

CANDY, PERNUT AND POPCOIRN STAND PROTECTED BY GLASS CASES



EARS ago shoulders were shrugged complacently when protests against dirt were made. "Every one must eat his peck of dirt" was the answer that a reformer would receive. Times have changed. With intelligent directors at the controlling wheel of affairs, with principles that govern the preservation of health, and with the individual's interest in affairs that immeasurably influence his happiness, the peck of dirt has dwindled in quantity and quality

It is astonishing how many open their mouths while eating, and synchronously close their eyes. Candy, bread, meats, fish, vegetables and fruit in a condition that would appal the eater if he but knew are taken into the system and are quick to get in their taken into the system and are quick to get in their deadly work in undermining health. No cheap argu-ments can combat science. "Oh, well," some will say, "our grandfathers knew nothing of this and they lived." Our grandfathers read by candlelight, lived in com-parative discomfort and died from diphtheria; but that is no logical reason for our doing likewise.

As the days go on we should pass toward the light of intelligent and safe living. That movement which effects the food condition is undeniably an important factor in the world's progress.

Harry E. Barnard is well fitted to speak on sanitary food production. As state food and drug commissioner, his experience has been wide, long and deep. He knows the dangers, the facts and the avenues of escape. Let him tell you of the evils that threaten you, and of easy means that can be adopted by which better general conditions will obtain.

By Harry E. Barnard, B. S. now go to market free from the com-petition of cheap imitations. It is state Food and Drug Comm

with benzoate of soda, of milk containing barnyard filth and millions of bacteria, of gelatin, eggs and oysters contaminated with intestinal bacteria, the manufacturers who have faced the federal courts have pleaded guilty to

practices that have robbed the pocketbook of the consumer, but fortunately worked no injury to his health.

worked no injury to his health. After these years of federal super-vision and vigorous state control we are beginning to realize that food adulteration is taking on a new phase and that it is of far more moment to the consumer to know his food is made in clean factories, by healthy workmen, from sound materials, than that it is properly labeled as to the place of production or the percentage of glucose or butter fat. In other words, it is now apparent that many foods, though chemically satisfactory, are sanitarily unfit to eat. All this means that the work of the pure food official goes beyond the

eat. All this means that the work of the pure food official goes beyond the laboratory and the analysis of sam-ples suspected of fraudulent adultera-tion and centers about the place of manufacture and the distributing agencies.

The food officials of the so-called The food subset of the so-called pure food states carly saw the need of active work for clean food, but be-cause of the pressing need of driving out food frauds were unable to give much attention to the work until the

out food frauds were unable to give much attention to the work until the federal food law came to their rescue with its far-reaching control ever the character of goods entering interstate shipment. And then 'hey found an opportunity to act, and through a committee of their own members framed a bill known as the sanitary food bill. The winter after the bill was prepared it became the law of eight states, and in its original form, or but slightly modified, it is now be-ing enforced in most of the states. This measure does for clean food what earlier laws have done for pure food. It places in the bands of the officials who enforce it a vigorous, effective wespon with which to fight dirt at the factory, unclean methods of handling, insanitary conditions wherever food is manufactured, toract, transported or distributed it/makes it the duty of the dealer to pure to look to the nealth of his employes, for the transportation com-any to refuse to carry poorly packed form.

foodstuffs. The enforcement of sanitary food production is a subject that is full of interest for the health officer; it should be of even greater interest to the house-wife. For the first time since pure food laws were placed on the statute books the consumer cane for herself give active assistance to the crusade Unlike the enforcement of earlier

Unlike the enforcement of earlier food laws, sanitary work must be done where the food is made or handled, and does not stop after a single inspec-tion. It was possible with one analysis to secure changes in formulas and labels; it is almost fruitless to secure sanitation with one inspection. The

sanitation with one inspection. The new field of labor must be entered by the consumer if the law is to yield real results. The health officer, in whom is usually vested the local en-forcement of the law, cannot be ex-

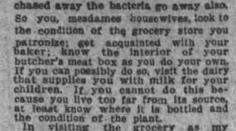
to sacrifice much of his time and run the risk of losing patients and making enemies for the sake of the opportunity to do something toward a lower death rate.

