

# Sunday Supper

By CORNELIA C. BEDFORD,  
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To a greater or lesser degree the idea generally prevails that Sunday meals should be heavier and more elaborate than those planned for the six week days. This probably originated partly from a desire to emphasize the day and partly because it is the one day in the week on which fathers and grown brothers are privileged to enjoy three home meals. The planning and serving of special dishes is to be commended, but the fact that they may be too hearty, when lack of usual exercise and work is taken into consideration, is all too frequently proven by the Monday headache and lack of mental energy. Among more thoughtful people it is quite customary to find a very plain dinner, followed at night by a supper which includes one or more hot dishes. Such suppers are often spoken of as "high teas."

As to the elaboration of menu, it should depend wholly upon the amount of service which can be commanded. In one home, in a large city, where cook and waitress are on duty at night the usual Sunday "high tea" is substantially like this:

- Creamed Sweetbreads in the Chafing Dish  
Cold Ham or Tongue  
Cold Roast Beef  
Hot Biscuits  
Chicken Salad  
Cheese Wafers  
Ice Cream  
Fancy Cakes  
Coffee

This is really a hearty meal. It is always served with punctilious ceremony, and while no formal invitations are given in advance, the friends who may drop in late in the afternoon are usually asked to remain.

On the other hand, there often recurs to the memory of the writer a Sunday tea table at which she has frequently been a guest. A home of refinement but of moderate means, the one general maid had the latter half of the day to herself. In the morning one or the other of the daughters of the household prepared the necessary number of sandwiches—thin, crustless and filled with chopped celery, water-cress, grated cheese, chopped nuts or some simple mixture. These were piled on a plate and covered with a napkin wrung out of cold water; this was folded under the plate and kept its contents in perfect condition. So far as was possible, the ingredients for one hot dish were measured out or put together. Before leaving, the maid laid the table adding one or two extra covers for any friends who might drop in. The daughters took turns in the final preparation of the meal, usually accomplished in less than half an hour, and the result would be something like the following:

- Eggs in Tomato Sauce  
Water-cress Sandwiches  
Pineapple Cheese  
Baby Pim Olas  
Prune Jelly  
Whipped Cream  
Cake  
Coffee

There was, of course, no waitress. Everything save the dessert was on the table when the meal was announced. The second course, with necessary plates and silver, was on the sideboard. When the first course was finished all soiled dishes were passed to one end of the table; one daughter swiftly piled them in orderly fashion and carried them out, while the other placed dessert and dishes before the hostess. A few minutes' work at the close of the meal left all soiled dishes in a pan of water ready for the maid.

One of the results of our difficulties in securing capable household service is a growing disinclination to hospitality so far as meals are concerned. We want to give our best, and too many that best means elaboration of the usual routine to such a degree that spontaneity and cordiality are often repressed. It would be well for many of us if we would put aside such ideas and—for one meal in the week at least—plan menus sufficiently uncomplicated to admit of their being enjoyed alike by hostess and guest.

Suppose, then, that for our Sunday supper we plan some hot dish which is familiar and either simple or can in large part be prepared on Saturday or on Sunday morning. With this there may or may not be some cold dish which, with the dessert, is also made in advance. Neat, thin slices from the cold roast, prettily garnished with parsley or lettuce and accompanied by such relishes as horse-radish, sliced cucumbers, olives, pim oles, chutney or mayonnaise, are always well received. Cheese crusts or wafers may also accompany any cold fish or meat. The hot dish should be, by preference, one which can be steamed or stewed, as frying will impart an odor to the clothes, while baking—unless one has a gas

oven—presupposes considerable attention to the fire or too long a time in the kitchen. Anything prepared in the chafing dish is sure to be apropos, and in very hot weather the coffee may be supplanted by some iced drink. From the following list it ought to be possible to select a few dishes which, served singly, would provide a repertoire for the summer at least:

- Creamed meats, fish or eggs.  
Mock venison.  
Spanish chicken.  
Chicken livers, olive sauce.  
Crabs Creole.  
Fish or eggs a la Newburg.  
Scrambled eggs with oysters.  
Curried meats or fish.  
Eggs Italienne.  
Little timbales of fish or meat.

Providing one knows how to make two or three good sauces, a wide range of dishes is at once possible. The rule of proportion is the same whether stock, milk, water, tomato or other liquid be used—one rounded tablespoonful of butter and one rounded tablespoonful of flour for each cupful or half pint of liquid. For all light-colored sauces put butter and flour in the saucepan or chafing dish and heat until blended, but uncolored. Add gradually to this the liquid, and stir until the mixture is smooth and as thick as very heavy cream. A half teaspoonful of salt and a quarter teaspoonful of pepper is the usual allowance when the liquid contains no seasoning. Brown sauces require a somewhat larger proportion of butter and flour—one heaping tablespoonful of each to the half pint. Brown the butter first, add the flour, and brown again, then finish as before. Variations are given to these sauces by the use of seasonings and combinations of liquids—as, half cream and half chicken stock gives a bechamel sauce, while tomato sauce becomes a Creole, Cuban or Spanish by the free use of onion and chopped green pepper. In like manner, a plain brown sauce is converted into sauce supreme by the addition of olives and sherry.

In mixing sauces and such solids as diced cold meats, fish or hard-boiled eggs, allow twice as much of the prepared solid as you have of the sauce; thus, one cupful of cream sauce would be sufficient for one pint of diced chicken or flaked canned salmon.

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of diced chicken or flaked canned salmon.

Newburg mixtures are somewhat richer than plain sauces, and are usually well liked. Melt two tablespoonfuls of butter in saucepan or chafing dish, and add to it the cut lobster, crab, chicken or other fish or meat—about one pint—and cook slowly for 15 minutes, seasoning with a half teaspoonful of salt, a dash of cayenne and four tablespoonfuls of sherry. Beat the yolks of four eggs, add to them a scant pint of cream, and turn into the hot mixture. If the chafing dish is in use, it is well to slip the hot-water pan underneath, that the eggs may not cook too quickly. As soon as the sauce thickens extinguish the light or take from the fire.

With enough small timbale molds to go round, fish or meat timbales can be quickly prepared. Break up fine enough of the crumb of a stale loaf to measure one packed cupful; take an equal quantity of finely chopped meat or fish. Add to the bread enough milk to just moisten—no more. Beat three eggs, mix with crumbs and meat, season appropriately, and beat hard for a moment. Almost fill the buttered molds with the mixture, and steam until they feel firm in the center when touched. Five such molds can usually be steamed in a chafing dish. An appropriate sauce should be served with them.

## Iowa Troops at Shiloh.

Des Moines, Iowa, May 21.—During the coming week Governor Cummins will visit Pittsburg Landing, Tenn., where he will present the arguments of the Fifteenth and Sixteenth regiments of Iowa in regard to the location of the Iowa monuments before the Shiloh commission. Governor Cummins secured the rehearing after presenting the arguments of the Iowa soldiers before the secretary of war. Since then the old soldiers have been busy securing additional evidence to substantiate the argument advanced by Governor Cummins, showing that the Iowa regiments were in the thick of the fight.

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