

# THE SIMPLE ENTRÈE



T IS well to preface the word by the adjective "simple." It stands to the timid housewife as a finger-post inscribed, "No danger."

Our manual of kitchen French defines "entree" as "A small made dish served between courses at dinner." Our foremothers called it "a side dish," in a day when meats were carved by the master at the foot of the table, and two rows of vegetables and side dishes led the eye and imagination to another leading dish-usually of meat-at the head of the board.

My grandmother told me of a still earlier day when meat, vegetables and pudding were all set upon the table at the same time. On the highest of holidays the side dishes were scalloped oysters and chicken pie. Croquettes, pates, roulades and vol-au-vents were as far in the distant future as the magnetic telegraph and trolley car. A ragout was a "stew," and a "mince" just plain "hash."

Our topic today is the simple entree oftener than otherwise an economical way of utilizing a left-over, or several left-overs, from a former meal. Should the housekeeper, enlightened by the explanation, cavil at the foreign name, I leave it to her to invent a better.

A young housewife, whose mother has been her teacher in cookery and the general management of the home, told me, laughingly, yesterday, of the naive admiration of her cook, when instructed what use to make of the contents of refrigerator and pantry, brought out for These were a pound or so of cold roast veal, a cupful of stewed tomatoes, the same quantity of cold peas, half as much boiled rice, perhaps a cupful of lima beans and half a head of lettuce that had not been used in making last

## A LESSON IN ECONOMY

The housewife of today told how the veal, minced and blended with the rice, weal, minced and blended with the rice, seasoned well and moistened with a little stock, would appear with honor as croquettes; how the tomatoes, heated, strafbed, slightly thickened with a little flour rolled in butter, would be passed as sauce with the croquettes, while the peas, beans and lettuce would be wrought into a tempting macedoine salad by the addition of mayonnaise dressing.

wrought into a tempting macedoine salad by the addition of mayonnalse dressing.

"And as there will be but two of us to luncheon today—Mr. Blank and myself—we will get along nicely if you will bake a few potatoes. We will have crackers heated and pass with cheese along with the salad. I poured off the tea from the leaves while we were at breakfast, not to let it get bitter by standing on them. We will ice it for luncheon. And for dessert there is a dish of fruit on the sideboard. We shall do famously, you see."

Then up spake the amazed maid: "And it was meself that was wondering whatever could be done with them scraps! If you hadn't told me better, I should have put the meat on cold and warmed up them little dabs of vegetables separate and sent them in in three saucers. As for the rice, that would have gone into the garbage pail, I guess. "Twas too little to do anything else with."

## NOTHING TOO SMALL

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"Of course," commented my friend,
"I improved the occasion by saying that
no left-over was ever too small to be
used, but I doubt if she took in the lesson. The price of economical living is
eternal vigilance on the part of the mistress (by courtesy), but Maggie has in
her the making of a good cook and is
willing to learn. The entree is a new
idea to her. Yet she has lived with one
rich family for five years. I suppose it
made no difference to her former
'madam' how many 'dabs' went into the
garbage pail."

"Yet I warrant that the husband of
her madam let not so much as a postage stamp go into the office wastebasket," I rejoined. "Will the rank and file
of women ever learn and practice 'business methods'?"

If I harp somewhat too persistently
upon this string, it is because I am
driven to it by the ceaseless clamor of
certain reformers for rights and responsibilities for which they contend we are
ripe and ready.

Returning to our simple entree, I observe that it is not my purpose to treat
it as a 'filler" between more dignified
dishes, but as an important part of the
family meal. To Illustrate again from
everyday experience: It was my happiness to be a welcome guest last week
at the "bungalow" of another young
housekeeper. The summer home, of
which she took possession for the first
time this season, is a mile away from
the nearest grocery, and the butcher
calls three times a week. On that particular day one of the numerous list to
which she took possession for the first
time this season, is a mile away from
the nearest grocery, and the butcher
calls three times a week. On that particular day one of the numerous list to
which country butchers' carts are liable
had delayed his coming. Luncheon time
found the hostess with four guests in
the house and never a sign of steak,
chop or roast. Country folk cail these in
a large, general way "butcher's meat."

