

Tested Tools

The Tribune Institute

Tested Foods

HOUSE KEEPING AS A PROFESSION

Melons and Pears for Fruit Cups, Salads and Desserts

Fine Points in the Buying and Serving of These Fruits

By Virginia Carter Lee

DURING August both watermelons and cantaloupes are at their best; and as they furnish one of the best of summer desserts they should be frequently included in the daily menus.

Many housekeepers consider the cost as rather prohibitive, but when it is taken into consideration that the rind of the watermelon gives a delicious sweet pickle for the winter and the cantaloupe furnishes a dessert requiring no cooking, the initial cost is materially lessened.

The Skillful Buyer

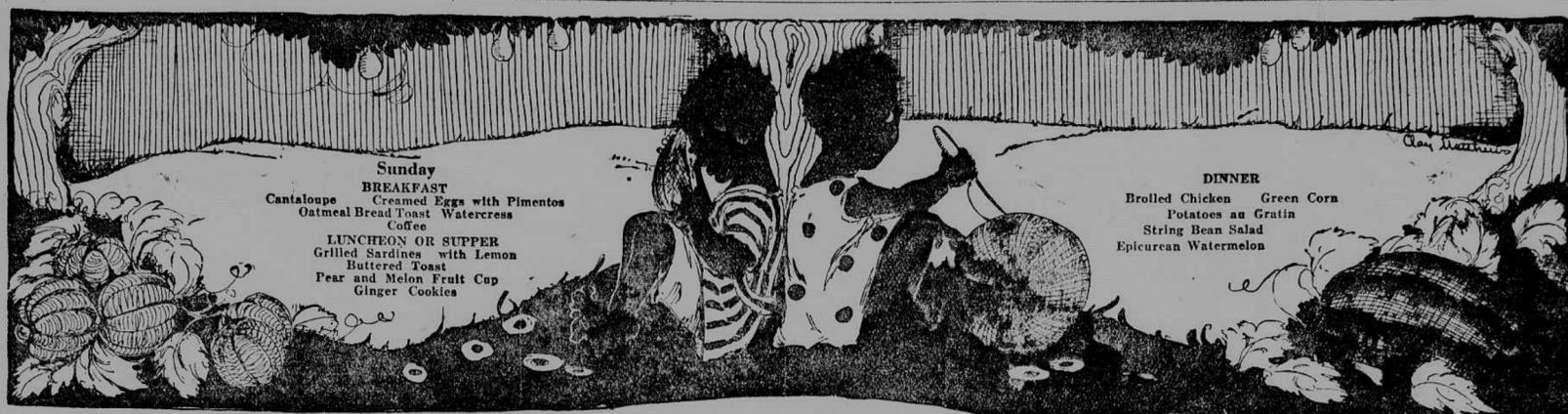
Other housewives hesitate to purchase cantaloupe, owing to past disappointments, and say they don't know how to pick out a good melon. As a rule, the spicy fragrance of a cantaloupe and its weight for its size are excellent guides in the selection, and if you are to use it within twelve hours be sure that the stem is pliable when gently pressed with the thumb.

The plugging of a watermelon (which most fruit dealers will do) shows exactly the quality of the melon when bought whole, and if one is only moderately fond of the fruit half a melon can be purchased which will give ample servings for four persons. A cut melon should be covered with paraffin paper and placed in the ice chest.

Never put cracked ice inside a cantaloupe, for the delicate spicy flavor is often destroyed by this, but thoroughly chill both cantaloupe and watermelon by leaving in the ice chamber for at least twenty-four hours.

Pears are another good August fruit, and from the luscious Bartlett and "russet" down to the plebeian stewing and baking varieties they will be found one of the most delicious as well as one of the most useful fruits.

