

# THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

## A PLEA for the PICNIC



Waiting for the Fresh-Air Spread

**I**F YOU think that you need no holiday in your calendar, you are entertaining the wrong idea of life. Who are you that you are not in need of diversion? Are you so self-sufficient that you require no fresh outlook, even though it be given by such a simple thing as a picnic? This page is devoted to the picnic idea. As soon as this nation, as a whole, encourages the idea of taking its healthful diversions in the fresh air, it will forget its nerves. The bustle of the world can be forgotten out under the trees. All members of the family will be benefited. Listen to this plea for the picnic.

By Alice S. Mercure

SPRINGTIME and thoughts of love go no more hand in hand than do summer days and thoughts of picnics, and as soon as the days become sultry and torrid, suffering humanity longs for green grass and trees, for open spaces and cool shadows. It is a pity for men and women, kept more or less indoors throughout the winter, and with much work to keep them in houses or office through the summer months, to miss the advantages of the summer season for spending as much time as possible in the open air. We get so used to being housed that many opportunities for being outdoors are lost sight of through habit and indifference. In the last few years much has been said of the beneficial effects of outdoor sleeping; but there seems to be a general opinion that this pleasure, together with that of fresco dining, are a prerogative only of the rich. If sleeping outdoors means the building of a decked porch or the purchase of a tent, there may be an economic reason for considering it a luxury; but there is no expense attached to the luxury of eating out of doors, unless one chooses to do it.

section of the town, an outdoor supper served in such restful surroundings would bring rest and comfort, such as would restore them to physical and mental activity for the next day's work. The continued heat of summer means a drain on one's vitality, and any opportunities for counteracting this depletion of strength should be eagerly welcomed. As much advantage as possible should be taken of the warm, long days of summer for open-air meals or picnics; not only because it is good for us to be in the open air as much as possible, but because variety and change are good for the family, both as a unit and as individuals, and savor is lent to the plainest meal by a change in the surroundings. Not only the health, but the appetite is improved by lunching and dining out of doors, and the greater the change effected in the surroundings the more beneficial the effect. The homeliest fare is eaten with an added zest when partaken of in the woods, as witness the camper's joy over bacon and flapjacks, canned beans and biscuits—fare he would be sure to scorn at home.

Children are, of course, first in their enjoyment of the picnic, many of their elders professing to enjoy far more a meal served at home in a room designed for the purpose, where ants and bugs and crawling things do not get mixed up with the food and have to be fished out of the sandwiches and objections to the picnic, however, usually come from the whims of an ill-orderly member of the party, and are the result of a wretched management, which would be subject to quite as much, if not more, criticism as extended within the sacred precincts of home. Of course, to be a success, the picnic needs quite as much care and

carrying a surprising amount of food and accessories.

Wooden plates and paper napkins, as well as rolls of waxed paper, should be bought by the hundred and laid in at the beginning of the season. Either paper or enamel drinking cups may be used, while still further choice may be made from aluminum or from the various kinds of collapsible cups on the market. All are light and easy to carry. Aluminum spoons are both cheap and light; and if forks are needed, they may also be purchased in this way. Whether or not a tablecloth is necessary is a matter for the housewife to decide for her own special case. If used, they should be old ones saved for the purpose, so that if accident happens to them, the loss is not great.

Paper tablecloths may be purchased for very little, and one housekeeper finds nothing so satisfactory for a tablecloth as a large square of white oilcloth. A thermos or vacuum bottle is invaluable for carrying hot tea or coffee or cold water or lemonade, keeping the beverage at the proper temperature for many hours.

