

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

ENTERTAINING WITHOUT A MAID



SINCE the typical family of the great mass of American people is without a maid, we are pleased to appeal to the great majority through this very able discussion on entertaining without a maid.

By Ellen Huntington Whitten

Then there are still other women who cling to their own home and through introducing labor-saving devices and through the outgo from the home of many household occupations, such as sewing, laundry and breadmaking, to further relieve care have found the amount of work done in the home such that service is pleasant, but not essential.

simply arranged, but even its selection taxed both ingenuity and skill. Thought, originality, novelty, simplicity and taste went to the construction of all menus. Four points had to be given due emphasis where catering was to be done in the wider sense—the choice of food, the provision of the right wine, the cooking of the various dishes and methods of serving.

The great secret of success now lay in putting a meal on the table that was sparse rather than profuse, for even at banquets people who knew anything of gastronomy did not eat large quantities of food. The rule for combining a menu for a special dinner was to see that the ingredients used in one course did not resemble those introduced in another.

It is not an easy task. Once such a menu has been found satisfactory, however, it is often possible to use it again for different guests with even better success. In the menu, for example, it is not wise to serve a meat or dessert which requires preparation at the last moment, as steak or soufflé. As hostess she must have everything in readiness, and be able to greet her guests without an undercurrent of feeling that something may be going wrong with the dinner.

Some of the other menus similar substitutions are possible, but strict adherence to simplicity is advised. Recipes for some of the more unusual dishes are given at the end of the article. The strawberry shortcake, given as a dessert in No. 5, may be troublesome to a few, but if the shortcake is made a short time before the guests are expected and placed in the refrigerator, it will be ready to bake when the meat course is served and be hot when wanted.

- 4-February
Cream of Tomato Soup Crackers
Orange Salad Mayonnaise
Roast Chicken Mint Sauce

- 5-June
Tomato Salad (stuffed with celery and served with anchovies and mayonnaise)
Frozen Dessert

In all of these menu substitutions are possible. For instance, in No. 1 there may be some who would not care for a salad for a first course, which is a Spanish innovation, but it makes an excellent "appetizer." Also, it makes it possible to serve three courses, which will give a substantial meal, but not a gross one.

A roast will be found to "wait" for guests and not to lose heat so rapidly as a roast of meat is, therefore, the easiest meat course. With these simple dinners, potato balls seem scarcely substantial enough when only one other vegetable is served, so other forms for serving potatoes have been suggested.

Many of these menus may be used for luncheon by substituting an entree, such as croquettes or timbales, for the meats. Many menus have been given in this paper for Sunday night suppers, but one or two more may not be amiss.

- 6-June
Chicken Salad* Mayonnaise
Potato Chips Sliced Tomatoes Rolls
Strawberry Shortcake
Peach Preserves and Cake

- 7-December
Lobster Newburg or Salad
Waffles! Maple Syrup Coffee

As Thanksgiving and Christmas approach the family dinner may be under discussion and custom usually enters in to decide its character. The Thanksgiving dinner, which originated in New England, still means family custom and gathering to many, but the variation in the dinner of today is noticeable when New Englanders compare notes.

With the omission of the roast ham, chicken pie and two of the pies for dessert it makes an acceptable dinner. Many families have introduced a course to precede the turkey, such as grapefruit, orange or apple, but the old-fashioned custom would have been as one New Englander said, to sit down to the turkey and "try it at."

At Christmas the dinner is far more individual, and as English ways have influenced custom in this country, the following menu may serve as a typical dinner.

The Japanese motif is to put three flowers, such as roses or daffodils, in a frog in a large, flat dish half full of water, then place one flower at the base, floating it in the water. The base flower may be of contrasting color to the others, and if so should be darker. Again, flowers may be arranged in a Japanese basket by using a dish or pan which fits closely inside the basket and a frog placed in this. Small roses are most attractive used this way.



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The placing of the guests is an essential part of a successful dinner, and must be carefully planned. Where there are several guests, it can often be done to advantage by diagram, and thus can be referred to by the hostess at the last moment without taxing her memory.

The co-operation of the rest of the family means a great deal in the pleasure given and received. If each member of the family enters with the spirit of hospitality and does his share in entertaining as well as helping the hostess it makes the dinner much more delightful and far easier. Often the change of courses at the table can be divided among the members of the family.

Such hospitality will doubtless be used more and more and the expression of it will be enjoyed by guests and family alike, for it is not possession, show or work which give pleasure, and we remember longest, but the exchange of thought which enables each to share in the other's life more intimately.

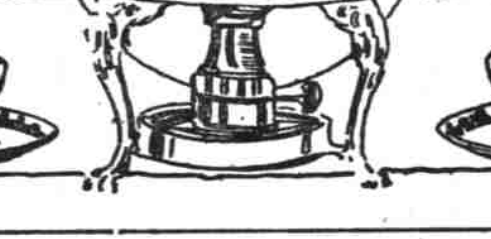
Make the same as coffee, using in place of the coffee box berries mashed with sugar and put through a sieve. Dissolve gelatin in 1/4 cup thin cream. Sweeten to taste, as berries may vary in sourness.

