

# The Tribune Institute

Housekeeping as a Profession

In the World of Women

## The "First Fruits" of the Vegetable Garden

By VIRGINIA CARTER LEE

**I**N MAKING use of the early spring vegetables, the housewife must not make the mistake of using such costly commodities as hothouse tomatoes, expensive Southern asparagus and the equally costly green peas; but rather she should turn her attention to the healthful spinach and dandelion greens, the crisp watercress, lettuce and radishes and the tender young carrots and onions, that are never better than in April.

When an expensive vegetable like cauliflower is used, it will be found better economy to serve it in some delicious way as the main course for a luncheon (as in the baked cauliflower with cheese for Wednesday's luncheon), instead of making it merely an adjunct of a hearty meat dinner. Used in this way the cost of the vegetable is not prohibitive.

In planning for the springtime breakfasts, the caterer will notice that an edible green of some variety is generally served. This may seem like rather an innovation, but until one has tasted crisp lettuce, cress or endive with hot toast, eggs or some similar relish, one does not realize what real appetizers they are for the first meal of the day.

In purchasing the vegetables, the housewife will doubtless find that the prices vary greatly with the locality in which they are obtained, or whether they are bought from a small stand or from an expensive shop. The same grade of many of the vegetables can be bought for a third less in the afternoon at one of the stands than if purchased early in the day at one of the better class shops. This is particularly true on Sat-

urday, when the marketman does not wish to carry over the stock until Monday.

Vegetables bought the previous afternoon, if placed in cold water and set in a cold place, will be delicious if cooked the following day, and there will be a material saving in price. Nothing will repay the caterer more than shopping for her early spring vegetables.

Supplies for the week will include at the butcher's one pound of Hamburg steak at 35 cents a pound, one pound and a half of stewing lamb at 28 cents a pound, half a small box of smoked beef at 15 cents a box, one pound of lean stewing veal at 32 cents, a quarter of a pound each of salt pork and bacon at 40 cents a pound, and two pounds of short steak at 48 cents a pound.

The special market list of fresh vegetables will comprise half a peck of spinach for 30 cents, one head of cauliflower at 20 cents, six bunches of carrots at 7 cents each, four bunches of cress at 5 cents each, five bunches of young onions at 5 cents each, five bunches of radishes at 5 cents each, three bunches of young beets at 10 cents each, one quart of string beans at 15 cents, two quarts of dandelion greens at 6 cents a quart, three green peppers at 4 cents each, two heads of endive at 5 cents each, one head of romaine at 8 cents, four small heads of lettuce at 10 cents each, one small head of cabbage at 12 cents, one bunch of celery at 20 cents, and ten pounds of potatoes at 4 cents a pound.

**Marketing Prices**

Butcher's bill.....	\$2.33
Fish bill.....	1.39
Dairy products.....	3.61
Fresh vegetables.....	3.62
Fruits.....	1.60
Groceries.....	3.45
<b>Total.....</b>	<b>\$16.00</b>



### An Argument for Home-Grown Vegetables

The price of fresh vegetables makes a most convincing argument for a small home garden. The empty canning jars of last year's war army clinch it. And if you need further urging remember the flavor of your own vegetables, eaten fresh from the garden. No travelled vegetable, no matter how well handled, tastes quite the same as peas, corn and tiny lima and string beans, picked in their youth, in the early morning, and not allowed a moment in which to wilt.

It may not benefit one financially to pay market prices for small quantities of vegetables and fruit and can them, though there are other compensations, even in that case. But it does pay to can the surplus out of your own garden. You do not need a farm—a quarter of an acre will do much for the table and the empty cans under intensive cultivation. "How different it feels," a well known desk-bound man once said, "when you set foot on your own ground." Apart from all scientific fact it "tastes" different to eat vegetables out of your own garden and your own "can." If you have a piece of land as big as the top of the dining room table, you can get one crop of vegetables and one of satisfaction at least.

