The Star's Cook Book

Veal Chops with Tomato Sauce.—Trim and flatten the chops; dip in raw egg, then in cracker dust; fry slowly in lard or dripping; open can of tomatoes and drain off liquor. (Salt the rest of tomatoes and reserve for stewing or soup.) Put the liquor into saucepan with a sliced onion, and stew 10 minutes; strain out the onion, return juice to the fire, thicken with a large spoonful butter worked up in a teaspoonful cornstarch; pepper and salt, boil up quickly, and when you have laid chops upon a dish pour sauce over them and serve.

Veal Stew.—Cut 4 lbs. veal into strips 3 inches long and 1 inch thick, peel 12 large potatoes and cut into slices 1 inch thick, spread layer of veal on bottom of pot, sprinkle in a little salt and pepper, then layer of potatoes, then layer of veal seasoned as before. Use up veal thus: Over last layer of veal put layer of potatoes. Pour in water till it rises an inch over the whole, cover close, heat 15 minutes and simmer an hour.

Sweetbreads.—Scald in salted water; remove stringy parts; put in cold water 5 or 10 minutes; drain in towel; dip in egg and bread or cracker crumbs, fry in butter, or boil them plain.

Veal Cutlets, Breaded.—Trim and flatten the cutlets, pepper and salt and roll in beaten egg, then in pounded cracker. Fry rather slowly in good dripping, turning when the lower side is brown. Drain off the fat, squeeze a little lemon juice upon each, and serve in a hot flat dish.

Stuffed Veal and Green Peas.—Take large bones from piece of loin of veal. Stuff the cavities thus made with a good force-meat of chopped pork, crumbs and seasoning. A few chopped mushrooms will improve it. Cover the sides with greased sheets of thick writing paper. Put cupful soup stock or other gravy in the dripping-pan and baste well for 1 hour with butter and water, afterward with gravy. Cook fully 12 minutes to the pound. Take off paper during last ½ hour; dredge with flour, baste with butter, and brown nicely. Take up. Keep hot while you skim fat from gravy. Stir into it ½ cupful chopped mushrooms and a little browned flour. Have ready some green peas, boiled and seasoned, and make a circle of them about the veal when dished.

Veal Croquettes for breakfast can be prepared the night before, and so be ready for the table in a few minutesfl Chop the veal fine; mix half a cup of sweet milk with about a teaspoonful of flour. Melt a piece of butter the size of an egg and stir the flour and milk in it; then let it come to a boil. Mix this thoroughly with the meat; form it in balls or flat cakes; lay on a platter; scatter a little pepper and salt over it, and let it stand until morning. Then beat one egg very light; add a little milk; dip the meat-balls in the egg, and then in cracker crumbs. Fry till brown in hot lard.

Rissolees of Veal.—Proceed as directed for Chicken Rissolees, substituting veal for chicken.

Rissolees of Beef.—Proceed as directed for Chicken Rissolees, substituting beef for chicken.

EGGS.

To Keep Eggs.—To 4 quarts air-slacked lime put 2 tablespoonfuls cream tartar, 2 of salt, and 4 quarts cold water. Put fresh eggs into stone jar, pour this mixture over them. This will keep 9 dozen; if fresh when laid down, they will keep many months. If water settles away, so as to leave upper layer uncovered, add more water. Cover close, keep in cool place.

Eggs Poached—Nearly fill frying-pan with boiling water; add a little salt and vinegar. Break eggs one at a time into wet saucer; slip from this upon surface of water. Cook slowly 3 minutes; take up with perforated skimmer; lay carefully upon buttered toast.

RELISHES.

Golden Buck.—A "Golden Buck" is merely the addition of a poached egg, which is put carefully on top of rarebit.

Made Mustard. — 4 tablespoonfuls English mustard, 2 teaspoonfuls salt, 2 teaspoonfuls white sugar, 2 teaspoonfuls salad oil, 1 teaspoonful pepper, vinegar to make smooth paste—that from celery or onion pickle is best. Rub mustard, oil, sugar, pepper and salt together. Wet by degrees with vinegar, beating very hard at the last, when proper consistency has been gained. Will be found far superior to mustard usually mixed for the table.

