Favorite Dishes of Statesmen

President Cleveland was known as an epicure, and during his second administration Mrs. Cleveland prepared a recipe for brown bread which was for long afterward held in high esteem in official circles at Washington. In its preparation there were utilized one bowl each of Indian meal, rye flour and sour milk, one large cup of molasses, one teaspoonful of soda, and a teaspoonful of salt. The whole was mixed thoroughly and steamed two and a half hours, then baked from twenty minutes to a half-hour, depending upon the heat of the oven.

President Cleveland was notably fond of sherry cobbler, the recipe for which he received from a friend. Four tumblers are necessary for its preparation. In two of these tumblers, filled with water, thirty pieces of cut sugar are dissolved. Four lemons are squeezed into the third tumbler, the seeds being removed, and into the furth goes the juice of two oranges with the pulp. The sweetened water is then placed in the bowl, the lemon added and stirred thoroughly. Then comes a few small slices of lemon peel without the meat and after the orange is added, more rapid stirring. A full pint of the best sherry is trickled into the bowl and then the mixture is put aside until sufficient ice to fill the gallon bowl has been beaten as fine as snow. After the frigid mass has been dropped gently into the bowl a lemon and two oranges are cut in thin slices and added to the cobbler as they drop from the knife. Then the concoction is stirred gently for a few minutes with a silver tablespoon.

The late President and Mrs. McKinley had few pet hobbies in the matter of recipes save that which governed the preparation of turkey—a favorite dish. A young hen turkey was always selected and the dressing consisted of a dozen large oysters minced very fine, two cupfuls of fine bread crumbs, and a tablespoon of chopped herbs, parsley, thyme and sweet marjoram. Salt and pepper were used but sparingly and the whole was mixed with a tablespoon of melted butter. The body of the turkey was sewed up so that the dressing could not escape in the cooking. Two slices of bacon were placed in the pan and the roasting was done on the basis of from twelve to fifteen minutes to the pound, according to the age and size of the bird.

There is a story to the effect that Chief Justice Fuller of the United States Supreme Court is very fond of codfish balls and Mrs. Fuller gives her recipe as follows: Equal parts of codfish and mashed potatoes thoroughly mixed with cooked red beets, chopped fine, mold into balls, brown in the fat of salt pork and garnish with the crisp bits of fried pork. Senator M. S. Quay spends much of his time at his estate on the Atlantic coast in Florida and the friends whom he has entertained there are always enthusiastic in praise of the cookery of sea food. One of Mrs. Quay's favorite recipes is for deviled crabs. One dozen crabs are boiled for twenty minutes and when cold, picked. The other ingredients consist of three eggs well beaten, two tablespoonfuls Vienna bread crumbs, four of melted butter, one of olive oil, one tablespoonful of chopped parsley—salt and pepper seasoning. All these are mixed together, cream being used for moistening and then the crabs are replaced in the shells which should be clean and dry. They are then dipped in beaten eggs and Vienna bread crumbs and fried in hot lard.

The famous Thomas B. Reed cherishes a secret fondness for baked chicken, and this dish is prepared with the greatest care under the supervision of Mrs. Reed. A fresh and if possible tender fowl is selected and dressed carefully. The legs are thrust through the hole made in drawing it at the back and the wings pinioned close to the sides. After a dredging with salt and pepper, the bird is placed in a dripping pan with about half a teacup of water and put into an oven at moderate heat, where it is allowed to remain for fifteen or twenty minutes. The basting is then begun and repeated frequently until the testing with the fork shows that the cooking is done. In the case of too rapid browning another pan is turned over the dripping pan at the last.

Mrs. Spooner, the wife of ex-Senator Spooner, has a recipe for breakfast cakes that is highly esteemed by her husband and others. The components include a teacup of milk, a coffee cup of flour, one egg, all beaten together; a tablespoon of butter and salt. The cakes are baked in iron pans, and, according to Mrs. Spooner, the secret of success in the preparation of these cakes lies in the maintenance of an even, moderate temperature in the oven. The late Mrs. Frye, wife of the president pro tempore of the United States Senate, was the possessor of a famous recipe for gingerbread. It was as follows: Three eggs, a cup of molasses, a cup of sour milk and a cup of chopped raisins, one heaping teaspoonful of soda and two cups of flour, the whole spiced to taste.

Army wives have reputations to maintain in the matter of cookery, and a number of them have devised culinary formulas which have stood the test of time in their own households and those of their friends. In this class is the fruit pudding of which Mrs. Irene Rucker Sheridan, widow of Gen. Philip H. Sheridan, is reported to have been the originator. In making this pudding a mould is lined with slices of sponge cake and the first or foundation layer is of fruit. Strawberries, raspberries, blackberries, currants or pineapple may be used, but it is essential that the best quality of fruit be selected, that it be rich, tart and ripe and that it be cut into very small pieces. On top of the fruit layer a layer of hot custard is placed and then alternating layers of fruit and custard until the mould is filled. After it has been allowed to become cold and firm the preparation is turned out of the mould. For the custard a pint of milk is brought to the boiling point in a kettle, then there is added an ounce and a half of dissolved gelatine, the yolks of four eggs and four ounces of sugar. When the custard has thickened so that there is no danger of curdling it is taken from the fire and a half pint of cream and the juice of a lemon added.

