

The Delicious Fritter

By LORETTO C. LYNCH.

Some of us think of fritters as verging on the luxurious, but the fritter is one of the ways of serving left-overs that hotels—those great institutions who make a very particular study of economy—find very satisfactory. Of course, the fritter, even at its best, is not food for invalids or little children or folks with impaired digestion, but a properly made fritter is a gastronomic delight.

In discussing fritters as an economical dish with a very frank little western woman recently, she remarked: "But you need deep fat and a deep pan to make 'em, and all that costs money—how can you call that economical?"

She was right in that one needs deep fat for frying the fritters and a deep pan. But isn't this part of one's household equipment? This argument might be followed up by saying that you have to have some kind of a table and something to sit upon when you are serving foods in civilized society.

But, the excellent vegetable fats and oils that we find on the market today have the virtue of lending themselves to the cooking of several foods without absorbing any of the flavors.

For instance, one might fry fish in deep fat and then fry apple fritters in the same fat. This was not true in the old days, when the only fat the housewife knew was lard or beef fat. But the vegetable fats on the market today are really delightful to work with.

A deep iron pot is convenient but not essential. For the small family not indulging in fried foods very frequently, the top of a one-quart size double boiler may be improvised as a frying pot. Put in only enough fat or oil to half fill it. More fat than this is liable to cause bubbling over and the possible catching fire of the fat with all that means.

With the pot half-filled with fat, you are ready to heat the frying medium to the proper temperature for fritters. A rough way of estimating whether or not the fat is of the right temperature is to look closely at it to ascertain if it is "still." It is no longer moving as it was at the beginning of the heating.

When smoke begins to come off, you may know that your fat is burning. This impairs the use of the fat and consequently is not economical. If the fat shows signs of smoking, remove it at once from the stove until it has cooled down.

And, during a frying, under no circumstances leave the hot fat on the fire while you leave the room if only for a moment. It is safer to remove the fat entirely from the stove and reheat upon returning.

Now, as to the fritter batter. Here is a basic recipe which will do for all kinds of fritters with a bit of variation. Sift together two level teaspoons of baking powder with one level half-pint measuring cup of flour and one-fourth level teaspoon of salt. To half a cup of milk or water add a well beaten egg.

Stir the liquid into the flour and add enough more liquid to make a drop batter. Care must be taken in thinning the batter, as sometimes the material from which the fritter will take its name will have a thinning effect.

If a smaller quantity of batter is desired, use half the quantity of material and either the yolk or the white of one egg. This division of the egg is considered more economical by most cooks than taking half of the whole egg. One can do so many things with an egg white or an egg yolk.

Suppose you have half a cupful of left-over canned fruit. Drain any syrup from it and add the fruit to the batter. In this way half a cupful of fruit can be made to serve eight or ten. The syrup may have water and the juice of half a lemon and a little sugar added, and a very

little cornstarch stirred in cold water. This cooked up will give an economical sauce.

Slices of apple soaked in lemon juice and sprinkled with powdered sugar may be dipped in the batter and fried in deep fat. Use a wire spoon for removing the fritters, and put them on soft paper to remove excess fat. Bits of fish or any leftover vegetable may be made into the very economical fritter and served with cream sauce as the main dish at a little luncheon.

Steam Dangers.

Do you give the proper amount of heed to which way you put the kettle on the stove? If the spout is turned out into the room, many a nasty burn is liable to be had. Children are very apt to be just tall enough to catch the dangerous vapors in the face while passing as well as the liability of burning the arm of one who is cooking and reaching over it. Always turn the spout to the back of the stove.

