

SCHOOL for HOUSEWIVES By MARION HARLAND



WHEN WE MUST USE CANNED GOODS - and How

A COUNTRY correspondent, who lives six miles from a railway and three from the nearest grocery, has a lamentable tale to tell: "We are not strictly speaking, vegetarians, but we agree with you that it is not wholesome to eat too much meat. Moreover, unless we are content to have salt pork for dinner three times a week, we must go meatless many times in the winter. Heavy storms block the roads and hinder the butcher from making his rounds twice weekly. Then, again, we like vegetables. Our potato bin is well filled and lasts us until late in the spring. We have turnips and beets and cabbage. But we get tired of all three! We used to vary them by 'canned goods' and very much to our satisfaction. For the last two years we have heard so many dreadful things about these same canned things that we have, as my old Scotch grandmother used to say, 'taken a scunner against them.' We feel the lack of them more than I can tell. We miss the nice corn puddings and the string beans and tomatoes and asparagus we used to buy by the dozen cans and set in goodly order upon our storeroom shelves in the fall to draw upon during the long winter. Can you help us to a substitute for the banished provisions, or tell us if all these things ought really and truly to be classed as 'embalmed foods'?"

M. E. S. (Pinehurst, Ulster county, N. Y.).

It is not surprising that you should have been set against preserved foods by the revelations of the last few years. I confess to the same dread in my own case. The able chemical experts who are kind enough to aid and abet me in the investigations I have made along the line of adulteration and chemical treatment of meats, vegetables and fruits have supplied me, in days now, I would fain hope, gone by with startling analyses of divers natural products designed for the consumption, and presumably the nourishment, of human beings—so startling in some instances that I have struck canned meats and a majority of canned fruits and vegetables from my list of household commodities. Hence the return to the practice of twenty-odd years ago, of putting up our own preserves and pickles and canning all manner of eatables for winter use.

PROTECTIVE MEASURES

Now, or so I am credibly informed by those who claim to be qualified to speak with authority upon the subject, the pure-food law has so far reformed the abuses of which we have spoken that it is quite safe to partake of "canned goods" that have been put up since the passage of that law. If artificial means—the use of chemicals intended to prevent fermentation—are resorted to in the preparation of such foods for the market, the manufacturer incurs the danger of a heavy fine if he neglect to state the fact in the label upon the can or jar containing the vegetable or animal substance. This protective measure is an unspeakable boon to the housewife who does not live near enough to city or town markets to obtain the fresh, vegetables and fruits that are brought from the South and defy the interdiction of winter.

Before we talk of the proper use of canned foods, let me remark, with emphasis and gratitude, that I have expected tomatoes from the bin placed upon other artificially preserved vegetables. Perhaps because the simple

process of heating has been found sufficient to guard them against decomposition, we have not yet detected in cans of this invaluable vegetable any trace of mineral preservatives. We have used canned tomatoes freely and fearlessly throughout the embargo period.

Not one cook in twenty prepares canned foods properly for the table. To this ignorance or carelessness is due a large proportion of the suspicion with which the "tinned stuffs," as they are called in England, are regarded by thousands of caterers and eaters. At their best, they were but an indifferent substitute for fresh fruits, vegetables, meats and fish. So much the more reason why we should bestow intelligent care upon them, restoring to them, as far as possible, the flavor and nutritive properties of their former estate.

AN INVARIABLE RULE

To begin with—and to this dictum there is no exception—the contents of can or glass jar should be turned out into another vessel five or six hours before it is to be cooked or eaten. Tomatoes, corn, beans, peaches, plums, spinach, and especially green peas, should, one and all, be aired to get rid of the "close" taste imparted by cooling in hermetically sealed cans. It may not be unwholesome; it is undeniably unpleasant. If I lay stress upon the necessity that green peas should be aerated, it is because they suffer more from the long stages of airlessness than less delicate edibles. The slight smoky flavor of canned French or American canned peas is commonly accepted as inseparable from them when they have been artificially preserved. We all know it, and most of us submit to it. Some dislike it so heartily that they never



"The average cook merely dumps the contents into a saucepan."

eat canned peas. If the contents of the can be poured into a colander, the liquor in which the peas have been kept thrown away and the peas put into an open bowl of iced water and left there for two or three hours, then cooked in the usual way, there will be no taste or smell of the "smoke." Keep the water cold, changing once for fresh. The average cook will hardly "take the trouble" to obey directions so simple, and which involve little loss of time or toil. The independent housewife who "does her own work" will be thankful for the hint.

