WOMAN'S DEPARTMENT.

COOKING SCHOOL.

Held at Two Rivers in Connection With the Closing Farmers' Institute, March 15, 16 and 17, 1910.

Conducted by Miss Edith L. Clift, Chicago, Ill., and Miss Nellie Maxwell, Neenah, Wis., assisted by Miss Mae Ross, South Bend, Ind., Miss Marie Fenton, Neenah, Wis., and Mrs. Grace G. Durand, Lake Bluff, Ill.

Stenographic Report by Miss Nellie E. Griffiths, Madison, Wis.

FIRST SESSION.
Tuesday Afternoon, March 15, 1910.

THE PREPARATION AND SERVING OF CHICKEN.
Miss Nellie Maxwell, Neenah, Wis.

The Carving Set.

One of the first things to look after when we are getting ready to carve is to secure a good carving knife and fork, one with a guard which will protect the finger, and have a good keen edge on the blade. There is nothing so exasperating to a carver as to be presented with a carving knife that is as "dull as a hoe" and be expected to exhibit his skill by using a dull blade.

The best carvers, that is those who have had the most practice, like to leave the fork in the bird and never remove it from the time they start the carving.

Hold the fork with the finger next to the guard, first cutting off the leg at the second joint and, carefully finding the joint, remove the leg. A woman has a much greater advantage in learning to carve than a man, because she has the fowl to cut up for stewing, etc., and she learns where the joints are. A man does not have that privilege so often.
When you are roasting a fowl, never let the wings come over on the breast. I do not want to criticize the roasting of this chicken, because it is done very nicely, but when preparing a fowl for roasting if you tuck the wings under the back it makes a much better appearance.

The tips of the wings are sometimes taken off. They are parts of the bird you cannot eat any way and they so very nicely in with the giblets or with the soup stock; nothing should be wasted.

Cut the wing at the joint and remove that. Then the second joint is removed from the leg and then the breast meat. "The wing of the walker and the leg of the flier are considered choice tid-bits," because the wing of the walker is very much like the meat of the breast and the leg of the flier, not being exercised, is tender.

The tip of the carving knife should be as keen as any part of the blade, because that is the part which is used to cut the joints of the bird. Sometimes the tendons about the joint are very tough and it is hard to cut through them.

After cutting off the wing and leg, slice down the breast in very thin slices, so each may have a portion of the white meat, which is considered one of the delicacies. When you are choosing a chicken get one with a good full breast, so it will have a good deal of white meat on it.

In carving you may stand if you like, it is just a matter of training which one prefers to do, stand or sit. In standing you have a little better advantage, because you can get hold of the bird a little more firmly and have better use of the arms.

Carving is an accomplishment which every young person should learn. It may be taught in the home, the head of the house might give up the place of honor occasionally to the boy or girl and let them practice. Any one may have to carve sometimes and it certainly is an accomplishment for a man or woman.

Have your platter large enough to spread out the pieces in a nice, attractive way, that it may not be overcrowded and so hinder the carving.

A great many people like to carve the fowl with the head from them, others with the head at the left. It is just a matter of how you have been taught; either way is good.

When a guest at a dinner party and your host is carving, do not stare at him, because it may embarrass him greatly. You came to dine, not to a lesson in carving. The duty of the hostess at that time is to make herself very agreeable in order to divert the attention.

Now we will remove the wish bone, which lies just at the point of the breast, then these little pieces of breast meat. We are going to use these pieces of breast meat for a salad. Right at the end of the back are some very choice pieces, which are called oysters. These are delicate morsels liked by many people.

In serving chicken the carver always asks the preference, but we as guests must learn to be unselfish and remember that there are only two second joints, two legs, two wings and a limited quantity of breast meat.

We cut the second joint from the leg, separating those, always disposing the meat with the brown side up, so it will look attractive when it is being served.

When there is stuffing, as there is in this case, the skewers and strings are removed before the bird is brought to the table. A portion of the stuffing is placed on each plate.

The carving of a bird is a very simple thing, but the only way to do it easily is simply to practice. One can get very little from seeing another person carve unless he practices himself.
Question—Would you advise to tie back or skewer back the wings?

