Tested Tools **The Tribune Institute** Tested Foods
HOUSEKEEPING AS A PROFESSION

Tomatoes in the Soup, the Salad, the Pie and the Can

How to Serve "Love Apples" for Breakfast, Luncheon and Dinner

By Virginia Carter Lee

WHEN tomatoes are to be used raw they should always be carefully peeled. This may be done with a very sharp knife if one is expeditious, the family is small and the vegetable is large, solid and meaty. The medium sized fruits should be placed in a wire basket, lowered for a couple of minutes into boiling water, then plunged into cold and the skins will peel off easily. Do not let them stand and chill immediately.

In cooking tomatoes the addition of a little sugar is, I think, a great improvement. The taste of the sugar is not apparent and it seems to bring out the natural flavor of the vegetable. If spice is added, cinnamon and cloves should have preference, and bacon or pork fat melted and added to any tomato dish is quite as good if not better than oleo.

When tomatoes are baked use the small shirred egg dishes for holding them. Cooked in these they keep their shape better, and every particle of the juice is retained, instead of escaping into the large pan.

Daily Uses for Tomatoes

Baked Tomatoes

Hollow out medium sized tomatoes and sprinkle lightly with salt. Chop the removed pulp, add half the quantity of bread crumbs, half a finely minced onion, two minced slices of green pepper and half a teaspoonful of chopped parsley. Season with a little salt, moisten with melted bacon dripping or oleo and fill into the tomatoes. Place in greased baking dishes and bake in a moderate oven until the tomato shells are tender.

Tomato Croquettes

Place in a saucepan two cupsful of sliced tomatoes, two slices of onion, a bay leaf, two peppercorns, one and a half teaspoonsful of sugar, half a teaspoonful of salt and one-quarter of a teaspoonful of paprika. Cook for ten minutes and press through a sieve. Melt three tablesponsful of shortening, add one scant quarter of a cupful of cornstarch, the strained tomato pulp and cook, stirring constantly (over hot water) for seven minutes. Cool slightly, stir in one beaten egg and pour into a buttered pan. Chill, cut in squares or oblongs, egg and bread crumb and fry in a deep, hot pan. Drain on brown paper before serving.

Alabama Tomato Salad

Peel four tomatoes, remove the centers from each, sprinkle with salt and invert on the ice to chill. Mix together two slices of chopped green pepper, one small minced onion, half a chilled cucumber cut in dice and a tablespoonful of chopped nut meats. Moisten with mayonnaise dressing, fill into the tomatoes and arrange in lettuce cups. Garnish the top of each with a large sprig of parsley.

Green Tomato Pie

Cook together three-quarters of a cupful each of chopped green tomatoes and apples and place in a saucepan with a scant half cupful of seeded raisins, a quarter of a cupful each of corn syrup and brown sugar, two tablespoonsful of melted beef dripping, one tablespoonful of lemon juice, two tablespoonsful of cold water, a scant half teaspoonful of salt, three-quarters of a teaspoonful of ground cinnamon, one-quarter of a teaspoonful of ground mace and nutmeg and a quarter of a cupful of grape juice. Simmer slowly for one hour and use when cold as a filling for one large pie. This mock mincemeat can be made in quantity and sealed air tight as for canned fruit. If the apples are very sour a little more sugar may be required.

Tomato and Cheese Soufflé

This may be made from thinned canned tomato soup or stewed seasoned tomatoes (strained) may be utilized. Place in a bowl half a cupful of coarse, grated bread crumbs and pour over them one cupful of the seasoned tomato mixture. Let stand for fifteen minutes and add half a cupful of finely grated cheese and a half teaspoonful of Worcestershire sauce. Mix well, stir in the beaten yolks of three eggs and fold in the stiffly whipped egg whites. Pour quickly into a greased soufflé dish and bake about thirty minutes in a moderate oven. If baked in individual dishes, fifteen minutes is the correct time allowance.

Escalloped Tomatoes and Corn With Bacon

Cut six tomatoes in slices and cook for three or four minutes in a little hot vegetable oil. Then lift out without breaking and lay in a layer in a buttered baking dish. Sprinkle with salt and paprika and a tiny bit of sugar, dot with bits of bacon dripping and cover with a layer of fresh corn pulp. Season this with salt, paprika and more dripping and continue with alternate layers of the two vegetables until the dish is filled. Pour over two tablespoonsful of onion juice, cover and bake in a moderate oven for twenty minutes. Then uncover, lay thin strips of bacon over the top and bake until the bacon is crisp and brown. A little chopped green pepper may be added with the tomato if desired.

