

# National Dishes the World Over



Favorite Foods in All the Principal Kitchens of the Earth, From Australia to Greenland and From Finland to Hawaii, with a Few Hints as to How the Cooking Is Done.





To the Glory of American Pie.

SOME FOODS YOU MAY NEVER HAVE EATEN.

Eiephants' feet, whale steak, reindeer stew, sow thisties, ba-nana leaves, swordfish stew, os-trich eggs, alligator steak, kan-garoo tali soup, lizards, boa

BY JEANNETTE YOUNG NORTON. MONG other interesting things seen by the man in the moon is what the world and his wife have for dinner. No matter how well guarded from inquisitive neighbors these details may be camouflage is as transparent to him as a moonbeam. Our wheatless, meatless food commotion has attracted his eye and he opens it wide in surprise that we do not also use the one-dish dinner. As a National dish he has seen the one-dish dinner served daily in almost every country.

The vital importance of the food fac tor in the world war has come home to most of us, and, with the man in the noon, we now see the one-dish dinner as the best food economy. Let us figuratively walk into allied and other | Spaniards, who cooked this dish borrowed and adopted by us, lending Administration and first ald to our warflattened pocketbooks.

Suppose we start on this pots and pans journey by peeping first into a German kitchen and getting it over with. A much-used dish is sauerbraten (sour potroast made of bottom round of beef, one of the cheaper cuts) cooked with a rich vegetable flavored gravy, seasoned with spices and vinegar and with plenty of raisins added. Potato dumplings are added 20 minutes before serving. The meat is dished with dumplings around it and gravy over all. while the mixed vegetables are served separate. A full dinner in one pot. In Serbia we find a famous dish called

"sarma." It takes 24 hours to prepare this dish, for it has to cool and etand several hours to flavor. Made of three kinds of meat cut small and rolled with sauerkraut in large cabbage raisin in her portion an Iceland wed-leaves, cooked with a sparerib, it is ding may follow. flavored with red and green paprika Reindeer stew and rosst water fowl, leaves. After standing it is heated bear mest or a walrus stew are among again and served with unleavened corn the dishes offered in Labrador, Greenbread, washed down with "kominiack." A large quantity is made at a time and it is warmed up as needed.

## A Glorified but Peppery Stew.

Somewhere in Montenegro one is sure to find an excellent as well as an economical dinner of smoked ham of mutton cooked with cabbage, accompanied by bolled lima beans and split peas-



In the Pineapple Country.

world kitchens and see if any of the their campfires the day in October long national dishes are finer than our neg- ago when they were driven by the Hollected ancestral Colonial potple. Many landers over the dykes and out of their of the dishes we will discover could be country. The stew resembles our borrowed and adopted by us, lending "Mulligan" of the Northwest and the substantial co-operation to the Food pepperpot of the West Indies, only the latter has crab meat and dumplings

added. Swedish lutfisk is another famous and economical dish. The dried fish is prepared by a peculiar process of soaking to bring it back almost to the texture creamed in a most appetizing way. It is served with potatoes and other vege-

Norwegian halibut pudding is a wellseasoned fish mixture baked and served with a typical drawn butter. often followed by the marrow pudding, which is sent to the table on fire.

The traveler who arrives in Iceland during the annual whale drive in August is likely to have broiled whale steeak served after their combination fish stew. This unusual dish is often followed by Jola grataur, the lucky rice

land and Faroe Islands. In time land and Farce Islands. In time a taste may be acquired for those things if one is frozen in long enough to be of a grateful spirit. Cearse bread, plenty of codfish, cranberry jam or a blueberry (dried) cake may help matters along.

In France the national pot-au-feu holds first place. It is a soup, meat and vegetable course all in one pot. Spain boasts six national dishes which are found in as many localities.

Spain boasts six national dishes which are found in as many localities. Olla podrids, a stew made of chick peas with native seasonings, is perhaps most

finely minced meat, vegetable or fish left-overs well seasoned. They are dipped in a batter and friend.