Miss Maxwell—If you just simply fold them back and turn the tip under they will stay perfectly well.

I want to show you how to plump out the neck of the fowl when it is ready for roasting. In the first place, never cut open the neck where the crop is, because it thus disfigures the prettiest part of the bird. Leave that closed and remove the crop through the back of the neck. If the crop is empty, as it should be, slit down the back of the neck, removing the crop with your fingers, then you have the plump part of the neck to stuff.

Fold the wings back, push up the legs and then skewer them, or just simply push them up and tie them. I think the tying is better, because the juices are apt to ooze out through the punctures if you skewer the fowl.

This carving set is just the usual size, but for a woman it is a little large. Be sure that you have a good guard, especially if you are carving a roast, your knife is apt to slip and that is the only protection from severe cuts. What we call a game set is a nice size for a woman to handle, because it has small handles.

Remove all of the white meat in just as large pieces as possible, then serve a little of the white and dark meat to each person. The leg can be cut down and served for two helpings, or three pieces if it is a large bird. The wing is also a very delicate serving, though of course there is not very much meat on it.

Question—Would you place any gravy on the platter?

Miss Maxwell—No, I should not; it is apt to spatter.

Question—In carving a roast, how do you carve it?

Miss Maxwell—Across the grain. It depends on the roast. A rolled roast is carved parallel with the platter and lies round side up.

Here we have a fresh fowl. This is what I wanted to show you about the wings. Fold them and lap them over on the back like this. That gives a surface to support the fowl when it is cooking and they do not get the crispness they would on top of the breast.

Never cut a fowl here in the front of the neck. Cut it open on the back of the neck right here and cut off the neck, using a cleaver. Every housewife should have a cleaver. Cut off the neck so the skin may be brought up and lapped down over the back. If that had been left unopened, I could have lapped this down and skewered it next to the wings, just using a toothpick through the skin. Then you have a plump breast to fill here. You can fill that just as you would an opening here; fill it through the neck.

Question—If you cut the wings, how do you fasten them then?

Miss Maxwell—They may be tied back.

Question—Don’t you think it is quite easy to draw a string around the wings and the skin of the neck at the same time?

Miss Maxwell—Yes; just draw a string underneath the tips of the wings. In that case you would have to leave the tips on.

A great many people like to know how to take out the tendons in a chicken. I had the feet left on for that purpose, and for one other. You can judge of the age and the quality of a chicken by its feet. If they are soft, pliable and smooth, it is a reasonably young chicken. These spurs grow right out straight on an old chicken or a fowl and as the fowl grows older they lengthen.

Another thing is to test the end of the breast bone the farthest from the head. If it is pliable it is fairly young. This bird has never seen more than one spring, but this will probably be his second.
The pin feathers are another thing to notice. You do not want a bird that is full of pin feathers. The skin must be firm. We, in this country, call for a yellow fowl. We like the yellow color. The flavor of the bird, of course, depends upon how it has been fattened, but we do not put a great deal of stress upon the flavor here, it is more on the growth and maturity. We want to get a good fowl for our money, of course, and we want to look for the one that has a good round, full breast, for that is where the choice meat is, and we are anxious to get as much of that as possible.

In removing the tendons from the legs, we cut just through the skin on the joint. If you cut too deep it is apt to cut the tendon. Then run a steel skewer up under the tendon until you get hold of it. Do not take more than one at a time; you can draw one at a time easily. This is not necessary in a chicken, it is just a process that is always done when you are studying chicken, but it is a very nice thing to do with a turkey, because there is so much meat on a turkey's leg and it makes the meat more desirable, removing all of those thick tendons. Sometimes the tendons are stronger than I am. They make a very much more tender piece of meat when they are removed. You see by pulling that tendon it shows which part of the muscles of the feet are fastened to that tendon. A round instrument is much better for drawing these out than a fork, because it holds without breaking them. There are nine of these little tendons, counting all of the small ones, in each chicken leg. That is the part in the meat, of course, which makes it tough.

Question—Do you mean nine of the tendons, in each leg, or nine in the whole chicken?

Miss Maxwell—Yes, nine in each leg, I think. I have not looked it up in so long I do not want you to take that as reliable.

