had said, 'So much sugar will

raise Cain with your digestion.'" How else can one explain his queer statement?

A pity the little fellow had never been given a bit of Southern sugar-cane pith. Then he would never have forgotten.

Children in the South are very fond of it, and negroes, like big children, eat it ravenously. The long canes, like corn or bamboo in appearance, are chopped in sections, then opened. Of course the boiling of the sap at the big "sugar-houses" is quite a gala time, when great wagon-loads of cane are crushed and turned into quantities of delicious syrup (*siróp de batterie*) which, as one Northern woman said, is syrup that is not 'lasses.

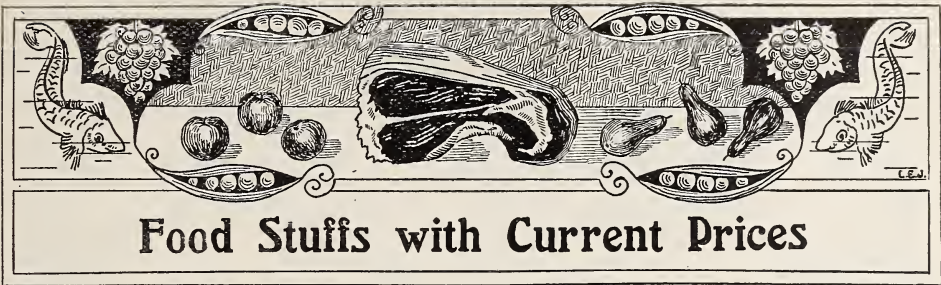
JULIA DAVIS CHANDLER.

TO oil a floor, use boiled linseed oil with one-third as much turpentine. Apply when the floor is entirely free from dust. Use a woollen cloth, moisten only a small portion of the floor at once, following the grain of the wood, and rubbing vigorously. The room should not be used for ten hours at least after finishing the floor.

To the cleaning of the kitchen walls apply the same rules; *i.e.*, wash only a small space at a time, always rub down, never in a circle. One tablespoonful of household ammonia to a quart of water is a good proportion for such cleaning.

Clean sink and bath-tub pipes with half a pint of sal-soda, dissolved in six quarts of boiling water. Carbolic acid in the proportion of four table-spoons to a pint of water is necessary for the same purpose when there is sickness in the house, and thorough disinfection is desired.

MRS. W. L. COCHRANE.



Food Stuffs with Current Prices

APRIL

As quoted by Mrs. J. M. Hill of Boston, Mrs. Sophie Barclay of Baltimore, Md., Mrs. A. E. Kirtland of Montgomery, Ala., Mrs. Nellie Duling Gans of Chicago, Ill., and Mrs. E. M. Lucas of San Francisco, Cal.

FOOD STUFFS.	Boston.	Baltimore.	Montgomery.	Chicago.	San Francisco.
Beef, Stewing . . .	8-12c. lb.	10c. lb.	8c. lb.	8-12c. lb.	6c. lb.
Braising (Chuck) .	10c. lb.	10c. lb.	8c. lb.	10-12½c. lb.	8c. lb.
Rib Roast . . .	12½-16c. lb.	16c. lb.	12½c. lb.	20c. lb.	12½c. lb.
Sirloin Roast . . .	25-28c. lb.	18c. lb.	15c. lb.	20c. lb.	15c. lb.
Steak, Sirloin . . .	30c. lb.	16c. lb.	15c. lb.	18-20c. lb.	12½c. lb.
Porter House . . .	30c. lb.	25c. lb.	12c. lb.		
Rump . . .	30c. lb.	14c. lb.	10c. lb.	12½c. lb.	15c. lb.
Round . . .	25c. lb.	14c. lb.	12c. lb.	10-12½c. lb.	10c. lb.
Fillet . . .	35c. lb.	35c. lb.	20c. lb.	25c. lb.	15c. lb.
Corned, Ribs . . .	10-12c. lb.	12c. lb.	15c. lb.	12½c. lb.	7c. lb.
Brisket . . .	12-15c. lb.	12c. lb.	8c. lb.	8c. lb.	
Mutton, Leg . . .	16½c. lb.	18c. lb.	15c. lb.	16c. lb.	15c. lb.
Loin . . .	16½c. lb.	18c. lb., chop, 20c.	20c. lb.	20c. lb.	
Breast . . .	12½c. lb.	13c. lb.	12½c. lb.	8c. lb.	8c. lb.
Lamb, Leg and Loin,	16c. lb.	18c. lb.	{ 75c. for whole leg and loin.	18-20c. lb.	15c. lb.
Loin Chops . . .	25c. lb.	20c. lb.	20c. lb.	20c. lb.	
Forequarter . . .	20c. lb.	12½-14c. lb.	10c. lb.	22c. lb.	12½c. lb.
Veal, Steaks . . .	30c. lb.	25c. lb.	15c. lb.	16c. lb.	
Roast . . .	16c. lb.	18c. lb.	15c. lb.	12c. lb.	
Sweatbreads . . .	90c. pair.				
Calf's Head . . .	20c. each.				
Pork . . .	12½c. lb.	12½c. lb.	15c. lb.	14c. lb.	
Fowl . . .	18c. lb.	16-22c. lb.	20c. lb.	22c. lb. dressed	
Turkey . . .	25-28c. lb.	22c. lb.	25c. lb.	22c. lb.	
Phil. Capon . . .	28c. lb.	20c. lb.	20c. lb.	16-18c. lb.	
Squabs . . .	50c. each.	25-30c. each.	15c. each.	—	25c. each.
Ham, Sliced . . .	25c. lb.	—	20c. lb.	25c. lb.	20c. lb.
Whole . . .	15c. lb.	—	17c. lb.	15c. lb.	15-20c. lb.
Bacon, Sides . . .	14c. lb.	—	—	18c. lb.	7½-15c. lb.
Sliced . . .	20-27c. lb.	—	—	20c. lb.	
Fish, White . . .	—	8c. lb.			
Black Bass . . .	—	—	—	—	
Salmon Trout . . .	—	—	—	—	10c. lb.
Halibut . . .	20c. lb.	15c. lb.	—	—	
Salmon . . .	40c. lb.	—	—	—	15c. lb.
Perch . . .	—	6-10c. lb.	10c. lb.	—	
Red Snapper . . .	30c. lb.	—	10c. lb.	—	
Cod . . .	10c. lb.	—	—	12½-20c. lb.	Rock, 10c.
Haddock . . .	10c. lb.	—	—	—	
Salt Mackerel . . .	25c. each.	—	Spanish, 20c. lb.	25c. each.	
Oysters . . .	40c. qt.	\$4.50 bbl., 40c. qt.	—	45c. qt.	Eastern, 50c. qt. California, 25c.
Shad . . .	—	—	30-75c. each.	—	15c. lb.

Food Stuffs with Current Prices

FOOD STUFFS.	Boston.	Baltimore.	Montgomery.	Chicago.	San Francisco.
Fish, Lobster	35c. lb.	—	—	—	25c. each.
Shrimps	40c. qt.	—	—	—	15c. qt.
Scallops	—	—	—	—	25c. doz.
Eggs	35c. doz.	20c. doz.	20c. doz.	23c. doz.	8c. qt.
Milk	7-10c. qt.	9c. qt.	5-8c. qt.	6c. qt.	20c. pt.
Cream	30-60c. qt.	30c. qt.	25-30c. qt.	30c. qt.	15-40c. lb.
Butter	28-32c. lb.	30c. lb.	25-35c. lb.	32c. lb.	15c. lb.
Lard	12c. lb.	12½c. lb.	4-10c. lb.	12½c. lb.	1½-2c. lb.
Potatoes, White . . .	\$1.40 bushel.	\$1.40 bu.	40c. pk.	\$1.35 bu.	2c. lb.
Sweet	8c. lb.	—	30c. pk.	60c. pk.	5c. bunch.
Celery	25c. bunch.	10c. head.	—	—	5c. head.
Cabbage	8c. lb.	4c. lb.	5c. lb.	20-25c. new.	10c. head.
Cauliflower	20-40c. each.	20c. each.	—	—	Summer, 8c. lb.
Squash	3-4c. lb.	—	—	—	Hubbard, 2c. lb.
Onions	50c. pk.	60c. pk.	5c. bunch.	60c. pk., 5c. lb.	Green, 2 for 5c.
Spanish	7c. lb.	—	—	—	—
Chives	10c. box.	10c. box.	—	10c. bunch.	5c. bunch.
Egg Plant	—	—	—	35c. each	—
Beet Greens	40c. pk.	—	—	—	25c. lb.
String Beans	25c. qt.	\$1 pk.	—	—	3 bunches 5c.
Radishes, Hothouse,	8c. bunch.	5c. bunch.	5c. bunch.	8c. bunch.	20c. lb.
Tomatoes, Hothouse,	75c. basket, 6c. lb.	40c. doz.	30c. 3 lb. basket.	20c. lb.	60c. doz.
Cucumbers	18c. each.	—	—	10-20c. each.	30c. lb.
Mushrooms	50-75c. lb.	\$1 qt.	—	60c. lb.	3 heads 5c.
Lettuce	10c. head.	10c. head.	—	8-10c. head.	2 heads 5c.
Endive	30c. head.	—	—	—	—
Romaine	20c. head.	—	—	—	—
Spinach	40c. pk.	40c. pk.	—	—	5c. lb.
Peppers, Green . . .	90c. basket.	—	—	60c. doz.	10c. lb.
Water Cress	3 bunches 25c.	10c. bunch.	—	5c. bunch.	5c. for 3 bunches
Oyster Plant	—	8c. bunch.	—	10c. bunch.	5c. bunch.
Artichokes, Common,	—	—	—	—	10c. bunch.
Globe	35c. each.	—	—	—	60c. doz.
Apples, Cooking . . .	50-60c. pk.	40c. pk.	—	40-60c. pk.	50c.-\$2 per box.
Table	—	—	—	—	—
Lemons	25c. doz.	—	—	25c. doz.	10c. doz.
Oranges	30-50c. doz.	40c. doz.	—	40c. doz.	10-50c. doz.
Pineapples	15-50c. each.	—	—	25-50c. each.	15-20c. each.
Grape Fruit	4 for 25c.	25c. each.	—	20c. each.	50c. doz.
Strawberries	40c. basket.	35c. qt.	25c. qt.	35-50c. qt.	60c. drawer.
Cranberries	15c. qt.	10-12c. qt.	—	15c. qt.	—
Bananas	20c. doz.	10-15c. doz.	10c. doz.	20c. doz.	10-30c. doz.
Dates	15c. lb.	8c. lb.	15c. lb.	15c. lb.	10c. lb.
Figs	15-25c. lb.	10-20c. lb.	20c. lb.	15c. lb.	8c. lb.
Rhubarb	10c. lb.	5c. lb.	—	8c. bunch.	8c. lb.
New Peas	\$1 pk.	85c. pk.	10c. qt.	50c. basket.	10c. lb.
Asparagus	\$1 bunch.	—	—	50-75c. bunch.	20c. lb.
Horseradish	—	—	—	—	15c. lb.
Carrots	10c. bunch.	—	—	10c. bunch.	5c. doz.
Turnips	10c. bunch.	—	—	—	10c. doz.



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 864.—Mrs. U. E. S., Lynn, Mass.:
“When are salads served as a separate course and when with meat and fish courses?”

Serving of Salads

To determine the place of a salad in a meal, note its nature and why it is served. Fish served with rich sauces needs a mild acid and a dilutant to tone down the richness. The same is true with the roast and game. Then a crisp, succulent vegetable with the simple French dressing would render the fish and meat course complete, and a rich heavy salad would be quite out of place.

For æsthetic reasons cucumbers or tomatoes, preferably cucumbers, are the choice with fish, while cress, celery, endive, escarole, chiccory, or one of the varieties of lettuce, or celery, or cress, with apples, orange or pineapple, is to be preferred with the roast or game.

To lengthen out a menu, the salad is often omitted with the meat or game course, and served with a hot cheese dish as a separate course. A mayonnaise of cauliflower, tomatoes, or asparagus, is often served as an entrée or a course by itself. A cucumber salad with the fish course does not preclude the serving of a second salad, but after serving a salad with game no salad would thereafter appear in the menu.

QUERY 865.—L. B., Fort Scott, Kan.:
“Recipes for mayonnaise and French dressings.”

Mayonnaise Dressing

Beat half a teaspoonful of salt and a few grains of paprika into the yolks of two fresh eggs. When the yolks become thickened by beating, add a teaspoonful of lemon juice or vinegar, and continue beating until the

ingredients are well blended, then beat in a pint of oil, drop by drop at first, and then in larger quantities, beating vigorously meanwhile. A silver fork will be found most convenient for beating at first, but it can soon be exchanged for a Dover egg-beater. As the mixture thickens, add from time to time a few drops of lemon juice or vinegar. Four tablespoonfuls of acid is often used to a pint of oil, though three tablespoonfuls is enough for most salads. Lemon juice will give a lighter-colored and less firm dressing than vinegar. Half a teaspoonful of sugar or mustard may be mixed with the salt and pepper at discretion. If half the quantity of dressing be needed, use half the condiments, oil and acid; but, if you are a novice, retain both egg yolks, as the mixture is less liable to curdle when the oil is added to the larger foundation. It is perhaps well to have the ingredients and utensils chilled, but this is not a necessity.

French Dressing

Mix half a teaspoonful of salt and one-fourth a teaspoonful of pepper; stir in six tablespoonfuls of oil, then add from two to four tablespoonfuls of vinegar, a little at a time, and beat until an emulsion is formed. Then pour over the prepared materials, and turn them over and over until the dressing has been evenly mixed throughout. No dressing should remain in the bottom of the bowl, but the leaves or other articles dressed should be glossy with oil. If they look dry, mix more dressing, and add in the same manner as before. The quantity of acid used depends upon the article dressed and the dish with which it is to be served. More acid would be indicated, if the salad is to be served with a rich

oily roast, as pork or turkey, rather than with game, which is proverbially dry and lean.

QUERY 866.—Mrs. W. R. W.: “Kindly give cause of failure in making pound cake [slice received], using one pound, each, of butter, sugar, and flour, ten eggs, two tablespoonfuls of brandy, and a pinch of mace. Have used the recipe for years without failure, and now for some time have not had one good cake.”

Failure with Pound Cake

As pound cake is rather rich, and in this recipe the lightness is secured entirely by air incorporated into the eggs by beating, it would seem that rather fresh eggs need be used to insure cell walls of sufficient firmness to remain inflated until cooked. Such cakes are less liable to be “heavy,” if baked in small tins, or, if a loaf be desirable, a pan with tube in the centre would be advisable. In modern pound cake this difficulty is done away with, in part, by using a very small quantity of baking-powder in addition to the large number of eggs, which are beaten in the usual manner. A recipe for such cake has been given many times in this magazine. It is worth a trial. The ingredients for a small loaf are one cup of butter, one cup and a half of sugar, four eggs, two cups of flour, one level teaspoonful of baking-powder, and half a cup of milk, citron or mace as desired.

QUERY 867.—M. R. A., Cambridge, Mass.: “Recipe for maple sauce to be served with vanilla ice-cream.”

Maple Sauce

Boil two cups of maple syrup and one-fourth a cup of butter until a little, dropped into cold water, may be gathered into a soft ball. Let stand in a dish of hot water until

ready to serve. This sauce will candy when poured over the ice. Light maple syrup heated over the fire may be used as a sauce for ice-cream.

QUERY 868.—A. F. R., Marshall, Mich.: "Menu for a June dinner served out of doors, having as many cold dishes as possible."

Outdoor Dinner for June

I.

Caviare Canapés with Stuffed Eggs.
 Hot Bouillon (Covered Cups). Bread Sticks.
 Middle Cut Cold Boiled Salmon, Decorated
 with Cold Bernaise Sauce.
 Potato Salad.
 Casserole of Squabs or Chicken.
 Rolls.
 Sweetbread-and-Cucumber Salad,
 French Dressing.
 Strawberry Bombe Glacé. Swedish Sponge.
 Cake.
 Coffee.

II.

Strawberry Cocktail.
 Cream-of-Spinach Soup (Covered Cups)
 Rolls.
 Mayonnaise of Lobster in Natural Shell.
 Rye Bread Sandwiches.
 Hot, Breaded Lamb Chops, Currant Jelly.
 Saratoga Potatoes.
 Cold Asparagus with Lettuce, French Dressing.
 Cream Cheese. Radishes. Biscuit.
 Pineapple, Sherbet-and-Strawberry Ice-
 cream, Decorated with Strawberry
 Blossoms and Leaves
 (Layers in Brick Moulds). Little Cakes.
 Coffee.

In the first menu, cook potato balls and asparagus tips in the casserole with the squabs or chicken. For the bombe use strawberry sherbet (the juice of two oranges and one lemon with strawberry juice to make a pint in all, and one quart of water, boiled with one pint of sugar fifteen minutes) and angel parfait. In the second menu, serve the strawberry cocktail in sherry glasses. Cut the berries in halves, sweeten very lightly, add a very little lemon juice and a few drops of champagne or sherry,

if desired. Serve chilled very thoroughly, or in plates filled to the bowl of the glass with bits of ice. The pineapple sherbet and strawberry ice-cream may be shaped in layers in a brick mould, family size, or in individual paper cases. After the small moulds are removed from the receptacle in which they were left standing, they may be set into more ornamental cases, and decorated with a strawberry leaf, blossom and berry.

QUERY 869.—Mrs. A. E. K., Montgomery, Ala.: "Where can I purchase the 'Royal Fruit Jar'?"

Royal Fruit Jar

We have not seen the jar you describe, and do not know of whom it can be obtained.

QUERY 870.—M. M. W., Oak Park, Ill.: "Menu for girls' luncheon, unique, but inexpensive."

Girls' Luncheon

I.

Macedoine of Strawberries and Pineapple
 in Pineapple Shell.
 Cream-of-Chicken Soup.
 Bread Sticks.
 Halibut Timbales, White Sauce.
 Potato Balls, Buttered and Sprinkled with
 Chopped Parsley.
 Sliced Sweetbread Sautéd, Asparagus Tips.
 Tomato Jelly-and-Egg Salad.
 Marshmallow Parfait.
 Little Cakes.
 Coffee.

II.

Tomato Consommé.
 Turbans of Fish, Potatoes Maître d'Hôtel.
 Chow-chow or Tiny Pickles.
 Chicken-and-Pistachio Nut Croquettes.
 Macedoine of Peas and New Carrots (in
 Cream Sauce).
 Macedoine of Fruit with Pineapple Sherbet,
 in Sherbet Cups.
 Cocoa. Wafers.

QUERY 871.—L. F. S., New York City: "Suggestions for breakfast menus for gentlemen that shall not exceed 20 or 25 cents in cost."

Breakfast Menus (Gentlemen)

I.

Cereal with Hot Dates.
Broiled Lamb Chop.
Potatoes Warmed in Milk.
Corn-meal Muffin, Parker House Roll.
Coffee.

II.

Orange.
Egg Timbale, Tomato Sauce.
Baked Potato. Buttered Toast.
Rice Griddle-cakes, Maple Syrup.
Coffee.

III.

Shredded Wheat Biscuit, Half Banana,
Sliced, Cream.
Two Slices of Bacon. Scrambled Eggs.
Rye-meal Muffin. Zwiebach.
Coffee.

IV.

Cereal. Cream.
Corned Beef and Potato Hash with Chopped
Green Pepper.
One Egg in the Shell.
Boston Brown Bread, Toasted or
Resteamed.
Parker House Roll. Marmalade.
Coffee.

V.

Cereal with Evaporated Peaches, Cream.
Broiled Ham with Poached Egg. Radishes.
Baked Potato.
Dry Toast.
Coffee.

When serving an orange or dish of pineapple picked from the core, serve no cereal. Combine these fruits with ham, bacon, eggs, a chop, a bit of steak or fish. Serve a cereal with a sweet fruit, as bananas, figs, or dates. The bananas should be very ripe,—the skin blackened,—and the figs and dates cooked. To cook the dates, cover them with boiling water, separate one from another with a fork, let boil up once, then drain, and set to dry in the oven. Remove

the seeds neatly or serve as they are. A few sultana raisins may be added to the water in which a cereal is to be cooked. Do not serve fish and sweet fruits in the same menu: serve, instead, eggs in some form or a chop. In season a carefully poached egg above a round of toast, over which cooked celery or asparagus in cream sauce has been disposed, will be found most satisfactory.

QUERY 872.—N. A. C., Lake Forest: "Recipe for cooking fresh mushrooms under mushroom bells."

Mushrooms Baked under Bells

Remove the stems from one-fourth a pound of fresh mushrooms and peel the caps. Have two tablespoonfuls of butter hot in an agate frying-pan, and in it sauté the caps, turning them over and over with a wooden spoon or silver fork. When the butter has been absorbed, add half or three-fourths a cup of thin, hot cream and a dash of salt and paprika, and let simmer until reduced a little. Arrange the mushrooms on rounds of bread or toast in one or more mushroom-dishes. Pour over the cream, set the glass cover or bell in place, and cook about twenty minutes in a moderate oven. Send to the table without removing the bell. Hot water or broth may be used in place of the cream. An illustration of this dish may be found in "Practical Cooking and Serving," from which this recipe is taken.

QUERY 873.—Mrs. L. L. J., Westport Point, Mass.: "Recipe for soft maple icing for cake."

Maple Icing for Cake

Boil one cup of maple syrup until it forms a soft yet firm ball, when tested in cold water. Pour in a fine stream onto the white of one large

ROYAL

The Absolutely Pure

BAKING POWDER

gives to food that peculiar lightness, sweetness and delicious flavor noticed in the finest cake, hot biscuit, rolls, crusts, etc., which expert pastry cooks declare is unobtainable when any other leavening agent is used.

Therefore, in every receipt that calls for cream of tartar and soda or other quick leavening agent, use Royal Baking Powder instead. It will make the food of finer flavor, more digestible and wholesome.

or two small eggs, beaten until foamy, but not dry, beating constantly meanwhile. Set into cold water, and beat until cold enough to spread. When cooked just right, this frosting will crust over upon the outside and be soft within.

Maple Icing with Gelatine

Soften one tablespoonful of granulated or powdered gelatine in one-fourth a cup of cold water, and dissolve by setting the dish in hot water. When dissolved, pour one cup and a half of maple syrup, boiled as above, into the gelatine. Set the dish holding the mixture into cold water, and beat constantly until cold. Put in place before the gelatine "sets," but wait until there is no danger of its overflowing the cake.

Maple Icing with Confectioner's Sugar

Boil one-third a cup of maple syrup five minutes, then stir into it sifted confectioner's sugar to make a paste that will spread. This icing will not grow hard.

QUERY 874.—Mrs. C. M. G., North Easton: "How are shad roe prepared for broiling? Why do they burst so often when scalded?"

Broiled Shad Roe

As soon as the roe come from the market, cover with water just below the boiling-point. Add a teaspoonful of salt and a tablespoonful of vinegar to a pint of water, and let simmer about fifteen minutes. Drain, and cover with cold water. Let stand until firm and cold, then pour over

Grand Wife

The Kind Worth Having

A well-known lady of Carthage, Mo., says: "Although I do not drink tea or coffee myself, I have had a most interesting experience in my family, for about a year ago my hus-

band began to fail in health. He would get so very nervous at times he would have to give up his work and come home. His eyes were failing him, and the doctor became alarmed,—was afraid he was going to lose his sight. He also got very yellow in complexion, at times his blood ran cold, from nervous chills, the doctor said.

"In a few days he would return to work still in that dull, chilly condition. He would drink coffee, coffee, coffee, 'for a stimulant' he would say (as he drank no liquor).

"His condition gradually got worse instead of better, until finally I made up my mind coffee had something to do with it. So I bought a package of Postum without telling him, and made it according to directions. He drank it and seemed to like it, so I continued to make it; and before the first package was gone he began to get so clear of complexion and feel so well, gaining fast in flesh, he was so delighted he would get weighed every day.

"Finally, he talked so much about it (he had gained ten pounds in ten days), I could not keep it a secret any longer, and told him to give Postum the credit. The consequences are there has been no more coffee in the house since (and no doctor, either).

"Postum is a delightful drink, made according to directions,—I have found no better way,—as it is a rich golden brown when cream is added.

"I forgot to say husband's eyes are as strong as they ever were, he is well and hearty, does not sit around the stove chilled all the time as he did before." Name given by Postum Company, Battle Creek, Mich.

Coffee poison causes eye trouble in many cases as well as other ails, and is never suspected. A ten days' trial proves things you will never forget.

Look in each package for the famous little book, "The Road to Wellville."



The youngsters soon caught on-
everybody learned it quickly
and they are all saying it often.
Say **ZU ZU** to the grocer man
and get the spiciest, snappiest
ginger snaps you ever tasted.
A nickel everywhere.

NATIONAL BISCUIT COMPANY

a pair three or four tablespoonfuls of olive oil (or melted butter) and a tablespoonful of lemon juice. Let stand, covered, an hour or more, then broil over a rather dull fire, turning every ten or fifteen seconds. Brush over with melted butter several times while cooking. Serve very hot, spread with plenty of *ma'tre d'hôtel* butter. The outer membrane is very delicate; and, if boiling water be poured directly upon the roe, or if the water in which the parboiling is done be allowed to boil, the membrane is often broken.

QUERY 875.—K. S., Brookline, Mass.: "Will you kindly give a good recipe for sponge cake to be baked in the patent *charlotte russe* moulds given as premiums?"

Sponge Cake for Charlotte Russe Moulds

Beat the yolks of six eggs very light. Gradually beat into them half a cup of sugar, then two tablespoonfuls of milk, and, lastly, one cup of sifted flour, sifted again with a level teaspoonful of baking-powder and a few grains of salt. Put the mixture into the buttered moulds with a teaspoon at first, tapping the mould on the table, to cause the mixture to settle to the bottom of the moulds. Bake in an oven a little hotter than for ordinary sponge cake, and turn from the moulds the instant the cakes are baked and removed from the oven. This mixture is finer-grained and more tender than the usual sponge cake. This is also a good formula for sponge triangles, of which it will make twelve. It will fill eight *charlotte russe* moulds.

