

# A Meatless Dinner

By Cornelia C. Bedford.

It sometimes happens that, for one reason or another, fish which is to one's liking cannot be had; and, as the Lenten rules are to be observed several foods which in nutritive value are quite equal to meat, and the one coming first to mind is usually eggs. As, however, they must enter largely into Lenten menus we propose today to substitute nuts, which are generally as well liked as eggs, have as high a food value as meat, and have the advantage of costing less. In all our large cities shelled nuts can be bought from dealers—those who sell nuts only or wholesale confectioners' supply houses—at about one-third more than when purchased in the shell. Oftentimes what are known as "broken meats" sell for little more than the unshelled nuts.

**Cream of Tomato Soup.**  
**Nut loaf.** Brown Sauce.  
**Brown Potato Balls.** String Beans.  
**Apple and Banana Salad.**  
**Sultana Puffs.** Liquid Sauce.  
**Coffee.**

This tomato soup is often called mock bisque, from its resemblance in color to that of bisque of cream of lobster, and is one of the most delicate in flavor of the many cream soups. To prepare it, stew gently together for twenty minutes, one pint of canned tomatoes, one-half a small onion cut fine, a sprig of parsley, one-half a teaspoonful of salt and a dozen pepper-corns; then press through a sieve; taste and add more seasoning if necessary. If rather acid, add from an eighth to a quarter of a teaspoonful of baking soda as may be needed, then return to the fire to keep hot. Thicken a quart of milk by mixing together over the fire one heaping

tablespoonful of butter, two tablespoonfuls of flour, one scant teaspoonful of salt and one-third of a teaspoonful of white pepper—if paprika is at hand use it in place of the white pepper, as it will add to the color of the soup. Into this mixture stir gradually the hot milk, and when smoothly thickened, simmer for five minutes. The contents of the two saucepans are not mixed together until the dinner is ready; they are then taken from the fire, allowed to stand for half a minute, the cream added to the tomato and the soup served. To add to the attractiveness of this soup a half cupful of whipped cream is sometimes stirred in, or a small spoonful of parsley chopped until as fine as dust is sprinkled over it. Little bread dice—croutons—browned in the oven or delicately fried in butter may also be served with it.

A mixture of nut meats can be taken for the loaf, such as English Walnuts, almonds or hickory nuts although any kind which is on hand can be used; when shelled, there should be three-quarters of a pint. They are to be finely chopped—this is quickly done by using a food chopper with the finest cutter slipped in. The nuts are then mixed with an equal quantity of fine stale bread crumbs. A thick sauce is made by cooking together one tablespoonful and a half of butter, three tablespoonfuls of flour, one-half a tablespoonful of salt and one-third of a spoonful of pepper and stirring in one pint of hot milk. Cook for a few moments and stand aside until lukewarm; then add two well-beaten eggs, and mixed nuts and crumbs, and turn into a thickly-buttered loaf pan. This is baked in a moderate

oven from thirty to forty minutes, according to thickness. The sauce served with it is made by browning together one tablespoonful and a half of butter and two tablespoonfuls of flour; when quite dark color add one cupful and a half of boiling water and stir until thick and smooth. Stir in one tablespoonful of tomato catsup, a teaspoonful of onion juice, a few drops of Worcestershire and salt to taste.

Boil as many potatoes as may be needed and mash—beating into them salt, pepper and sufficient butter to make quite rich—if the potatoes are very mealy a few drops of hot milk may be needed, but they should not be soft. Mold lightly into balls, dip each into an egg beaten with a tablespoonful of water, place on a buttered pan and brown in the oven.

Fresh string beans, of hot-house or Southern growth are now to be had in our large markets at all seasons. String them and cut across or into strips as preferred. For a quart, melt in a saucepan one heaping tablespoonful of butter, add one-half a teaspoonful of salt, and one third of a spoonful of pepper, and the washed beans, cover closely and shake over the front of the fire for five minutes. Add one quarter of a cupful of boiling water and draw the saucepan back where the contents will simmer slowly. When the beans are almost dry, add another quarter of a cupful of water, repeating whenever necessary, until the beans are tender. The length of time needed will depend upon the beans—if young, fresh and tender they may be done in twenty minutes—old pods sometimes need almost an hour. Prepared in this way they are far superior in flavor to the same beans cooked in sufficient water to cover, and butter and seasonings added last.