Deviled Tomatoes

Chill the tomatoes thoroughly, cut in rather thick slices and rub in well on both sides a mixture made from one tablespoonful of French mustard, half a tablespoonful of Worcestershire sauce, one teaspoonful of sugar, half a teaspoonful of salt, a quarter of a teaspoonful of paprika and a few grains of cayenne. Dip the slices when prepared in corn meal and sauté in bacon fat. Serve very hot.

TOMATOES are probably more universally "put up" than any other vegetable, and the reason for this is that not only are they excellent served as a vegetable, but they are also a most delicious addition to many soups, sauces and made dishes.

They may also be converted into savory sweet and sour pickles, which are particularly good with cold meat, as is also the chutney; while tomato sauce, catsup and chili sauce are unexcelled for serving with baked beans, fish, or as an added ingredient to salad dressing..

Tomato conserve, butter and honey may prove novelties to the majority of housekeepers, but eaten with hot biscuits or used as a sandwich filling they are sure to prove popular.

In cooking tomatoes a graniteware pan is recommended, owing to the acid which the tomatoes contain, and when vinegar is used as one of the ingredients weaken it slightly if very strong, or the strength of the vinegar will "kill" the natural tomato flavor which you are trying so hard to preserve.

Tomato Pickles, Conserves and Condiments

Tomato Honey

Cut ripe tomatoes in small pieces and for each pound of vegetables allow the grated yellow rind and the juice of one lemon. Barely cover with water and cook in a graniteware saucepan until the water has almost evaporated and the vegetable is very tender. Strain through a fine sieve, measure the pulp and allow an equal quantity of heated granulated sugar. Cook until of the desired consistency, being careful that it does not burn, and seal as for catsup in airtight bottles.

Sweet Pickled Tomatoes

Cut in quarters one peck of tomatoes, not overripe, and add two chopped small white onions and one small minced red pepper (without seeds). Place in a preserving kettle with three cupsful of mild vinegar, two cupsful of brown sugar, two tablespoonsful of salt, one teaspoonful each of ground cinnamon and nutmeg, and half a teaspoonful each of ground cloves and allspice. Simmer slowly, lifting out the tomatoes when tender and pack in sterilized jars. Boil down the syrup slightly, fill the jars to overflow and seal as for canned fruit.

Tomato Sauce

Slice two pecks of tomatoes and three large peeled onions. Place in a preserving kettle and add a quarter of a cupful each of sugar and corn syrup, three-quarters of a quart of mild cider vinegar, two green peppers, finely chopped, a bay leaf, half a teaspoonful of whole cloves, two broken sticks of cinnamon, half a teaspoonful of whole allspice, half a nutmeg and half a teaspoonful of celery salt. Let simmer until quite thick, strain and seal air tight as for catsup. This is particularly good to use with fish or for seasoning soups.

Portland Green Tomato Pickle

Cut green tomatoes (one peck) in slices one-quarter of an inch thick and also slice one dozen peeled white onions. Arrange the vegetables in layers, sprinkling salt between, and let them stand overnight. In the morning drain off the brine, place in a preserving kettle and add mild vinegar to cover with four shredded red pepper pods, two tablespoonsful of celery seed, one tablespoonful of mustard seed and one cupful of mixed whole spices. Simmer for ten minutes, stir in one tablespoonful of grated horseradish and seal boiling hot in airtight jars.

Ripe Tomato Conserve

Remove the skin from eight tomatoes and cut in small pieces. Weigh the fruit and allow half the amount of granulated sugar. Place in a preserving kettle and add the juice of two oranges and two lemons, half a teaspoonful of ground cinnamon and a quarter of a teaspoonful of ground mace. Let simmer until thick and when almost cooked stir in four ounces each of candied lemon peel and preserved ginger cut in tiny strips and three-quarters of cupful of seeded raisins. Store the same as jelly or marmalade.