Doctor Did It

Put on 36 lbs. by Food

Feed a physician back to health, and he gains an experience that he can use to benefit others. For this

reason Grape-nuts food is daily recommended to patients by hundreds of physicians who have cured themselves of stomach trouble. One doctor says:—

"Although a physician and trying to aid and assist my fellow-beings to enjoy good health, it must be admitted I formerly did not enjoy the best of health myself. In January, 1899, I only weighed 119 pounds. At this time I was living in the Ohio valley, and began to think I had about seen my best days. One day about three years ago I had an opportunity to try Grape-nuts food for my breakfast. I liked it so well that I ate three teaspoonfuls three times a day, and have regularly used it up to the present time, and I now weigh 155 (a gain of 36 pounds) and enjoy the best of health.

"Not only has Grape-nuts made this wonderful change in me, but through it I have helped my friends, relatives, and patients. The sustaining power of this food is simply wonderful.

"I have one patient, who is a section hand on the C. & O. R.R., who eats nothing in the morning but four tablespoonfuls of Grape-nuts, and yet does his very hard work up to lunch time, and enjoys the best of health and strength.

"I could name a great many cases like this, and I still prescribe Grape-nuts in my practice every day." Name given by Postum Company, Battle Creek, Mich.

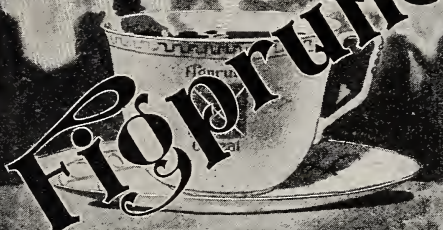
Ask any physician about the scientific principles on which Grape-nuts food is made. He'll tell you the principles are perfect.

Then a ten days' trial proves that the principles are carried out in the food ("all the good of the grains so treated that any one can digest it all"). Shown in renewed physical strength and brain energy.

"There's a reason."

Look in each package for the famous little book, "The Road to Wellville."

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Mary J. Lincoln
AUTHOR OF THE "BOSTON COOK BOOK"
AND SISTER OF MRS. LINCOLN'S BAKING POWDER COMPANY.

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Book Reviews

ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

THE DELIVERANCE. By Ellen Glasgow. Illustrated. Cloth. 12mo. Price \$1.50. New York: Doubleday, Page & Co.

This is a romance of the Virginia tobacco fields. The period sketched is soon after the War of the Rebellion. It is a really good story, told in a manner that is more than clever.

In the modern story the leading characters are not represented as beings so wondrously perfect as they were wont to be in the old romance. Once the heroes and heroines of fiction were made demi-gods and angels: now they appear more nearly human, of the earth, earthy. Such is the case in this book. The characters are strongly and faithfully drawn, but true to nature. The book will doubtless take rank as one of the strongest works of the year in the line of fiction.

THE MAN WHO PLEASURES AND THE WOMAN WHO CHARMS. By John A. Cone. Cloth. 75 cents, post-paid. New York: Hinds & Noble.

Of this book the *Lewiston Journal* says: "No other volume has just the purpose and the scope of this. 'It is not so much a creation,' says the author, 'as it is a compilation.' But Mr. Cone is over-modest. In every line his book has all the freshness and the vigor of an original creation. Its judgment of values is accurate and keen. Genuine and honest is

its estimate of the true purpose of the graces of Christian courtesy among men and women. The author has put into form for service matters touching the daily intercourse of humankind,—the infinite niceties of courtesy, the demands of dress, of tact, of graces of conversation and address, of the voice, the attitude, the general bearing of the man who would please in this world and of the woman who would charm. The view of life is hearty and joyous, and the whole purpose and influence of the book is healthy and happy. Such a volume has a place in the world of books. It is a good work to have done."

From every point of view this little book is highly commendable. It is the kind of book to be read and reread by those who wish to attain social and business success.

Platt's Chlorides

The Odorless Disinfectant
Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
Manufactured by HENRY B. PLATT, New York

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TEETHING**

THE BEST OF ALL AND

For over sixty years Mrs. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."



**ELECTRO-SILICON
Silver Polish**

Pleasing to the sight, to memory dear.

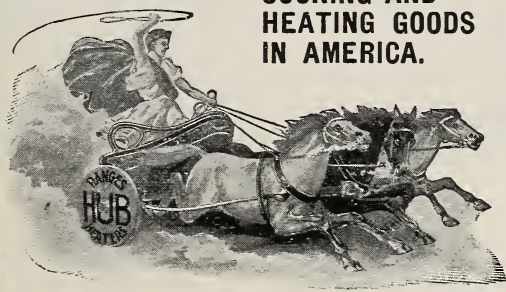
This Family Plate, bearing date of 1856, now in possession of a third generation has, so far as memory serves, always been cleaned and polished with Electro-Silicon (powder). To-day its brilliancy equals that of the silversmith's finish, without scratch or blemish, its original weight being intact.

The cardinal merit, brilliancy without abrasion, has made Electro-Silicon famous around the world. At Grocers & Druggists and postpaid 15 cts. (stamps).

ELECTRO-SILICON SILVER SOAP,
for washing and polishing Gold, Silver and Glass-
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**COOKING AND
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IN AMERICA.**



THE PERFECT CONTROL THAT A COOK HAS OVER THE

HUB RANGE

MAKES COOKING A PLEASURE.

Used and indorsed by Boston, New York, Providence, and other leading cooking-schools.

Made in every size and style, including a

COMBINATION COAL AND GAS RANGE.

Send for new descriptive circular, "E" jus

Sold by Leading Dealers.

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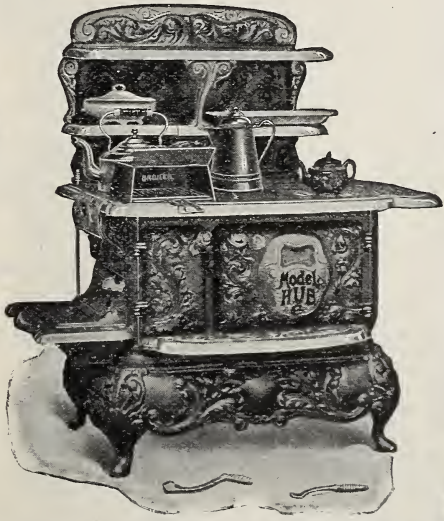
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**Cooking and Heating Apparatus
OF EVERY STYLE AND DESCRIPTION.**

MODEL HUB

Has more improvements than any range made. Investigate the advantages of the sectional French Top in connection with Patent Broiler Hood.



When you write advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

THE PRICE OF YOUTH. By Margery Williams. Cloth. Price \$1.50. New York: The Macmillan Company.

Individuality and a sense of humor are marked traits in the clever new story by Miss Margery Williams. "The Price of Youth" pictures amusingly the people of a typical New Jersey village. The heroine and chief character has been a tomboy, and is lively, witty, and reckless of conventions. Stories of her flirtations almost deter the young city journalist who comes by chance to her father's hotel and falls in love with her. The tale is distinguished by cleverness, piquancy, and originality.

Quite a lively story for those who are fond of outdoor life and light summer reading.

WOOLSON'S ECONOMY EXPENSE BOOK. 100 pp. Price \$1.50. New Haven: George B. Woolson & Co.

This is the best thing of the kind we have ever seen, especially for household accounts. The entire matter of keeping accounts is before one at a single opening or, as it were, on a single page.

Money "received" and money "disbursed," also the several items in the proper expense columns, all are entered at the same time and almost

at sight. It is the one book that seems to simplify, in truth, personal and household account keeping. It can be used without study, explanation, or waste of time. In fact, its use must save both time and money.

In our notice last month of "Food and Cookery for the Sick and Convalescent," by Miss Farmer, we neglected to state that this book is published by Little, Brown & Co., of Boston. This same house publishes Miss Farmer's larger cook-book, Mrs. Lincoln's cook-book, and many other special works of interest to housekeepers.

A professor who visited the South with an eclipse expedition said to his old negro servant the day before the eclipse, "Sam, if you watch your chickens, you will find that they will all go to roost to-morrow morning at eleven o'clock." Sam did not believe it; but, when it came true, his astonishment was unbounded. "Massa," he asked, "how long ago did you know dat dem chickens would go to roost?" "Oh, a long time," said the professor, laughing. "Did you know a year ago, massa?" "Yes." "Den dat beats de world!" exclaimed the astonished old man; "for dem chickens wasn't hatched a year ago."

BE SURE YOUR CORSET HOSE SUPPORTERS HAVE THIS CLASP

The *Velvet* *Grip*

CUSHION BUTTON HOSE SUPPORTER

Sample pair by mail, 25c.

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The name is on every loop 

CRYSTAL Domino SUGAR



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Triumph
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Sugar
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Sold only in 5 lb. sealed boxes!

Convenient in form, perfect in quality, brilliant in appearance, no sugar made can equal it in excellence. Every piece sparkles like a cluster of diamonds, the result of its perfect crystallization. You will be pleased the moment you open a box. YOU WILL BE BETTER PLEASSED WHEN YOU HAVE TRIED IT IN YOUR TEA, COFFEE, ETC.

SOLD BY GROCERS EVERYWHERE.

Remember that each package bears the design of a "DOMINO" MASK, "DOMINO" STONES and the names of the manufacturers (HAVEMEYERS & ELDER, New York). INSIST UPON HAVING THE GENUINE.



Sets of Silver.

Essential to well appointed tables are serving sets for the various courses, with individual pieces to match. From the oyster forks to the coffee spoons, rich and exclusive designs are shown in the famous brand of

"1847 ROGERS BROS."

"Silver Plate that Wears."

Illustration shows a fish serving set and individual knife and fork. The small pieces are reproductions of the "Berkshire" pattern, the large ones of the "Avon," our newest design.

Remember that your safeguard when purchasing is the trademark "1847 ROGERS BROS." It stands for the quality that became famous in your grandparents' time, and ever since then recognized as the standard for silver plate excellence. All dealers. To aid in selection write for new catalogue "R-3" It is the handsomest silverware booklet ever published. Sent free.

MERIDEN BRITANNIA CO., Meriden, Conn.

(International Silver Co. Successor.)

NEW YORK.

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Forty Million Dishes

OF

Dessert

AND

Ice-cream

made last year with

Junket Tablets

If you have never tried Junket Tablets, do so now. They make the most exquisitely delicious ice-cream and other desserts that mortal ever tasted.

Teachers of cooking recommend them. Physicians advise their use for making both food and dessert.

We mail, postpaid, ten Junket Tablets, to make ten quarts, for 10 cents.

CHR. HANSEN'S LABORATORY,

Box 2507,

LITTLE FALLS, N.Y.

Household Hints

Ethics of the Duster

To a man I would say, "If you know a woman who is a conscientious duster, grapple her to your soul with hoops of steel, for she is bound to make a good housekeeper." Dusting is one of the supreme tests of fine housekeeping, as is instanced by this confession of a feminine fighter of dirt.

"I always put away my duster," she declares, "with the sad consciousness that I have dusted those things that ought not to have been dusted and left undusted those that ought to have been dusted,—Shelley's plaster curls, for instance, that are so hard to get the dust out of, and Thackeray's wrinkled marble stock. Then there is one round on a certain chair that my duster refuses to approach. It seems to symbolize a moral height which I am incapable of reaching. And just because 'Mona Lisa' hangs low she gets her face wiped every day, while 'The Man with the Hoe,' who is out of reach, receives but weekly attention."

Feather dusters have gone out: they permitted of nothing more than mere flirtations with one's furniture, but there are various kinds of cloth ones in use. Dusting may seem like a humble occupation, but in reality it is a most serious one. It is more than a mere displacement of atoms or superficial removal of germs. It is an occupation that puts one in close touch with all the great arts and industries and which brings to light the true value of their products.

This vital question a wise housekeeper asks herself when about to purchase some new convenience or comfort for her home: "Is it worth dusting?"—*The Club Worker*.

LOWNEY'S

ALWAYS READY



Lowney's Sweet Chocolate Powder

"ALWAYS READY"

Is a New and Superior Product in which the full chocolate quality and properties are present, unadulterated and unimpaired. For the quick preparation of a delicious drink, for making Chocolate Icing, or for flavoring Ice-cream it has **no equal**, and is "always ready."

P.S.—The Lowney Receipt Book tells how to make Chocolate Bonbons, Fudge, Caramels, Icing's, etc., at home. **Sent Free.**

THE WALTER M. LOWNEY CO., 447 Commercial St., Boston, Mass.

READY FOR INSTANT USE!

Royal Chocolate

EXCELS IN
FLAVOR, PURITY, CONVENIENCE
AND ECONOMY



A PERFECT BLEND
OF COCOA, SUGAR,
AND CREAM

**Nothing to Mix
Nothing to Fix**

PREMIUM SLIP
WITH EVERY CAN

Try ROYAL CHOCOLATE!

Your Grocer has it. If not, send us *two stamps*, and we will mail you a sample with *premium slip* enclosed.

Field Chocolate Co., 130-132 Commercial St.,
Boston, Mass.

Novel Bits of China

The fad for quaint and curious chinaware has brought out any number of novelties along this line. Each of the large shops features in its display exclusive importations in odd or antique design. The majority of these pieces are intended for decorative purposes only, but some, including fascinating tea services, are suited for occasional use upon the table.

In Royal Doulton are seen pitchers and vases in extremely weird effects. These are tall and slender in shape, and are colored a deep, highly glazed brown. On one side of each is a mysterious figure done in dull reds, yellows and black. A lean Pied Piper stalks on one, rats scamper about his heels, and a stormy sky is suggested in the background. On another a witch in pointed hat crouches over a tiny black cauldron set in the foreground. From the pot a thin line of steam arises to curl in halo form about her head.

Novel tea-sets in Royal Doulton are circled with galloping huntsmen, done in gay colors. Others are decorated with men and women dressed in the picturesque costumes of the days of George IV.

From Finland comes a most striking ware patterned after the Arabian potteries. The pieces are cream color, in odd geometric shapes, with ornamental bands of geometric design, done in vivid reds, yellows, blues, and greens.

Old English Trentham ware is an effective revival of the year. Pieces of all sizes, from candlesticks to umbrella stands, may be had in this. Gayly colored fruits and flowers form the decorations on some pieces, while others show bees swarming to a hive or very black cocks with very red combs.

In Dresden china the old-fashioned fruit baskets, in open-work, ornamented with large floral and fruit designs, have been revived.



The ONE Perfect DESSERT JELLY

The daintiest food product known.
Superior in preparation, quality, and
results. Ever delicious, ever pure.
There is no "just as good"; re-
member that when ordering.


BRO-MAN-GEL-ON

Flavors: Lemon, Orange, Raspberry,
Strawberry, and Cherry.
13 cents the package.
At all leading grocers.

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HOTELS THROUGHOUT EUROPE



ÉRÉBOS
TABLE SALT
NOURISHES

Used like plain salt
for Table and Kitchen.
Contains wheat phos-
phates wanting in white
bread. Ask your grocer.

Imported only in tins

Free sample, enough for the family, from
"CEREBOS," 78 Hudson Street, New York

Why is the name

Eddy

a household word?

For fifty-seven years it has been on

The Best Refrigerators

ever made, refrigerators that have given perfect satisfaction, stood every test, and in every way just as represented.

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Ancient Kitchen Tools

are all right for a museum. They have no place in the modern kitchen. It is just as reasonable to expect a harvest with a hand plow as good cooking from poor kitchen tools. We have a full supply of

Up-to-Date Kitchen Appliances.

They save Time, Money, Labor, each one saving many times the cost of the Utensil. Call and look over our Stock. Inquiries cheerfully answered. Address

LEWIS & CONGER,
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NEW YORK.

The Philosophy of Mistakes

The man who never makes a mistake never makes anything.

Get wise when you make a mistake: the only crime in making a mistake is making the same one twice.

Wise men make mistakes: fools continue to make mistakes.

The man who learns life's lessons without making mistakes is getting his tuition at reduced rates.

A thought of one's own mistakes will soften criticism of others' mistakes.—*The National Baker.*

Lipton's Recipe for making Good Coffee

Sir Thomas Lipton has among the treasures of his library an old cookbook, published in 1662, that gives what is perhaps the first English recipe for coffee. The recipe reads:—

“To make the drink that is now much used, called coffee.

“The coffee berries are to be bought at any druggist's, about seven shillings the pound. Take what quantity you please, and over a charcoal fire, in an old frying-pan, keep them always stirring until they be quite black, and when you crack one with your teeth that it is black within as it is without, yet if you exceed, then do not waste the Oyl; and if less, then will it not deliver its Oyl; and if you should continue fire till it be white, it will then make no coffee, but only give you its salt. Beat and force through a lawn sieve.

“Take clear water, and boil one-third of it away, and it is fit for use. Take one quart of this prepared water, put in it one ounce of your prepared coffee, and boil it gently one hour, and it is fit for your use; drink one quarter of a pint as hot as you can sip it. It doth abate the fury and sharpness of the Acrimony, which is the gender of the Diseases called Cronical.”



**THE
SINGLE
DAMPER
AND
PERFECT
RESULTS**



Crawford Cooking Ranges

The Single Damper

(patented) is the invention of the makers of Crawford Ranges. This is the greatest improvement ever made in cooking stoves and

No Other Range Has It.

One motion instantly regulates both fire and oven. Two-Damper ranges are difficult and confusing.

Crawfords have more improvements than all other ranges combined. Improved Dock-Ash Grates; Improved Oven, with heat-saving, cup-joint flues and asbestos back; **Reliable Heat-Indicator**; Removable Nickeled Edge-Rails.

A Crawford sent on 30 days' trial if there is no agent in your town.

Send for Illustrated Circulars describing our various styles.

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BEWARE OF SUBSTITUTION.

Owing to the wonderful popularity which JELL-O has attained since its introduction, many inferior imitations have been placed on the market by unscrupulous manufacturers, who hope to make a profit from their goods sold in competition with JELL-O, on the strength of our extensive advertising.

JELL-O is sold and used more extensively throughout the world than any similar food product. If your grocer can't supply you please send his name.

Send for **New Book of Recipes with colored illustrations** of many attractive desserts that are easy to prepare. Address, mentioning this magazine, THE GENESEE PURE FOOD CO., Le Roy, N. Y.



AN OFFERING

TO PURITY.

Choicest Concord Grapes—table grapes, are used for Welch's Grape Juice. The Welch process transfers the juice from the luscious clusters to the bottle unchanged in flavor, aroma, beautiful color and food properties.

Welch's Grape Juice

is absolutely unfermented and without antiseptic. It is as pure and delicious as the grape in the cluster.

Sick and well need Welch's Grape Juice. It gives health—keeps health.

At your druggists or grocers, or we will send a trial dozen pints for \$3, express prepaid east of Omaha. Booklet with recipes, free. 3-oz. sample by mail, 10c.

THE WELCH GRAPE JUICE CO.
WESTFIELD, N.Y.

Theory and Practice

"You must turn the kitchen over to me this morning, Dinah," said Miss Mary Ann one bright Saturday morning, as she laid aside her diamond rings and tucked up the pretty little lace ruffles that fell so daintily about her slender wrists. "I'm going to bake some gingerbread, and by an entirely new rule that I learned at Miss Phelps's."

Dinah at once withdrew with that air of conscious inferiority which was wont to take possession of her whenever Miss Mary Ann descended into the kitchen. For this accomplished young lady had just graduated at Miss Phelps's popular cooking school, and had written a very learned prize essay on the subject of "Organic Food Principles as Related to the Chemistry of Cooking."

Two hours later Miss Mary Ann's muffled voice might have been heard:

"Come down quick, Dinah! Something awful has happened to the gingerbread! It won't bake at all, but just boils and bubbles!"

"De good Lawd bress us, chile, yous done furgit de flouh!" exclaimed Dinah as she hastily drew the steaming pan from the oven and emptied its contents into the gravy-bowl.

"Flour! why, the rule never mentioned it," said Mary Ann.

"Laws, chile, o' couse not. It t'ink ye wouldn't fuhgit dat noways."

With a deep sigh, Dinah began piling into the dish-pan the various utensils which Mary Ann had found it necessary to call to her aid in the process of this learned experiment, and, as she washed away at the dishes, a new thought seemed to dawn upon her.

"'Couse dat new cookin' school's a mighty big t'ing, an' 'couse Miss Mary Ann knows an' awful heap; but gittin' frum de knowin' to de doin' is like de crossin' of a deep an' ragin' stream."—Lippincott's.

Pat-A-Cake Biscuit

1,000,000 Made and Sold Daily

Peck, Frean & Co., London, Manufacturers

At your Grocers' or write for Free Sample

Nicelle Olive Oil

Made and Bottled in Nice, France

U. S. BUREAU OF CHEMISTRY pronounce it superior to any and all known brands.

Its use recommended by Miss Cornelia C. Bedford, Mrs. Helen Armstrong, Miss Fannie Merritt Farmer, Mrs. Janet MacKenzie Hill.

Pim Olas Baby Pim Olas

The ORIGINAL OLIVE STUFFED WITH PEPPERS

All Others are Imitations

SEVILLE PACKING CO., New York City



WHICH APPEALS TO YOU?



HILL'S CLOTHES CHAMPION DRYER

Or unsightly props, posts and tangled line? Hill's Dryers last a life-time. They may be folded up and taken in, leaving your lawn undisfigured and beautiful.

We also manufacture Roof and Balcony Dryers. Department and hardware stores sell them. Write for catalogue BC.

HILL DRYER CO.,
Worcester, Mass.



Domestic Service in Japan

"I remember a dinner party at which I was present in the house of an English official employed by the mikado's government in Tokio. The banquet, prepared and eaten in the Japanese manner,—for many of the guests were Japanese statesmen and officials,—was chiefly remarkable for the perfect skill and attention with which we were waited upon by good-looking and well-dressed 'boys,' seven or eight in number. I took occasion after dinner to inquire of our host how he had picked up and kept in his employ such well-taught, faultless attendants, whereupon he answered: 'Every one of them is a high-born, educated youth of some well-known native family in Tokio or the provinces. They are lads of the old kazoku and shizoku rank, and they discharge in my house duties which are called menial among us, but which no Japanese gentleman fears to perform. I give them lower wages than you are paying your 'boysan' and jinrikisha runner, and they not only with willingness, but gladly and gratefully, carry out every domestic task for the sake of learning the English language quickly, and of becoming familiar with Western manners and habits.' I was greatly struck by the explanation, and secretly wished that I had heard it before the unfortunate moment when I had privately offered a Japan 'kinsats' (a small bank-note) to the bright youth changing my trays and charging my saki cup. Whence came such exquisite delicacy of respect and deference mingling with so much evidently wounded pride? Too



THE UNIVERSAL BREAD MAKER

Mixes and Kneads Bread thoroughly in 3 MINUTES.

Hands do not touch the dough. Does away with hand Kneading and Makes Better Bread.

SIMPLE EASY SANITARY.
Sent prepaid for 3 Dollars. Your Dealer Sells It for less.
Write for Booklet C free.

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DAINTY DESSERTS.

Dessert in a minute. Delicious, Nourishing, Refreshing, Palatable.

Prompt, economical, and pleasing method that solves satisfactorily the question, "WHAT SHALL WE HAVE FOR DESSERT?" **Dainty Desserts** are presented in tablet form to insure perfect purity and facility in handling. One of these tablets, with a quart of pure, sweet milk, forms one of the most delicious and palatable puddings imaginable. The dessert thus made may be either served as a plain pudding or may be varied into as elaborate and complex a dessert as desired.

One package of Dainty Desserts, sufficient to serve Fifty People, sent to any address for Ten Cents.

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30 Years

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For SOUPS, SAUCES, GRAVIES,
ROASTS, STEWS, ENTREES
AND GENERAL CULINARY PURPOSES

Imparts a Rich Color and Delightful Flavor. The
Kitchen Garden Condensed and Ready for Instant
Use. Keeps in Any Climate. Used and endorsed by
Great Chefs and Eminent Teachers of Cookery.

"Housekeeping would be a burden without it."—SARAH
TYSON ROBER.

"I know of no other kitchen luxury which is so near a
necessity."—HELEN ARMSTRONG.

"Invaluable to the housekeeper."—MARY J. LINCOLN.

"Indispensable to all savory dishes."—JANET M. HILL.

"Indispensable to all up-to-date housekeepers."—ALICE
CARY WATERMAN.

"Have used it for last ten years and would not be with-
out it."—EMILY M. COLLING.

"A necessity to all good cooking."—E. LAPERRUQUE,
Head Chef, Delmonico's.

If your grocer doesn't keep it, insist on his getting it for you.
WRITE FOR FREE SAMPLE AND BOOKLET
Send 30 cents in stamps for prepaid package.

The PALISADE MANUFACTURING CO.

251 Clinton Avenue, WEST HOBOKEN, N.J.

N.B.—The word "Kitchen Bouquet" is exclusively our
trade-mark. Infringements will be prosecuted.

IF our meats or conserves in glass
are not sold by any of the grocers
in your town, we will, upon receipt
of \$3.00, deliver by express at your house
one dozen of the large jars of either

Beech-Nut Sliced Bacon

Beech-Nut Sliced Beef

Grape Jam

Cranberry Sauce

Orange Marmalade

Stuffed Dates

or an assorted case containing one
dozen of any of the goods here
mentioned

BEECH-NUT PACKING COMPANY

Canajoharie, N.Y., U.S.A.

late I had learned that my special attendant was the son of a marquis, a nobleman of 50,000 koku of rice, whose sword would have been through my body for such an indiscretion if we had met in the same fashion twenty or thirty years before. Every waiter, in fact, on that occasion, was a high-born Japanese gentleman, and to contrast one of them with the contemptible creature, who thought 'servant' a disgraceful title, is to perceive that Western vulgarism has much to learn even to-day from the grace and true self-respect in these matters of the East.

"In point of fact, almost the only thing veritably noble, distinguished, desirable, and of boundless honor, is to serve. One of the chief necessities of a life worth living is to find a good master or a good cause, and serve him or it to the last point of self-imposed fidelity. We are all of us servants, or ought to be, and the motto inscribed under the proudest crest of kingdom known to the world is that of each succeeding Prince of Wales, 'Ich dien.' That service differs in degree and dignity cannot, of course, be denied. There are splendid services which glorify their lowest detail, and there are services which would be ignoble if duty, which turns everything into what is divine, did not redeem them. The highest of all authorities lays it down, 'Let him that is greatest among you be servant of all'; and it is very certain that the only safe way by which we can learn to command is to begin by learning to obey."—*Sir Edwin Arnold, in London Standard.*



BREAD MACHINE

FOR HOUSEHOLD USE.

