

THE PEOPLE'S INSTITUTE OF DOMESTIC



THE FIRELESS COOKE



you not that, with fust a dash of sheptieless and suspicion, you feel that you have given us a sturning blow. But you are We are going to let you kunt for your over answer. It is here, presented by one thoroughly competent to speak of her subject. There are, however, a few important facts to be brought to your notice: fireless cooker reduces the fuel bill une-half; it causes less waste in material, due to heat, a reast, for example, shrinking one-third of its bulk in an ordinary even and one-eighth in a fireless cooker. A fireless cooker economizes time, utensils and energy. Is

Not only is the construction of the cooker dealt with in convincing and understandable terms, but Miss Builey, from her eture of experience, has furnished you

sense of olden times, is here in modern progressive form. It is here because the fittest has survived. Its small cost and great convenience are two factors that ld never be ignored in any up-to-date household management. Read for yourselves of the old-new friend that is being introduced to you.

By Ida Cogswell Bailey

HERE is no adaptation of modwrn times in household science that has caused so much interest, and at the same time proround so much criticism, as the fireless cooker. However, this principle is not at all new, having been used for centuries by out-of-door people, who dug a hold in ground, lined it with rocks, built a within the opening, and when it died away and the stones were set in the article to be prepared covering it with earth and stones, it to cook by the incased in the barbecue" of the west and nbaks of New England are lications of this principle, dreds of years this same m been applied to baking. In a brick or stone oven was made the chirks plastered with Clay, fre was built in the oven and, when bricks were sufficiently hot, the coals the bricks were sufficiently hot, the coals were raked out and the foods to be seeked put in their place. Such an oven is among the wonders of old Pompell. To come down to colonial times, the same type of oven appears in the quaint houses of the period, being, in this case, built into the wall. These ovens are still seen in our bakeries and in the central bakeries of Italy or Spain. During the middle part of the nine-teenth century a fireless cooking box, or "automatic kitchen." was made in Norway and exhibited at the Paris exposition in 1867. It consisted of a box position in 187. It consisted of a box lined with hay into which a kettle of boiling liquid was set containing the feed to be cooked. This was then closely covered with hay and, the lid befing closed light, the heat of the colline liquid was conserved through being closed light, the heat of the solling liquid was conserved through the medium of the hay, which is a non-conductor of heat. Although this cooking box caused considerable comment at the time, it was not generally adopted until later, when it was put to practical test in the German army. Progressive German housewives began

to use it in their households, obtaining very satisfactory results, and in 1905 the United States government conducted a series of experiments which proved it practicable to the American The advantages of the fireless cooker are innumerable. Probably the one appealing foremost to the average house-keeper is the possibility of reducing the fuel and food bills. This is true whether gas or coal is used. In fact, it is extremely impracticable to use a gas stove without the supplementary aid of the without the supplementary aid of the cooker, as many housekeepers feel that they cannot serve inexpensive meals, cornbeef, casserole dishes, soup stocks, baked beans, etc., while burning gas, because of the excess fuel needed to cook them, and consequently buy meats demanding quick cooking (which are siways more expensive), beans at the bakery, and depend on soup capsules for stock at 2½ cents per cup! By using the freless cooker with persistence and thoughtfulness, the gas fuel bills can be reduced half, and the food bills one-third by purchasing more inexpensive food, necessitating longer cookery; moreover, the variety of dishes in the daily menu will be largely increased, and the health of the family will be much improved, because the food will be more theroughly cooked, of better flavor and consequently more easily dioker, as many housekeepers feel that flavor and consequently more easily di-

materials and fuel that must be empha-sized, but of space on the stove—in fact, for a small family or for camp use, a range as not necessary, a gas-plate or good kerosene stove and a fireless cook-er serving the purpose admirably. Bonomy of food materials can be fur-ther mentioned in that the fireless cooking causes no shrinkage, and consequently less waste, A roast cooked in an ordinary oven shrinks about one-third of its original weight; in the firetens cooker it shrinks approximately one eighth of its weight, that being due to the natural cooking out of the juices. All fixvors are conserved, as the foods All flavors are conserved, as the in air-tight utensils, and be cause the flavors are saved, all disagree-