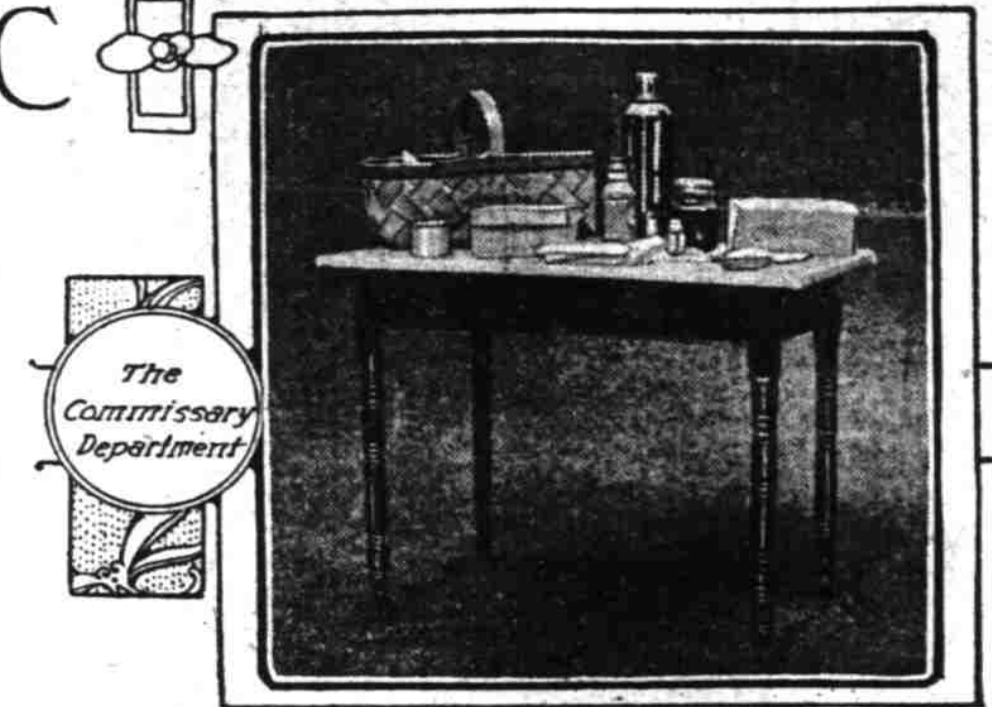
If a fire is to be built, coffee may be made, and in this case a coffee pot and can of coffee should be carried; but this equipment, together with a pail for carrying water, usually adds so much to the weight of the whole as to be prohibitive. A small alcohol stove, with a large tincup for heating water, a small bottle of alcohol and a small package of tea or can of powdered coffee will add to the pleasure of the person dependent for his enjoyment of a meal on a hot beverage, without adding materially to weight or bulk.

A small box of sugar, a bottle for cream, a sharp knife for slicing lemon and a box of matches must all be added to make the coffee or tea equipment complete. There are various spoons, and tea balls which may be used for making tea in the cup, or the required amount of tea leaves may be tied in a small cheesecloth square and tucked in one corner of the basket. Salt and pepper shakers of aluminum, with a piece of cotton batting tucked in the top to prevent their contents from being sifted all over the basket, should not be forgotten. A patent jar or bottle that will not leak should be provided for syrup for making lemonade, and a tin pail or box, with tightly fitting lid, will be found useful for carrying salad or baked beans.

close packed and placed in a cardboard box, to keep it in good condition. Joints of cold chicken should be wrapped for individual serving, and the whole placed in a box. If sardines or potted fish are taken, they may be opened at home, drained of the oil in which they are prepared, and packed in glass jars or glasses for transportation. Salad may be prepared and packed in a glass jar, with the dressing carried in a bottle by itself, to be added at the last moment so that it may not deteriorate by standing. Pickles or olives may be carried in bottles in which they were purchased, and a good, substantial corkcraw should not be forgotten in the equipment. Cakes and fruit should also be wrapped well to prevent loss of flavor and crushing.

