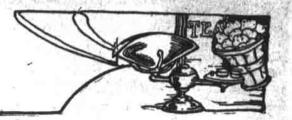


# THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE





Simple fare in Attractive form

HE feeling of surfeit that follows a well-planned dinner on the great rest day of the week usually means that mother is very tired. The "aching void," unfortunately, makes itself felt at about 6 o'clock and the Sunday supper is expected. It should be light, free from the burden of intricate preparation or many items, and, above all, it should be prepared in unusual style. The most unusual feature that is suggested valuable article is the displacement of mother. Think it over. read the menus, their preparation and the sound talk of Miss Feuling and then insist that mother be a guest. The change in the regular program will give a valuable, beneficial ending to the day.

By Alice Dynes Feuling Formerly Head of Department Home Economics, Iowa State College.

THE Sunday supper must be light if we are to offset the heavy midday meal. It must also be appetizing and unusual. "Leftovers" from dinner should not appear and, in general, the more radical the departure from the ordinary family dietary the better. In this day of patent devices, such as electrical toasters, percolators, teapots, coffeepots, chafing dishes and fireless cookers, there is no excuse for drudgery on such occasions.

Have you a chafing dish, casserole, open fireplace, electricity or gas? If so, let us prepare our first Sunday This is the time of the year when tresh vegetables and late fruits, especially apples, are plentiful and cheap; eggs and butter have not yet soared to winter prices and, therefore, the house-

wife has a wide variety from which to Choose.
On cool evenings, an open fireplace may be well utilized in preparing a part of the meal. All may assist thus turning the task into a pleasant social hour. Indeed, the enlisting of the members of the family—even brother John and father—is to be highly recommended. Mother, who has planned and superintended the meals of the week, should have the responsibility taken from her

have the responsibility taken from her fust for a change. Sesides, the change in the kitchen stuff is frequently benein the kitchen stuff is frequently beneficial. Let it be resummended here that
the Sunday supper, and incidentally,
the Sunday rest for the homekeeper,
be one of the institutions of the family.
Make the preparation of a supper a
joy by emphasizing the responsibility
that is being shifted, and by, of course,
superintending the first efforts of the
children. The chafing dish and fireless
socker are immense helps in making
the evening meal a pleasing task. the evening meal a pleasing task. The table should be arranged in informal style, quite like the hincheon of weekdays. A central doily, with other weekdays. A central doily with other individual ones on a polished table, makes the setting a different one from the other meals of the day. In summer or the early fall, emphasize fruits

which are always healthful, salads and a variety of fish and food that we class as appetizers. These can be mixed with olives, capers, nasturtium stems, oil, and placed on toast which should

be thin, crisp and hot. A layer of grated cheese, riced egg and a dressing of parsley will garnish this type of dish.

All kinds of combinations of cheese, nuts, olives, peppers can be made during the day and kept in good form in the refrigerator.

Here are suggestions that it would be well to keep, for Sunday suppers are inevitable and should be made a pleasing end to the home holiday,

MENUS

Pigs in Blankets Potato Sandwiches
Coffee
Roasted Chestnuts
Toasted Marshmallows Tossted Cheese Sandwiches
Fickles
Baked Apples Whipped Cream
Tea or Coffee Roasted Potatoes
Lettuce Sandwiches
Creamed Sweetbreads

All cold dishes should be prepared be-forehand and the tea and coffee made on the table, using electrical appliances. An open fire is a good place for toasting sandwiches and marshmallows, roasting p tatoes and chestnuts and popping corn.

Pigs in Blankets

Select large oysters, wipe on damp cloth, wrap each oyster in a thin slice of bacon, skewer with a wooden toothpick. Cook on a long handled pan over the coals until the bacon is crisp, and serve while het.

Potato Sandwiches Slice cold boiled potatoes lengthwise in one-half inch slices. Place two together with a slice of cheese between. Toast on both sides and serve very hot.