But it is not only economy of food

OW can a cooker cook without firs? And as

with recipes and a typical "fireless" meal, which will serve as a guide in future cooking. The fireless cooker, although a relie of the good

able conking offers are averted. It is not often realized that every whiff of bolling soup or ment or vegetables throughout the house is just so much flavor lost from the food-a distinct waste, having the added disagreeable feature

of scenting the house from attic to rellar. The saving in utensils is great, an in using the cooker there are he blackened, sticky kettles to weah, therefore, all soraping is averted, and the utenidialast longer; this same principle makes dish-washing easier, thereby emphasis-ing economy in time. These sdvantages are particularly ap-a

pealing to women who are progressive enough to realize that it is unnecessary to spend every minute of the day is to spend every minute of the day in the kitchen, who enjoy an occasional afternoon lecture, a round of calls or a quiet stretch of uninterrupted time with their sewing or books. Such women have learned that the casserols, stew, meatloaf, pudding or brown bread for supper, or three or more of these dishes at once, can be prepared and left in the fireless cooker for some hours, and be of the right temperature for serving when meatline arrives. For serving when mealtime arrives. ich women, for working women r girle living together and prepa for girls living together and preparing meals in their rooms, the fireless cooker is a real boon. The rooker can be made most attractive in appearance and be used in any room not ordinarily used for cooking—which is of interest to people doing light housekeeping.

Another great advantage of the freless cooker over the crainary

fireless cooker over the ordinary range is its absence ous heat during the summer months. If the housekeeper has a range, she can let the fire out soon after breakfast, put her dinner in the cooker with a kettle full of boiling water in one of the compartments for dish-washing, and carry on the rest of

the day's work at leisure.

All of this sounds unbelievable, but it is true. It has been proved and is being used and adapted by thousands of housekeepers throughout the country. But it means that "persistence," "courage" and "ingenuity" have been used to the utmost until a working. used to the utmost until a working used to the utmost until a working knowledge of the cooker is acquired. The day of the hastily improvised cooker is long since past, although it has its use and can be readily constructed when necessity demished. A barrel or large box is frequently used for the purpose, being lined compactly with hay. The article to be cooked is allowed to boil for a few minutes, is hurriedly slipped into the hay nest, covered closely with hay and allowed to simmer until done. This type of fireless cooking is rather indefinite, slow and satisfactory only for cereals, tough meats and soup stock, which need simmering. It is also particularly useful in keeping various dishes warm, as in picnicking, etc. It is very easy to construct a cooker at home which will not only simmer and stew, but boil, bake and roast as well, will be of convenient height to work at, be properly the cooker is accurred venient height to work at be properly insulated clean and compact. Various shells can be used as foundations, an old army box set on legs is admirable, a small, old-fashioned teebox opening from the top is excellent, a trunk ful-fills the purpose very well, or a pack-ing box made of three-fourths or seven-eighths inch stock is most satisfactory. Such boxes may be purchased at any grocery for 15 or 20 cents, and in choosing care must be taken to procure one having a stout, close-fit-ting cover. For a one-compartment cooker choose a box from 2 to 3½ feet long, about 2 feet wide and 2 feet high. In making one containing two parts, allow 1½ feet on the length to allow for extra insulation between compartments and for the extra receptacle. Any number of materials can be used insulation, the more common ones be-ing hay, shredded paper, excelsior, mineral wool, charcoal, sawdust and wool waste. In the homemade cooker sketched in this article, sawdust was used for insulation, with cardboard for lining, and it was found to give excel-

In constructing a homemade cooker like the one illustrated, the following materials will be needed. The ap-proximate cost of each is given beside the item. The cooking utensils are

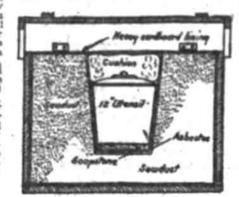
questly in the house.

Cost of Honomade Cooker

parking his major and the last of the last

The construction of the cooker, with suggestive dimensions, le completely shown to the diagram. First of all, choose the general utensity to suit the need of the family.