Treat lima beans and asparagus to the bath of cold water. The liquor in which they have lain for weeks and months was devitalized by boiling, and it holds the undesirable raw essence of the esculent. Never cook a vegetable in the water in which it was canned. Tomatoes and spinach are preserved in their native juices. They are, therefore, exceptions to the rule. While it is not practicable to drain from corn the milk that exudes in canning, it is well to pour away the thinner liquid. Give the contents of the can a slight shake in the colander to rid them of the watery part of the liquor; let them air for several hours in a cool place (not the larder); put over the fire in the inner vessel of a double boiler, and when they have cooked ten minutes add half a cupful of hot milk into which you have stirred a tablespoonful of butter, with salt and white pepper to taste. Simmer ten minutes longer, and



"Let canned vegetables air in a cool place."



"Peas are put into a bowl of ice water."

You will have corn somewhat resembling in sweetness the original article.

A corn pudding eaten as a vegetable is a wholesome variety in a winter menu. After preparing it as for stewing, take from the fire, stir in two beaten eggs and a teaspoonful of flour rolled in cornstarch. Bake, covered, for twenty minutes, then brown.

Succotash made of corn and lima beans that were canned separately is far superior to the canned succotash sold by the grocer. Treat the corn as if it were to be cooked alone; stir the beans and soak in cold water for two hours. Put them over the fire in hot salted water, bring to a boil, drain and add to the corn, which is simmering in another vessel, seasoned as for stewing. Heat the two together not more than five minutes.

WHEN TROUBLE PAYS

More troublesome than when the can marked "succotash" is opened twenty minutes before dinner, "dumped" just as it is into a common single saucepan, seasoned with a lump of butter, a dash of salt and a shake of pepper. I do not deny it! Yet if you will examine the provisions of the recipe you will see that compliance with them is a matter of brain expenditure and neither of time nor labor. The distinction makes all the difference between intelligent and unskilled, slovenly culinary operations.

One of my masculine critics—of which, I am proud to say, we register so few that they hardly count in the number of approving friends of the same gender—warns me against "frills" in writing for housewives who "do not keep a girl." If these commonsense directions for securing the best results from cheap materials without increase of cost be "frills," then—as Patrick Henry said of the imputation of "treason"—let my censor

"profit by the example" of the woman who makes her brain supply the lack of money.

Spinach comes to us now in cans, and at a price that does not proscribe its appearance weekly upon the table of the family of moderate means. Turn it out five hours before cooking it. Cook in a double boiler with the top off for half an hour; season with a tablespoonful of butter, salt and paprika to taste, a teaspoonful of sugar, a wee pinch of nutmeg or mace and a tablespoonful of lemon juice. Cook one minute and serve garnished with triangles of thin toast. If you can spare three tablespoonfuls of cream, beat into the spinach until you have a smooth green mass and serve—not forgetting the toast.

The possibilities of tomatoes are beyond counting. As one example of the truth of this, take scalloped tomatoes. Drain off all the liquor that will come away without pressing, setting it aside for other purposes. Butter a baked dish and put a layer of the drained tomatoes in the bottom. Cover this with a stratum of fine crumbs, season with salt, pepper and a few drops of onion juice; sprinkle lightly with sugar and dots of butter. Now another layer of tomatoes and more seasoned crumbs. Fill the dish in this order, the last layer being crumbs dotted rather thickly with butter. Cover closely and bake half an hour. Then brown slightly. If the tomatoes have not been drained too much, enough moisture will be left in them to make the scallop soft.

FROM THE LEFT-OVERS

The reserved liquor may be made into soup or into tomato aspic, which, with a few leaves of lettuce, will supply you with a delicious salad. Half a dozen cans of tomatoes may be bought for 60 cents. You may put both these dishes upon your table for 25 cents.

Or, if you have scraps of any kind of meat in the refrigerator, drain the tomatoes, chop the meat and mix with a cupful of boiled rice and the drained tomatoes. Moisten with a little stock or a left-over of gravy and bake as you would scalloped tomatoes. You have then a soup and a meat dish. This, too, may be done for 25 cents.

In both these cases the excellence of the dishes depends upon seasoning mainly. Do not think it beneath your dignity to study effects of combination and of flavoring in cookery. It is by these means that you may obtain the best results from unpromising materials.