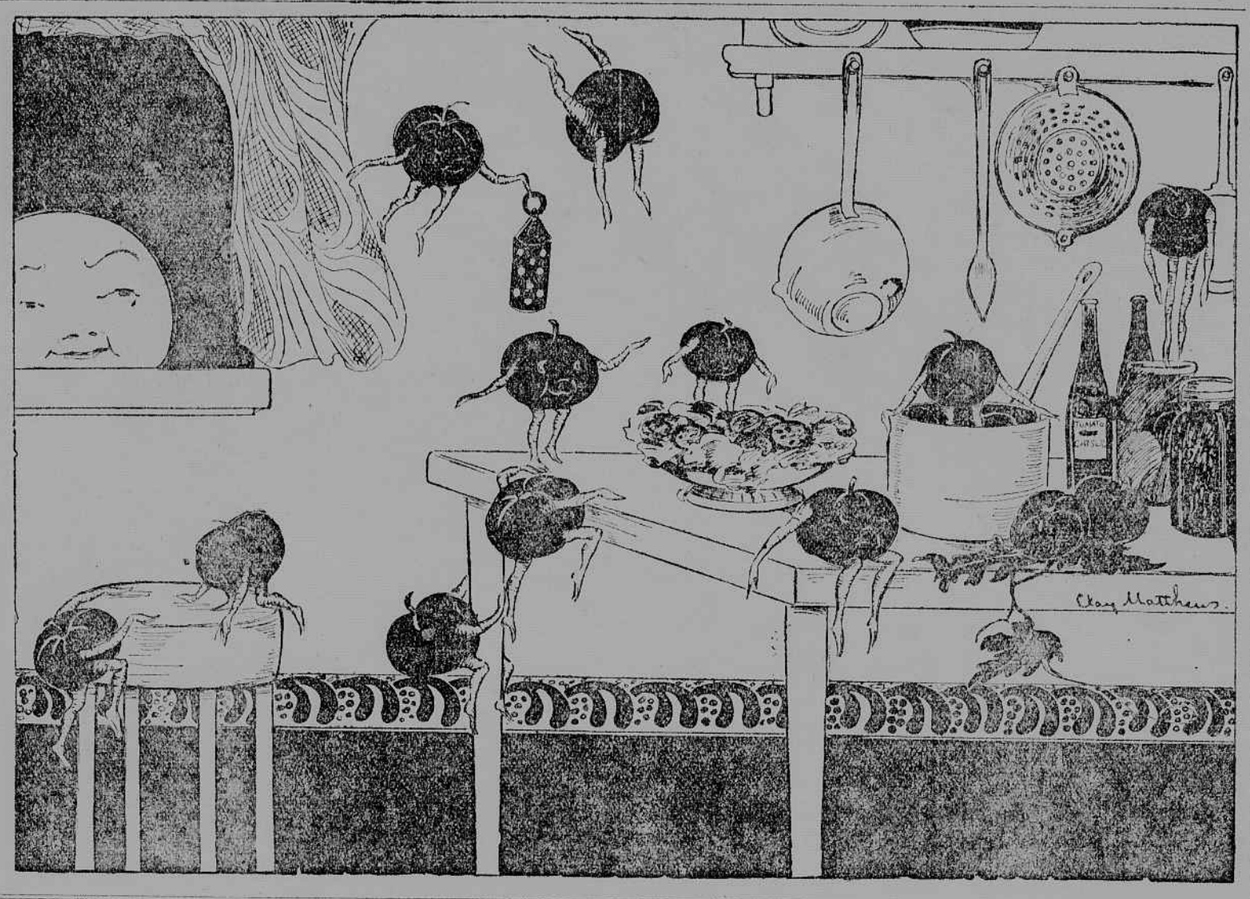
Tomato Chutney

Peel sufficient apples and green tomatoes to make seven ounces each when chopped. Cover with two cupsful of strong vinegar, add four ounces of sugar and simmer until the fruit and vegetables are soft enough to be beaten to a pulp. Pass through the meat grinder four ounces of seeded raisins and three ounces each of garlic and white onions. Turn into a large chopping bowl and with a wooden potato masher crush with three ounces of salt, a quarter of an ounce of cayenne and two ounces of mustard and celery seed. Cool the cooked mixture, combine with the crushed ingredients and store the same as jelly. Half a teaspoonful of curry powder may be added if the flavor is liked.