Peeled, sliced and diced they combine particularly well with melons, and like these fruits they can be used to advantage in the making of



Sunday
BREAKFAST
 Cantaloupe Creamed Eggs with Pimentos
 Oatmeal Bread Toast Watercress
 Coffee
LUNCHEON OR SUPPER
 Grilled Sardines with Lemon
 Buttered Toast
 Pear and Melon Fruit Cup
 Ginger Cookies

DINNER
 Broiled Chicken Green Corn
 Potatoes au Gratin
 String Bean Salad
 Epicurean Watermelon

Monday
BREAKFAST
 Cantaloupe Cup
 Broiled Bacon
 Fried Corn Meal Mush Coffee
LUNCHEON
 Jellied Chicken Bouillon
 Watercress Sandwiches Iced Tea
 Gingerbread
DINNER
 Green Pepper and Cheese Canapés
 Baked Stuffed Bass Green Corn
 Potato Chips
 Watermelon Supreme

Tuesday
BREAKFAST
 Chilled Cubes of Watermelon
 Baked Tomatoes with Fish Filling
 Toast Coffee
LUNCHEON
 Stuffed Egg Salad Rolls
 Iced Coffee Cup
 Pear and Nut Salad
DINNER
 Vegetable Soup
 Veal Croquettes Green Peas
 Creamed Potatoes
 Watercress French Dressing
 Cantaloupe with Peach Sherbet

Wednesday
BREAKFAST
 Chilled Loganberry Juice
 Shredded Eggs Radishes
 Cereal Muffins Coffee
LUNCHEON
 Cream of Corn Soup Croûtons
 Cantaloupe Salad Raspberries
 Brown Bread Sandwiches
DINNER
 Halibut au Gratin
 Potato Balls Spinach
 Sliced Tomato Salad
 Pear and Cake Compote

Thursday
BREAKFAST
 Iced Grape Juice
 Molded Cereal with Cream
 Cinnamon Toast Coffee
LUNCHEON
 Cheese Soufflé Rye Bread
 Ginger Ale
 Turkish Cantaloupe
DINNER
 Jellied Bouillon Crackers
 Broiled Kidneys with Bacon
 Italian Macaroni Radishes
 Bartlett Pears Iced Coffee

Friday
BREAKFAST
 Purée of Cantaloupe and Pears
 Spanish Omelet
 Buttered Toast Coffee
LUNCHEON
 Vegetable Salad Sandwiches
 Iced Tea
 Caramel Custards
DINNER
 Broiled Bluefish
 Succotash Escalloped Potatoes
 Watermelon Salad
 Lemon Meringue Pie

Saturday
BREAKFAST
 Watermelon Cup
 Creamed Smoked Beef
 Popovers Coffee
LUNCHEON
 Fish Timbales
 Cold Slaw Finger Rolls
 Baked Pears with Currant Jelly
DINNER
 Aspic Jelly Canapés
 Broiled Hamburg Steak with Onions
 String Beans French Fried Potatoes
 Melon Melba

delicate salads, fruit cups and desserts. Formerly both melons and pears were rarely served in any other way save au naturel, but in the menus for the present week numerous recipes are suggested for their preparation that can be highly recommended.

Variations

Fruit sherbets and different varieties of ice cream are never better than when served in half a chilled cantaloupe, and iced cubes of watermelon (sometimes rather tasteless) are delicious when "doctored" with a little grape juice and just a suspicion of ginger flavor.

When cooking pears it is well to remember that both lemon and orange flavors are a good addition, and if a spicy taste is desired add a bit of stick cinnamon or a few whole cloves. When stewing pears

cook until almost tender, then drain off nearly all the water and finish cooking with loganberry or grape juice.

The Budget

Supplies for the week will include at the butcher's one pound and a quarter of stewing veal at 28 cents a pound, five lambs' kidneys at 8 cents each, four ounces of smoked beef at 4 cents an ounce, one pound of chopped beef at 45 cents a pound, half a pound of bacon at 48 cents a pound and two "broilers" (one and a half pounds each) at 50 cents a pound.