We knew nothing of the disaster until
later in the afternoon, when the tardy
arrival of the vender gave the well-bred
woman ater in the afternoon, when the tardy arrival of the vender gave the well-bred woman an opportunity to explain and laugh over the complication at which she had never hinted until then.

Our first course was cream-of-tomato

soup in cups, mantled by whipped cream. Next, we had kippered herring accompanied by delicious stuffed pota toes. Then came a cheese souffle that toes. Then came a cheese souffle that was a miracle of flavor and fluffliness accompanied by tomato sauce. Cucumber salad followed, with crackers and cheese. Homemade ice cream and cake, with iced tea a la Russe, completed the menu. The table was daintily laid and a great bowl of roses held the place of honor in the center.

The little hostess is the daughter of my dear friend, and I had a brief confidential chat with her after the rest of the party had gone.

fidential chat with her after the rest of the party had gone.

"We live simply at all times," she said, frankly. "Harry has his way to make in the world, and we are paying for this little lodge in the wilderness that promises health and happiness to our boys. I did mean, however, to give you a more luxurious repast than I set before you today. That luckless butcher promised to bring me by 10 o'clock this morning a dozen soft-shell crabs and a pair of broiling chickens. When he telephoned from a house six miles away that he could not get here before 4

add a cupful of milk into which you have stirred a bit of baking soda to prevent curdling. A bit the size of a green pea is enough. Stir gently until thoroughly incorporated with the roux, then add gradually eight tablespoonfuls of grated dry cheese, a liberal pinch of paprika and half a teaspoonful of salt. Have at hand three eggs, whites and yolks beaten separately. Lift the saucepan containing the cheese mixture from the range to the table and stir in slowly

bit of soda, a tablespoonful of butter, as much salt as will lie upon a dime, and half as much paprika. When it heats, stir in five tablespoonfuls of dry cheese, grated fine-Parmesan is the best, if you have it. Arrange in a covered baker and set in a quick oven for five minutes. Uncover and brown lightly and very quickly.
Cheese Timbales

Heat two cups of milk to scalding, adding a bit of baking soda. Have

ready five eggs beaten very light. with-



- Timbales with Tomato Sauce

o'clock my heart sank woefully. I could do nothing but countermand my orders and get up an impromptu luncheon of such things as my 'emergency shelf' afforded. I didn't apologize, of course. My mother told me years ago that 'an apology is the least acceptable sauce one can set before a guest.' After the poor man appeared at the gate, I told the story as a joke upon myself.'

I thought, and I said, that she proved her breeding, her good sense and her excellent housewifery by the manner in which she met the mishap. And I laid away the tale for the very occasion upon which I am now using it. Had her mother's teaching not embraced the art of tossing up entrees, her luncneon would have been a wretched failure instead of the paintable repast all of us acknowledged it to be.

Cheese Souffie

Cheese Souffle Make a roux of two tablespoonfuls of butter and the same of flour, cooked to-

Sear the chops in a little butter in a

the beaten yolks, then fold in lightly the stiffened whites. Pour into a buttered and heated bake dish and bake, covered, ten minutes. Then increase the heat and uncover. It should puff high and be of a golden russet color. Send at once to the table, and have hot plates ready for it. It falls quickly.

Cheese Cups Cut stale bread into silces over an inch thick, and pare off the crust. With a tin cake cutter, press hard upon each silce, taking care not to have the edges ragged. The cutter should be larger than those used for cookies. With a smaller, cut half through each round and dig out the crumb, leaving enough to make a bottom for the "cup." Butter the rounds inside and out and set in the oven to dry. When they begin to color ever so slightly, fill each—full—with this mixture:

Stir together in a saucepan three ta-blespoonfuls of cream, in which put a

out separating yolks and whites, and five tablespoonfuls of grated cheese—Parmesan, if you have it. Pour the hot milk upon the eggs gradually, beating all the time, then mix in the cheese and a saltspoonful each of salt and paprika. Pour into well-buttered "napples" or timbale cases and set in a pan of boiling water in the oven. Cover the pan. As soon as the timbales are fairly "set," or firm, turn out carefully upon a hot fiat dish and serve with hot tomato sauce. Serve at once, passing thin slices of buttered whole wheat or graham bread with them.

The merits of quick cheese entrees are too little known to American cooks. These are but a few of the many that may take the place of meat dishes at luncheons.