THE OREGON SUNDAY JOURNAL, PORTLAND, SUNDAY MORNING, MARCH 24, 1819

THE PEOPLE'S INSTITUTE OF DOMESTIC

rate. But however energetic he is, how-ever willing he may be, he cannot give of his time to visiting dirty basements and unclean warehouses, ill-kept res-transies and the base of the series of the western states, where the women use their influence and vote as well in all movements for the general good, dr by the western states, where the women use their influence and vote as well in all movements for the general good, dr by the unpaid—1 am tempted to say, un-welcome—volunteer, who, seeing an opportunity to improve sanitary con-cutions, goes ahead and does it. The is where the progressive women's envice. This is the way for women to onter public affairs through an avenue closed to men, and for reasons but it. the understood by them. The housewife is mined sanitary officer. She has been practicing the principles of sanitation in her kitcher form the day she made there her first int of dishes. What we officials, who are re-ponsible for the enforcement of pinal forces with which to do the nee-ponsible for the enforcement of pinal forces with which to do the nee-ponsible for the enforcement of pinal forces with which to do the nee-ponsible for the enforcement of pinal forces with which to do the nee-ponsible for the enforcement of pinal forces with which to do the nee-ponsible for the enforcement of pinal forces with which to do the nee-ponsible for the enforcement of pinal forces with which to do the nee-ponsible for the set is to have every be and the day when the force of the set of the set of pinal forces with which to do the nee-ponsible for the set of the set of the set of the set of the pinal forces with which to do the nee-ponsible for the set of the set of the set of the pinal forces with which to do the nee-pinal forces with which to do the nee-p

women's club, every neighborhood cir-cle, yes, every housewife, know the provisions of the sanitary food laws and then, as self-appointed deputies, go about the business of enforcing them.



So you, mesdamee bounewives, look to the condition of the grocery store you patronize; get acquinted with your baker; know the interior of your butcher's meat box as you do your own. If you can possibly do so, visit the dairy that supplies you with milk for your children. If, you cannot do this be-cause you live too far from its source, at least know where it is bottled and the condition of the plant. In visiting the grocery as my deputy sanitary officer, I expect you to note carefully everything to which you would raise objection if you saw it in your own home. If you see un-covared dried fruits, exposed to all the dust of the store, to attack by files and insects, it is your ideas of cleanliness and, as well, in violation of aw; if you find his cracker bins open, shut the covers down-sham then, if you will; the noise will call the grocer's attention to your work quite as effectively as another discussion of dust and dirt; if you find candies, without first washing and cooking, unprotected, stary by it until it is cov-ered up with some form of dustproof are crusading in the interests of some showcase manufacturer, tell him "No; in the interest of the health of your pare." If you find your suggestions unappatrons."

If you find your suggestions unap-preciated, go with your trade to a grocer where your right to know



SHOWING FOOD EXPOSED TO DUST AND DIRT OF THE STREET,

Sanitary food is food free from bac-teria that might do harm to the con-sumer. Sanitary food production is the employment of methods of work that so protect the food that these bacteria do

# QUESTION FOR YOU

E ARE going to place you on the witness stand for a few minutes. The cross-examination need not be feared and we feel sure that your replies will drive home some important truths, and materially benefit our readers and writers.

is not the leading article on this page of value to you? Do you not feel that you know more about the science and art of the home than before you read it?

The fact is indisputable that homekeeping, with everything that the word entails, has been bolled down to a science and can be governed by truths and laws that will decimate labor and multiply efficiency and suc-cess. Is this worth while?

cess. Is this worth while? If an opportunity were given you to hear a great writer or lecturer, noted for reform, for successful work in the betterment of general con-ditions, or for a big heart and brain devoted to helping others, would you refuse? That is what we are giving each week. No longer does the housewife acquiesce in things and work as her mother's mother did. The successful woman is moving with events. Progress is a great force that takes intelligent beings with it. This page stands for progress. Thank you. We know your answers. Next week Grace M. Viall will speak on the "Value of Home Eco-nomics."

nomics.

machinery is of metal, and that the walls are tiled or painted white. You

will be pleased with your peep into the

great oven and long for a taste of the

loaves you see browning there. And then, after you have about concluded

that your baker is able to satisfy the

critical taste and caprices of a sanitary

officer, ask him how he handled the

officer, ask him how he handles the

loaves he takes from the oven and sends

oncer, ask aim now he handles the loaves be takes from the oven and sends on the long road to the consumer. If he is the kind of baker I think you patronize, he will show you a room off the bakeroom where hundreds of even-shaped, uniformly colored loaves are cooling on iron racks and where hundreds of others are being done up in clean paper wrappers by nimble-fingered girls. Possibly you will find your baker is using automatic wrap-ping machines, just as he is useing automatic machines for almost every other process in the bakery. If he is, you may be sure that your bread is clean-clean not only at the bakery, but clean when it gets to your home. And now after you have made the pleased with your choice of mer-chants, or somehow not very hungry? You have done a great deal more than satisfy an life curiosity. You have put in motion the tremendous power of the purchasing housewife to secure for yourself and her family a clean food supply.