Sifts the flour and mixes 10 pounds of best bread in three minutes. Sold subject to trial and approval. *Send for Booklet.* Agents wanted.

Scientific Bread Machine Co.

(CYRUS CHAMBERS, JR.)

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The Rival of the Bee

The skill of the industrious bee extracts honey from the flowers. The science of man draws sweetness from the healthful corn—golden syrup from golden grain. This is called .



Karo

**CORN
SYRUP**

A syrup clear and golden as the honey of the bee, richer in nutriment, less in cost.

Karo Corn Syrup contains the wholesome goodness and purity of the corn. It's a fine spread for children's bread, good for every article of diet requiring sweetening, from cakes to candy, and

Better than Honey for less Money.

Put up in airtight, friction-top tins, and sold by all grocers in three sizes, 10c, 25c, 50c. Free on request—"Karo in the Kitchen," Mrs. Helen Armstrong's book of original receipts.

CORN PRODUCTS CO., New York and Chicago.



IF you have old-fashioned Brownsville Water Crackers in the house, you are never at a loss for a dainty and satisfying luncheon.

Especially nice to serve with soups and salads

Ask your grocer for the Brownsville Water Cracker, or send 15 cents for a sample box direct to

CHATLAND & LENHART, Brownsville, Pa.

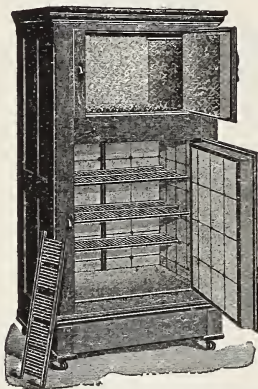
Baldwin Refrigerators

"Built to Last a Lifetime"

From one end to the other of this great country you'll see

Baldwin Refrigerators

25 and 30 years old still in active daily use.



One old customer wrote a few days ago from Fall River, Mass.: "I have used one of your refrigerators nearly twenty years, and can safely recommend them to *the best people*." This indicates not only quality, but good preservative results, which are secured only by *positive* circulation. You buy a refrigerator for practical use, and should see it has this feature: cold dry air entering the *bottom* of storage chamber, getting *under* and *between* food, and forcing the warm, moisture-laden atmosphere *upwards* and away. The Baldwin Dry Air is the only refrigerator that has it. All others drop the cold heavy air on to food, and beat *downwards* the impurities. It also has better and stronger removable (cleanable) flues than any other make. We challenge comparison. Baldwin has Lever Wedge Locks and rubber insertion around doors, making them doubly

air tight. Others don't have these specialties. The Baldwin is honestly built. It economizes ice, and is the coldest, driest, and sweetest refrigerator made. It comprises 150 popular sizes and styles in Ash, Oak, and Soft wood—Porcelain, Metal, and Spruce lined.

Don't buy a poor refrigerator because its first cost appears to be low; for it will prove to be a costly article in wasted ice and spoiled food. Send for Catalogue No. 33, sent free, and investigate the refrigerator with an established reputation.

BALDWIN REFRIGERATOR CO.

209 Lake Street

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"KITCHEN AND HAND"

... SOAP ...

The Best Soap Ever Introduced
For Cleansing and Polishing
Tin, Copper, Brass,
And all Metals.



For Cleansing & Restoring
PAINT
It has no equal in the market.

For removing Tar, Pitch, Cement, Varnish, Paint, Axle Grease, Blacking, and all impurities from the hands, it is unequaled, leaving the skin soft, white and smooth.

Beware of Imitations. For Sale by all Grocers.

CHAS. F. BATES & CO.

Proprietors and Manufacturers,

Office, 123 Oliver St., - - - Boston

Factory, Wollaston, Mass.

The Illusion

"What beautiful peaches!" said an old lady as she stopped at a stall in the market and admired a basket of the choice fruit. They were covered with a pink gauze, and looked very tempting, indeed.

The old lady bought the peaches, and took them home. The next day she appeared again at the stall, and showed the stall-keeper a small piece of pink veiling.

"Do you keep that kind of veiling for sale?" she asked.

The stall-keeper told her that he did not.

"Well," she said, "when I took those peaches home, they were small and sour and green; and I thought, if I could get some of that veiling that made them look so pretty and plump in the basket, I'd wear it myself. If it would improve me as much as it did the peaches, people would think I'd found the elixir of youth."—*London Fun.*

Giving away a Trade Secret

The catch of cod on the Newfoundland banks is decreasing every year, yet the amount of "boneless cod" sent out from Gloucester increases rapidly. This apparent paradox is explained by the fact that "boneless cod" is not prepared from codfish, but from pollock. The pollock averages of greater weight than the cod, and its flesh is whiter and sweeter. What's in a name, anyway?—*Toledo Blade.*

THE OLD RELIABLE

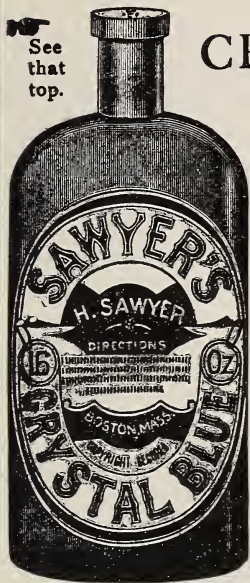
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A combination of powdered fire-clays and plumbago. As soon as you discover a crack or a hole, mix up a little clay with water in an old pie tin or any such tin dish, and with a small trowel or common kitchen knife plug up the hole or crack, after which you can build the fire immediately, if necessary, although it is better to let the Stove Clay dry for twenty or thirty minutes, if you have time. This simple performance often saves the price of a new stove, just the same as mending a hole in your teakettle saves the kettle.

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Tablespoon **Teaspoon**
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A necessity in every household
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A Love Charm

A young woman who thought she was losing her husband's affection went to a seventh daughter of a seventh daughter for a love powder. The mystery woman told her:—

"Get a raw piece of beef, cut flat, about an inch thick. Slice an onion in two, and rub the meat on both sides with it. Put on pepper and salt, and toast it on each side over a red coal fire. Drop on it three lumps of butter and two sprigs of parsley, and get him to eat it."

The young wife did so, and her husband loved her ever after.

While a young recruit was on his first sentry duty, a comrade brought him a sandwich. He was about to eat it when the major appeared, and the sentry was too busy to salute. "What's that?" asked the major. "A sandwich," replied the recruit. "Have a bite?" "Do you know me?" asked the major. "Don't know you from a crow. Perhaps you're the major's coachy." "No, I'm not." "His groom, perhaps?" "No: try again." "Perhaps the old chap himself?" "Right this time," said the major. "Oh, good gracious!" exclaimed the frightened sentry. "Hold the sandwich while I present arms!"
London Answers.

You should never judge a young housekeeper's ability by the cake she offers you. Almost any girl learns how to make cake. Insist on stopping to dinner and observe the plain boiled potatoes. That's the true test.

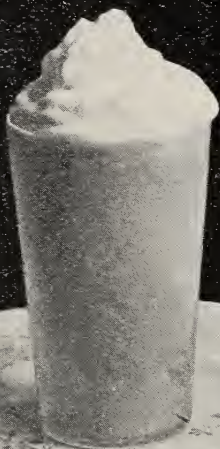
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Size, 24 x 36 top, set up. Send for catalogue, showing other styles. We can save you money on anything in the household line.

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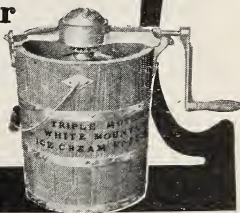
Why not make them yourself with the Triple Motion White Mountain Ice Cream Freezer? You can make just as fine—if not finer—ice creams and sherbets, as well as an endless variety of the most delicious desserts at *very small cost* in a *very few minutes*.

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WHITE MOUNTAIN FREEZER CO.
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DRINK
OLD GRIST MILL WHEAT COFFEE
THE BEST SUBSTITUTE

Underwood's Original DEVILED HAM

LOOK ON THE CAN FOR
THE LITTLE RED DEVIL

The pure and delicate Deviled Ham which has been on the market for years and years, and never found wanting. Sugar-cured ham and fine, pure spices is all that we use. It is delicious for sandwiches, at lunch, picnic, or tea, and in the chafing-dish. Our Book contains a lot of unique and practical receipts. We will send it FREE.

UNDERWOOD'S ORIGINAL DEVILED HAM

may be bought at any good grocer's, but be sure you see on the can THE LITTLE RED DEVIL.
Wm. Underwood Co., Boston, Mass., U.S.A.



HEAR IT SNAP

FOR WAISTS AND DRESSES

Be sure that our Trade-Mark is on EVERY CARD OF FASTENERS

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Sent prepaid on examination for 25 cents. Money back if wanted.

PAT. 1902.

Spring Cleaning Hints

It is of paramount importance that the cleaning done in the spring should be of the most thorough character. A mere soap and water cleanliness does not meet modern ideas of "thoroughness." A germicidal cleaner and purifier—Cabot's Sulpho-naphthol—should be used, thus insuring the destruction of all disease germs due to organic decomposition, all offensive and noxious odors, arising from cellars, sinks, drains, cesspools, etc.

The cellar is the source of more sickness from unhealthy conditions than is at first imagined. Sulpho-naphthol should be used liberally in the water, when washing. If white-washing is done, the water used for mixing should be a strong solution of Sulpho-naphthol.

The sink, closet under it, pantry and all woodwork should be carefully washed with a solution of a tablespoonful of Sulpho-naphthol to a pail of water. Sanitary cleanliness will be the result, absolutely essential to perfect health. Grease and dirt will disappear in a remarkable manner, for Sulpho-naphthol is a great solvent of those opposites of cleanliness.

Thoroughly cleanse everything in the bath-room with Sulpho-naphthol, same strength as in kitchen, especial care being devoted to woodwork about toilet bowl, pipes, etc.

Do you want your meat Roasted or Baked?

THE JĀVEE ROASTING SADDLE

Supports all kinds of meat and poultry over the dripping-pan in the ordinary oven, allowing the heat to circulate freely, sealing the pores, causing the juices to be retained, and the meat and poultry roasted (as on a spit) and not baked or steamed, as they are when cooked by the ordinary method.

It is also used to support corned beef, pot roasts, and cuts of large fish, as salmon, cod, or halibut, while being boiled or steamed in the common kettle, dispensing with the use of plates or perforated tins.

Sent prepaid to any address on receipt of Twenty-five Cents.

JĀVEE MANUFACTURING CO.,
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DAINTY DISHES FOR WEDDING RECEPTIONS

The BOSTON COOKING-SCHOOL MAGAZINE

of CULINARY SCIENCE and
DOMESTIC ECONOMICS

Vol. VIII.

MAY, 1904

No. 10



Wedding Cake

The BOSTON COOKING-SCHOOL MAGAZINE
372 Boylston Street, Boston, Massachusetts

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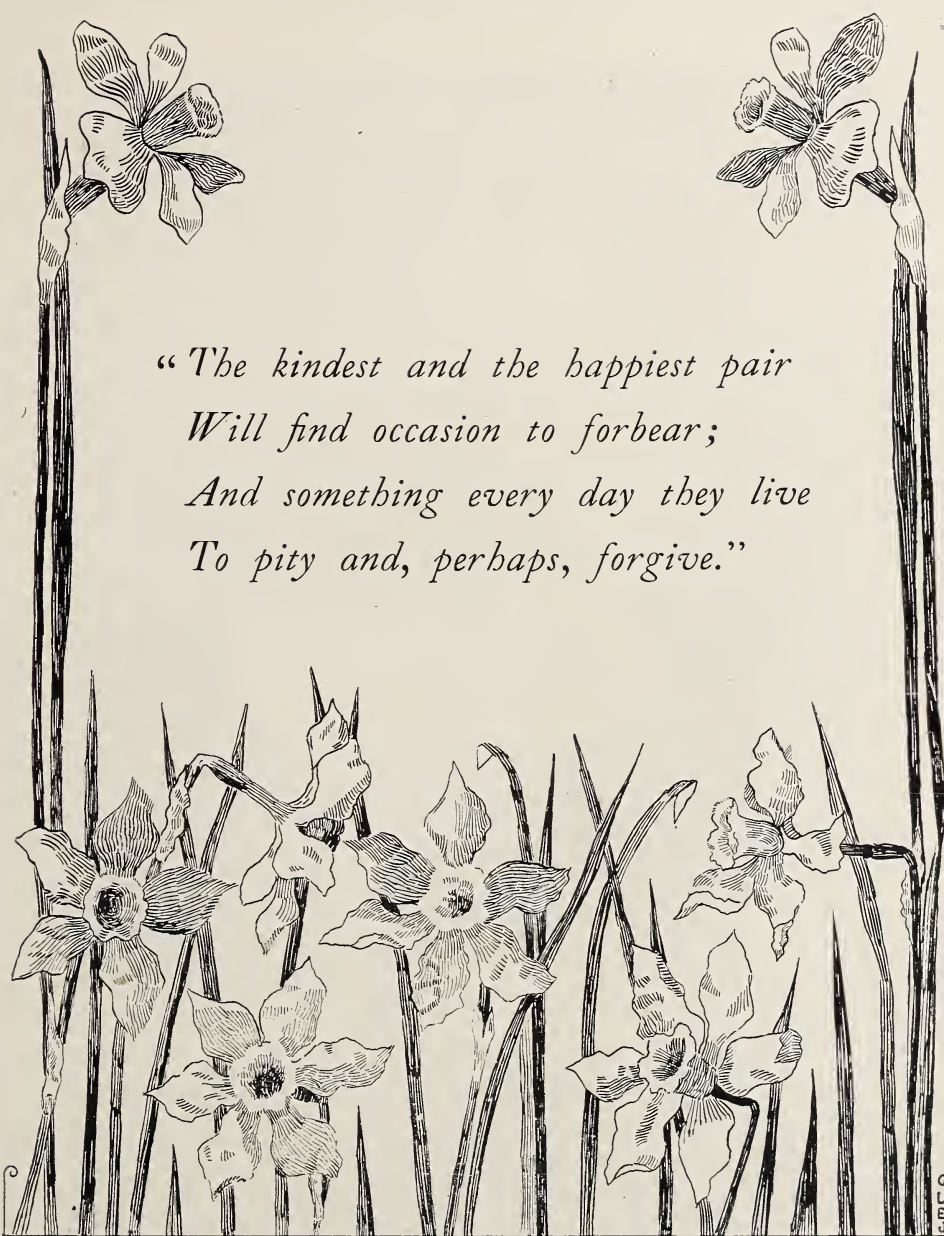
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Lowney's Cocoa is not like other cocoas, it is better. The flavor is better — full and delicious. It is absolutely a natural product; no "treatment" with alkalis or other chemicals in order to cheapen the process of making. No adulteration with flour, starch or ground cocoa shells or coloring matter — nothing but the nutritive and digestible product of the choicest Cocoa Beans. A trial will show what it is.

Sample Can ($\frac{1}{4}$ lb.) for 15 cts. in stamps.

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THE WALTER M. LOWNEY CO., BOSTON, MASS.



*“The kindest and the happiest pair
Will find occasion to forbear;
And something every day they live
To pity and, perhaps, forgive.”*



STACKING THE CROCKERY ON OCEAN LINER

The

Boston Cooking-School Magazine

VOL. VIII.

MAY.

No. 10.

Housekeeping on the High Seas

By Warren Harper

WHEN my lady goes aboard the liner, besides her friends, she bids a very fond farewell to her household cares; and unspeakable is her relief. No more despairing dinners to devise, no more butchers or bakers or stupid dress-makers to manage. She is now to be a lady of leisure, with Europe and a good time ahead. People are to do things for her. All she need do is to sit luxuriously back in her steamer chair, and have her least whim gratified by a boatful of sedulous stewards.

My lady, at first, is a trifle sceptical about mere men being good housekeepers; but less than a day out from port, and she confesses herself mistaken. Marine discipline and system are something new to her. She understands now what is meant by having things "ship-shape." There is no servant-girl problem, on these moving houses of the high seas, no shirking of work, no doing things wrong, no running off on Thursday afternoons with the dishes unwashed. Everything here is done when and how it should be; and, if by rare chance it isn't, somebody goes flying across the gang-plank when the voyage is over.

The service on the sea is all that

womankind could ask for. A steward, rapping lightly on her state-room door, calls my lady in the morning at eight. Another steward prepares her bath, and tells her when it is ready. At breakfast some very spruce and sensible little fellow in a bobtail coat waits on her, setting before her, faultlessly cooked and served, all the luxuries that are to be had on land. When she goes on deck, another steward finds her chair, arranges it on the lee side, and, after she is comfortably settled, tucks in the rug around her feet. At eleven o'clock still another dapper little chap in blue brings beef tea and crackers to her, or perhaps soup or bouillon in cups. In the library a steward helps her find a good book to read or some stationery to write on. By the time lunch is ready and she returns to her state-room to freshen up a bit, she finds that her room-steward has made up the berth, aired and dusted the cabin, and set things to rights generally. Indeed, at any time of the day and night, if she has a desire for the least thing, she has but to press an electric button, always handy, and a steward comes running to serve her. Certainly, she is very well taken

care of. No mansion ashore, however completely appointed, could be better managed.

When the blue Atlantic is half crossed, it occurs, perhaps, to my lady that she would like to know something more about the domestic affairs of the deep. She has heard that altogether, in saloon, second cabin, and steerage, there are some three thousand people aboard; and, as a family of four at home is all she cares to undertake, she wonders how the colossal business of catering to this "floating town" is so easily handled. She happens at dinner to express this wonder, and immediately an officer invites her to make a round of the ship on the following morning. She

to her hugely. These are some of the things she learns. The chief steward, who is pressed into the service by her guide, gives her the information.

"We stock up with enough provisions for a double journey, say from Liverpool to New York and back. On these two trips we take care of, perhaps, two thousand passengers each way. When I tell you the amount of meat we lay in, you will hardly believe me. We carry 30,000 lbs. of beef and 15,000 lbs. of mutton, which is equal to 60 whole bullocks and a drove of 250 sheep. Then there are 10,000 lbs. of lamb, 2,000 lbs. of pork and veal, 5,000 lbs. of ham and bacon, and 6,000 lbs. of fish of differ-



A Part of the Galleys

accepts gladly; and the tour of inspection is made, with many exclamations of delight and astonishment. As an amateur housekeeper, it all appeals

ent kinds. Of oysters we bring aboard 20,000, and of eggs 24,000. In our poultry larder we take 5,000 birds, such as fowls, ducks, quail,

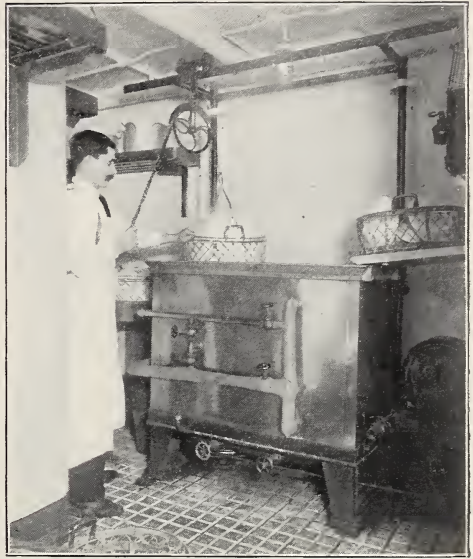
squabs, and pheasants. It requires for the round trip 18 tons of flour, or about 125,000 four-pound loaves, and 50 tons of potatoes. To sweeten the voyage calls for 5 tons of sugar, a ton of coffee, and half as much of tea, to say nothing of 8,000 lbs. of milk. There are still several hundred other things, but I think you've got all you can remember now."

My lady assures him that she has. She feels that it will take her the rest of the voyage to grasp these almost unbelievable figures. Of one thing she is quite sure: neither she nor her fellow-passengers are in much danger of starvation, even if the ship were to break a shaft and drift about the ocean for a week or two.

Presently she thinks of the laundry and the cutlery, and she is told that 1,000 table-cloths and 14,000 napkins are necessary for the passage. These are not washed and ironed aboard, but in a city laundry at each end of the voyage. Of knives some 4,000 are brought into use at every meal, besides 5,000 forks and 6,000 spoons. In the way of tumblers and plates it is likely that a thousand or two will be broken on each trip and thrown overboard.

On her visit to the galleys (kitchens) my lady finds everything exasperatingly well scoured and arranged. No woman could show a better-looking outfit. Scullions and mop-men, dish-washers and silver-cleaners, do things to the queen's taste here. There are whole rows of huge baking and roasting ovens, also broiling and toasting fires, and great kettles where soup by the barrel can be made. The way the dishes are washed particularly interests her. With from 50,000 to 75,000 pieces of crockery to be cleaned each day, you may be sure they are not done, individually, by hand. Instead, they are packed into

wire baskets, lowered into tanks of running, hot water, whirled around by machinery, and then hoisted up to



Dish Washing

dry by their own heat. They are now stacked away in racks, where no amount of rough weather can disturb them.

Elsewhere in the ship is to be seen the "potato gang," that works from morning till night, and from port to port, just paring and slicing potatoes; and, also, the refrigerating plant where salt water is pumped through pipes cooled by the evaporation of ammonia. These pipes, even in the hottest summer weather, become encrusted with a thick coating of white frost, giving to these cold chambers an arctic temperature. The ice-cream, which is bought already made on the American side, is kept here, also the wines, fruits, and poultry.

On the subject of cooks my lady finds out that they begin operations at half-past five in the morning. At six coffee is served in the state-room of passengers who want it, or on deck,



The Potato Gang

if one should have so far forgotten himself as to turn out at that unearthly hour. Breakfast is served from eight to ten, lunch from twelve to two, dinner from six to eight, and light refreshments at ten. So the cooks are employed until nearly midnight; while the bakers, who get up at three in the morning, are through with their work by dawn. The stewards turn out at six to sweep the corridors, and do not finish until eleven at night, which is rather more of a day's work than maids put in on shore.

The chief cook receives sixty dollars a month, and his French chef gets fifty. Ordinary cooks draw from

five to eight a week. The stewards get twenty-five dollars a month; though in the rush of the season, on the swell boats, they sometimes receive in tips as much as a hundred and fifty dollars on a single trip.

It is a "far cry" from the old-time cook of sea stories, who used to do all the cooking himself, besides tending the fore-sheet and reefing sail, to the cook on the modern liner. The latter is not much different from the hotel cook met ashore. Indeed, both are recruited from the same employment bureaus. Not one of them probably knows how to make "dandy-funk" or "lobscouse," which were the great sea dishes of the good old days. And, as my lady was told that these dishes were worth traveling far to learn about, she took down the recipes from the chief steward, as curiosities. Here they are:—

Lobscouse

Could be made only on some day after a heavy shower, when an extra bucket of water was to be had. The ordinary ship allowance per day was not enough. With this rain water



Cold Storage Plant

you take odd hunks of salt beef and pork, and throw them into the pot. Smash up with a belaying pin an equal amount of hard tack, and toss in with the meat. Add onions and some pepper, and stew. Serve right off the fire.

Dandyfunk

A kind of deep-sea gingerbread, made from hard tack that has been pounded to a powder in a canvas bag by the sail-maker's mallet. This is mixed to a paste with water, molasses, and some fat boiled from salt beef, technically known as "slush," being added. Bake in pan until brown. If the cook is feeling unusually good on that special day, he

will spare a little spice, which will increase greatly the flavor. Serve hot, and grab all you can.

A day or two after this visit to the commissary department, with its interesting lesson in housekeeping-in-large, my lady's ship picks up Fastnet Light, off the Irish coast, and the next evening, at sunset, steams slowly up the Mersey to the Liverpool landing-stage. And when my lady goes ashore, as she presently does, she says in her good-bye to the gentleman who showed her the sights: "You run your house just beautifully, my dear Mr. Officer. If anything is missing, it is a husband to find fault. I'm positive I shouldn't feel at home without him."



Steward and Chef planning Menus



May-time Luncheon Table (Dessert Service)

*What plant we in this apple-tree?
Sweets for a hundred flowery springs
To load the May-wind's restless wings,
When from the orchard row he pours
Its fragrance through our open doors.—BRYANT.*



Menu

- Clam Broth with Cream.
- Toasted Cassava Bread.
- Lobster Newburg in Casseroles.
- Hot Baking-powder Biscuit.
- Olives. Radishes.
- Sweetbreads, Breaded and Fried.
- Asparagus as Peas in Cream-Sauce.
- Mayonnaise of Cold Egg Timbales (Sliced)
and Tomatoes.
- Rye Bread-and-Butter Sandwiches.
- Meringues with Strawberries and Whipped
Cream.
- Snow Balls.
- Coffee.

Short Skirts or Trains in Church

By Kate Gannett Wells

NOWADAYS hats often rank next to pulpit flowers as part of church decorations, possibly as a matter of principle; for some women call it honoring the Lord's Day to wear their "best things" to church, and others think that so doing is a desecration of the Sabbath. Then there are people who say they cannot afford to go to church, as they have not anything to wear; while others stint themselves about the necessaries of life, that they may have a Sunday dress.

At the heart of the Sunday dress problem is the mental attitude towards the church to which one is supposed, at least nominally, to belong. Assuming for the moment that the church and the woman are in mutual need of each other, should the vagaries of fashion be carried to such an extent in Sunday attire that somebody else is embarrassed thereby, however foolish it may be to care a whit as to what any one else wears. Why should not good taste, æsthetic fitness, decorative finesse, show themselves in such moderation of dress that no one is conspicuous, and that the general appearance of a congregation is harmonious rather than striking. Long trains seem as inappropriate sweeping up the church aisle as the short, trig golf or bicycle dress seems uncanonical.

Yet several churches have adapted their hours for services to athletics. An Episcopal church in Boston for a long time held an early morning service to catch the members before they started for their Sunday outing, and the plan was successful. Other churches elsewhere have bicycle stalls. Still, a line must be drawn some-

where; for a man does not wear a dress coat to church, nor a woman her kimono. Such line should regard personal independence, first of all; secondly, moderation between extremes. As for not wearing one's best clothes, because one wishes to set an example to those who cannot afford trains and their ilk, that is a bit of self-righteousness, which the less gifted in wardrobes understands and resents.

