SUBSTITUTE FOR MEAT

DAINTY MEALS THAT MAY BE ECONOMICALLY PREPARED.

Much Depends on the Proper Furnishing of the Table—Balanced Vegetable Ration Not Hard to Put Together.

Now that the price of meat is so high many are looking about for means to do without it, trying to discover something to take its place. Of course, vegetarianism at once presents itself as a solution of the difficulty, but most people recoil in horror from vegetarianism. They conceive it as boiled cabbage, corn, potatoes, coarse bread, beets, etc. These are the articles of diet they see in imagination upon the table as soon as meat is withheld. But it need not be so. It is possible to devise tempting and tasty dishes for a luncheon or a formal dinner from which meat is altogether excluded. Coarse vegetables, such as those mentioned, need never be served; indeed, many vegetarians hardly ever touch them. Let us think, then, what we shall eat and how to make the table look appetizing.

In the first place, the table may be made to look charming if it is tastefully laid with fine linen, spotless glass, polished silver and dainty china. The dishes which are brought on to the table should contain food dressed and arranged artistically.

It is possible to arrange dishes so that no one knows exactly what he is eating, but thinks it delicious. Instead of giving one vegetable, give several at once, mixed together thoroughly, and covered with dressing or sauce, to make it appear still more appetizing. In arranging these combinations, vegetables or fruits which blend together well must be introduced; also due allowance must be made for the various combinations and proportions of the foods—that is, acids, proteids, carbohydrates, etc., must be balanced as nearly as possible.

Salads of all kinds are beneficial, and fruits are also very good during the hot weather. A delicious fruit salad may be made by mixing together, in a large bowl, chopped oranges, pears, plums, grapes, peaches, apricots, etc., dates, figs and nuts, and pouring this into another bowl, lined with lettuce leaves. Honey should be poured over this and whipped cream placed on top. This, with a couple of peanut butter sandwiches, will make a delicious and sustaining meal.

The following is a delightful salad: Scoop out the insides of several tomatoes. Cut up three or four anchovies into small fragments. Cut up also the centers of the tomatoes. Mix together with a little finely chopped cabbage, green pepper and a flavor of onion. Replace in the empty tomatoes and serve on lettuce leaves.

Cream cheese will be found a valuable addition to many salads. Nuts also may be used freely, both for purposes of decoration and to increase the food value of the salad, since nuts contain the same muscle forming elements as meat. By trying a number of experiments in the combinations of foods in this way a number of tasty and nutritious dishes easily may be devised.

Jam Rules.

Do not allow tin, iron or pewter to touch the jam, as any of these are liable to spoil the color.

Everything employed in the jam making must be scrupulously clean.

The sugar must be of the best.

The fruit must be gathered on a dry day, any that is imperfect or damaged being discarded. It should be just ripe.

The jam should be boiled until on dropping a little on a plate it jellies. Jam should be boiled fast to preserve the color of the fruit, and kept well stirred.

All scum must be carefully removed as it rises.

To Cleanse Fine Lace.

Here is a recipe for cleansing laces which an old lacemaker who has woven many a gossamer web for the great connoisseur and lover of laces, Mme. Modjeska, gave to her pupil and patron: Spread the lace out on paper. Cover with calcined magnesia, place another paper over it and put away between the leaves of a book for two or three days. Then all it needs is a skilful little shake to scatter the powder, and its delicate threads are as fresh and clean as when first woven.

Renovating Shades.

One renovates her window shades that have become cracked and broken by laying them flat on the floor and painting them with ordinary oil paint bought at any hardware store in small cans.

One side is painted and let to dry thoroughly before the other side is touched. This treatment preserves the shades and makes them last for many years.

Oxford Salad.

Small leaves of lettuce, three to each guest. On each a slice of orange, cut not too thin. On each slice of orange place a strip of canned red sweet pepper. Over all pour a dressing made of the juice from ends of oranges, a little of the pepper liquor and plenty of salt. Very pretty and so good.

Egg Lemonade.

Beat two eggs until light, add two level tablespoons of sugar, the juice of half a lemon and three-quarters cup of cold water. Beat well and strain.

CHEESE AN ECONOMICAL FOOD

Really Better for the Health of the Family Than the Very Much More Costly Meat.