As to food, sandwiches, of course, hold first place. White, graham, and brown bread may be used for them, and the variety of fillings is endless. Cold, chopped meats, mixed to a paste, with a little cream or salad dressing, cheese paste, potted fish, finely chopped hard-boiled eggs, jam and jelly, chopped nuts, peppers and pimentos, dried fruit, chopped and mixed with chopped nuts and orange juice to a paste—all these separately or in any combination will offer endless variety. The bread should be cut thin, the crusts removed, and be sparingly buttered and the finished sandwich cut in dainty shapes, each variety wrapped by itself. Nut bread or brown bread, date or raisin loaf, sliced thin and buttered, or made into sandwiches with cream cheese, are almost as acceptable and quite as satisfying as those made with meat. Cold meats, including veal loaf, the usual standby of picnics; cold chicken in joints, meat, fish or potato salad, as well as those made of vegetables, in any one of a thousand combinations, all add variety to the lunch basket without materially adding to the work of preparation. Fruit salads, also, are welcome, and baked beans are both hearty and appetizing. Meat turnovers, a round of pastry, one-half of which is covered with a spoonful of well-seasoned creamed meat, the other half of the paste turned over the meat, and the whole well baked; and individual meat or chicken pies are both good additions to the lunch basket, although they require rather more work in preparing. Hard-boiled or stuffed eggs, the latter combined with anchovy paste, chopped olives, salad dressing, or in any other combination, are always liked, and stuffed tomatoes filled with chopped celery or cucumber are appetizing, if somewhat "messy" to eat.

As to fruit, berries, carefully prepared, sliced peaches and waxed paper should be used freely to keep each kind of food from imparting its flavor to the rest. Cold meat or meat loaf may be



The Commissary Department

bring out the juice. Pineapple is also good this way, but fruit so served requires extra dishes. Peaches, bananas, plums and grapes are all good additions. Cakes should be of the loaf variety, or in cooking or little cup cakes. Rich frostings and soft fillings should be avoided for the picnic table, and layer cakes are better left out altogether for this reason. Unfrosted cup cakes, chocolate cakes with a nut meat pressed in the top before being baked, jumbles, cookies, gingersnaps, a plain sponge or feather cake, or a loaf of dark cake made with raisins and currants and spices, are much more easily carried and make a better appearance on the picnic board than do the more elaborate varieties. Crackers and a jar of potted cheese or cream cheese are preferred by many people to cake and may be substituted occasionally for a change. Candies also satisfy the craving for a sweet and save the work of preparing cake.

Many more additions may be made to the picnic menus where a wagon or automobile is provided for carrying the supplies, ice cream and hot dishes being added at will; pieces of ice may be carried for the preservation of milk and cream and butter, and a fireless cooker may carry safely within it a clam chowder or other hot, appetizing dish. For the average family, out-of-door supper, however, enough variety may be had all summer without resorting to these last few suggestions. I give here, with a list of good sandwich fillings and a few recipes for other dishes suggested:

**Sandwich Fillings**  
Chopped meat, mixed to a paste with cream, salad dressing or catsup.  
Cheese, American, cream, Swiss, paste, either plain or mixed with mustard or other seasoning.  
Cream cheese and chopped nuts, olives, pimentos, jelly, marmalade.

Salmon, anchovy, tuna, sardine or other fish, either in paste or mixed with salad dressing or lemon juice.  
Fruit sandwiches.  
Lettuce, celery, cucumber.  
Jam, jelly or marmalade.  
Chopped nuts, salt and thick cream.  
Chopped nuts and olives with cream cheese.  
Chopped green peppers and cheese.  
Pimento cheese.  
Egg and sardine.  
Chopped canned pimento mixed with butter or cream cheese.  
Brown sugar.

**Fruit Filling**  
This may be made and packed in glass jars to be used as wanted, as it will keep indefinitely. Chop together 1 pound each of raisins, figs and dates, together with 1/2 pound of almonds and

the same amount of pecan meats. Add to this the juice of 8 oranges, mix thoroughly and pack in jars. It may be sliced.

**Nut Brown Bread**  
Two cups sour milk, 1 large teaspoon of soda dissolved in 1/2 cup of molasses, 1/2 cup of sugar, 3 cups of whole wheat flour, 1 teaspoon of salt and 1 cup of walnut meats cut in small pieces. Bake in a slow oven for one hour.