Toasted Cheese Sandwiches

Cut bread in one-half inch slices, trim and shape as desired, and spread with any soft cheese. Place two slices to-gether, toast on both sides and serve. The chafing dish enables maker to prepare the desired hot dish at

the table, and the right to aid in its manipulation is usually considered quite a privilege. All possible preparation should be made in advance. The following menus are suitable for the chafing

MENUS Frankfurts Cabbage Onion Salad Rye Bread Coffee Welsh Rarebit Fresh Fruit

Crab Meat with Green Peppers Toast Canned Cherries Caraway Cookies

Welsh Rarebit One-half pound cheese, 2 eggs, 1/2 cup cream, 1 teaspoonful mustard, 1 teaspoonful melted butter, % teaspoonful pepper. % teaspoonful salt.

Grate the cheese and stir into the butter in a hot chafing dish. When the cheese is melted, add the beaten eggs, cream, salt, mustard and pepper and mix well with the cheese and butter. Place the blazer over hot water and cook until the mixture is thick and creamy. Serve on toast or wafers.

Frankfurts Cook the Frankfurts in boiling water in a chafing dish about 15 minutes or until the skin b eaks. Drain and serve

Cabbage Onion Salad Cut a hard head of cabbage in halves. With a sharp knife shred very fine the quantity desired, throw into ice water as soon as shredded, and allow to stand until crisp. When ready to serve drain. dry and put into a salad bowl. Cut a large Bermuda onion into halves and shred like the cabbage. Place in the salad dish, allowing one-fourth as much

onion as cabbage. With a salad fork,

mix thoroughly. Cover with French

dressing and serve. Venetian Eggs Slice 1 small onion and fry in butter in the chafing dish; add 1 pint of canned tomatoes, season with 1 teaspoonful each of salt and pepper. Cook 10 minutes. Drop 6 fresh eggs into this mixture and cook slowly until the eggs are firm as desired; add two tablespoonfuls of grated cheese and serve on hot but-

Pineapple Sponge

tered toast.

To the slightly beaten yolks of 3 eggs add ½ cup of juice drained from canned pineapple, 3 table-spoons of lemon juice, ½ cup of sugar and a few grains of sait. Cook until the mixture thickens; then add 2 tablespoons of granulated gelatin soaked in 14 cup cold water. As soon as the gelatin is dissolved remove from heat and when the mixture begins to thicken add 15 cup whipped cream, whites of 3 eggs beaten until very stiff and 2-3 cup sliced pineapple cut in small cubes. Chill in a suitable mold. When ready to serve turn into a serving dish and garnish with glace cher-ries and sliced pineapple.

Broiled Oysters Dry large oysters, dip in olive oil

and breadcrumbs. Put a tablespoon butter in the chafing dish; when very hot put in the oysters and fry to a golden brown. Serve on toast with slices of lemon and decorate with parsley.

Fried Apples

Place on a chafing dish 1-3 cup butter and when hot add enough apples sliced ½-inch thick to cover the bottom of the dish. Brown on each side and remove to a hot dish. Re-peat until sufficient apples are fried. To the Hquid in the dish add 1-3 cup each sugar and hot water, cook to

Crab Meat With Green Peppers Have ready one box of crab meat shredded. Put 1 tablespoon butter into the chafing dish and when hot add the crab meat; season with salt, pepper and paprika. Add 1 small green pepper sliced in thin rings, cover and simmer a few minutes, then add a cup rich sweet cream and cook until the peppers are tender. Serve on toast.

Caraway Cookies

1 egg, % cup sugar, 1/2 cup butter, 1/4 cup sour milk, 1/2 teaspoon sods, 1 teaspoon caraway seed. Flour to roll. Mix as usual, roll thin, sprinkle with sugar, out with a large cooky cutter and bake in a hot oven.

The fireless cooker has now reached the stage where it is the housekeeper's best friend. It is a thoroughly reliable device, and may be depended upon to do its share toward giving mother at least one day of rest. Food prepared and placed in the cooker on Saturday night or Sunday morning requires no further attention until serving time. The viand thus prepared should then be transferred to the dish in which it is to be served and heated in the oven. Casseroles or individual ramekins are suited for this purpose. Soups and cereals are reheated and served from the kitchen or at the table, as preferred. The fireless cooker is adapted to any food which requires long, slow cooking and it is economical, saving both the gas bill and the housekeeper's energy. It is a widely recognized fact that cereals and meats prepared in the fireless cooker have a distinctive and superior flavor,