Welsh Rarebit.—Select richest and best American cheese, the milder the better, as melting brings out strength. To make 5 rarebits, take 1 pound cheese, grate and put in tin or porcelain-lined saucepan; add ale (old is best) enough to thin the cheese sufficiently, say about a wineglassful to each rarebit. Place over fire, stir until it is melted. Have slice of toast ready for each rarebit (crusts trimmed); put a slice on each plate, and pour cheese enough over each piece to cover it. Serve while hot.

Yorkshire Rarebit. — Same as "Golden Buck," only it has 2 thin slices of broiled bacon on top.

POULTRY.

To Roast a Fowl.—Time, 1 hour. 1 large fowl, 2 or 3 large spoonfuls bread crumbs, pepper and salt, ½ lb. butter. Prepare fowl for roasting; put into inside bread crumbs, seasoned with pepper, salt and piece of butter size of large walnut. Roast at a clear fire, basting well with butter; just before done, dredge with flour, and baste again with butter. When done, add little warm water to butter in dripping-pan, or a little very thin melted butter, and strain over fowl. Serve with bread sauce, or little gravy in tureen if preferred.

Roast Chicken.—Singe and truss carefully. Broilers, as they are called, are better without stufiing, unless very large. Season with salt, put small bits of butter over meat and place in pan with a little water; baste occasionally and dredge with flour before taking from oven. A spring chicken cooked in any style is not to be despised. But a well-known epicure once said:

"To roast spring chicken is to spoil it. Just split it down the back and broil it."

Goose.—This requires keeping, the same as fowls, some days before cooking. The goose is best in the autumn and early part of winter—never good in spring. What is called a green goose is four months old. It is insipid after that, though tender. Pick well and singe the goose, then clean carefully. Put the liver and gizzard on to cook as a turkey's. When the goose is washed, and ready for stuffing, have boiled three white potatoes, skin and mash the; chop three onions very fine, throw them into cold water; stir into the potatoes a spoonful of butter, a little salt and black pepper, a teaspoonful of finely-rubbed sage leaves; drain off the onions and mix with the potato, sage, etc. When well mixed, stuff the goose with the mixture. Have ready a coarse needle and thread, and sew up the slit made for cleaning and introducing the stuffing. A full-grown goose requires 1¾ hours. Roast it as a turkey, dredging and basting. The gravy is prepared as for poultry, with the liver and gizzard. Apple-sauce is indispensable for roast goose.

Roast Goose or Duck.—Singe, draw, and truss fowl; if an old one parboil it; best stuffing for a goose is sage and onions. If a strong flavor of onions is liked, they should be chopped raw. If this is not the case, should be boiled in 1 or 2 waters, and mixed with bread crumbs powdered sage, salt, pepper and extract nutmeg to taste. Fill bird with stuffing, sew up with coarse thread, sprinkle salt over, and set in pan with a little warm water. Baste frequently, and do not take from oven until thoroughly cooked.

Apple Sauce.—Pare, core, and slice tart apples, stew in water enough to cover them until they break to pieces. Beat to a pulp with a good lump of butter and plenty of sugar; serve cold.

To Bake a Turkey—Let the turkey be picked, singed and washed, and wiped dry, inside and out; joint only to the first joint in the legs, and cut some of the neck off if it is bloody; then cut 1 dozen small gashes in the fleshy parts of the turkey—on the outside and in different parts—and press 1 whole oyster in each gash, then close the skin and flesh over each gash as tightly as possible; then stuff your turkey, leaving a little room for the stuffing to swell. When stuffed, sew it up with a stout cord, rub over lightly with flour, sprinkle a little salt and pepper on it, and put some in your dripping-pan; put in your turkey, baste it often with its own drippings; bake to a nice brown; thicken your gravy with a little flour and water. Be sure and keep the bottom of the dripping pan covered with water or it will burn the gravy and make it bitter.