Marion Harland

FAMILY MEALS FOR A WEEK

- SUNDAY BREAKFAST.**
Grapefruit, cereal and cream, creamed ham (a left-over), split muffins, marmalade, toast, tea and coffee.
- LUNCHEON.**
Liverwurst, sliced and garnished with lemon and parsley; sally luncheon potatoes, gingerbread, and cream cheese, cocoa.
- DINNER.**
Vegetable soup, roast pork, apple sauce, baked corn pudding, cauliflower, pineapple soufflé, cake, black coffee.
- MONDAY BREAKFAST.**
Oranges, cracked wheat, bacon and green peppers, French omelet, toast, tea and coffee.
- LUNCHEON.**
Breaded sardines, remains of corn pudding, lettuce sandwiches, crackers and cheese, rice pudding, tea.
- DINNER.**
Cauliflower soup (a left-over), pork pie (a left-over), apple sauce, scalloped tomatoes, fried oyster plant, cracker plum pudding, black coffee.
- TUESDAY BREAKFAST.**
Stewed prunes, cereal and cream, bacon, boiled eggs, graham biscuits, toast, tea and coffee.
- LUNCHEON.**
Baked Welsh rarebit, baked potatoes, apple and nut salad, with French dressing; crackers, jam, pufta, tea.
- DINNER.**
Tomato soup, baked ham, Bermuda onions, creamed carrots, snow pudding, with ladyfingers; black coffee.
- WEDNESDAY BREAKFAST.**
Oranges, cereal and cream, bacon and fried onions, rice muffins, toast, tea and coffee.
- LUNCHEON.**
Stew of beefsteak, carrots and carrots (a left-over), split muffins, toasted (a left-over), stuffed potatoes, poor man's pudding, tea.
- DINNER.**
Celery cream soup, veal cutlets, spinach, green pea pancakes, floating island, black coffee.
- THURSDAY BREAKFAST.**
Sliced pineapple, cereal and cream, clam fritters, shortcake, toast, tea and coffee.
- LUNCHEON.**
Baked pork and beans, with tomato sauce; fried potatoes, shortcake, reheated (a left-over); ginger cookies and cream cheese, cocoa, black coffee.
- DINNER.**
Beef gravy soup, with noodles; stuffed beef's heart, stewed celery, mashed and browned potato, lemon pie, black coffee.
- FRIDAY BREAKFAST.**
Oranges, cereal and cream, fishcakes, cornbread, toast, tea and coffee.
- LUNCHEON.**
Lettuce with French dressing, omelet, potato cakes (a left-over), junket and cookies, tea.
- DINNER.**
Oyster bisque, baked bluish potato croquettes, stewed tomatoes, French pancakes, black coffee.
- SATURDAY BREAKFAST.**
Baked apples, cereal and cream, creamed fish (a left-over), griddle cakes and syrup, toast, tea and coffee.
- LUNCHEON.**
Pork and beans (a left-over), tomato toast (a left-over), baked potatoes, bread and raisin pudding, tea.
- DINNER.**
"Scrap soup," in which odds-and-ends play a part; corned beef, mashed turnip, celery knobs, wine jelly and cake, black coffee.

THE HOUSEMOTHERS' EXCHANGE

White Fruit Cake

A RECIPE for white fruit cake is called for in the "School for Housewives." If "C. H." will take a good recipe for a plain white cake and add fruit according to her judgment (as I do), a nice white fruit cake will be the result. The white cake for which I enclose recipe may be baked in layers with a fruit filling. It is fine.

Plain White Cake.
Elevn eggs beaten stiff, three full cups of sugar, one full cup of butter, one cup of hot water, three cupfuls of flour, or enough to make a good batter. If you sometimes had to use four cupfuls, much depends upon the brand of flour. The water should be so hot that you can just bear your hand in it.

Cream the butter and sugar; add flour and water alternately, the flour of the first and the water of the second, until you have a thick batter. Flavor to taste. This can be excellent as a white cake.

PERCY (Louisville, Ky.).

Our Kentucky members are such noted housekeepers and cooks that I accept your statement as to the excellence of a cake that seems to me rather oddly put together. And what makes it odder still? The yolks of eleven eggs should color it richly. Please write us again and throw light upon this point. Perhaps you meant to write: "The whites of eleven eggs." But you didn't. The same correspondent sends in a recipe for something of which she says: "I do not know the name. The German lady from whom I got it gave none." With her permission I christen it

German Tea Cakes.

One cupful of nut kernels; half a pound of raisins (seeded and chopped); a quarter pound of butter; half a cupful of molasses; one even tablespoonful of soda; and the same each of cloves, allspice and cinnamon (2) four to make a stiff batter. Roll into a sheet and cut into round cakes.

You have written "colander" so plainly that I cannot mistake the word. Is it a spice unknown to me? Or something else?