MENUS'

Wafers Sugar Cookles Chicken Broth Baked Apples Chocolate
Commeal Mush Assorted Fresh Fruits Coffee

Veal Birds Bread and Butter Sandwiches Spiced Peaches Tea Chicken Broth
Nut Bread Sandwiches
Ginger Oookies Baked Apples Chocolate

Sweet Potatoes en Casserole
Pressed Beef Small Jucumber Pickles
Lettuce Sandwiches
Fresh Fruit Tea

Baked Ham Fried Apples
Union League Potatoes
Rolls Butter Coffee

Chocolate

Three squares chocolate, 1/2 cup sugar, salt (few grains), 12 cups boiling water, 6 cups scalded milk. To the melted chocolate add sugar, salt and water. Stir until smooth, heat to the boiling point and place in the fireless cooker. Allow it to remain overnight and when ready to serve add milk; heat but do not boll. The long cooking develops a pleasing Cornmeal Mush

Heat the water to the boiling tem-perature and when it bubbles sprinkle commeal in very slowly, stirring con-stantly until the mixture thickens-about 15 minutes. Put in fireless cooker and cook 10 or more hours. When ready to serve heat very hot.

Veal Birds

Cut veal in pieces about 2 inches square, pound each piece flat and twice as large as before. Season with salt and pepper and lay upon it bacon, roll and skewer with wooden toothpicks. Roll in flour and brown in butter and drippings. Remove birds to the kettle and make a brown gravy in the pan. Pour this over the birds and heat to boiling and put in the fireless cooker for several hours. Serve in a casserole.

Don't Let a Freplace Go. To-Waste

Select apples of uniform size, wash, core, arrange in baking dish and fill the cavities with sugar, butter and spices or with plain sugar as preferred. Bake and serve with whipped cream.

Sweet Potatoes En Casserole Pare, parboil and halve eight medium-sized sweet potatoes, drain, brown in butter, arrange in layers in a casserole, sprinkling each layer liberally with brown sugar, a little salt and a few bits of butter. Heat in the oven, remove the cover and add boiling water to almost cover the potatoes, cover and place in the fireless cooker for 10 or more hours. Reheat when ready to serve.

Pressed Beef

Take the thin pieces of pickled beef and boil until well done, then pick it to pieces, season with pepper, salt and allspice. Put in a cloth, press with a heavy weight. When ready to serve, allog thin.

Baked Ham

remove to kettle of fresh water and cook enough so that the skin is easily

removed, irim, press a couple of dozen cloves in the fat side and end, rub with brown sugar and place in fireless

Potatoes a la Union League

1 quart boiled potatoes, % pint cream, sweet green peppers, 2 tablespoonfuls

Put little bits of butter in bottom of

baking dish, then some chopped pota-toes and peppers mixed, bits of butter,

a sprinkling of flour, salt and cream

more potatoes and peppers until all are used. Sprinkle breadcrumbs over the top, cover and bake in the fireless

Modern electrical appliances are belo-

MENUS

Toested Scotch Scones Orange Marmalade Tea

Stuffed Green Peppers
Watercress Sandwiches
Orange Cebolia Salad
Butter

Fruit Soup Water Crackers
Stuffed Baked Potatoes Fringed Celery
Hot Biscuits Honey in the Comb

Toasted Scotch Scones

With I quart of flour, I teaspoon sugar, ½ teaspoon salt, 4 teaspoons baking powder, I tablespoon of lard, 2 eggs and I pint of milk make a smooth dough. Roll to ½-inch thick-

ness and cut with dircular or trian

Olive and Walnut Sandwiches

Spice Cake

Butter

ful in preparing simple suppers.

Apple Sauce Cocoa or Tea

Chicken Salad

Nut Bread

cooker between hot stones to bake.

Soak the ham overnight in cold water.

Brown on both sides on hot griddle. Split and toast, Butter and serve while hot. The scones baked previously may be toasted at the table on an electric toaster. Olive and Walnut Sandwiches

Chop equal parts of olives and walnut meats together, mix with mayonnaise and spread on thin slices of Boston brown bread. Place two slices together with the filling between, trim

and serve. Stuffed Green Peppers

Select medium-sized peppers, cut a slice from the stem end of each, remove seeds and parboil peppers, 15 minutes. Fill with equal parts of finely chopped cooked chicken or veal and

juice, salt and pepper. Put a of buttered crumbs on top of and bake in a moderate oven.

