



# THE PRACTICAL HOUSEKEEPER'S OWN PAGE



## Dishes by Noted Chefs

### SPRING CHICKEN — ROYAL KITCHEN STYLE.

By Michael Kalin, Chef, Chicago.  
Here is the favorite dish of Francis Joseph Emperor of Austria, King of Hungary. The quantity is for six people.  
Take three whole spring chickens, split, clean and lay in cold salt water for one hour; meanwhile, take one Bermuda onion, cut in very small dice take half a pound of the very best butter, brase the onion to a golden brown, put in half a teaspoonful of Hungarian paprika; steam the chicken, breast down, cover slightly and brase until nearly done; be careful not to break the chickens. When nearly done put in two tablespoonfuls of flour, shake well, then one quart of rich sweet cream; let it come to a boil; season to suit. Take out chickens and strain the sauce back over the chicken; let it stand over a very slow fire for one hour, until serving time. When ready to serve put in half a pint of sparkling Tokay wine. This dish must be served very hot. The best way to cook it is in a chafing dish.

### THREE RECIPES.

### By E. A. Coleman, Chef, Newport, Ky. BELGIAN HARE A LA MODE.

Cut up a hare and fry over a brisk fire. Put in saucapan with water or stock enough to boil. Add six cloves, six allspice and pepper corns, one bay leaf, half a lemon, salt and half cup of vinegar. Boil till hare is tender. Pick out hare and thicken stock with butter and flour worked together. Let it boil and strain over hare. Serve with heart-shaped croutons fried in butter.

### NEWPORT SOUFFLE.

One quart of milk, eight ounces of sugar, four ounces corn starch, four egg whites beaten stiff, vanilla flavor. Put milk and sugar on to boil. Save out enough milk to mix with corn starch. When milk comes to a boil stir in the rest of the milk with corn starch. Have eggs beaten and stir them in as soon as thickens. Then add the vanilla flavor. Stir till eggs have cooked. Take off and put in moulds slightly greased with butter. Serve cold with sweet cream with a little vanilla flavor in it.

### SOUFFLE FRITTERS.

The same recipe with one more ounce of corn starch. Cook the same way. Put in flat pan half an inch thick. Let it get cold. Cut in diamonds, dip in beaten eggs, then in cracker crumbs. Fry in deep grease. Serve with any kind of sweet sauce.

### HOW TO COOK A WILD DUCK.

By Fred McNabb, Chef, National Hotel, Peoria, Ill.

In the first place make a dressing of veal, mushrooms, shallots and bread. Chop the veal, mushrooms and shallots very fine, mix them with the bread after it has been soaked in cold water for a while, season with salt, pepper and a little garlic to suit the taste. Then take all the meat from the duck's breast, on either side, in two pieces, spread the dressing on the breast and roll it up and tie it. Place it in a saucapan with some good butter, and saute it until it is nicely browned, then add some Rhine wine, about half a cupful, let it simmer a minute or two, then cover it with a good espagnole sauce and cook it in this sauce slowly for about forty minutes and serve on hot dish garnished with croutons. The name I have applied to this method of cooking a duck is "Breast of wild duck a la Woolner."

### WELSH RABBIT.

I used to have a reputation for making Welsh rabbits in one of the clubs of New York City. Most of the club members wished their rabbit made short so I made them all short, and very simply at that. Here is the formula: Place your saucapan on the fire with a small quantity of ale in it, then the cheese. Let it boil until the cheese has all dissolved and become creamy; then put in a little reaux (butter and flour) and stir it well with the addition of a little red pepper. Pour it on the toast and brown it under the fire and serve on the plate.

### BOILING A HAM.

By E. C. Thurston, Chef, Detroit.  
Ham has been boiled in champaigne and in Old Madeira, and so prepared is a recherche dish, to which millions alone can aspire.  
There is a method of cooking a ham which, though not so expensive nor rich as the above, far exceeds it, in delicacy of flavor, and, what is more, it is within reach of every one who can buy a ham. Select a plump ham weighing about twelve pounds, scrub the rind thoroughly with warm water, after which scrape it; then shave off all the remaining outside; remove the hip bone, which is the small bone at the large end, and saw off the tip of the shank. Encase the ham in new hay and bind it on securely to the thickness of at least an inch. Put it on the fire in cold water in a vessel in which it will stand upright—shank-end up, the water must just cover the ham. Put into the water six bay leaves, one teaspoonful of cloves, and one large clove of garlic, crushed. Let it boil gently until the small bone in the shank can be pulled out with the fingers. Then take from the fire, pour off the water, and let it cool in the vessel it was boiled in. Avoid sticking a fork or any other sharp instrument into the ham while it is hot. This method requires considerable care, but you will be fully repaid by

the delicious flavor obtained. It will be a revelation to those who try it for the first time.

