WOMEN ON CONTINENT UTILIZING ALL FOODS

Culinary Expert to Publish Series of Recipes Tried Out and Found to Be Successful by Cooks in European Countries.

MY MRS. M. A. WILSON.

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After this a series of foreign recipes will appear once each week; these recipes are from all parts of Europe. If you are foreign-born and if you have a recipe that is distinctive to your country send it to me and I will try it out, and then publish it under the column.

Poverty of purse and soil have forced our sisters across the sea to use and turn into palatable, attractive dishes many foods that we thought unfit for use. Each nation has many dishes that are peculiarly its own; many of them are delicious. Try them and you will be surprised at their delightful variety. Many of us visit the Italian and Hungarian and Chinese restaurants for variety. So here is a real opportunity to make these dishes in your own home.

Our continental sisters have found out that a vegetable oil and herbs are less injurious than pork fat and pepper, and that if food is served attractively it not only satisfies the sense of sight, but also actually promotes digestion.

Sweden, Expert Cooks.

From a culinary point of view, the women folk of Norway and Sweden, as cooks, occupy a position that is all their own. For, while other nations are composed of people who dearly love their homes and enjoy the food eaten therein, there is no race of people in Europe cleaner about their homes or who manage the culinary department better than those of Norway and Sweden. These people not only combine the vivacity and ingenuity of the French and the Italian with the patience of the English, but they also have the neatness and thoroughness of the Holland Dutch in their work.

Fish Soup.

A staple article of diet among these people is a delicious fish soup; it is prepared in the following manner: Scale and cleanse well one medium-sized fish weighing about one pound. Do not remove the head. Wash and cut in three-inch pieces and place in a saucepan and cover with three pints cold water. Add

Two onions, chopped fine,

One carrot, pared and cut in dice.

Cook slowly for one hour and then strain, and remove the bones and head. Rub the meat and vegetables through a coarse sieve. Now add

One cupful diced potatoes, parboiled,

Three tablespoonfuls of finely chopped parsley,

One-half teaspoonful of powdered thyme,

One tablespoonful of salt,

One teaspoonful of pepper,

Three tablespoonfuls of cornstarch, dissolved in one-half cupful of cold water.

Bring to a boil and add

One-half cupful of canned peas.

Cook for five minutes and then serve with toasted strips of bread. Any kind of fish may be used.

This country is essentially a dairy community. Large quantities of milk are used for butter and cheese making, so that the by-products, such as skim and buttermilk, are abundant.

Buttermilk Bread.

Scald and cool two cupfuls of buttermilk to eighty degrees Fahrenheit. Pour into a bowl and then add

Three tablespoonfuls of sugar,

Two teaspoonfuls of salt,

Two tablespoonfuls of shortening,

One-half teaspoonful of baking soda.

Stir until the sugar and salt are dissolved and then crumble in one yeast cake and stir again to dissolve. Then add eight cupfuls of sifted flour. Grease the bread bowl with shortening and then place the dough in it and turn the dough over to thoroughly coat with shortening. This prevents the dough forming a crust while it is rising. Cover and set away in a place free from draughts for three and a half hours, or overnight. Now punch down the dough, turning it over. Cover and let rise for one hour and then turn on the molding board. Cut and shape for loaves. Place in well-greased pans and let rise for fifty minutes. Bake in a moderate oven for thirty-five minutes. This bread is delicious and wholesome and sweet as a nut. It will keep moist longer than the loaf made in the usual way.

Cottage Chees Pudding.

Place in a bowl

One and one-half cupfuls of flour,

Two teaspoonfuls of salt,

One teaspoonful of pepper,

Two tablespoonfuls of finely chopped parsley,

One small onion, grated,

Four level teaspoonfuls of baking powder,

One cupful of cottage cheese,

One egg,

One-half teaspoonful of powdered thyme.

Now add one cupful of milk to form a batter; beat until smooth and then place in a pudding cloth or mold, and tie loosely. Plunge into boiling water. Cook for one hour. Remove and drain well and then turn into a hot platter. Cover with mushrooms or parsley sauce and serve.

Cottage Cheese and Noodles au Gratin

Cook one package of noodles in boiling water for ten minutes and then drain, place in a bowl and add

One cupful of cottage cheese,

One medium-sized onion, grated,

Two teaspoonfuls of salt,

One teaspoonful of paprika,

Two tablespoonfuls of finely minced parsley,

One and one-half cupfuls of thick tomato sauce.

