

COMMON SENSE in the HOME

EDITED by MARION HARLAND

IN BEHALF OF THE OVEN



ONE might write an essay on the evolution of the oven. In studying the history of cooking from the days of our forebears down to the present wonder-ages of gas and electricity, the general appliances for baking food—called in their time by various names—have all been really ovens.

heated, the fire was drawn out and "batches" of pies, loaves of bread, pans of cakes and rolls were put into the vast interior. A long-handled shovel was used for this purpose, and for drawing out the smoking goodies when they were done.

would then be more digestible and more nourishing. Let her bake her chops instead of frying them, and make the hamburger steak best into a loaf and roast it in a covered pan, uncovering it at the last so that it will brown.

I know you think you can; but try for a while putting them into the oven instead of into your favorite and much misunderstood utensil. Do you appreciate that delectable and nourishing results may be obtained by cooking the oven such articles as fish, meat, potatoes, apples, celery, rice, cheese and a dozen other things that you are in the habit of frying?

potatoes, chopped fine, and season with salt, pepper and onion juice. Put this mixture into a greased pudding dish and pour over it a large cupful of thickened tomato sauce. Cover closely and bake for a half hour, then uncover and brown.

Creamed Potatoes Baked, With Onion Flavoring

Peel white potatoes, slice them thin and put them into a saucepan of boiling water into which you have placed two peeled onions. Cover closely and parboil. Drain off the water, take out the onion and arrange the potatoes in layers in a baking dish, covering each layer with a white sauce to which a half dozen drops of onion juice have

the seeds and membranes have been removed; season with salt, pepper, a dash of sugar and a teaspoonful of melted butter. Put this mixture into the tomato sauce in a greased pudding dish, sprinkle them lightly with brown sugar, cover and bake fifteen minutes; then uncover and bake for fifteen minutes more, or until tender all through. Send to table in the baking dish.

Baked Squash

Select small squashes for this purpose. Cut each little squash in half lengthwise and scoop out the seeds and parboil the vegetable until very tender, but not soft. Mix together 1 cup of breadcrumbs moistened with a very little milk, 1 egg, beaten light, 3 slices of onion, minced fine, and 1/2 cup of

layer of cold boiled ham, minced. Over all pour a gill of tomato liquor and bake until hot all through.

Stuffed Potatoes

Peel good-sized white potatoes and hollow out a place in each, leaving a canoe or boat shaped piece. Fill the hollow with a mixture of chopped ham, chopped hard-boiled egg and chopped green peppers, seasoning to taste with salt, pepper and melted butter. Bake until the potatoes are done.

Baked Corn

Take enough corn to fill a pint measure. To this add a gill of milk, a beaten egg, salt and pepper to taste and a tablespoonful of melted butter. Stir in a teaspoonful of sugar and pour the mixture into a greased baking dish. Bake covered for fifteen minutes, then uncover and bake until brown. Serve as one course.

Salmon in Green Pepper Shells

Drain the liquor from a large can of salmon and pick it into pieces with a silver fork, throwing away all bits of skin and bones. Or, poll fresh salmon and prepare it in the same way. Season the fish with salt and pepper and rub into it 2 tablespoonfuls of melted butter. Mix with the salmon one-third as much fine breadcrumbs as you have fish. Have green peppers made ready by removing all the seeds and membranes through an opening made when the top is cut off, laying the green shells in cold water and bringing this to the boil, then letting the peppers get cold in it. Drain them well and wipe them out and stuff them with the salmon mixture. Place side by side in a baking dish, pour a little boiling water about them and



been added. When the fish is full, sprinkle the top layer with minced parsley and set the dish in the oven to bake for a half hour.

Baked Tomatoes

Select tomatoes of uniform size, wash them and cut off the tops. With a small spoon take out the pulp, and add to it enough breadcrumbs to stiffen it. A green pepper chopped very fine, after

grated cheese. Fill the squashes with this mixture, seasoning it with salt and pepper, put them in baking pan and bake until tender all through.

Ham and Potato Scallop

Grease a deep baking dish and sprinkle a few drops of onion juice over the bottom of it. Layer ready hot boiled potatoes, sliced, and lay these in the dish, and on top of them put a

3-bake. If you have a little soup stock, use the instead of the water, and make of it a gravy, thickened with the cornstarch, when you transfer them to a hot dish.

Marion Harland

THE HOUSEHOLDERS' EXCHANGE

IMPORTANT NOTICE

BECAUSE of the enormous number of letters sent to the Exchange, I must ask contributors to make their communications to 100 words, except in cases of formulas or recipes which require greater space.

Beer Seed

WILL you let me into the Exchange with a few words about California beer seed? I have saved the rule printed some time ago...

combinations Americans evolve, as though dictated by an utterly base appetite. The way in which delicately flavored fruits are abused by the use of mustard, horseradish, pepper, salt, etc., is horrifying to me.

Cream of Tartar Baking Powder

Spanish Stew

Some one asked for a recipe for Spanish stew. I copy from a private letter lately received.

made of all and chopped onion, chopped lettuce and cucumber. It is sold upon the streets.

Drives Away Mice

MONDAY BREAKFAST

Spanish Stew

ed boiling water until done. Butter a pudding dish, mix in the meat, season with salt, pepper, onion juice, chopped onion and grated Parmesan cheese.

Homemade Ice Cream

MONDAY BREAKFAST

Spanish Stew

pass upon boxes and drawers where this is used plentifully.

Homemade Ice Cream

MONDAY BREAKFAST

Spanish Stew

of \$5 or \$3 per gallon. The whole process takes but half an hour.

Ripe Cucumber Pickle

MONDAY BREAKFAST

Spanish Stew

chopped, 3 green peppers, seeded; half a pound of white sugar, a scant quart of a cupful of salt, 3 teaspoonfuls of ground mustard; quantity of vinegar, made in a large kettle and boil twenty minutes after the bubbles begin. This will make more than a quart of the pickle.

Home-Brewed Beer

MONDAY BREAKFAST

Spanish Stew

Various small notices and advertisements at the bottom of the page.