

# The Tribune Institute

Housekeeping as a Profession At Your Service In the World of Women

## Dairy Products the First Choice for Spring

By VIRGINIA CARTER LEE

WITH nearly all dairy products cheaper than they have been for some time past, the home caterer will find it well worth her while to use them largely when planning the springtime menus. Embracing as they do milk, cream, buttermilk, different varieties of cheese, eggs and butter, they can be utilized in the place of meat for luncheon and breakfast and with the addition of fruit or a fresh green salad, they will (when served in sufficient quantity) give a very well balanced ration.

Grade B, bulk milk, at 13 cents a quart is used for all culinary purposes and as the majority of desserts served during the week are made with milk as their basis, it is well to remember that a decided saving is effected by using it.

Especially attention is directed to the tapioca ice cream, the cheese cake and the drop biscuits, which may be novelties to many housekeepers. The biscuits are made from any favorite biscuit recipe by reducing the quantity of flour and having the mixture the consistency of stiff drop batter instead of dough. Drop from the spoon into shallow round, greased pans and bake in a very hot oven. They are far less trouble to make than ordinary biscuits and they taste quite as well.

For the French poached eggs (in milk) the whites of the eggs should be a white, translucent, jellylike mass. To obtain this result, have sufficient milk in a shallow saucpan to cover the eggs while cooking and add a little salt. When the milk reaches the boiling point, drop in the eggs and move the saucpan

back so that the milk will merely bubble and cook slowly. With a little skill the eggs can be poached in the shape of balls, but in this event, the milk must boil violently and only one egg can be poached at a time.

When cooking the slice of ham, soak in milk over night or for several hours, then turn into a baking dish, add a bay leaf and cook covered until the milk is almost absorbed and the meat tender. Have the oven a slow one, so that the milk will not scorch.

Supplies for the week will include among the dairy products eleven quarts of milk at 13 cents a quart, one pound and a half of butter at 55 cents a pound, half a pound of oleo for 19 cents, two quarter pint bottles of cream at 15 cents each, 10 cents worth of pot cheese, one pint of buttermilk for 8 cents, half a pound of American cheese at 45 cents a pound and thirty-nine eggs at 55 cents a dozen.

At the butcher's, one pound of chopped beef for 35 cents, a slice of salt pork for 7 cents, half a small box of smoked beef at 15 cents a box, two pounds of broast of mutton at 10 cents a pound, a one-pound slice of ham for 60 cents, a quarter of a pound of bacon at 40 cents a pound, five kidneys at 6 cents each and one pound of stewing veal at 30 cents.

At the fish market, one pound and a half of cod steak at 25 cents a pound, two pounds of haddock at 15 cents a pound, and two dozen oysters at 20 cents a dozen.

Marketing prices for four persons should run at about the following prices:

Dairy products	\$5.10
Butcher	2.12
Fish market	1.08
Fruits	2.08
Vegetables	2.20
Groceries	3.42
<b>Total</b>	<b>\$16.00</b>



**EVERY DAY SUNDAY**

**The Cow and the Hen Rampant on the Field of April**

**WHY** do we only yearn for milk products and eggs in winter when the cow and the hen are on a strike and their feed is high? The market offers no other foods with such all-round reputations for vitalizing, body-building properties as milk products and eggs. Look at the recommendations for foods for children and invalids if you want to prove it. And monotony need not follow a lavish use of these in the time of plenty, for they can be served in a myriad of appetizing ways, as Miss Lee proves, as far as her space will permit.

When the milk bill equals the meat bill much has been accomplished. But gaze on this week's budget. Milk stands third on the list—about 60% more being paid for dairy products than for meat and fish put together, and the vegetables and fruits run a close second to the milk and egg bill. This is perhaps a super-ideal for a spring food budget, but it points in the right direction.

Also the time is coming to put the cheapest and best of eggs (the April and May lay) into water glass, against the winter of discontent that may be coming.

A. L. P.



**TESTED RECIPES**

**Cheese and Milk Pudding**

Pour over a cupful of fresh bread crumbs one pint of milk and add one-quarter of a pound of grated cheese, two lightly beaten eggs, one-sixteenth teaspoonful of baking soda dissolved in one teaspoonful of hot water, one tablespoonful of melted oleo, a few drops of Worcestershire sauce, half a teaspoonful of made mustard and salt and paprika to taste. Mix the ingredients thoroughly, pour into a buttered baking dish and sprinkle with crushed dried bread crumbs. Set the dish in a pan of hot water and bake in a moderate oven until set in the centre.