Watercress Sandwiches

Wash the cross carefully and chop fine. Mix with mayonnaise and spread between thin slices of white bread,

Orange Cebolia Salad

For each person, serve on a bed of nice orisp head lettuce a slice of Span-ish onion between two slices of oranges, and pour French dressing over all,

Fruit Soup

Boil together 1 cup each raisins, prunes, cranbarries, canned peaches, and juice of 1 orange, 1 iemon, 1 tea-

spoon sago, 2 cups water and sugar to taste. Strain, add 1 cup canned cher-ries, heat and serve with croutons.

Stuffed Baked Potato

shaped as desired.

ext dinely chopped ham, in the prope tion of one part of ham to eight of potato, if preferred. Place the shell on end and fill with the mixture, brush with egg white and brown in hot oven Serve at once.

Fringed Celery

Out tender white stalks of celery in 2-inch pieces. With a sharp knife cut slots three-fourths inch deep and close together across each end, throw the celery into a dish of ice water and allow it to remain until the out edges duri, thus forming the "fringe."

MENUS

Pate de Foie Gras Sandwiches Fresh Grapes Mixed Sweet Pickles Coffee

Potato Salad Coddled Apples

Almond Soup Saratoga Wafers
Baked Eggs in Tomatoes
Tougue Sandwiches
Grape Juice Pate de Foie Gras Sandwiches

Mash the fole gras with fresh butter to make a smooth paste, season with cayenne, salt and onion juice. Press through a sieve. Spread the paste thickly on slices of toast cut in fancy shapes. Serve on lettuce garnished with sliced pimento-stuffed olives. Cold Meat Sandwiches

Grind cold, lean meat (two or more kinds may be mixed), add 2 green peppers, finely chopped, to each cup of Moisten with mayonnaise, spread between thin slices of bread and shape. Coddled Apples

Wash and core sour apples, place

them in a saucepan with enough water to prevent burning, cover and steam until tender, adding water as necessary to replace that lost through evaporation. Remove the apples and add to the juice one-half as much sugar, cook to a syrup, pour over the apples and serve with whipped cream. Cream of Celery Soup

Cook four cups of diced celery in a pint of water until soft. Press through a coarse sieve, add a teaspoon onion juice, 2 cups thick white sauce and a pint of milk. Heat, season with salt and pepper and serve. Deviled Oysters in Open Sandwiches

Out slices of stale bread into suitable shapes. Toast, butter and cover with fresh or pickled oysters piaced close together. Sprinkle with paprika, cover with a highly seasoned mayonnaise sauce, arrange on platter and serve with elices of lemon. Almond Soup

Make a thick sauce with 4 tablespoons each of flour and butter and 1½ oups veal stock. Blanch and shred a half pound of almonds and brown in butter. To the sauce add salt, pepper, 1 cup chicken stock. ½ cup strained to-matoes, and lastly 1 cup sweet cream. Heat, pour over the almonds in a dish

Baked Eggs in Tomatoes Remove a thin slice from the stem and of each tomato. Remove seeds and pulp and drain liquid. Break a fresh egg into each tomato, season, place in a buttered dish, cover and bake.

### Bake large, smooth potatoes, cut in lalves crosswise, remove the inside and mix it with salt, pepper and enough bream to moisten. To this may be add-THE PRIVILEGE TO THINK

HIS page is making women think. And when a department of a newspaper does that it is worthy of encouragement and commendation. The poet says:

At Learning's fountain it is sweet to drink, But 'tis a nobler privilege to think.

Are you thinking enough about your home and the art and science of running it? It is a great privilege, remember, full of the joy of doing things well, and this weekly offer of the People's Institute is a pleasing means to the attainment of the privilege.

The right and the ability to think are precious gifts which women are claiming these days. Above all must the privilege to think touch that greatest of places-the home. Next week Miss Alice Lakey, chairman food committee, National Con-

sumers' League, will take "Candy's Cost to Health" as a subject for Institute readers. Look before you nibble.

