

# Good Things for the Table---Offerings of the Market---Household Hints

## Home Economics Department

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### A New Book for Housewives.

Practically everyone nowadays realizes the intimate connection between the food we eat and the state of our health, and the modern housewife is seeking after practical knowledge which will enable her to keep her family in the best possible physical condition. Until very recently there was no popularly written book to give her this very important information. Just last month, Dr. Mary Swartz Rose of Columbia university brought out a book, "Feeding the Family," dealing with the practical applications of all the modern knowledge of nutrition. It is a book written in very interesting fashion, with the minimum of technical terms and the maximum of scientific information. The housewife of the future will have this exact information quite as a matter of course; but to the housewife of today, this book is really epoch-making. In former food talks in this column I have said very little concerning exact quantities of food to be served at any meal. One reason for this omission was that there is a difference of opinion concerning amounts, and another reason is that until the publication of Mrs. Rose's book there was no accurate published material expressed in terms understood by the average housewife without scientific training.

Dr. Rose is well fitted to write this book, being assistant professor of nutrition in Teachers' college, Columbia university. In her laboratory have been trained many of the ablest teachers of home economics who are spreading the knowledge of food values and food functions. Among the topics discussed in "Feeding the Family" are the needs and purposes of food, the digestion of food, diet for adult men and women, diet for children of all ages. This last topic is treated separately for the infant, the 2-year-old, for children 3 to 4 years old, children 5 to 7 years old, children 8 to 12 years old. Food in adolescence, youth and old age are also separately considered. After these special food needs are discussed, food for the family as a whole is taken up. The author gives special attention to the cost of food in relation to food value. For purposes of convenience, we reduce foods to standard portions, each of which gives the same number of heat units to the body, namely, 100 calories. Thus five small, square crackers give the same food value as one very large banana or one and one-third cups of puffed rice or one-third cup cooked custard. Mrs. Rose gives a list of our common foods and the amount of each which constitutes the 100-calorie standard portion.

At the present time of alarmingly high prices, the value of such a list is very apparent. At the very lowest level of subsistence, high food prices mean actual want of sufficient quantity of food. To many of us, however, high prices mean not doing without, but substitution. If we know what we can substitute and still maintain health, and if we are clever enough to disguise these substitutes until our families become accustomed to them we can help out the food budget. Though fuel or caloric value is not the only body need, it is one which must be met. Mrs. Rose gives very interesting lists of foods which furnish the 100 calorie portions at different costs. In the "less than three-fourths of 1 cent per 100 calories" list we find bread, cottonseed-oil, cornmeal, crackers, farina, flour, hominy, macaroni, salt pork, suet, sugar, etc. In the next, or "three-fourths to 1 cent per 100 calories" list, we find dried apples, meat pie, potato soup,

### Co-operation

Readers are cordially invited to ask Miss Gross any questions about household economy upon which she may possibly give helpful advice; they are also invited to give suggestions from their experience that may be helpful to others meeting the same problems.

raisins, stuffed beef heart, tapioca, etc. Jumping to the more expensive lists, we find in "2 to 5 cents per 100 calories," almonds, apples, canned string beans, round steak, carrots, cauliflower, oyster stew, creamed dried beef, oranges, English walnuts, etc. In the most expensive list "over 5 cents per 100 calories" we find asparagus, chicken, fresh cod, lettuce, lobster, raw oysters, canned peaches, pineapple, loin of veal, etc. Thus, so far as fuel or heat value to the body is concerned, three-fourths of 1 cent invested in macaroni is just as satisfactory as more than 5 cents invested in loin of veal; or 2 cents in onions as 5 cents in cauliflower.

### Recipes for Plum Cakes.

Every family has its own special favorite when it comes to cakes, whether it be sponge, angel, layer or spice; but every one knows that the holiday times must be celebrated with a rich, black plum cake, the kind that is associated in our minds with Christmas or with weddings. This "black cake," as it is sometimes called, is not really hard to make, the only difficulty being in the baking. The tin should invariably be lined with well buttered paper, the oven kept at a good, even, moderate heat, and a most important thing is to avoid any jarring of the cake, either by banging the oven door, moving the tin or even letting anything fall in the kitchen before the cake has set, as the slightest vibration will send the fruit to the bottom. Putting it into too cool an oven will have the same effect, but by following the instructions, and taking care about the heat, the cake ought to be a success if made after the following recipe:

### Rich Plum Pudding.

Three-quarters pound butter, one quart pure molasses, three-quarters pound brown sugar, six eggs, one-half pint warm milk, two pounds currants, one-half pound candied peel, two ounces sweet almonds, two ounces bitter almonds and one pound flour; cream the butter and sugar, add the molasses and beat very well. Put in the eggs, one by one, beating the mixture thoroughly between each addition, then add the milk and beat for five minutes; clean the currants with flour and rub well, chop the candied peel, blanch and shred the almonds, add to the other ingredients and mix thoroughly. Last of all, stir in the flour very lightly. Do not heat in the flour. If you do the cake will be heavy. Bake in a slow oven for five hours and store away for a few weeks before cutting. These directions must be followed absolutely or the cake will not be a success. Personally I have found the "Christmas cake" recipe easier to follow and just as delicious when made. With attention to the baking success is quite sure.