What's What

By HELEN DECIE



It is the custom in American centers to give to lawyers the suffix "Esq." when addressing them in writing. Probably this may be traced to the pioneer custom of be-

stowing the title "squire" or "judge" upon anyone connected with the law. In England the title "esquire" is limited to certain definite classes in which it is either inherited, because of ancestry, or conferred together with promotion in various lines. "Esquire" is traced back to Norman times, when it meant "the shield bearer of a knight" (escuyer). In America the abbreviations "Mr." and "Esq." are interchangeable; both are complimentary forms applicable to any man in this democratic nation. Mr. and Esq. should never be used together; we must write either "Mr. John Smith Jones" or "John Smith Jones, Esq."

To Scrape a Pan.
Treat your pots and pans kind and they will repay you by long wear. If food has stuck, do not use the wire-ringed mop or a knife to remove it. Soak the pan with a little warm water and cleansing powder in it, then scrape gently with the blunt end of one-half a clothespin.

The Cook Book

Gelatin Candies.

The gelatin candies, that is, the gum drops and pastes, are not as much made at home as they might be. They require careful cooking, or they will be horny, since a hot fire stiffens a protein substance like gelatin, but they have the advantage of being better after a few days than when first made, while the fondants and fudges belong more or less to the types of candy that are best for being "fresh every hour."

People have of late been eating atrociously stale candies, even at \$2 a pound. It is embarrassing to receive as a gift \$2 candy, which your good sense shows you instantly is too stale to eat. Some of the most noted makers have been selling such to our man friends.

If we want to use anything of this sort on the day made we may resort to the fruit gelatin called pectin. A jelly made from Baldwin apple skins, poured out into a sheet three-fourths of an inch thick, sprinkled with sugar after it has set, can then be easily inverted by loosening the edges on a sugared paper or board. Sprinkle the lower side with sugar, then cut out in squares, and roll these in sugar. This makes a dainty pink bit of sweet which even the toothless can enjoy.

Orange Gum Drops.

The following recipe can be doubled, but the beginner does well to work with small quantities as the following: One tablespoon and a half of granulated gelatin, one-third cup of orange juice and some of the grated rind of the orange, one cup of granulated sugar, one-fourth cup

of cold water, one tablespoon lemon juice, a little grated orange rind.

Soak gelatin in orange juice until it is absorbed. Stir the sugar and water together over a small fire until the sugar is completely dissolved. Add the softened gelatin to this, stirring well, bring to boiling point, cook slowly at that point for 20 minutes. Remember hard boiling will spoil your candy.

Remove from fire and partly cool, then add lemon juice and grated orange rind. Turn into a small aluminum pan, if you have it, or a deep earthen or glass plate, making what will be an inch sheet. Let this set over night.

In the morning sift powdered or granulated sugar over the sheet, loosen at edges, and turn out on sugar, cut in squares, roll in sugar so as to cover edges and box to prevent rapid evaporating. Chopped candied cherries or other fruit may be added. Mint flavoring or other fruit juices may be used instead of the orange juice.

Fruit Paste.
The whitish opaque paste candy is just the gum drop preparation whipped when it is partly cold, with the addition of finely chopped figs alone or other fruits to taste. To make it seem quite like professional pastes there should always be some cherry cut fine. This should be poured out in a sheet the same as the gum drops and taken out on sugar in the same way. The whipping makes this tenderer than the gum drops, and so better for immediate, that is second day, use.

Note that the proportion of sugar and water in the making of these is four to one. That is the proportion of sugar to liquid in the fudge and fondant recipes. With careful cooking that proportion is excellent. If more water is added it must be cooked out before the sugar really cooks, and this does not improve the sugar, whether the water is hastened out with much fire or by long cooking.

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FASHION'S BLUE BOOK



By CORINNE LOWE.

New York—(Special Correspondence.)—If your beaver set of other days is leading an aimless existence up in the attic, it may be restored immediately to a career of full busied activity. In spite of the influx of new pelts, beaver retains a high place in the affections of the American designer, and certainly no moderate priced fur looks so well on those two popular suit colors of this winter, brown and green. Bands of beaver on the jaunty suit of tan velours—shown today—are abetted by bands of orange red velvet.

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