At the fish market one and three-quarters pounds of bass at 28 cents a pound, one pound of halibut for 40 cents, two and a half pounds of bluefish at 30 cents a pound

and a can of sardines for 30 cents. Purchase for the dairy supplies one and a half pounds of table butter at 68 cents a pound, half a pound of oleo for 20 cents, five quarts of grade B bulk milk at 12 cents a quart, five quarter pints of cream at 15 cents a bottle and twenty-two eggs at 66 cents a dozen.

Market prices for four persons should, with careful marketing, run at the following approximate figures:

Butcher's bill	\$3.10
Fish bill	1.94
Dairy products	3.78
Fruits	4.23
Vegetables	3.95
Groceries	4.45
Total	\$21.50

Strange Fruits Produced by the Cook

MANY persons find watermelons rather tasteless, but special methods of preparation will make them delicious. Cantaloupe as salad material is too often neglected and the same is true of pears. The following suggestions enable

you to make a more frequent use of these fruits without monotony while the season is at its height:

Watermelon Supreme

Cut cubes from a ripe melon and chill thoroughly, dusting lightly with powdered sugar, and pouring over white grape juice to cover the cubes before placing in the ice chest. Serve in coupé glasses, and just before serving pour from a height over each portion sufficient chilled ginger ale to fill the glass. Serve immediately.

Watermelon Salad

Cut the chilled melon with a very sharp knife into dice and add for each cupful of the melon one diced, peeled pear, half a cupful of shredded romaine and six slices of chopped crisp cucumber. Moisten with a vinaigrette dressing, to which a tiny pinch of curry powder has been added, and serve in lettuce cups.

Turkish Cantaloupe

Scoop out the edible pulp from two ripe melons and sprinkle with a scant half teaspoonful of salt, a quarter of a teaspoonful of paprika, two tablespoonfuls of powdered sugar and a quarter of a teaspoonful

of powdered cinnamon and grated nutmeg. Let stand on the ice to chill and ripen for three hours, then chop the melon finely and mix with half a pint of chilled double cream and three tablespoonfuls of chopped preserved ginger. Taste to see if more sugar is required and turn the mixture into a mold with a water-tight cover. A Mason jar is convenient for this purpose. Bury in ice and salt for two hours and serve before it freezes solid. The consistency should be like sherbet.

Pear and Nut Salad

Peel and cut in halves ripe juicy pears and with a sharp-pointed spoon remove the seed centers. Marinate the pears in the ice chest in a French dressing made with lemon juice instead of vinegar. When ready to make the salad fill the centers (for two pears) with the following mixture: Mash to a paste

two tablespoonfuls of cream cheese and add one tablespoonful of chopped nut meats and a teaspoonful of minced pimentos. Moisten with a little mayonnaise dressing and when the centers are filled sprinkle with finely shredded dates. Lay each pear half, carefully drained, on crisp lettuce leaves that have been dipped in French dressing.

Pear and Cake Compote

Stew firm, well flavored peeled pears in water to cover, adding for four pears two thin slices of lemon, a bit of stick cinnamon and six whole cloves. Simmer for eight minutes, add half a cupful of sugar and cook until the fruit is transparent. Drain, chill on the ice, and roll each in powdered macaroon crumbs. Boil down the syrup until quite thick, take out the spices and when cold pour over cake slices that have been placed in deep sau-

Improving on Dame Nature as a Flavorer of Melons

cers. Arrange the pears on the cake slices and garnish with squares of firm fruit jelly or candied cherries.

Melon Melba

Cut the edible pulp from chilled cantaloupes in round balls with a vegetable cutter and have the balls so that two will fit into a coupé glass for a portion. In the bottom of the glasses place a layer of coffee ice cream. On this place the fruit balls and pour over just enough maple syrup to moisten slightly. Top with mounds of sweetened whipped cream and dust with chopped nuts. This is a delicious dessert and the blending of the different flavors will be found as good as they are novel.