## 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 experienceand will present topics of interest to all.

## By Alice Gitchell Kirk

Domestic Science Lecturer, Cleveland, O. F I were to ask every housekeeper in the land, "What is your greatest difficulty experienced in cooking?" I am sure every one would reply, "Mak-

ing out the menus." It is planning meals with right food combinations and knowing what to buy that requires the thinking. When that is all done, the cooking and prep-aration of the meals do not seem to me a serious problem, with the houser, at least.

For years I have been besieged by women to issue a book or card index form on menus all made and ready for use, and I have determinedly redused, as there seemed so libtle real help in it for any one. Each home has its own conditions and problems and at best, menus planned by any one outside of the family can only be suggestive. But I have planned a method of correctly combining seasonable foods which is very easily done and suited to every family's individual needs. A few of these combinations from this

menu card are here given.

In using the following guide for everyday menu making, find out your present food supply first. Look carefully after every tablesponful of "left-overs" in the refrigerator, writing these down on a pad or paper.

these down on a pad or paper.

We will suppose, for the purpose of making it clear, that celery is found in the refrigerator—not quite (resh enough for the table, but will answer perfectly for soup. Then start your menu with No. 1 under soups, which is cream of celery soup; follow with No. 1 under meats, No. 1 under vegetables, and so on until your entire menu is made, planning to use, if not in the dinner, in some meal, all the "left-overs" written down. Any corresponding numbers ten down. Any corresponding numbers will always make a correct combina-tion of food, beginning with any head-

Now tear off a clean sheet from the pad and make out your grocery order, for at least three meals ahead, also planning these meals and writing them on paper, looking after the dry groceries at the same time, such as tea, and a tear of the same time, such as tear of the same time, such as tear of the same time. coffee, sugar, soap, starch, etc. This is usually done right after breakfast. After some headings and numbers a choice will be found. For instance, in No. I, under vegetables, there will be several from which to select, and also in many others. With this method all food properties are given, and at the same time foods are properly balanced. It is not necessary to have a recipe for every change in soups, sauces, salads, etc. If you have a recipe for one sauce, dressing or cream soups as a working basis, you can make others. Soups

Cream of celery. Clear soup. Pures of vegetables. Oyster soup, Cream of spinach. Meat

1. Roast beef or beefsteak.
2. Breslau of beef.
3. Heart, fricassood, braised, baked.
4. Turkey.
5. Roast duck.

Sauces, Dressings Cream of homeradish sauce, table

sauce. Paraley sauce, formato sauce, brown sauce soubise, onion sauce, celery dressing.

3. Brown sauce, tomato sauce, sage dressing, bread stiffing.

4. Orsier sauce, cranberry jelly, chesinut stuffing, giblet sauce, wild blackberry jelly.

5. Potato stuffing, shad roe croquettes, apple sauce, currant or grape jelly.

Vegetables

(The first vegetables after each numbers re the carbonaceous or heat and energy reducers, and one of these should be used in the menu, regardless of other vegetables elected. selected.)
1. White potatoes, carrots or spinsch a la acircient:

1. White potatoes, carrots or spinach a la hollandaise, canliflower, cabbaga, brussels aprouts, paranipe, string beans, lima beans.

2. Eggplant, aquash, musirrooms, rice.

3. Peas, stuffed baked potatoes, creamed cabbage, paranip fritters, macaroni, string beans, spaghetti, stuffed tomatoes.

4. Potatoes a la Haddam, potato timbale, swent potato croquettes, creamed onions, carrots, mushrooms, glazed sweet potatoes, macaroni, tomato and green peppers, corn patties. Weber hashed browned potatoes, rice fritters, asparagus, escalinged tomatoes.

5. Potato roses, baked onions, lima beans, cauliflower, stewed celery, hominy.

Salads

Salads t, Lettuce or endire, French dressing; chicory, French dressing; orange and grape-fruit salad, French dressing; combination salad, French dressing.

Apple and celery salad, eggs in asple-felly, cabbage salad, soar cram dressing, cram cheese salad, soar cram dressing; anarounaise of usparagus, salad a la Ransoon. son. Celery and lettuce, tomato aspic jelly, apple and celery salad, pickled walnuts, watercress, orange and lettuce salad.