Calt's Brain Croquettes

Calf's Brain Croquettes Wash the brains in ice-cold water, clearing them of bloody fibers. Now put them into a saucepan and cover deep with boiling water. Cook for three

minutes; drain and lay in iced water. When they are cold all through, wipe and lay on ice for half an hour to stiffen. Now beat to a smooth paste. Have at hand a good drawn butter and beat the paste into this until it is stiff enough to handle; add a tablespoonful of sifted flour, or enough to stiffen it well; next, the beaten yolk of an egg to bind the mixture; season with pepper and salt and a very little finely minced parsley. Make the paste into croquettes, fouring your hands well; dip in beaten egg, then in cracker dust and set on the ice for several hours. All night will not be too long in hot weather. Fry in deep fat. They are very nice.

#### Cape Cod Croquettes

Pick cold boiled cod or other firm fish into fine bits with a fork. Have ready half the quantity of cold mashed potato worked to a smooth cream with drawn butter. Season to taste with salt and pepper, and, if you like, with a dash of catsup or Worcestershire sauce. Form into croquettes, roll in beaten egg. then in fine crumbs; set on the ice until very cold and stiff, and fry in deep lard.

#### Vegetarian Croquettes

Blanch nut kernels by scalding and stripping off the skins. Set on the ice until crisp. Then pound or run through your vegetable press. Prepare an equal quantity of mashed potatoes; mix with the pounded nuts; work in melted butter and a few spoonfuls of cream, with pepper and salt to taste. Now beat in the yolk of an egg to bind the paste. Form into croquettes; roll in egg and cracker crumbs, and set on ice until

Fry in deep dripping or other fat, and of fat. Serve immediately.

Chicken and Spaghetti Croquettes Mince cold cooked chicken fine and mlx with an equal quantity of cooked and cold spaghetti, also chopped. Season with salt and paprika. Have over the fire in a saucepan a cupful of white sauce (drawn butter), stir in chicken and spaghetti and cook to a boil. Add the beaten yolk of a raw egg and, if you like, a teaspoonful of onion juice with a little finely minced parsley. and firm, make into croquettes. Dip into beaten raw egg, then into crackerdust; set on the ice until stiff, and fry

You may substitute veal for the chicken, or lamb. In the latter case, use cold boiled rice instead of spaghetti Serve tomato sauce with any of these croquettes.

## Ragout of Beef's Tongue

Ragout of Beef's Tongue

Cut into dice an inch long the remains of a fresh tongue which has been boiled or braised or roasted. Cover with a mixture of salad oil and one-third as much lemon juice. Leave in this for two hours. Turn into a saucepan; season to taste with salt, paprika, onion juice and minced parsley, three or four chopped oilves, and half a dozen French mushrooms cut into quarters. Simmer slowly for five minutes—just long enough to heat the ragout through; add half a glass of sherry and a tablespoonful of lemon juice, with a few tablespoonful of brown stock and a teaspoonful of kitchen bouquet. Cover closely and sim-

mer slowly three minutes longer. If followed exactly, this recipe will produce a savory ragout, foreign as it With a dish of macaroni seasoned

rith cheese, it makes a nice luncheon. Entrees based upon left-overs contribute so much to the palatableness of family fare, and especially, when taste-fully garnished, impart such an air of elegance to the table, that no housemother, with a just appreciation of the influence of environment upon character and behavior, can afford to disregard the study of possibilities and combina-

Nothing that adds beauty to everyday life, and brings brightness into the home, is a trifle.

Dignify work and it ceases to be drudgery. Beautify the commonplace and you will find yourself interested in

# Marin Harland

## Family Meals For a Week

SUNDAY

BREAKFAST Melons, cereal and cream, stewed kid-neys, cream toast (baked), buttered dry toast, tea and coffee.

LUNCHEON

DINNER

MONDAY BREAKFAST

real and cream, bacon and eggs, tea and coffee. LUNCHEON

DINNER

## · TUESDAY

BREAKFAST Melons, cereal and cream, bacon and apples (fried), oatmeal cones (hot), toast, tea and coffee, LUNCHEON

DINNER

Clear soup a la Russe (with peached eggs on the surface), beefsteak, onions, mashed and browned potatoes, berry dumplings with hard sauce, black coffee.

