

Tasted Foods

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tasted Foods

Food Drinks and Fancy Breads as Real Foods in Hot Weather

Try Cream in Your Sarsaparilla, and Nuts, Dates and Raisins in Your Steamed Brown Bread

By Virginia Carter Lee

DURING the days of mid-July, when we are apt to have some of our warmest weather, the serving of light, cooling meals, especially for luncheon and supper, should be the aim of the home caterer. In this connection nothing is better or more appetizing than a cooling, nutritious beverage and good, homemade bread, served with plenty of firm, sweet butter.

I wish to lay special stress on the butter being chilled and firm, as nothing takes the appetite away more quickly than greasy, half-melted butter, no matter how much you may have paid for it originally.

In preparing the homemade breads give them a fancy touch by adding chopped nuts, raisins, currants, spices, dates, prunes and caraway seeds. These ingredients not only add to the savoriness of the breads, but in most instances liberally increase the food value.

Special Suggestions

If one plans in advance the baking of bread need only be a bi-weekly task, and if one happens to run short for any reason a pan of muffins or biscuits will tide over the emergency. Vary the character of the breads as much as possible, and where they form almost the basis of the meal use whole wheat and graham flour in preference to the ordinary white, refined flour.

When coming to the beverages, those containing milk, eggs and cream should have first choice, although many of the "ades" and fruit cups may have their food value increased by using bran, oatmeal water or rice water, instead of plain water in their making, while even a small quantity of white of egg incorporated will also help in this direction.

Creamed ginger ale and sarsaparilla is quite a new idea in these summer food beverages, but, from practical experience, I can highly recommend them. For an individual rule pour into a tall iced tea glass three tablespoonfuls of thick cream, add a scant teaspoonful of sugar, a slight flavoring of lemon juice, and fill up the glass with chilled ginger ale. When using the sarsaparilla omit the sugar and lemon juice and use the cream only. For a ginger ale

eggnog stir half a beaten egg into the cream for each glassful. For the spiced cinnamon loaf dissolve one yeast cake in four tablespoonfuls of tepid water. Scald one cupful of milk and add one and a half tablespoonfuls of melted oleo, two tablespoonfuls of sugar, half a teaspoonful each of grated nutmeg and ground cinnamon and half a teaspoonful of salt. Remove from the

beverages and wholesome homemade breads have been used as the basis, with an occasional egg or vegetable dish and fruit in some form. If the baked dried beans are deemed too hearty in Supper Menu No. 2 try using the tiny fresh lima variety, with a tiny bit of salt pork for flavoring. They are especially good, and will require only a short time to cook.

For the dinner menus meat and fish are sparingly used as the main courses, but the value of the fancy breads and food beverages have been taken into consideration when arranging for the correct food values. The cost of the budgets is very reasonable, as with milk, eggs, butter and vegetables at their present

moderate prices this is quite possible even for the inexperienced caterer. Owing also to the service of the fancy breads, potatoes have been omitted from the menus save for the potato salad served in Luncheon Menu No. 1.

Special Bread and Beverage Recipes

ONE warm day we had graham raisin bread, cabbage and green pepper salad with a superior commercial mayonnaise, and root beer for luncheon in the Institute. Perhaps you think it was not good? This assortment of foods that were

being tried out were assembled by chance, not design, and might be modified in many ways, using the recipes and suggestions given to-day, to provide at least the backbone of a hot weather meal that is easy to get, easy to digest and easy to eat, though nutritious and wholesome.

Prune Bread

Place in the bread mixer half a cupful of dark molasses, one teaspoonful of salt, three cupfuls of tepid water, three-quarters of a yeast cake dissolved in one-quarter of a cupful of lukewarm water, two cupfuls of shredded, pitted prunes that have been soaked in cold water overnight and drained, three tablespoonfuls of sugar and enough en-

tire wheat flour to knead. Let stand overnight, knead thoroughly and form into three loaves. Let raise until they have doubled in bulk and bake for fifty minutes in a moderate oven.