A second reason why we should have another letter from you.

Actual Figures Demanded

We are having letters from Marion Harland on the subject of "living cheaper" and "baked goods." In cooking beef tallow and calf's liver, etc., but say on the level, why don't we have something that will benefit to the people who live in the slum-houses, and for more of the population, doing the actual productive work, as against the

"\$40-a-monther," who, two to one, helps to add to the "overhead expense" that is charged up in the retail price—in other words, the clerk, salesman and others? How about the poor devil who must feed a family on the "back street"? We hear a lot about using the "cheaper pieces of meat." What are they, and how can they be made eatable and wholesome? What vegetables make good selection and what are unsuitable? Far as good value is concerned, figure it all out for a week, and give us the "menu" for each meal of the twenty-one, without a whole lot of "frills" that the average poor man's wife has neither the time nor strength to bother with. The fellow who has got to the "keep-it-right" stage of affluence ought to have brain enough to name out his own economy in the preparation of his meals. In connection with Marion Harland's expressions as to girls staying home and helping mother, instead of working in offices and stores, etc., a friend of the writer, who has traveled considerably, made the statement some time ago, "No daughter of mine will ever be a stenographer. I have seen too much of it. It is a matter of wonder to the writer that mothers would wonder to their daughters to work in offices where they know nothing, absolutely, of the conditions and people with whom the girl comes in contact."

INTERESTED (Philadelphia).

It would require a whole page to answer all the queries and criticisms of our masculine critic. In the preparation of my weekly menus, I have honestly believed that I was catering for families of moderate means. I have never assumed to make out "menus" that would feed six people upon 75 cents a day. I can tell them of foods that will sustain life and keep one in a fair degree of health at that rate. If I were to confine my directions to that class, what of the great multitude of the "halfway poor" I have in mind continually?

I told some weeks ago of the contented little who breakfasted, dined, and supped upon "brose"—id est, oatmeal porridge—and when asked if he did not get tired of it, returned in surprise, "An' why should a mon weary of his meat?" "Meat" standing with him for his daily food.

If American "interested" is willing to breakfast upon plenty of "brose" with milk, and lend a savory smack to his brood by a rasher of bacon or a strip of salt pork, washing it down with a cup of coffee; if he will dine upon a bowl of oatmeal porridge and when asked if he did not get tired of it, returned in surprise, "An' why should a mon weary of his meat?" "Meat" standing with him for his daily food.

As to vegetables—potatoes have gone up until they are no longer a cheap article of diet. They will hold their own upon thousands of tables, be the price what it may, if for no better reason than that custom has made them a necessity to most of us. Rice is more wholesome and nutritious—if (ah! that fatal "if") the housemother knows how to cook it. The water in which rice is boiled is a valuable addition to the stockpot. Yet nineteen out of every twenty cooks throw it down the sink

as they would dishwater. May I describe one simple dish which my family enjoy as a "pick-up luncheon"?

A Luncheon Dish

Break into inch lengths half a pound macaroni or spaghetti, and boil it tender in salted water. If you have a weak stock, so much the better. If stock be used, return it to the pot when the spaghetti is drained. The cereal has emptied it. Put a layer of spaghetti in the bottom of a baked dish and strew over it any minced meat you may happen to have. Over this put a layer of drained and chopped canned tomatoes, seasoning each layer with pepper, salt and onion juice. Fill the dish in this order, pour in enough stock to keep it from drying, cover with fine crumbs and bake, covered, for half an hour. Then brown lightly. We like the addition of grated cheese to the uppermost layer, and now and then omit the meat and substitute grated cheese.

Any bits of cold cooked meat will

Any bits of cold cooked meat will flavor the dish sufficiently with the touch of savoriness the meat-eater's palate craves. It is of Italian origin, and very good when timely seasoned. Should any be left, chop it next day and put into your soup. Rice may be used instead of macaroni, if you like.

Onions are never dear and are exceedingly

nutritious. Boil them in two waters always, and if you can spare enough milk to use instead of the second water, they are delicious. Turnips hold too great a percentage of water to be of value as bone or brawn or brain makers. Yet they introduce pleasant variety into plain fare and are liked by many. Carrots are very nourishing. Cooked tender and served in a white sauce, they are wholesome and palatable. They are more palatable when parboiled, cut into short lengths and fried in butter. Canned tomatoes are said to have suffered less from artificial preservatives than any other vegetable. They may therefore be eaten freely. A quart will supply material for the Italian dish I have described and the foundation of a nice soup. Boil, season well; thicken the juice to your fancy, and just before serving hot to which you have added a quarter teaspoonful of baking soda, could talk on this head for a longer time than "interested" can spare from his daily toil, or I from mine, without

exhausting it, and yet, perhaps, without

convincing him that cheap foods are not of necessity coarse.