Tomato Butter

Use either the red or yellow tomatoes and allow two peeled apples for each quart of the tomatoes. Peel the tomatoes, cut in small pieces, place with the apples in a preserving kettle and half cover with water or cider. Add for each ten pounds of the fruit and vegetables half an ounce of stick cinnamon, half an ounce of ginger, a quarter of an ounce each of mace and whole cloves, two and a half pounds of sugar and a cupful of corn syrup. Tie the spices in a bag and simmer for three hours, stirring frequently. Store in stone crocks.

The Most "Put Up" of Fruits as Conserve, Pickles or Sauce



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST Chilled Grape Juice Tomato Omelet Buttered Toast Coffee LUNCHEON Jellied Tomato Bouillon Crackers Nut Bread Sandwiches Fruit Salad DINNER Olive and Cheese Canapés Sliced Veal Loaf Sweet Pickled Tomatoes Creamed Potatoes Fried Eggplant Watercress Salad Peach Shortcake	BREAKFAST Cantaloupe Molded Cereal French Cinnamon Toast Coffee LUNCHEON Stuffed Tomato Salad Thin Bread and Butter Ginger Ale Cup Cup Cakes DINNER Baked Stuffed Bluefish Escalloped Tomatoes and Corn Potato Puff Fruit Salad Cheese Straws	BREAKFAST Greengages Broiled Bacon Deviled Tomatoes Buttered Toast Coffee LUNCHEON Fish Cakes Tomato Sauce Watercress Sandwiches Sliced Peaches DINNER Bouillon in Cups Cheese Omelet Hashed Brown Potato Green Corn Alabama Tomato Salad Blueberry Pie	BREAKFAST Chilled Watermelon Tomato Croquettes Cream Toast Coffee LUNCHEON Browned Vegetable Hash Iced Fruit Tea Biscuit Ripe Tomato Conserve DINNER Tomato Bisque Broiled Kidneys with Bacon Portland Green Tomato Pickle Egg Noodles with Brown Sauce Watercress Fruit Sherbet	BREAKFAST Sliced Peaches with Dry Cereal Scrambled Eggs with Tomato Catsup Raised Rolls Coffee LUNCHEON Baked Tomatoes Blackberry Tarts Rye Bread Grape Juice DINNER Boiled Halibut, Egg Sauce Parsley Potatoes Green Peas Vegetable Salad Green Tomato Pie	BREAKFAST Sickel Pears Waffles with Cinnamon and Sugar Coffee LUNCHEON Halibut Timbales with Tomato Chutney Sauce Peach Whip Finger Rolls DINNER Corn and Tomato Chowder Braised Breast of Mutton Carrots Riced Tomatoes Cantaloupe	BREAKFAST Loganberry Juice Frizzled Smoked Beef Rolls Grilled Tomatoes Coffee LUNCHEON OR SUPPER Tomato Bread Soufflé Brown Bread Sandwiches Grape Juice Punch Nut Cake DINNER Jellied Chicken Bouillon Broiled Hamburg Steak with Mushrooms Hashed Brown Potatoes Green Corn Tomato Butter Sandwiches Combination Salad Peach Ice Cream

Some Small Meat Roasts for Very Small Families

By Florence Taft Eaton

IN spite of all that may be said in favor of simple Sunday dinners, there is something to be argued in favor of celebrating the one day the family spend together with the air of festivity and comfort connected with a hot roast.

I am no believer in the Sunday spread that takes all of the morning time (to say nothing of a part of Saturday) of mistress or maid to prepare, and all of the afternoon —and perhaps the night—for the family to get over; but I do believe the conventional dinner of a roast, simple hot vegetables and an as-you-like-it dessert is the best and most healthful meal for the Sunday family dinner. And it is not "fussy."

To begin with, the very word "roast" is attractive! So rich and palate provoking—suggestive of tempting flavors and rich juices! And practically it is so convenient for even a small family to "have a leftover in the house." The size of the ordinary roast is, however, prohibitive for a small family, as even the most accommodating and easily pleased tire of a too-long-lasting leg of lamb or cut of beef, however attractively served or disguised. And the conventional roast, simply "smalled" is dry and poor.

The Fillet

"We never have a roast except when we are fortunate enough to have company," is a remark I have often heard in families consisting of one or two members. Oh, those melancholy families(?) of one member!