I am not going to take out any more, but I will leave that here for any one who wants to practice on it.

In cutting up a chicken, just cut through the skin, do not cut through the flesh, then you can see where the muscles lie and separate them and the joints.

Question—When do you wash a chicken, before you cut it or after?

Miss Maxwell—Before it is cut up. A chicken should be scrubbed with a little vegetable brush and soda water. After the feathers are removed there is always dust and things we do not care to have in our food and just simply washing it in cold water does not seem to get it clean enough. It should be plucked dry and preferably after it is plucked it should be washed. If you scald it to remove the feathers use care or it will cook the flesh. Most of us prepare fowls that way, but it does not give us as nice and clean a looking bird.

Sing it quickly after the feathers are removed, then give it a good scrubbing with a brush and soda water, a teaspoonful of soda to a quart of water, then wipe it dry and it will be much more appetizing, I am sure.

The feet are cut off and you know there is nutriment in chicken's feet. If you are serving a half a dozen chickens, they make a very nice soup, or if you want to serve chicken in aspic there is a large amount of gelatine in the feet, and by putting them in boiling water and skimming them, half a dozen feet will make a dish of soup which has a large proportion of gelatine.

Question—Did you ever try using the tips of the wings and stewing them together with pearl barley?

Miss Maxwell—No, but I should think it would be very good, especially for an invalid.

Question—Yes, using the barley for a sort of thickening and it is very nourishing.

Miss Maxwell—This is just a house-
keepers’ conference; we are glad to hear of others’ experience.

Question—A lady here says to remove the feathers in steam; it softens the skin so they may be removed without breaking it, which scalding will always do. Sometimes we can scald a chicken without having the skin broken, but we are apt to leave it in too long.

Miss Maxwell—The oil bag must be removed, of course. It is just at the end of the backbone, and when you are removing the internal organs be careful that you take the gall bladder from the liver where it is fastened. If you have ever had anybody serve you a chicken that had the gall bladder left in, you will know why.

When removing the internal organs just put your fingers in a little bit of salt, that keeps the fingers from slipping.

You see the liver and heart are fastened together and there is the little gall bladder right in the center. That is full of a green liquid extremely bitter, “as bitter as gall.” That must be carefully cut out.

The gizzard must be opened and the contents removed. The gizzard has been taken from this one, we are using it for giblet sauce.

The lungs should be removed; those are the little porous particles that lie right under the breast bone on the back.

The fowl has no kidneys. What corresponds to them lies near the back bone. It is a very soft tissue and has no fibre in it at all; it is very much like the liver and should be removed.

After a chicken has been cut open, it can be cut right down through the back, the back bone broken and cut off, and of course these pieces must be quickly washed.

The neck may be cut off and the breast left intact, or it may be cut in fillets. There are two sets of muscles, one on each side. By removing the second you can see just how they lie.

The skin of the fowl should always be left unbroken whenever possible, because a great many people like that part of the fowl and it is a very choice morsel to many.

Now, in cutting a fillet from the breast, just cut down towards the breast bone closely and run the finger under the muscle until you find how far it runs out, cutting it. This is a very choice morsel that can be served broiled for an invalid. It is the choicest of the breast meat.

Question—Does that lay right next to the bone?

Miss Maxwell—No, this is on the outside; the one next to the bone is small. This is the second one. There are two on each side.

This is the way to cut up a fowl for stew or for fricassee. The neck can be cut, you see the neck being cut across the front does not make any difference for a dish of this sort, although it makes a cut in the breast which is not desirable.

There are some chefs who are considered very fine, who serve meat by using a cleaver. That is in hotels where they serve it in large quantities, just cutting it right down through the fowl, giving a small portion of the white and dark meat to each person, and they think in that way they get a better division of the fowl.

Remove the wishbone here. That lies right at the neck.

On this side is where the fillets have been removed.

Question—Do you remove them for stew?

Miss Maxwell—No, but if you want a very delicate piece of chicken to serve for an invalid, broiled, for instance, they are a very delicate morsel.

Question—Supposing you were leaving the meat on, how do you divide the breast for a fricassee?
Miss Maxwell—You can divide it more easily after cooking.