The hutspot of Holland is still made after the manner of the one left by the left baked in banana leaves. Delicious sons, Mr. Goldman is of the well-nowned American conductor and com-



In All Lands Company Helps Make the Meal.



As the Cocoanut Grows.

In small thin slices is cooked on the top of the stew.

Australia introduces the visitor to a top of the stew.

Chinese chop suey served in China has soy beans and pork in it that are used in place of the more expensive chicken and mushrooms that appear in the American version.

Visitors in Ceylon soon learn to appreciate the dainty curries of cocoanut, fruit, vegetables, fish and meats.

Australia introduces the visitor to a Argentine. The stew contains pork, ham, chicken, vegetables, seasoning and dried, soaked Spanish peas. This is another one-dish dinner.

We must go to Morocco and Algiers to find the famous courscous, the well-stew (fejan) three times a day the year around and never seem to tire of its peopers, onlons and garlic, served with visitors in Ceylon soon learn to appreciate the dainty curries of cocoanut, fruit, vegetables, fish and meats.

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Brasilians use their favorite bean is another one-dish dinner.

We

poser will direct half the programme to be devoted to his compositions arranged for band and throughout Mr. Goldman has undertaken to demon-strate what can be accomplished by band orchestrations of the finest type o be performed by men from the Met ropolitan, New York and Philharmonic ily, of orchestras. There will be soloists series throughout the season and from time to known New Orleans Franko family, of time Mr. Goldman himself will contrib-

Coffee is much better if the grains

der the sacred cedars. The stew is always to be found on Cuban menua made of lamb and vegetables cooked in Broiled Amberjack with chocolate It is eaten with khubz, the sauce is also a Cuban favorite, Syrian flat bread, and fresh olives.

swordfish stew a poi cocktail, American style. The cocktail is composed of a little prepared taro root, poi, sugar,

little prepared tare root, pol, sugar, cracked ice and cocoanut milk.

New Zealanders are fond of plg and pigeon stew, and also have a moki (flsh) stew with tomatoes that is both cheap and satisfying.

Fiji Islanders are past masters in

In Hawaii, land of the ukulele, no The Samoans, since their world's in leaves, whole pig roasted in an fair experiences, serve before their underground oven, pink poi and green oceanuts caten from their shells Kingston, Jamaica, is well supplied with markets and tropical fish are very

cheap and satisfying.

Fiji Islanders are past masters in baking yams in banyan leaves in the ashes. These are served with a stew of fresh turtle meat and eggs. The present generation is getting into the world's progressive procession and trying to forget their ancestors' predicetion for missionary a la barbecue.

Arabs and Bedouins depend chiefly on camels' milk, dates, figs, locusts, tion for missionary a la barbecue.

Arabs and Bedouins depend chiefly on camels' milk, dates, figs, locusts, honey and grains. They also serve an excellent kid stew with boiled wheat to the strangers within their tents.

### American Girl Escapes Cossacks.

An American girl traveling alone reporter ushered an all-Russian Cossack

Content from Proc. Plants and country.

Again bears are milled to sensity could represent the sensity could be a milled and the sensity of the sensit

There was no room for conventions."

## Lemon Juice For Freckles: Girlst Make beauty lotion at home for a few cents. Try. It!

"I found out later that to the Rus- fluffy that it will look much heavier than it is. Its luster and softness will sians on the train I seemed finicky, than it is. Its luster and softness will the Russian revolution was raging, also delight you, while the stimulated Life had gotten down to the elementals. scalp gains the health which insures hair growth.-Adv.

## SUMMER ORCHESTRA CONCERTS PLANNED BY ARNOLD VOLPE

(Continued From First Page.) ductor, who is not actuated by the which Nahan is now giving a series present political conditions toward the at Willow Grove, and Sam Franko is