### CREOLE STEAKS.

One pound chopped fresh beef, one three-pound can of tomatoes, one small onion, one-quarter green pepper, one small clove garlic, one tablespoonful vinegar, one and a half tablespoonfuls sugar, salt and paprika. Take two-thirds of a cupful of the solid meat of the tomato, from which the juice has been squeezed. Mix this with the beef, season with salt and paprika and form into five or six steaks. Melt two ounces of butter in a frying-pan or skillet and cook the steaks in it as desired. While the steaks are cooking mince the garlic fine, cut the onions and the peppers in thin rings or strips and as soon as the steaks are done to suit, dish them and put where they will keep hot. Put the garlic, onion and peppers in the pan and stir over a moderate fire until they commence to take on color, then add the balance of the tomatoes, the sugar and vinegar. Season with salt and paprika and let simmer for fifteen minutes, then pour the sauce over the steaks and send to the table.

### A NICE SUPPER DISH.

By John Bartlett, Chef, Chittenden Hotel, Columbus, Ohio.

Take a plump quail, cut it in half, saute in butter with a little onion juice to flavor. When a nice brown color add about one pint of Burgundy wine; simmer for about eight minutes, then add one ladle of espagnole, half ladle of tomato sauce. Bring to a boil, add four fresh mushrooms and eight large oysters for each person. Drop the oysters in last so as to not have them cooked too much. Season with salt, lemon juice and a little cayenne. Serve very hot.

### A DAINY SALAD.

One-half pint of crab meat, two heads of celery, two hard-boiled eggs minced very fine, one tomato scalded and cut in slices, laid in a border of shaved lettuce with the crab meat, celery and hard-boiled eggs in the center. Garnish with capers and season with French dressing.

### GRAPE CATSUP.

By Silas Gibson, Chef, Woonsocket, R. I.

Six pounds ripe grapes (Concord preferred), two pounds sugar, half-pint cider vinegar, one teaspoonful each of ground cinnamon, allspice, cloves and white or black pepper, half teaspoonful salt. Crush the grapes with a potato masher, add half pint water and boil until tender; strain and add the other ingredients; boil until it thickens a little; bottle and seal.

### FOWL AND RICE CROQUETTES.

The remains of cold fowl, a little bechamel or white sauce, one quart chicken stock, three ounces butter, egg wash and bread crumbs. Chop the fowl quite small and mix with the bechamel, which should be quite thick. Boil the rice in the stock gently for half an hour, then add the butter and boil until soft and dry. When the rice has cooled to allow handling form into balls, making a hollow in each of them, which must be filled with the minced fowl and covered with rice. Then egg and crumb. Fry and serve with oyster sauce.

### GRILLED BONE, ST. HUBERT STYLE.

By C. F. Sterns, Chef, St. Hubert Hotel, Chicago.

First make a sauce as follows: Place one tablespoonful of butter in a saucapan, add one tablespoonful of minced onions, half a teaspoonful of minced green peppers, six minced French mushrooms. Saute for a few minutes. Add one tablespoonful flour, stir until cooked; add half pint chicken or soup stock, one teaspoonful Worcestershire sauce, one tablespoonful vinegar, a scant teaspoonful dry mustard. Mix the mustard and vinegar together before adding. Finish with a little minced parsley and one-quarter teaspoonful of salt, or less if stock is salted. Cook the sauce slow for ten minutes, then cut a slice of cold rare roast beef with one of the ribs attached. Place on a broiler long enough to heat thoroughly, then put it on a hot platter, pour the sauce over it and serve.  
As an appetizer this has no equal.