While so much is being said and written about the high cost of food stuffs, it is well to remember that the housekeeper who has the most knowledge of the materials with which she works and the most skill in applying her knowledge, is the one who can make the money at her disposal go the farthest.

The cheaper cuts of meat are as nutritious, and when well cooked, are as palatable, as the more expensive cuts. If she wishes to use something in place of meat, she has fish—fresh and cured—milk, eggs, beans, peas, and similar legumes, nuts if they are relished, and last, but very important from the standpoint of its food value, palatability, and the great number of ways in which it can be used—cheese.

The way in which these substitutes for meat can be served are numerous and varied. Individual taste and food habits are to be considered, but, in general, it is true that the relish with which other dishes are accepted in place of meat depends upon the ingenuity and skill of the cook. It seems a foundation principle that as meat is a savory dish, any acceptable substitute for it must be savory or must be made so by suitable seasoning and proper cooking.

Those who wish to make substitution of these foods for meat often desire to know how much of each is necessary in order to replace a given amount of meat. If we consider only the proteins of the meat, the following general statement may be made: Two and one-half quarts of milk, 1 1-2 pounds fresh lean fish, three-fourths pound dried fish, two-thirds pound ordinary cheese, somewhat less than a pound of mixed nuts, nine eggs, one-half pound shelled peanuts, or two-thirds pint dry beans, peas, cowpeas or lentils is equal to a pound of beef of average composition.

It will be seen that two-thirds of a pound of cheese contains as large an amount of what laymen call "the muscle-forming" materials as one pound of beef of average composition. According to abundant analyses, cheese compares even more favorably with meat if its fuel value instead of its percentage of protein is taken into consideration, for one-half of a pound of ordinary cheese yields as much energy as a pound of beef of average composition.

Shirtwaist Cabinets.

Shirtwaist boxes, which were primarily invented to help the woman of little space in keeping her room in order, have reached quite a definite place in home furnishing. Originally they were but boxes, cretonne covered, but now, though made in the same manner, they have small stands of white wood, some finished with a top glass over cretonne matching the box coverings; the boxes have also little glass knobs so that they may be pulled in and out of the stands in the same manner as bureau drawers. Some of the cases are made in the replica of a dressing case and have a small swinging mirror; their cost is about the same as a little white painted bureau would be.

Peach Leather.

This is a famous southern dainty and much used for school children's lunch basket. Take a peck of ripe freestone peaches, peel and pit them, mash and press the pulp through a coarse sieve. To four quarts of the pulp allow one pint of sugar, brown if you can get it. Mix well, cook about two minutes, stirring all the time, then spread on plates and in the sun. If the weather is hot, three days will be enough. When the paste on the edges looks like leather and cleaves from the plate readily if a knife is passed around the edge, it is done. Dust with white sugar, then roll up. If stored in a dry place it will keep for several months.

Rochester Jelly Cake.

One and one-half cups sugar, one-half cup butter creamed together, three-quarters cup milk, half teaspoon soda dissolved in it, two heaping cups flour with one teaspoon cream tartar, salt and flavor. Put half this mixture in shallow pan to bake and to remainder add one tablespoon molasses, one-half cup raisins or currants, and a little cinnamon, clove and allspice and a generous tablespoon of flour. Bake in pan same size as used for the light part. Spread jelly between the layers of cake while hot.

Roman Cream.

Did you ever make this cream? Take 1 1-2 pints of milk, one-eighth of a box of gelatin, yolks of three eggs, four tablespoons of sugar, vanilla flavoring. Dissolve the gelatine in the milk, then set in hot water. Beat the eggs and sugar together, add to the other mixture and cook until it thickens, being careful not to boil it too long. When taken from the stove stir in the beaten whites of the eggs. Serve with cream.

Making Bread Crumbs.

A quick way of making bread crumbs is to put the crumbs from a stale loaf into a muslin bag, tie it at the top, then rub gently between the hands for a few minutes. The crumbs will be fine enough for any purpose.

Fish in Cornmeal.

Take any fish that you wish to fry and roll it in yellow cornmeal. Fry in the usual way. In frying this way egg is not necessary. Be sure and have your fish dry before rolling in the cornmeal.