If I do not see that "keeping a girl"

implies "indulgence" or that the any other degree of affluence implies brain enough to keep family expenses down when prices are inflated, it is probably because what brain is left to me after hammering upon the "economy" anvil for three months is not of a quality to appreciate my critic's ideas of cause and effect.

To "S. J. W." of Virginia

Is this what "S. J. W." of Virginia, wants?

Marshmallow Cream.

One-half pound of fresh marshmallows; one cup of chopped English walnuts; one cupful of whipped cream (stiff); two teaspoonfuls of powdered sugar; one teaspoonful of vanilla. Cut the marshmallows into small bits; stir these with the sugar and vanilla into the whipped cream and sprinkle the chopped nuts on top. Set in the ice until you are ready to serve. I often use this instead of ice cream at small gatherings.

Carrots are very nourishing.

An acceptable substitute for the invariable ice cream without which good Americans fancy they cannot "entertain." And how tired some of us get of it!

To "C. H." of Bolton, Ga.

Dear C. H. (Bolton, Ga.). In answer to your request for a recipe for white fruit cake, please accept the enclosed. I have tried it and we like it very much.

White Fruit Cake.

Whites of three eggs; one large cupful of pulverized sugar; one-half cupful of butter; one-half cupful of sweet milk; one and a half cups of flour; two level teaspoonfuls of baking powder; one large cupful of chopped raisins; chopped citron—as much as you like as you fancy.

Beat the whites of the eggs very stiff and fold in, last of all, in a moderate steam, in a mould or with a large shallow pan.

F. M. K. (Pittsfield, Mass.).

For the excellent, and brief, formula

we are your grateful debtors, albeit it was meant for a single reader. I laid hold upon it for the general good.

Another White Fruit Cake

Cream together half a pound of butter and a pound of powdered sugar until very light. Add a cup of cold water and three cups of flour which has been sifted twice with two rounded teaspoonfuls of baking powder. Beat well. Have ready a pound of seeded

and chopped raisins, a quarter pound of

shredded citron, half a pound each of chopped figs, chopped dates and chopped blacked almonds. Break these thoroughly with flour. Now stir into the batter the whites of five eggs whipped very stiff. Do this with light swift strokes, beating the batter up from the bottom with each stroke. Bake in a tin.

Bake for three hours in deep pans lined with paper. Ice with tutti-frutti frosting.

SMILES (Brooklyn, N. Y.).

I am thinking, in transcribing the

recipe, what a fine wedding-cake your white loaf would make. We hope to hear from you again, and thank you for your compliance with our request for the recipe.

Calp's Liver

May I pass along my way of cooking Calp's liver? I have read with much interest what you say of the possibilities of it and other materials which should be better known.

The Recipe.

Have it sliced by the butcher. Roll the slices in flour; fry in deep fat until browned until they are done and nicely browned. Take it up and set not upon a platter while you mix a tablespoonful of browned flour into a thin paste with vinegar. Put a little water into the frying pan, bring to a boil; stir in the flour paste, and season to taste. When done, pour over the liver. You will soon learn what are the right proportions of vinegar, water, etc.

My John likes liver cooked in this way and in no other.

Many dishes require much work to get them just right, but this is very simple.

E. R. F. (Muscatine, Iowa).

Referred to a Trained Nurse

Kindly tell me what experience one must have before entering a hospital as a nurse, and where I should inquire for the position.

I am 35 years of age and must earn my own living. I should like to study a profession in which I could learn something, and at the same time earn my living. I have an inclination for nursing.

In asking some of the trained nurses who co-operated with us in the mission of holding hands whenever we may be of use to others to reply to this query, I remark that the profession requires arduous and diligent training. Severe examinations must be passed, and work performed that tyros little dream of when they are led into it by natural inclination and the need of self-support. May I not look for a brief statement done in order to enter the ranks and of the remuneration for beginners?

SATURDAY BREAKFAST.

Baked apples, cereal and cream, creamed fish (a left-over), griddle cakes and syrup, toast, tea and coffee.

LUNCHEON.

Pork and beans (a left-over), tomato toast (a left-over), baked potatoes, bread and raisin pudding, tea.

DINNER.

"Scrap soup," in which odds-and-ends play a part; corned beef, mashed turnip, celery knobs, wine jelly and cake, black coffee.