5. Watercress, spinach salad, apple and celery, cabbage salad.

Relishes 1. Salted peanuts, raisins, stuffed dates, zorn fritten.
2. Olives, radiaher
3. Chowchow.  Radishes, cheese balls, cranberry jelly, stuffed olives, salted nuts, fried apples. 5. Cheese straws, liptauer cheese, wafers. Desserts

1. Pineapple or other fruit ice, chocolate or prune souffle.
2. Diced bananas in grapefruit, peach shortcake, stewed dates with whipped cream.
3. Apple charlotte, rice, spitz-apple compote, lemon cornstarch pudding, marshmallow pudding, cranberry sponge dessert, pumpkin pie, plum pudding, cranberry sherbet, camembert cheese, crackers, maple mouses.
5. Lemon jelly, apple pie, vanilla ice cream.

Cream of Celery Soup

Material—Celery, 4 small heads; water, 1 pint; butter, 1 tablespoon; salt, 1 teaspoon; small onion, 1; milk, 1 quart; flour, 3 tablespoons; bay feaf, 1; nepaul pepper or paprika.

Utensis — Double boiler, saucepan, butter, tablespoon, teaspoon. paring knife, tablespoon, teaspoon, measuring cup, steel spider. Directions—Wash the celery, cut it up fine and put into the saucepan with the boiling water. Cook until tender with the water below boiling point. Put the milk into a double boiler over the fire with bay leaf. Place the spider over the fire. Throw in the dry flour, stir-ring constantly until a rich brown. Add the butter, stir until well blended, then

slice the onion very thin and cook with this until tender. Now mix care-fully with the milk, stirring constantly

until it is the right consistency. Rub the cooked celery through a puree sieve into

this cream sauce, add pepper and salt and serve at once. If you do not wish

to brown the flour use one teaspoonful Roast Duck

Material-Domestic or wild ducks or goose, stuffing, salt, pepper.
Utensils—Baking pan, large meat fork,
long-handled spoon.
Directions—Singe the ducks and re-

move the pin feathers, wash and scrub move the pin feathers, wash and scrub in hot water (if a goose use hot soapsuds), then draw. Wash in cold water by holding under the faucet, wipe dry and truss. Place the ducks in the baking pan, preferably one with a rack in the bottom, and cover the breast with very thin slices of bacon or salt pork. Bake in a very hot oven 15 minutes to every pound if wild 15 minutes to every pound if wild ducks and a little more than twice the time if domestic. Add ½ a cup of boiling water for each duck and baste every ten minutes. Serve onions and brussels sprouts or browned sweet potatoes, apple and celery salad or lettuce and orange salad.

Prune Dressing Cook 1/4 a pound of prunes. Pare. quarter and core three large tart apples and add to the prunes which

have been stoned and cut into pieces. Cook 1/2 cup of rice until tender. Shell and blanch a dozen chestnuts; boil until tender and cut in pieces; add to the above mixture with 1/2 cup of butter, 1/2 teaspoonful of paprika and a good pinch of cinnamon. Mix all well together and it is ready

Cranberry Jelly

Material-Cranberries, 1 quart; water, 1/2 cup; sugar, 2 cups: tart apples, 2; cinnamon, ¼ teaspoonful.

Utensils—Paring knife, measuring cup, saucepan, measuring spoon, mold,

Directions-Wash and pick over the cranberries, put into saucepan with the water and apples quartered and cored. Cover and when the cranberries are well "popped" open and the apples tender rub through a sieve or colander. Add the sugar, return to the fire, stir until the sugar is dissolved and bring to the boiling point. Flavor, turn into a mold or individual glasses and serve with roast turkey. .