**Buttermilk Rolls**

Use fresh buttermilk. Heat one pint to the boiling point and stir frequently to prevent curdling. Add half a tablespoonful of sugar, set aside until lukewarm and mix in gradually one pint of mixed graham and white flour. Cover closely and let stand overnight. In the morning add to the sponge two tablespoonfuls of molasses, three-quarters of a teaspoonful of baking soda dissolved in a tablespoonful of hot water, one teaspoonful of salt and two tablespoonfuls of melted shortening. Beat the batter well and gradually add sufficient white flour to make a dough that can be handled. Knead until very smooth, form into small rolls and bake at once in a moderate oven.

**Fried Devilled Eggs**

Cook four eggs for twenty minutes, cool in cold water, shell and cut in halves. Take out the cooked yolks, mash to a paste and add a pinch of curry powder, salt and paprika to taste, two tablespoonfuls of minced parsley and sufficient melted oleo to form a paste. Place on the ice to chill; egg and bread

**Tapioca Ice Cream**

Cook half a cupful of instant tapioca in three cupfuls of milk with one-sixteenth of a teaspoonful of salt for thirty minutes in a double boiler. Add two eggs beaten with half a cupful of sugar and continue to cook, stirring constantly for two minutes longer. Remove from the fire; add two cupfuls of stiffly whipped cream and one cupful of canned peach purée. Freeze slowly and repack in ice and rock salt for two hours to ripen.

**Cheese Cake**

Beat one-quarter of a cupful of oleo to a cream with one cupful of sugar, and add the yolks of two eggs, lightly beaten, half a cupful of sifted flour, half a cupful of milk, the grated yellow rind and juice of one lemon, a quarter of a teaspoonful of ground cinnamon, one cupful of cottage cheese and the stiffly whipped egg whites. Mix well and fill into a deep pie plate lined with pastry, sprinkle with currants and bake in a moderate oven. This filling is also good baked in tart shells.

**Savarin Eggs**

Fry a quarter of a pound of bacon, then chop and spread in the bottom of a baking dish. Peel a quarter of a pound of mushrooms, fry them lightly in the bacon fat, lift out and lay on the bacon, sprinkling lightly with salt and paprika. Poach and drain four eggs, lay over the bacon and mushrooms, cover with two tablespoonfuls of bread crumbs, dot with bits of oleo and set in a hot oven for a couple of minutes. Serve in the baking dish.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> Oranges Barley Mush, Cooked With Milk Buttered Toast Coffee	<b>BREAKFAST</b> Stewed Fresh Rhubarb Bacon Rolls Cream Toast Coffee	<b>BREAKFAST</b> Baked Apples With Figs Scrambled Eggs With Smoked Beef Drop Biscuits Coffee	<b>BREAKFAST</b> Stewed Dried Fruit Creamed Fish With Green Peppers Corn Pone Coffee	<b>BREAKFAST</b> Sliced Oranges and Bananas French Poached Eggs (in Milk) Watercress Toast Coffee	<b>BREAKFAST</b> Cooked Cereal with Apple Whip Waffles Syrup Coffee	<b>BREAKFAST</b> Halved Grape Fruit Savarin Eggs Coffee
<b>LUNCHEON</b> Cheese and Milk Pudding Rye Bread Celery and Apple Salad	<b>LUNCHEON</b> Creamed Eggs, With Anchovy Paste Buttermilk Rolls Fruit Salad	<b>LUNCHEON</b> Pot Cheese and Pimento Salad Brown Bread Sandwiches Fruit Salad Foamy Sauce	<b>LUNCHEON</b> Fried Devilled Eggs Sour Milk Biscuits Watercress Sliced Oranges and Bananas	<b>LUNCHEON</b> Bisque of Tomato Croûtons Cold Rice Pudding With Raisins	<b>LUNCHEON</b> Fish Salad Milk Rolls Tea Cheese Cake	<b>LUNCHEON OR SUPPER</b> Baked Oysters with Cheese Brown Bread Toast Cabbage Salad Canned Fruit
<b>DINNER</b> Cream of Spinach Soup Tomato Omelet Hashed Brown Potatoes Green Peas Baked Indian Pudding	<b>DINNER</b> Vegetable Soup Beef Loaf, Brown Gravy Buttered Beets Riced Potatoes Chocolate Floating Island	<b>DINNER</b> Halved Grape Fruit Broiled Cod Steaks Tartare Sauce Creamed Potatoes Escalloped Tomatoes Caramel Custard	<b>DINNER</b> Cream of Corn Soup Braised Breast of Mutton Browned Potatoes Young Carrots Lettuce Salad Peach Tapioca Ice Cream	<b>DINNER</b> Compôte of Fruit Baked Stuffed Haddock Escalloped Potatoes Egg Salad Chocolate Washington Pie	<b>DINNER</b> Bouillon in Cups Slice of Ham (Baked in Milk) Boiled Potatoes Cabbage Cottage Pudding Maple Sauce	<b>DINNER</b> Clear Tomato Soup Veal and Kidney Pie Spinach Ricid Potatoes Celery Frozen Milk Sherbet