The second joint is considered a very choice piece of meat also; many people prefer that to the white meat. You see what a large, delicious piece of meat the second joint is; it makes a very good serving; it is also called the thigh.

We have the soup to prepare this afternoon.

**Chicken Soup.**

**Recipe.**

Cover the bones of a stewed or roasted fowl with cold water, bring to the boiling point and simmer several hours. The last half hour add a slice of onion and two stalks of celery (the coarser leaves are just as good) and cook until tender, then strain the broth from the bones. Bind with two tablespoons each of chicken fat and flour cooked together, then add to a quart of the broth a cup of rich cream. Beat two eggs until light, add salt and cayenne pepper to taste and pour the hot soup very slowly over the eggs. Garnish with minced parsley.

If you have fat from chicken, it is always a good deal better to use it than the butter for a soup of this kind. I am going to make a little sauce, using two tablespoons of butter, level measurement. When you get a cake of butter from the store, like this, just divide it into halves and there you have two cups, divide it again and you have half a cup. In that way you can take your measurement, any you want for a cake, it will save dishes and save time. That is what we are anxious to do, save as much time as possible.

We will put some butter in a sauce pan. Now, if you are doing this at home and cannot watch it, always use a double boiler, because butter browns very quickly and browned butter is not easily digested. Two tablespoons of flour and two of butter. Flour should always be sifted before being measured, because you are apt to get too much thickening if you are careless about not sifting. It is lighter after sifting and makes less, so in all these recipes it means sift before measuring.

Let the butter melt, then stir in the flour and let it cook. This is what we call a binding for soup. It keeps soup from separating. A binding is a dressmaker's term and is to keep two parts of a garment together, and so a binding in a soup keeps the parts from separating.

We will let the butter and flour cook until they are smooth and then cook it for five minutes after the milk is added to be sure the starch grains are thoroughly cooked; to be digestible the starch grains must be thoroughly cooked. Starch is one of our foods which must be cooked in boiling water, at the boiling temperature. The meats we are cooking in the cook-box are not cooked at the boiling temperature. Meats, eggs and milk need to be cooked at a low temperature to make them tender and digestible. We are going to hear about the cook-box on Thursday, so I am not going to talk about it much today.

Many people have the idea that soup meats are not good after the extractives and flavors have been taken out. Soup meat is nourishing; it has lost some of the extractives, and if we add seasonings like onion or tomato, we have a very wholesome dish. It is highly extravagant and wasteful to throw away meat that has been used for soup.

The pieces of bone from a roast chicken that has been carved may be used for soup stock and we are going to have this afternoon a stewed chicken in milk.

The chicken has been cut up just
as it was cut up before you in small pieces and parboiled for a short time; we parboiled it because we were afraid we did not have time to cook it as long as we would like in the milk, then pour on the boiling milk and put into the fireless cooker, letting it stand for six or eight hours, and if the chicken is not too tough it will be cooked in that length of time. You can take it out, make a sauce or gravy with the milk, serving that with the chicken, seasoning it as you wish when you re-heat it. We are now going to put that in the cook-box, just in milk, and the seasonings.

Question—When you use a chicken for fricassee, what do you do with the liver?

Miss Maxwell—I use it for a breakfast dish. I do not like the flavor with the other parts of a chicken, although there are many who do use it. The liver and gizzard chopped very fine after they were stewed until tender, then put through the meat chopper, we are going to serve today on toast, which makes a very nice way of serving giblets for a breakfast dish.

Question—Do you use them fried with the chicken?

Miss Maxwell—Yes, they are very nice. They are very good seasoned with any kind of good fat, bacon fat is well liked by most of us. Some people do not like the smoky flavor with the chicken. There are a great many nice ways to serve giblets. Croquettes may be made of them. Chicken left-overs are quite a point to most of us; one can make a very choice chicken salad from left-over chicken. If we have a very little we can add a little veal, it gives bulk and is very much more economical. It used to be so, but perhaps veal is getting as high as pork and cannot be used with any degree of economy.

Chicken loaf is very good. Get gelatin from the feet by long cooking and use the liquor with some chopped chicken and cold cooked eggs. It will make a beautiful jelly which may be sliced and used as a salad.