Pear and Melon Fruit Cup

This is a beverage with a good deal of fruit in it and should be served with a long-handled spoon, so that the fruit may be eaten. To serve four persons, blend together the diced pulp of one cantaloupe, two diced and peeled Bartlett pears and enough diced watermelon to fill a large cup. Sprinkle with half a cupful of sugar and add the strained juice of one and a half lemons, two whole cloves and a cupful of cold tea. Stand on the ice to chill and ripen and just previous to serving add a pint of cracked ice and a full quart of carbonated water poured from a height. Serve in tall glasses. A few fresh raspberries may be added as a garnish.

Epicurean Watermelon

Heat a pint of loganberry juice with four whole cloves, one tablespoonful of sugar, a broken stick of cinnamon and a thin slice of lemon. Simmer gently for six or seven minutes, remove from the fire and cool with the spices. Cut the edible chilled pulp of half a watermelon into cubes, pour over the spiced fruit juice and set in the ice chest for at least six or eight hours. When ready to serve, remove the spices and lemon and place in wide-rimmed glasses with the juice poured over it.

The Tribune Institute Letter Box

(Questions about food values, food preparations, diets, household administration and household equipment will be answered through this column or by mail, if not of general interest or not susceptible of brief treatment.)

"Doughnuts Like Rocks"

Editor, Tribune Institute: Thanking you for the help your department has been to me, may I ask for help directly? Doughnuts made from the recipe below are splendid—until a few hours after they are made and then are like rocks. I have put them away warm, cold, in waxed paper, in cloth, in tin and in stone crocks, and they are just the same. Will you please tell me the trouble?

Recipe

Two eggs, one cupful of sugar, one teaspoonful of ginger, one teaspoonful of nutmeg, one teaspoonful of salt, four teaspoonfuls of baking powder (heaping), one cupful of milk, one cooking spoonful of fat, about five cups of pastry flour; fried at 360 degrees.—Mrs. E. E. W., Middleboro, Mass.

There are three or four suggestions that might be made to meet this difficulty. First, there is not enough fat used. At least two and a half level tablespoonfuls of butter, oleo or other fat would be needed to this much flour.

Second, five level teaspoonfuls of baking powder should be sufficient. We can never standardize recipes until level measurements are used instead of "heaping" them, as the

amount that "heaps" varies with the weather and the nature of the material measured.

Third, probably too much flour is being used. Doughnut dough should be just as soft as one can handle it. Pastry flour, which is made from soft wheat, contains less gluten and needs to be much less stiff than when hard winter wheat is used. Again, this kind of flour packs down, and unless it is sifted several times and put into the cup lightly and without pressing it will make more flour than the recipe really calls for. Four and a half cups, lightly measured, might be better than five. Experiment must prove this.

The temperature usually given for frying doughnuts is 345 degrees and kept uniform. If the fat is too cold the doughnuts will soak fat; if it is too hot, however, they will brown before they have risen sufficiently, and that may be the trouble in this case. Also, they should only be turned once.

Last, they should never be put away hot, but when cold an old-fashioned stone crock should be an ideal storing place—millions have been so stored in New England, and it still goes on!

An Old-Fashioned Drink

Editor, Tribune Institute: Your advice and suggestions each week are so invaluable, I am asking you to help me by sending a recipe for "Raspberry Vinegar." I have

unfortunately lost the "family recipe" my mother, and grandmother before her, used.

It was served in the proportion of about a third glass syrup, filled up with cold water. It was most delicious and refreshing, and we made quarts of it each year. I should be exceedingly obliged to you if you can send the directions for making it this summer.—Mrs. T. B., New Brunswick, N. J.

RASPBERRY VINEGAR or raspberry shrub is one of the most refreshing of summer beverages. The loganberry juices on the market afford a good substitute as far as flavor is concerned, but they are really heavy syrups lacking the acidity of the homemade fruit vinegar.

Two recipes, varying a little in concentration, are given for those who, like our correspondent, may have lost grandmother's recipe but remember the delicious flavor of this refreshing drink.