One of the most famous recipes in the private cook book of Mrs. Mary Logan, the widow of the late Gen. John A. Logan, is for the preparation of citron pudding. For this dish there are required a quart of fresh milk, a pint of stale bread crumbs, carefully grated, four eggs, a coffee cup of powdered sugar, half a pound of citron cut fine, a small amount of butter and the juice and rind of one lemon. The yolks and sugar are beaten together and the bread crumbs, milk and lemon rind added by degrees. This is poured into a buttered dish, the citron dropped in and a piece of butter placed over all. The baking requires half an hour and the preparation when cold is covered with a meringue made of the four whites, a cup of powdered sugar and the juice of a lemon. This is browned slight before serving. This is a favorite with Mrs. Logan's friends.

POULET CREOLE.

Here you have a dish for which any old Creole of New Orleans would go on foot from Carrollton to the Barracks, a distance of fifteen miles, merely to get a taste.

Two very fine chickens, two tablespoonfuls of butter, two tablespoonfuls of flour, six large, fresh tomatoes, six fresh sweet green peppers, two cloves of garlic, three large onions, three sprigs each of thyme and parsley, two bay leaves, one pint consomme or boiling water, salt and pepper to taste.

Take two spring chickens and clean nicely, and cut into pieces at the joints. Season well with salt and pepper. Put two tablespoonfuls of butter into a stewpan, and when it melts add the chicken. Let this brown slowly for a good five minutes. Have ready three large onions sliced. Add these to the chickens and let them brown. Every inch must be nicely browned, but not in the slightest degree burned. Add two tablespoonfuls of flour; let this brown. Then add a half dozen large, fresh tomatoes nicely sliced, and let these brown. Cook very slowly, allowing the mixture to simply simmer. Add chopped parsley, thyme and bay leaf and two cloves of garlic finely minced. Let all brown without burning. Cover and let it smother over a slow but steady fire. The tomato juice will make sufficient gravy as yet. Add a half dozen green peppers (sweet), taking the seeds out before adding, and slicing the peppers very fine. Stir well. Let all smother steadily for twenty minutes at least, keeping well covered and stirring occasionally. When well smothered add one cup of consomme. Let it cook again for a full hour very, very slowly over a very steady fire, and season again to taste. Cook ten minutes more and serve hot.

DIET IN TUBERCULOSIS.

Consumption is the wasting of the lung tissue, abnormally. The germ, always present in healthy persons in cities, lives in the decaying tissue, as the necessary accompaniment of the disease, accelerating the wasting process as rats cut grain sacks. But killing the germs would only retard the death of the patient in that particular way. There is needed abundance of pure air to burn off the waste accumulating in the lungs, exercise to maintain active circulation for active respiration, open skin, active kidneys, with plenty of good water, preferably distilled, sunshine, good mental condition, proper rest, and, most important of all, good food.

Albumen, uncoagulated by high temperature, is of prime importance for the supply of tissue, which is rapidly consumed, as the fever and night sweats indicate. Eggs are not recommended, even if whipped only, for all animal food tends to putrefy, even under favorable conditions. Nuts are good, especially the peanut, which contains a delicate, easily assimilated albumen—uncooked. A liberal supply of fat is necessary, for there is an extraordinary consumption of fat. Peanut fat is most easily assimilated. Coarse, dry bread, with prepared, unroasted Virginia peanuts, eaten from the shell, are the best diet in consumption, with fresh figs for supper and apples for breakfast.

SARDINE CANAPES.

For sardine canapes, toast lightly diamond-shaped slices of stale bread and spread with a sardine mixture made as follows: Skin and bone six fine sardines, put them in a bowl and rub to a paste with a silver spoon. Add two tablespoons of lemon juice, a few drops of Worcestershire sauce, a dash of paprika, two teaspoons of chopped parsley and four tablespoons of creamed butter. Garnish with a border of whites of hard-cooked eggs, finely chopped, and on top scatter shredded olives.

JAPANESE RICE SALAD.

Wash one-half cup of rice and cook in rapidly boiling water for twenty minutes. Mix, in a large bowl, four tablespoons of olive oil, two tablespoons of vinegar, one-half teaspoon of salt, one-fourth teaspoon of pepper and one shake of tabasco sauce. Toss the rice after thorough draining with this dressing and add one-half a large onion or one small one or one tablespoon of chives, chopped finne.

TIMELY DISHES

BREAKFAST.