Mix and then pour into an au gratin dish. Sprinkle with fine crumbs and one tablespoonful of grated cheese. Bake in moderate oven thirty-five minutes. Serve.

These dishes will replace meat on the menu.

At the Movies

Odeon—Pauline Frederick in "The Woman on the Index."

Bijou—Marguerite Clark in "Let's Elope."

Colonial—Theda Bara in "When Men Desire."

Isis—Julia Dean in "Ruling Passions."

Savoy—"Fan Fan."

Victory—"Mickey."

Broadway—Mrs. Charlie Chaplin in "Borrowed Clothes."

Bluebird—William Russell in "Brass Buttons."

Rex—Evelyn Nesbitt in "Her Mistake."

How to Grow
Carrots and Parsnips

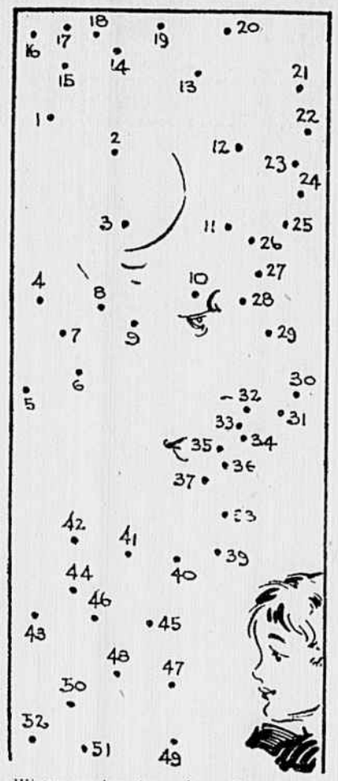
Carrots are one of the most desirable garden crops from the standpoint of producing a large quantity of food on a small area. They require a deeply prepared, rich soil for their best development. The seed may be sown about the time frost danger is past.

Plant the seed in drills fourteen to eighteen inches apart and about ten to twelve seeds to each foot of drill. Cover one-half to three-quarters of an inch, and as soon as the carrots are about two inches in height, thin to an even stand with the plants two to three inches apart. Where the plants are not too thick in the row, the thinning need not be done until some of them are large enough to use on the table as baby carrots.

Late plantings of carrots may be made following early cabbage, lettuce, or radishes. The second or late plantings should mature just before frost and are better for storage than the earlier planting.

Early spring parsnips may be grown and used the same as early carrots, but ordinarily are planted later, are given a full season to mature, and are used only during the winter months. Their planting and cultivation is practically the same as for carrots. Parsnips may remain in the ground during the winter and are not injured by freezing.

Puzzle Picture



When you've traced to fifty-two,
Then you'll see my—— ——Sue.

Draw from one to two and so on to the end.

Keen on the Scent.

Mrs. Appleton was in the habit of giving little Wilfred a large piece of chocolate cake whenever he came to see her; but one day when she was expecting company she left the cake uncut and did not offer him any. For a time Wilfred waited, and then remarked, "Mrs. Appleton, it seems to me I small chocolate cake." Mrs. Appleton laughed, and, going in the cupboard, cut him a tiny slice. "That's all there is for you today, Wilfred," she declared as she returned with it. "Thank you!" said the child politely, disappointed, and then added, with a great sigh, "Seems strange that I could smell so small a piece!"

Month of Brides
Preparing Conceits

Soon the month of brides will be here, and for this time specialty shops are preparing fanciful conceits in bridal veils and quaint brides-maids' hats.

The billowy folds of white tulle still make the most popular veils, draped from headdresses that are sometimes studded in appliques of small pearls and made in tiara shape, or, for the simpler styles there is merely the garland of orange blossoms about the hair, from which the vail is draped.

Elaborate veils are made of fine net laces that are circular in effect, draping well below the waistline at the front, raised slightly on the sides to allow the arms free movement, and falling low on the satin train of the skirt at the back. This, of course, is just a novelty style, for few wear the face veil.

Also making use of lace are little, snug caps that fit the head almost like a peasant's cap, and some of these even take on the wings of the Dutch head covering. From both of these the veils are draped full at the back. Needle-point laces are most exquisite for this sort of treatment, coming as they do in such a variety of patterns and different treatments, from the net effects to the solid pattern, narrow laces.