Peel and slice tomatoes; take out seeds of green pepper and stuff with Neufchatel or cream cheese. Serve on three slices of tomato and one slice of the pepper and cheese on lettuce. Use French dressing.

- 1-September
Lobster Salad Rolls
Roast Beef Gravy Currant Jelly
Mashed Potatoes String Beans
Candy Coffee Sponge Cake

- 2-November
Consomme Crackers
Roast Chicken Gribet Gravy
Browned Potatoes Peas
Mince Pie Cheese

- 3-May
Roast Beef (sliced) Mushroom Sauce
Apparagus on Toast Potatoes
Tomato Green Peppers and Crisps
Strawberry Mousse Coffee Sponge Cake

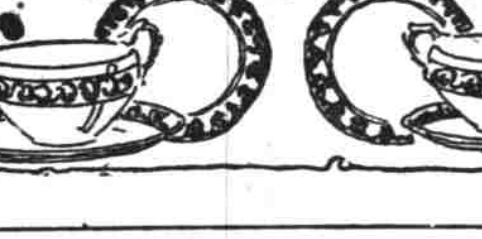


Still other cards to bring quickly to mind the food requirements of a balanced meal might be as follows: First, the general principles and then the lists. A cross-reference of recipes under Proteins, etc., would be helpful.

PROTEINS—Supply energy, also nitrogen, sulphur and phosphates for body building. FATS—Supply energy in most concentrated form. CARBOHYDRATES—Supply energy in most economical form.

MINERAL MATTER—Supplies building material and helps to regulate body processes. WATER—Supplies necessary material, about 60 per cent of body being water, and helps to regulate body processes.

Proteins
Eggs
Special Functions of Each Food-stuff
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Menus and Recipes From an Expert in Cookery

NOTICE—During the month of April this department will be in charge of Miss Florence Willard, chairman of the Domestic Science Department, Washington Irving High School, New York.

By Frances Stern

WOMAN must always be on the lookout for new ideas. She must keep on studying and developing herself. If food is to be one of the main requirements for the body, then she must study food, its nutritive value and its preparation.

The newspapers, daily and Sunday, are giving various recipes. Often she cuts them out, slips them into a book, or even pastes them in—and then wonders some day just where they are.

In the business house with efficient methods a filing system with cards is generally used. The firms selling this material have adapted this method to the filing of recipes and have a set of cards on the market for that purpose.

spoon salt, dash of pepper and the pieces of celery. Cook 5 minutes longer.

Cream of Vegetable Soup
Carrot, 1-2 cup; turnip, 1-2 cup; celery, 1/2 cup; onion, 1/4 cup; parsley (chopped finely), 1/2 teaspoon; flour, 4 tablespoons; butter, 4 tablespoons; milk, 1 pint; water (boiling), 1 pint; pepper, dash; salt, 1 teaspoon. Mix together the vegetables. Add 1/2 pint boiling water, cover and cook slowly for 1 hour. Drain, reserving the liquid. Pass vegetables through a sieve and add to liquid. Melt 4 tablespoons butter or fat, add 4 tablespoons of flour, and when well blended 2 cups of milk. Mix thoroughly and add to the vegetable pulp and liquid. Bring to a boil and cook a few minutes and serve with cheese crackers.

In writing out the recipe state the amount; also state HOW MANY PEOPLE IT IS MEANT TO SERVE. It is often worth while to add on the card the utensils that are needed, for this will be a help to a beginner. Clipped on to the recipe card may be another card, the same size, but a different color, to distinguish it from the regular recipe card, and on it keep the dates you made the dish or the name of the guest to whom you served it.

One day at luncheon I heard a woman say, "Oh, dear! it seems I always have the same dessert when you come!" Some such system as mentioned would obviate this. Another means to assure the hostess of having the dishes that her guests like is to keep a card catalog of the guests and write on the card the favorite dishes.

Eggs
Date Amount Cost Place purchased

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industry in a factory. The product in the former—the human being—is of greater importance.

There should be an accurate system of accounting and a scientific apportionment of the food required for each person. This is only needed in the beginning, before judgment can standardize the requirements; much as the scales on the piano must be a beginning to the technique of the artist. When freedom is acquired, the means are in the background only.

The balanced meal costs less money and gives as much, if not greater, nourishment. If only the amount necessary is prepared, there will be less waste, and Doctor Langworthy found in his studies of dietaries that, in the average American home, "waste ranges from nothing to 30 per cent of the total food."

The planning of meals a day or more ahead saves time in purchasing, preparation and worry. A chance to think gives variety in diet and helps one to consider prejudices in the cases where it is wise to do so.

NEVER TOO YOUNG

WAPPEAL to all ages of the housekeeper. Do not say to yourself that you are too old to learn new ways. This page is universal in its appeal, suited to all conditions, ages and types.

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