### SAUTE OF CHICKEN, CLUB STYLE.

Select a spring chicken weighing about two pounds, draw, unjoint and place in salted water for one hour, then wash in cold water and dry thoroughly with a napkin. Put half a cup of olive oil in a shallow saucapan, add one small onion and one small carrot, minced. Arrange the chicken in the saucapan, add six cloves, six allspice, a few pepper corns, a sprig of parsley and the stalks of about eighteen fresh mushrooms. Cover saucapan and brase until brown, then stir in a small cup of flour. Saute a few minutes longer, then add one cup chopped tomatoes and enough soup stock to cover chicken. Cook slowly until the chicken is tender, then remove from saucapan, strain the sauce, add one-half pint wineless sherry, a little lemon juice, return to range and let sauce reduce a few minutes, salt to taste. Take the mushrooms you cut stalks from and after peeling stew them in butter until tender, then lay them on small pieces of toast, place chicken on platter, surround it with the mushrooms, pour the sauce over chicken, and serve.

### WELSH RABBIT.

One pound of the best American cheese. To obtain good results it must be fresh and moist. Cut into small pieces, put into a saucapan with a

## ILLUSTRATED DISHES



Love Cups: Soften two tablespoonfuls gelatine in a little cold water; then add it to one quart of scalding hot canned strawberry juice, drained from fruit; add juice of one lemon; stir until gelatine is dissolved; then set in ice water until cool; turn into small, thin glasses; set on ice until firm; beat with whipped cream and sprinkle tiny hearts over top cut from candied cherries. Cherry juice can be substituted and top decorated with candied cherries for February 23.

small piece of butter, add one teaspoonful of dry mustard, one tablespoonful Worcestershire sauce, a pinch of cayenne pepper. Place on a hot fire and keep stirring to prevent the cheese from sticking to the saucapan. When the cheese begins to melt pour in slowly about a wineglass of ale, cook until perfectly smooth, then moisten four pieces of toast with ale, place on a platter, pour the mixture over it, place in a hot oven for two minutes, and serve. With a mug of musty ale you have a combination hard to improve upon.

### RABBITS.

By F. W. Wilson, Chef, Chicago.

To fricasee rabbits brown, take two young rabbits, cut them into small pieces, slit the heads in two, season them with white pepper and salt, dredge them with flour and fry them a nice brown in fresh butter. Pour out the fat from the stewpan and put in a pint of gravy, a bunch of sweet herbs, half a pint of mushrooms, a few truffles if you have them, and three shallots or green top onions chopped very fine. Cover them close and let them stew for fifteen or twenty minutes. Then skim the gravy clean, add a spoonful of catsup and the juice of half a lemon; take out the herbs and stir in a piece of butter rolled in flour. Boil it up till thick and smooth. Skim off the fat and serve.

### HEALTH AND BEAUTY.

Very often the irritation in the throat can be relieved by taking the juice of a lemon.

A piece of chiffon or veiling twisted is a much better rat for a pompadour than one made of hair.

Turpentine applied to a bruise will quickly relieve pain. Application of hot witch hazel is also excellent.

An excellent remedy for bruises is a mixture made of equal parts of camphor, alcohol, water and ammonia.

A simple remedy to cure a wart is to bathe it several times every day with a strong solution of bicarbonate of soda.

As spring approaches rhubarb should be eaten at least once a day, as it tends to keep the system in good working order.

Never arrange your hair without a hand-glass. Remember that the side and back view of a coiffure is as important as the front.

Babies under six months' old should not be pushed in go-carts. All young

children should be kept as flat as possible and not be joggled.

Scenting the hair—which so many people affect nowadays—must be looked upon as a delicate art in itself, and only with experience can the happy mean be defined, most amateurs committing the fatal error of overdoing it.

Avoid greasy food and wiping over the skin with an astringent daily will do much to shrink large pores. It would not be a bad thing to scrub your face twice a week at night, using a complexion brush and liquid green soap. Afterward massage with astringent lotion.

### A SPICED ROUND OF BEEF.

For a round weighing twenty pounds, take two ounces saltpeter, three ounces of brown sugar, one ounce of cloves, one nutmeg, one-half an ounce ground allspice, two ounces ground cloves and one pint of salt. Rub all these together and after the round has hung four days, remove the bone and rub the spices, etc., well into it. Put in a wooden tub as near the size of the beef as possible, and turn it every day in the pickle that it makes. In four weeks it will be ready for use. When ready to cook, dip it into cold water and wipe off all loose spices. Cover the top of the round with chopped beef suet. Make a thick paste of flour and water and cover top and sides with it. Put in a large oven with a tea-cup of water and bake slowly for four hours. Lay a few strips across the bottom of the oven to prevent burning. When it is quite cold remove the paste, and trim the outside.