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BEST TOMATO CATSUP

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Ingredients of Favorite Condiment Much the Same as Those Familiar to Every Housewife—East Indian Mixture Is New.

One peck of ripe tomatoes, wash and cut in half and cook in a porcelain kettle until the pulp is softened and the juice extracted. Strain and press through a colander and then through a fine sieve.

Return to the fire and add one ounce of salt, one-half ounce of mace, ground, one tablespoon of black pepper, one teaspoon of cayenne pepper, one tablespoon of ground cloves, one-half tablespoon of ground allspice, six tablespoons of ground mustard and one tablespoon of crushed celery seeds tied in a bag.

Boil at least five hours, stirring constantly the last hour and frequently throughout the whole operation. Let stand over night in a cool place. In the morning add a pint of strong vinegar. Take out the bag of celery seed and bottle and keep in a dark place.

A recipe from Baltimore, Maryland, that has been pronounced by competent judges to be superior to all others is the following:

One bushel of firm, ripe tomatoes. Wash and cut out the cores and put in a porcelain kettle with three pints of water. Add ten small onions cut fine, boil until the tomatoes are done, which will be about two hours. Strain as directed above, then return to the fire with a half gallon of strong vinegar.

Mix the dry ground spices and sugar together; one ounce of cloves, one ounce cinnamon, two ounces black pepper, two grated nutmegs, one pint salt, two pounds of light brown sugar.

This mixture will make the catsup dark in color but rich in flavor. If you like it "hot" add cayenne to suit your taste.

Boil two hours longer, stirring to prevent scorching, and when cool fill the bottles and cork and cover corks with paraffin.

An East Indian tomato sauce that is very pungent, and excellent to serve with fish, macaroni and cold meats, is found in an old book called "Domestic Economy of India."

It calls for three dozen fine, very ripe tomatoes, skinned and seeded. Work these through a sieve and boil until the water is evaporated and the whole reduced about one-half. Add three ounces of powdered ginger, five cloves of garlic or six small silver onions crushed; two wine glasses of best vinegar, two ounces of salt, a quarter of an ounce of paprika, one-half ounce of white pepper or strong curry powder.

Let the whole boil twenty minutes, stirring often; cool and bottle.—Henrietta D. Grauel.

Lamb Croquettes.

One quart chopped lamb, saltspoon pepper, one teaspoon salt, one tablespoon grated onion, one pint of the left-over lamb gravy, two rounding tablespoons of butter, four rounding tablespoons of flour, one egg and breadcrumbs; mix lamb with onion, salt and pepper; heat gravy very hot; rub butter and flour together and add to hot gravy; add the seasoned meat and turn out to cool; when cold form into pyramid-shaped croquettes; roll in beaten egg, then in breadcrumbs, and sprinkle with a mixture of sugar and nutmeg; bake till edges of bread are slightly brown and apples are tender; serve at once.

Checkerboard Cake.

Light part, one-half cup sugar, whites of two eggs, two-thirds cup cream, one-fourth cup water, one teaspoon flavoring, flour to make a medium still batter. Dark part, one-half cup sugar, yolks of two eggs, two-thirds cup of cream, one-fourth cup water, two tablespoons chocolate and flour to make a stiff batter. Bake in round cake tins, first a strip of the dark batter around pan at out edge, then a light ring, then dark, etc., until pan is covered. The next pan start with light batter. This, when cake is put together brings light and dark together, forming square checks.

Tin Scrub Bucket.

The most convenient scrub bucket is a light one made of galvanized tin, with a wide, flaring top. The bucket should be fitted with a wire soap tray at one side, for often the soap is wasted when left floating in the water, or there is no convenient place to put it while scrubbing. Holes can be punctured in the bucket and the wire tray fastened with wire or heavy cord. Again, the soap may be kept in the tray and always be convenient when needed.

Potato Apples.

Two cupfuls of hot mashed potatoes, two tablespoonfuls of butter, one-third cupful of grated cheese, one-half teaspoonful of salt, a few grains of cayenne, a little grated nutmeg, two tablespoonfuls of thick cream and yolks of two eggs. Mix ingredients in order given and beat thoroughly. Shape as small apples. Roll in flour, egg and crumbs. Fry in deep fat and drain on brown paper. Insert a clove at both stem and blossom end.

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