Here are a few roasts—real roasts —with which small families may regale themselves at any time. To begin with, the fillet of beef is not an unduly expensive small roast for a small family. Weighing from two and one-half to three pounds only, it s, however, solid meat with no waste; and, well cooked and skillfully carved, it is nutritious and, of course, delicious, and lasts well. Lard it, to supply a little richness to the fatless meat, and roast in a very quick oven, basting often.

I know of a family of two in which the mistress is an excellent economist, as well as one of the best of cooks, where the fillet often serves as a Sunday roast and is regarded as both economical and delectable. The next day it is served cold, very thinly sliced, with parsley garnish and horseradish sauce, accompanied with creamed potatoes and new peas, beets or carrots; or with hashed brown potatoes and creamed onions. Or make it the main dish of a cold supper, the vegetable portion consisting of the very best potato salad you can make surrounded with a ring of peas, the latter dressed with mayonnaise.

Steak Roast

Order your usual steak—sirloin, porterhouse or rump—having it cut at least two inches thick. If the rump, ask the market man to give you half of a thick (two and a half inch) slice, arranging to serve some other customer with the other half, as a whole slice of very thick rump would, of course, be too large. Roast either of these steaks in a very hot oven, basting with the drippings, and when serving, carve in thin slices. You will find this most delicious. Macaroni with cheese and spinach would be appetizing accompaniments; or tiny new whole ouions, dressed with a little thick cream instead of butter, and new potatoes with melted butter and minced parsley. At the last minute surround the "roast" plentifully with sprigs of cress.

Special Cuts of Lamb

I have before suggested a different-from-ordinary cutting of a leg of lamb, but it is worth repeating. A small leg may be halved, making two small neat roasts, one of which may be cooked Sunday and the other kept in the icebox until two or three days later, thus affording two choice meals; or, as I have done myself, divide with a neighbor if your family is, for the nonce, smaller than usual. Both divisions make very nice little roasts. If the leg is larger —six or seven pounds—have it divided in the middle, a slice of cutlet taken out to be broiled (most delicious), and, if you wish, try the same teamwork with a friend as to the two small roasts remaining.

If you want a very cheap and small roast, but one which is both rich and appetizing, have a breast of lamb boned, rolled and tied, dredge with salt, pepper and flour, and roast very quickly in a hot oven, turning and basting often. Two breasts may be rolled together if one is too small. Keep skewers in when it comes to the table and carve in thin slices from the end. There is nothing like peas to serve with any cut of lamb. New potatoes, in a cream sauce, are also most tempting.

A Substitute Bar-le-duc

In currant time, instead of using up your little remaining or very new jelly, stew a pint or so of fresh-stemmed currants quickly with one-third their weight of sugar (or to taste), a clove or two, a bit of stick cinnamon and a tablespoonful of vinegar for about fifteen minutes, and serve, chilled, with the lamb. Currants so prepared make one of the nicest meat accompaniments possible. I can a number of pint jars of this each year for winter use; it is also fine with salads instead of the expensive bar-le-duc.

Crown roasts of lamb are very expensive—largely on account of the labor involved in preparing them; the same number of chops, unseparated, makes a delicious roast; or as many chops may be ordered as wished.

Pork and Pot Roasts

Roast fillet of pork is very fine. Get your dealer to cut out a fillet for you of desired weight. If no fat adheres, lay one or two thin slices of fat over it. Roast very thoroughly, basting often. When nearly done, sift with fine crumbs and give a final browning, after a last basting. When served, place two roasted and cored apples at each end or garnish with fried apple if preferred.

Pot roasts, even on Sunday, are not to be despised. Buy about four pounds of round beef in a "chunk," not a slice, lard with small strips of salt pork, dredge with salt and pepper, brown quickly all over, adding two or three small onions the last few minutes, nearly cover with boiling water, add a carrot, turnip, tomato and one bay leaf and cook slowly in a medium oven until tender, uncovering and letting the water reduce the last part of the time; turn once. This beef pot roast should be cooked in a pan not much larger than will accommodate the meat, so that there will not be too much water used. Make a sauce of the broth.

Florentine Veal Pot Roast

For this have four pounds of lean, clear meat cut from a leg in as nearly a cubical shape as possible. In a deep stewing pan brown a dozen small new onions in as much butter as you can afford. Remove them and put in the meat, which has been dredged with salt. Brown quickly all over, being very careful not to let the butter scorch. The recipe, as originally given to me, now directs that, having used all the butter that can be afforded, more shall be added while the meat is browning. Replace the onions, add about a pint of boiling water and cook in a good oven until very tender, turning once or twice and removing the cover the last part of the time.