**Nut Bread**  
Make a sponge of 1 cup of whole wheat flour, 1 of white flour, 1/2 a yeast cake and 1 cup of milk. When this is light, add 2 tablespoons brown sugar, 1 teaspoon of salt and 1/4 pound of shelled walnuts, together with as much whole wheat flour as may be needed to make a dough as stiff as can be stirred with a spoon. Let rise for an hour and then bake.

**Soft Fruit Cookies**  
One egg, 1 cup each of lard, sugar, sour milk, molasses and raisins, 1 teaspoon each of soda, cinnamon and cloves, 1/4 teaspoon of salt and 4 cups of flour. Drop by spoonfuls on greased tins and bake in a quick oven.

**Rocks**  
One cup sugar, 2-3 cup of butter, 2 eggs, 1/2 cup flour, 1 pound each of chopped walnut meats and chopped raisins, 1 teaspoon each of cinnamon and cloves and 1 teaspoon of soda dissolved in hot water. Drop by teaspoons on greased tins.

**Cake Without Eggs**  
One and one-quarter cups of sugar, 1 tablespoon of butter, 1 teaspoon of cinnamon, 1/4 teaspoon of cloves, a little nutmeg, 1 cup sour milk, 1 small teaspoon of soda, 2 cups of flour, 1 cup of raisins and 1/2 cup of currants mixed in a little of the flour. Nut meats may also be added if liked. Bake in a loaf, leaving in a moderate oven for one hour.

**Chocolate Eggless Cake**  
Two cups of brown sugar, 1/2 cup of lard, 1 cup of thick sour milk, 1 teaspoon soda, dissolved in the milk; 1/2 cups of flour, 2 tablespoons of cocoa and 1 teaspoon of vanilla. Of this recipe may be used for drop cakes, a nut meat being pressed in the top of each one before baking.

**Veal Loaf**  
Chop 1/2 pounds each of veal and beef finely together. Add 4 well-beaten eggs, half a teaspoon of grated nutmeg, 1 teaspoon of cinnamon, 2 teaspoons of salt, a dash of black pepper and 2 cups of soft breadcrumbs. Mix together carefully, put in a bread pan and bake for three hours in a moderate oven, basting occasionally with a little melted butter. If the flavor is liked, strips of bacon may be laid across the top of the loaf, thus obviating the necessity of basting with butter.

# 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.

By Lily Haxworth Wallace  
Lecturer and Demonstrator in Economics  
Egg-and-Potato Salad

**H**ARD COOK 3 eggs, remove the shells and chop the eggs finely. Whites and yolks together, using a silver knife to prevent the eggs' being discolored. Cook 3 medium-sized potatoes, cut into dice while hot and mix with the eggs. Then add French dressing and season with salt and pepper. Serve very cold on a bed of watercress.

**Bisque of Clams**  
Chop two dozen soft clams, drain off the liquor and add to it an equal amount of water; heat slowly, skim well, then put in the chopped clams and cook three minutes. Scald 1 quart of milk, thicken with 1 tablespoon each of butter and flour creamed together and add to the clams, with seasoning of salt and pepper, and garnish with any fruit desired. Cream the last moment before serving.

**Peach Cobbler**  
The less perfect peaches may be used for this, as they are not to be served whole. Peel the fruit and cut into slices, thick slices, place in a fireproof baking dish, using enough fruit to about half fill the dish, add water to cover and cover with a lid. Bake in the oven or under the fire until the fruit is about half tender. In the meantime prepare a rich batter by sifting together 1/2 cups of flour, 1/2 teaspoon of salt, 1/2 teaspoon of baking powder, adding to these 2 eggs, 2 tablespoons of melted butter and enough milk to make a batter a little thicker than for griddle cakes. Pour this over the fruit, bake about half an hour and serve hot with hard sauce.

**Molded Cereal Garnished with Fruit**  
Any of the wheat or oat cereals may be used and are to be prepared the day before they are to be eaten. Then, when cooked, they should be turned into cups or very small molds, from which they can be turned at breakfast time and garnished with any fruit desired, as, for instance, fresh strawberries, blackberries or peaches. Cereal served in this form will be very much more acceptable during the warm weather than when served hot.