Another effect that is quite new shows a little visor of tulle on the finest wire shading the eyes, and just a simple little bandeau of the tulle holding in the hair that fluffs out from the top.

Bridesmaids' hats seem to be mostly of the pastel hair in extremely large shapes that droop low about the head and are quite wide on the sides. The Georgette and organdies in the pastel colors are again used, and there are smart pastel gros de Londres shapes trimmed in sprays of apple blossoms that almost completely cover the crown.

Spoiled in the Making.

An Englishman who acted as land steward on a large estate in Scotland was one day treating a farm servant to a glass of whiskey by way of compensating him for doing some extra work. But the servant showed unmistakable disappointment at the smallness of the glass. The Englishman, thinking to divert the workman's attention, pleasantly asked: "I say, Donald, do you happen to know how glasses like the one you hold in your hand are made?" "Nae, mailster, I dinna ken onything about the maitter," answered the Scot. "I wonder you haven't heard that they are blown," said the steward. "Aweel," replied Donald, as, with a judicial look, he held up the glass, "he maun surely hae been maist awful short o' braith that blew this ane!"

STORIES THE DEWDROPS TELL

BY KATHARINE WHIPPLE DOBBS.

DOLLY LOOKS IN DEWDROP GLOBE.

"Well, what do you see?" again asked the lovely Dewdrop Fairy, as she lifted her wee watering pot that was no bigger than a thimble.

"Why, I don't see anything—yet," said Dolly.

"Look again, I am sure you will see something," answered the lovely green and pink Dewdrop, fluttering her gauzy green wings.

"No, I don't see anything but some ground with grass and weeds growing on it—oh, yes—now I see some boys coming—and some girls, too. They have spades and rakes, and hoes, and all kinds of such things, and now the boys are beginning to dig like everything. What are they doing?

"Watch them and tell me."

As Dolly watched the scene in the Dewdrop it moved as rapidly as a motion picture. Almost before she knew what had happened, the spading was over and the boys—and girls too—were hoeing the ground over and breaking up all the large lumps; then—in what seemed but a moment more—they were raking it all over into a still smoother surface. In fact, while she looked into the magic Drop, she was seeing things that take place several days—or even weeks—being done as if in a play. Some of the movements Dolly could understand and others were a mystery to her.

"What are they putting all over the ground from those baskets?" she asked the obliging Fairy.

"That is food for the earth," she answered; "it is called fertilizer, and it helps the plants to grow and become strong, just like that tonic you had to take last year in the spring, when the doctor said you needed more blood."

"Ugh!" exclaimed the little girl; "I hope it doesn't taste as queer as that tonic did—else it would make all the vegetables sick," and she giggled.

"Sometimes the earth needs a little medicine just as much as you do; it needs nitrates and phosphates and acids to use in feeding the beets and beans and potatoes and vegetables that you want to eat, and the gardener must take a great deal of care to give different soils the right kind of food—or medicine—or whatever it needs. Those boys have been reading the Spring Manual of the United States School Garden Army and they have studied exactly how to treat the ground in this garden so as to get the most out of it. Now watch what they are doing."

Again the little girl put her eye close to the Dewdrop and saw that the young gardeners were hoeing the ground into rows and, in some places, into little mounds or hills.

"What is that for?" she asked, for she had learned by this time that the Fairy loved to answer questions.

"Some vegetables are planted in rows, like carrots and beets and radishes, and some are planted in hills like cucumbers and squashes. Every one who makes a garden should learn all about those things before he begins, and then he should learn just how deep the seeds should be planted—small seeds like radishes and onions should be near the top of the ground, and large ones deeper—but you will find out all about that after a while."

"How shall I find out—and when shall I see some more?" demanded the very much interested little girl.

"If you come out here every morning when the Dewdrops are on the leaves and blossoms, you will learn everything they can tell you." And, the little Fairy looked very roguish, "don't be afraid to ask questions."

"Oh, no, I will not!" said Dolly, not seeing the joke. And the next day, Dolly met the Boy Fairy, and tomorrow, you will be told all about her delightful adventures with this Boy Fairy.

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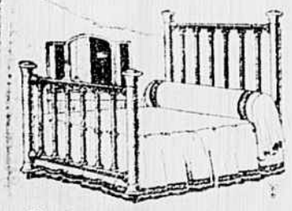

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