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COMMON SENSE in the HOME EDITED by MARION HARLAND

ANTEFULNESS is always and averywhere vulgar. Not many of us put the trath to superives in that

We all acquisace in 14, more or upondscipically. When we see this that man spinding money appor-By for the more toys of aquanderwe any to ourselves that he has shably not had it long to spend. He was, most likely, a poor boy, accustomed to plain living and close mottles. New he is drunk with assession, and like a child upon whom have been hasped so many awastments that he throws away all cannot cat. It is the parvenu who, in traveling, gives dollar tips where a quarter would suffice, and in buying a morning paper says to the newsboy: "Nover mind the change!" tossing him a dime. "Gallery play," all of the vulgar show, and of the sheapest kind!

It is the working girl married to a wich man who is ashumad to insist upon easanable sconomy in providing for er household; who dare not face her mart cook with the fact that so many pounds of butter cannot be acnted for honestly, and that the last barrel of flour should have lasted twice as long as it has; who orders dry goods and groceries and meats hout going through the form of asking the price.

Bliding down the scale of "gentilsty." you remark that your waitress "must have been used to handling elegant china and cut glass and solid plate, or she would not take such intelligent care of it." And the cook no once had a home of her own, well furnished, and did her own marting, draws better wages (and just-(y) than she who has led a nomadic

But I andaciously tovented one, and it was served to the down men on that evening. He came up to me afterward in the drawing room to tell me that that salad was an inspiration."

I think I have never valued another compliment so highly. It was a veritahis inspiration to me-and in another 86536

Women talk complatently of "designing costumes." as painters might "compose" pictures. I hold that a wellcooked, well-served meal is as dignified, and far more beneficial to the human race in detail, or at large. Coming down to particulars, I heard a

young girl of taste, whose means are limited, heavy that the hat admired by a luncheon party of well-groomed women was "a combination of three stasons' cast-offs." The composer beamed and twinkled like a star of the dist magnitude when assured that it

had "the genuine Parisian touch." Would she have cared to confers to the sime party that she had manipulated the left-overs of three days into a goodly luncheon dish?

"But," said a housekeepar to whom I spoke of this very subject, "there are absolutely no left-overs in my pantry when I make the round of inspection you would enjoin upon us in your 'Pamiliar Talks.' On nineteen mornings out of twenty my oupboard is as have as forlors Mother Hubbard's. Clean, I grant you! but with never so much as a bone or crust. Where, I ask in the spirit of candid inquiry, are the artistic combinations to come from?" The solution of the pussle was plain

of my business to make her assurance of the leakage doubly sure.

Fpr there must be left-overs from every tolerably abundant meal. Here & little, there a good deal, be it a sphonful of carrots, a cupful of soup, a "heel" of bread, a slice of meat, some of which, you may be sure, will be sates in the kitchen. The powers that he there de-

"THAT NOTHING BE LOST"

spise scraps. "It's no lady that would expect wurrkin' gurrels to put up with the lavin's of the first table." If you have individual bread-and-butter plates, the bit of one and the crust of the other will be dumped into the garbage pail when dish-washing time comes. One shrewd housewife has a plate set in the sideboard, upon which bits of butter are jeft in clearing the table after each meal. The store is known as "cooking-butter." As none of the family put their knives into their mouths, the "leavings" are irreproachable. Fragments of bread go upon another plate. The cook, trained by the woman, who pays tiptop wages and always on the day they are due, and is as kind as she is economical, saves crumbs and slices of stale cake to be

made into puddings and floating island and a kind of sublimated "Washington This last is an original composipla." tion of the cook's own, of which she is immensely proud. Her trainer confided to me, as a

family joke, that the pupil, with the injudicious seal of a neophyte, in the early months of her residence in the house, actually gathered up the bones of chickens and chops from the plates and popped them into the stock pot. Luckily, she was so vain of the economy that she displayed the store of odds and ends to the mistress of the establishment before putting the pot over the fire.

"I can never do anything with bones!" sighed the matron of a charitable institution to me. "There is so little to them!"