#### WEDNESDAY BREAKFAST

Melons, cereal and cream, bacon, boiled esh eggs, quick biscuits, toast and tea. LUNCHEON

Beefsteak and onion stew (a left-over), potato cakes (a left-over), salad of young beets (a left-over) with French dressing crackers and cheese, pears and peaches leed tea. DINNER

THURSDAY

BREAKFAST Oranges, cereal and cream, lamb's lives and bacon, graham and white bread, toast, tea and coffee. LUNCHEON

Mince of yeal with green pea croquettes as a garnish (a left-over), cheese cupa huckleberries and cream, cake, tea.

DINNER
huled mutton,

### FRIDAY BREAKFAST

Cantaloupes, cereal and cream, broiled bunders, stewed potatoes, whole wheat read, toast, tea and coffee.

LUNCHEON

Scotch broth (based upon liquor in which multon was boiled), halibut steak, ricel potatoes, succotash (with yesterday's lima beans), blanc mange and cake.

Instead of making out the menu for Saturday, I shall substitute one for one day, with accompanying recipes, which has come to me unaccompanied by a line of explanation. If this be not the use to which the writer wished her work to be applied, will she excuse the liberty I am taking in incorporating it in our "Family Meals for a Week"?

BREAKFAST Oatmeal and raisins, baked eggs, toast, LUNCHEON

Cheese crackers, potato salad, coffee cake, berries, cocoa. DINNER

Asparagus soup, beefsteak roll, beets, rhubarb pie, coffee,

#### RECIPES Baked Eggs

Break into buttered dish the requisite number of eggs, keeping each whole, and placed so that they will not touch one another. Put upon each a bit of butter another with pepper and sait. Bake until the whites are firm and serve.

Spread the crackers lightly with butter and brown slightly in the oven. Have ready some grade, cheese, seasoned with salt and pepper; strew this upon the hot crackers and return to the oven to melt the cheese.

## Beefsteak Roll

Remove the bone from a steak and fill it with a forcemeat made by mixing a cupful of stale crumbs with a tablespoonful of butter, a teaspoonful of chopped onton, one of sait and a quarter teaspoonful of sage. Moisten with hot water, season the steak with salt and pepper and spread the stuffing upon it. Roll tightly and bind with tapes to keev the forcemeat from oozing out. Heat dripping in a frying pan; dredge the steak with flour; lay it in the hot fat and brown quickly on all sides. Transfer to a baking pan; half cover the meat with water and bake, covered, in a steady oven for two hours. When half done, turn the meat. Thicken the gravy with browned flour and serve.

## THE HOUSEMOTHERS' **EXCHANGE**

## IMPORTANT NOTICE

BECAUSE of the enormous number of letters sent to the Exchange, I must ask contributors to limit their communications to 100 words, except in cases of formulas or recipes which require greater space. I want all my correspondents to have a showing in the Corner, and if my request in this respect is complied with, it will be possible to print many more letters.

## Buttermilk Soup

HAVE had so many helps from your Exchange that I gladly reciprocate by sending the recipe for buttermilk soup asked for by "M. V. K."

For eight persons make the following quantity:

For eight persons make the following quantity:

One-quarter of a cup of rice, half a pound of prunes, two quarts of fresh buttermilk, brown sugar and salt to taste, a little flour for thickening. Cover the rice and prunes with cold water and boil until they are tender. Pour in the buttermilk then and bring to a boil. Add the sugar and salt. Some like it sweeter than others. Thicken to the consistency of broth with flour or cornstarch. Boil for a minute and serve. This soup may be eaten either warm or cold, and it may be made without the prunes if desired. It is very wholesome for invalids. "Buttermilk pop" is the same thing as this. I am sure.

DEUTSCHE HAUSFRAU (Depere, Wis.).

Did not I prophesy that our German housemothers would justify my faith in their ability and good will toward others of the guild? I have two more recipes for buttermilk soup (pop), which will appear in good time. It may seem an odd compound to those who have never tasted it. I am assured by those familiar with it that it is quite as palatable as koumiss and as wholesome.

## Casserole Cookery

I should be very grateful for some recipes for casserole dishes and a good formula for caramel icing.

Mrs. V. V. (Detroit, Mich.). The rules for cooking in the casserole are so nearly the same in most cases that a few general directions are all you need. I subjoin one recipe that should be a faithful guide with a dozen others.