What one wears is of importance chiefly as self-betrayal and as it affects church manners. It is of more consequence whether one is cordial in smile to her pew-neighbor, or chatty in the vestibule with some one upon whom she does not call on week-days, than whether she has worn a train or a short skirt to church.

Ministers would not have half so hard times, as many of them do, if their parishioners were more cordial to each other. The politeness of ushers does not atone for that lack of friendliness among co-listeners which need not compromise either giver or receiver. Nor does the free church, as against the proprietorship system, insure cordiality. People may sit near by, even close to each other, and be merely polite. Neither is handing the hymn-book nor drawing out the foot-stool for the straggler to one's pew a guarantee that one is a social equal. People are so afraid that, if they know somebody even just a little, it may lead to personal, social inconveniences. It is so comical not to be cordial at church, where theoretically we are all equals, as children of God.

There is ever so much done for the

promotion of church cordiality, just as there is for the promotion of any other factor of progress, social, financial, or religious. But it is the doing for the sake of cordiality, instead of being cordial just because one can't help being hospitably minded, even to one's miserable self. It is very lonely sometimes to go to one's own church. It may be somewhat cheering to go to a church and receive a card saying that, if you will put your name and address upon it, you will be called upon! Church extension!—matched by the minister who announced from the pulpit on what days he would call at the homes of his parishioners who lived on certain streets, that they might be ready to receive him. Whose time was to be saved!

Necessarily there has to be a certain amount of etiquette about church cordiality as about dress. One should not shake hands across the top of a pew, until after the service is over, nor at its end rush for home as if glad to be through with the business. Going down the aisle, remarks should be confined to appreciation of the sermon in which the main interest, or at least criticism, centres, or else to inquiries after health, until the organ ceases. Then in some places what a happy buzz begins as people, by twos or threes, turn back into the church and talk as they do on weekdays! But, alas! there are a good many to whom no one speaks, as such speaking, even if not interfering with another's desire not to be addressed, might be considered as at least gratuitous or irrelevant.

Perhaps the stranger does not care to be spoken to, for the church expansive smile, like the ingratiating kindergarten smile, always has a tinge of beneficence in it, which lessens its executive power. All that

unknown people want (if they want that) is the incidental greeting, for they are as well aware of their peripatetic church status as are others of their hereditary pew ownership; but oh for the poverty of heart that cannot give the recognition of equality! When simplicity in church dress and cordiality in church manners are everywhere in vogue (they already are in many places), a new church census might be taken with more gratifying results than attended the last one.

A country, threadbare-clad minister and his tired wife went to a city church, wanting to sit where they could hear. The dear old man never said he was deaf nor that he was one of "the brethren of the cloth," and his wife was as timid as he. So both sat where they could not hear, and no one greeted them "affectionately in the Lord's name"; and they went home heart-sick, and wrote an indignant letter. Part of the mistake was theirs in their misplaced reserve.

It is a gift of intuition to know just how to do anything even in the distribution of Easter cards or flowers. A soberly clad committee woman took some Easter flowers to poor, lone Jane, who received them with the words: "Church flowers are mostly greens. I know ye meant well." The visitor left disheartened about the progress of religion. Soon after a blithe young girl in gayest colors went to see Jane, who exclaimed: "Land's sake! Ye do me good. Ye ain't afraid to show me your best things. My! ain't ye a whole Easter!"

It is the perfunctoriness in the manner of doing that which is beautiful in itself that is often in the way, when one wants to give pleasure. Motives may be very nice and well meant; but they grow stale, if the kindness shows it is done because one

ought to do it. And, in church life, motives are so noble and simple and yet get so awry and unbeautiful in deed. For one person, to whom it is easy to go more than half-way, there are five persons, to whom it is a physical impossibility to go even half-way. These are the ones to whom church cordiality is more vital than church attire.

Real cordiality is always courteous, and never interferes with another's comfort. "Is it possible that you do not know me!" asked a man of Oliver Herford, one evening in the street, at the same time slapping him violently on the back. Whereupon Herford replied, "It is so dark I can't see you and I don't recognize your voice, but

your manner is familiar." Cordiality received a merited snub.

Manners, adapted to others' needs, are the etiquette of personality, as dress adapted to occupation is its etiquette, or as food arranged for individual requirements is the polite code of serving. Just as there is always some one to whom the fag ends of a rummage sale offer possibilities for a promenade street suit, so in church work there are always nooks for each one's varied talents. Church sociables and church suppers, when it is *en règle* to wear aprons, are the domestic service side of church life; and skill in the organization of them is as notable as in affairs of religious study, church friendliness, or Sunday dress.

Arbutus

By Lucia W. Eames

Methinks I scarce should know the spring were
here,
Save this fair, fragrant gift did reappear,—
Save to my hearth from their far-distant home
These cheery wanderers came to break the
gloom.
As o'er the sense their subtle sweetness steals,
I see my childhood's home,—the wide, brown
fields,
The zigzag brook that wandered through the
lea,
The river, blue with haste to meet the sea;

But, best of all, the hill and shadowy wood
Where mayflowers grew in lavish plenitude.
I seem again the child that, kneeling there,
Drank deep and long the dewy fragrance
rare,
Then gathered in her arms a burden sweet
To lay, returned, at a mother's feet.
Dear memories, blending with tender thoughts
of thee,
Loved friend, that year by year doth so re-
member me!

My Lady sleeps

By Cora A. Matson Dolson

Fire-flies, light the path to show
Way to where my Lady sleeps,
Where, on white couch lying low,
Soft hair o'er the pillow sweeps.
Spider, down her lattice reel
Silken threads, and bind them fast,

That Æolian airs may steal
When the wind is straying past.
Moon-flower, climbing o'er the wall
Where she takes her virgin rest,
Breathe to her my tender call,
Stir the dreams within her breast.

The Food Question Once More

By Helen Campbell

TO those who deal constantly with the question of food, either in the making of general menus for various scales of expenditure or formal dietaries with food values, there is apt to come a sense that the large majority in this enlightened century know what to eat and how to prepare it. We all know that no country has so lavish a food supply as ours. The charmed observer in the great city markets, their arrangement often a study in still life, all fruits of the earth blending their colors and inviting the buyer, has been heard to say, "The best-fed nation on the face of the earth."

In one sense this is day by day. truer, yet not for the mass. For them an immense work is still to be done; nor can the cooking school alone meet the need, save in so far as it handles the public school side of the work. Even then thousands of young girls go out from the schools before this phase of knowledge is obtained, as shop-girls or as factory workers in the multitudinous employments now open to women and girls alike; and in the enormous increase of population is an equally increased per cent. of the untrained and unknowing.

Fifteen years ago, in an investigation into the conditions of working women and children in New York City, it was found by the writer that the most usual lunch, both for general factory worker and for shop-girl, was a small five-cent pie or cream cakes, three for five cents, with a cup of hot coffee, if this luxury could be afforded. The food of the cheap boarding-houses, in which many were housed, or that of the homes from

which they came, was not only poor in quality, but often limited in quantity and cooked in such fashion as to make it unfit for the human stomach. Strong tea boiled in a tin tea-pot, and so securing the utmost product of tannic acid, was the drink preferred, and the myriad of sewing-women in sweat-shops or attics relied on this stimulant as the motive power for work. At that time, a period of close, long-continued, minute observation, the food question appeared to underlie the drink question, and to be directly responsible for many of its evils. A previous, less formal investigation in 1877 had ended in the same conclusions, formulated in an earlier book, "The Problem of the Poor," and, ten years later, in "Prisoners of Poverty."

Progress has been swift since that earlier day, more and more social forces are at work for betterment, and one of the most important phases, that of making cookery a part of the school course, in itself seems to imply a revolution in thought and a new day for the worker.

In degree, at least, it is certain that this day has come; for the great mercantile firms in the large cities vie with one another in the lunch-rooms provided for their workers, in some cases with rest-room, and even library and piano. But the factory worker, save in a few isolated cases, has no such provision, and is almost often too weary to gain much from the evening classes in cookery, sewing, etc., though these opportunities offer themselves lavishly, and astonished philanthropists wonder why they are not crowded. "Too tired," is the answer; but just now that phase of things must wait.

The latest summary as to conditions to-day is found in "The Woman who Toils," the work of two sisters well known in the social life of New York, who entered factory employment both North and South, to discover for themselves the actual nature of the life and the people in it, and their sharpest needs. As to these Miss Marie Van Vorst writes: "The need of wholesome food is a most urgent one. The lunch of many a factory girl consists of a piece of pie, well powdered with cinnamon, a pickle, some candy possibly. I know one working-girl whose lunch consists of a glass of ice-cream soda. It is scarcely necessary to say she was an unhealthy specimen. She said she was 'too tired to eat.' I also know a young woman who, day in and day out, makes her mid-day meal of lettuce salad and a piece of pie. All this is in the North, and I am now speaking of those girls who go out at noon to get their repast."

"Too tired to eat" is the word from many of them; for the woman who works from fifty-four to sixty-six hours a week has small energy left for outside activities, no matter how tempting the opportunity. This had a marked illustration not long since in a model factory town, where a series of enterprises, all for the benefit of the worker, had been inaugurated. A hot lunch was provided at noon, short hours with a recess morning and afternoon, baths, reading-rooms, lectures, trained nurses, a rest-room, gymnasium,—in short, the best possible conditions, including ventilation and clean floors. The workers were asked to vote, giving their opinion as to the value of the many reforms introduced by the firm. Miss Van Vorst summarizes their view:—

"These factory girls, who had before them the prospect, and back of them the memory, of years of toil and

of needs,—let us not say 'wants,'—voted, in the majority,—in the large majority,—for hot food, first of all! Second, for ventilation and clean floors! Third, for short hours. After this the figures are so divided that they yield no great point of interest. It may be noted that calisthenics go way down in the list, which proves that the athletic woman, the sport, is not at a high premium among the laboring classes. Possibly it reveals that the working-woman is too tired to develop herself physically. . . . The courageous, splendid creature, the American working-woman, asks, first of all, to be *properly fed*, and properly environed as she toils. I think it is a surprise to us all that short hours should come even third on the list. Thirdly, then, the woman asks for time."

"*Hot food, well prepared.*" That would seem a simple, easily met demand, and yet for the majority it is still an unattainable luxury. The mission work of the cooking school has but begun. To teach the preparation of simple food in the most perfect, most savory and appetizing form, is a need so vital that many a compulsory study might well be dropped, that this essential knowledge take its place. It is useless to say the child can learn at home, for the mother herself has no knowledge to impart. But learned it must be, else the mothers of the race have no stamina to pass on, and degenerates and incompetents will continue to increase in the frightful ratio represented by the increase in hospitals and asylums. And thus once more, in the mouth of these latest witnesses, is given the testimony, which furnishes again the argument for persistent effort to increase the facilities for this form of teaching, and to strengthen the working force in every one already in

existence. In the Western schools, as in Denver, Col., for example, many boys have taken a course in camp cookery, or a general series of lessons for use in the ranch life, for which so many of them prepare; and there is every reason why boy as well as girl

should be taught some notion of food values and the simpler processes of cookery. In short, the work is still but in its infancy, and still demands the most earnest thought and effort of those who see what is bound up in every phase of the question.

The Menu on a United States Transport

How Uncle Sam provides for his Army Across the Ocean

By a Homeward-bound Soldier

SINCE the United States has been sending troops to the Philippines, the new Orient of America, the army transport service has been developed wonderfully in every detail. Your correspondent went to the islands with the first troops five years ago, when the menu of the transport service was in its infancy. Provisions gave out frequently, and the cabin fare got down to that of the mess for the mess, until some port was reached, as Honolulu, Nagasaki, or Guam, where loads of provisions would be hauled on board. Now the fare is so well in hand that a transport can make a continuous journey from San Francisco to Manila, with a regiment and families, without a stop and without exhausting any part of the ration.

My second trip to the islands was made on the transport "Sheridan." No stop was made in the twenty-eight days of the passage, and there was no shortage. Transport fare is better than many suppose. Two fares are served, one for officers and passengers and one for enlisted men. Included in the passenger list are the officers and families of the regiment, casual officers, school-teachers, and

others in civil service employ. The saloon people pay \$1 per day for board. Three years ago the price was \$1.50 per day. Four and five years ago it was \$1 per day, as now. It was then found that \$1 per day was not enough. The government has no desire to earn a profit on its officers and families traveling with troops, nor does it propose to lose anything. So fifty cents per day was added, until the treasury of the quartermaster showed an increase over costs, when the price was dropped to \$1 per day. And the fare is worth the price. Every one pays, however, whether he eats every meal or not. No one escapes the steward. Following are the menu cards for one day, selected at random. On some days the bill of fare is better, particularly that of the Sunday dinner.

Subsistence Department U.S. Army Transport "Logan"

MENUS

BREAKFAST

Oranges.

Oatmeal Mush.

Sirloin Steak with Onions.

Club-house Sausage.

Breakfast Bacon.

Eggs to order.
 Boiled and Fried Potatoes.
 Hot Rolls.
 Corn-bread.
 Hot Cakes. Dry Toast.
 Tea. Coffee.

LUNCHEON

Soup
 Barley.
Hot Dishes
 Hamburg Steak à la Espagnola.
 Frankfurter Sausage and Sauer Kraut.
 Baked Potatoes.
Cold Meats
 Roast Veal.
 Soused Pigs' Feet.
 Potato Salad.
Dessert
 Cranberry Pie.
 Assorted Cake.
 Apples.
 Crackers. Cheese.
 Tea. Coffee.

DINNER

Soup
 Mulligatawny.
Fish
 Boiled Salmon, Sauce Hollandaise.
Entree
 Sauté of Pigeon and Fine Herbs.
Roast
 Prime Ribs of Beef au Jus.
 Browned Potatoes.
 Mutton with Currant Jelly.
Vegetables
 Stewed Carrots.
 Succotash.
 Boiled and Mashed Potatoes.
Dessert
 Apple Roll, Hard and Brandy Sauce.
 Peach Pie. Assorted Cake.
 Apricot Sherbet.
 Fresh Fruit.
 Crackers. Cheese.
 Tea. Coffee.

sioners, inspectors. etc. This makes it necessary to serve two to three sittings. The ice-making plant keeps a supply of cold storage products and plenty of cold water. The cooking is good. Attendants are polite and willing. Down in the mess for soldiers it is little different. But the soldier is not required to pay a dollar a day. His rations, as his clothes, are issued free of charge.

He does not have much ice-cream and pie, but he has good, substantial bread, baked on board, and plenty of it. He has his portion of meat, a big cup of coffee, with potatoes, beans, tomatoes, and other articles of the rations issued regularly by the commissary department. These articles are cooked in great ranges, broilers, and other apparatus specially provided for the purpose.

The government always issues more than enough for a soldier, in almost every portion of the ration. The result is a saving,—that is, a gain to the man. It is like this: The issue of ration is twenty ounces of flour, or its equivalent in hard bread. The quartermaster sergeants of the different companies draw the twenty ounces per man, and turn it all, in bulk, into the post, or, in this case, the ship bakery, where it is weighed. Then the flour needed to supply the troops for the day is baked, and every man gets all the bread he wants. About 20 per cent. of the flour is left as gain. This flour is turned back into the commissary, and the value, in cash, received instead. The cash goes to the company fund, and the commander sees that it is used to buy dainties for the soldier's mess,—games, periodicals, etc. Therefore, although the government furnishes no delicacies for its soldiers, every man gets a big piece of pie, pudding, or other dainty, every dinner. And sometimes a tur-

The force to serve this fare consists of a chief steward and two or three assistant stewards. There are plenty of trained waiters. Usually there are on board about forty officers and ten families, with a regiment, also about fifty casual officers, together with some families of officers, teachers, commis-

key or chickens are purchased from the saloon mess.

There is not much complaint. Usually there are three sittings at the soldiers' mess, as there are from a thousand to fifteen hundred men on board. The commissary sales department of the United States government is a little retail store, always on the transport, and always opened in garrison or in the field, so that officers and soldiers may buy for cash preserves, ginger snaps, stationery, shoe polish, and the like at just the cost of the goods, at wholesale, to the government. It is very convenient. A soldier likes jam, and jam is not issued;

and perhaps the company mess is not buying jam just when he wants it. If the soldier has ten or twelve cents, he can buy his jam at the wholesale price on ship, and take it to the table with him. He divides with his comrades, and on next day some one divides with him.

I have served with the Philippine army five years, and made four trips on the transports, one of which was forty-seven days on the old "Garonne." But I grow heavy on ship-board because of good living. In the field, rations are more or less uncertain. On the transport they are served regularly and like clockwork.

A Suggestion for Summer

By Eleanor M. Lucas

FLOWERS and books in a home were considered the true index of refinement by Henry Ward Beecher. Books are readily taken care of when once possessed. Flowers are easier to obtain, but not so easy to care for; and the problem of how to possess a bit of nature without possessing a foot of ground is a puzzle to many a housewife who believes that "flowers are the smiles of God's goodness."

The following device will give a dainty bit of greenery for a sunny window or the piazza:—

Procure three wooden butter bowls of graduating sizes. The largest should be as large as can be obtained. It is not necessary that the bowls be new, and square boxes may be pressed into service, although the bowls give a prettier appearance. Obtain also a stout pole six feet long. This may

be round or square. Have a standard of a square heavy block of wood fixed to bottom of pole, and bore holes in the two largest bowls, so they will slip over and fit about the pole.

With wire nails fasten the largest bowl securely to the pole two feet from the bottom, the next largest bowl is fastened two feet higher, and the smallest bowl is nailed on top of the pole.

Have drainage holes bored in the bottom of each bowl, close to the pole, and have the stand painted a bronze green. When dry, fill the bowls with rich earth,—one third of well-decayed manure, one-third of sand, and one-third of rich loam.

In the top bowl set three plants of *Asparagus Sprengeri*. It is a quick grower, and the sprays will droop over the sides and soon be a mass of pale green feathery branches.

In the middle bowl set two plants, each, of scarlet and white verbenas; and in the bottom bowl sow six seeds of nasturtium. Get the variety with pale yellow blossoms, and, when the plants are a foot high, pinch off the tips to induce branching. Keep this up all summer, and the bushes will be laden with a sheet of golden blossoms. They will trail over the sides and touch the floor; and, when a dainty garnish is wanted for a salad or for cold meats, try a few nasturtium blooms, set in a mass of their green leaves, and for a bit of piquancy add a few tender pods to a lettuce salad.

Pinch the verbena plants back occasionally, also, to induce a thrifty growth. Give as much air and morning sunshine as possible, and plenty of water, not forgetting to spray the plants, to keep the leaves clean; and, when one has a little dinner party, a few sprays of the asparagus fern and a dozen blooms of white and scarlet verbenas will make a pretty wreath, in which to set the table mirror, and give just the right touch of daintiness, to set off the napery and gleaming glass.

If this plant stand must remain in the house, set it in a large tin pan, painted green, to avoid staining the carpet. Feed the plants with some reliable commercial plant food that comes in the form of powder. It is more cleanly than liquid dressing.

Another pretty affair to stand on the window shelf or on a small table on the summer piazza is made in this way. Procure a box 10 by 30 inches and about 10 inches deep, some stout wire, and plenty of empty spools. Take a piece of wire eight feet long, and find exact centre. Turn the box bottom upward, and find centre. Fasten centre of wire to centre of box

bottom with a wire brad. Secure the wire along the bottom of box with brads, then bend the wire, and let it come up sides of box, and fasten it with brads. Twenty-two inches of wire will extend above the top of box on each side. On this slip large spools. These may be of one size, or, if of graduating sizes, in groups. Across the top connect the two wires with a horizontal wire, also threaded with spools, and crown the top with a piece of wire bent V-shape, strung with spools. Place little feet at each bottom corner of box, made of half a large spool fixed in place with long wire nails. The front and sides of box can be ornamented with small spools, cut in halves and fastened on with wire nails. Give all two coats of paint. A pale cream is good, or a rich green looks well. Now plant in the box on each side two seeds, each, of rose-colored and white maurandia. They will clamber up the supports in graceful style, and clothe themselves in a mass of white and rose-colored blossoms. In the centre of box sow four or five seeds of blue lobelias. A mass of blue with delicate foliage will be the reward. They will trail over the box, and cheer one with azure blossoms; and for a bit of sweetness drop in a seed or two of the dear old mignonette.

From the horizontal box on top suspend a basket, or anything that will hold the soil, and sow in it seeds of the Kenilworth ivy. Soon it will be a mass of pale green with tiny lavender flowers.

Such a stand will be a joy all summer; and, when winter comes, hyacinth bulbs can be tucked in the box, smilax trained about the standards, and the hanging basket can be gilded with the nodding heads of the Bermuda oxalis.

The Dining Table

By Cora A. Matson Dolson

THE dining table holds an important place in the ideal home; and all home-keepers, however much their standards may differ, aim to their ideals.

Your home and mine may be far different: what will serve for my table may be inappropriate for yours; but I will endeavor to picture a table whose furnishings are within the reach of any woman who has a home, even though it may consist of but one room.

Let the table itself be what it may, extension, round, or square, large or small, or but a few rough boards nailed to a barrel, as may be found in some new settler's home, still the same general rules are to be practised.

Let the table covering be of white cloth, fine, shining, beautiful linen, if you can get it; and, as a table-cloth lasts for years, most homes can afford good linen.

It is a delight to handle pretty table linen, and a woman will feel more respectable because of its possession.

Still, if the bounds of purse and facilities for laundry work are such that you cannot have, for common use, the shining cloth, with its every flaxen flower seeming as if freshly gathered and scattered upon the shimmering surface, let me whisper to you a little secret.

I have seen a prettily-patterned, white, cotton table cloth, which cost from twenty to thirty cents per yard, washed, and, without wringing, lifted from the rinsing water, and hung straight and smooth on the line.

When nearly dry, it was taken down, carefully folded, and placed under a weight until perfectly dry.

When the table is spread with this cloth, you would never dream that it had not known the touch of the hot iron.

For this treatment it is necessary to use cotton, as linen will show wrinkles unless ironed.

This does away with any excuse for the inartistic red table cloth.

Now you have the table spread with white, which may come just to the edge or hang down all around, have a white foundation underneath or not, as it suits individual fancy or convenience.

To give a pretty touch to the table, and also to save laundry work, under each plate may be placed a fringed, hemstitched, or plain napkin, tray-cloth, or doily. The most convenient for this purpose are the paper ones, hemstitched and embroidered, and looking exactly like the finest linen.

They can be secured by mail or express, if you do not happen to live near a store where they are kept.

But these cost too much for all homes to afford. Yet we can invest in Japanese napkins. Bought by the hundred, they cost less than the soap and fuel required for laundering linen, whose place they will supply, not to mention the saving of work.

They may be used under plates, platters, or vegetable dishes, to cover accidental stains or as individual napkins, can be changed in a moment, and are neat and pretty.

In regard to dishes, thin, dainty, flowered ones cost no more than the heavy, ugly white ware so often seen; and the sight of a table set with pretty china, and with bright, modern knives, forks, and spoons, whether of solid

silver or a cheaper plated metal, adds to the happiness of the woman who has it in keeping.

And always let there be flowers on the table, a single rose or lily, sweet-peas or pansies, or, if you have no flower garden, pale green ferns or wood violets, yellow buttercups, wild asters, or goldenrod in summer, and in the winter-time a blossomed primrose, hyacinth, or narcissus, a case of

white tissue paper having been slipped over its abiding-place, if it happens to be unseemly.

Even if one has not a flower or plant, a few sprigs of evergreen will keep fresh for weeks, and serve as a rest for the eyes and the soul, also as a reminder that the out-of-doors is for us to enjoy, and that beauty may be ever before us, if we will but reach out and claim it as our heritage.

A Little Talk about Weddings

By Mrs. E. B. Jones

IF there is ever a time in the life of a girl when her preferences should prevail, it is when arranging the details of her wedding. Unfortunately, the reverse is frequently the case; for many well-meaning friends use this occasion to insist on a recognition of their ideas, and clamor for privileges which do not rightfully belong to them.

Lately some prospective brides have thought that the wedding ceremony should not be the elaborate social function, consisting of much spectacular display, which it is sometimes made. They have realized that this is often a hard time for mothers and fathers, and so have arranged a home wedding, with only the best loved friends present, who will look with uncritical eyes upon the solemn event.

For a home wedding, especially if the bride wears a white gown, a green and white color scheme is charming and not difficult to arrange. However, some brunettes, to whom white is not becoming, and who wish to look their best on their wedding day, have chosen a pink setting for their bridal.

And, really, when one thinks of it, there is much æsthetic meaning in the idea. Why should not such an occasion be, in reality, rose-colored, and thus in harmony with the spirit of joy which fills the happy hearts? Such a color scheme will do much to leave a pleasant impression on the minds of those present.

For an early June wedding, in localities where it is abundant, the wild, pink azalea makes a most effective decoration. Garden roses are seldom available until the very last of the month; but, when they are plentiful, nothing finer can be desired. A bride may now wear or carry any favorite flower, the old-time prestige of the orange blossom having in some measure departed.

It was a happy thought which gave mothers a place in the bridal procession. Fathers, sisters, and brothers all had their duties in connection with the event; but oft-times the mother was left alone during the ceremony. Now one or both mothers form a graceful and dignified part of the procession.

A pretty idea for a home wedding

is to have the young guests form an isle, and surround the couple during the ceremony. This saves choosing bridesmaids, which is sometimes a difficult thing to do, when one has many friends and relatives.

Every prospective bride loves to show her trousseau to a few close friends. This is sometimes made the occasion of a small tea or gathering, and gives an opportunity for bestowing any small and dainty gift. This is a much better way than the once popular shower, which is now thought not quite good form.

So much hand-work now enters into the preparation of a girl's wardrobe that it is very pleasant to have a "bee," and allow one's friends to assist in hemstitching and the like.

The refreshments for a home wedding may be passed or they may be served at small tables scattered through the house, and this is by far

the most comfortable way. If convenient, tables with twenty-four-inch tops may be hired for the occasion. These may be covered with large napkins of dinner size, if the hostess has not a sufficient number of embroidered or drawn-work cloths.

For the wedding reception in summer, nothing more is required than ice-cool drinks, small cakes, and sandwiches. Of course, if one chooses, a salad may be added, accompanied with thin-cut bread and butter or wafers. Careful attention to all the small details will mark the perfection of the entertainment and add much to the comfort of the guests.