**Broiled Tomatoes and Scrambled Eggs**  
Select firm tomatoes, rather under than over ripe. Slice them thickly, dip them in melted butter or bacon fat, then roll in breadcrumbs and broil in the gas oven, or, if this is not convenient, they may be gently fried. Prepare the scram-

**MONDAY**  
BREAKFAST  
Blackberries  
Uncooked Cereal with Cream  
Broiled Ham  
Coffee

**LUNCHEON**  
Egg and Potato Salad  
Toasted Muffins  
Cakes  
Iced Cocoa  
Fruit

**DINNER**  
Bisque of Clams  
Cold Sliced Lamb  
String Beans  
Potatoes  
Teach Cobbler

**TUESDAY**  
BREAKFAST  
Molded Cereal Garnished with Fruit  
Broiled Tomatoes and Scrambled Eggs  
Tea  
Coffee

**LUNCHEON**  
Lamb Croquettes  
Lettuce and String Bean Salad  
Cheese Straws  
Tea

**DINNER**  
New Potatoes  
Broiled Steak  
Lettuce Salad, French Dressing  
Rhubarb Pie  
Coffee

**WEDNESDAY**  
BREAKFAST  
Melons  
Uncooked Cereal with Cream  
Muffins  
Creamed Beef  
Coffee

**Maitre d'Hotel Sauce**  
Beat 1/2 cup of butter to a cream as for a cake, add 1 tablespoon of lemon juice a little at a time and, when well blended, stir in 3 tablespoons of chopped parsley, 1/2 drops of onion juice, salt and pepper. Form into a ball or loaf and set aside to chill before serving.

**Potatoes Persillade**  
Select large potatoes, peel and with a vegetable scoop cut small round balls from them. Lay these in cold water until ready to cook them, then boil until tender, but not at all broken. Drain carefully and cook for a further five minutes with a tablespoon of butter and one-half teaspoon of chopped parsley to each cupful of potato balls. The potato remaining after the balls are cut can, of course, be cooked for a subsequent meal, to be served as mashed potatoes.

**Cold Fruit Pudding**  
Cut thin slices of stale bread or sponge cake and fit them closely together as for a mold or pudding dish. Have ready hot freshly stewed fruit, preferably currants and raspberries, blackberries or some richly colored fruit. Be sure to have an abundance of juice. Turn the fruit into the lined mold, cover with a further slice of bread or cake and put a plate over the top and a weight on this, so as to hold the plate down in place. When the pudding is

**LUNCHEON**  
Scalloped Potatoes with Cheese  
Graham Bread and Butter  
Fruit Salad  
Iced Tea

**DINNER**  
Broiled Halibut, Maitre d'Hotel Sauce  
Potatoes Persillade  
Summer Squash  
Sliced Cucumbers  
Cold Fruit Pudding  
Iced Tea

**THURSDAY**  
BREAKFAST  
Flaked Cereal with Berries and Cream  
Creamed Fish with Green Peppers  
French Toast with Maple Syrup

**LUNCHEON**  
Deviled Eggs  
Hot Biscuits  
Tea  
Cottage Cheese

**DINNER**  
Veal Cutlet, Brown Gravy  
Boiled Rice  
Sliced Tomatoes, Cream Dressing  
Jelly with Fruits and Nuts

**FRIDAY**  
BREAKFAST  
Raspberries and Currants  
Omelet  
Coffee

**LUNCHEON**  
Clam Fritters  
Tomatoes with Horseradish Dressing  
Gingerbread  
Tea

**Deviled Eggs**  
Put together in the chaffing dish 2 teaspoons of butter, 1 teaspoon of dry mustard, 2 tablespoons of tomato catsup, 1/2 teaspoon paprika or pepper, 1-2 teaspoon of salt and 1 tablespoon of Worcestershire sauce. Bring to the boiling point and add 6 hard-boiled eggs, cut in slices. Heat and serve on hot buttered toast.

