

SCHOOL FOR HOUSEWIVES MARION HARLAND



Blending Be With Chocolate



Spreading Meringue on Pie Before Removing from Oven



Arranging Puff Paste in Pan



Steaming Chocolate to Melt

I AM ASSURED that I speak within bounds in asserting that not one chocolate-lover in ten knows from whence the popular delicacy came to the countries in which it is most extensively used. We have an idea that the French, who make more of chocolate than any other people—using it as food and drink every day in the year—were the original importers from some unknown quarter of the tropics. If a trifle better read in the history of foods, we trace it back to the Spaniards, who knew its virtues early in the sixteenth century and taught these to their friends and neighbors, the French. In America the belief in the foreign origin of chocolate as an article of food and commerce is so well established that our housemother and her college-bred daughter may read with surprise the announcement that the Spaniards learned the use of it from the Mexicans, who had cultivated the evergreen shrub known to botanists as "Theobroma cacao" for centuries before the invading ships from the Old World touched the Californian coast. The natives prepared it as a beverage by grinding the ripe beans of the cacao tree and mixing them with cornmeal and spices. So ancient and dishonorable is the art of adulteration of foods!

ALL PARTS UTILIZED

The seeds were ground into a rich, oily paste; this was pressed into moulds and dried into cakes of "chocolate," or, as some have it, "cacaoti." There remains, after the oily part of the seeds has been extracted, a dry powder, which, when mixed with water or milk and cooked, gives us "broma," a milder preparation of the chocolate much in favor with persons whose stomachs do not digest the richer product. The pods inclosing the seeds are dried and pounded into "cocoa shells." This last is yet milder than broma, and is often drunk in large quantities by nursing mothers to increase the flow of milk.

The brief history of the invaluable bean, its products and by-products, should be conned by the lovers of the various forms of chocolate. The author of the work from which I draw the outlines of this sketch says, dryly enough: "In a pure state it is very nourishing. It is extensively adulterated with rice, meal, oatmeal, flour, potato-fat, starch, roasted nuts and almonds." Reading further, we learn something that may put a testing-rod into the hands of our housemother:

"Good chocolate is smooth, firm, soli-



Grating the Chocolate

uble, aromatic, not viscid after it is boiled and cooled, but oily on the surface, and it leaves no sediment."

As a non-professional cook and housekeeper, I will add that the inferior brands of chocolate are often blended with earth—just plain, dry DIRT! The dust of Mother Earth into which all perishable things will be one day resolved. I have handled and tasted it for myself in the course of amateur analyses of "pure foods."

Moral: Don't buy cheap chocolate unless you like mud!

Directions for making chocolate into a beverage were given here so lately that our recipes today will deal with the use of it in other forms.

Chocolate Cup Custards.

Heat a quart of rich, unskimmed milk in a farina kettle, dropping in a pinch of soda to prevent curdling as it heats. Beat five eggs light, without separating whites and yolks, add, and stir in well five tablespoonfuls of powdered sugar. Pour upon this, stirring all the time, the scalding milk; put over the fire in the double boiler, and beat in five tablespoonfuls of grated, unsweetened chocolate. Stir until the custard thickens. Practice will soon teach you, from the look of the spoon, when to remove it from the fire. Pour out at once to cool, and add a teaspoonful of vanilla essence. When cold, turn into cups or glasses, and heap a teaspoonful of whipped cream on the surface of each cup. Serve ice cold.

Baked Chocolate Custards.

Make as directed in last recipe up to the point of returning the custard to the fire. Pour it, instead, into cups or into a larger bowl, and set in a pan of hot water. The water should rise about half way to the top of the cups or dish. Bake in a quick

oven until set in the middle and slightly browned. Cool quickly, as custards continue to cook after they are withdrawn from the fire, and an overdone custard is a curdled custard.