Stuffed Eggplant

Material-Eggplant, 1; stale white breadcrumbs, 1 cup; English wilnuts, ½ cup; butter, 1 tablespoon; chopped onion, 1 tablespoon; savory or chopped parsley, 1 tablespoonful; salt, pepper; egg. 1. Utensils—Steel spider, chopping bowl

and knife, grater, tablespoon, measur-ing cup, egg-beater, baking pan, sharp

Directions Choose a full, dark purple eggplant. Cook in plenty of bothing water 15 minutes. While boiling shell and chop the nuts, grate the bread-crumbs and chop the onion. When the eggplant has boiled the required time, remove from the kettle and cut crosswise in halves, and with a pointed knife cut out the pulp about one-half inch from the outside; and with a spoon remove it from the shell. Chop this fine. Put the butter into the spider, melt, add the onion and cook it with the spider of the put the pu until it is yellow but not brown. Then and the eggplant and cook a moment, then the remaining ingredients—except the egg—mixing all together. When thoroughly heated remove from the fire and add the well-beaten egg. Stand the eggplant shells in a buttered pan and reall arth this mixing heaving well organism the in a future pan and refill with this mixture, heaping well on the top and sprinkling with breadcrumbs. Baste with meited butter, and twice again, while baking in a moderate oven three-quarters of an hour. This is a nice luncheon dish, and a perfect substitute for mest.

Potatoes a la Haddam

Material-Potatoes, 2 cups; butter, 3 tablespoons; lemon juice, 1 tablespoon; salt, 1 teaspoon; paprika, 1/4 teaspoon; chopped parsley, 1 tablespoon; kitchen bouquet, 1/4 teaspoon.

Utensils-Paring knife, measuring cup, tablespoon, teaspoon, potato cutter. Directions-Wash potatoes, pare and scoop out perfectly round pieces. Throw them into salted water for 10

minutes. Then cook in boiling water until tender but not soft. Drain and keep hot by standing in a pan of hot water. Cream the butter and add all the remaining ingredients. Mix carefully with the potatoes and serve them very hot. Apple and Celery Salad Material—Celery; mayonnaise, 1/4 cup; white of egg, 1; tart apples, 2; lemon; lettuce; tomato jelly.

Utensils-Shears, measuring cup, eggbeater, knife, grater, plates.

Directions—Select nice white celery and cut with the shears in inch lengths sufficient to make I pint. Into the mayonnaise dressing, which has been made with the lemon juice, stir the well-beaten white of an egg. Pare the apples, rub with a piece of lemon and grate into the mayonnaise mixture. Add celery and arrange in lettuce cups and

Some Nice Salad Combinations Bermuda onions and beets with French dressing, Well-seasoned boiled halibut, served with mayonnaise or tartar sauce. Lettuce and cucumbers, tartar sauce. Lettuce and cucumbers, French dressing. Lettuce and tomatoes cut in quarters—never sliced— French dressing. Watercress, hard-boiled eggs, French dressing. Spinach molded, mayonnaise. String beans, car-

celery and arrange in lettuce cups and

garnish with tomato jelly, molded and

rots and beets, French dressing, with game salad, French dressing, with game course. Apple and celery, mayonnaise and nuts, Cherries on lettuce, French Salad a la Hanson

rots and beets, French dressing. Orange

Material—Boston head lettuce; mayon-naise, 1 tablespoon; chili sauce, 1 tablespoon; chopped parsley, 1 teaspoon; chopped egg, 1 teaspoon; chopped beets, 1 teaspoon; mushroom catsup, 1 tea-spoon; tarragon vinegar, 1 teaspoon; onion juice, 1 teaspoon; paprika, 1 tea-

spoon.

Utensils—Soup plate, silver fork, measuring spoon, tablespoon.

Directions—Measure the mayonnaise into the soup plate and add a little at a time all the given ingredients, beets, eggs and parsley all chopped very fine.

Arrange lettuce leaves on the

salad plates for four people and distribute the dressing over each serving. Serve at once with hot cheese wafers.

Liptauer Cheese (for Dessert) Material-Roquefort cheese; cream cheese; butter; salt; paprika; table sauce, 1 teaspoon; sherry, 2 table-spoons; chopped chives, 1 teaspoon. Utensils—Soup plate, silver fork, sharp knife, spatula, tablespoon, meas-

uring spoon.