A. L. P.



**TESTED RECIPES**

**Young Beets With Sour Sauce**

Purchase young beets and wash them carefully without breaking the skins or they will lose their brilliant color while cooking. Cook in boiling, salted water, drain, throw them into cold water and remove the skins, then cut in halves. To prepare the sauce beat the yolks of two eggs and add three tablespoonsful of salad oil and one tablespoonful of hot water. Stand the bowl in boiling water and stir until the mixture thickens. Add half a teaspoonful of salt, a quarter of a teaspoonful of paprika and two tablespoonsful of vinegar. Pour over the beets in a heated vegetable dish, shake well and serve at once.

chopped hard cooked eggs, salt, celery salt and paprika to taste and enough rich milk to moisten slightly. Turn into a hot frying pan with a tablespoonful of melted bacon dripping and stir rapidly until heated through, then put into an oval mound and brown on the under side. Serve inverted on a hot platter.

**Creamed Radishes and Smoked Beef**

Peel a small bunch of radishes and cook with half a cupful of chopped celery in salted water. When tender drain, chop and mix with a large cupful of seasoned cream sauce and half a cupful of shredded smoked beef. Heat the ingredients over hot water and serve on hot toast slices.

**Lyonnais String Beans**

For these the tender little onions (sometimes called rareripes) should be used. Parboil for three or four minutes and coarsely chop. Have ready one quart of cooked fresh beans, add one cupful of the onions and turn all into a large frying pan in which has been melted four tablespoonsful of oleo. Turn rapidly until the onions are slightly colored, add two tablespoonsful of chopped parsley and serve in a heated vegetable dish.

**Beet Salad**

Cook six beets, peel and when cold cut a slice from the end of each so that they will stand firmly. Remove a portion from the centre of each and chop finely. Add to the chopped beet an equal amount of finely chopped cabbage and three tablespoonsful of chopped walnuts. Season lightly with salt and paprika and moisten with a boiled dressing. Fill into the beet cups, set each in a nest of lettuce leaves and garnish with a few capers.

**Escalloped Cauliflower**

This is a very hearty dish. Cook the cauliflower in salted water (to which a few teaspoonful of milk have been added) until tender, then separate into small pieces. (The milk tends to whiten the vegetable.) Prepare the sauce from three tablespoonsful of melted oleo mixed with three tablespoonsful of flour and add slowly two cupful of milk, half a teaspoonful of salt and a quarter of a teaspoonful of paprika. Cook, stirring constantly, until well thickened and blend in two egg yolks, lightly beaten. Arrange the cauliflower and sauce in alternate layers in a baking dish and cover the top with crushed dried bread crumbs mixed with grated cheese. Bake in a hot oven for ten minutes.

**Carrot and Egg Hash**

Cook the young carrots in salted water until tender and chop coarsely. Add for each large cupful of the carrots one tablespoonful of chopped parsley, two

**Monday**

- BREAKFAST**  
Oranges  
Creamed Eggs  
and Young Onions on Toast  
Watercress  
Coffee
- LUNCHEON**  
Vegetable Salad in Tomato Jelly  
Hot Biscuits  
Baked Apples
- DINNER**  
Celery Soup  
Cheese Soufflé  
Young Beets With Sour Sauce  
Rhubarb Pie

**Tuesday**

- BREAKFAST**  
Cooked Cereal with Apple Whip  
Bacon Rolls  
Radishes  
Raised Rolls  
Coffee
- LUNCHEON**  
Cream of Spinach Soup  
Crotonas  
Sliced Oranges and Bananas  
Ginger Cookies
- DINNER**  
Panned Hamburg Steak with Onions  
Dandelion Greens  
Hashed Browned Potatoes  
Apple Tapioca

**Wednesday**

- BREAKFAST**  
Stewed Prunes with Lemon  
Dry Cereal  
Bleater Paste Toast  
Crisp Lettuce  
Coffee
- LUNCHEON**  
Escalloped Cauliflower with Hollandaise Sauce and Cheese  
Rye Bread  
Fruit Salad
- DINNER**  
Bouillon in Cups  
Broiled Frozen Mackerel  
Potato Balls  
Stewed Tomatoes  
Coffee Caramel Custard