Raspberry Vinegar

Put two quarts of crushed raspberries in a large bowl. Pour over them two cupfuls of cider vinegar and set in a cool place for twenty-four hours, then strain off every particle of liquid. Crush two more quarts of berries, pour over the fruit the vinegar juice and again let stand for twenty-four hours. In the morning strain off the liquid into a pre-heating kettle, heat to the boiling point, add six cupfuls of granulated sugar and let boil for twenty minutes. Store in sterilized, self-sealing bottles and fill them to overflowing.

A few tablespoonfuls of this vinegar, with the addition of cracked ice and carbonated water, make a most delicious and refreshing summer beverage. V. C. L.

The second recipe, which should be credited to Janet McKenzie Hill, is a raspberry shrub not so concentrated as Miss Lee's, one-quarter of a cup being used to three-quarters of a cup of water.

Raspberry Shrub

1 quart of cider vinegar.
6 quarts of red raspberries.
1 pint of sugar to each pint of juice.
Put three quarts of the berries into an earthenware jar and pour over them the vinegar. Let stand about twenty-four hours, then strain through a jelly bag, pressing out all the liquid. Pour this liquid over a second three quarts of fresh berries and let stand again twenty-four hours. Again strain through a jelly bag, expressing the juice. Add the sugar as above and let boil twenty minutes. Store as canned fruit or in bottles.
To serve use a quarter of a cup of the shrub to three-quarters of a cup of water.



Affinities for the Cantaloupe

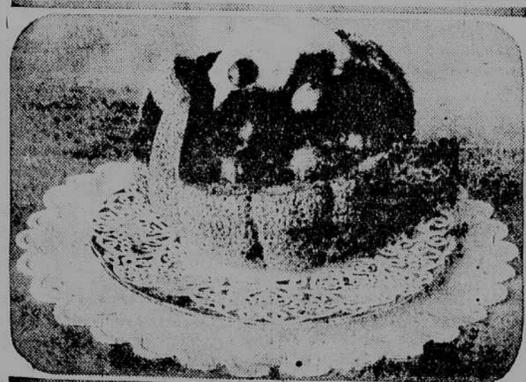
EVERY one knows that vanilla ice cream or frozen custard is at its best when served in a cantaloupe. But one need not stop here. And while we are not enthusiasts on spending much time on the architectural and landscape aspects of these servantless days, yet in times of sickness and of special festivities, or cases of fastidious appetites, charming service of simple, less expensive foods will take the place of elaborate, costly confections, or serve to tempt one who has no desire for food. The children do love to have their food beautified, and many grown-up children will look at such a dish as the one photographed and say, "It looks good enough to eat."

This particular cantaloupe basket is carrying a goodly load of black-

berries, green grapes and vanilla cream. Picture that in its natural colors; see how alluring it would be on a hot night. The cream might well be pineapple ice, or you may have a pale green pistachio cream with its delicious burnt almond flavor that blends so well with fresh fruits—or add red raspberries to the vanilla cream instead of blackberries.

The handles of the basket have a utilitarian as well as an aesthetic reason for being. For a cantaloupe would seem to have some automobile blood in it—it does so love to "skid" when you go around the corners!

Suggestions are in order! One dollar apiece reward for original, good-looking, zestful affinities for the cantaloupe! No freaks need apply. Address Anne Lewis Pierce, Director, Tribune Institute.



Waste of Woman Power on Farms

THE Office of Extension Work, States Relation Service, of the Department of Agriculture sent out a woman, Florence E. Ward, under whose direction 10,015 farm homes were surveyed to determine the condition of women's work. These are some of the facts reported:

The working day of the average farm woman is 11.3 hours in winter and 13.12 hours in summer.

Out of 100 women 87 have no regular vacation during the year.

Half of the farm women are at work at 5 o'clock in the morning.

Two hours a day leisure is the average, winter and summer.

So much for hours of work. What wonder that the daughters decide to get a job in a factory or a city office, with a fifty-four-hour week and amusements and soda fountains at every corner?

As to the tools for their work, look over these facts:

Over half have no water in the kitchen, but must carry from spring or pump all water for kitchen use.