Coffee and Egg Milk Shake

This forms almost a meal in itself and is made (for an individual rule) by beating the yolk of one egg until lemon colored and adding one rounded tablespoonful of sugar, a few grains of ground cinnamon, a small cupful of very strong black coffee, a cupful of rich milk and two tablespoonfuls of the stiffly whipped egg white. Shake until foamy, add three tablespoonfuls of cracked ice and pour into a tall iced tea glass.

Food That Runs Down Your Throat Without Any Fletcherizing Scores in July

a mound of sweetened whipped cream and dust with grated nutmeg.

Bran and Date Bread

This acts as a mild laxative during warm weather. Dissolve one cake of compressed yeast in half a cupful of tepid water and pour into three cupfuls of lukewarm water. Add also one-quarter cupful of molasses, one tablespoonful of brown sugar and half a tablespoonful of

stir in one teaspoonful of baking soda. Mix together one cupful each of rye meal and bread flour, two tablespoonfuls of sugar and one teaspoonful of salt. Blend the liquid with the dry ingredients, stir in two well beaten eggs and add half a cupful of caraway seeds. Pour into a greased pan and bake for forty minutes in a rather hot oven.

Bran Orangeade

Cook one-quarter of a cupful of wheat bran in a quart of boiling, salted water for twenty minutes; strain and cool. Add the edible pulp and juice of four oranges, the juice of two lemons, sugar to taste and the beaten white of one egg. Chill all on the ice, and when ready to serve add a pint of cracked ice, stir well and pour in a pint of chilled vichy. Add another thinly sliced orange and a few red raspberries.

Graham Nut Bread

Mix together two and a half cupfuls of graham flour, one cupful and a half of white flour, three tablespoonfuls of brown sugar and one teaspoonful of salt, one teaspoonful of baking soda and two teaspoonfuls of cream of tartar. Beat the yolk of two eggs until lemon colored, add one cupful of sweet milk and gradually blend with the dry ingredients. Beat well, fold in the stiffly whipped egg whites and stir in one small cupful of chopped nut meats. Bake in a well oiled bread pan for forty-five minutes.

Chocolate Milk Shake

Mix together three tablespoonfuls of cracked ice, two tablespoonfuls of thick chocolate syrup, three tablespoonfuls of whipped cream, a tiny pinch of ground cinnamon, half a cupful of chilled milk and a quarter of a cupful of iced Apollinaris water. Shake well and serve in a tall glass as it foams up.

Effervescent Egg Drink
Prepare a glass of lemonade from the strained juice of one lemon, one to two tablespoonfuls of sugar, according to taste, a scant cupful of ice water and one tablespoonful of beaten egg. Pour into a tall, chilled glass, add a quarter of a cupful of grape juice and stir in a scant half teaspoonful of baking soda. Shake rapidly for a minute or two and serve while effervescing.

Iced Malted Milk and Currant Jelly

Mix one tablespoonful of malted milk powder (for an individual portion) with a quarter of a cupful of boiling water to make a smooth paste. Then add a generous tablespoonful of currant jelly and three-quarters of a cupful of chilled Apollinaris water. Stir until the jelly is dissolved, add cracked ice as desired and serve immediately.

Rye Bread With Caraway
Mix together one cupful of sour cream and one of buttermilk and



Luncheons, Suppers and Dinners for Four (With Costs)

LUNCHEON

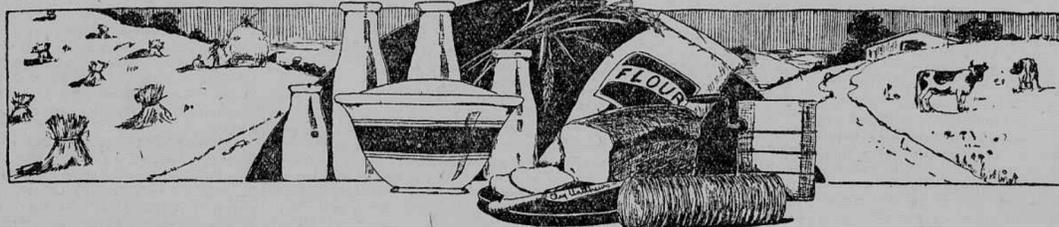
- No. 1 (\$1.10)
Prune Bread Sandwiches
Coffee and Egg Milk Shake
Red Raspberry Shortcake
- No. 2 (\$1.28)
Jellied Bouillon
Date and Nut Bread
Fruit Salad
Creamed Ginger Ale
- No. 3 (\$1.00)
Green Salad
Whole Wheat and Raisin Bread
Iced Malted Milk and Currant Jelly
Sliced Peaches
- No. 4 (\$1.05)
Bran and Date Bread Sandwiches
Iced Cocoa with Whipped Cream
Fruit Whip