**Thursday**

- BREAKFAST**  
Halved Grapefruit  
Carrot and Egg Hash  
Corn Bread  
Watercress  
Coffee
- LUNCHEON**  
Green Vegetable Sandwiches  
Cream Cheese with Pimientos  
Tea  
Hot Spice Cake
- DINNER**  
Lamb Stew with Carrots, Young Onions and Celery  
New Potatoes  
Peach Sherbet

**Friday**

- BREAKFAST**  
Orange and Grape Juice  
Creamed Radishes  
Celery and Smoked Beef  
Bran Gems  
Coffee
- LUNCHEON**  
Baked Eggs in Green Peppers  
Watercress Salad  
Finger Rolls  
Orange Marmalade
- DINNER**  
Potato Soup  
Fried Flounder  
Lyonnais String Beans  
Romaine and Egg Salad  
Cottage Nut Pudding  
Maple Sauce

**Saturday**

- BREAKFAST**  
Baked Apples  
Codfish Soufflé  
Buttered Toast  
Coffee
- LUNCHEON**  
Beet Salad with Cabbage and Nuts  
Potato Rolls  
Canned Fruit
- DINNER**  
Cream of Cabbage Soup  
Veal Loaf  
Baked Potatoes  
Glazed Carrots  
Strawberry Ice Cream

**Sunday**

- BREAKFAST**  
Compôte of Fruit  
Omelet  
Radishes  
Oatmeal Scones  
Coffee
- LUNCHEON OR SUPPER**  
Creamed Oysters  
Green Pepper and Romaine Salad  
Thin Bread and Butter  
Gingerbread
- DINNER**  
Broiled Steak  
Spinach  
Hashed Brown Potatoes  
Deep Apple Pie  
Cheese

## The Sole of Friday—By Jeannette Young Norton

**"E**AT fish, there are plenty in the sea," the government says. This seems to be a true statement, as most fish are in the sea rather than on land. The week-enders who do land in our markets are good, but not as varied as formerly, and have gone up in price, like everything else. Yet even with the advance they are enough lower than meat prices to tempt the economist.

Flounders, politely called "sole" when filleted, have become a fish standby with the American housewife, and it is a pity that more of the women do not learn to fillet them at home, as well as the art of serving them in a greater variety of ways. In buying fish we pay for skin, bones and trimmings, then accept the fillets and leave the rest behind. French women, and their English sisters, demand the trimmings for fumette, gravy stock for immediate use and stock for chowders, soups or jelly foundations. One fishman says he has a barrel of "trimmings" left each week from fillets, all paid for once, that he sells to a restaurant for chowder foundation. Wholesalers have many barrels to dispose of every week left from the sole of Friday prepared for hotels. Is not this an economic lesson worth learning? We are less learning the value of the bones and fats we used to leave with the butcher to sell again, and we must now study other byproducts if we are to rank in thrif with other nations.

In choosing flounders the short, broad, thick and firm fish are best. Elastic to touch, skin clean and cool, eyes full, gills fresh and red—these are the points to judge the fish by. Although the flat fishes keep better than the large flat varieties, it is best to scale and clean them, rubbing inside and out with a little salt, then wrap them in a dry linen cloth and place on ice as soon as they are brought in from the shop. If they are to be used immediately they can be filleted before being put on ice.

The flavor of a fish depends largely on its feeding grounds, which also influence its color. To fillet the sole lay it on a fish board, head to the right hand; with a sharp knife cut right around the fish just inside the ridge of side bones, then loosen the fillet from the back bone, rolling the meat back over the left hand. Reverse the fish and repeat the operation on the other side; this leaves a fish skeleton. Lay the

fillets, skin side down, on the board and run the knife down as close to the skin as possible, then cut the fillets into any shape and size desired.

If the fillets are to be boiled whole they may be rolled and tied securely. If baked they may be spread with a stuffing and laid one on top of the other, buttered, and basted with savory sauce as they cook. If to be fried or cooked in a casserole, then they should be cut up in suitable pieces. Boneless fish put on in cold water requires only a few minutes' cooking after it begins to boil, which it should do very gently. Boiled

or fried fish should be carefully drained in each case, and served in a napkin with the sauce in a hot gravy boat. Boiled fish may be placed on a buttered dish, after draining, dusted with seasoning, dotted with little lumps of butter and dusted with grated cheese, then lightly browned in the oven. A thin cream sauce is often served with fish cooked this way.