for yourself and her family a clean food supply. And now, as your finals act as deputy food inspector, you are to make your report. If you find condi-tions grossly insanitary, you will make it to your own health officer. If you do not think it necessary to go that far, if you know the men with whom you trade so well that such action is not necessary, take the story of your first day's labors in behalf of pure and clean food to your club and with it as your text make converts

with it as your text make converts of every listener to the cause of

animal that enters them, never finding one unfit for food. although the work of the federal inspectors shows that thousands and thousands of both cattle and hogs are every year condemned by them as diseased.

Ask the proprietor to turn on the light in his meat box and refrigerator. Go inside and see if it is as clean as your own. Note the absence of mold, rancid grease, slimy meats. Is the odor sweet and suggestive of din-

mold, ranch grease, slimy meats. Is the odor sweet and suggestive of din-ner? Is the box used for cooling of other foods besides meat? And if so, ree they kept in a separate compart-ment? Look at the sausage grinder and the meat saws, the blocks. Are meat? Does your butcher have mar-ble-topped counters? Does he expose meat on top of them where it can be meat on top of them where it can be or files? If he does suggest again that the sanitary law is being vio-lated and the hungry feeling of his customer entirely assuage. To next to the bakeshop. I am sur-the delicious odors of fresh bread and ploy cakes come foating out to meet you will not be satisfied to slay in the abserty business. You will ask to be conducted to the Mary Ann back. And you may find that, much to your sur-fish, the back is down in the basement in an unventilated, badly lighted, four-meiting cellar. You may see there you go that the material from which he doors patched or broken, cov-red with dirt and dough; you may won and a week oid towel serving the abilities and a week of the workmen. You may we had he doors patched or broken, cov-red with dirt and dough; you may won the floors patched or broken, cov-red with dirt and dough; you may won the diverse and look around to find be stable. Perhaps you will ask to the play fully run up and down the slde phayfully run up and down the slde phayfully run up and down to find be stable. Perhaps you will ask to the phayfully run up and down to find be stable. Perhaps you will ask to the phayfully run up and down to find be stable. Perhaps you will ask to the phayfully run up and down to find be stable. Perhaps you will ask to the phayfully run up and down to find be stable. Perhaps you will ask to the phayfully run up and down to find be stable. Perhaps you will ask to the phayfully run up and down to find be stable. Perhaps you will ask to the phayfully run up and down to find be stable. Perhaps you will ask to the phayfully run up and down to find be stable. Perhaps you will ask po the phayfu

which you never dreamed of before, you will not only lose your taste for that particular baker's bread, but you will point out to him how in some dozen ways he is running his shop-in viola-tion of the laws of decency and the sanitary food statute. But I do not think you will be so un-fortunate as to find this kind of a bake-shop. There sren't any more of that class. You will probably find the bake-shop where the oven is fairly clean; you will find the bakers dressed in white linen suits; you will note that all the which you never dreamed of before

How else can we expect to make our efforts for law enforcement br -results? If there is any other way, f have yet to hear of it. We can in-spect and arrest, and repeat the treat-

sanitation.

TTTH the passage of the federal food law in 1906, the practice of food adulteration was made no difficult that now.

years later, the gross forms of ad that had enriched manufacturers and dealers are never found. The law is doing its work of suppressing food fraud, and every consumer's table is the safer for it. It is comalling proper labeling, and the reducts of the honest manufacturer

eliminating fake weights and substi-tutes; it is driving out artificial col-ors and bleaches. It is faithfully serving the people by protecting them against the dishonest dealer. Thus far it has done its work well. But now, looking back over the long lists of successful prosecutions, we are astonished to find that so few food cases have really concerned the public health. With the exception of the cases that have involved the sale of goods made of decomposed raw ma-terial, such as tomsto products put up eliminating fake weights and substi-

Fotato Croquettes Asparagus with Mayonnaise Cottage Pudding Foamy Sauce Coffee

Potato Croquettes

Beat the yolks of 2 eggs light and

add to 2 cupfuls of mashed potato.