Stewed Cranberries. — Wash and look over carefully. Place in saucepan, little more than covered with water. Cover saucepan and stew until skins are tender, adding more water if necessary; add 1 pound sugar to each pound of berries. Let them simmer 10 or 12 minutes, then set away in a bowl or wide-mouthed crock.

To Truss and Roast a Partridge or Pheasant.—Time, 25 to 30 minutes. Partridges should hang a few days. Pluck, draw and wipe partridge; cut off head, leaving sufficient skin on neck to skewer back; bring legs close to breast, between it and side bones, pass skewer through pinions and thick part of thighs. Roast and serve with a little gravy poured over birds, and breadsauce and gravy in tureens.

Fried Spring Chicken.—Clean and joint, then soak in salt-water for 2 hours. Put in frying-pan equal parts of lard and butter—in all enough to cover chicken. Roll each piece in flour, or dip in beaten egg, then roll in cracker crumbs, and drop into the boiling fat. Fry until browned on both sides. Serve on flat platter garnished with sprigs of parsley. Pour most of fat from frying pan, thicken the remainder with browned flour, add to it cup of boiling water or milk. Serve in gravy-boat.

Fricasseed Chickens.—Clean, wash and joint the fowls, lay in cold salt and water for an hour. Put in pot with ½ lb. salt pork, cut in strips, and cold water enough to cover them. Cover close and heat slowly to a gentle boil; when fowls are full size and fairly tender, stew 1 hour or more after they begin to boil. When done add half-chopped onions, parsley and pepper, cover again for ten minutes. Stir up two tablespoonfuls flour in cold water, then into a cup of hot milk, and this in turn into 2 beaten eggs, then put in 1 large spoonful butter, and pour all into the saucepan; mix well, boil fairly, place chickens on your dish and pour the gravy over them and serve.

Chicken Pates.—Chop meat of cold chicken fine and season well. Make large cupful rich drawn butter, and while on fire stir in 2 eggs, boiled hard, minced very fine, also a little chopped parsley, then chicken meat. Let almost boil. Have ready some pate-pans of good paste, baked quickly to light brown. Slip from pans while hot, fill with mixture and set in oven to heat. Arrange upon dish and serve hot.

Chicken Pie.—Take 2 full-grown chickens, or more if small, disjoint them, cut backbone, etc., small as convenient. Boil them with few slices of salt pork in water enough to cover them, let boil quite tender, then take out breast bone. After they boil, and scum is taken off, put in a little onion cut very fine—not enough to taste distinctly, just enough to flavor a little; rub some parsley very fine when dry, or cut fine when green—this gives pleasant flavor. Season well with pepper and salt, and few ounces good fresh butter. When all is cooked well, have liquid enough to cover chicken, then beat 2 eggs and stir in some sweet cream. Line 5-quart pan with crust made like soda biscuit, only more shortening, put in chicken and liquid, cover with crust same as lining. Bake till crust is done, and you will have a good chicken pie.

Chicken Pie, a la Reine.—Paste No. 3; 1 plump, tender chicken, ½ pound salt pork, ½ teaspoonful each celery, salt and thyme, 4 sprigs parsley, white pepper and salt to taste. Cut chicken up in small joints, the pork in neat scallops, stew gently in 1½ pints water, until nearly cooked. Line edge of pudding dish with the paste, make layers of chicken, pork and seasonings, when used, sprinkle over the chopped parsley; fill with the gravy, cover, ornament, and wash over with milk; bake in steady oven 40 minutes.

Boned Chicken.—Boil a chicken in little water as possible until meat will fall from bones; remove all skin, chop together light and dark parts; season with pepper and salt. Boil down liquid in which chicken was boiled, then pour it on meat; place in tin, wrap tightly in cloth, press with heavy weight several hours. When served, cut in thin slices.

Woman's World

SIMPLE TALKS ON HEALTH.

The Body a Grace or a Disgrace.