Now as to the "waste" of the fish, if we must use the expression, from which the sauce foundation is made, known as fumette:

Place the skin, bones and trimmings in

a saucepan with two cups of water, a cup of tomato juice, a small diced soup bunch, a bay leaf, two sliced onions, a half bud of garlic, six cloves and seasoning. Boil gently for half an hour, then strain first through a sieve, then through a fine cheesecloth. Set aside to cool, remove the grease, and the fumette is ready to use as the foundation of a cream, tomato, drawn butter or any other sauce desired.

The fish stock is made like the fumette, only on a larger scale; extra bones and trimmings may be added to those of the dinner fish, and more water

and flavoring agents used, though the same care is taken in straining as with the fumette. If boiled fish is to be moulded, then gelatine may be added to the stock or fumette when it is heated the second time, and when it is slightly cool it may be turned into the mould where the fish, hard boiled sliced egg, broken shrimp or other ingredients have been arranged. Fish stock should be used inside of twenty-four hours after making, as it does not keep well. Fumette is, of course, for immediate use.

Half fish stock and half milk, slightly thickened and seasoned, are excellent for

clam, oyster, shrimp, scallop or crab-meat soup.

**Curried Sole.**—Add to a pint of tomato fish stock made as directed, a level teaspoon of curry powder mixed with a quarter cup of butter and half a cup of white flour; allow to thicken, then set aside four hours. Reheat and add fillets of sole that have been boiled five minutes and drained; simmer five minutes, then serve on toast.

**Sole Genoese.**—Cut the sole fillets small and fry quickly in butter, but do not brown them. Put them in a buttered baking dish, add a cup of cream

sauce, two tablespoons of cream, one tablespoon of tarragon vinegar, beaten with the yolks of two eggs, juice of an onion, seasoning and a little chopped parsley. Sprinkle with grated cheese and a few crumbs, and brown in the oven.

**Sole Venetian.**—Cut the fillets rather small, dip them in crumbs, seasoning and grated cheese, roll each in a piece of thin pie crust, add a lump of butter and a teaspoon of milk, press the edges together and bake. Serve hot with tartare sauce.

**Onion Sole.**—Spread a baking dish with a thick layer of creamed onions, arrange the fillets of fish on top after rolling them in crumbs, grated cheese and seasoning; then turn over a cup of cream sauce and bake for fifteen minutes.

**Sole Pie.**—Fillet and boil a large lemon sole; when cool flake it, add a half cup of broken shrimp or crab meat, a teaspoon of chopped parsley, a grated

## Household Appliances Tested and Endorsed

**An Addition to the Therox Family**

**A**LCOHOL may be abandoning as a drink, but it is coming into a larger kingdom as a fuel, so say "Those-Who-Know." It is only a few years ago that the best device for burning alcohol was a screen covered burner that had to be moistened with the liquid before using, which was both inconvenient and somewhat dangerous. The first solidified alcohol met with wide and general applause, but the Therox cubes are a still further improvement as a portable alcohol fuel, as they do not liquefy on burning and the combustion is complete, practically no residue being left. These two points insure a maximum of efficiency and of safety. This fuel played no small part at the front during the war, and warmed many a soldier's ration that would otherwise have been eaten cold.

The Tribune Institute has already approved and discussed the Therox Mess Kit, which has been recently improved by increasing the size of the cubes and making them more uniform. The time to consume two cubes in the original case varied between 12, 14 and 15 minutes in three tests, while the present product gave 14, 15 and 16 minutes, a longer burning power and a smaller range of variation.

Another point in regard to the large mess kit is that although one cannot cook in the third-tier as was originally thought, while the two lower compartments are in action, extremely good and practical service can be obtained by the following method:

A pint of water at 62 degrees Fahrenheit

was placed in the two lower compartments and half a pint in the upper cover. In ten minutes the water in the lower compartment was boiling, and in the middle compartment it had reached a temperature of 125 degrees—a good serving temperature. These two compartments were taken off and the contents used, while the top cover was placed directly over the flame, with the result that in five minutes it had reached 138 degrees and was more than ready for serving.