One canny housemother never throws away a bit of the bone left from roast or boiled joints. They are cracked into brief lengths and added to the stockpot, of made the base of gravy. Cover with cold water, bring to a slow boll in a covered pot, and keep this up for hours. After an hour, add a sliced onion over which you have poured scalding water to take out the crude "garlicky" taste, some pleces of celery and a diced carrot. Simmer at the side of the range, or transfer to the fireless cooker, and let the good work go on. Set aside in the pot until cold, skim off the coagulated fat and you have the "motif" of a family soup. Should your aim be gravy, strain out vegetables and bones after skimming off the caked fat and thicken with browned flour. Stir in tomato catsup or Worcestershire sauce, boll for a minute and serve. The stock for the soup should be strained and made distinctive by the addition of tomatoes, if you wish a tomato puree; or barley, or rice, celery, creamed mashed potato, or any leftovera of yesterday's vegetables. The excellence of the broth depends upon two things-long cooking and ju-

serving these, day by day, to your confiding household may be avoided by study of novel combinations. Don'i be afraid in concocting dishes you have never heard of. You, too, may hit upon an "inspiration." Listen to a true atory of one young artist's venture: It was a country house (a bungalow) and the day was rainy from sunrise to moonrise, at 10 P. M. The "general store" was a mile away and it was not the butcher's day to call. My hostess asked me to excuse her while she "interviewed" the cook after breakfast. She was absent for an hour or more, but made no apol-

and tasted like the hest Milan cookery-indescribable and delicious; green corn on the cob, and rice, boiled after the Savannah manner, every tender grain holding its own shape and place; hig apples, cored and filled with chopped nuts, sugared and baked, covered, until the syrup jellied about them and glazed the fruit as if it had been varnished. These, served with cream, were accompanled by light cookies and followed by black coffee.

The plilared veranda was our sitting room all summer long. It was there, as we leaned back in our rocking chairs and luxuriated in the view of the moon-

narcel, marked with her name, left by the butcher, the day before was taken from the loebox where the cook had bestowed it without opening it, was unwrapped it was found to contain dogmeat, probably ordered by another cus-Lonser

No degree of inventive gentus could \_evolve a dinner fit for Christian humankind from the disgusting fragments. They were hastily huddled out of sight, and mistress and maid united their dismayed wits to meet the emergency. I have described the harmonious conclusion of the conference.

The dry outside of the cheese was grated for the Juncheon fondu; the macaroni, the cold meat, a 'raw tomato or two, chopped; a scalded green pepper, also minced; a suspicion of onion juice and other seasoning, rightly adjusted as only the born cook can mix and balance-made up the Italian piece de resistance, transferred to the dinner in default of the English chops. The "touched" cream was beaten into the Devonshire dainty.

The original destination had been the freezen We were to have had home-made ice cream for dinner. Personally, I preferred the nutty compote.

My hostess let me into another bit of culinary craft when I confessed

inhegited, with the liking for coarse abundance of food, the prejudice against "made dishes," which, however, we find no difficulty in dismissing when in France and Italy. The sooper we get rid of the vulgar notion that economy and stinginess are synonyms, the more prosperous we shall be as a nation. When the housemother rises superior to the domeatic heresy that the proper reating place of left-overs and fragments is the garbage pail, the wiser will be the thrift that "looketh well to the ways of her household."

Nor do I strain the famous description of the perfect homemaker beyond reasonable limits in continuing the quotation:

"Her children arise up and call her blessed; her husband, also, and he praiseth her."



BREAKFAST Oranges, cereal and croam, brolled chick-



"The garbage pail is not the proper receptacle for left-overs."

Care in Self-Cures

mistence, with nothing that could be as daylight to me. Another family, called "property" except the clothes perhaps two, were fed from her kitchen.

"Was Milton the author of the famous dogma, "Order is heaven's first law"? If it be true, economy is surely a good second. One of the earliest lessons in natural philosophy taught to us as children was that there is no waste in nature. The blessed old mother goes on making herself over, year after year, utiliz-ing the left-overs of falling leaves "ing the left-overs of falling leaves and burning fires and rising mists, with dainty precision that we might study all our little fives with infinite advantage to ourselves and the world. A bright child asked me once. "Why do you suppose our Lord told the dis-ciples to gather up the fragments after the multitude had eaten all the loaves and fishee, they wanted? Why should they go to the trouble of filling twelve baskets with scraps when he could make as much more as he pleased if they got thungry again?" shungry again?

hungry again?" - I answered then, what I believe now, that he meant to give the disciples and the multitude a lesson in the duty of economy and the sin of wastefulness. He said this plainly enough to set the guestion at rest: "Gather up the fragments that re-main, that nothing be lost." If was a practical illustration of the great natural law we learned in the schoolroom. My young catechist opined that the multitude, who had far to go to get to their homes, were served with

to get to their homes, were served with the fragments to eat on the way. The theory is tenable. We may be sure that nothing went to waste.