Mutton Chops en Casserole Trim away every bit of fat from the chops. Mutton tallow is not palatable.

frying pan, turning them, that every part may be cicatrized. Lift the meat from the fat and put into the heated casserole. Cover closely and set in boiling water while you fry in the same fat a sliced onlon and a carrot cut into dice. Drain and lay these among the chops. Now add a cupful of good stock. If you have no other, strain a 10-cent can of mutton broth and use. Cover and set the casserole in the oven for forty-five minutes. Add then a dozen potato marbles cut with a gouge and parboiled, and half a dozen white button onlons that have been parboiled. Cover and cook again for twenty minutes or more, until the meat is very tender. Drain away the gravy from the chops, keeping the latter covered and hot while you prepare the gravy.

Put the liquor from the casserole into a saucepan; thicken with browned flour, adding a teaspoonful of kitchen bouquet and a tablespoonful of tomato catsup. Boil up once, pour over the meat, put back the casserole, covered, into an open oven and let it stand five minutes before it goes to the table.

Chicken, veal and liver may be cooked in this way. All will be savory and tender. from the fat and put into the heated

Rice and Liver en Casserole Rice and Liver en Casserole

Boil a cupful of rice until tender.

Work into it a tablespoonful of butter
and season with sait and paprika.

Grease the casserole well and press in
it the rice, like a thick lining of the
inside. Set away until perfectly cold.

Meantime, boil a lamb's liver; drain
and chop fine. Heat in a saucepan a
large cupful of stock. If you have not
enough, eke it out with the salted liquor
in which the liver was cooked. Thicken
with browned flour; season with tomato
catsup or sauce and kitchen bouquet;
your the gravy upon the minced liver;
stir well and fill the hollowed center of
the rice lining with it. Strew breadcrumbs thickly on the surface; cover
and cook half an hour, or until bubbling hot.

A cheap and a savory dish.

#### A cheap and a savory dish. Caramel Icing

Stir into a half cupful of cream a pinch of soda to prevent curdling, half a cupful of sugar and a tablespoonful of butter. Cook until it "ropes," take from the fire and stir into it four tablespoonfuls of burnt sugar (caramel) and vanilla to taste. Cook again one short minute and cool suddenly. When quite cold, frost the cake with it. Set in the hot sun to dry.

#### Peach Shortcake May I contribute something to make your

May I contribute something to make your mouth water?

5ift 2 cusfuls of flour into a basin three times, with 8 teaspoonfuls of baking powder and ½ teaspoonful of mit. Work into this 3 tablespoonfuls of butter and the same of lard. (I don't use as much shortening.) When these ingredients are well incorporated, wet with a cupful of sweet milk. Divide the dough into two parts. Put half into one round cake pan, the rest into another. The pans must be well buttered. Bake covered ten minutes, then brown.

Spilt each cake carefully into halves, using a fork, not to tear the cakes. Butter each lower half and cover with sliced and sweetened peaches. Prepare these while the cake is in baking. Replace the upper parts of the spilt cakes, as with other layer cakes, and serve with whipped cream.

PERCY (Louisville, Ky.).

A favorite contributor with us all. She says her little say, and steps gracefully aside to make way for the next in line.

A Lonely Lover of Books

I see that "Ida A." of Philadelphia, offers books to the readers of the Exchange, or to such as "would value them." I certainly would and should be glad indeed to have them. I live out in the country, six miles from our county town and twelve miles from a railroad, and often get very lonely. My greatest enjoyment is reading. I have been trying anxiously to get some new books—that is, new to mebut I cannot afferd to buy them. I would gladly pay freight charges to Owenton, Ky., via Sparta, on Louisyille and Nashville Railway. A. D. (Owenton, Ky.).

We enter your address in our books with sanguine expectations of passing it over to dozens of other booklovers. Sydney Smith wrote a charming essay upon the life of one who lived "Twelve Miles From a Lemon." Your "twelve miles from a railway and six from town" has a flavor of backwoodsism that seldom creeps into our Corner. You must have your books. A Lonely Lover of Books

A Rose Pillow Kindly let me know through the Ex-change how to make a rose pillow. B. B. L. (Harrisburg, Pa.).

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B. B. L. (Harrisburg, Pa.).