It is a good idea to enclose the porches of the house with evergreens, and also add a row from the steps to the street. This will insure a certain amount of privacy and dispense with the customary awning, and, in small towns, is all that is necessary.

The Advantages of Polyandry

By Julia Davis Chandler

IN quaint, old New England they used to polish coffin plates and set them up on the parlor mantel as ornaments. In far-away Thibet the people polish the very bones of their ancestors, and, at regular intervals, exhume them for cleaning. To do so is a sacred duty. This is quite in opposition to the old poet Omar's remark that

"those who husbanded the Golden grain,
And those who flung it to the winds like Rain,
Alike to no such aureate Earth are turn'd
As, buried once, Men wern't dug up again."

Those who find house-cleaning a trouble in this country may well

ponder on Thibetan customs, and grow content, inasmuch as they have no real "family skeletons" to clean and keep in every "closet" until returned to the cemetery;—not only the bones of all those who were "so difficult to get on with" through life, in the way of maiden aunts and mothers-in-law, but a whole array of husbands; for in Thibet polyandry prevails, or rather group marriages, where, for instance, one woman marries a whole family of brothers.

After an epidemic a widow might have an entire family lot full of bones to clean. However troublesome this

would be, there are advantages in the system, which are respectfully submitted to the antipolygamy workers as an offset to that system. In these days of discussion of race suicide, and when many a man is finding it difficult to support a wife and provide a home, every idea bearing on the subject should be brought forward.

Consider the advantages of polyandry from a woman's point of view. The large proportion of husbands to but one mother-in-law! Several men to "make the living"! Think of that! The best business men of the lot could devote themselves to ledgers and trade. The best-looking one could be the society man and escort, always at one's beck and call. If he failed to appear or balked when wanted, he could be relegated to the task of walking up and down with a teething child or taking several through the measles. Of course, the most domestic man would be the steward, and be ever on hand to "fire" the cook, if necessary, or at least keep her well in subjection. If one were poor, then the servant question would settle itself; for several husbands could, between them, do the work.

The Mercury of the group, the one

with swift heels, could be sent for the precious yeast-cake or lemons, if those invaluable commodities were forgotten when miles away from stores in the country. This one could be pampered on plum cake; but the man who forgot such things, or, worse still, forgot to mail letters, could be put to hard labor, scrubbing floors and peeling potatoes, tearful onions and peppers.

Being of one family, and not a job lot of husbands picked up at random, their virtues and faults would be similar, and a general ruling could be easily made, and one member played off against another, until all be subservient. This would be far easier than to have one husband, who thinks he is the whole game, and that the wife, in marrying him, has played her whole suit of trumps. Where there is only one husband, he must be forgiven or cajoled. Here the wife could easily put in obscurity the grumpy and forgetful lord, and summon a more agreeable one to wear the dress suit and preside at the head of the table.

Something like this idea in way of food and promotion has worked wonders in prison discipline. Why not in marital and household affairs?

To the Quaker Ladies

(Bluets, Blue-eyed Grass)

By Cora A. Matson Dolson

The morning dews the grasses lave,
The year is in its May;
The little Quaker Ladies have
Come out to walk to-day.

For up and down the roadsides here,
Wherever I have been,
I saw their blue eyes shining clear
From out the May-time's green.

Oh, sweet and pure and fair are you,
My little Quaker friends,
And to these starry eyes of blue
This song a lover sends.

THE BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics.

JANET MCKENZIE HILL, Editor.

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PLEASURE IN LIFE

LIFE cannot be called successful unless it be filled with pleasure. It is no longer regarded as a mark of wickedness and depravity to be joyful and happy. The Puritans of whom Macaulay wrote, "They had their smiles and their tears, their raptures and their sorrows, but not for the things of this world," however exemplary their virtues, do not represent the noblest ideals of modern life.

The normal state of living is happiness. All things are to be enjoyed. We do best that which we take pleas-

ure in doing. In order to teach or preach well, one must have a message that animates. The ideal life is made up of pleasurable activities. "To energize is to be happy." When we have learned thoroughly to enjoy nature and outdoor life, to enter with enthusiasm upon all the varied duties of each day's events, then life verily becomes worth living. "No love is pure that is not passionate; no virtue is safe that is not enthusiastic."

PROFESSIONAL TRAINING

THE meaning of life here is well-being; and well-being, both individual and social, emanates from the home. In the conduct of the home the most vital interests centre. And women are the leaders in home-making. The consideration, therefore, of woman's training and that of her natural occupation in life cannot be separated.

How to earn a living is the thing of first importance in a boy's training. How to conduct a home should hold a place no less prominent in the education of every young woman. For how much depends upon the home from which one starts out in life! Here habits, manners, health, and character originate. Imprudence in home management is fraught with evil consequences; it is a costly experience.

Can excess of preparation be made for a work so far reaching? Without thought and training can successful achievement be looked for?

Training schools are rapidly increasing in number. They are made more and more attractive in equipment and courses of study. The school of the future will fit for actual life-work. In a sense, all schools will become professional in character. To

this end the progressive spirit of the age is directed.

THE SOCIAL PROBLEM

DR. PATTEN, professor of political economy in the University of Pennsylvania, who is accounted one of the leading thinkers on economic questions in the country, believes that the wife should be a wage-producer as well as the husband.

"The whole social problem," says Dr. Patten, in discussing the economic position of the home in society, "would be solved, were the wife to become an income producer. Of course, I refer to the young married couples where each, before marriage, is earning between \$10 and \$12 a week. I believe that each should continue a wage-earner until the husband's income increases to at least \$20, when the wife can add more to the utility of his money by withdrawing from the wage-producing class.

"As the income from the man increases from \$10 to \$20 a week, that of the woman remains stationary at \$10; and then, giving herself up to the home, they both can get better and more pleasure out of the husband's income."

The idea of Professor Patten is worthy of careful attention. This social problem, the economic position of the home in society, is of widest import. No question surpasses it in interest, and the very suggestion of light is encouraging. At present the cost of living, ever steadily on the increase, renders housekeeping well-nigh prohibitive to people of moderate income. The outlook is serious. Something must be wrong with our economic policy, the tendency of which, it seems, is to add to the means of a favored few at a corresponding

deprivation and loss to the toiling many. The ways of housekeeping should be made reasonable and favorable, and in this connection the question of economics is by far the most important of the day; for it concerns individual and social welfare in its entirety.

"A system of political economy will yet dawn which will perform as well as promise; which will rain the riches of nature into the laps of the starving poor."

"TEACHING THE HOME-MAKERS"

UNDER this title, Ruth Everett, in the January *Munsey*, gives a brief sketch of cookery, "dignified as domestic science and now recognized as an important part in the practical training of the girl pupils in American public schools." It was through individual effort and private means that the practicability and value of cooking lessons were first demonstrated. The Women's Industrial Association and the Boston Cooking School are the pioneers in this line of effort; and in less than twenty years cookery has been introduced into a large number of public and private schools.

"It was not until 1887," Miss Everett writes, "that the officials charged with the care of New York's half a million of school-children were first impressed with the importance of manual training. They yielded to the argument that, if it be well to teach a boy the elements of blacksmithing or carpentry or book-binding, then surely it is well that the girls, who are some day to handle the wages of the future blacksmith or carpenter or book-binder, should know something of hygiene and cooking. It was estimated that the cost of each class would be two hundred

dollars a year, and the Board of Education voted money enough to open sixty classes. The first of them began work Feb. 1, 1888; and the result was so satisfactory that within three years twenty thousand pupils were enrolled.

"To-day there are many classes of girls in our public schools who could go before an examining committee and talk intelligently on such seemingly abstruse themes as 'The Germ Theory applied to Foods,' illustrating their talk with black-board drawings. They can make simple chemical experiments, they know the relative value of food elements,—protein, albumen, and the rest; they understand the digestion of starch and the composition of baking-powders; they can talk glibly about litmus tests and the salivary glands; and—not an entirely unimportant point—they look very neat in their white caps, sleevelets, and aprons.

"If you were to ask one of the little colored girls, for instance, a question about carbohydrates or the rate of combustion of fuels, you would most likely get some such reply as this:—

" 'I doesn't seem to 'member much 'bout dat, miss.'

"But give her the materials, and she will produce a pan of muffins as delicate as could be wished for. The colored girl isn't much on the theoretical side of cookery, but she is a wizard at the actual work."

Domestic science teaching is not now confined to cooking, sewing, laundering, etc., alone. It has a scientific basis, and includes household science,—that is, all systematic knowledge pertaining to the home; and this is a subject broad enough and intricate enough to tax the powers of the most active minds.

WITH the present number the *Cooking-School Magazine* completes its eighth annual volume. We look upon these as the best piece of work of the kind that has yet been done. We have many subscribers who possess all the volumes, and this is a most gratifying feature of our work. We have aided other subscribers to full sets, who were anxious to make their files complete. Our main ambition is to reach that earnest class of homemakers who desire to improve. We are confident these will become constant readers; for our interests are mutual. The new volume, which begins with the June number, will be larger, with contents more varied, and superior in all respects, if that be possible, to any of the preceding volumes.

THIS May number, the last of Volume VIII., holds a title page and complete index. These are for the convenience of all those—and the number is steadily increasing—who wish to bind and preserve the magazine for future use. The eight volumes already published are considered by many to be well-nigh invaluable as a work of reference on culinary and household topics. Certainly, they are equivalent to just so many new, reliable, and up-to-date cook-books. The contents of each issue and volume are designed with a view to its permanent value in the home. Some readers, we are informed, clip from each issue recipes and items of special interest to themselves, and enclose these in properly labelled envelopes. Thus are prepared small pigeon-holes of information on subjects intimately connected with the successful conduct of a household. This idea may be suggestive of method to others.



Courtesy of Shreve, Crump & Low

Coffee Service in Copper, Silver Trimmed. (For Den or Library)

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Poached Eggs, Lydia Style

Chop together an equal quantity of cold cooked chicken and cold boiled potatoes. Season with salt, using about half a teaspoonful for a pint of material, and then turn into a frying-pan containing a spoonful or two of melted butter, bacon, salt pork fat, or fat from the top of the soup-kettle. Stir thoroughly, add a few spoonfuls of milk, chicken liquor, or hot water, cover, and let cook until very hot, stirring occasionally, to prevent the forming of a crust on the

bottom. Turn onto a serving-dish. Place four or more poached eggs above, and surround with asparagus sauce. Hash made of lamb or corned beef is particularly good, prepared in a similar way, but surrounded with a brown tomato sauce. A little shredded green pepper is an improvement either to the hash or the sauce.

Asparagus Sauce

Thicken half a cup of asparagus purée and half a cup of cream, chicken liquor, or milk, with two tablespoon-

fuls of flour cooked in two tablespoonfuls of butter, and season with salt and pepper. Or to a cup of white



Salpicon of Fruit, Waldorf Astoria Style

sauce add half a cup of cooked asparagus tips.

Salpicon of Fruit, Waldorf Astoria Style

Make such a selection of fruits as is desired. Pulp cut from halves of

banana afford a choice. Chill thoroughly, then sprinkle lightly with sugar, and dispose in champagne glasses, set in larger glasses (on tall stems) filled with shaved ice. Serve as a fruit course at dinner or luncheon. These furnish a particularly pretty table decoration.

Rye Bread

To two cups of scalded-and-cooled milk add a teaspoonful of salt, one-fourth a cup of sugar, one-fourth a cup of butter (half this quantity will be preferred by some), and a yeast cake softened in half a cup of cold water. Stir in four cups of sifted rye flour and between three and four cups of white flour, as is needed. Mould about ten minutes, and set to rise. When light, shape in small loaves, and, when again light, bake about one hour.

Rice Timbales, Creole Style

Wash a cup of rice in several waters or put over the fire in a quart of cold water, and heat quickly to the boiling-point. After two or three minutes drain and rinse in cold water.



Rye Bread

grape-fruit, maraschino cherries, bits of pineapple, fresh strawberries, cut in halves, brandy peaches, cut in pieces, orange pulp, and slices of

Fry a chopped onion and the rice in one-fourth a cup of olive oil or clarified butter, until they are colored a little. Add three cups of broth or

water, a cup of tomato purée, a sprig of parsley, a chopped green pepper or canned pimento, and half a teaspoonful of salt. Cover the saucepan, and let cook in the oven nearly half an hour. Remove the parsley, add more salt and broth, if needed, and pack in buttered moulds. Turn from the moulds, and serve with creamed chicken. Moulded in patent charlotte russe moulds, the centres may be filled with the chicken and a portion of the same be disposed around the rice.

Galantine of Chicken

Select a plump fowl, weighing about four pounds. Singe, and remove pin feathers. Cut through the skin down the entire length of the backbone, then push and cut the flesh from the bones, to secure the framework in one piece and the flesh in another. Wipe the outside of the fowl, then push the wing and leg meat inside, and spread the whole out upon a meat board, skin side down. Trim, if needed, to make a rectangular shape, and sprinkle with salt and paprika. (Push the flesh from the leg-and-breast tendons, in removing the meat from the bones.) Have ready a pickled ox-tongue, cooked tender and cooled, and about a pound of uncooked veal, passed twice through a food-chopper, with two ounces of bacon. Cut the tongue in strips about half an inch wide and thick. Season the veal with chopped

mushrooms, salt, paprika, onion juice, kitchen bouquet, and lemon juice. Add, also, cream, milk, tomato purée,



Galantine of Chicken with Aspic Jelly and Cress

stock, or sauce (white or other sauce), to make quite moist. Lay the strips of tongue upon the chicken (the short way of the fowl) a little distance apart (it will take about half the tongue). Fill in between the strips of tongue with mushrooms (canned or cooked) and the veal mixture. Then roll up tight like a jelly roll and sew, to hold in shape. Rub over the outside with the cut side of half a lemon (to keep white), then roll in a piece of cheesecloth. Tie the cloth close to the ends of the meat and pass tapes around in three other places. Cover the giblets and the bones of the chicken and veal



Galantine Sliced for Serving

with cold water. Add a sliced onion, half a carrot, a tiny bag of sweet herbs, and a sprig of parsley with cold water. Let heat slowly to the boiling-point,

then put in the galantine, letting it rest evenly on the bones. Cover, and let simmer in the oven or on top of

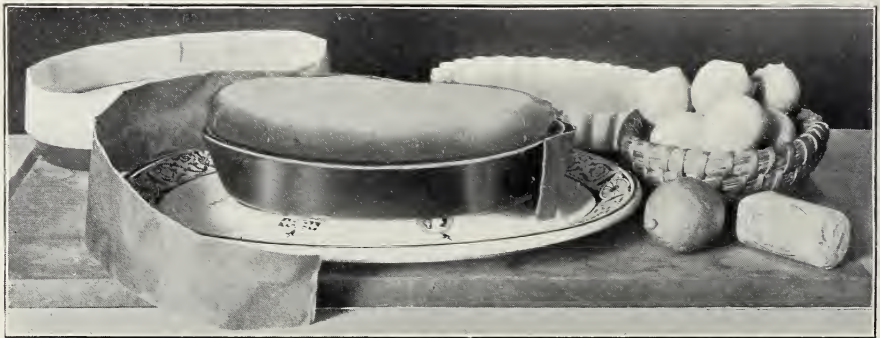
purée. Season with salt and pepper, and add half a two-ounce package of gelatine softened in half a cup of cold water. Stir until the gelatine is dissolved, then strain. Stir (over ice water to expedite matters) until it begins to thicken, then spread over the surface of the chilled galantine; decorate with bits of cold



Individual Casseroles

the range until tender. It will take from four to six hours. Let stand until partly cool, then loosen the cloth, make tight again, and set to cool under a weight. Strain off the liquid, of which there should be about one quart, and add half a teaspoonful of salt. When cold, wipe, to remove any fat adhering to it, then cover with a chaufroid sauce, decorate with egg, truffles, and green leaves, and cover with liquid aspic jelly.

white of egg, sifted yolk, and green parsley or cress. Cover the whole with aspic jelly, made of the rest of the stock and the other half of the box of gelatine. Have the aspic just on the point of setting, and cover the decorations completely, to keep them fresh. Mould the rest of the aspic in a shallow dish. A galantine of this size will serve twenty-five or thirty guests.



Soufflé Dish with Paper Band

Savoy Pudding just from Oven

Chaufroid Sauce

Make a sauce of three tablespoonfuls, each, of butter and flour, one cup of the stock, and one-fourth a cup, each, of cream and tomato

Savoy Pudding

Scald one cup of milk. Add one-fourth a cup of butter, and, when melted, sift over it half a cup of flour. Stir and cook until the mixture

thickens and becomes smooth, then stir in two tablespoonfuls of sugar, one cream cheese pressed through a ricer, a grating of yellow lemon rind, and the beaten yolks of five eggs. Then cut and fold into the mixture the beaten whites of five eggs. Have ready a soufflé dish, around which a buttered paper has been pinned, to increase the height of the dish. Turn in the mixture, and bake in a moderate oven about forty minutes. Remove the paper band before sending to the table. Serve at once with currant jelly or a marmalade sauce.

sugar, simmer until smooth. Stir in a teaspoonful of cornstarch diluted with cold water, and cook ten minutes.



Buttercups

Buttercups

Cream three ounces of butter (four ounces of butter is half a cup). Beat into this, gradually, three-fourths a cup of sugar. Add the yolks of four eggs and the white of one, beaten very



Brownies or Marguerites Tins and Cakes

Marmalade Sauce

Let one cup of marmalade, apricot or quince preferred, with one cup of water and one-fourth a cup of

light; then, alternately, one-fourth a cup of milk and one cup of flour mixed with one-fourth a teaspoonful of soda, one-fourth a teaspoonful of mace, and

one teaspoonful and a half of cream of tartar. Bake in small tins. Cover with white icing, then decorate with

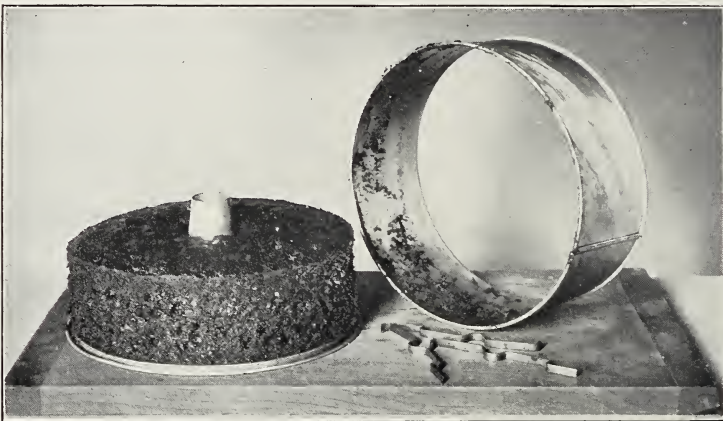
third a cup of sugar. Add one-third a cup of dark-colored molasses, one egg, beaten without separating the



Snow Balls

ornamental icing to represent a buttercup. Tint the icing yellow with yolk of egg. Use a very fine plain tube, or a piece of confectioner's icing paper may be rolled into cornucopia shape, to answer for both bag and tube. Cut off the point to secure the size of cord desired. Flavor the icing with vanilla.

white and yolk, one cup of flour, and one cup of pecan nuts broken into pieces. The mixture is rather stiff, but spreads in baking. Bake in "brownie" tins. These tins come in a sheet or singly in assorted shapes. Press half a nut-meat into the top of each cake before baking.



Five Pound Loaf of Wedding Cake

Brownies or Marguerites

Beat one-third a cup of butter to a cream, and gradually beat in one-

Snow Balls

Any variety of delicate white cake may be used for these little cakes.

Bride's cake was selected for use in the illustration. Cream one cup of butter, and gradually beat into it one cup of sugar.

Measure out two cups of sifted flour, then sift it again with two level teaspoonfuls of baking-powder. Beat the whites of eight eggs until dry, then beat half of them into the butter and sugar.

Add the flour mixture, one teaspoonful of lemon or rose extract, or half a teaspoonful of almond extract, and, when perfectly blended, beat in the remainder of the beaten whites of eggs. Bake in a pan about six by ten inches, lined with a buttered paper. The temperature of the oven should be rather moderate at first. Forty-five or fifty minutes in baking is required. When cold, cut off two or three slices the entire length of the cake, and divide the rest into

of water, boiled to the thread stage and beaten into the whites of two eggs, beaten until foamy. Coat the



Marshmallow Chocolate Cake

balls with the frosting, and sprinkle thickly with grated cocoanut, preferably fresh-grated. Garnish the serving-dish with leaves from the snow-ball bush or with rose-leaves.

Wedding Cake

Beat one pound (2 cups) of butter to a cream, then gradually beat into it one pound (2 cups) of sugar, then add the well-beaten yolks of twelve eggs, and two cups of molasses, then one pound (four cups) of flour, sifted



Rhubarb-and-Raisin Jelly with Set of Glass Moulds

eight squares. Trim these into balls, discarding the browned surface. Have ready a boiled frosting made of a cup of sugar and one-third a cup

with one teaspoonful, each, of soda and cloves and two teaspoonfuls, each, of cinnamon and mace, then beat in the stiff-beaten whites of twelve

eggs, and, lastly, two pounds of seeded raisins, two pounds of sliced citron, two and a half pounds of currants,

2 and 1. At no time during the baking did the hand pass below 2 or above 1.



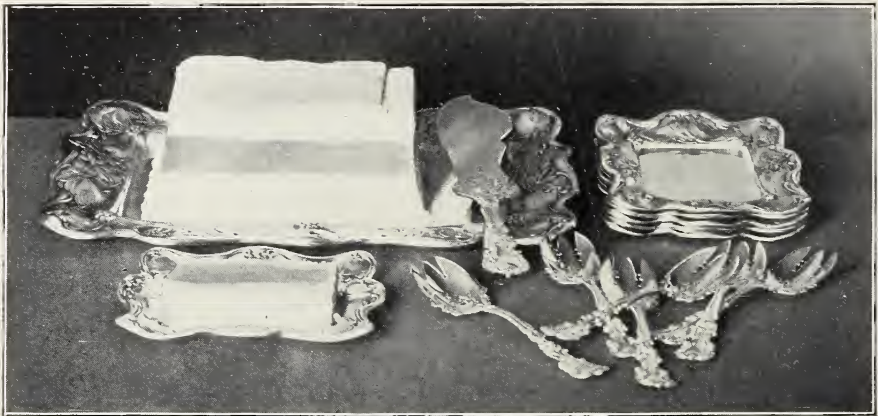
Prune-and-Nut Salad in Lettuce Nests

and one-fourth a pound, each, of candied orange peel and blanched almonds, chopped fine. If the candied peel be hard, let soften in a few spoonfuls of boiling water before chopping. The cake shown in the illustration is one-half of the recipe. It was baked perfectly and in two hours and forty minutes. During

with two-thirds the quantity given below of cream salad dressing, and dispose in nests of heart leaves of lettuce. Pipe a star of dressing upon each service, and decorate with pieces of nut-meat and prune, reserved for the purpose. The quantity given, with a large head of lettuce, will serve ten people. Or-

Prune-and-Pecan Nut Salad

Steam (cook over boiling water) half a box of Wiesbaden prunes until the skins are tender; let cool, then cut in lengthwise sections, making at least eight pieces of each prune. Slice one-fourth a pound of pecan-nut meats lengthwise of the meat. Mix



Courtesy of Shreve, Crump & Low

Pistachio and Strawberry Ice Cream Silver Ice Cream Service

the baking the hand of the heat indicator, shown in "Practical Cooking and Serving," was in the section marked slow, between the figures

dinary prunes, soaked over night and steamed until tender, may be used. About twenty prunes will be needed. Mayonnaise whitened with

whipped cream is appropriate to this salad.

Cream Dressing

To a cup of double cream add two or three tablespoonfuls of lemon juice and one-fourth a teaspoonful, each, of salt and paprika. Beat with a Dover egg-beater until solid to the bottom of the bowl.

Marshmallow Chocolate Cake

Cream one cup of butter. Gradually beat in one cup of granulated sugar, one cup of brown sugar (rolled and sifted), and one cup of molasses. Then add the beaten yolks of four eggs and two ounces of chocolate melted over hot water; also, alternately, one cup of cream and milk (half and half), four cups of sifted flour, sifted again with one teaspoonful (level) of cream of tartar, half a teaspoonful of soda, one teaspoonful each, of cinnamon and mace, and half a teaspoonful of cloves. Bake in a large dripping-pan or in two tubepans. When baked, pour over the inverted cake a marshmallow frosting and decorate with marshmallows glacé.

Marshmallow Frosting

Boil one cup and a half of brown sugar and one-fourth a cup, each, of butter and boiling water until the mixture candies when tested in cold water. Pour over half a pound of marshmallows melted over hot water, and beat until thick and cold. Then pour over the cake. Decorate with glacé marshmallows when partly "set."

Marshmallows Glacé

Stir half a cup of sugar over the fire until it melts, then drop into it, one by one, marshmallows. Cover them with the melted sugar, and set

onto waxed paper to cool. Reheat the sugar as it becomes cold.

Steamed Entire-wheat Pudding

Sift together one cup of entire-wheat flour, half a cup of white flour, one teaspoonful of soda, and half a teaspoonful, each, of cloves, cinnamon, and mace. Beat an egg, add half a cup of sweet milk and half a cup of molasses, and stir into the dry ingredients with one-fourth a cup of melted butter. Stir in half a cup, each, of cleaned currants and stoned raisins. Let steam two hours and a half. Serve with any sauce used for plum pudding. This is a particularly good pudding of this variety.

Rhubarb-and-Raisin Jelly

Let forty or more large choice raisins simmer in boiling water to cover until the skins are tender. Replenish the water as needed. When the raisins are cooked, cook two cups of rhubarb, cut in small pieces after removal of the skin, with one cup of sugar, a cup of water, and about one-fourth a cup of candied orange peel (the grated yellow rind of two fresh oranges may be substituted) until the rhubarb is tender. Watch and gently shake the saucepan, to keep the pieces whole. Turn into the rhubarb half a package of gelatine softened in half a cup of cold water, and, when dissolved and cooled, but not "set," turn a little of the mixture into a chilled mould: Turn the mould round and round to coat the inside with a thin film of jelly. Cut the cooked raisins upon one side and remove the seeds. Dip into a little of the jelly, and press upon the sides and bottom of the mould. When the raisins are firm in the jelly, fill the mould. Serve, turned from the mould, with whipped cream.