Theory is tenable. We may be sure that nothing went to waste. Does all this read like a too-solemn introduction to the practical portion of our taikf Let us reason together for a minute. If wastefuiness be sinful and vulgar, if nature be a wise and kindly teacher, does not our housemother prove herself well-bred and sensible by carry-ing into constant practice the wisdom ishe has learned from study of nature and revelation? For forty long, toliful years I have striven to bring home to my fellow-homemakers that it is prac-ticable to lift their work up to them-selves and their just ideals, instead of atoking into automatic drudges; to hold out housewitery to them as a dignified profession and not an imposition. Our uitchens are our laboratories; the prod-uots of ingenuity and skill are our works of art.

ucts of ingenuity and skill are our works of art. In looking back upon the processes of thought which brought about convic-tion and resolution in my mind. I recall, as the probable germ of it all, the re-mark of a learned man who had trav-sled far and seen much of the world and the people that live therein. He was dining with other men at my table, and I had apent time and thought upon that linner, knowing of his reputation as a connoisseur in all that pertained to gas-tranomical matters. I had never easten, ar as much as heard of, an syster said.

dicious seasoning. In the realm of croquettes, scallops and souffles, left-overs play an important part. The danger of monotony in She suspected it, I saw, but it was none

that effect published repeatedly in the

ogies when she rejoined me upon the broad veranda. I will give the menu of the two meals served in due time that day: For luncheon we had savory onion cream broth in cups; a cheese fondu that was a dream of puffiness, flavor and color; stuffed potatoes; a macedoine salad of green peas, carrots and beets upon lettuce hearts; heated crackers and American cheese; Devonshire cream with gooseberry jam

tea. For dinner: Tomato soup; a scallop that looked like an Italian dish

THE HOUSEMOTHERS' EXCHANGE

and strips of crisp buttered toast and

"You, too, may have an 'inspiration.'" lighted lake and the billowing hills that blurred the water's edge with shadows, that my friend told the tale of the morning's discomfiture. She had ordered

English chops-each rolled upon and skewered snugly over a lamb's kidneyfor dinner. There were in refrigerator and pantry the remains of a dish of macaroni, a few spoonfuls each of carrots and peas, a pint of cream "just on the turn," six slices of cold roast beef, a pound of cheese, enough of yesterday's soup to serve as a foundation for a tomato pottage-in short, the skeleton upon which might be constructed

a satisfactory luncheon. When the neat

"The compote was improved by

stirring into the syrup, when the apples were almost done, a little crabapple jelly left in a glass we opened yesterday. It enriched the flavor and helped 'jelly' the syrup.

"I never throw away so much as a teaspoonful of preserves or fruit jelly. It all works in somewhere if one is on 'the lookout. By the way, when chestnuts are ripe, we vary the compote by filling the apples with boiled and grated chestnuts."

I have purposely made our talk of this week rather more "familiar" than usual. We Americans must have inherited our predilection for big joints and plain reast, boiled and baked meats from our English forbears. They hold fast to it in the old country to this day. Other tourists will bear me witness to the glad relief with which we turn to the more refined and varied cookery of the continent. It may be that we have

This is the best recipe I have for pre-

paring it. Some wiser woman may con-

Chop Suey

pound of fresh pork, a large onion,

Half a fowl-full grown but tender; 1/2

tribute a simpler.

ich rolls, toast, tes, and LUNCHEON

Clam broth in cups, cold roast beef (a left-over), potsto salad, beated crackars and Roquefort cheese, breakfast rolls, marshmallow pudding, cake, fruit julos lemonade. DINNER

Mulligatawney soup (bones of chicken added to 10-cent can of the soup with okra and simmered down), roast lamb, mint sauce, green peas, lima beans, peach pie, black coffre.

MONDAY BREAKFAST

Grapes, ceresi and cream, bacon and fried apples, whole wheat bread, toast, coffee and tea. LUNCHEON

Stuffed eweet peppers (a left-over in part from roast beef), baked sweet potaloes, thin bread and butter, rice and raisin pud-ding, tea. DINNER

Testerday's soup, cold lamb with currant jelly is left-over, macedoine saiad of peas and beans from yesterday, stuffed eggplant, summer squash, baked custards, black cof-fee.

## TUESDAY

BREAKFAST Grapes, cereal and cream, baked omelet, quick biscults, toast, tea and coffee.

LUNCHEON

Cheese fondu, scalloped eggplant (a Wit-over), bolied polatoes, with butter and para-ley sauce; breakfast biscuits, conserve and crackers, iced coffee from breakfast.

DINNER

Squash soup (a left-over), larded and roasted calfs liver, young turnips, baked tomatoes, baked apple dumplings with hard ssuce, black coffee.