The high heat content of the fuel can also be shown by the fact that with two cubes one can boil a pint of coffee in ten minutes—heat a pint of soup to 130 degrees, and upon removing these, bring a semi-solid food in the upper

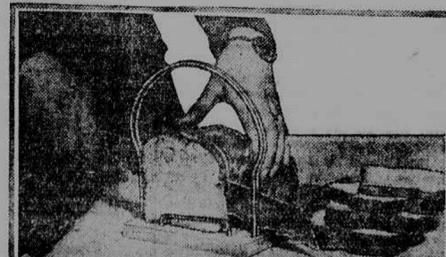
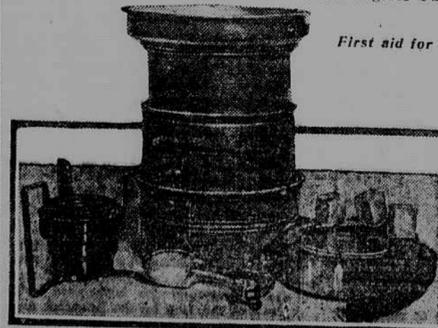
cover to 140 degrees—within fifteen minutes. Quick service—cost, 3½ cents for fuel.

The new member of the family is a tiny portable alcohol stove suitable for heating small quantities of liquid or food at any time or in any place that they may be needed. The fuel burner is a round brass container only 3¼ inches in diameter by 2¼ inches high, holding a quarter of a pound of solid fuel (not in the shape of cubes), and accompanied by a nickel-plated, folding steel holder, into which the can sets firmly and which supports the vessel used for holding the food at the proper height above the flame. The stove, fuel and holder would slip into any one's pocket or knitting bag and weighs only 9 ounces.

One pint of water in an uncovered aluminum pan was heated from 72 to 200 degrees Fahrenheit in 8 minutes

Therox Kits, large and small

First aid for the sandwich maker



young mother, and to those who "sport" by land or sea.

**Therox Mess Kit.** Price complete, \$5; extra cans of fuel (army size), 35 cents. **Therox Fuel Burner.** Price complete, 40 cents; extra cans of fuel, 15 cents. Made by the Basic Products Corporation, 233 Broadway, New York City.

**"Speed, Uniformity and Economy" In a Bread Slicer**

The Uniform Bread Slicer and Knife has all of the conventional virtues expected of bread slicers and a few special ones of its own. Economy that comes of slicing bread as needed and insuring even slices of any thickness from a quarter of an inch for sandwiches, three-eighths for ordinary serving, half an inch for toast and three-fourths of an inch for crotonas and other special purposes are recognized advantages of a cutter. A sandwich or a piece of toast made from raggedly cut bread is preordained to be a failure.

This particular slicer is unusually cheap and at the same time is durably constructed, having a hard maple base, 5¼x8¼ inches, with a double arch of heavy nickel-plated wire at one end, with a side guide and an end stop of the same material. The space between the two arches serves to guide the knife and the end stop can be placed in four different positions, thus regulating the thickness of the slice. A fourteen-inch, all-steel, nickel-plated knife, with a serrated edge, accompanies the slicer. Uniform Bread Slicer and Knife; price, 50 cents.

Made by Benjamin S. Loeb, 25 West Twenty-third Street, New York City.

**A Correction**

In the writup of the Chambers Fireless Cooking Gas Range, which appeared in The Tribune for February 23, four percentage figures were given that we fear may be misleading, though the accompanying basic data on which they were calculated are perfectly correct.

The statement that two operations of cooking under the hood saved 50 and 100 per cent of gas, respectively, and that the two oven tests saved 88 and 150 per cent, respectively, should have read that these were the percentage increases in gas consumption on the regular gas stove over the Chambers.

The corresponding percentages of gas saved would be 33.1-3, 50, 47 and 60 per cent, respectively. In other words, the four figures given as percentages of gas saved should have been described as percentages of increased gas consumption on the usual gas stove, as compared with the Chambers fireless.

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