Chicken left-overs may be used by taking cold boiled rice to line a baking dish, fill in the center with chicken, then cover with a layer of rice about an inch thick, put it in the oven in a pan of water and bake three-fourths of an hour slowly, or steam it, and you have a loaf that can be turned out.

Chicken croquettes are another nice dish to be made with chicken left-overs. Mix with white sauce, roll in bread crumbs and fry in deep fat, and that with a tomato sauce would make the main dish for a meal.

We are apt to think that chicken is an extravagance, but when you have a roast chicken for Sunday dinner and you have some left-overs for a made dish for breakfast and a simple salad for another meal, and soup from the bones, you find that chicken is not so extravagant. There is quite a little waste, of course, in chicken, but there is not as much waste, weight for weight, as there is in many of our cuts of beef.

The fat of chicken makes a very nice fat for frying. You can use it in place of butter; when butter is as high as it is this winter we are glad to have some substitutes for it without using oleo.

Then we can use chicken with macaroni. Put it in a baking dish, then a layer of minced chicken with a highly seasoned sauce poured over, then finish with buttered crumbs on top. It makes a very delicious dish for supper.

Chicken sandwiches are always nice. Minced and seasoned with a little mayonnaise and a bit of lettuce makes very dainty sandwiches.

Then we can always have hash, a mixture of meat and potatoes. There are any number of ways of serving chicken, which I won't weary you by
repeating. There is fried chicken and boiled chicken and devilled chicken. This is made with a sauce of cheese, mustard, paprika and a few drops of Tabasco and Worcestershire sauce, making a sauce with flour and butter and serving it on toast. That is called devilled chicken. Then there is chicken pie, which we are going to have this afternoon; chicken curry, which is made with curry sauce, that highly seasoned powder which many people like. There are numbers of ways of serving chicken.

Our soup, which we now have on the stove cooking, is just a few chicken bones and the tips of the wings of some of the chickens, two or three small pieces of celery and a slice of onion, all cooked until the broth is rich with the flavor. Then it is strained and a white sauce made of cream and some chicken fat may be used if you have that, or not, you may use butter, making a white sauce, which is used to make a binding or thickening for the soup.

We may garnish the soup with chopped olives, chopped parsley, or just a little green lettuce shredded, any thing of that sort that will give a touch of color to it.

Whipped cream may be added at the last and stirred in and the yolks of two whole eggs may be beaten and added at the last. They add richness to the soup and make a very nourishing one.

Question—You spoke a moment ago about paprika. I think some of the people do not know what it is.

Miss Maxwell—it is a mild red pepper, the sweet red pepper of our gardens, but a milder form than cayenne, which is very wholesome, less irritating to the stomach than the ordinary white or black pepper. Black pepper should be excluded from our diet, it is very irritating to the stomach. White pepper is less so. The paprika can be used more freely. I think many use too many condiments in food; we like highly seasoned foods too well, and if we get into the habit of eating highly seasoned food we lose that delicate sense of taste which is such an enjoyable attribute to appetite. We ought to keep it, to know the fine flavors, to be able to distinguish them. If we dull that quality by over-stimulation, we are going to lose it. In fact, I have heard people say that those who become habitual drunkards have often been started on the road by highly seasoned foods on their mothers’ tables. Now, we do not want to have that to remember, that we have started any one in that direction.

Giblets on Toast.

Recipe.

Simmer the giblets in boiling water to cover until tender. Chop fine, cook a slice of onion in two tablespoons of butter until yellow in color, remove the onion and add two tablespoons of flour, stir until smooth and bubbling, then add a cup of rich milk, cook until thick. Serve on buttered toast.

We are going to put the minced giblets through the meat chopper, add a little soup stock and rich milk, thicken it with flour and serve it on toast. There is a small onion fried in a little fat to flavor the giblets.

The soup stock will be strained and while we are waiting for those things to be prepared I will mix the salad.

Chicken Salad.

Recipe.

Cut cold boiled fowl or remnants of roast chicken in one-half inch cubes and marinate with French dressing. Add an equal quantity of celery, cut in small pieces, chilled in ice water and dried in a towel. To a cup each of
chicken and celery, use a half cup of Mayonnaise dressing. One green pepper cut very fine and half a cup of blanched and shredded almonds added to the chicken and celery makes a very delicious salad.