As a dressing for the salad we give one that is cooked, and which, if made in quantity and put into covered glass jars in a cool place will keep for weeks. Beat three eggs very thoroughly, adding to them one cupful of cream. In a saucepan put one-quarter of a teaspoonful of dry mustard, one-half a teaspoonful of sugar, one-half a teaspoonful of salt, a dash of cayenne, and one half a cupful of wine or cider vinegar. When scalding hot, add gradually to the eggs and cream, turn into a double boiler and stir until the mixture is like a thick custard; if there seems danger of thickening too rapidly, take off the upper boiler once or twice for a moment and beat the contents vigorously. When thick, add one-quarter of a pound of butter cut into bits, stir until it is absorbed, then strain.

To make the salad cut tart apples and ripe bananas into slices, and arrange in the salad dish in alternate layers, pouring some of the dressing over each layer. Garnish with blanched lettuce leaves or celery tips. Should the dressing seem very thick, mix with a little lemon juice, a portion of the stiffly-whipped white of an egg or a few spoonfuls of thick saltines and cream cheese.

For half a dozen puffs, cream together two tablespoonfuls of butter and one-half a cupful of sugar. Add the beaten yolks of two eggs, a pinch of salt and two cupfuls of sifted flour with just enough milk to make a very stiff batter. Stir in one cupful of sultana raisins, two scant teaspoonfuls of baking powder and the stiffly whipped whites of the eggs. Fill buttered cups two-thirds full and steam for half an hour. The sauce which goes with them is made by blending one teaspoonful of corn-starch in a little cold water, turning this into one cupful of boiling water and stirring over the fire until thick and clear. To this add a cupful of sugar, a pinch of salt, and a grating of nutmeg and simmer for ten minutes; then stir in one well-beaten egg and one tablespoonful of butter cut into bits, and heat until the sauce becomes a little thicker.

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 The following appeal has been issued from Washington in behalf of the American Bible Society, signed by eminent public men from all sections of the country:  
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nearly eighty-years has pursued its single aim of circulating the Bible without note or comment in this and all lands. For the purpose it has been concerned in securing translations of the Scriptures in nearly one hundred languages. It sustains a close relation to the Christian churches of the United States and as the ally and helper of their mission work at home and abroad, and as such deserves and receives their support. But, in addition to the effect of its labor has been very marked upon the whole civilization. To have circulated, as it has done, seventy-two million bibles, testaments or portions thereof, is to have powerfully contributed to the moral health of the world. The social fabric of modern states has no surer foundation than the Bible, especially in a republic like ours, which rests upon the moral character and educated judgment of the individual.

No thoughtful man can doubt that to decrease the circulation and use of the Bible among the people would seriously menace the highest interest of civilized humanity.

Inasmuch as the work of the Society is in danger of being seriously crippled from lack of funds, its appeals for aid should meet generous responses from all who love American institutions. We owe a debt to the Bible which can be partly paid now by carrying forward this great undertaking with increased vigor.

Theodore Roosevelt, Grover Cleveland, Melville W. Fuller, John M. Harlan, David J. Brewer, L. M. Shaw, James Wilson, George B. Cortelyou, John Hay, John W. Foster, William P. Frye, John T. Morgan, H. C. Lodge, Thomas R. Bard, F. M. Cockrell, R. A. Alger, John Daisell, Seneca E. Payne, W. J. Bryan, George F. Hoar. On the Sabbath March 6, the services in the Presbyterian church will be in the interests of the American Bible Society. At 10:30 a. m. subject of sermon "Love for God's Word," ps. 119: 97. Evening service at 7:30 p. m.

### Market Quotations Today

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 Flour—Wholesale, \$3.60.

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 Live hogs—5 1/4c.  
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**Hay, Feed, Etc.**  
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 Baled clover—\$10.  
 Bran—\$21.  
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**PORTLAND MARKET.**  
 Wheat—Walla Walla, 78 @79c.  
 Valley—82 @83c.  
 Flour—Portland, best grade, \$3.75 @ \$3.85; graham, \$2.75.  
 Oats—Choice White, \$1.15 @ \$1.20.  
 Barley—Feed, \$21 @ \$22, per ton; rolled, \$22.  
 Millstuf—Bran, \$18.50 @ \$19.  
 Hay—Timothy, \$15 @ \$17.  
 Potatoes—75c @ \$1.35.  
 Eggs—Oregon ranch, 21 1/2 @ 23 1/2c.  
 Poultry—Chickens, mixed 12 @ 12 1/2c per pound; turkeys, 15 @ 16c.  
 Pork—Dressed, 7 @ 7 1/2c.  
 Beef—Dressed, 5 @ 7c.  
 Veal—8 @ 9c.  
 Hops—24 @ 25c.  
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