Smoked sausage and hot cakes
Buckwheat cakes, maple syrup
Baked apples stuffed with figs
Scrambled eggs with ham
Creamed halibut on toast
Plain omelet with bacon
Oat meal with cream
New corn meal mush
Boston brown bread
Toasted Corn Flakes
Fresh sliced oranges
Fresh salmon fried
Lyonnaise potatoes
Browned hash
Pillsbury's Best Cereal
Creamed potatoes
Gingerbread coffee
Broiled chops
Stewed prunes
Fried oysters
Broiled liver
Baked potato
Fried fish
Baked eggs
Hot toast
Corn muffins
Corn bread
Rye gems

LUNCHEON.

Lemon and walnut jelly, custard sauce
Molded rice with damson preserves
Rice croquettes and currant jelly
Lettuce salad with mayonnaise
Baked macaroni with cheese
Timbales with creamed duck
Thinly sliced cold tongue
Scalloped oysters with eggs
Mushrooms with chicken
Oysters fried in butter
Cold sliced tenderloin
Vegetarian cutlets
Orange cream cake
Cranberry frappe
Pressed chicken
Scalloped potatoes
Salted almonds
Tomato fricassee
Creamed fish
Bean croquettes
Chocolate cake
Pineapple punch
Jellied meat
Hashed turkey
Frozen custard
Lemon jelly
Scalloped corn
Layer cake
Fruit salad
Cheese balls

DINNER.

Chopped cabbage with mayonnaise
Roast fresh pork, browned potatoes
Steamed chicken, oyster stuffing
Roast turkey with dulce stuffing
Little pig, roasted and stuffed
Giblet gravy and apple sauce
Browned sweet potatoes
Cream of corn soup
Apple pie and cheese
Chicken consomme
Quail pan boiled
Cranberry sherbet
Stuffed potatoes
Plum pudding
Stewed cabbage
Cold slaw
Steamed chicken
Creamed onions
Tomato fricassee
Chocolate pudding
Raw oysters, celery
Nut ice cream
Baked squash
Belgian hare
Squash dulce
Tomato soup
Chicken pie
Roast goose
Boiled carrots
Roast duck
Coffee cake
Mince pie

CHICKEN EN CASSEROLE.

Take for a family of six or eight, two tender young chickens—broilers—clean them and then fry them in butter until lightly browned all over. Then put them in the casserole with backs up. Add two or three slices of bacon, baked until dry and cut into dice, one-half an onion, also cut into dice, one-half teaspoon of salt and one-half teaspoon of parika. Just cover the chickens with boiling water, put on cover of casserole and put in a hot oven for about three-quarters of an hour. The last ten minutes remove cover, turn chickens on their backs, spread a little butter on the breasts and let them brown. Remove to a hot platter, add one teaspoon of flour, wet in cold water, to the gravy in casserole, let cook for a few moments, add one tablespoon of sherry, if liked, and strain around the chicken. There should be about a cupful of the gravy. If a thin gravy is preferred, leave out the flour, although this amount scarcely thickens, but merely gives body to the gravy. If possible to procure fresh mushrooms, one-half a pound cut in small pieces may be put in the casserole to cook for about fifteen minutes; to make the dish most attractive add during the last half hour a cup of tiny potato balls cut from new potatoes.

MENU PRONUNCIATIONS.

Following the general pronunciation and rule the word cocotees is pronounced as if spelled ko-ko-tay with a slight accent on the last syllable. The accent mark of course governs the pronunciation of the French vowels, there being no accent mark, it is safe to follow the rule for the pronunciation of "e" in final syllables, which is that of a in fate. Final consonants are seldom pronounced. Au gratin is pronounced Oh grah-tan. Parfait is pronounced with the "a" the same as in fate, and the "ai" as in bail. The final "t" is silent. The words au gratin and parfait should be understood by any waiter when they appear on a menu as they are words in common use. Sometimes the person giving the order makes the mistake of not speaking loudly or distinctly enough, otherwise the average waiter is familiar enough with ordinary French terms, which appear on menus, to understand when they are given the English pronunciation.

CHOPS WITH CUCUMBER.

Dust the chops with salt and pepper, roll in egg, then in fine bread crumbs and fry in deep fat for five minutes. Put them on a hot platter and surround with slices of cucumber which have been dredged in well-seasoned flour and also fried in the deep fat. The slices should be cut lengthwise, one-half an inch thick, and they should be soaked in ice water for twenty minutes before drying and cooking. A horseradish sauce adds to this dish. The horseradish should be soaked in vinegar and about two tablespoons added to one and one-half cups of drawn butter sauce. If possible cut the horseradish root in sliver-like strips, which will curl if cut fine enough and garnish the chops with them. This makes a very pretty company luncheon dish.

PICKLED BEEF HEART.

Pickled beef heart makes a delicious and inexpensive change in the ordinary menu. Its preparation is extremely simple, too. After the heart has been thoroughly boiled in water, pour spiced boiling vinegar over it, and set away to cool. Later slice thin, and serve on a dish garnished with summer savory or parsley.

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