A good size to one holding from six to eight quarts. The bux must be completaly lined with the cardboard sheeting, the olden fruct hack and bottom
being rul to fit exactly, and fastemed
into plane with airong give. Next, a
layer of absolutely dry as wdust must
be packed into the bettom, fully six
inches these, then the ultical must be
set in position and the sawdust pasked
around it to the top of the box. The
utenal may then be, carefully removed
and the resulting hole be lined with
authories. This is a very simple process,
the base being indicated by the bottom
of the utenal choisen, a strip being rul detaly lined with the cardboard sheetthe base being indicated by the bottom of the utensil choisen, a strip being gut the depth of the utensil and sewed over and over about the base, as children sew a paper but. It is then seamed up and is ready to slip into piace to build the sawdust in firm position. Before this is done, however, the inp linding must be adjusted. To do this, cut a piece of cardboard to fit the top and mark the center. Then draw a circle with a compane, or string and pencil, the diameter of the chosen utensil. With the sciences cut from the center of this circle to the edge, making fape. With the acissors out from the center of this circle to the edge, making flaps. Bend these back and fit the top into place, tacking it lightly along the edges of the box. The flaps will lead it securely in the hole. Now put the give to a depth of six inches on the outside of the achestos collar or box, slip it into the hole and press it against the flaps. The box will then be lined and



Cross-section of Cooken

thoroughly insulated. Cut a second circle of aspectos and press into the bottom of the receptacle hole, that there may be no danger of fire from the hot sometions. Make a round cushion of strong muslin, fill with sawdust four inches thick and sew a round of aspectos on the bottom. This is to be used to put on top of any boiling article to conserve the helit, and it must fit perfectly. The upper part is left without asbestoe, because it is seft and will therefore fill in the space to better advantage.

better advantage.

It will be found easier to put the 1% It will be found easier to put the 1%inch cleat around the cover and to adjust the hinges and fastenings before
packing in the lining. The most satisfactory fastenings seem to be hooks and
screw eyes, one being used on each
end and three across the front. In
making a gooker containing two compartments, it is more satisfactory to
saw the cover in two parts, adjusting
them with separate sets of hinges as them with separate sets of hinges, as otherwise the heat is taken from the supplementary compartment in opening the first. It will be noticed that the the first. It will be noticed that the dimensions given are unusually high. That is done to facilitate ease in using it, to prevent, in other words, the backbreaking process of unnecessary lifting and lowering heavy kettles, stones, etc. If a commercial fireless cooker is used, set it on a bench or table to bring it to the proper height and keep it near the stove or gas plate, so that it will not be necessary to carry the kettles a long distance. The cooker may be used as a seat, a play table for the children or can retire absolutely from sight beneath the kitchen table.

The majority of homemade fireless cookers do not possess the stones or

cookers do not possess the stones of radiators necessary in carrying on bak-ing and roasting. The old-fashioned soapstone "footwarmer" can be used; in this case, as the stones are usually oban this case, as the stones are usually ob-long, an oblong opening must be made and an oblong utensil be used for cook-ing. For this purpose dinner pails of varying sizes can be utilized or a utensil be made to fit by the tinsmith. A soapstone griddle, 12 inches in diam-eter, is the ideal radiator, and in place of that an iron stove griddle can be substituted.

substituted. substituted.

To prepare the soapstone griddle for use, drill a hole through the center and insert a small iron staple. The surface of the stone should be hollowed around the hole, so that the top of the staple the hole, so that the top of the staple will be plumb with the upper surface of the griddle. Take an ordinary plece of heavy wire and make a hock to use in lifting the griddle in and out. In baking and roasting, two stones or griddles will be needed, one to put beneath the receptacle, the second one

to jap ower the edge of the utensil, this taking the place of the cover. Various utensils are advocated for fireless cooking. Ironware is hard to handle. Earthenware is excellent for puddings and casseroles, and a good grade of again gives good service. Casi aluminum is ideal and, if the first cost can be comfortably met, pays well in the and. Theware is not satisfactory, as it often rusts during the long cooking in cooking for a small family the triple utensal will be found useful, when three articles can be cooked in the contraction. articles can be cooked in three triangular utensils fitting into the round space. This utensil can be purchased at any up-to-date housefurnishing store. Frequently a smaller amount of food is to be cooked. In that case use a shallower utensil of the same diameter, filling in the excess some with filling in the excess space with a cushion similar to the one suggested for the top. If a double boiler is called for, use the large receptacle to hold

the water and procure a smaller one of the desired size to fit in easily. For take, bread or ple, taking pans of the or aluminum should be used, as they transmit heat easily. For this purpose a wire basket with a wire top will be readed in which to all the taken to the control of the contro a wire basket with a wire top will be needed in which to slip the article to be cooked. In using the cooker, whether 2. Covers of simulic must fit tight, and must not be lifted after taking away from heat. 3. Twels must be inserted at once after removing from heat.

removing from heat.