Over three-fourths have kerosene lamps to fill.

Ninety-six do the family washing and only about half have washing machines.

Only one-fourth have electric or gas irons.

Nearly half of the farms had power for the farm machinery, but less than one-quarter had it for the home work, simple as the between-house-and-barn connection would have been.

Ninety-two per cent do all or part of the family sewing. No mention is made of electric sewing machines.

Besides doing their own housework under these handicaps, 58 per cent of the farm women do garden work, 94 per cent make all or part of the bread (no bread mixers mentioned) and 60 per cent do the churning.

Eighty-one per cent of all the poultry was cared for by women, one-fourth help to feed and bed the cattle and spend six weeks a year in the field.

This is all in addition to cooking the family meals and bearing and caring for the children.

The Tribune Institute has always felt that the promotion of tested appliances for the home worker, providing women with adequate tools and power-driven machinery for

home work, had even a larger field and was of more basic importance on the farm and in the suburban and country place than in the city. Now we are sure of it. Any woman who could read this report and deliberately choose to be a farm woman must be feeble-minded! If we are to "increase production" of food-stuffs, obviously a first step is to create living conditions on the farm that in some slight degree foreshadow the advances made in other lines of industry.

The satisfaction of home life in the open country is to be counted as an asset, but no one can enjoy it

who leads a life that produces daily exhaustion from routine work without a ray of hope of a break. The applying of the principles of modern business to the home, putting some of the improvements there instead of in the barn and fields, and, above all, of giving women water, heat and light in their most available form and labor-saving machinery will do more to increase production than all the economic vagaries or legislation ever conceived. Even amusements, motors, granges and libraries are of no use to a woman who has a twelve-hour day and no vacation year in and year out.

The Sugar We Eat and The Sugar Shortage

THE Department of Agriculture is urging that we do not throw away the summer fruits because we are short of sugar. There will be more sugar next winter, they say, and you can add it to the fruit when you eat it, if only you have not neglected to catch your fruit and can it.

The word is that we have either used 15 per cent more sugar this year than ever before, or else we have hoarded it. This in spite of a world shortage and a decrease of 400,000,000 pounds in our domestic crop! We did this by importing 25 per cent more sugar than ever before. Looks a bit piggyish, doesn't it, when you get it right down in black and white? The government's guess is that either people have eaten more sugar than ever before, or else housewives and manufacturers are hoarding it for future use.

As a nation we need to watch our sugar consumption. For the past fifty years we have been steadily eating more sugar, about a pound a year apiece more, so that we now average 85 pounds to 96 apiece a year, whereas in 1899 we ate only 59 pounds a year.

What we get in soft drinks, candy and ice cream we do not recognize as sugar, but the body has to handle it just the same. A nervous, rushing people, we are apt to eat sugar as an energizer. It is a stimulant once removed, so to speak. And used in excess it may injure the health quite as much as any other

stimulant whose effects are more immediate and more obvious.

Look to your sugar bill, as well as your meat bill, and let the rest of the world have a little sweetness, too!

The following breads, for example, are sweet without sugar and are better for afternoon teas than sweets:

Boston Bread With Walnuts
Mix dry ingredients together—namely, one cupful of rye flour, one cupful of cornmeal, one cupful of graham flour and one teaspoonful of salt. Add three-fourths of a cupful of molasses, to which has been added one and one-half teaspoonfuls of soda, two cupfuls of sour milk, two tablespoonfuls of fat and one cupful of chopped walnuts. Pour into a well greased mold and steam about three hours. Remove from the mold and bake for about one hour. This is excellent to have on hand in the summer for sandwiches. Cheese and watercress especially are good with it.

Graham Nut Bread
Sift two cupfuls of white flour with four teaspoonfuls of baking powder and one teaspoonful of salt. Add two cupfuls of graham flour and one cupful of nuts, two cupfuls of milk and one-half cupful of molasses, to which has been added one-half teaspoonful of soda. Bake in a well greased bread pan in a very slow oven for one hour.