Directions—Take equal parts of roquefort cheese, cream cheese and butter. Put all into a bowl and mix thoroughly together, using a silver fork. Now add a little at a time, seasoning of sait and paprika, sharp table sauce and about 2 tablespoonfuls of sherry, or until you have a nice mixture to spread on the wafers. Add the chives last. Arrange this in a circular or leaf shape on a plate and garnish the edge of the cheese mixture with chopped chives, and on the uring spoon. ture with chopped chives, and on the top with paprika; pass with water crackers, toasted, and black coffee. This is very good for after-theater sup-

Pumpkin Pie

Material—Pumpkin cooked and strained, 1 pint; milk, 1 pint; eggs, 2; sugar, 1/4 cup; salt, 1 teaspoon; clnnamon, 1 teaspoon; ginger, 1/2 teaspoon.

Utensils—Rolling pin, pastry board, flour sifter, sharp knife, colander, egg saucepan, measuring cup,

measuring spoon, ple pans.
Directions—Cut the pumpkin, without peeling, into cubes, put in the sauce and cook with very little water over the fire; or, better still, cook in the steam cooker. When tender put through the colander, put back on the stove and cook until dry and rather dark in color. Pass through the potato dicer, and to every put of sumpkin dark in color. Pass through the potato dicer, and to every pint of pumpkin add the ingredients, beating the eggs well. Two or three tablespoonfuls of cream are a great addition. Make plain pastry. Line the pan with this, brush the bottom of the pastry with white of an egg, fill with the pumpkin mixture and bake in a moderate oven until done. The white of the egg prevents the pumpkin from soaking into the crust. Whipped cream and pecan nuts arranged over the top of the pie gives a new and attractive appearance, adding new and attractive appearance, adding also to the taste. These may also be made in individual pans and garnish-

Pineapple Ice

Material—Fresh-grated pineapple, 1 pint, or 1-pint can; sugar, 2 cups; water, 1 quart; juice of lemon, 1. sieve. wooden masher, measuring cup, lemon

squeezer, sharp knife, pineapple olip,

freezer, ice chipper. Directions-Put the sugar and water into the saucepan over the fire, stirring until the sugar is well dissolved. Boil 5 minutes and skim. Remove from the fire, strain through cheesecloth and cool. If the fresh pineapple is used, pare, remove the eyes with the pineapple clip, and grate. Press with the wooden masher through the sieve until all the juice is out. Add the juice of the lemon to this and when the successful was a successful and the pineapple was a successful. sweetened water is cool, add the pine-apple juice, turn into the freezer and freeze, turning the crank very slow-ly. This should be perfectly white, fin-and creamy. When finished, remove the dasher, pack down smoothly, re-cover and stand aside to ripen for one hour. If you use the canned pineapple, 1/2 cup less of sugar will be sufficient.

Cranberry Sponge Dessert Material—E45, 5; sugar, 1½ cups; juice and rind of a lemon; pastry flour, 1½ cups; cranberry jelly.

Utensils—Measuring cup, Turk's head

Utensis—Measuring cup, Turk's head cake pan, lemon squeezer, flat wire beater, platter, grater, bowl.
Directions—Beat the whites of the eggs on the platter until perfectly dry. Beat the yolks very light and gradually beat in the sugar and the grated rind and juice of the lemon. Cut and fold in half the whites of eggs with the yolks, then half the flour and the remaining whites and flour, mixing well but carefully together. Bake in a cake pan 50 minutes. When Bake in a cake pan 50 minutes. When ready to use for dessert turn the cake on to a chop plate or ice cream dish, over which pour cranberry jelly, which should be just cooled before pouring. Heap a spoonful whipped cream around and on and serve at once as a dessert. A gel food to which you have added % cupful of cherries sliced in very thin rings may be used in the same

manner in place of sponge cake. Weber Hashed Browned Potatoes Material—Cold boiled potatoes, 4; but-ter, 1 teaspoonful; cream, ½ cup; salt, 1 teaspoon; red and green peppers, ½

each.

Utensils—Chopping bowl and knife, tablespoon, measuring cup, steel spider.

Directions—Chop the potatoes, not too fine, also the peppers, and add the salt. Put the butter into the spider and when melted add potatoes and peppers; pour over the cream. Do all this over a quick fire, then cover and push to the back of the stove or turn the gas burner very low and cook. the gas burner very low and cook slowly 15 minutes. Turn out carefully on a hot platter garnish and send at once to the table.