4. In using the radiators the length of time allowed is the same a that in the ordinary coal range.

5. Without the radiators time for simmering and stewing is increased onethird.
6. It is impossible to bake or roast without the hot stones.
7. Frying or broiling cannot be accomplished in the cocker.
8. In boiling do not lift the cover until correct time has expired for cooking article. In baking lift the cover twice dur-



Completed Cooker

at the end of thirty minutes. In baking do not set the second tone in place for ten or fifteen min-so that food can rise to its full ites, so that food can rise to its fail eight.

11. It is perfectly possible to burn lood in the cooker, so do not leave a sike baking for two hours, unless it is kind needing that length of time, and expect to find it in good condition.

12. All boiled or steamed foods can be overcooked without suffering.

13. In cooling anything prepared in he cooker, always leave the cover off rit will sour.

14. Articles to be baked or roasted to not need to be started first in the type.

The underlying principle in fireless cooking is the conservation, or saving, of heat. Almost every housekeeper has a "cozy" for her teapot, which holds in the heat. The one aim is to gave every scrap of heat, either in the article or the radiators and in both. This principle

AUTHOR DOLLD COME TO BAYE ON THE COOMER. has been used long since, but the use of the two radiators with the cooker incomparatively new and very satisfactory, as it furnishes a miniature Dutch oven. This is invaluable for baking beans, pound, sponge, angel or fruit cake, all of which demand long cooking; for baked apple sauce, pork, veal, rough ham, elc.—in other words, for all baked or roasted foods necessitating a slow,

steady beat. Probably the greatest difficulty experjenced by the novice is testing the heat of the radiators. The following heat of the radiators. The following table will be found both accurate and concise for this purpose, Timetable for Heating Radiators

For quick haking 370 degrees l'aper brown color. 23 mbs.

The stones used in making this schedule were radiators belonging to the commercial cooker seen in the lliustration; the heat was that of the ordinary gasplate. The thermometer was a tested oven thermometer procured from a stove store. The papera were squares of ordinary white shelf-paper laid on the stones as they gradually heated. In heating the stones by coal, wood, kerosene or denatured alcohol, allow half again as much time as that tabulated. It will be heliced that the temperatures for each cooking process, as quoted, are several degrees above those given in standard books for the same purpose; for instance, in freiess, cooking, we make 212 degrees the boiling point, etc. This allows for the escape of several degrees cared from a stove store. The papers lows for the escape of several degrees of heat in putting in the stones, food, etc., thereby lowering the stones to the normal heat when the box is closed. the normal heat when the box is closed. Two stones can be heated at the same time on one burner, one being placed above the other, if their position is reversed twice during the heating process. In this case, allow one-half again as much time as that quoted in the table for one stone. The same table can be applied to the soapstone griddle or iron disks used in the home cooker. It is unpecessary to spread a time. be applied to the sospstone griddle or iron disks used in the home cooker.

It is unnecessary to append a timetable for cooking the articles, if ordinary methods and principles of cookery are understood. It may be wise to repeat again, in using the heated stones, allow the time usual for the range. Without the stones, increase it one-third. Cereals always demand long cooking; therefore, cook them 20 minutes at night over heat, put a radiator in the cooker, slip the cereal dish into a receptacle parity filled with boiling water and let cook overnight in the cooker. For brown bread or steamed puddings in large molds allow four hours; for small molds, 1½ hours. For roast beef allow 15 minutes to the pound; pork or veal, 20 minutes to the pound; pork or veal, 20 minutes to the pound. For soup stock, stews, ham, pot-roasts and corn beef, allow from 4 to 5 hours, according to the quantity to be cooked. Broad, biscuits, cakes and pies are baked as in the oven. The cake rises absolutely even and the pies never run over. ples never run over.
The following dinner menu is one of the many successfully prepared and served by the author to six persons with the assistance of a two-burner gasplate and three-compartment cooker, with two eight-quart utensils, one triple

utensil and three radiators: Smothered Chicken Solied Potatoes
Buttered Onions Radishes
Lettuce Salad with French Pepper Dressing
Brown Bread and Cream Cheese
Maple Pariett Maple Parfait Pound Cake Coffee

The brown bread and the pound cake were made two days beforehand, the chicken started at half-past 10 for a 1 o'clock dinner, the boiled potaKEEP THESE PAGES

Mill other day we had an argent request for a copy of this page that was published two weeks before. "If I had kept the page in my scraphock," said the woman, "I would now have at my inquest ends the facts of which I am in need."