SUPPER

- No. 1 (\$1.10)
Deviled Eggs
Effervescent Egg Drink
Fruit Salad
- No. 2 (\$1.00)
Baked Beans
Watercress
Brown Bread with Raisins
Grape Juice Cup
Fruit
- No. 3 (\$1.20)
Vegetable Salad
Spiced Cinnamon Loaf
Frosted Sarsaparilla
Red Raspberries
- No. 4 (90 CENTS)
Baked Tomatoes
Gluten and Nut Bread
Chocolate Milk Shake
Bartlett Pears

DINNER

- No. 1 (\$1.75)
Tomato Soup
Jellied Veal
Currant Bread
Bran Orangeade
Fruit Fritters
Fruit Purée
- No. 2 (\$2.48)
Broiled Salmon Steak
Peas
Caraway Rye Bread
Cucumber Salad
Blueberry Pie
Iced Fruit Tea
- No. 3 (\$2.80)
Chilled Chicken Bouillon
Broiled Chops
Green Corn
Raised Cornbread
Romaine Salad
Pineapple Nectar
Maple Ice Cream
- No. 4 (\$1.68)
Green Pepper and Cheese Canapés
Ham and Spanish Omelet
Raspberry Sherbet
Vegetable Salad
Rice Bread with Nuts



fire, and when the milk has cooled to tepid heat add the yeast and two cupfuls of whole wheat flour and one cupful of white flour. Let rise until doubled in bulk, cut down and spread half the mixture in an oiled tin (a square cake tin). Sprinkle with a mixture composed of four tablespoonfuls of powdered sugar, one and a half teaspoonfuls of ground cinnamon and two tablespoonfuls of chopped peanuts. Dot over with bits of butter, cover with a layer of the bread mixture and finish with the spiced and sugared nuts. After it has stood for half an hour in a warm place, bake about forty-five minutes in a moderate oven.

Short Cuts and Costs

Almost every housekeeper has her favorite recipe for some variety of steamed browned bread. Try adding to this a mixture composed of chopped walnuts, shredded dates and chopped raisins and use it when baked in place of cake. It will be found delicious, and, moreover, it will keep well for several days.

In planning the luncheon and supper menus for the coming week food

A Cry from the Wilderness for Sandwiches, Numerous, New and Unique



SANDWICHES, sweet or piquant, light or heavy, expensive or economical, vanish away when served at tea time if they are adapted to the occasion and carefully made.

By Anne Lewis Pierce and Florence M. Lee
Tribune Institute
June 10, 1921.

Dear Institute: I thank you for the strawberry ice cream recipe. It made a lasting impression on my husband and I am to serve it to my mother-in-law next time she comes. I haven't had her long and I believe in treating her with care.

Some Sunday morning will you not devote some space to the making of afternoon tea menus, with special attention to unique sandwiches?

Your pages are the first thing I turn to, for your literary style is on a par with your subject matter. I never shall forget "Salads—Catch 'Em Young, Keep 'Em Cool, Dress 'Em Well!"

Coming here, in the interests of matrimony, from a job in the very shadow of The Tribune Building, I have had to struggle with a coal fire, pea coal that wouldn't burn and the hardest water in captivity. The village boasts no gas, and what a blow that was to me!—M. F. L., New York.