Soak a package of gelatine in two cups of milk for two hours. Scald a quart of milk in a rice boiler, not omitting the pinch of soda. In a large bowl beat the yolks of two eggs with five tablespoonfuls of powdered sugar.

Chocolate Trifle.

Without removing the milk from the range, stir into it the soaked gelatine, and when it is thoroughly dissolved pour the contents of the kettle upon the beaten eggs and sugar. Add five tablespoonfuls of unsweetened chocolate (grated), previously wet to a paste with a little cold water. Return to the boiler and the fire and stir for three minutes. It should be just on the boil when you take it off again, and pour into the bowl. Have ready the whites of three eggs whipped to a standing froth. Stir in lightly with a teaspoonful of vanilla. Pour into a mold or make wet with cold water and set away to cool and firm.

To serve it, wrap a cloth wrung out in hot water about the mold, and invert upon a chilled dish. The "trifle" should be ice cold.

Chocolate Pudding (Cold).

Scald two cups of milk in a double boiler, adding a pinch of soda. When the boiling point is reached, stir into the kettle of milk four tablespoonfuls of sugar and half as much cornstarch (generous spoonfuls) already wet up with cold milk. Cook for two minutes after the boil is regained, stirring faithfully with two heaping tablespoonfuls of grated chocolate; stir for another minute over the fire, and take from the range. Season to taste with vanilla and pour into a mold wet with cold water. Eat cold with cream and sugar. A simple and cheap dessert.

Brun Mangle.

Soak half a box of chocolate in a cupful of milk for two hours. Have ready a quart of milk brought to the boil in a farina kettle. Put a pinch of soda in the milk when cold. When scalding hot, stir in the soaked gelatine and a cupful of granulated sugar. When these are dissolved add five even tablespoonfuls of grated chocolate. Stir for one minute and pour into a bowl. Season with vanilla. Put your eggbeater into the hot mixture and whip steadily for ten minutes or until the mixture begins to thicken well.

Chocolate Pie.

Scald a pint of milk, dropping in a pinch of soda, and pour upon it enough boiling water to cover the chocolate. Heat a cupful is about enough. Cover and stand over the boiling water-tub until dissolved, then stir in pulverized or confectioners' sugar until stiff enough to spread. It can be spread on anything as thick as bread, as it does not harden all through. Use it for chocolate cream and to dip nuts in. For candy, add a couple of drops of olive oil to make a gloss.

Egless Chocolate Frosting.

Put two squares of bitter chocolate into a pint bowl and pour upon it enough boiling water to cover the chocolate. Heat a cupful is about enough. Cover and stand over the boiling water-tub until dissolved, then stir in pulverized or confectioners' sugar until stiff enough to spread. It can be spread on anything as thick as bread, as it does not harden all through. Use it for chocolate cream and to dip nuts in. For candy, add a couple of drops of olive oil to make a gloss.

Marion Harland

Cleaning Hats for Another Season

SPRING is coming along at a very rapid pace, and it is almost time to take out last summer's hats and look them over to see if they can be put to any use this season. Leghorns are always good, and may be bent into whatever shape is popular at the moment, but, unfortunately, they change color in the sunlight, and it is necessary to get them back to their former state of whiteness if they are to be worn again.

Neapolitans, too, are usually good form, and if their shape does not suit, they may be wired and held firmly in any way the wearer prefers.

Chip, the favorite of last summer, is another straw that may be used the second season, but it usually requires a thorough cleaning. For this purpose nothing is so effective as peroxide of hydrogen, which may be poured on the straw and then quickly rubbed with a stiff brush, but, of course, the brim must first rest on a flat surface. If the operation is repeated again and again and the hat dried in the sun, the result will be surprising, and no one who had a hat last year should complain that for this year she has none. Of course, this prescription also applies to men's straw hats, as many careful housewives know, and unless the style in masculine modes has changed very much in the past eight months, the old straw hat can be made to serve for at least two months longer.