Her case serves as a suggestion to all readers. File away these pages and refer to them when doubts arise or memory needs reinforcing. Every subject is worth while. A year's collection will be invaluable to homekeepers, both old and young. A household matual dealing with domestic arts, ediences and problems of the home to yours if you will

In no other paper will there he grouped the number of important names that figure on this page. Begin now with that accuplook, Naut week "The Cost of Our Food," by Winifred Stuart Gibbs, dietath specialist, will add one more valuable contribution to our work.

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toes, onions and soup started at halfpast 11 and the parfait was packed and set to ripen at 9 o'clock. The fireless cooker is quite as useful in conserving cold as well as heat. Because of this it may be used to freeze mousses, parfaits and frozen without stirring. By doing this much ice and time are saved, as it is only necessary to pack a one-quart mold set in the eight-quart recep-tacle once during the four hours. In the commercial cooker an ice can be freezing and a meat roasting at the

same time.

The following recipes give full directions for the fireless cooking of all the dishes named in the menu:

Celery Cream Soup

Four cups of celery leaves and tips, 4 bit of bay leaf, 8 tablespoons flour, 3 bit of bay leaf, 8 tablespoons flour, 3 tablespoons butter, a sprig parsley. 1 cup rich milk or cream, 2 egg yolks. Fut celery, stock and seasoning in the kettle. Bring to boiling point; thicken with the flour and butter; rub together and let boil 5 minutes. Set stone, heated to boiling point, in cooker; put in soup and let cook 45 minutes. Remove; add egg yolks beaten into cream; let reheat; strain; season to taste and serve.

Smothered Chicken

One 3-pound chicken; salt and pepper tablespoons of butter or bacon fat, 4 tablespoons of butter or bacon fat, 4 tablespoons of flour, about 3 cups stock, 2 cups green peas, sprinkling of dried mint, Clean and dress chicken as usual, stuffing if desired. Put in large receptacle; dredge with salt, pepper and flour, and put in to roast, having stone above and helpe at 425 degrees. Let above and below at 425 degrees roast 45 minutes; remove receptacle and add stock; thicken with bacon fat and flour, rubbed together, and add the green peas and mint. Season to taste. Put in casserole; let boil and set on the hot stone already in cooker. Cook 1½ hours longer. Serve from casserole.

Boiled Potatoes Wash and pare as usual; put into boiling salted water; set stone under-neath and boil 45 minutes. Drain; add a little salt and shake over heat till

Buttered Onions Peel 6 Spanish onions and cut in 8 thick crosswise slices. Put into boiling salted water; set stone underneath and cook 45 minutes. Drain; sprinkle with salt and pepper; add butter as desired and serve and serve.

Boston Brown Bread Two cups sour milk. % cup molasses, 1 teaspoon soda dissolved in 1 table-spoon warm water, 2 cups granulated commeal, 1 cup graham meal, 1 cup rye meal, 1 teaspoon salt. meal, 1 teaspoon salt.

Mix together dry ingredients without sifting and put sour milk and molasses together. Add to them the soda and

dry ingredients. Mix well and put into s well-oiled pound baking-powder cans. Set in kettle, with a few folds of paper on the bottom. Half fill with boiling water; let boil 5 minutes and transfer to compartment, with a stone heated to 235 degrees in bottom. For sandwich making the bread must be two days old and the cream cheese well beaten seasoned with sall, cayenne and salad dressing. Lettuce Salad

Wash and drain the best parts of 3 heads of lettuce. Save outer leaves for all lettuce soup. Wrap in damp cloth and set on ice or put in air-tight uten-all to crisp. Serve in salad bowl or individually with French pepper dress-

French Pepper Dressing Five tablespoons of olive oil, 2 tablerive tablespoons of clive oil, 2 tablespoons vinegar, % teaspoon worcestershire sauce, % teaspoon curry powder, 1 teaspoon sugar, few drops onion juice, 2 tablespoons minced green peppers. Mix in order given; beat well and serve as once.