Mix well. Add 1 tablespoonful of

dry and perfect a covering as the whites alone. The egg is put over

whites alone. The egg is put over the croquette mixture because the albumen coagulates as quickly as it is submerged into the hot fat, thus protecting the mixture inside from soaking up the grease and breaking to pieces. It is economy to use the while of the egg which should be

white of the egg, which should be beaten slightly and mixed with suffi-

cient cold water to make a thin cov-

clent cold water to make a thin cov-ering only. This not alone makes a better and more delicate croquette, but the egg goes further. Breadcrumbs are specified because they make a better covering than cracker crumbs. To fry means to immerse in hot fat.

To saute means to brown first on one side, then on the other; and in the majority of cases it is better to fry than to saute things. The fat should

than to saute things. The fat should be tried for its temperature, and the best test is to use a small piece of bread. If it browns quickly, the fat is ready for frying already cooked articles, such as croquettes, etc. If it browns more slowly, then it is ready for frying raw articles, such as doughnuts, etc. With some fats, to be smoking hot means that they are too hot for frying, and the person cooking should learg to test the fat properly.

when the fat is too hot, the article burns; when too cool, it becomes grease soaked before frying and often

THURSDAY

BREAKFAST Cereal cooked with Dates Eggs a in Benedictine Coffee

LUNCHEON

DINNER

Cream of Corn Soup Cannelon of Beer Brown Sauce Potato Souffle Beet Greens Egyptian Pudding

Cookles

Cacils of Lamb Tomato Sauce Siewed Fruit

breaks to pieces.

Contraction of the local division of the loc

terial, such as tomato products put up

forcement of the law, cannot be ex-pected to give sufficient time to the work to keep every manufacturer, ev-ery dairyman, every baker and butcher and grocer in his community under supervision. I say he cannot be ex-pected to do this because it is a most unfortifinate fact that in this country the health officer is less appreciated than the tax collector and more poorly paid than the policeman. He is usual-iy a public spirited, well educated, progressive young physician, who sees the need of medical control of health affairs in his town and who is willing

not find an opportunity to reach it. San-itary food distribution is the handling of food between the factory and the kitchen door under conditions that make it impossible for dirt from hands, street, or carrier to come in contact with it.

"It is not necessary to do this kind of sanitary work with the microscope or a culture tube, for it has been demonstra-ted that bacteria and dirt are always found together, and that if dirt is

meat comes from. Then ask if the abattoir is under government in-spection. Look for the oval purple stamp and the words "U. S. Inspected and Passed" on every quarter of beef or pork. If you don't find it, ask "why?" Don't buy meat for your table that is not prenared at an in-spected slaughterhouse. Remember that uninspected meat is very apt to be from an animal that would not pass inspection. Recall the fact that there are thousands of local shops in the country that kill and sell every country that kill and sell every

have yet to hear of it, we can in-spect and arrest, and repeat the treat-ment as often as we have time to get around, but such methods will not teach sanitation and they will turn from tradesmen's pockets into the funds of the police court the money that could far more properly be spent for soap, water and good, effective labor on bended knee. So, on behalf of the grocer and butcher and every purveyor to the dining table, as well as on behalf of an uneducated public and a careless consumer. I urge you to keep up the good work and never through the markets and come home gratified with what you have seen, sure that in your town at least sani-tary food is a reality and not a vision.

# MENUS AND RECIPES FOR A WEEK FROM AN EXPERT IN COOKERY

This department will be in charge of a different instructor every month. The plan will give the housewife the benefit of wide and varied experience, and will present topics of interest to all.

### Conducted by Helen Louise Johnson MONDAY DINNER Noodle Soup Cold Rossi Lamb Mint and also Brown Sauce BREAKFAST

Stewed Prunes Cereal Cream Bolla Liver and Bacon Bolla Coffee LUNCHEON Cauliflower Salad Wafers Cheese DINNER

Vesotable Soup Soudins of Chicken Baked Potatoes Floating Island Coffee

Boudins of Chicken

For every cupful of cold cooked opped chicken meat take 1 tablespoonful of melted butter, 1 tablespoonful of breadcrumbs, 1 egg, 1/4 of a cupful of milik, a little chopped parsley and salt and pepper to taste. Add the breadcrumbs to the melted butter and when well mixed add the milk. As soon as the milk is heated take it from the fire, add the chicken meat, seasoning and the beaten egg. Stir together well. Fill small greased custard cups or souffle ns about two-thirds full of the mixture nd atand these in a shallow baking pan alf filled with hot water. Bake in a noderately hot oven for 20 minutes. The bouding should bake as do custaris nd be turned out of the cups or tins then served. They may be served with or without sauce.