## The Last Call for Sausages—By Florence Taft Eaton

AFTER our conscientious abstention from pork products this last winter, sausages seem particularly tempting, and we have still a few weeks before us during which sausages as sausages and also as a flavoring element in combination dishes (in which their spicy richness is most valuable and satisfying) are in order. The high cost of this product, as well as patriotism, has caused it to vanish from the breakfast tables of those who have to count their pennies. There are many ways, however, in which sausage meat may be used as "flavoring" and cunningly extended so that its cost does not come high.

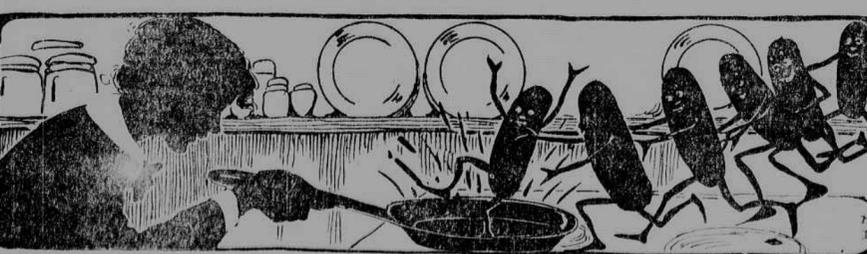
**Sausage and Fried Apple**

Cook the requisite amount of sausage and surround with fried apples prepared in the following way: Core unpeeled apples and remove a thin slice from stem and blossom ends. Then cut in halves instead of slices. Dip lightly in flour, to which a little sugar is added, and cook slowly on both sides in some of the sausage fat until soft and of a rich golden brown, but not broken. Serve one sausage with one half apple.

rich brown in sausage fat as fish cakes. They may be rolled in beaten egg instead of flour, laid in a buttered baking pan and richly browned in the oven if preferred. Garnish and serve with cold slaw or apple sauce.

**Breakfast Sausage and Potato**

Chop cold boiled potatoes rather coarsely (or dice them), sprinkle with salt and pepper and pour into a hot frying pan containing two or three coarsely minced sausages (or sausage meat) which have been cooked until brown; do not pour off the fat unless there is more than two or three tablespoonful. Stir lightly occasionally until potatoes and sausage are mixed and potatoes are well browned. Left-over sausage may be used for this dish, and



even one—or a small piece—will flavor acceptably, and make a different "dish" of the potato.

**Sausage Patties**

Make a biscuit dough and roll to one-third inch in thickness. Brush with melted butter, margarine or sausage fat, cut in rounds and place in a shallow baking pan. Lay on each a thin slice of cooked sausage meat about the same size as the biscuit, with a second round of the dough on top. Brush with milk.

Bake in a quick oven until patties are cooked; rub a bit of butter over the tops. Serve on a platter, with parsley garnish, with a tomato or cream sauce poured around—not over—at the last minute. This makes a "heartly" and attractive lunch dish. Serve with cold slaw or a green salad, and follow with an apple pudding.

**Concordia Sausage Eggs**

Nearly fill a buttered glass baking dish with hot cooked hominy; make slight depressions in the top and in each break an egg. Dredge slightly with salt and sprinkle over two or three tablespoonfuls of coarsely minced sausage. Set in a hot oven until eggs are set. A little very finely minced parsley may be added just before taking to the table, or a tomato sauce served with it as a variation.

**Escalloped Sausage and Macaroni**

Cook macaroni or spaghetti, moisten with a cream sauce and place in a buttered glass dish in layers, with chopped left-over cooked sausage between each. The macaroni should form the top layer. Cover with crumbs and bits of butter or

a thin layer of grated cheese and brown richly in a hot oven.

**Sue's "Savory"**

Use one-fourth pound of sausage, one quart of cooked spaghetti, one onion, minced, and enough tomato sauce to moisten. Cut up the sausage in small pieces and cook until brown; remove from the fat and keep hot. Fry the onion in the fat, add the tomato sauce and spaghetti, let it get very hot, and lastly, add the sausage and serve at once. This is a most delicious combination. It was recently served at the "main dish" at a large church luncheon and partaken of with enthusiastic praise.