Mayonnaise Dressing.

Recipe.

Mix one-half teaspoon each of salt and powdered sugar, a dash of cayenne and one egg yolk. When well mixed add a quarter of a teaspoon of vinegar. Add three-fourths of a cup of olive oil, at first drop by drop, and stir constantly. As the mixture thickens thin with lemon juice and vinegar until a tablespoon of each has been added. Add the oil and acid alternately until all is used. To be successful in making this dressing, all the ingredients should be cold.

This salad is a combination of chicken and celery cut in small pieces and a little green pepper cut very fine, giving it just a touch of pepper for flavor.

Cut, not chop, the chicken. The white meat makes a more dainty salad, of course, but the dark meat must be used, as there is not enough of the white. Use equal quantities of chicken and celery, or more chicken than celery may be used if you like that proportion, and I am going to add a cup of almonds which have been blanched and shredded. They add to the nutritive value of the dish and also to the flavor.

It is not necessary to serve the salad in any special form, but one nice way is to shape it in an ice cream dipper, put that amount on a lettuce leaf, or if you can get head lettuce it is much prettier to use that formed in a little cup, and the salad may be molded in a cup.

The salad dressing, a Mayonnaise, was made this morning in this mixer.

Question—Will that dropper work on your Dover egg beater?

Miss Maxwell—I think not. You can use this for an egg beater, or you can use it for cream, or for Mayonnaise dressing, anything you would use an egg beater for.

Question—I find you can buy those that just fasten to the Dover egg beater.

Miss Maxwell—I have not seen them. I should think it might be a great convenience.

Question—Yes, I do not know who gets out those others, but they are very satisfactory.

Miss Maxwell—I always like to marinate the chicken salad with a little French dressing just before the Mayonnaise is added, but I am going to prepare this at once so we may serve it.

I am going to add a little green pepper. I have added some red pepper to the dressing and I hope I won’t get too much to spoil it for you.

Question—Do you always use a knife to stir it with?

Miss Maxwell—No, I like to use two forks for a fruit salad, or anything of that kind. This spatula seemed to be the only thing I had in reach. Any kind of salad can be mixed better with two forks than with a spoon.

Question—When do you add the seasonings to the dressing?

Miss Maxwell—I add the seasonings and the yolks of the eggs as I begin to make it.

A fruit salad is often spoiled in the mixing, especially if you have grape fruit or oranges, or any such juicy fruit to be mixed. Always leave those out until the last, or do not make such a salad until ready for use. I once made a grape fruit salad that was ruined by the mixing; after standing for a short time it was mushy from the weight of the other ingredients.

You can always add cream to your
salad dressing; it tones the flavor and makes it go farther.

Ruskin says to be a good cook means "Much tasting and no wasting," and every cook should be a good taster. Dishes that have been well prepared and carefully put together may be spoiled in the seasoning, without having any seasoning, or too much. Cayenne is a pepper one has to use very carefully not to get too much.

I always save a little of the Mayonnaise to decorate the top of the salad; it looks nice and a little touch of green in the green pepper, if some of that is left to garnish the top, gives a pleasing effect. One thing we have to be very careful about in garnishing and that is not to use too many colors. We must avoid the over-decorated dish, we do not want that; we want to have it dainty and attractive in its appearance.

Question—What is the cost of the mold you are using?

Miss Maxwell—I do not know. One of the ladies says this one is $1.50. They are used for dishing ice cream. The salad must be packed very firmly and tightly in the dipper to make a good shape, otherwise it might just as well be dropped on the lettuce with a tablespoon.

Mayonnaise dressing, of course, is very wholesome dressing. I think we should use it more than we do and the French dressing too. It is easier digested than the heavy, cooked, mustard dressings.

I am just going to arrange two or three of these salads and garnish them with little pieces of fringed celery, which is prepared by cutting in one and a half inch lengths and fringing nearly to the center, beginning at both ends, and allowed to stand in a little water with vinegar or lemon juice in it, which will cause it to curl. This would not be an individual serving, but I am putting it on to show the manner of decorating, and then add the very thinly sliced radishes. That bit of color adds greatly to the attractiveness of the salad. Radishes are very nice this way served with cucumbers. Just a few radishes will go a good ways in garnishing. We really have nothing in flowers that have more beautiful coloring than we have in vegetables. The beautiful white and the red and green make a very pleasing combination.