The sandwich was originally an aristocrat, not a frequenter of quick lunch counters and railway stations. Not at all. When the Earl of Sandwich could not leave the gaming table long enough to eat he had his bread and meat brought to him in that form and ate while he played—hence the sandwich. No wonder the swift-moving American adopted it with enthusiasm, and it is of the aristocratic sandwich, served with the afternoon tea hot or iced, between the swim and the tennis or the golf game, that we are going to speak especially.

No more can a delicious sandwich be made of coarse, poor bread than can a silk purse be made out of a sow's ear. The very first thing to obtain in perfect sandwich making is good bread baked so that it will slice to advantage. Bakers make a loaf that they call sandwich bread. It is of fine texture and baked in such a way that the top does not curve, so there is no loss in cutting away uneven edges. It is best to use bread that is one day old; it will cut better.

The butter must be creamed until it is soft so that it may be spread evenly and not lump. Sometimes the cream cheese is smoothed in with the butter. It is unfortunate that most sandwiches are a last minute operation, for they require time and

care. Some kinds can be made beforehand and wrapped in paraffin paper or in a napkin that has been wet and then carefully wrung out, but the tomato and mayonnaise sandwiches (and nothing is better) or the lettuce or sweet jam combinations such as will "soak" whatever is put around them must be made within the hour if possible.

There is the nourishing sandwich,

the sweet, dainty sandwich and the piquant relish; all have their advocates, and should be carefully adapted to the party. If you are merely killing time and seeking a setting for conversation, the pâté de foie gras, the tomato and mayonnaise and the flavored cream cheese combinations are relished.

If a crowd of young athletes storm the piazza after a swim or a hard fought game of tennis, then the rare roast beef or the modified, one-story club sandwich and real cheese sandwiches with crusts on will disappear as the tea cups are refilled.

Have lemon and orange, cloves and mint for the tea in cup or glass, and, however cold your tea is, add enough ice to frost the glass and tinkle—the psychology of the tea party is always important. In cutting the bread use a square loaf and cut the slice diagonally. It is easier to handle in this shape and looks well on the plate dolly in two rows, each point overlapping the sandwich ahead. Watercress makes the best boutonniere for a sandwich. Sandwich cutters add a festive

touch and you can quiet your conscience by using the trimmings for a staid bread pudding later. Beware of jagged edges or spreading the filling so generously or so near the edge that it "drips."

Old Standbys

Let's you forget some of the old standbys let us run over them: Tomato and mayonnaise with white bread, or a slice of cucumber, crisp and cold, between small rounds of Boston brown bread spread with mayonnaise give a special impression of fresh coolness and are very appetizing and easy to make.

In the same class is the unusual suggestion to use thin slices of alligator pear with a highly seasoned mayonnaise, using white bread this time. Cream cheese sandwiches "hape-hoee" ("half white," as they say in Honolulu) have a harlequin air and a happy taste when both brown bread and white are used in the same sandwich. Whether you combine cream cheese with chives or green pepper, nuts, stuffed olives or strips of canned pimento or with

Top with bar-le-duc, guava jelly or raspberry jam, it is popular and appropriate.

The so-called Russian sandwich is a special modification of the familiar cream cheese filling. To make it spread thin slices of Boston brown bread, stamped out in oval shape and lightly buttered, with Neufchatel or any cream cheese. Spread also an equal number of slices, stamped out and buttered, with fine chopped olives and pimentos mixed with mayonnaise dressing. Press together in pairs with a crisp heart leaf of lettuce between each pair. Serve while the lettuce is fresh.

One of the best and simplest of hearty sandwiches is that made with American, Swiss or Gruyere cheese, using rye or whole wheat bread (select a firm type, they do come). French mustard is the usual accompaniment. Mix it with the butter and spread it and use thin slices of cheese. Or try using only salt and paprika and you will find a cheese sandwich a new dish. Grated cheese on wafers toasted in the oven is another old but prime favorite.

A club sandwich effect, using only two slices of bread or toast, and for the filling shredded lettuce, mayonnaise, bits of bacon and tuna fish, can be gracefully vanquished without the aid of knife and fork.