> TUESDAY BREAKFASI Fruit Creath Codfish Cakes Coffee LUNCHEON Cream of Pea Soup Prone Souffle DINNER Chicken Soup Roast Lamb-Boiled Potatoes, Butter Sauce String Beans Mint Sherbet Coffee Mint Sherbet

Take a small bunch of mint and mac-rate the leaves, adding to them the nice of 2 lemons. Let them stand, overed, for some lifteen or twenty minovered, for some lifteen or twenty min-res while the syrup is being made. Dis-elve 2 cupfuls of sugar in 2 cupfuls of water and cook without stirring until he syrup spins a delicate thread. Take from the fire and, while the yrup is bot, add the mint and iemon mice and a half cupful of orange juice. Tool, strain and freeze. The sherbet bould be frozen with a mixture of est rould be frozen with a mixture of sait ad ico, half ice and half sait, to make coarse grained and rather snowy. This berbet may be served with a meat aurse when desired at a long course

# WEDNESDAY

BREAKPAST Rileed Oranges and Bananas Gridole Cakes Cottee LUNCHEON

## Eggs a la Benedictine

Cut English muffins in half and toast. For each half delicately broll a round piece of ham, cut to fit the muffin, or a bacon, using whichever is preforred. Lay the slice of meat on the toasted muffin and keep very hot while the eggs are posched, one for each half muffin. Put the eggs on the meat on top of the muffin and serve very hot with or without a sauce. When served for breakfast the eggs are served with-out a sauce, but when used as a lunch-eon dish it is usual to serve them with a bechamel, sauce supreme or even sauce hollandaise.

# Cecils of Lamb To every cupful of cold chopped lamb allow i egg, i tablespoonful of butter, i tablespoonful of bread-crumbs and seasoning to suit the taste. Mix all the ingredients togeth-er in a saucepan over the fire, adding brown sauce to moisten if necessary. Cool form into small round bally. Mix well. Add 1 tablesponful of chopped parsley, 4 tablesponfuls of cream, a very little onlon julce, salt and pepper to taste. Stir together in a saucepan over the fire until the potato is heated through and, sticking together, comes away from the side of the pan when stirred. Cool, make into cork-shaped cro-quettes, cover with egg and bread-crumbs and fry In deep hot fat. When croquettes are to be fried, certain points are to be noted. In the first place, the egg called for al-ways means whites and not yolks. Yolks have sufficient albumen to make a grease-proof covering, but they have also so much fat in them-selves that they will not make so dry and perfect a covering as the Cool, form into small round balls, cover with egg and breadcrumbs and fry in deep fat.

<section-header> Egyptian Pudding

FRIDAY BREAKFAST

Grapefruit Scrambled Eggs German Fried Polatoes Popovers Coffr LUNCHEON Chesse Fondu Strawberry Shortcake DINNER Tomato Biaque Halibut a la Delmonico Steamet Potato Balla Bot Slaw Watercress French Dressing Fincapple Pudding Coffee

Popovers

Popovers Many seem to feel that there is some secret in making popovers, but this is not the case. All that is needed is to realize that the recipe calls for less flour than seems practical to the begin-ner. Do not add any more flour than the recipe asks for and follow direc-tions carefully. This rule should bring out good popovers every time. Take 2 cupfuls of good bread flour and put in a howl. Get the popover pans heated and

greased ready for the popover mixture before you mix it. See that the oven is in longer can buy exceptionally good good baking condition. Beat 2 eggs very light, but without separating. You cannot make popovers if you separate the yolks and the whites. Add 2 cupfuls of milk to the eggs and beat again. Pour this liquid upon the flour gradually, beating steadily, and beat out all the lumps in the batter before all the liquid. is added. It will make a thin batter, from which it will be impossible to re-move the lumps if the batter is not beaten smooth before all the liquid is added. When all is added, beat with a Dover eggbeater until foamy, turn into the popyer pans at once and bake 25 minutes in a quick oven. To be good, popyers should be served at once. Cheese Fondu