**Delmonico Sausage and Egg**

A more elaborate sausage combination, suitable for a Sunday night or chafing dish party supper, is prepared as follows: Make rounds of toast, fry as many good sized—although thin—rounds of sausage meat as required, allowing one for each serving, and place where they will keep hot. Pour off half of the fat into the remainder stir a cup of whole cream; stir until hot, thiek and well blended. Meantime put the rounds of toast, with a round of sausage on each on a platter or on plates for individual servings, arrange a poached egg on top of each, and lastly, pour the sauce around. Garnish with parsley and serve very hot. A couple of tiny cooked white onions or a boiled Spanish chestnut may be placed at the side of each round and make a delicious addition. This is one of the finest egg and sausage dishes, and served occasionally well repays one for the time spent in its preparation.

*Sausage meat is by many people preferred to the regular round sausages. When cooking it, cut in rather thin slices and fry thoroughly, first dipping each slice in rye meal. This is the method adopted by our grandmothers, and produces a crisp, dry crust, greatly preferable, to my mind, to any other method of frying sausage meat.*

## ∴ Three Hot Plates That Keep Hot ∴

**Correct Tools Ensure Efficiency in the Home Food Factory**

**O**FTEEN in the small kitchen or electrical kitchenette there is no place to heat the plates conveniently. And always when the plates are heated they cool too rapidly when the invalid must be served, the child plays over its meal, or there is a dish like the Welsh rarebit which needs to be very hot to be palatable and keep the proper consistency. To meet this need come these hot water plates in two different makes.

The Buffalo Manufacturing Company sends two models differing chiefly in size and surface decorations, although the smaller one has also a cover of nickel plated steel with an ebonized wooden knob.

The plates are of decorated china mounted on a nickel plated steel base which forms a hollow chamber under the dish. On the base are two wire side handles and a straight angular spout, into which boiling water is poured. This spout is covered with a screw cap.

The smaller dish is six inches in diameter, ornamented with a picture of the "cow with the crumpled horn." The other model is seven inches in diameter

and bears a picture of the "maiden all forlorn."

On test the boiling water placed in the Hot Water Plate and in an ordinary oven-warmed plate fell 45 degrees and 51 degrees, respectively, in six minutes, a difference in favor of the Hot Plate of 6 degrees. At this reading the water in the Hot Plate was 136 degrees Fahrenheit, and in the oven-warmed plate 123, both suitable for serving. Note that the initial temperature of the Hot Plate is higher, as the oven heating has practical limitations.

At the end of twelve minutes the Hot Plate registered 124 degrees, a suitable temperature for serving—having lost 57 degrees, while the oven-heated plate was only 102 degrees (a loss of 72), or lukewarm.

Naturally, the broader the dish the more rapidly it cools on account of exposure to the air, unless a cover is used. In the case of the dish with the cover the liquid was kept hot enough for serving for thirty minutes.

A rarebit served on the hot water plates was kept at edible temperature for twenty minutes, just twice as long as when the usual oven-heated plate is employed.

In the case of the Empress Ware Hot Water Plate the same principle exactly is employed, but the dish has a plain blue

**Solve the Servant Problem by Properly Equipping the Kitchen**

degrees registered 137 at the end of five minutes, 126 in ten minutes and 122 at fifteen minutes. At the end of twenty minutes it was still warm enough to eat, registering 115 degrees. An equal amount of melted cheese placed on a plate which had been heated in the oven was kept at a serving temperature for only ten minutes, showing half the efficiency of the Hot Water Plate.

These little plates are a special boon to any one who has children or invalids to feed or breakfast to serve in the room. Of course, children ought not to dawdle over their food, but assuredly they do, and cereals and beef juice may be kept palatable and stand more chance of being eaten when served in a self-warming plate. For food served on the porch they are especially good, and the season is coming when this point will be particularly appreciated.

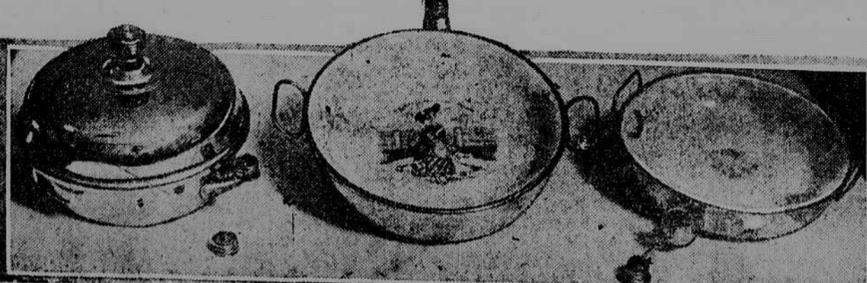
Empress Ware Hot Water Plates. Prices, \$2.00—\$3.00.  
Made by the New York Stamping Co., North 11th and Berry streets, Brooklyn, N. Y.

Hot Water Plates. Prices, \$2 up.  
Made by the Buffalo Mfg. Co., 191-199 Clinton Street, Buffalo, N. Y.

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