Caring for Dish Cloths

DISH RAGS are the great difficulty that beset the careful housekeeper in her efforts to keep a clean and tidy kitchen. They are drying on the hook and hanging on the sink, and somehow a towel used for pots and pans is always damp. Then time must be taken from the general work to wash them out and dry them, and altogether they are most extremely annoying.

All these things, and more too, were discovered by a careful young housekeeper, so she arranged to have a dish in the outer kitchen filled with good clear water and some washing soda, and into this mixture the cloths were dropped immediately after using, and there they were left till evening, when they were hung up where they might dry over night.

Of course, enough towels must be on hand, so that the same one need not be used more than once a day, but at least they are always clean and the kitchen is always in order.

Home-Made Desk Pads

A DESK pad that, with a little care and dexterity, can be made at home successfully was seen among some new things not long ago. Two pieces of cardboard, about twenty by fourteen inches in size, were pasted together at one of the longer edges, making what looks like a pagelike book cover. This was covered by a piece of flowered cretonne, neatly turned at the edges, and then raw edges covered by a piece of firm white paper, which extended over the entire inside of the pad. Two or more pieces of blotting paper were inserted and fastened by ribbons passed through both covers and blotting paper and tied on the outside. A piece of ribbon of the same shade, but wider, was fastened so that it ran diagonally across each cover and, tying, held the leaves in place.

To Protect Silk Hose

EVERY one who wears silk stockings knows how easily they wear out, and one clever girl whose needs do not fit her pocketbook has found that by knitting inside feet of firm thread she can wear them and thus protect her fragile history of silk. These feet are made just so they cover the sole, and extend only slightly over the foot that they may be worn with slippers and yet not be seen. The idea is good, because home-made stockings are of much better quality than are the machine-made varieties, and the girl who originated the idea says that her gossamer hose lasted just three times as long as they did before she wore her home-made linings.

Knives and Forks

THE day of the old-fashioned three-pronged steel forks and wooden-handled knives for kitchen use has gone, and the equipment for the present day includes a set of German silver utensils, which are really just as cheap and very much more satisfactory. They cannot rust as did the steel monstrosities, and what could be more satisfactory than to eat with a rusty fork? The new knives may not be as sharp, but who needs a razor blade to cut meat and butter bread? All the difficult work for cooking is or should be done with the steel vegetable knives made for the purpose, and surely no one would prefer those spiky forks of a bygone day.

THE HOUSEMOTHERS' EXCHANGE

OUR PAGE of today is particularly rich in trustworthy recipes from benevolent members.

One of my girlhood experiences was a "scene" with what purported to be spirits "from the vasty deep" beyond human vision. I received a written communication addressed to my averted self and bearing a familiar name as signature. The paper contained these words:

"ENCOURAGE THESE MANIFESTATIONS!"

"Only that and nothing more!" I paid my dollar and went home the wiser for the experience and for an addition to the stock of family jokes—my gullible self being the butt.

Since that day the phrase has passed into common use with us, and, applied to a hundred happenings of daily living, has done yeoman service. I pass it along the line of my coadjutors in recording the recipes received in response to my request for a comparison of housewifely haps and mishaps. "Encourage these manifestations" of lively interest in our Exchange and widening charity for the younger and ignorant learner in our school.

When you find out for yourself a better way of making a pudding, or dusting a room, or cleaning a soiled jacket than you ever had before, share the knowledge with others. It is by such means—the littles by littles—that mean so little at first and accomplish so much in the end—that housewifery advances to the dignity of a science. I have always liked the story of the workman who stopped on his way to his daily labor to listen to the praises a party of tourists

were bestowing upon the Cologne Cathedral.

"Yes," he broke forth at last, elated beyond the bounds of respectful reserve by pride in the magnificent structure, "we builded well!"

The strangers eyed his blue blouse and toll-stained hands in amused wonder.

"You builded! You are not an architect!"