#### WEDNESDAY BREAKFAST

Pears and grapes, cereal and cream, salt mackerel with cream gravy, corn muffins, toast, tea and coffee. LUNCHEON

Cold sliced ham, southe of turnips (a laft-over) scallop of sweet polatoes lettuce salad with French dressing, crackers and cheese, fruit dessert, black coffee.

#### DINNER

Julienne soup, saimi of caif's liver (& left-over), succonsh, mashed potatoes, rhubarb, taris, black coffee.

# THURSDAY

BREAKFAST Oranges, cereal and cream, bacon and eggs, green corn griddle cakes, toast, tea

LUNCHEON Stuffed ergs (ham used for the stuffing), pointo croquettes (a left-over), peanut and-wiches, Devonshire cream and gingerbread, DINNER

Testerday's soup, beefuteak and onlong, carrots (creamed), lima beans, queen of puddings, black coffee.

## FRIDAY BREAKFAST

Cantaloupes, cereal and cream, bacon, poached eggs on toast, potato cakes, tes and coffee. LUNCHEON

LUNCHEON Stew of beet and onlons (a 'left-over), browned pointoes, saind of carrots and lima beans with mayonnaine (a left-over), this saind served with cream cheese balls; crackers, cookles and jam, tes.

DINNER Oyster soup, boiled cod with egg sauce, mashed pointces, spinach, floating island, black coffee.

## SATURDAY BREAKFAST

Baked apples, cereal and cream, bacon and fried mush, graham gens, toast, coffee and ten,

LUNCHEON

Creamed corl and potatons (a left-over), raham genus from breakfast, orange and olory salad, hented crackers and Swiss hesse, canned peaches and cake, tea.

DINNER Spinach soup (a left-over), multon chops and French mushrooms on casseroic, string bases, vegetable marrow, coffee cake and block coffee.

Exchange. There is nothing in all the pharmacopela of man's devising that cures every disease. The assumption of this is besotted ignorance or de-IMPORTANT NOTICE BECAUSE of the enormous number of letters sent to the Exchange, I must ask contributors to limit their com-munications to 100 words, except in cases of formulas or recipes liberate cruelty. It is as true that no two persons in the same family have precisely similar constitutions. The drug that acts beneficently upon one poisons another. The wise mother studies these idiosyncrasies intelli-gently and ponders them in her heart. Even in the matter of baths, judg-ment founded upon experience and in cases of formulas or recipes which require greater space. I want all my correspondents to have a showing in the Corner, and if my request in this respect is compiled with it will be possi-ble to print many more letters. Attention is called to the fact that Marion Harland cannot re-ceive money for patterns, as she has no connection with any de-partment that sells them. ment founded upon experience and observation of the individual pecu-liarities of her brood dictates a dif-

ference in temperature and seasons. A tepid bath enervates one child; an-other is chilled to the bone by a cold douche, the glow which should sud-ceed the shower failing to follow. No prescription containing mineral drugs or active poison of any kind. drugs, or active poison of any kindno matter how minute the quantity-should be filled for family use without the advice of a physician.

Kind of Rhubarb

Please inform me what kind of rhubarb is meant to be taken for rheumatism? Is it the root or the extract? Can you give me a recipe for molasses taffy, that may be pulled? M. J. (Los Angeles, Cal.). Your first question has been an-swered by "A. G. V., Chemist," in toswered by "A. G day's Exchange.

## Molasses Taffy

Put two cupfuls of best molasses over the fire in a large saucepan. Bring slowly to the boil and keep this up for twenty minutes, taking off the scum as it rises. At the end of twenty min-utes stir in a teaspoonful (even) of baking soda. This will cause furlous effervescence. After this has subsided, boil fifteen minutes longer, or until a little dropped into cold water is brittle. Stir constantly during the latter boiling to avoid scorching. Now add a table-spoonful of vinegar; boil one minutes attring hard, and peur into buttered pans. Put two cupfuls of best molasses over

As soon as it may be handled, pull with the tips of the fingers into ropes to a golden yellow.