Pound Cake

Two cups sugar, 1% cups washed butter, 8 eggs, 1 teaspoon mace or any desired flavoring, 3% cups pastry flour mixed and sifted with % teaspoon of baking powder. Wash butter in cold water, slapping it hard to remove water. Cream butter; best sugar in a little at a time till very creamy. Add eggs, one at a time unbeaten creaming little at a time till very creamy. Add eggs, one at a time unbeaten, creaming each one in well. Then beat in flour. Turn into a well-olled pan and set in wire basket. (See illustration.) Put a stone heated to 300 degrees in compartment, set in wire basket and close; let cook 15 minutes, open cover to let steam escape, and close instantly. At the end of 25 minutes have second stone heated to 300 degrees, set it in place over cake and bake the remainder of an hour. When it seems to be done do not remove from cooker to test, but insert a clean broom corn through menhes of basket. If necessary, cook longer. sary, cook longer. Maple Parfait

Four egg yolks, 2 cups maple syrup, 2 cups heavy cream. Beat egg yolks till light and lemon colored, then stir into them the hot syrup. Pour into double boiler top and cook over hot water, stirring constantly until a coating shows on the spoon. Remove and cool. Then beat cream solid and stip in half. Cut and fold in the remainder. cool. Then beat cream solid and stire in half. Cut and fold in the remainder. Rinse the mold with cold water and pour in mixture. Put a piece of paraffine paper over top and set cover in place. Make a layer of equal parts of ice and salt in bottom of fireless cooker kettle, about 6 inches deep. Set in mold right side up. Continue packing until receptacle is filled. Set cover in place and set away in cooker to ripen for 4 hours.

WEEK FROM AN EXPERT IN COOKERY MENUS AND RECIPES FOR A

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 Mrs. A. S. Mercure

THE menus are planned for the will be given for a company luncheon average family in moderate circumstances. They may easily be cumstances. They may easily be added to if more variety is liked, but will be found to furnish seasonable meats, vegetables and fruits in abundance. The absence of fresh fruits and vegetables in market on Mondays, the extra work falling on that day and economy of time, material and money have all been considered in the preparation of the menus. While she spring vegetables and berries are far from cheap, the market is practically out of the winter vegetables, and those to be had are high in price and of poor quality. Asparagua, spinach, rhubarb quality. Asparagus, spinach, rhubarb and lettuce are all good for the system, not only for variety's sake and only for variety's sake and be-use they tempt the appetite, but be-use their mineral qualities and acids

eded as the warm weather ap-It is proposed this month to substiinte on one day each week a vegetable for the usual meat dish for dinner. There are many appetizing, and
palatable dishes made without meat
which yet contain the needed amount
of protein and in proper combination with vegetables and dessert, will
produce a balanced and satisfying meal.
In the second and fourth weeks means and dinner, respectively, for those who care to entertain.

The breakfast menus will be found very simple, but fruits in season may be added as the housekeeper wishes. Left-evers are carefully utilized, but as simply as possible to avoid unneces-sary expenditure of time or materials. Any recipes or information concerning the dishes given will be cneerfully sent to any one who so desires.

MONDAY BREAKFAST

Cerea! Whole Wheat Muffins Shirred Eggs Coffee LUNCHEON Fried Cheese Sandwiches Stewed Rhuberb Salad DINNER Tomato Scup Rolled Flank Sheak Potatoes Onions en Casserole Maple Jelly, Whipped Cream Coffee

TUESDAY BREAKFAST

LUNCHEON Scalleped Beef in Ramekins
Rolls (from Breakfast)
Cream Cheese
DINNER Wafers Cream of Pea Soup
Browned Veal Cutlet
Scalloped Pointes Carrots
Lemon Meringue Pie
Coffee WEDNESDAY BREAKFAST

Minced Veal on Tonat Marmalade LUNCHEON Eggs Scrambled with Bacon *
French Toast, Jelly
Tea DINNER Lamb Chops

Clear Soup
Creamed New Potatoes
String Beans
Coffee THURSDAY BREAKFAST Fishcakes Coffee LUNCHEON Spanish Toast String Bean Salad Chocolate Junket DINNER

Curry of Lamb Rice Cottage Pudding, Foamy Sauce FRIDAY BREAKFAST Cereal
Creamed Dried Beef on Toase
Coffee

LUNCHEON Fried Apples DINNER Soup Maigre
Baked Halibut, Creole
ses au Gratin
Rhubarb Tarts
Coffee

SATURDAY BREAKFAST Cereal Wheat Muffins Coffee LUNCHBON

Creamed Halibut in Ramekins Hot Gingerbread Tea DINNER Oyster Soup Brown Bread Colesiaw Lemon Sponge

SUNDAY

BREAKFAST

Grapefruit Broiled Salt Mackerel Raised Rolls Racker DINNER Cream of Tomate Soup

Roast Leg of Lamb, Mint Sauce

Belled New Pointors Parsley Peas

Asparagus Salad Wafers

Pineapple Sherbet Sponge Cake

Coffee SUPPER

Cold Baked Beans Safty Lunn Sponge Cal

The fried cheese sandwiches for Monday's luncheon may be prepared in the chafing dish at the table if the maid is , busy with the laundry work. For these, cut slices of bread very thin, but do not butter. Lay two of these together with thin slices of American cheese between and saute the sandwich thus made in a little butter until a delicate brown. Serve very hot with the salad. If lettuce is not available for the salad, use in-stead any left-over vegetable from Sun-

day.