"No, but I carried mortar for it for sixteen years!"

Every really worthy recipe, every hint that may make a fellow-housewife's task a little easier, is a stone in the building we are raising. Or, at least, a hodful of mortar.

Contributions From Oregon

"H. C." wanted a good cornstarch cake recipe. Here is one, but I do not know that it is any cheaper than an ordinary cake:

Cornstarch Cake.
One half cup butter (scant), 1 cup sugar, 2 eggs (yolks), 1 teaspoon extract almond, 1/2 cup sweet milk, 1/2 cups flour, 2 tablespoonfuls cornstarch, 1 teaspoonful baking powder, whites of 2 eggs.
Mix in the order given. Sift cornstarch and baking powder with the flour. Bake in a shallow pan.

Cheap Cake Recipe.
Here is a cheap and excellent cake recipe. I make it for almost all my cakes, adding chocolate, nuts or raisins, as I wish: One-third cup butter, 1 cup sugar, 2 eggs, 1/2 cup milk, 1/2 cups flour, 2 teaspoonfuls of baking powder.
Bake in layers and fill with chocolate or coconut frosting.
A few weeks ago you said rice should be boiled. Don't you think steaming is better? I am not sure, but I think that the Chinese steam their rice. I wash mine well, taking one cup of rice, a teaspoonful of salt and two cups of boiling water. I have no double-boiler, so I take a small bowl and set it in a saucepan, and it answers the same purpose. My oatmeal I make in the same way. Each cooker about half an hour, and that is enough. The oatmeal, however, I put in the bowl at night, and have it on the gas stove. In the morning I light the fire under it all-

most as soon as I get up, and it is cooked by the time breakfast is ready. Rice can also be soaked all night without losing its flavor. Cold water should be added instead of hot water, but do not pour off the water, because all the good is in the water; if you wish, take a little more than three cups of milk to one cup of rice. In steaming rice all the water or milk is absorbed, and nothing wasted. Each letter is separate, too, if not cooked too long. One half hour is long enough.

Making Cracked Wheat.
In making cracked wheat, for which we have developed quite a fondness, I soak the wheat all night in salted water—just a little more than enough to cover it—and absorb it in the same way I do rice or oatmeal. Sometimes I add chopped walnuts and dates just before I light the fire under the wheat, and the combination is delicious. Try it.

This letter is rather long, I fear, but for people who like different cereals, this is an easy way to prepare them. I hope I can do something better for you some day. I am always afraid to answer the letters because I know that people living nearer will get replies far sooner than I. Best wishes to you all, from

OREGON (Portland, Ore.).

A capital letter! and the more acceptable because it is neatly typewritten. If there were a law requiring every signature to be stamped or typewritten we should not be compelled to say so often to inquiring correspondents, "We regret to plead a flaw in the address as the reason of our delay in answering your communication."

FAMILY MEALS FOR A WEEK

SUNDAY BREAKFAST.
Oranges, cracked wheat and cream, deviled kidneys, rice, toast, tea and coffee.

LUNCHEON.
Mock pate de foie gras, marinated potatoes, graham bread and butter, cut thin; fruit salad with mayonnaise, crackers and cream cheese, lemon cream pie, cocoa.

DINNER.
Tomato and ostra soup, roast beef and Yorkshire pudding, baked sweet potatoes, sautéed fritters, tipsy parson, black coffee.

MONDAY BREAKFAST.
Fruit, cereal and cream, apples and bacon, fried; baked toast, French rolls, tea and coffee.

LUNCHEON.
Baked beans and pork, brown bread (steamed), snive salad with French dressing, heated crackers, charlotte russe, tea.

DINNER.
Yesterday's soup, scalloped beef à la jardinière (a left-over), sautéed sweet potatoes (a left-over), stewed cojey, squash pie, black coffee.