**Christmas Cake.**  
One-half pound butter, one-half pound brown sugar, two teaspoonfuls caramel, five eggs, one-half pound

flour, pinch of salt, one teaspoonful of mixed spices, one-half pound raisins, one pound currants, two ounces sweet almonds, two ounces citron, two ounces mixed peel and two table-spoonfuls of brandy. First line the tin with well-greased paper so as to have it ready, then sift the flour and salt; prepare the fruit, rubbing clean with a little flour; chop the candied peel and blanch and shred the almonds. Cream the butter and sugar together so that the mixture will fall easily from the spoon, then add the eggs one by one, alternating with a little of the flour and beating very well between each addition. Then put in the fruit, spices, peel, almonds and the rest of the flour and mix well. Beat for fully twenty minutes and put in the brandy last of all. Pour into the tin and bake in a moderate oven for from two and one-half to three hours.

The temperature of the oven should be highest when the cake is put in and the heat gradually reduced after about twenty minutes. Test by piercing the center with a clean skewer, which will come out quite bright and clean if the cake is cooked right through. Put on a reversed sieve if you have not a cake rack, but be sure not to leave flat down until quite cold, or it will become sodden. Wrap in a clean cloth and put away in an airtight cake box for at least a week before cutting. This cake improves by keeping, so it is not too early to get it made for Christmas.

This cake should have double icing, first of almond paste and then the ordinary sugar icing.

### Almond Paste.

Three ounces confectioner's sugar, three ounces bitter almonds, three ounces sweet almonds, three ounces powdered sugar, one egg, one teaspoonful brandy. Blanch the almonds, dry thoroughly and put through the finest blade of the mincing machine, add the powdered sugar and pound fine. Rub the confectioner's sugar through a very fine sieve and mix all together. Add the egg and the brandy, knead well together, adding more confectioner's sugar if too moist. Form into a flat round, big enough to cover the top of the cake. Brush off the cake the day before it is to be used, so as to leave the top free from loose crumbs, then press down the round of almond paste and slice aside to dry thoroughly. Cover the follow-

ing day with the white icing, using your favorite recipe or any of the following:

### Cream Icing.

Seven ounces cube sugar, scant one-half gill of water, pinch of cream of tartar, whites of three eggs. Put the sugar, water and cream of tartar into a clean agate saucpan and bring slowly to a boil, skim, put on the lid and boil rapidly for two or three minutes. Take off the lid and put in your sugar thermometer, so that you can watch closely until it reaches 250 degrees Fahrenheit. Beat the whites of egg to a stiff froth, add the hot syrup very slowly, beating vigorously all the time until the mixture is almost cold. This icing should be made for twenty-four hours before using.

### Fondant Icing.

One and one-half pounds cube sugar, one and one-half teaspoonfuls cream of tartar, one and one-half gills

of water. Put the ingredients into a clean agate saucpan, dissolve the sugar and then bring to a boil; skim, cover and boil rapidly for three minutes. Put in thermometer and bring to 240 degrees Fahrenheit, then pour into a bowl and stir with a wooden spoon until it turns opaque and thick, when it is ready to pour over the cake.

This icing gives an excellent finish if used over a rather thin coating of plain royal icing; in fact, it is really more desirable in this way rather than as complete icing in itself.

### Royal Icing.

Two pounds confectioner's sugar, whites of three eggs, juice of one lemon. Put the sugar in a bowl, make a hollow in the middle, add the whites of eggs and the lemon juice, mix smoothly and beat for ten minutes. If too stiff add more lemon juice.—Philadelphia Ledger.

## California to Aid Widows of Germany

Los Angeles, Cal., Nov. 28.—The citizens of Los Angeles have subscribed approximately \$20,000 for the relief of widows and orphans of Germany and its allies, according to an announcement today by Walter Bordwell, chairman of the southern California committee, organized for that purpose. The money was raised, Mr. Bordwell said, at the suggestion of James W. Gerard, ambassador to Germany, and the appeal for funds is nation-wide and in the nature of Thanksgiving offerings.

## Pittsburgh People Refuse to Eat the High Price Turkeys

Pittsburgh, Pa., Nov. 28.—Following refusal of buyers here to purchase turkeys at high prices, many thousands of the fowls were still unsold today and the quotations are likely to take another tumble during the day. Shippers yesterday asked 28 to 29 cents per pound for live turkeys and only sold a few at 25 cents a pound. Some dealers here expect the price for dressed turkeys will likely drop from 40 cents a pound to about 35 cents.

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| Extra Fancy Suckling Pigs, each, . . . . . 2.75             | Green Onions, bunch, . . . . . 5c                                  |
| Fresh Pork Loin, any quantity, per lb., . . . . . 13½c      | Extra Fancy Grape Fruit, 2 for, . . . . . 15c                      |
| Fresh Pork Loins, any quantity, per lb., . . . . . 13½c     | Extra Fancy Comb Honey, per comb, . . . . . 15c                    |
| Fresh Dressed Rabbits, each, . . . . . 25c                  | Orange or Lemon Peel, lb. . . . . 22c                              |
| Genuine 1916 Hindquarters Lamb, per lb., at, . . . . . 16½c | Soft Shell Almonds or English Walnuts, per lb., at, . . . . . 22½c |
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