Our body is largely what we make it. It can be erect, lithe, a picture of beautiful lines; in a word, the embodiment of grace. Or it can be fat, clumsy, stooped, flabby in muscle, in various degrees of dilapidation; in a word, a disgrace. As to which it shall be depends largely upon ourselves. The trouble is many of us let it gradually trend toward the condition of disgrace. Particularly do we do this as age comes on. We think years are an excuse for the stooped back, the flabby muscle, the double chin. But they are not. We are simply lazy, that is all. And we shouldn't try to dodge the fact.

We get stooped because we won't take the trouble to stand erect. Our muscles become flabby, because we will not exercise. Our waist measure gets large and our stomach arrests the gaze because we eat more than is essential. And so on through the entire range of the dilapidation that goes on in our body and which changes it gradually from grace to disgrace.

Not only is this change unpleasant to the eye, but it is bad for the health. It is a sign of decay, of disintegration. And one should not let himself go to pieces, especially as it is unnecessary.

For, in the beginning, this dilapidation of the body doesn't come from ill-health. It comes from indifference and neglect. But it brings ill-health. For when one stands or sits improperly, or does not take sufficient exercise, or eats unwisely, bad health will inevitably follow.

The one who finds his body is becoming a disgrace, instead of an exponent of grace, should pull up sharply and get on the other tack. One of the first things to do is to stand and walk properly. This in itself will tone the body up and get one on the right road.

Merely to hold up the head or to throw the shoulders back is not getting at the root of the trouble. To get at the foundation of correct standing and walking, one needs to go to the spine. Keep the spine erect. This requires effort, and it has to become a habit. But it is worth acquiring, for it throws the body into the right position, and it has a good effect upon the nerves.

A simple test for keeping the spine right is to keep the neck pressed back against the collar. This holds the spine in its normal position, keeps the ribs where they belong, allows the abdomen to relax, and all the internal organs to slip into their natural positions.

A physician of Washington, D. C., who is rapidly forging into the front rank of his profession by reason of his wonderful cures, says that a large percentage of disease is caused by unnatural pressure on some one of the internal organs. Instead of operations, he discovers what this pressure is, removes it, and the patient gets well. Those who have been operated on again and again for various disorders without success, have been cured by him by his method. Wrong sitting and standing brings harmful pressure upon the stomach, the kidneys, the liver and other organs. And many ills from which people are suffering in these organs might be cured if the people would only keep their spine erect.

A Travelers Dinner

(By Anna Marion Smith.)

A Small Travelers' Club in a suburban town just out of New York was recently entertained at a novel and most successful dinner given by one of the members to celebrate the close of the club season. The invitations, which had summoned the guests to a "traveler's dinner," had furnished no slew to the special features of the occasion. It was an interested and expectant company, therefore, that gathered about the long table, and admired its unique decorations.

In the center stood a large oval bowl or tub filled with water, its low sides skilfully banked with ferns, smilax, and lilies of the valley, from which at equal intervals four strings of little "flags of all nations" were carried with smilax to the chandelier. Beneath, as if riding at anchor on the water in the bowl, floated a large toy steamship, made to represent the familiar transatlantic liner. Two broad bands of red, white and blue crossed the table diagonally midway between the center and the ends; and the candle shades, of thin crepe paper, displayed colors of Germany, Italy, Russia and Spain. Beside each cover stood a small toy suitcase, pasted over with tiny imitation labels, and filled with bonbons, each case having tied to its handle a tag bearing the owner's name, to serve as place card.

The opening course, in which the travelers were supposed to take leave of their native land, was the American oyster, served in characteristic American fashion on the half shell. Above each plate fluttered the Stars and Stripes, firmly planted in the middle in the cracked ice on which the oysters lay.

Next came a soup, pronounced in flavor, with an assortment of letters made from noodle paste floating on the surface of each plate. A clever guest spelled out the name Scotland, and the soup was recognized as the famous cockaleekie, made familiar by Scott.