### CHEAP OMELET.

Put a cupful of finely crumbled bread into a bowl, and pour over it two-thirds of a cupful of sweet milk. When the bread has become thoroughly moistened, stir it with a spoon until it is entirely smooth and free from lumps. Add the yolks of two eggs, beating them into the bread and milk one at a time; then, fold in the stiffly whipped whites, and pour into a well buttered baking dish. Bake in a moderate oven until well set. A pleasing variation is to sprinkle the top of the omelet with grated cheese and paprika before removing it from the oven.

### GRAHAM PUDDING.

Make of half-cup molasses, quarter-cup butter, half-cup sweet milk, one egg, half-cup raisins, half-cup currants, half-cup graham flour, one teaspoon soda, salt and spice to taste and steam three hours. Serve hot with hard sauce.

### HER FIRST POTATO SALAD.

By Minnie McIntyre.

She boiled the eggs and sliced them with discriminating care. She cut the onions finely with a most important air; With comprehending art she mixed the golden mayonnaise, Which, really to her credit, was deserving highest praise.  
Then she added the potatoes (humming gay a little ballad), As she thought, "How pleased will Hubby be with this delicious salad." But at lunch she was the saddest little girl you ever saw, When he said, "Aren't these potatoes, dearest, just a little raw?"

## A Southern Woman's Salad Scheme

By Dorothy Maddox.

"Yes, they're coming, twenty-five of them, tomorrow evening," said the tired-looking hostess with a sigh born more of weariness than inhospitality. "Of course they'll expect some kind of a spread after they finish cutting out work for the sewing circle, and the question is—what is the simplest thing I can give them to eat?"  
"Chicken salad for a substantial," glibly responded the morning visitor.  
"And get a dreadful backache bending over the chopping tray," objected the hostess. "I've done it too often not to know what chopping enough chicken for that crowd would mean. You see, I haven't any new-fangled arrangement for doing the work. But chicken salad is such a standby; nearly everybody likes it. I'm almost tempted—if only it wasn't for that troublesome chopping."  
The morning visitor gave a reassuring pat to the speaker's shoulder.  
"Well, don't chop it. Cut it—snip it—scissor it."  
"You don't mean—?"  
"Yes, I do. I've tried it again and again. Learned the trick from a Southern woman who is famous for her delicious chicken salad and does more entertaining with limited means in one

year than you or I will probably do in a lifetime. She's a skilled cook and a crafty one, for it was she who devised the scheme of cutting neat little blocks of chicken for salad with a big pair of sharp shears.  
"You'll find it mere child's play compared to other methods. She was contributing the salad for a church fair once when her patience gave out—just as yours threatened to do—at the thought of wielding a chopping knife on so many howls of chicken. Suddenly it popped into her head to try the shears—a bright, new pair she had, for this part of the work. It proved the greatest kind of a success. She says she just sat comfortably back in a chair and snipped and snipped away at the firm portions of white meat, filling the mixing bowl with trimly cut pieces, very different from the straggly, ragged-looking bits that so often find their way into salad through careless chopping.  
"The celery she treated in the same way. Besides its labor-saving advantages this plan gives most appetizing results in the dainty uniformity of the chicken cuttings."  
The tired-looking hostess was smiling.  
"Drop in tomorrow evening and test the salad," she said. "You will be the most welcome guest in the party—thanks to your culinary tip in time of need."

## Hot Weather Desserts

### DELMONICO PUDDING.

Scald one quart of milk; then stir in five tablespoonfuls sugar, yolks of two eggs, pinch of salt; wet two tablespoonfuls corn starch with a little cold milk, then stir into hot milk and cook two minutes; then pour onto the stiffly beaten whites of the eggs and fold thoroughly in; now add one cupful



Delmonico Pudding.

shredded coconut, one teaspoonful vanilla extract; place bits of fruit in bottom of a mold, which has been buttered; pour batter in; set in pan of warm water and bake in moderate oven for twenty-five minutes. When cool and chilled, unmold and surround with any preferred fruit.