Springtime Menus

May Day Luncheon

CREAM-OF-SPINACH SOUP. BREAD STICKS.
HALIBUT CUTLETS, PAPRIKA SAUCE. FRENCH FRIED POTATOES. CUCUMBERS.
COLD GALANTINE OF CHICKEN. ASPARAGUS ON TOAST, BECHAMEL SAUCE.
LETTUCE, PRUNES, AND NUTS, WHIPPED CREAM DRESSING.
TOASTED CASSAVA CAKES. CUP ST. JACQUES. BONBONS. ASSORTED CAKE.
COFFEE.

Wedding Breakfast

SALPICON OF FRUIT, WALDORF ASTORIA STYLE.
LOBSTER CUTLETS, SAUCE TARTARE. ROLLS.
LATTICED CUCUMBERS, FRENCH DRESSING. BOUCHÉES OF MUSHROOMS.
GALANTINE OF FOWL, WATERCRESS SALAD, ASPIC JELLY.
ASPARAGUS PEAS AU GRATIN (Individual Ramikins or Paper Cases).
PINEAPPLE PARFAIT. STRAWBERRY CREAM-ICE. BRIDE AND WEDDING CAKE.
BONBONS. COFFEE. SALTED PISTACHIO NUTS.

For Wedding Receptions

CHICKEN OR SALMON CROQUETTES, PEAS OR ASPARAGUS TIPS.
CHICKEN AND VEAL LOAF SLICED THIN: GARNISH, WATERCRESS SALAD.
LOBSTER SALAD. TOMATO JELLY CUPS WITH SWEETBREAD-AND-CUCUMBER SALAD.
CUPS OF CHICKEN MOUSSE WITH ASPARAGUS TIPS.
SAVORY OR PLAIN BREAD-AND-BUTTER SANDWICHES. SALAD ROLLS.
BURNT ALMOND PARFAIT. MARSHMALLOW PARFAIT, WINE JELLY.
CUP ST. JACQUES (Orange or Pineapple Sherbet with Macedoine of Fruit in Cups).
BONBONS. ASSORTED CAKES. FRUIT PUNCH. ORANGEADE. COFFEE FRAPPÉ.
HOT COFFEE OR CHOCOLATE.

For Small Reception

CHICKEN LOAF. GARNISH, TOMATO JELLY CUBES AND CRESS, FRENCH DRESSING.
OLIVES. LITTLE PICKLES. BREAD-AND-BUTTER SANDWICHES. BUTTERED ROLLS.
STRAWBERRY SHERBET IN CUPS, WHIPPED CREAM DECORATION. COFFEE.

Formal Dinner

A man ought not to make digestion a business apart. He ought to dine and digest at the same time, and nothing aids this dual function like good conversation.— *Dr. Véron.*

Menu

CREAM-OF-CLAM SOUP. OLIVES. PICKLES.
TURBANS OF WHITE FISH, FRIED, PAPRIKA SAUCE.
SLICED CUCUMBERS AND CHIVES, FRENCH DRESSING.
SWEETBREAD, NEWBURGH STYLE (China Casseroles). MUSHROOMS UNDER GLASS.
ROAST FILLETS OF MUTTON OR LAMB. BANANA CROQUETTES, CLARET SAUCE.
ASPARAGUS, MOUSSELINE SAUCE.
BROILED SQUABS, DANDELION SALAD.
PISTACHE AND STRAWBERRY ICE-CREAM. BONBONS. WAFERS.
TOASTED CASSAVA CAKES. NEUFCHATEL CHEESE. OLIVES. COFFEE.

Menus for Week in May

(Family of 3 adults and 5 children, ages 4 to 16.)

"The most important point in practical dietetics is to select those foods which contain in themselves the proper quantities of albumen, starch, and fat, or which, when combined, will contain the three in about the correct proportion."—*Latson.*

SUNDAY	<p><i>Breakfast</i> Cereal, Cream. Fresh Fish, Fried. Scrambled Eggs. Creamed Potatoes. Radishes. Rye-meal Muffins. Zwiebach. Strawberries or Oranges.</p> <p><i>Dinner</i> Broth with Rice. Roast Ribs of Beef. Franconia Potatoes. Spinach à la Crème. Lettuce, French Dressing. Graham Bread. Caramel Ice-cream. Sponge Triangles.</p> <p><i>Supper</i> Creamed Sweetbreads on Toast. Canned Peas. Rhubarb and Raisins Jellied, Whipped Cream. Cake.</p>	WEDNESDAY
	<p><i>Breakfast</i> Cereal with Hot Dates, Cream. Chicken and Lamb Timbales. Potatoes Recooked in Milk. Eggs in the Shell. Yeast Rolls Reheated or Toasted.</p> <p><i>Dinner</i> Chicken Broth (bits of Chicken, Rice, etc., Necks, Giblets, Roasted Bones, etc.) Slices of Halibut, Broiled, Maître d'Hôtel Butter. Mashed or Baked Potatoes. Beet Greens. Boiled Rice. Sally Lunn. Strawberries.</p> <p><i>Supper</i> Scrambled Eggs. Dry Toast. Dried Beef. Rhubarb Baked with Prunes. Cake.</p>	
MONDAY	<p><i>Breakfast</i> Cereal, Cream. Roast Beef in Hot Sauce. Poached Eggs on Toast. Baked Potatoes. Corn-meal Muffins.</p> <p><i>Dinner</i> Mock Bisque Soup, Browned Crackers. Steamed Leg of Lamb, Capers Sauce. Plain Boiled Potatoes. String Beans. Lettuce Salad. Fig, Date, or Prune Soufflé, Whipped Cream.</p> <p><i>Supper</i> Turkish Pilaf (Rice, Tomato, Stock, etc.). Cold Lamb (Sliced Thin). Strawberries. Bread and Butter.</p>	THURSDAY
	<p><i>Breakfast</i> Strawberries. Barley, Granulated, Cream. Creamed Halibut. Baked Potatoes. Spider Corn-cake. Zwiebach.</p> <p><i>Dinner</i> Beefsteak. Mashed Potatoes. Asparagus or Peas. Cress Salad. Baked Tapioca Custard Pudding, Vanilla Sauce.</p> <p><i>Supper</i> Tender-cooked Cold Tongue. Tomato Jelly. Lettuce. Boiled Rice, Hot Maple or Chocolate Sauce. Canned Fruit. Plain Cake.</p>	
TUESDAY	<p><i>Breakfast</i> Cereal, Sliced Bananas, Rich Milk. Roast Beef Hash. Egg Timbales, Cream Sauce. Toast. Wheat-meal Muffins.</p> <p><i>Dinner</i> Broth with Vegetables or Macaroni (Lamb and Roast Beef Bones). Roast Fowl. Mashed Potato. Spanish Onions in Cream. Water Cress, French Dressing. Orange Pudding (Delmonico with Meringue).</p> <p><i>Supper</i> Hashed Lamb on Toast. Cream Toast (with Beaten Egg in Sauce). Orange Marmalade.</p>	FRIDAY
	<p><i>Breakfast</i> Cereal, Cream. Bacon. French Omelet. Baked Potatoes. Spoon Corn-bread. Dry Toast.</p> <p><i>Dinner</i> Lamb Broth with Alphabet Paste. White Fish, Boiled, Egg Sauce. Plain Boiled Potatoes. Spinach à la Crème. Strawberry Parfait.</p> <p><i>Supper</i> Poached Eggs on Toast with Asparagus Tips. Steamed Rice. Stewed Prunes.</p>	
SATURDAY	<p><i>Breakfast</i> Hot Baltimore Somp, Maple Syrup, Cream. Lamb-and-Potato Hash, Horseradish. Eggs in Cases or Casseroles. Twin Mountain Muffins.</p> <p><i>Dinner</i> Cream-of-Spinach Soup. Roast Leg of Lamb. Mashed Potato. Baked Bananas, Currant Jelly or Sultana Sauce. Canned Lima Beans (Midgets), with Cream. Poor Man's Rice Pudding, Vanilla Sauce.</p> <p><i>Supper</i> Cold Lamb. Rice Croquettes. Cream Toast. Marmalade.</p>	

AFTER BREAKFAST CHAT

By JANET M. HILL

In Reference to Menus and Recipes

“THE chief function of youth consists in appropriating a relative excess of nitrogenous matter to form a daily addition to the body; but, when manhood is reached, the system can no longer endure an excess of nitrogenous material without the generation of disease.”—*Clement Dukes.*

“Viands of various kinds allure the taste.”—*Pope*

THE menus for a week in May are written, by request, for a family of three adults and five children, for whom the money outlay is not necessarily restricted.

In accordance with the needs of the larger part of the family, the menus are planned with the heartiest meal in the middle of the day. We have here the problem,—found in most families,—catering for different ages at a common table; but this need be no problem, if adults, who have reached years of judgment and discretion, would but use those faculties in considering the food question, and cut down the quantity and quality of their food to meet special requirements. It is not children, but adults, who err most in matters pertaining to dietetics. The appetites of children are more natural than are those of elders, and new viands do not often allure them to prolong a meal, once hunger having been satisfied. If you expect the fine points of a dainty repast of several courses to be duly appreciated, you will not serve it to children. Give these an abundance of plain food with a preponderance of proteid,—meat, fish,

eggs, and milk,—*all carefully cooked*, and the chances are that a healthy, happy group will assemble three times a day around the family table.

At a table where the adults are willing to regulate their tastes to correspond to the actual needs of the system, there will be little difficulty in teaching young children to be satisfied with such a selection from the menu, planned to meet the requirements of all the family, as is suitable for them.

In these menus we have given fried articles but twice. When food is thus cooked and drained properly, this method of cooking is not to be condemned in the wholesale manner it is so often done, when ways of cooking are under discussion. At this season, however, fried food should not be indulged in to any great extent; but a fillet of delicate fish, carefully prepared and cooked by plunging it into a kettle of fat at the proper temperature, can be eaten occasionally by all, save young or delicate children, with no ill effects. Could olive oil, which does not burn or become “dissociated” until it is raised to a very high temperature, be sold at a price

that rendered it available to all for use in frying, the principal objection to fried foods would be removed.

If the younger children have not acquired a taste for sweetbreads, part of the cream sauce prepared for this dish may be used in cream toast. One or two beaten yolks of eggs added to the sauce at the last moment adds to the food value of the toast.

Date or prune soufflé is given, to make use of the whites of eggs left over from the sponge triangles. This may be baked (set in hot water) in a fancy tin mould, buttered and sugared, or it may be baked in a dish suitable to send to the table. In the latter case reserve part of the mixture, and press it upon that in the dish with a pastry bag and tube, to form some pattern or design.

Bread and butter and cocoa, or milk, should be provided for all meals. Sweets, no matter what the meal may be, should be reserved for the close of the meal. When bananas are eaten uncooked, they should be very ripe and mealy: this condition is not reached until the skin has begun to shrivel and grow dark.

Asparagus Peas and Sauces

Asparagus peas are mentioned in the menus. To serve in this fashion, cut the asparagus stalks, from which the coarse scales have been removed, in small pieces. Let simmer in boiling water until these are tender and the water is nearly evaporated, then season with salt and pepper, add a generous piece of butter, and serve. If a thicker consistency be desired in the sauce, beat into the butter the yolks of one or more eggs, and add in the manner of adding eggs to a hot mixture. Asparagus peas may also be stirred into a white or drawn butter sauce, and served upon toast. Served in individual casseroles, but-

tered cracker crumbs may be spread over the top, and the casseroles set into the oven to brown the crumbs. The tender portion of the asparagus stalk is all that is used; but, by peeling a part of the lower portion, more of the stalk can be eaten than at first appears edible. Mousseline sauce is appropriately served with asparagus. Prepare the usual Hollandaise sauce, substituting cream for the hot water used in latter sauce. Measure the cream, beat solid, and then beat into the hot mixture. A very light fluffy sauce results.

Individual Casseroles

Individual casseroles are shown among our illustrations. All these have covers, and are used particularly for dishes that are not served au gratin and are best when very hot. The cooking is usually done in a larger dish. The individual dishes are made hot by setting them in boiling water. They are filled, after being quickly wiped dry, and sent to table on a doily-covered plate.

Chicken-and-Veal Loaf

For this dish, than which nothing more simple or satisfactory for receptions, wedding or otherwise, can be found, use the recipe given so many times in these pages, substituting the flesh of the chicken for a part of the veal indicated. A very fine-flavored loaf may be made by using the flesh of a four-pound fowl with six pounds of veal. This will make twice the usual quantity, and be sufficient to serve about forty guests.

Marshmallow Parfait

We find that the marshmallow parfait, a recipe for which, with illustration, was given in the February number of this magazine, will be frozen

(Concluded on page xii)

Home Ideas and Economies

Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

A Kitchen Accessory

MANY a housekeeper who cooks by exact formula instead of inspiration or memory will agree that, when baking is in progress, nothing is more indispensable and yet more in the way than that cherished book which contains the articles of her culinary faith.

A novice places the volume, open at an enticing recipe, upon the work table only to find, when her hands are well plastered with the mixture, that every inch is needed for moulding-board, buttered pans, and cookies, potential or achieved. The book, dredged with flour and spattered with milk, is then propped up behind the faucet where the light is poor; but, overcoming this objection by diligent squinting, the ingenious cook marvels that the superior claims of a faucet book-rest were not emphasized in her cooking school. At this instant a prospective, boiled frosting, indiscreetly overstepping the limits of the saucepan, creates an urgent demand for water; and in the ensuing excitement the ill-fated book is thoroughly drenched. Spread out to dry upon the refrigerator, it is soon totally eclipsed by a cloth hastily snatched from a pan of too aspiring rolls; and, when needed later on, to supply the exact statistics necessary to the success of the second attempt at boiled frosting, it is mysteriously missing. Rescued at last from temporary obscurity by the entrance of the ice-man, this elusive piece of literature is anchored to the remote edge of the sink where, in due time, decorative splashes of whipped cream and white of egg—conscientiously beaten “until it flies

from the beater”—form an adhesive mosaic on the valued pages, which must be removed before the remaining unadorned text is available.

In this manner, at the instigation of the complex demands of baking day, the restless volume circulates with a rapidity rivalling that of the latest novel in a village library. From sugar barrel to plate warmer, to cake box, to pantry shelf, to chair, it passes in quick succession, halting at each new resting-place only to prove that particular spot to be the one most urgently needed for some other purpose.

At last it is transferred to the sill of an open window, while, in desperation caused by two failures of plain boiled frosting, an untried chocolate icing is concocted. As the chocolate simmers tranquilly, an unregenerate breeze softly turns the pages of the open book,—a fact unobserved by the anxious little cook, who sees in imagination a stately row of experienced housewives under whose keen inspection the cake so rashly promised for a parish tea must pass in review. Impelled by the grim vision, she makes a hurried trip to the cook book, to reassure herself that nothing has been omitted. Panic-stricken at discovering among more familiar ingredients a heretofore unnoticed demand for “two cups of molasses,” she neglects to verify the other items, trustingly adds the required sweet, and, by so doing, another failure to the morning’s menu; for, however desirable molasses may be in “Chocolate Caramels,” at the top of page 409, it is certainly not an agreeable addition to “Chocolate Frosting,” at the top of page 407.

These experiences and numberless variations of the same theme resulted in the contrivance by one clever young cook of a miniature reading-desk constructed on simple lines, and screwed to the wall conveniently near the work table.

A slightly sloping surface, the projecting rim across the front edge, the narrow strip set out sufficiently from the back to admit order books and memoranda pads, are all points of practical importance. The little desk was made of well-seasoned wood, and covered with a coat of spar varnish, which is not injured by steam or water. A finishing touch was given by an inscription deftly lettered across the front edge,—“Reading maketh a Full Man,”—suggested, it is perhaps quite needless to add, by the appreciative sharer in the successes of the little cook's laboratory.

This novel bit of kitchen furniture proved to be so useful that, later on, a more elaborate one was constructed and prettily decorated in burnt work, making a unique and appropriate wooden-wedding gift. The design provides a book-shelf above, a book-rest which may be closed when not in use, a rack for order books and pads, and screw hooks for filing memoranda. There is also an order card containing a neatly printed list of common household necessities with tiny pegs to insert opposite the items needed.

EDITH GOODYEAR ALGER.

Washing Lace

TO wash lace so that it will look like new, put it in a glass fruit jar filled with hot soap suds and a little ammonia. Shake the jar from time to time, letting the lace stay about twelve hours. If very soiled, the water should be changed once. At the end of that time rinse in clear

water by shaking it in the jar well, and then dry *entirely* by patting and slapping between the palms of the hands; at first between the folds of a towel, to absorb the excess of moisture. Do not touch it with an iron; and, when dry (which it becomes more rapidly than one would think), it will be found perfectly smooth and free from wrinkles. Narrow and wide, fine and heavy laces can be so laundered; and it is an excellent way to do the little lace protection collars and lace-bordered handkerchiefs, pressing the linen afterwards with an iron.

Care of Complexion in Western Travel

IN a trip to the Far West, where deserts must be crossed and alkaline dust encountered, it is absolutely necessary that complexion and lips be carefully tended, else a badly injured skin and severe chapping will be the result, to say nothing of discomfort sometimes amounting to pain. The alkaline dust will not yield to soap and water, though one is tempted to frequent ablutions, but a good cold cream (preferably in a collapsible tube) should be used, whenever the face is washed; and the face can be wiped with it alone to remove the dust and grime. I have seen people actually suffering with cracked lips and chapped, red faces on a Western journey, simply because they did not know the inevitable results of exposure to this alkaline dust.

Hat-bag

WHEN taking a dusty journey by train, a hat-bag is a great convenience. Make like an ordinary laundry bag with draw string. India or pongee silk—owing to its dust-shedding qualities—is perhaps best; but linen or gingham will do, and even the Manila paper bag of generous pro-

portions is not to be despised in an emergency. The hat thus protected is swung from a hook, and the hair can be protected by a tissue veil tied becomingly over it. This will be found particularly useful in travelling across the Western deserts.

MRS. R. W. COVINGTON.

I'VE been told many times that women delight in using things for purposes for which they were never intended, the remark being called forth (the first time it was made) by an unsuccessful attempt of mine to use a screw-driver in some illegitimate way, by which I broke a new and valuable tool.

Following the instincts of my sex, I have taken to using for a duster what was made for a dish-mop. This time no evil results have followed, but much good has been done.

I can dust the tops of the book-cases without stretching till I am lame and without climbing on a chair. I can dust the mop-boards without stooping, and in the chambers I can reach the tops of doors and windows easily. Possibly, some one else has "discovered" this aid to housework; for I think I've lately heard it said that dish-mops are made with handles of different lengths, but I never saw any one use a mop for a duster till I began.

There may be housekeepers who have no aluminum kettle in which to boil their silver, as recommended in the April number of this magazine, or who do not care to add one to their stock of utensils. Perhaps they will try my way.

Put a dish-towel in the bottom of your dish-pan, and upon it a layer of silver,—each sort by itself,—another towel, more silver, and so on till all is in. Fill with cold water, adding a lump of washing soda, let it come

to a boil, and boil gently as long as convenient.

Flat, smooth pieces generally need only rubbing with chamois skin, others need rubbing with a brush and perhaps some silver soap or polish. The work is greatly lessened, and the towels are benefited as well. When the silver has been gone over thoroughly several times, it will need little care, but the weekly boiling and wiping with chamois skin.

N. G. BATES.

THERE are two kinds of figs, commonly spoken of as purple and white figs. Of these the white are best for pickles and for glacé fruit, while the purple, which must be peeled, are best for jam and thick preserves.

If the purple fruit be used for canning, it must be peeled, placed in jars, and the ordinary method of canning by sterilizing followed.

The white figs should be cooked in the syrup until tender, then canned hot in the old-fashioned way.

PICKLED FIGS

Eight pounds of white figs, two pounds of sugar, one pint of vinegar, one quart of water, cinnamon and cloves to taste. Boil all together until a silver fork will pierce the figs. Can hot in glass jars.

FIG JAM

Six pounds of purple figs, peeled and cut once in two, two pounds of sugar. Cook until thick, and seal hot.

GLACÉ FIGS

Put figs in pan. Make syrup to cover in proportion of one cup and a half of sugar to one cup of water. Cook until figs are a little yellow, and keep in syrup over night. Next day cook in same syrup one-half hour,

leave again over night, then cook until stem is transparent, and leave until cold. Then drain on plate, and spread on mosquito netting stretched over pan or tray, and dry thoroughly. Wet your netting before putting the fruit on.

EMMA W. CONKLIN.

A Substitute for Roquefort

ROQUEFORT is a delicious cheese. It should be served icy cold. Often this item is forgotten in serving cheese with a salad course. It is, however, so expensive that the genuine seldom appears on tables where cost must be considered. To replace it, buy a fresh sap-sago at trifling cost. Grate off any amount of the cheese you intend to use with a fairly flexible knife, and press the gratings into good butter, just as much as the butter will take up. The butter should be soft, but not melted at all. Set aside in a cool place to harden, after pressing it into a little jar with a closed top or a glass-covered jelly tumbler. It has a stronger flavor than Roquefort, but is a fair substitute.

Creole Beverages

THE Creoles of Louisiana make delicious beverages from unusual plants. They take the leaves of the rose geranium and lemon verbena, the petals of roses or orange blossoms, and make a syrup of each, retaining the delicate flavor and fragrance by an easy process.

They boil pure white sugar and a little water to a thick syrup, skimming it, if necessary. While still hot, the leaves or the petals are dropped in and set away for an hour, or until cold. Then the syrups are bottled for use. Of course, they keep indefinitely, even after they are opened. Some of this syrup is added to a glass of ice water.

Sirap à la grenadine is made from the fruit of the passion flower, a green, jelly-like substance, called there the "may-pop." The name is given in the North to similar green growths on two other plants, one of which is quite medicinal, and only considered edible by omnivorous school-children.

JULIA DAVIS CHANDLER.

A Peanut Party

"**T**WAS just one of the nicest parties I ever went to," was what one small boy told his mother, when he returned from a peanut party given for a little boy and girl, to whom was given the privilege of inviting ten friends, so that the merry party numbered twenty-two.

Another boy, who had been a guest at several birthday parties and been required to use his own spending money for a present to the young host or hostess, said: "Gee! wasn't that a snap! No presents to buy!" For the mother had selected a date during the school vacation for the frolic, which literally meant no presents expected and no interference with school duties on account of late hours.

The invitations were written on the very thinnest of paper and sent between the two halves of a peanut shell, which were tied together with bright ribbon. To one end of each ribbon was attached a card bearing the name of the young person for whom it was designed.

A peanut hunt, arranged in the usual manner, with peanuts hidden everywhere in the rooms which were open, was the first part of the programme, and fully prevented any feeling of awkwardness among the party.

This was followed by a peanut race, which was conducted about the same

as a potato race; that is, the peanuts were placed at one side of the room, and the contestants each had a basket at the opposite side. Each one went to the pile, and, raising a single nut on the point of a fruit knife, carried it to his basket. The one having the largest number in his basket at the conclusion of the allotted time was the prize-winner. The boy or girl who shelled the most peanuts in a given time without breaking them also received a prize. The number of peanuts in a jar was the basis of a guessing contest, and many other games of a similar nature were introduced. The prizes were all made of peanuts, and some of them were very unique.

Peanut sandwiches, candy, stuffed dates, cake, and ice-cream formed the collation; and it was evident no one disliked the flavor of peanuts from the quantity consumed.

The parents were assisted in entertaining by the Sunday and public-school teachers of their children.

INEZ E. FOX.

Household Aids

THE quickest and safest way to warm plates for the table, without danger of fire cracking, is to dip them in very hot water and wipe dry. Warm the handles of silver knives and forks in cold weather by inverting them in a pitcher of hot water.

When the knobs are lost from covers of various utensils, it is a wise economy to buy those from the novelty store that are sold for ten cents per dozen. They are easily adjusted with a bolt and burr, and will last as long as the utensil. I have frequently seen corks and other home contrivances recommended; but experience pro-

nounces them a delusion and a snare, responsible for disappointed hopes and scalded fingers.

A relative who lives on the shore of the great lakes taught me that fish was much improved in flavor, if fried in fat that had been used for a former frying, and that baked fish was much nicer, if skewered with thin slices of salt pork.

The odor that clings so persistently to a utensil in which fish or onions have been fried may be dispelled by placing in a hot oven for ten or fifteen minutes after washing and drying.

Doughnuts will not soak lard so readily, if equal amounts of lard and beef fat are used.

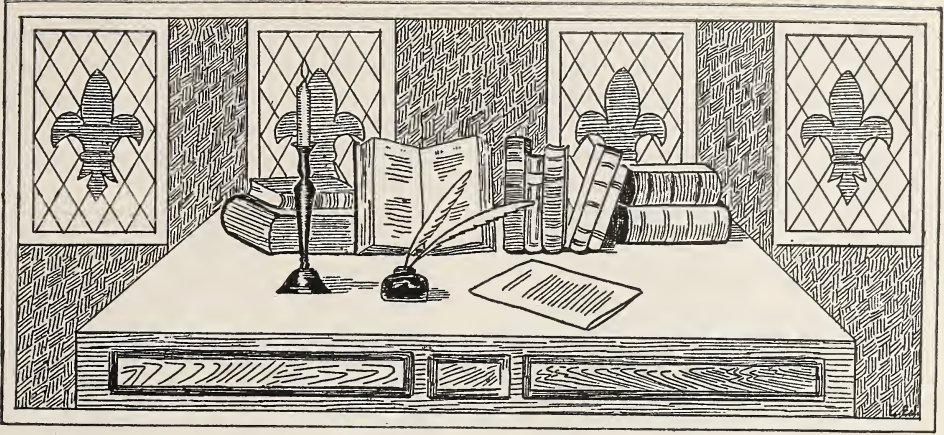
A few drops of spirits of turpentine on a cube of loaf sugar will relieve a cough when other remedies have failed.

If cotton batting be thoroughly dried in the oven (without scorching), it will not pack after being placed in a pillow. Cut the batting in squares before placing in the oven.