For the chicken pie we are going to use some remnants of the chicken, a broth made with the water in which the chicken has been cooked and a little cream and thickening, making a sauce, then always adding a little seasoning, like onion or bay leaf.

Question—How do you keep cream of tomato soup from curdling?

Miss Maxwell—in making tomato soup we must be careful to have our tomatoes well seasoned and if they are too acid to sweeten them by adding a small portion of soda, and then, instead of stirring the milk into the tomato, just have the hot milk and the binding in the tureen and pour the tomato on that, and you will never have curdled soup.

**Chicken Pie.**

**Recipe.**

Cut up two fowls and simmer until tender with a slice of onion, a sprig of parsley and a piece of bay leaf the size of a dime, cover with boiling water and when boiling hot put into the cook-box to simmer, or on the back part of the stove. When nearly done season with salt and white pepper, reheat and return to the cooker to finish. Place the chicken with only the large bones removed in a baking dish, strain the broth, which should be about a pint, pour over the
chicken. Thicken the stock with a third of a cup of flour diluted with milk to pour easily, then add a pint of thin cream. Cover when boiling hot with baking powder biscuits.

**Baking Powder Biscuit.**

**Recipe.**

Mix and sift three times two cups of flour, a teaspoon of salt and two teaspoons of baking powder. Cut in with a spatula two tablespoonfuls each of butter and lard, gradually add the milk, mixing it as soft as can be handled. It is impossible to determine the exact amount of liquid, owing to differences in flour.

I will now prepare the chicken pie. I use part butter and part lard for the mixture. I am going to bake the chicken pie in this dish; have chicken with the gravy in the bowl and put the biscuit on the top.

The baking powder should be mixed well with the flour and sifted several times in order to be well blended. Shakespeare was a great epicure; and he said a great many wise things about cooking. "Dine well and early and the cares of life will slip from you, its cares and vexations will slip into nothingness." "With dainty chicken serve sun-dried fruit."

Lettuce, of course, is a vegetable which has a very soothing quality, good for the nerves. Shakespeare said, "Did I eat any lettuce to supper last night that I am so sleepy?" Of the water cress, which is a very wholesome salad dish, he said, "A cheap but wholesome salad from the brook."

I am going to use two level teaspoons of baking powder, two cups of flour well sifted, the flour sifted first before measuring, to be sure we have it light, then take two cups of flour and two teaspoons of baking powder, and if you use all butter you would not want to use very much salt, but as we are using part butter and part lard, we will use at least half a teaspoon of salt for this amount.

I like to sift the flour and baking powder on a paper, because I can handle it much quicker that way and we get it quickly blended. This will take a pint of flour, adding the baking powder.

Always do with the baking powder as you do with the flour, lighten it up a bit with the spoon before you take the measurements, or you get too heavy a measure.

Sift them several times. That is the secret of making any flour mixture—see that it is well sifted.

Then we will rub the fat into the mixture. The salt may be sifted with the baking powder.

In measuring always measure level; then you will have uniform measurements. There is such a difference in the way cooks measures; some say a teaspoonful means a heaped up spoon, which is about three level spoonfuls; to others a teaspoonful means a rounding measure, which is about two level spoonfuls, but for all the measurements in our book you will find the level measure, leveled off with a knife, is the measurement. The measuring cup we use holds just one-half a pint.

I am going to use four tablespoons of shortening, two tablespoons of lard and two of butter, and cut it in with a spatula.

Then we moisten it with just enough milk to be able to pat it out and cut the biscuit.

You cannot always tell the amount of milk you need to add to a mixture like this, because flours differ in the amount of moisture they absorb; some flours take more than others.

I find the shortening can be cut into the flour as quickly with a spatula as
by rubbing it in with the hands, and the fat is not thus warmed by handling.

In making a baking powder biscuit dough, I like to add just a little milk at a time to part of the flour, continuing until all is moistened. In this way the mixture is not made tough by too much handling.