Take out the onions when perfectly tender and reheat for a garnish; make a sauce with the remaining liquid. Lest one should be deterred from trying the above recipe by the amount of butter called for, it may be suggested that a little minced salt pork or fat of the veal *may* be used in connection with a small amount of butter—one tablespoonful or so—to give flavor and color. Do not be so lavish with other fats, however; use only enough to brown the meat and onions lightly.

Mixed Melons

THE first response to the call for "Affinities for the Cantaloupe" in last Sunday's Institute came in promptly. It seems to be a strictly family party, but the three melons may get along together and the suggestion sounds good:

Halve the cantaloupe as usual and take out the seeds. Line with a little sugar to bring out the flavor. Then fill with chilled watermelon balls cut out with the vegetable cutter. Dust with powdered sugar and serve as a first course at dinner. This is not expensive, especially if watermelon has been served as a dessert the preceding evening and a portion of it put aside from which to scoop the balls.

Another variation of this is to serve honey dew melons cut in boat shape pieces, and with their centers garnished with watermelon and cantaloupe balls. This can be used either as a first course or dessert, and with the watermelon in the house it is only necessary to purchase one honey dew melon, which can be cut into four or six pieces, and one small cantaloupe from which to cut the balls. This is inexpensive to serve from four to six people.

R. M. F., Brooklyn, N. Y.

Silk Stockings and Social Standing

IN THE suburb where Mrs. Prye lives—for she went to the suburbs to obtain low rentals and other things (and didn't get them)—in this suburb, I say, general housework ers are asking (and getting) $80 a month without the wash. Mrs. Prye cannot afford that. She wishes she were back in New York.

She has tried divers and various schemes, all failures, to secure and keep help at the price she can afford, and at the present time she has a little colored girl, aged twelve, who comes every day at 5 and leaves at 7, with a leisurely interval for eating the contents of the larder. She washes the dishes and scrubs the kitchen floor (once in a while) for $2 a week. Mrs. Prye can just afford that—with the added cost of the contents of the larder and the milk that Seraphy demands with her meals.

On Sundays Seraphy deigns to come for half an hour—long enough to eat Sunday dinner and pile the dishes away for washing on Monday. She wears on these occasions silk stockings. Not near silk or vegetable silk, mind you, but honest-to-goodness real silk ones, that have cost $3 or $4 a pair. To date she has had on one navy blue pair, one bronze pair, one black and one white. (Mrs. Prye has had her only four weeks.) They are all new stockings.

Now, Seraphy's mother and sister do day's work, for which they demand (and get) $4.10 a day for working from 8 till 5 o'clock. Their breakfasts and luncheons are given to them in their daily places, and they have only a daily supper to prepare at home. Their rent has been raised only $5 a month in three years—to $10 a month, to be exact—while Mrs. Prye's rent has been boosted $50 a month in two years. Mr. Prye's salary is what it was ten years ago. All salesmen in his line are getting just what they got ten years ago—and it is a good line, but, unfortunately, not one of unusual profits.

"Seraphy!" protested Mrs. Prye at the first sight of the child's silk legs, "you shouldn't wear silk stockings! They're much too fine for any little girl, and especially for one of your age who goes to school every day and washes dishes every evening! It's terribly extravagant!"

"I likes the feel of them on mah legs," says Seraphy, calmly. "When you're payin' me $5 a week just as soon as school closes (Seraphy is very confident) I'm going to wear them eb'ry day!"

"Seraphy! And your mother toiling over the washtub every day! You should save your money and help her."

"Oh, she buys mah silk stockins!" answers Seraphy. "She wouldn't think ob lettin' me go to Sunday school no moah without silk stockins."

Seraphy preened her little black shoulders. "Eb'rybody wears silk stockins in our church!" she says. "Sister Hopkins, a friend of mah mother's, came to church Sundays in cottons an' ev'ry one stared so at her she jest natchally had to buy silk ones."

"You see," wound up Seraphy, shrugging, "us colored people hab to show pride in our race, too! White folks wear silk stockins!"

Jane Gray.