The advent of the third course was greeted with general enthusiasm, for though no one knew how it might taste, it was a joy to look at. This was to all appearances a large pie, baked in a deep oval dish, its crust beautifully brown and flaky, and the whole set closely round with flaunting little Swedish flags. This was a salmon pasty, or pie, a popular dish of Norway and Sweden; and with it came hot sauerkraut, decorated with the little black, white and red standards of Germany.

The arrival of the entree carried the company into Spain. This proved to be stuffed pimentos, prepared after a Spanish recipe, and dressed with a very Spanish sauce. They were served in ramekins, each one being set upon a square yellow paper dotted bordered with red and having stuck in its center the red and yellow flag of Spain.

The roast course was entirely Italian, a tribute to what the hostess considered the superiority of Italian cookery. A roast of veal, prepared in Italian fashion and having a "pocket" of delicious Italian forcemeat, was accompanied by spinach and tomatoes cooked after Italian methods. All these dishes were gay with Italian emblems.

France appeared next upon the menu in an appetizing dish of mushrooms a la provencale. The mushrooms, prepared from a recipe given to the hostess by a French innkeeper, were served upon little circles of fried bread, in the center of each of which was slewered a little French flag.

Russia furnished the salad, which was made according to a Russian recipe, although one which might possibly have been slightly modified to suit the American palate. This was brought on in a salad bowl whose edge was fringed with the white, blue and red of tiny Russian flags, laid as a border beyond the green and white of the lettuce and endive. Swiss cheese came with this course, on a small Swiss flag as a doily.

The desert was the famous Banbury tarts, of which everyone had

(Continued on Page 21.)

WHAT TO GIVE HER

Why do most men show such an astonishing lack of originality in sending gifts to women? This will be considered a leading question by the men, I am sure. Of course, I know that they are busy at their trades and professions, but it seems to me that when a man thinks enough of a woman to send her a gift, some thought should be given to the gift, too. Flowers, candies, books, and then still more flowers, candies, books, are the usual offerings. Not that a girl ever objects to receiving any or all of them, but a slight variation might be given to the dozen roses or bunch of violets, the five-pound box of candy in a satin box, and the latest best-seller.

A pot of growing flowers or ferns will be equally acceptable as a gift, and the giver will remain longer in the mind of the recipient than will a box of perishable cut flowers. Saint Valentine's Day and Easter are the occasions for floral offerings, but I know of but one man who thought to send a basket of spring flowers on Decoration Day.

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Women like to have remembered anniversaries of dates that have a peculiar significance just to themselves and the man—the date they first met, the date of an adventure, and so on. An effort should be made also to remember the favorite flower, candy, hotel or restaurant, color, or even the favorite tea and cakes in the afternoon. The favorite flower amongst a bouquet of another variety is a compliment that is not soon forgotten.

In sending a large box of mixed bon bons have the center of the top layer made of candied cherries which are arranged to form the letter of her first name. Fresh or conserved fruits, marrons glace, and even an attractive box of delicious French pastry would certainly be getting away from the usual thing.

Send her books by all means, and best-sellers, too. But is there not a particular collection she is trying to make or a particular edition she is trying to collect, a certain poet, essayist or writer of fiction of whom she is very fond? Of course, there is. Magazines she will like, but a yearly subscription to one will be more appreciated than several separate numbers.

Bookplates, made to order, that reflect the personality of the girl are rarely thought of and yet they make most unique remembrances.

Instead of always taking a girl to the theater, vary it by obtaining tickets for the opera, a concert, lecture or exhibition. These last may sound a bit "high-brow," but the average young man and girl seem to have a deadly fear of allowing each other to discover that either has any great amount of real intelligence—or perhaps I should say, intellect. Companionship comes with the appreciation of the higher things as well as the merely frivolous.

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A charming idea that will take some time and effort on the part of the young man is to collect the autographs of well known players or singers and paste them in a small leather volume, which he presents to the lady who goes to the theater or opera with him. Should the lady not know the opera, send her the libretto of it the day before the performance, and the day after some of the music she very much fancied.