Cheese Fondu Melt 2 tablespoonfuls of butter, add 4 tablespoonfuls of figur, mix until smooth and well cooked. Add 1 cupful of milk and stip as if making cream sauce until the mixture becomes thick. Take from the fire, add the beaten yolks of 3 eggs, 4 tablespoonfuls of grated cheese, 1 tea-spoonful of sait and ½ teaspoonful of paprika. Mix thoroughly. Add care-fully, folding them in, the beaten whites of the eggs, and turn the mixture quickly into greased souffle dishes, in-dividual, or one baking dish if pre-ferred. If in small dishes, bake in a large dish, 20 will be necessary. 1 Halibut a la Delmonico

Halibut a la Delmonico

Halibut a la Delmonico To 2 cupfuls of mashed potato add 1 cupful of hot milk and the beaten yolks of 2 eggs. Thoroughly mix and season with salt and paprika. Grease a baking dish and line with the potato mixture. Cover with a layer of bolied halibut, over which should be put a layer of bechamel sauce. Repeat, putting be-tween each layer of shredded fish a layer of sauce. Cover the top with a layer of the mashed potatoes, sprinkling over the top with greased breadcrumbs mixed with parmesan cheese. Brown for 15 minutes in a hot oven and serve at once.

# SATURDAY BREAKFAST Beet Hash on Tossi Buttered Tossi Coffee

LUNCHEON Deviled Oystern Cabbage Salad DINNER Boiled Potatoes Boiled Cabbage Fried Parsnips Baked Indian Pudding Coffee

# SUNDAY BREAKFAST

Shad Ros Muffins Muthine Coffee The following recipes are given merely because they are everyday affairs. It is actually easier to find good recipes for dishes one uses three or four times yearly than to find the best recipes for the most variable ar-ticle put upon the table, and almost the most difficult to procure well made. The old-fashioned coffee, the kind of coffee our grundmothers used to brown for themselves or buy after a ripening in bond houses, which developed the flavor and pro-vided a rich and delicious beverage,

has entirely disappeared. We no coffee. The best coffee at the most reasonable price is to be found, generally speaking, at the best grocerles. And it will pay the housekeeper to do some experimenting for herself in the matter of blending coffee. Buy a pound of cheap coffee

<text> utes.

minutes. The enucepan is suggested because, if it has a lightly fitting cover, it loses less arotu than the ordinary coffee pot, and if is extremely easy to keep it clean. No old odor of coffee clings to a smooth saucepan; but care should be taken not to cook onlong and coffee in the same nan.

# DINNER

Crean of Tomato Soup. Two out the contents of one pint can of tomatoes into a succepta, add i to one onlot, is buy leaf and i spring the of onlot, is buy leaf and i spring the store. Scald i quart of milk but together a tablespoonfulls of built with the store. Scald i quart of milk the store is consistent of a data of the store is to be south and add to the milk in the following manner. Add the milk in the following manner. Add the milk in the following manner. Add the store is to be sealed wilk and the store is to the scalde milk and the store is to prevent the south the store is of august and is teaspoonful i teaspoon and of august and is teaspoonful i south

dissolved in a little hot water to the tomatoes and take them from the stove. Do not get careless at this point and think the soda will dissolve sufficiently in the tomatoes without the previous dissolving in the warm water. The success of this soup depends upon careful-ness in details. Strain the milk into the tomatoes, season with sait and pepper and serve at once. Do not add the tomatoes to the milk; add the milk to the tomatoes and serve at once. This soup cannot be reheated. If the direc-tions are faithfully followed, there is no reason why the soup should separate.

Chicken a la Casserole

ever is added should have time enough to cook inder. Potatoes may be used, often are; but it is better to cook the potatoes separately in some way and serve with the casserole than to cook them in with the other things. A half hour before serving make a thick brown sauce by browning a talespoonful of butter, adding 2 tablespoonfuls of four and thoroughly browning while rubbing smooth. Add some liquid from the casserole until smooth enough to add to the liquid in the dish. Season with salt and pepper and 1-3 of a cupful of aherry. Serve in the casserole tish. Sauce Hollandaise

## Sauce Hollandaise

Bauce Hollandaise Beat 4 tablespoonfuls of butter to a cream. Add the volks of 2 eggs, one at a time, beating each time thoroughly or until very well mixed. Add ¼ teaspoon-ful of white pepper, ½ teaspoonful of eak and ½ cupful of hot water. Cook over hot water, stirring steadily until the mixture thickens; then add the juice of half a lemon, remove from the fire and serve at once.