On the "Curate's Delight" one should find salted nuts, crystallized orange and lemon peel and chocolate mints. And if the day is very warm iced coffee, topped with whipped cream, a fruit punch or a frozen frappé will prove a happy surprise.

Unusual Sandwiches

Fresh or canned crab meat (developed as for filling the shells), but highly seasoned with pepper, a little garlic and anchovy, mashed and moistened with lemon juice and mixed with mayonnaise, makes a most piquant sandwich on white bread.

Very thin slices of rare roast beef, salted and peppered and spread thinly with horseradish and prepared mustard, will make a sandwich that will reconcile any man to a tea party. If you are daring enough chopped shallots or Spanish onion may be used also. When a knife and fork are to be served a slice of tomato or a lettuce leaf with mayonnaise adds to this hearty sandwich. Crusts on or off, according to the vigor of your guests!

Corned beef, very thin, with cream horseradish sauce and lettuce, is very delicious. If the elaborate dressing described in the Institute last Sunday is not attempted, you can imitate it closely by adding

ground horseradish, Worcestershire and paprika to a commercial or home-made mayonnaise.

Sweet Sandwiches

Among the unusual sweet sandwiches are combinations of chopped dates and peanut butter (mixed to a paste by creaming the peanut butter with a little water or milk), Canton preserved ginger or marrons, drained and sliced thin, or combine the Canton ginger with peanut butter and shredded lettuce.

Cocoanut Sandwiches

- One cupful cocoanut (freshly grated).
- One-half cupful nuts (ground fine).
- One teaspoonful lemon juice.
- Two teaspoonfuls powdered sugar.
- Three tablespoonfuls thick cream.
- Mix all together into a smooth paste. Spread this between wafers or between bread and butter.
- Fig Paste for Sandwiches**
Three-quarters of a pound of dried figs cut into small pieces.
- Three-quarters of a pound of brown sugar.
- One-quarter of a pound of seeded raisins.
- One-half lemon (juice only).
- One cupful of water.

Simmer until very soft. Remove from fire and add two teaspoonfuls of vanilla. Put all through the meat grinder, and to clear the grinder run through two or three crackers at the end. It is then ready to use and will keep almost indefinitely.

Luncheons for Bridge Clubs: The Third Round

DEAR INSTITUTE:

Will you kindly suggest refreshments for an afternoon bridge club of twelve? They have been quite elaborate, usually having some creamed dish, such as chicken or mushrooms, a salad or vegetable and ice cream and cake. I have no ramekins and cannot get pâté shells. I had thought of jellied chicken, but can think of nothing to go with it, as it takes the place of a salad course. I should greatly appreciate any suggestion, together with recipes. C. D. B. Altoona, Pa.

dish mixtures can be omitted with a profit.

We suggest the following menus: Chicken croquettes, hot biscuit; fruit salad in gelatine (this may be made in a loaf and sliced or molded in any shape); mint sherbet, angel cake, demi-tasse.

A second menu is deviled crabs, even if you must use the shells and canned crab meat, or a crab Newburg is an excellent change this time of year from the chicken and mushrooms. Served from a chafing dish this is very nice. With this cucumber salad or a salad served in cucumber boats is attractive. Even a plain romaine or leaf lettuce, with creamed cheese and bar-le-duc, is very good. Cheese straws go with this course.

A strawberry bombe glacé, or a fresh strawberry ice cream, or pistachio ice cream with crushed strawberry sauce, is attractive. Crystallized lemon and orange are both pretty and good, and a change from heavier bonbons.

The Nesselrode pudding is a very delicious ice cream. This course should be featured at this time of year and the others be made a little lighter. Recipes furnished on application. The fruit jelly salad recipe follows:

Fruit Jelly Salad

Use grapefruit, pineapple, cherries and walnuts if desired. After cutting the fruit into small pieces press it into a mold. Heat the fruit juices together and pour over the soaked gelatine (in the

proportion of one tablespoonful of gelatine to a quart of liquid). Pour this around the fruit in the molds. Serve with mayonnaise on white lettuce leaves. This can be molded in individual molds or in one large mold and sliced across.

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