A sufferer from chronic bowel trouble was cured—to my certain knowledge, after drugs had failed—by eating lean beefsteak fried in suet, three times a day, almost exclusively for a fortnight. He would have died, had not this remedy come to his knowledge. So I pass it on for the good of others.

In place of the fashionable fagoting, I have found the hair-pin lace I used to make when a child to be much prettier for all kinds of garments.

MRS. W. L. COCHRANE.



Queries and Answers.

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, \$1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 876.—Mrs. T. E. T., Narragansett Pier, R.I.: "What is meant by double cream? Recipes for ice-cream with or without fruit."

Double Cream

Double cream is that which is sufficiently thick or rich to allow of beating solid to the bottom of the bowl.

Recipes for Ice-cream (Strawberry)

Recipes for French and Delmonico cream-ices were given in the March magazine. For strawberry ice-cream hull and wash two baskets of berries. Drain thoroughly, and press through a fine sieve. Stir into the pulp a pint of sugar, and let stand an hour or more. Then stir into the Delmonico cream when half frozen.

Philadelphia Ice-cream (Strawberry)

Pour one quart of chilled strawberry juice and pulp stirred into two cups of sugar and the juice of a lemon,

into one quart of thin cream, chilled in the freezer, and freeze as usual. If preferred, the cream may be scalded before chilling.

QUERY 877.—Mrs. J. J., Hinsdale, Ill.: "What sort of a yeast cake is referred to in the recipe for bread given in 'A Text from a Cook Book,' published in the January magazine?"

Kind of Yeast Cake

The yeast cake referred to is, without doubt, a two-cent cake of compressed yeast.

QUERY 878.—L. P. S., Newark, N.J.: "Kindly give explicit directions for measuring; also give weights and measures."

Measuring

The teaspoon, tablespoon, and cup are used as the units of measurement in cookery. A teaspoon holds sixty drops of water: three teaspoonfuls = a tablespoonful; and four tablespoonfuls = one-fourth a cup.

By weight two tablespoonfuls (water, butter, sugar, and the like) = one ounce; and four tablespoonfuls of flour = one ounce. Solid ingredients are all measured level; *i.e.*, a knife is run over the surface of the ingredient in the spoon to lower it to the edge of the spoon. A cup, or sixteen level tablespoonfuls of sugar, butter, water, milk, etc., weighs eight ounces, or half a pound. To measure half a teaspoonful, divide the contents of the spoon lengthwise. Divide a half-teaspoonful crosswise, for a fourth a teaspoonful.

QUERY 879.—E. C. L., Baltimore, Md.: "Recipes for a diabetic patient."

Egg in Shirring Cup or Cocotte

Mix three or four tablespoonfuls of fine-chopped chicken with a tablespoonful of melted butter, a few grains of salt, and two or three tablespoonfuls of tomato purée. Spread part of the mixture over the bottom of a well-buttered cocotte, break in an egg, cover it with the rest of the mixture, and cook in the oven until the egg is "set." Serve in the cup.

Cream-of-Spinach Soup

Press cooked spinach, with the water in which it is cooked, through a sieve. To half a cup of purée add a cup of milk or chicken broth, and heat over hot water, then stir in the yolk of a beaten egg, diluted with half a cup of cream. Season as needed with salt and pepper. Celery, string-bean, cauliflower, asparagus, onion, lettuce, and tomato soup, may be prepared in the same way. String-bean soup, though seldom seen, is particularly good.

Fillets of Chicken

Cook fillets, cut from the breast of a chicken, or the whole breast, in the oven in a little stock, basting

often. Serve with Hollandaise sauce. Fillets of fish, marinated with onion slices, lemon juice, and oil, may be rolled, held in shape with a buttered toothpick, then baked and served as the chicken.

Any one of the salads given in this issue of the magazine is suitable for diabetic patients. Supreme of chicken (raw chicken breast, chopped, eggs and cream) or of halibut is another suitable dish. So, also, is picked salt fish (unless the salt increase thirst), cod, finnan-haddie, smoked halibut, etc., cooked in cream and thickened with yolks of egg.

QUERY 880.—Mrs. L. F. W., Brookline, Mass.: "Do you consider it possible for a family of four (two women, a man of sedentary occupation, and boy of ten) to live comfortably with an expenditure of \$25 per month for the table? If so, how would you proportion the money for cream, milk, vegetables, and meat?"

\$25 per Month for Table of Four

We do not wish to affirm positively that a family of four people, such as described above, could not live comfortably on \$25 per month for table expenses. A good deal depends upon the occupation of the man. If his work calls for large expenditure of nervous energy (active business men with responsible questions to decide, teachers and those very active mentally, explaining, talking, etc.), proteid rather than carbohydrate food is demanded; *i.e.*, eggs, steak, fish, for breakfast rather than cereal, rolls, and coffee. An expenditure of one dollar per day—if feasible—would probably give meals more in accord with the absolute needs of the family.

The following division of money might be tried, and then altered to make it accord with specific needs: Meat and fish, \$10; ten pounds of butter, \$2.80; milk (35 quarts), \$2.45;

cream (6 half-pints), 90 cents; cereals, flour, vegetables, fruit, sugar, etc., \$7.85.

QUERY 881.—Mrs. M. S., Montreal: "Recipes for orange jelly and blackberry wine."

Orange Jelly

Take any quantity of oranges. Those purchased at "twenty-five cents for sixteen" are good for this purpose. Cut the oranges into thin slices, removing all seeds. Add a pint of water and the juice of half a lemon to each pound of pulp, and let simmer until tender, then strain through a cotton bag. To each pint of juice allow a scant pint of sugar. Let the juice simmer ten or fifteen minutes, then add the sugar made hot in the oven, and continue cooking until the jelly "sets," when cooled. Skim as needed.

Orange Jelly (Gelatine)

Soak half a package of gelatine in half a cup of cold water until the water is absorbed. Add one cup of boiling water, three-fourths a cup of sugar, and the juice of one lemon. Strain, and, when cool, add a pint of orange juice and small particles of pulp. Then set aside to become firm.

Blackberry Wine

Mash and strain ripe berries. To each quart of juice add a quart of water and a pint of sugar. Stir thoroughly, and turn into an earthen crock. Cover, and let stand to ferment. When fermentation ceases, pour off the clear wine, bottle, and seal.

QUERY 882.—Mrs. H. A. O., Salamanca, N.Y.: "Suggestions for a church supper not to exceed in cost 20 or 25 cents per plate. Give quantities needed to serve fifty people. Wish coffee rather than tea. Where can I get a border or ring mould for baking

sponge cake and the goldenrod pan for sponge or Waldorf triangles? Please give price of each. Why is Boston brown bread soggy when steamed in round tins, and not soggy when steamed in an oblong tin?"

Menus for Church Supper (Cost 20 or 25 per Plate)

I

Cold Boiled Ham.
Cole Slaw.
Bread-and-Butter Sandwiches.
Coffee.
Apricot Sherbet. Cake.

II

Pressed Corned Beef, Sliced Thin.
Potato Salad
Boston Brown Bread-and-Butter Sandwiches.
Yeast Rolls, Reheated.
Coffee.
Strawberries, Cream. Wafers.

III

Creamed Corned Beef in Individual Casseroles.
Bread-and-Butter Sandwiches.
Pickles.
Custard Pie or Chocolate Washington Pie
Coffee.

IV

Veal Loaf, Sliced Thin.
Tomato Jelly Cubes on Lettuce Leaves.
Boiled Dressing.
Bread-and-Butter Sandwiches.
Coffee.
Prunes in Lemon Jelly,
Boiled Custard or Whipped Cream.

For fifty people, one hundred and fifty sandwiches, a fifteen-pound ham, twelve pounds of corned beef, or twelve pounds of veal, would probably be needed. If the beef or veal contains much bone, more in weight should be purchased. Four or five cans of apricots would make the sherbet, five medium-sized heads of cabbage, the slaw, or ten heads of lettuce with four quarts of canned tomatoes, the jelly. Ten or twelve baskets of strawberries would be a fair allowance, if the berries be in good condition. From nine to

twelve pies according to size, or about four loaves of cake, would supply this feature of the dinner; while an ounce of coffee should be provided for each two cups that are to be made.

Waldorf Triangle and Ring Pans

Ring pans for sponge cake are usually made to order by a local tinsmith. The imported ring moulds are expensive and usually too small for this purpose. Waldorf triangle pans (two), each holding six cakes, cost about 75 cents.

Soggy Brown Bread in Round Moulds

The shape of the mould has nothing to do with the "sogginess" of the bread. Plenty of room should be left in the moulds for the rising of the dough, and the moulds should always be covered. If moulds be filled too full, the bread will not be uniformly light throughout the loaf.

QUERY 883.—Miss M. W., Buffalo, N.Y.: "Recipe for pineapple Bavarian cream."

Pineapple Bavarian Cream

Soften half a package of gelatine in half a cup of cold water. Scald one cup and a half of grated pineapple, add three-fourths a cup of sugar, and strain into it the gelatine, dissolved by standing in hot water, and the juice of a lemon. Let the mixture set in ice water until it begins to thicken, then beat into it a part of the chilled whip from three cups of single cream, and then "cut and fold" in the rest of the whip from the cream. One cup and a half of double cream, beaten solid, gives a Bavariouse of a closer, firmer texture than does the whip from single cream. Note that the grated pineapple needs be *thoroughly scalded* before the gelatine is added to it,

or the dish will not be a success. When the mixture is of a consistency to hold its shape, turn into a mould. If preferred, the gelatine may be added to the hot pineapple with the sugar and lemon juice, and the whole passed through a cheese-cloth, thus removing all bits of pineapple.

QUERY 884.—Mrs. J. T., Boston, Mass.: "Recipe for Sally Lunn. In the recipe for marshmallow parfait, *when* are the marshmallows added?"

Sally Lunn

Scald two cups of milk, and melt in it half a cup of butter. Add a teaspoonful of salt and (when cooled) a yeast cake, softened in half a cup of water, four eggs, beaten very light, and a quart of sifted flour. Beat very thoroughly five or ten minutes, and turn into a large Turk's-head mould, carefully buttered. Let stand until nearly doubled in bulk, then bake about forty-five minutes. Serve hot. Cover with paper when set into the oven, as the mixture, being rich, burns very easily.

Adding Marshmallows to Parfait

The marshmallows, melted with one-fourth a cup of boiling water, are beaten into the Italian meringue mixture just as soon as it is made, and the whole is beaten until cold.

QUERY 885.—Mrs. T. C., Minden, Neb.: "How cook rice (plain) to be eaten as a vegetable? Where can one buy pastry bag tubes and the coffee-dripping invention shown in the march number?"

Rice cooked Plain (Japanese Cook)

Wash the rice thoroughly, rubbing it between the hands. Cook in four times its bulk of boiling water directly over the fire. Use a tight-covered saucepan, that the moisture or steam may be absorbed by the rice. Have the fire less brisk at the

last of the cooking than at first, lest the rice burn. We saw the Japanese cook who gave us this recipe prepare rice in this manner. He cooked the rice in about twenty minutes; and, while he did not give it his undivided attention, he watched it constantly, shaking the saucepan quite often during the last of the cooking. When cooked, the rice was rather dry and the grains firm. The cover fitted into the saucepan as into a pail, and was not removed during the cooking.

Boiled Rice, Southern Fashion

Have a quart of water and a teaspoonful of salt boiling rapidly over the fire. Stir into this (slowly, to avoid the cessation of boiling) one cup of well-washed rice. Cover and let boil rapidly twenty minutes or until the grains begin to swell and thicken. At first stir occasionally. Do not stir after the grains begin to soften. Remove the cover, drain the water (save this for soup) from the rice, and set the saucepan into the oven (uncovered) to dry off the rice. (Do not let brown in the oven.) Chopped parsley may be sprinkled over it if desired.

Pastry Bag Tubes and Coffee-dripper

A set of three tubes, plain, star, and rose, costs about 40 cents. The coffee-drippers can be bought at Wanamaker's, New York or Philadelphia, for 35 cents each.

QUERY 886.—Mrs. A. W., Hyde Park, Mass.: "How can rabbits be made smooth without ale? Is there any particular time to turn down the flame of the chafing-dish lamp? Recipes for parfait other than vanilla and coffee."

Rabbits without Ale

The addition of ale (*per se*) has

nothing whatever to do with the smoothness of a rabbit. Milk, cream, tomato purée, stock, or oyster liquor, will give an equally smooth rabbit, providing always that the stirring be not interrupted and the mixture do not boil. The flame of the chafing-dish lamp should be lowered the instant the cooking is completed and serving is in order. A novice (some experts prefer to do so, also) should set the blazer in the bath, at least as soon as the cheese is melted. With boiling water in the lower pan the cooking is soon completed.

Strawberry Mousse

To one cup and a half of double cream add one cup and a half of strawberry pulp and juice (strawberries crushed and strained), the juice of half a lemon, and three-fourths a cup of sugar. Beat with a Dover egg-beater until thick to the bottom of the bowl, then turn into a quart mould partly buried in equal measures of salt and ice. Fill the mould to overflow, spread a paper above, press the cover down over the paper, and finish packing in ice and salt. The mousse can be removed much more readily from the mould, if it be lined with paper, as shown on page 361 of February number. Let stand about three hours. Pineapple juice and pulp needs be thoroughly scalded and cooled before it is added to the cream. This and also raspberry mousse are particularly good and easily prepared.

Caramel Parfait

Cook half a cup of sugar to caramel. Add one-third a cup of boiling water, and stir until the caramel is melted. Add half a cup of sugar, and cook until the syrup threads. Pour in a

fine stream onto the yolks of five eggs, beaten light, return to the fire (over hot water), and cook until the mixture coats the spoon. Then beat occasionally until cold. Fold in one pint of double cream, beaten solid, or the chilled whip from three cups of single cream, and finish as usual. For caramel mousse add the dissolved caramel, cooked to a syrup with the sugar and chilled, to the cream, beat until solid, then pack and freeze.

QUERY 887.—R. B. L., New York: "Recipes for making bread (white and entire wheat) with two yeast cakes, also for pineapple canned with little or no sugar."

Bread with Two Yeast Cakes

To two cups of scalded-and-cooled milk, or half milk and half water, add two yeast cakes softened in half a cup of lukewarm milk or water, one teaspoonful of salt, two tablespoonfuls of sugar, and two tablespoonfuls of butter. Then stir in about seven cups of flour, turn onto a board dredged with flour, and knead until smooth and elastic. Then cover, and set aside in a warm place until doubled in bulk. This will take about two hours. Cut down and shape into loaves, and, when again nearly doubled in bulk (about one hour), bake about one hour. For entire-wheat bread proceed in the same way, but let half the flour be entire wheat.

Canned Pineapple

Pare the pineapples, and remove the eyes. Pick the pulp from the cores with a silver fork or remove with a grater. Fill carefully cleaned jars to overflow with pulp and juice, put the covers in place, and set onto the rack of a steam kettle on a folded towel wrung out of hot water. Cover the kettle, which is filled to the rack, with warm water, and set to cook.

After the water has boiled twenty minutes, fill the jars with boiling water, if not already filled, adjust the rubbers, screw down the covers, and cook fifteen minutes longer. Then tighten the covers, and set aside. Tighten the covers again when the jars become cold.

QUERY 888.—M. F. S., Boston, Mass.: "How are the eggs added in the mixture for supreme of chicken? Is the fish cooked, of which the halibut cutlets, given in the February number, were made? Recipes for salad chiffonade, princess pudding, strawberry tapioca with fresh fruit, prune soufflé."

Eggs in Supreme of Chicken

The eggs are added to the chopped chicken, one at a time and without previous beating. Add one egg, beat it in thoroughly, then add another, beat thoroughly, and so continue. Lastly, beat in the cream, a little at a time.

Fish in Halibut Cutlets

Uncooked fish is chopped, butter and seasonings are added, and then the whole is shaped into cutlets.

Salad Chiffonade

The root of the word "chiffonade" signifies rags, bits, etc., and a salad chiffonade would be bits of several kinds of food material dressed as a salad. The following combination was served at one time at a Boston hotel under the name Salad Chiffonade; but other combinations could be given the name. Seed two green peppers, let stand in boiling water two or three minutes, then wipe off the skin and cut in shreds. Shred the light and dark leaves of a head of lettuce or endive, separately. Cut three peeled tomatoes in shreds. Cut a grape-fruit in halves, and carefully remove the pulp from each

(Concluded on page xiv)

IT IS A MATTER OF HEALTH

ROYAL



**BAKING
POWDER**

Absolutely Pure

THERE IS NO SUBSTITUTE

(Concluded from page 513)

more readily, if the quantity of sugar be cut down to one cup. Cubes of wine or fruit jelly—strawberry at this season—make an attractive garnish for this ice, and, also, one that tones down its richness.

Macedoine of Fruit, Waldorf Astoria Style

For the macedoine of fruit, champagne glasses, minus the base, are set into peculiar-shaped vessels known as "brandy sniff" glasses. Note that the ice is shaved.

Wedding Cakes (Five-pound Loaf and Cover Design)

The recipe for the wedding cake given on page 507 is easily prepared. Made exactly by the formula and baked with care, it will be a pronounced success. The recipe makes ten pounds of cake; but, unless one be an expert in baking, the safest plan is to mix and bake but half the recipe, making a second loaf, if needed. Half the recipe gives a five-pound loaf. The one shown in the illustration was eight and one-half inches in diameter and three inches thick. A round cake is prettier for a table decoration than is the square loaf, but the latter will cut to better advantage when desired to pack in boxes as wedding favors. The wedding cake shown on cover was decorated in a very simple manner. In the centre are the initials of the bride's name in German text. Outside of this and between two rolls of scroll piping, are disposed small meringues, shaped like bells, with pearl-headed pins for clappers.

Came from Coffee

A Case where the Taking of Morphine began with Coffee

"For fifteen years," says a young Ohio woman, "I was a great sufferer

from stomach, heart, and liver trouble. For the last ten years the suffering was terrible: it would be impossible to describe it. During the last three years I had convulsions, from which the only relief was the use of morphine.

"I had several physicians, nearly all of whom advised me to stop drinking tea and coffee; but, as I could take only liquid foods, I felt I could not live without coffee. I continued drinking it until I became almost insane. My mind was affected, while my whole nervous system was a complete wreck. I suffered day and night from thirst; and, as water would only make me sick, I kept on trying different drinks, until a friend asked me to try Postum Food Coffee.

"I did so, but it was some time before I was benefited by the change, my system was so filled with coffee poison. It was not long, however, before I could eat all kinds of foods and drink all the cold water I wanted and which my system demands. It is now eight years I have drunk nothing but Postum for breakfast and supper, and the result has been that in place of being an invalid, with my mind affected, I am now strong, sturdy, happy, and healthy.

"I have a very delicate daughter who has been greatly benefited by drinking Postum, also a strong boy who would rather go without food for his breakfast than his Postum. So much depends on the proper cooking of Postum; for, unless it is boiled the proper length of time, people will be disappointed in it. Those in the habit of drinking strong coffee should make the Postum very strong, at first, in order to get a strong coffee taste." Name given by Postum Company, Battle Creek, Mich.

Look in each package for the famous little book, "The Road to Wellville."



*Sweet Spring full of
sweet days and roses.
A box where sweets
compacted lie.*

—Geo. Herbert.

*Spring opens wide
Her casements now,
And winged blossoms
Perch on every bough.*

—Old Rhyme.

Like a Glimpse Through
the Window of Spring

NABISCO SUGAR WAFERS

As sweet as honeyed blossoms ; as exquisite as nectared fruits ;
as delicate as the fragrance of the opening buds.

A confection to be served alone or with dessert ; at the luncheon
or dinner ; with a sherbet or ice ; with beverage or fruit. The
crowning touch to the afternoon tea or tete-a-tete luncheon. To
be had in Vanilla, Chocolate, Lemon, Orange and Mint.

NATIONAL BISCUIT COMPANY

(Concluded from page 524)

half-section. Dress each article separately with French dressing, then dispose each separately upon a serving-dish, having alternate circles of light and dark green material about the edge of the salad.

Princess Pudding

Soften one-fourth a two-ounce package of gelatine in one-fourth a cup of cold water. Scald half a cup of cream. Beat the yolks of three eggs, add one-fourth a cup of sugar, and beat again. Then dilute with the hot cream, and cook over hot water until the mixture coats the spoon. Then add half a cup of orange or scalded pineapple juice and half a cup of peach or apricot purée, the juice of half a lemon, and the gelatine, with a little of the pink coloring matter found in some packages. Stir over cold or ice water until the mixture begins to set, then cut and fold into them the whites of three or four eggs, beaten dry. Turn into a mould, and chill on ice. Serve with orange or bright-colored jelly, boiled custard sauce, or whipped cream.

Strawberry Tapioca

Cook a basket of strawberries, a cup of sugar, and the juice of half a lemon until the berries are softened. Into a pint of this hot sauce stir one-third a cup of a quick-cooking tapioca and a few grains of salt. Let cook, stirring occasionally, until the tapioca is transparent, then fold in the whites of two eggs, beaten dry. Serve, hot or cold, with boiled custard or cream.

Has a Say

The School Principal talks about Food

The principal of a high school in a flourishing California city says:—

“For twenty-three years I worked in the school with only short summer

vacations. I formed the habit of eating rapidly, masticated poorly, which, coupled with my sedentary work, led to indigestion, liver trouble, lame back, and rheumatism.

“Upon consulting physicians, some dosed me with drugs, while others prescribed dieting; and sometimes I got temporary relief, other times not. For twelve years I struggled along with this handicap to my work, seldom laid up, but often a burden to myself with lameness and rheumatic pains.

“Two years ago I met an old friend, a physician, who noticed at once my out-of-health condition, and who prescribed for me an exclusive diet of Grape-nuts, milk, and fruit.

“I followed his instructions, and in two months I felt like a new man, with no more headaches, rheumatism, or liver trouble; and from that time to this Grape-nuts has been my main food for morning and evening meals; am stronger and healthier than I have been for years, without a trace of the old troubles.

“Judging from my present vigorous physical and mental state, I tell my people Methuselah may yet have to take second place among the old men; for I feel as though I should live a great many more years.

“To all this remarkable change in health I am indebted to my wise friend and Grape-nuts, and I hope the Postum Company will continue to manufacture this life and health giving food for several centuries yet, until I move to a world where indigestion is unknown.” Name given by Postum Company, Battle Creek, Mich.

Ask any physician what he knows about Grape-nuts. Those who have tried it know things.

“There’s a reason.”

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1,000,000 Made and Sold Daily

Peck, Frean & Co., London, Manufacturers

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Nicelle Olive Oil

Made and Bottled in Nice, France

U. S. BUREAU OF CHEMISTRY pronounce it superior to any and all known brands.

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Pim Olas Baby Pim Olas

The ORIGINAL OLIVE STUFFED WITH PEPPERS

All Others are Imitations

SEVILLE PACKING CO., New York City



Book Reviews

ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

MERELY MARY ANN. By I. Zangwill. Paper. Illustrated. Price 50 cents. New York: The Macmillan Company.

This is a rather pleasing story. It is a little out of the ordinary line of fiction, at least we do not remember reading anything just like it. We are introduced to a bit of German student life, the English gentleman of rank, and an innocent love-story that turns out in quite an unexpected manner. Mr. Zangwill is a fascinating writer, and in this story he interests and amuses, but does not excite and harass the feelings of the reader. In portrayal and development of character he is accurate. The personages in his book are alive from the moment of entrance to the moment of exit. The book is very readable indeed. Because of the turn of thought, style of expression as well as ideas, the perusal affords much satisfaction.

DESCRIPTIVE CHEMISTRY. By Lyman C. Newell. Cloth. Illustrated. 590 pp. Price \$1.20. Boston: D. C. Heath & Co.

This book is divided into two parts. Part I. contains the text with exercises and problems. Part II. contains the experiments.

Chemistry deals with the properties of matter and with the manufacture of a vast number of different substances indispensable to the welfare

of mankind. Chemical changes or chemical action has become of such practical importance in matters of every-day life that some knowledge of the most common of these is essential to everybody who wishes to live intelligently. Few of us are aware that there are only about eighty elements known, and that of these only eight are abundant. Fewer are familiar with the nature and properties of these elements. To the chemist we owe the demonstration of one of the two greatest of scientific laws,—namely, the law of the conservation of matter, which may be stated thus: *No weight is lost or gained in a chemical change.*

We can recommend this as a textbook of a high order. It is particularly strong in the application of chemistry to industrial uses. For school and class use it is eminently suitable and complete.

Platt's Chlorides

The Odorless Disinfectant
Destroy disease germs. Sold in quart bottles only by druggists, high-class grocers, and house-furnishing dealers.
Manufactured by HENRY B. PLATT, New York

CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhoea, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."



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whether competent or incompetent, can clean your silver, do it easier, quicker—giving it the silversmith's brilliancy—if she uses

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and your gain is two fold, for she cannot injure the ware. Electro-Silicon never scratches, never wears. *It's unlike any other silver polish.* Ask your grocer or druggist for it.

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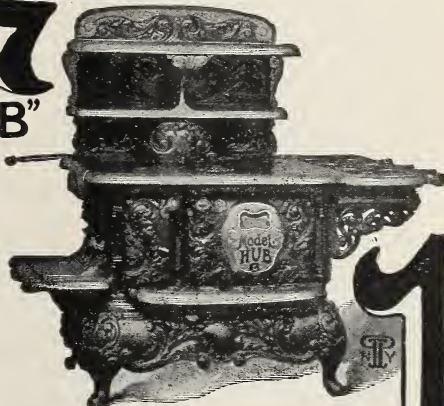
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Because no club can compete with the luxury of the home where the cooking is done on a

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48-54 Union Street, Boston, Mass.

Manufacturers of Cooking and Heating Apparatus of every style and description.

Hub Ranges are used and endorsed by all leading cooking-schools.

THE COURT OF SACHARISSA. By Hugh Sheringham and Nevill Meakin. Cloth. 12mo. Price \$1.50. New York: The Macmillan Company.

This is called a Midsummer Idyl, and is said to be "compiled out of the traditions of the Irresponsible Club." And certainly it would seem so; for it is a study to find just what it is all about. There is a dainty air about the narrative. The scenes are amusing, and the reader is constantly wanting to know more about Sacharissa and her provoking visitors. No description can do justice to the varied contents of the book. The story must be read to be appreciated, and for an idle hour, amid the environments of the country in summer, it is an idyl, indeed.