For the rolled flank steak, have the For the rolled flank steak, have the butcher trim a flank or skirt steak and with a sharp knife score it repeatedly on each side. Make a dressing of 1 cup of soft breadcrumbs, 4 teaspoon each of salt and poultry seasoning, 1 tablespoon of chopped onion and 4 cup of melted butter or bacon fat. Mix and spread on the steak, roll up, the or skewer in shape, salt and pepper and dredge with flour. Brown the meat in a little bacon fat, turning carefully so that it may be seared all over, and put in a covered baking pan with a sliced onion, a few slices of carrot a sprig of parsley and 1 cup of boiling water. Let bake in a moderate oven 3 or 4 hours. Remove meat and thicken the gravy with 1 tablespoon four mixed with a little cold water, and add salt with a little cold water, and add salt and pepper to taste.

The onions may be cooked in a casserole with a little butter, salt, pepper and bolling water for 1½ hours. This dish will utilize the oven heat required for the meat To make the maple jelly, soak % box

Bring to a boil 2 cups of water and 1 cup of sugar and boll 4 or 5 minutes. Add I teaspoon of maple flavoring and the softened gelatin and remove immediately from the fire, Strain and pour into a mold. The bacon for Tuesday's breakfast is

spread on a baking pan and run into a hot even until brown and crisp. Drain for a minute on brown paper. This method of cooking it will be found a great improvement over frying.

The remains of Monday's beef may be put through the food chopper, mixed with any left-over gravy, put in but-tered ramekins, sprinkled with buttered crumbs and browned in a hot oven, crumbs and browned in a hot oven.

To make veal cutlet a delicious and tender dish, sait, pepper and flour it, brown on both sides in 2 tablespoons of hot fat, put in a casserole, add 1/4 an onion, silced, and 1/4 cups of boiling gater. Cover and cook in a moderate oven for 1 hour. If liked, the brown sauce may be thickened a little more when the meat is ready to serve.

Purchase the meat for Wednesday's and Thursday's dinners at one time, buying a forequarter of lamb and having the butcher cut off the chops. Use these for Wednesday and cut up the remainder for the curry for the next night.

for the baked custard, use only the For the baked custard, use only the yolks of the eggs with the milk, saving the whites for a meringue to spread over the top.

Spanish toast is made by pouring a thick tomato sauce, which has been well seasoned and cooked with a chopped

green pepper and 1/2 an onion chopped fine, over silces of hot toast. The curry of lamb is the usual lamb

stew, to which is added the last half hour of cooking I teaspoonful or more of curry powder, as liked. Serve with boiled rice in place of potatoes. Bake the cottage pudding in individual pans, so that there will be some cup cakes remaining for Friday's luncheon. Soup Maigre

Have ready, cut in dice, ½ cup each of potato, turnip, carrot, celery, 1 onion chopped fine and 2 sprigs of parsley. Any of these may be left-overs. Brown in 4 tablespoons of melted butter. Add 1 quart boiling water, simmer until tender. Strain, add salt and pepper and ½ cup of tomato catsup. Serve in cups.

Baked Halibut, Creole Baked Halibut, Creole

In 1 tablespoon of butter brown ½ onion, chopped fine, add I cup of canned tomatoes. 2 sprigs of paraley, cut fine, and I tablespoon of flour. Cook 15 minutes. Place the halibut steaks in a greased baking dish, pour the tomato mixture over and bake ½ of an hour. What is left of this from dinner may be used for the next day's function by flaking it very fine, adding a little cream sauce, putting in rameking sprinkling with buttered crumbs and browning in a hot oven.

Lemon Sponge

Lemon Sponge Make lemon jelly by the usual role, and when nearly set fold in the whites of 2 eggs, stiffly beaten. Pour into a mold and chill. Serve with whipped cream or bolled custard.