Pick the rose petals on a dry day, or at least when the dew is off. Spread upon papers in a window where the dry air can play freely over them, but not in the sun, which would shrivel them into scentlessness. Turn them often during the day. Leave them in the house and in a dry place at night. When they are quite dry, scatter a little rose powder and as much powdered orris root among them, and if

you can afford to get as much as a teaspoonful of genuine attar of roses you have fragrance which is virtually imperishable. It is very expensive but delicious, and a few drops will perfume the whole mass of petals. Be sure the petals are fully desiccated before you inclose them in the cover. If they are at all humid, they become offensive in time.

Coloring Raffia Coloring Raffia

Can you or any of our members give me
a recipe for coloring raffia a soft yellowish
green? I want some of the lovely shades
our grandmothers used to get from the materlais at their command. The books upon
"baskerty" give sundry formulas, but
they require two impossible conditions, viz.
the country and summer. I use commercial
dyes; but while they are convenient, they
are eminently unsatisfactory.

E. N. (Memphis, Tenn.).

The query is passed along to the workers in the popular art of raffia weaving.
Some of them must have overcome the
difficulty that confronts our Tennessee
member. I shall be glad to help her
along this line.

Wanted—Recipes for Conserves

In May or June of last year there appeared in the Exchange an excellent recipe for strawberry and cherry conserve. I used it and thought it fine and put it away so carefully that I am unable to find it again. Would it be practicable for you to send it to me in the inclosed envelope?

S. L. V. Z. (Harrisburg, Pa.)

S. L. V. Z. (Harrisburg, Pa.).

We cannot engage to send recipes by mail, even to our best correspondents. And to this objection is joined, in your case, the fact that we have no data to guide us in a search through hundreds of papers, beyond your impression that the recipe was published a year ago in May or June. The best we can do is to print your request, with the hope that some careful soul secured the formula at the time and kept it—not too safely, but well. As it is too late in the season for you to use it this year, we allow plemty of time for the search. You may have it ready for the berry and cherry season of 1911.

## Bar-le-Duc \_\_\_

That you are not the only housewife who puts things away too safely for her own comfort, we have evidence in the next letter:

Please send me the recipe for bar-le-duc, which appeared in your Exchange during the past winter. I am ready to make some and I have lost the recipe.

M. E. L. (Lynchburg, Va.).

Again I am nonplused! As you have been informed by letter, it is a matter

of lost time and labor to look up recipes to be sent by mail. And an hour's search of papers containing the Exchange notices of last winter have proved unsatisfactory. Will the woman who cuts out and keeps (where they may be found) recipes from our Corner be merciful and copy out this one for us? It is too late for this year, but "M. E. L." will not let it slip through her fingers again.

Churnless Butter Several of our readers have asked questions as to making butter without a churn. I think I can tell of a very simple way:
I put my cream into an earthen pot and stir it with a tablespoon until it "comes butter." It generally takes three-quarters of an hour, sometimes less and sometimes longer. I have also made it by putting it into a quart far and shaking it. The butter "comes" in about twenty minutes.

Mrs. W. C. L. (Tamaqua, Pa.).

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My good "Marie" used to make what is sold in American markets as "sweet butter," that is, saltless, in a glass syllabub churn. Some of us prefer this to salted butter. But this was veritable churning. So is your process of beating the cream with a spoon and shaking it in a jar. I think that our inquiring friends are on the lookout for a way of "bringing" the butter without agitating the cream at all. One wrote of burying it in a thick bag in the earth for a day. Did you read her letter?

I will give free room and board to some respectable Protestant young woman destring to come west for her health. One who will be company for me at home and go out with me sometimes. Perhaps "E. P. D." of Norristown. Pa., would like to come to me. My hisband works at night and I am all alone. The thought has come to me that some one with weak lungs might be benefited by the arrangement, and I be less lonely in the evenings.

Mrs. J. B. W. (Flagstaff, Ariz.).

The arrangement might be emi-The arrangement might be eminently convenient for both parties if references were exchanged, and the result of a correspondence mutually agreeable. But careful inquiry on the part of each should precede a decision.

Offers a Home

Special Notice Such an immense mail pertaining to the other side of the maid and mistress question has been brought to my desk that I am constrained to hold a special symposium next week, based upon this important matter. If there be a bright side to the shield, let us look at it. If not, we will do our best to burnish the dull side.