Standard Cook Book

MANY housekeepers who do their own work come to look upon the preparation of the three meals a day as a monotonous and dreary round. This may be avoided to a great extent by preparing the food in a variety of ways. Even the commonest materials may be made into attractive dishes: one will be surprised at the various changes that can be introduced, when once thought is given to the matter.

The table will be much more attractive, and the work more pleasing. A standard cook-book will be found most helpful, showing the housekeeper new and better methods, and how to make the most of her supplies; and her work will be easier and pleasanter.

Mrs. Grady.—Phin was yure family founded, Mrs. Kelly?

Mrs. Kelly.—Founded, Mrs. Grady? Shure, none av thim was iver losht but little Timmy.

A worker in the charity settlement asked a little five-year-old why he was crying, "I want my cake, I want my cake," the child wailed.

An American Retort

While in England a few months ago, the writer heard this story, which disproves in this instance at least the charge that American women who marry titled Englishmen—or untitled ones, for that matter—lose much of their patriotism.

Lord Sackville-West was never much of a lover of America, and what love he ever had was considerably affected by his dismissal in disgrace as British ambassador in President Cleveland's administration. Some time after his return he was a guest of honor at a dinner which was also attended by Lady Randolph Churchill, now Mrs. Cornwallis West, who is an American. His lordship did not air his personal grievances, but he lost no opportunity of decrying everything American. He was especially severe upon American table manners.

"Do you know," he remarked, "that I have seen Americans eating with their knives and spilling their soup on the table-cloth?"

Lady Randolph's eyes had flashed several times during the dinner, but this was a little too much. She leaned quietly toward the distinguished diplomat, and remarked in her cool, sarcastic voice, "What poor letters of recommendation you must have had, my lord!"

Used by the Royal Families and Smart Hotels Throughout Europe.


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TABLE SALT
NOURISHES.

Used like plain salt for table and kitchen. Contains wheat phosphates wanting in white bread, owing to the removal of the bran.

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Send for sample, enough for the family, name your grocer
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THE CUP OF LIFE IS THE CUP THAT CONTAINS

FIGPRUNE CEREAL

This health beverage is composed of the wonderful fruits and grains of California—54 per cent of figs and prunes and 46 per cent of grain—with all their nourishing, invigorating and health-giving properties retained.

Get It At Your Grocer's.
If he does not have it, send us his name, and we will send you a liberal sample free, and a beautifully illustrated booklet of the famous Santa Clara Valley.

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For SOUPS, SAUCES, GRAVIES,
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Imparts a Rich Color and Delightful Flavor. The Kitchen Garden Condensed and Ready for Instant Use. Keeps in Any Climate. Used and endorsed by Great Chefs and Eminent Teachers of Cookery.

"Housekeeping would be a burden without it."—SARAH TYSON ROBER.
"I know of no other kitchen luxury which is so near a necessity."—HELEN ARMSTRONG.
"Invaluable to the housekeeper."—MARY J. LINCOLN.
"Indispensable to all savory dishes."—JANET M. HILL.
"Indispensable to all up-to-date housekeepers."—ALICE CARY WATERMAN.
"Have used it for last ten years and would not be without it."—EMILY M. COLLING.
"A necessity to all good cooking."—E. LAPERRUQUE, Head Chef, Delmonico's.

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—superiority of methods—
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—are the reasons why Heinz Food Products are the recognized standard of excellence. There is no risk in buying any of the 57 Varieties.

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A handsome booklet tells much about our way of doing things—a little better we think than any one else does them. May we send it to you?

H. J. HEINZ COMPANY
Pittsburgh, U. S. A.

With a Bit of Brown Soap

By Mary Taylor-Ross

THERE is almost no end to the list of ways in which one may be helped out by the bit of brown soap in the kitchen soap-dish. It is a humble friend, almost always at hand in the time of need, and perhaps for this very reason is seldom appreciated.

Whenever the windows refuse to go up and down without a great deal of tugging and pulling, or bureau drawers seem to "stick" when they are half-way in or out, and then refuse to budge, brown soap is a friend in need. Take out the drawer, and rub the soap on the runners and the groove in which the drawer is hung, and, after pushing the window up as far as it will go, rub the soap on the sash, or take the window out entirely, and rub the soap on the edges. Each time the windows are taken out for washing, rub all the ropes and the edges of the cleaned windows with soap, and there will be no trouble with them for a year, when the soap can be renewed. On the bureau drawers, or, indeed, any drawers in the house, perfumed soap can be used, if one prefers; but brown soap has not an offensive odor, is very clean, and is most discouraging to bugdom, which likes it not.

The odor of perspiration can be effectually removed on the warmest day of the year by the use of brown soap. For this purpose it is far more effective than perfumed or toilet soap; and "those who know" are in the habit of keeping a small piece of kitchen or laundry soap in a soap-dish, near the bath-tub, for this very purpose.

When nails are to be driven into a board or into wood or furniture where it is feared that they may split the wood, first lay them in soapy water or pound them into a bar of soap, and then drive them into the wood. If this is done, they will never split the wood. Carpenters and makers of hand-made furniture always keep a piece of yellow soap in their tool-boxes for this purpose and reason.

If one's heels are blistered and sore from shopping or sight-seeing, the stocking should be turned inside out, and rubbed over with soap that has been slightly moistened with warm water, and a shoe that is inclined to stick in going on over the heels should also have a little soap rubbed around the counter. If the shoe is tight, and presses over a sensitive corn or bunion, rub the shoe over the exact spot, both outside and in, with soap, and then

BE SURE YOUR CORSET HOSE SUPPORTERS HAVE THIS CLASP

The **Velvet** **Grip**

CUSHION BUTTON HOSE SUPPORTER

Sample pair by mail, 25c.

Sold all over the world.

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The name is on every loop 

Crawford Cooking Ranges

A Crawford sent on 30 days' trial if there is no agent in your town.

Send for new Illustrated Circulars.



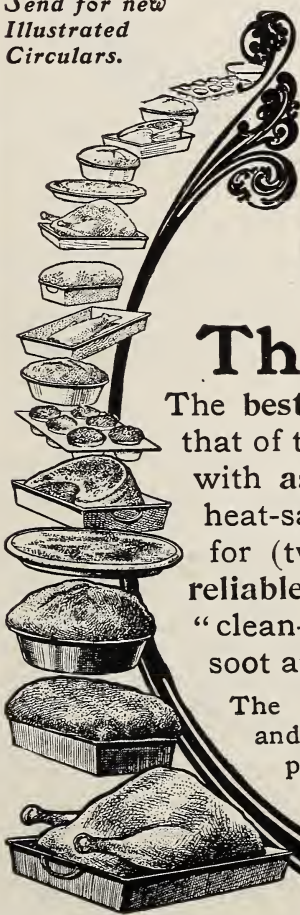
The Best Oven.

The best heated, most easily controlled is that of the Crawford Range. Extra large, with asbestos-lined back and improved heat-saving, cup-joint flues; five heights for (two) racks; an easy-to-read and reliable heat indicator; and a large "clean-out" plate in bottom for removing soot and ashes that often hinder baking.

The Single Damper (*patented*) controls fire and oven by one motion. It insures perfect regulation.

Crawford Ranges are made in the Finest Stove Factory in the World.

WALKER & PRATT MFG. COMPANY,
31-35 Union Street,
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SEE! WHAT THEY SAY

ANTRIM, STAFFORD Co., KAN.
May 14, 1902.

Chr. Hansen's Laboratory,
Little Falls, N.Y.

Gentlemen,—I enclose 50c. for Junket Tablets. We can't do without them in warm weather, and the dealers here do not carry them. Want some for Junket ice-cream on June 2, so it will be a great favor if you will send promptly. We are in the wilderness, only three mails a week, so longer time is required to get goods.

Miss LENA GIBBS.

1235 37th St.,
BROOKLYN, N.Y., March 15, 1903.

Chr. Hansen's Laboratory,
Little Falls, N.Y.

Dear Sirs,—I have found your Junket Colors so convenient for coloring icings, ice-cream, and water ices, and particularly for producing delicate tints in Junket and blanc-mange, that I wish you would bring out a Junket Rose Color for coloring jellies.

Yours respectfully,

Mrs. E. M. SIRCH.

KEMMERER, WYO., Oct. 6, 1902.
Chr. Hansen's Laboratory,
Little Falls, N.Y.

Gentlemen,—Kindly send me a box of Junket Tablets. I can't keep house without them, they make such delicious desserts. I make the plain Junket and put fruit of any kind on top and then the cream. I first saw Junket at the Boston Food Show several years ago. Forward as quickly as possible.

Sincerely,

Mrs. R. A. MASON.

We mail, postpaid, ten Junket Tablets, to make ten quarts, for 10 cents.

CHR. HANSEN'S LABORATORY,

Box 2507,
LITTLE FALLS, N.Y.

hold over the spot on the outside a small thick cloth that has been dipped in hot water. This will give relief almost instantly, and every time, without fail.

When a bit of white cloth is to be hemstitched or hand-run tucks are to be made in it, rub soap over the place where the threads are to be drawn, or the hand sewing done, before commencing the work. The needle will go into the work much more easily, and the work progress much faster, while soaped threads can be drawn out for hemstitching or drawn work in far less time and with less strain on the eyes than usual.

Soap shavings, or a small lump of yellow soap, tucked into a mouse-hole, will prevent the reappearance of the mouse most effectually.

Chance stains on carpets and rugs may be removed in the easiest and best way by scrubbing with a small stiff brush which has been rubbed over a piece of soap, the spot being rinsed and wiped in clear water immediately. A little soap mixed with stove blacking will produce a better shine with less work, and a lustre that will last for a long time.

Plated silverware can be cleansed by allowing it to stand for a few hours—three or four—in hot water in which a handful of borax, has been dissolved and one-fourth a bar of common yellow soap has been cut up and melted. Solid silver can also be cleaned in this same way, which is not laborious, and does not wear off the plate like the ordinary rubbing usually given silver that is being cleaned.

When a small swelling appears on one's finger, and there is evidence of a run-around or a small fester, a tiny poultice of soap and sugar will draw it to a head in a few hours, when it can be opened, the wound washed out carefully and thoroughly, and then done up in clean gauze.

When baby gets a splinter in her soft little fingers, and it seems im-

Used by the Royal Families and Smart Hotels throughout Europe

CEREBOS

TABLE SALT

NOURISHES

Used like plain salt for table and kitchen. Contains wheat phosphates wanting in white bread, owing to the removal of the bran.

NEVER
CAKES

Send for sample, enough for the family, naming your grocer.

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NO luncheon or dinner is complete unless the old-fashioned Brownsville Water Cracker is served,— a dainty, wafer-like morsel that appeals to the most fastidious palate.



Perfectly wholesome, easily digested, a cracker that should be on the sideboard of every family. Delicious with soups and salads.

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EXCELS IN
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A PERFECT BLEND
OF COCOA, SUGAR,
AND CREAM

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PREMIUM SLIP
WITH EVERY CAN

Try ROYAL CHOCOLATE!

Your Grocer has it. If not, send us *two stamps*, and we will mail you a sample with *premium slip* enclosed.

Field Chocolate Co., 130-132 Commercial St.,
Boston, Mass.

possible to get it out, since baby is afraid of the needle, apply the soap and sugar poultice, and there will be no further cause for worry. The soap will "draw" the splinter out by the next day, and the little wound will not become sore nor fester. The writer has known this soap and sugar poultice to draw a splinter out of a child's nail,—a splinter that had entered so far that no one could remove it without cutting down into the quick, which the mother would not allow. In a little while after the poultice was used the throbbing ceased, and the next day the splinter was out far enough to permit its withdrawal with a pair of tweezers.

It is very often impossible to secure the services of a plumber at once, when a pipe suddenly springs a leak, and then, too, if one can wait a day or two, until the rush of business which follows a sudden and unexpected cold snap is past, it is often possible to secure better service at a less exorbitant price than would have been charged, if it were impossible for the work to wait. Mix some common yellow soap and some whiting into a thick paste, adding only enough water to moisten the mixture. Turn off the water at once, of course, when the leak is discovered, and then apply the paste to the leak, stopping it up as thoroughly as possible. Now turn on the water very slowly, after waiting for a short time, until the paste becomes "fixed"; for, if the water is turned on full force at once, the temporary plugging may be forced out of place. This will be found very useful, since it will last until the plumber can come to one's assistance, and the household can go on in the customary routine, without the excitement and fault-finding that wear out the housekeeper's nerves more than any amount of work could possibly do.



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DESSERT JELLY

FOR the ill, the well,
the old, the young,
there is no food as deli-
cious, as wholesome, as

BRO-MAN-GEL-ON

Flavors: Lemon, Orange, Raspberry,
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13 cents the package.
At all leading grocers.

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There is marked dietetic and medicinal value in Welch's Grape Juice because it is the unchanged juice of fresh, full ripe Concord Grapes, with all their healthfulness. The system needs the fruit acids of the grape, their action is most beneficial. The food value of the grape is found in the grape sugar. Nature has combined the natural acids and sugar in a most delicious form and the Welch process transfers the juice from the luscious cluster to the bottle unchanged by addition or subtraction. There is no chemical used, entirely free from alcohol. Welch's Grape Juice makes health, keeps health. Try a small glassful 3 times a day.

Sold by druggists and grocers, or trial dozen pints sent for \$3, express prepaid in the U. S. east of Omaha. 3-oz. bottle by mail 10c. Booklet with recipes free.
WELCH GRAPE JUICE CO., - Westfield, N. Y.



Two Kinds of Honey

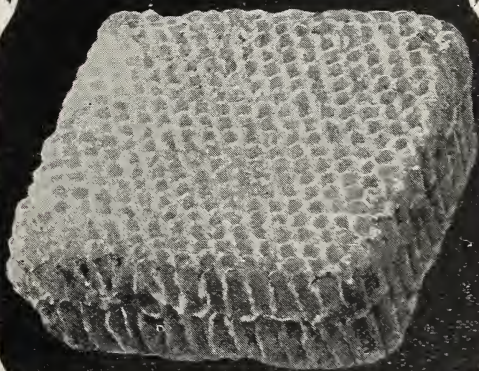
are bees' honey, and Karo Corn Syrup—the golden goodness of the corn.

Karo

CORN SYRUP

is a delicious, wholesome syrup agreeing with children better than sugar, molasses or candy. Good for every home use. Try it. It's as pure as the dew and *better than honey for less money.*

"Karo in the Kitchen"—free on request.
CORN PRODUCTS CO.
New York and Chicago



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IT IS A GOOD PLAN

to have a few boxes of **Jell-O** on hand for an emergency. It is a delicious dessert, and is prepared in two minutes. A pint of boiling water and a 10-cent package of **Jell-O**, and you have a dessert that every one likes. Whipped cream or any kind of fruit can be added if desired.

Flavors: Lemon, Orange, Strawberry, and Raspberry. At Grocers', everywhere, 10c.

New Book of Recipes with colored illustrations sent free. Address

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Use the DISINFECTING-CLEANER

CABOT'S

Sulpho-Naphthol

TRADE MARK
LIQUID CLEANLINESS.

DESTROYS ALL DISEASE GERMS

A Better, Easier, and Cheaper Cleaner than Soap
Gives uniform sanitary cleanliness and healthfulness.
PURIFIES THE AIR OF FOUL, POISONOUS ODORS, emanating from closet bowls, drains, sinks, tubs, slop jars, etc. Exterminates Roaches, Buffalo Bugs, Moths, Ants, etc.
Everything, from cellar to attic, kept perfectly clean, disinfected, and deodorized. Avoid cheap, inferior imitations,—“just as good” kinds. At all dealers', 10c., 25c., 50c., \$1.00. 10c. and 25c. packages by mail of

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Boston Brown Bread

Pass through the sieve one cup, each, of rye-meal, Indian meal, and entire-wheat flour, one teaspoonful of salt, and two teaspoonfuls of baking-soda. Mix to a dough with two cups of thick sour milk and two-thirds a cup of molasses. Turn into a well-buttered two-quart mould or into four pound-size baking-powder boxes, cover closely, and steam four hours. Set to steam with cold water, bring quickly to the boiling-point, and do not let the water stop boiling for the first two hours and a half. After this the cessation of boiling for a short time may not result in a heavy loaf. If wished hot for breakfast, cut in slices and steam a second time. This bread is easily made, and wholesome when properly steamed. Water may replace the sour milk, but it will not give as good bread.

Drop Cakes

Beat one-third a cup of butter to a cream. Add, gradually, half a cup sugar, the grated rind of a lemon, two eggs beaten light without separating, one cup of sifted flour, sifted again with a level teaspoonful and a half of baking-powder, and half a cup of cleaned and dried currants. Drop in small round balls on a buttered pan, dredge with granulated sugar, and bake to a delicate brown.

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Is the cup of Comfort as well as the cup of Economy.

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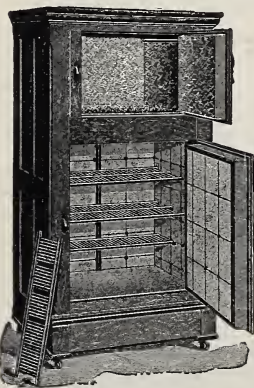
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From one end to the other of this great country you'll see

Baldwin Refrigerators

25 and 30 years old still in active daily use.



One old customer wrote a few days ago from Fall River, Mass.: "I have used one of your refrigerators nearly twenty years, and can safely recommend them to *the best* people."

This indicates not only quality, but good preservative results, which are secured only by *positive* circulation. You buy a refrigerator for practical use, and should see it has this feature: cold dry air entering the *bottom* of storage chamber, getting *under* and *between* food, and forcing the warm, moisture-laden atmosphere *upwards* and away.

The Baldwin Dry Air is the only refrigerator that has it. All others drop the cold heavy air on to food, and beat *downwards* the impurities. It also has better and stronger removable (cleanable) flues than any other make. We challenge comparison. Baldwins have Lever Wedge Locks and rubber insertion around doors, making them doubly

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The Baldwin is honestly built. It economizes ice, and is the coldest, driest, and sweetest refrigerator made. It comprises 150 popular sizes and styles in Ash, Oak, and Soft Wood—Porcelain, Metal, and Spruce lined.

Don't buy a poor refrigerator because its first cost appears to be low, for it will prove to be a costly article in wasted ice and spoiled food. Send for Catalogue No. 39, sent free, and investigate the refrigerator with an established reputation.

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Ancient Kitchen Tools

are all right for a museum. They have no place in the modern kitchen. It is just as reasonable to expect a harvest with a hand plow as good cooking from poor kitchen tools.

We have a full supply of

Up-to-Date Kitchen Appliances.

They save Time, Money, Labor, each one saving many times the cost of the Utensil. Call and look over our Stock. Inquiries cheerfully answered.

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Housekeepers say, "The Best We Ever Used!"

WRITE US NOW.

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Prune Soufflé

Beat the whites of five eggs until foamy. Add one-fourth a teaspoonful of cream of tartar, and beat until dry. Beat in half a cup of sugar and one-fourth a pound of cooked-and-chopped prunes. Bake in a buttered dish about twenty-five minutes. Serve with whipped cream or cold boiled custard. See page 513 of this magazine.

A new table salt, "Cerebos," has just been placed upon the market here, which, we are sure, will interest every reader of this magazine. Cerebos Salt has been sold for some years abroad, and is used by their Majesties the King and Queen of England, Her Royal Highness the Princess of Wales, and in the royal households of all principal nations, also in the leading hotels and clubs throughout Europe.

It is used in the homes of practically all English physicians, and commended by them.

There is no difference in flavor between "Cerebos" and common salt. The former is a little whiter, a little finer, and will not cake up. It flows freely from the salt-seller. But, best of all, it contains wheat phosphates, wanting in white bread, owing to the removal of the brans.

These trade-mark crisscross lines on every package.

GLUTEN FLOUR For DYSPEPSIA.
SPECIAL DIABETIC FLOUR.
K. C. WHOLE WHEAT FLOUR.
Unlike all other goods. Ask Grocers.
For book or sample, write
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HOW FOOLISH to expect perfect results in cooking when measurements are guessed at! Too much or too little of this or that, and your efforts result in failure. *Don't guess! Be correct! Use*

Boston Measuring Spoons
FOUR IN SET—MADE OF ALUMINUM
Correct measures for
 Tablespoon, Teaspoon,
 ½ Teaspoon, ¼ Teaspoon
 A necessity in every household
 By mail, 50 cents per set
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COOKING, PRESERVING AND STEAMING KETTLE.
 CALLS COMBINED IN ONE.
 COVER WILL NOT COME OFF WHILE BEING DRAINED, NO DANGER OF GETTING SCALDED OR BURNED.
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Why not make them yourself with the Triple Motion White Mountain Ice Cream Freezer? You can make just as fine—if not finer—ice creams and sherbets, as well as an endless variety of the most delicious desserts at *very small cost* in a *very few minutes*.

To give you an idea of the great field of usefulness of the

TRIPLE MOTION WHITE MOUNTAIN Ice Cream Freezer

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Is not always obtained by using the proper ingredients or the skill of the cook, but by having the right sort of tools to work with. We keep all the up-to-date inventions and devices for cooking.

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The "Eddy" has 3-inch walls on all sides, top and bottom; has a packing of its own to *keep out heat*; its doors are tight. It is perfectly built.

As to *cleanliness*; it is lined with metal, because metal is *Best*. There are no joints or cracks to hold dirt.

The shelves are of the best slate stone.

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The Best Dealers—Everywhere.
Send for Illustrated Catalogue—Free.

New to Uncle Zeb

Uncle Zeb had been visiting me for a week or so, and I have tried to give him a good time. The other day I took him to see the sights of Chinatown and wound up the afternoon with a dinner at a fashionable restaurant. While we were waiting for our order to be served, he sat studying the menu card. Presently he glanced about the room, and, apparently not seeing what he was looking for, asked me if Chinamen patronized this place much. When I told him they did not, he wanted to know what other kind of people in New York ate mice.

"Mice?" I asked. "What do you mean?"

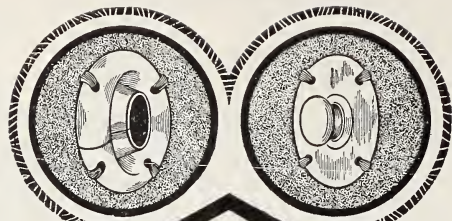
He pointed to a word on the bill of fare, and said, "Ain't that mouse?"

Toward the end of the meal I ordered Uncle Zeb that this was his mouse.

"Go 'long!" said he. "That's nothing but ice-cream."—*Brooklyn Eagle.*

Chicken Salad

Cut the meat of a cold boiled chicken in small pieces, place it with an equal amount of fine-cut celery in a salad bowl, pour over some Slade's Salad Cream or Mayonnaise and mix all well together. Smooth the surface, giving the salad a dome shape, and cover with Slade's Salad Cream. Garnish with lettuce leaves and hard-boiled eggs.



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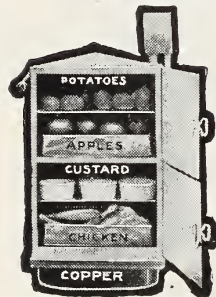
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With two doors

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But I can't drink it because it makes me dizzy & bilious & affects my nerves, so
I DRINK
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Pulls all corks instantly and without effort.

Simply moving handle up and down not only draws the tightest cork, but also automatically discharges it from the machine. It is a mechanical marvel.

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Gem Chopper Cook Book, cloth bound, gives valuable receipts and suggestions well worth knowing. It is free, send for it. The Gem Chopper is sold by all hardware and housefurnishing stores.

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For Den or Parlor

This beautiful CUCKOO CLOCK is an ornament anywhere.

Case is made of German Walnut, ornamented with inlaid Ash, Ebony, and Mahogany. Beautifully hand carved throughout. Strikes the hour, half-hour, and quarter-hour on a gong. The cuckoo appears and calls at the same time. Height of clock, 15 inches; width, 17 inches. The movement is made of the finest tempered steel and polished brass, finely finished and adjusted, guaranteed to be a good time keeper.

Weight, box d., 30 pounds. It is free.

Send for catalog of money savers. It is free.
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\$5.40

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Timbale Moulds

can be used in making a great variety of dishes, both plain and elaborate. A set should be in every kitchen.

These are the best imported French moulds, and can be secured in no other way.

Patent Charlotte Russe Moulds

can be used not only in making charlotte russe, but for many other dishes.

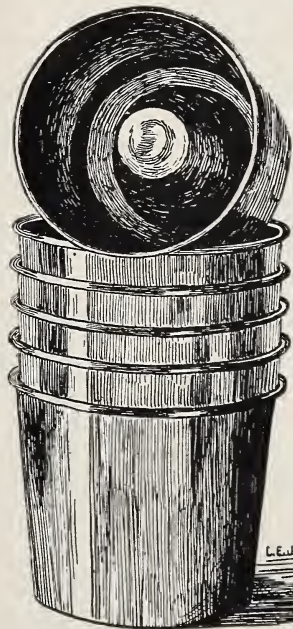
You can use them for timbales.

You can mould jellies in them.

You can bake cakes in them.

Wherever individual moulds are called for, you can use these.

The moulds we offer are made by a patent process. They have no seams, no joints, no solder. They are as near perfection as can be had. They retail at from \$3 to \$3.50 a dozen.



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Gives **LIGHT** and **LIFE**
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Blue package,
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Sifts the flour and mixes 10 pounds
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I. A year's course, which will include Cookery (six lessons a week throughout the year), Chemistry, Biology, Practice in Household Arts, Marketing, Bacteriology, Hygiene, Accounts, Household Values, and Physical Training. The tuition fee will be \$125,—\$75 payable in October and \$50 in February. The college year begins October 1, 1903. High school graduation or its equivalent is required for admission.

II. Special Practice Lessons in Cookery, twelve lessons in the first half-year beginning in October, and twelve in the second half-year beginning in February. Three or four classes will be formed, each limited to eight. The fee for instruction and materials will be \$15 for the first half-year and \$18 for the second half-year.

Evening demonstration lessons in Cookery will be given on Friday evenings, beginning November 6, 1903.

The instruction in Cookery and allied subjects will be given in the rooms occupied by the Boston Cooking School, No. 372 Boylston Street. The classes in Science will meet at Simmons College, No. 739 Boylston Street. For further information and for forms of application address

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