<section-header><section-header><text><text><text><text><text><text><text> A. G. V., Chemist (Chicago). An addition to our corps of scientific contributors upon which we may well felicitate ourselves. His advice to svoid the use of indisoriminating pro-sorigtions agrees with admonitions to Beer Seed The formula for beer seed contrib-uted a week or two ago by a member from Wisconsin was so unlike that sent in by the latest addition to our corps of chemists that I cannot hold his back. Readers may make choice between them:

Beer seed, or "California ferment," is an article of commerce of unknown origin, but believed to be common beer yeasi, and sometimes dried mother-of-vinegar. The drink is made by pouring over the "fer-ment" water sweetened with sorghum, result common moleses or user or drink is made by pouring over the "fer-ment" water sweetened with sorghum, or with common molasses, or sugar, or honey. It is then left to stand from morning until neon, or from noon until sunset, fermentation being very lively. Of course splces-ginger, cloves, cinnamon, sassafras, lemon, etc.-may be added. To make the "starter" or "seed," this proceas is suggested: In warm weather let a little clder vine-gar stand in a wide-mouthed bottle until a film appears upon the surface. Then add a few fragments of coarse brown sugar (for food), and when the film is as thick as parchment carefully float it upon this solution:

as parchment carefully near to apound of solution: Two quarts of water, half a pound of molasses. Put all into a large jar. In about six weeks the solution has become fine vine-par, the "ferment" forming a heavy, ge-latinous covering. Small shreds of this are used as a "starter" for the sorghum beer, the reat being dried and preserved in tight-ly corked bottles for ruture use. A. G. V., Chemist (Chicago).

# Croquettes and Cabbage

A Kentucky member sustains the reputation of her state for "good living" by sending two recipes for famfly meals.

## Veal Croquettes

pounds of yeal, 14 pound of sweet Two pounds of yeal, is pound or sweet fresh pork. Cook both until half done. Grind rather coarsely and add a cupful of bolled rict, is well-beaten eggs and enough cream to make a rather soft paste. Season to taste with sait and pepper and moid into cro-quettes. Boll in raw egg, then is creaker crumbs, and set on ice for two hours to get stiff. Fry in deep fait. Other meets may be used in the same way. I have thus utilized the left-overs of roasts and even of soup meats and crumbed in state biscuits instead of rice, and found the croquettes palatable. Cold ham may be treated in like manner.

### Creamed Cabbage

the outside leaves and cut the t of the cabhage into dice. Cook sailed water. When tander, drain but To premare the saure, attr

tablespoonfuls of butter and the same of a tablespool us of butter and the same of flour together in a frying pan until you have a smooth "roux." Then add gradu-ally hot milk until the mixture is like drawn butter and cook for 10 minutes. The milk should have been heated sepa-rately in a double boiler. Season the cab-hage to taste with sait and pepper; dish and pour the sauce over it.

## Scalloped Cabbage

It is well, when cooking milk for white sauce, to drop a tiny bit of bak-ing soda into it to avoid curdling. A noted confectioner gave me this

A noted confectioner gave me this valuable point many years ago, add-ing. "We cook cream that is near the 'turn' in this way, without clotting it."

## Light Laundry Work

Exchange. It would take up too much of our space to treat the matter here as it deserves. I may say that water may be soft-ened without injury to the clothes by the judicious use of borax. So far from doing harm to delicate fabrics, it will whiten them. Use a good quality of borax and do not be sparing of it. Stir it into boiling water. Borax soap is excellent for the laundry and for the bathroom.

A.

silced, 1/4 pound of mushrooms, a stalk You may, if you wish, cover the cabbage when cooked with cracker or bread crumbs, raising the cabbage to allow the sauce to pensirate to the lower stratum of the vege-table. Then set in the oven to brown. E. D. (Kentucky). of celery, 6 Chinese potatoes, 2 cupfuls of rice, 1/2 cupful of Chinese sauce. Cut the obicken clean from the bones and into strips 2 inches long and 32 inchr wide. Cut the pork in like manner, Soak whe cut the pork in nke manner, coak the mushrooms 10 minutes in cold water, then skin them and remove the stems. Cut the celery into inch lengths. Wash and slice the Chinese potatoes. Now lay pork and chicken in the fry-ing pan and fry 10 minutes, but not crisp. Shake as they cook. Add the onions and cook 3 minutes. Next come the mushrooms cut into quarters if

# Won't you give us a lesson in laundry work for a private family? Our water here is very hard. Tell us how to soften it without injury to the clothes, and how to make the work in the laundry comparatively easy, "easy for the laundress and easy for the clothes." I have heard (or dreamed) that this is possible. Give us a talk on the subject. MARY W. F. (Los Angeles). Sevent chonese of "The Housekear

<text><text><text><text><text> Several chapters of "The Housekeep-er's Week," my latest household man-ual, are devoted to this important subject. I gave a familiar talk upon laundry work two years ago in the Exchange. It would take up too much of our space to treat the matter here

s excellent for the later of the bathroom. I thank you for your kind letter, too complimentary and too personal to be shared with readers in general.

# Chinese Cooking

I should like a simple recipe for Chinese chop sucy and for the rice served with it in Chinese restaurants. READER (Peoris, III.).

Chop sucy is never a "simple" dish.