Many of these suggestions if repeated often would be rather a drain on the average young man's pocketbook, so at any season of the year, providing the sun is shining, take jaunts into the nearby country. Even in winter, anyone who is fond of outdoor life enjoys a trip away from the city or town where one has been for the last six days. The ocean is wonderful in winter and yet how few who live near the ocean think of boarding train or trolley to see it. But whether it be in winter or in summer, make sure, young man, that there is a hotel or inn or even a farm house somewhere in the vicinity, as hungry people are not happy people, and some tea and muffins or lemonade and cake will be a cozy rounding out of an afternoon's ramble.

That men do think of unusual ways of expressing their devotion is shown in the following examples with which I have personally met.

A friend of mine laughingly demanded a house and lot from a man and the next day there came to her home a miniature Japanese garden, with tiny bridges spanning the streams, and a small pagoda perched on a hill of live green moss.

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"She shall think of me," said one determined male, and he sent this particular "her" a set of Japanese windbells, which he asked her to hang where there was a draught, so that every passing breeze should cause the bells to tinkle merrily of him.

An architect sent to a homesick Southern girl a miniature map of her own state, the outline of which he had painstakingly drawn himself, with a little complimentary verse written in the center of the map on the blue print paper.

One eccentric swain sent his telegraph messages in the form of jingles to his lady love, and another felt an ordinary two-cent stamp beneath him (and her) for conveying letters, and used only special deliveries.

Some of these methods are rather extreme, of course, and could not be successfully copied by everyone. And they need not be. For after all to women the mere remembering means far, far more than the actual gift.

New Methods of Preparing Some Palatable Dishes

There is a new way of combining chops with mushrooms which will find favor in the sight of the men folks particularly, to whom mushrooms usually represent high luxury.

The chops must be cut thick, to begin with, say one and one-half inches, and the butcher removes the bones in order to facilitate the necessary rolling afterward.

Several hours before they will be needed spread over the portion where the bone was taken out with finely chopped mushrooms, the latter seasoned with salt and a little pepper. Then roll the cutlets, fastening with wooden skewers. Sprinkle with olive oil, dust over with pepper and salt, and keep in the refrigerator until the time for broiling arrives.

As to proportions, a quarter pound of fungi will serve for about six chops. Save the peelings, the stems, etc., of the mushrooms and add them, with a blade of mace, to the stock which is to lay the foundation of the gravy.

Pan broil the chops in hot frying pan with a tiny piece of butter, and have them nicely browned on the outside and delicately pink within to suit the majority of tastes.

Now remove them to a hot dish and add to the juice in the pan a tablespoonful of butter, and when this has melted rub in a tablespoonful of cornstarch. When it browns add the stock. Cook till it thickens slightly and pour it over the meat through a hair sieve.

A Delicious Pudding.

The name of Venetian pudding will be unknown to the average home caterer who will, however, do well to practice upon it against Sundays and state occasions in general.

Here is the formula in detail:

Eight ounces of pistachio nuts and one ounce of bitter almonds carefully blanched, then put through the meat chopper or nut mill and ground to a paste.

In a saucepan on the fire put a cup and a half of water, to which is added half a cup of sugar. Stir this over the flame till the sugar is melted. Boil it five minutes, add another cup of water, also a teaspoonful of lemon juice and allow to cool.

Add the syrup thus obtained to the nuts with one tablespoonful of orange juice or orange flower water. Color a delicate green with pure vegetable coloring paste.

Put the mixture in the freezer and stir until smooth and stiff. Open the freezer for a few moments to add the following: Stiffly beaten whites of four eggs, mixed with four tablespoonfuls of powdered sugar. Stir into the frozen paste and thoroughly beat until combined. Remove the paddle, repack and let it stand at least one hour before serving.

This is not a quick dessert, but it is one that repays the labor involved.

Frozen Nougat.

Another rich and beguiling tidbit for the cream freezer is prepared in this way:

Brown delicately one-half pound shelled, blanched almonds. Add to the nuts one cup sugar and place the vessel containing them on the side of the stove, where the sugar will melt slowly.

Then when melted bring the mixture