### ICE CREAM SANDWICH.

For any social entertainment the following will be a novelty. Prepare a white ice-cream for foundation, color one-half pink, violet or green, and flavor with strawberry, violet or pistachio. Flavor the white with vanilla, as this will bring out the other flavors and not interfere with them. Pack into pound baking powder cans and set in ice and salt for two hours. When

### STUFFED ONIONS.

Choose large Spanish onions, peel them carefully so as to remove only the outer thin skin; cut them about an inch off the tops, and with a sharp knife make a large hole in the middle of each onion—or carefully remove the hearts of the onions. Fill with the following stuffing: Cut into small square pieces some veal kidneys—others may be used, but veal is preferable—cut also into pieces same quantity of the best bacon, chop separately some parsley and a little suet; mix all together, adding salt, pepper and cayenne to suit the taste, mixed herbs, and if desired, a little curry powder. When the onions are filled their tops should be replaced and secured with a string or little wooden skewers. Put them in a buttered pan and bake slowly, basting with melted butter.

### CREAM PUFFS.

Mix to a smooth paste one cup flour and one cup boiling water, then add halfcup butter. Cook one minute, stirring steadily, stand aside and let cool. When cold break in three eggs, one at a time, and beat hard. Drop by large spoonfuls on a well greased pan, leaving plenty of room to spread. Bake twenty-five minutes in a steady, but not too hot oven. Don't open door for this length of time. When cold, make rich cream for filling of one large cup sweet milk, half-cup sugar, quarter-cup flour, one egg beaten. Stir over the fire until it thickens, and flavor with vanilla. Makes about eighteen puffs.

### LEMON SANDWICHES.

Mash the yolks of three hard-boiled eggs and add a tablespoonful of butter, a dash of salt and cayenne pepper, a teaspoonful of chopped parsley, the grated rind of one lemon. Mix well and add three tablespoonfuls of lemon juice. Spread on wheat or graham bread.

### GERMAN BUTTER DUMPLINGS.

Three tablespoonfuls butter beaten until creamy, quarter teaspoon salt. Add three egg yolks, half-cup white flour



Ice Cream Sandwich.

ready to serve, wipe outsides of cans with a hot cloth and creams will slip out. Have at hand sponge cake cut with cover of baking powder can. With a warm knife slice the molded cream; put two colors on each side of a cake dish; garnish some with blanched almonds, others with English walnut meats, and fruit.

### COLD PEACH PUDDING.

Boil one cupful of rice in water to which add half a teaspoonful salt and juice of one lemon; when tender, press rice through a colander. To this puree



Cold Peach Pudding.

add half cupful sugar, one pint fresh peach pulp, half teaspoonful almond extract, one teaspoonful butter, one-half cupful cream; place on stove to become hot; then pack into a buttered mold and set on ice to chill. Serve with whipped cream.

and then the whites of eggs beaten stiff. Put in enough more flour to form a spongy mass so that you can cut it with a spoon. Drop the dumplings in boiling soup and cook ten minutes.

### CHEESE CRAB.

It is made by braiding some new American cheese finely with a fork, until it is quite smooth. Then add a teaspoonful of flour of mustard, and mix that well with the cheese, to this, a pinch of salt and pepper is added, and then olive oil, drop by drop, is smoothed into the mixture until it has the consistency of dough, when the dropping process is repeated with vinegar until the consistency of butter is reached, and then the crab is ready. It is eaten on bread and butter, and once tasted is not soon forgotten.

### CUSTARD TOAST.

From a stale loaf cut slices half an inch thick. Divide each into three or four pieces and remove the crusts. Prepare a plain custard with one egg, one cup milk, a few drops of extract and sugar to taste. Dip the bread in the custard, then roll in flour; shake off all the loose flour and fry in smoking hot fat till slightly browned. Sprinkle with confectioner's sugar and eat hot.

### HUNGARIAN STEW.

Fry an onion in butter the size of a walnut, put in one cup of canned tomatoes and half-pound each of uncooked veal, pork, beef and mutton. Season with salt and pepper; cover and place on back of range to simmer two or three hours. Do not put in any water; tomatoes and juice of meat make a rich gravy.

### ESCALLOPED CHEESE.

Take one-half cup of grated cheese, one egg, cup of cracker crumbs, lump of butter size of walnut. Moisten with milk to the thickness of batter, salt and pepper, bake in hot oven and serve in dessert dishes.