### Biscuit Glace

Put 2 cupfuls of granulated sugar and a pint of water in a saucepan over the fire. Stir until the sugar is dissolved and cook until the syrup spins a thread. Watch carefully, but do not stir or the sugar will grain. Beat the yolks of 6 energy very light, strain the syrup on them, beating steadily until the mixture is thick and smooth. When cool add 1 tensponful of vanilla, 4, cupful of sherry and a tablespoorful of run. Some prefer maraschine to the sherry, in which case less should be used. Turn

the mixture into a freezer and stir carefully until it has begun to thicken. Add 1 pint of cream whipped to a stiff dry froth and mix well. Remove from the freezer and fill the biscuit glace cases. Pack and allow to stand until cases. Pack and allow to stand until thoroughly frozen. To pack, first see that the freezer or case is properly packed with salt and ice. Put a layer of cases on a piece of linck pasteboard on the bottom of the freezer. Lay a simi-lar piece of pasteboard over this layer of cases, and put another layer of cases on top of this. Repeat this until the cases are all packed, using paraffine pa-per between each layer as a protection to the cream mixture. The freezer chould be packed with salt and ice sufper between each layer as a protection to the cream mixture. The freezer should be packed with salt and ice suf-ficiently long before the cases are put in it to become thoroughly chilled, and then the biscuit must stand at least two hours to freeze properly. Grate stale macaroons over the top of each case just before serving. All sorts of mix-tures may be used with the above syrup and cream. Chopped giace fruits may be added, different flavors used, etc.

SUPPER

### 0 Salad Marengo Bavory Sandwiches THEFT. Salad Marengo

Salad Marengo """ Carefully clean and parboil a pair of calf sweetbreads. Remove the mem-brane, out in pieces with a silver knile and chill. Boll 2 eggs hard. Take 1 head of curly lettuce. Remove the outer leaves of the lettuces to use for serving and shred the remainder, the more tem-der part. Cut 3 good-sized truffles into shreds or strips. Rub the yolks of the eggs through a sieve and out the whites into smail dice. Carefully mix the sweetbreads, whites of eggs and truf-fles and marinate with a small quan-tity of French dressing. After standing an hour, drain, mix with the shredded lettuce and mayonnaise dressing. Berve on the outer lettuce leaves garnished with the yolks of the eggs. Tills of Fare With Noonday Dinners Bills of Fare With Noonday Dinners

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	DINNER	
A 100-16 -10	Tomato Soup	1. 1. 3. 1.
Barris Barris	cended Veal Cutlets	Rept Rearing
	Baked Macaroni	
Lettnee	Salad, French Dr. Sponge Pudding	essing
And a second second		And Inst
1	Coffee	
	SUPPER	
	Baked Hash	Line Mart By Million
Ten	Biscuit and Hone	7
	Sliced Oranges	Star - Marriel
Start Contract	Cake	C. C. F. M. HALE
	II	「こう」に自由自知
Carl In a serie with	the same of the second second second	a station where
	BREAKFAST	1713 B. B. A. A.
Céreal	And the second second second	Creatin
1022 319 1935	Bollad Eggs	and the second second
Muilins	DINNER	Coffee
12 25 3		Division States
	ream of Bice Houp Mashed	The design of the local states
Pot Houst Baked Cabbag	hiamed	ttered Beeta
POVED CODE	Tuit Blane Mance	round peels
(4).49 - 54 Th 2 40 M	Contraction of the second s	1000 1000
Val Boud	SUPPER	to Sauce
Canned Fruit	A CINE	Cale
County Prairs	The state of the s	
	III	The second second
Carlos Ilas	Contraction of the local division of the loc	Contraction of the second
2 S. J. B	BREAKFAST	
The second second	Stawed Prunes	CEAL SAL
Fried Smelts	Orean	ed Potatoes
Ralla	DINNER	Coffee
States and the state	- Contraction of the second second	
minthe area	Clear Soup	1. 20E. 31
Broiled Steak	French Fri	ed Potatoes
opidado	SUPPER Fruit	Tapioca
State of the second second	Bert Stow	22
Taked Ratebay	and show	

Corned Beef Caulifiowet

Strawberries Creamed Pointons Coffee

Cream of Tomato Soup Chicken a la Casserole Caulifiower Biscuit Gluce Coffee Cream of Tomato Soup