TUESDAY BREAKFAST.
Cold corned beef (a left-over), stewed potatoes, cabbage souffe (a left-over), bread and marmalade udding, tea.

boiled salt mackerel with tomato sauce, quick biscuit, toast, tea and coffee.

LUNCHEON.
Savory stew of beef (a left-over), baked potatoes, boiled rice, graham bread and cheese tea.

DINNER.
Clam chowder, veal cutlets, scalloped potatoes, Potlatch, cornstarch pudding with hard sauce, black coffee.

WEDNESDAY BREAKFAST.
Fruit, mush and cream, bacon and eggs, popovers, toast, tea and coffee.

LUNCHEON.
Griddle cakes and sausage, griddle cakes with maple cream and honey for second course, tea.

DINNER.
Spinach cream soup (a left-over), corned beef, mashed turnip, ladies' cabbage, baked custard, black coffee.

THURSDAY BREAKFAST.
Oranges, honey and cream, bacon and fried mush, graham rolls, toast, tea and coffee.

LUNCHEON.
Cold corned beef (a left-over), stewed potatoes, cabbage souffe (a left-over), bread and marmalade udding, tea.

Preserving Eggs.

Here is my recipe for preserving eggs. I have had my best success with those laid last August and September, and they are as fresh as if laid yesterday. I put them in salt. Not the fine table salt that comes in bags and boxes, but that which I buy by the pound for chocolate cream and to dip nuts in. For candy, add a couple of drops of olive oil to make a gloss.

Wants Old-Fashioned Burlaps

Can you tell me where I can get the old-fashioned stamped burlap that was used for making hooded rugs? I have tried in vain to get it, with directions how to make the rug and to learn if there is a particular kind of loom to be used in the work.

MRS. A. S. (New Lisbon, Wisconsin).

DINNER.
Mock turtle soup, roast chicken, rice croquettes, string beans, French taste-custard, black coffee.

FRIDAY BREAKFAST.
Oranges, cereal and cream, codfish cakes, corn bread, toast, tea and coffee.

LUNCHEON.
Corned beef hash, stuffed potatoes, lettuce and string bean salad, crackers and cheese, cake and canned fruit, cocoa.

DINNER.
Yesterday's soup with addition of tomatoes, oyster pie, fried celery, macaroni with cheese sauce, suet udding, black coffee.

SATURDAY BREAKFAST.
Baked apples and cream, waffles and syrup, boiled eggs, toast, tea and coffee.

LUNCHEON.
Omelette aux fines herbes, baked sweet potatoes, baked macaroni (a left-over), cookies and chocolate.

DINNER.
Fufens soup, chicken and rice scalloped (a left-over), Brussels sprouts, navy beans, creamed; Marion Harland cornute with cream, spore cake, black coffee.

I know that you do not give business addresses in the Exchange, but should any of my dilemmas, I will gladly send postage to cover the expense of mailing the information to me.

To pay my way a little, I enclose a recipe for

Mock Lemon Pie.

One beaten egg; one cup of sugar; two or three crackers rolled fine; one cup of chopped and skinned rhubarb (raw). The taste is far more delicate than that of the rhubarb pie as it is usually made. Bake with top and bottom crusts.

Mrs. W. B. (Buffalo, N. Y.).

I hold the address and I shall be happy to forward to you any scrap of information relative to hooded rugs. They have not been out of fashion long enough to fall entirely out of the market.

Sweetening Rancid Lard

I see that a recipe for sweetening rancid lard is called for. Indeed, one I can find unequalled. Cut into small pieces fresh, one cup of chopped raisins, a pinch of salt, four eggs, one even teaspoonful of soda dissolved in a little water. Beat the yolks with the hands and drop upon this with a spoon.

My husband made for me a little table to use while bathing the baby, which has been so useful I thought you might like to tell others of it.

The underside of a wooden box he nailed four broomsticks, sawed down to the

Recipe for Cookies

I send a recipe for cookies that will please husband and children.