**Savory Fish Flakes**  
Use the remains of fish left over from the previous meal—say 1 cupful—together with any dressing and sauce that may also have been served with the fish. Add an equal quantity of stale breadcrumbs, moistened with a little milk and melted butter; turn into a baking dish or into individual ramekins, sprinkle grated cheese over the top and make very hot in the oven.

**Marmalade and Cream Cheese Sandwiches**  
Mix 1 Philadelphia cream cheese with 1/2 cup of orange marmalade. Add a dozen finely chopped pecans and enough cream to make a mixture which will spread easily. Spread this filling between slices of entire-wheat or graham bread.

**DINNER**  
Baked Stuffed Haddock with Brown Sauce  
Spaghetti with Cheese  
Young Peas  
Individual Peach Shortcakes

**SATURDAY**  
BREAKFAST  
Sliced Peaches  
Broiled Kidneys with Bacon  
Popovers  
Coffee  
Honey

**LUNCHEON**  
Savory Flakes  
Rice Fritters with Sugar or Maple Syrup  
Tea

**DINNER**  
Round Steak Smothered with Tomatoes  
Baked Potatoes  
Young Onions on Toast  
Lettuce and Cucumber Salad  
Baked Cottage Pudding with Fruit Sauce

**SUNDAY**  
BREAKFAST  
Soft Boiled Eggs  
German Coffee Cake  
Toast  
Coffee

**DINNER**  
Roast Duckling  
Green Peas  
Tomato and Egg Salad with Mayonnaise  
Peach Ice Cream

**SUPPER**  
Savory Eggs  
Fruit  
Marmalade and Cream Cheese Sandwiches  
Fruit Lemonade

will fall back into the dish lightly as flakes of falling snow, instead of in one solid lump, like a snowball, this latter, unfortunately, being the way in which it is most often served at our tables.

Cereals for summer use should be selected with judgment and should consist of the lighter and less heating varieties. Oats, for instance, as a general thing is better left for the colder months; its place being taken by the flaked grains or by some of the wheat or rice preparations of which there are now so many in the market. A generous portion of these, served with plenty of good sweet cream, together with a dash of lemon juice, will be appreciated by those whose employment is sedentary, even though meat may not appear at all on the breakfast menu; while for active or even fruit supper occasions, crisp flakes, served again with cream, will be appreciated by the little folks. Fortunately we are at last beginning to realize the food value of cream and to look upon it more as an article of daily fare than was the case a few years ago, when a long step from the sun-dried to count her dollars if not her dime—felt that cream was only to be used as a luxury, if indeed allowed to consider it almost an extravagance.

Just at this season we have such an abundant supply of fruits from which to choose that they should be served frequently and generously, and there is no better way of using them than fresh, as they come from vine or bush, fully ripened by the sun, yet not so overripe as to possibly cause any intestinal disturbance, for they are better than if made up into fancy desserts with the addition of starchy materials, cane sugar, etc. Even so, and although it may seem a long step from the sun-dried to the chill of winter, some preparation must be made for preserves and canned fruit, and put away in jars are prepared at a time the task will be a pleasure rather than labor. Especially in the case of preserves, it is a long step from the sun-dried to the chill of winter, some preparation must be made for preserves and canned fruit, and put away in jars are prepared at a time the task will be a pleasure rather than labor. Especially in the case of preserves, it is a long step from the sun-dried to the chill of winter, some preparation must be made for preserves and canned fruit, and put away in jars are prepared at a time the task will be a pleasure rather than labor.

## GET OUT OF THE RUT

THE woman who says that the way that her mother did housework was successful, and, therefore, is good enough for her, is an obnoxious functionary. She is working in a rut. Are you this kind of a house worker?

The trouble with ruts is that they grow deeper every day, and prevent the traveler in them from seeing out on the world that is far ahead of them. Get out of the rut. This page will help you. The People's Institute is here for the purpose of pulling women out of the grooves. It is lessening back numbers. It is making housework interesting. It is too important to miss.

Next week there will be discussed on this page "Home Canning and Preserving," by Anna Barrows. Watch for it.

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