It is not necessary to have a molding board to mix biscuit, you can turn them out on a well-floured piece of manilla paper. That is a good point for you boys and girls to remember when you are camping.

We cut out the dough in rather small biscuit and place them on top of the meat.

Question—You do not use a rolling pin for biscuit?
Miss Maxwell—If you have one you may use it; if you haven’t you can get along very nicely without it, also if you haven’t a biscuit cutter, you can use the top of your baking powder can, as I am doing.

Cut the dough as soft as possible, they are much nicer when they are baked.

The chicken must be boiling hot when the biscuit are put on, otherwise they will be soggy on the bottom.

I always like to add a small slice of onion to the chicken pie, it adds flavor to it. Some people like bay leaf. One bay leaf will do a great deal of seasoning, too much is rather too strong a flavor.

Question—Then you mean a small bay leaf?
Miss Maxwell—Yes, or a small piece of a leaf. I think a half a bay leaf would be all I would use for an ordinary chicken pie and then remove it after it was cooked for awhile in the stew before you add the biscuit.

I am now going to add the biscuit to the pie and put them in a very hot oven and as they are very small they will bake in a short time.

Question—Do you put anything on top of the biscuit; you do not brush them with milk?
Miss Maxwell—No, I have not. Brushing them with milk would perhaps give them a nice brown glaze, so does the white of an egg.

Now in this chicken pie, of course, the gravy is the broth of the chicken in which the chicken has been cooked, with cream and a little thickening of flour, and some of the bones will be left in the meat so the biscuit will not entirely sink in the mixture. I like the biscuit on top of the chicken pie better than a crust, because the spaces between the biscuits offer an opportunity for the gases to escape. You know we are so apt to have chicken pie that is not palatable, for we are not careful about cooking it properly. Chicken pie that is covered with a close pie crust, through which the gases of the chicken cannot escape, is not wholesome.

Question—Would it have been all right if you had made the biscuits about half an hour before you wanted to bake them? Would they have been all right then?
Miss Maxwell—I never tried it, but have heard of its being successfully done.

Question—Could you do that way with a rich cake—let it stand awhile before baking?
Miss Maxwell—Yes, but never leave it in the mixing bowl, because when you turn it out you lose some lightness that has been developed by the baking powder. Let it stand in the pan in which it is to bake.

If your giblet sauce has stood until it has thickened, you may add a little cream. Remove the onion that you have used to season it. Be sure that this is seasoned with salt and pep-
per, a very little salt is sufficient for this small amount.

We will prepare the toast. Dip it in boiling water for an instant to soften it; butter it and pour on the minced giblet. This makes a very nice breakfast dish. It may be garnished with just a sprig of parsley. Never garnish a dish too lavishly; a touch of green makes an attractive dish, but too much spoils the effect.

When we have served the chicken pie, I think that will finish the demonstration for the afternoon.

The chicken as it has been cut will lay out here on the table where you can examine it, if you care to, the different cuts, the two fillets, where they lie, etc.

Question—I do not quite understand, Miss Maxwell, about the giblets. Did you stew them first?

Miss Maxwell—Yes, the giblets were stewed in water until they were tender; they were stewed at a very low temperature, then put through the meat chopper and seasoned. The onion may be fried in a little bit of fat, or you may just put in a little onion and remove it. It makes a difference in the flavor whether you brown the onion or cook it in the milk. Browned onion gives a different flavor. If you just want a delicate flavor, draw an onion across a grater so you will get a drop or two of the juice, so if your husband does not like the flavor of onion, you will have the satisfaction of knowing it is in and he will never discover it.

There is a mistake made in the way children are trained in early youth about eating things. As a rule they do not care very much about vegetables and so must be taught early to like them, for there are none that are not wholesome. The more kinds we like, the greater variety we have in our food. We all know people we have entertained who "do not eat cabbage and can't eat onions," they do not like stewed meat and never eat this and the other. It is a problem to know what to serve them.

Sup. McKerrow—Quite often the young ladies are to blame for young men not eating onions.

Miss Maxwell—We do not like things second-hand. The reason the onion odor is so bad on the breath is because the volatile oil in the onion passes into the blood and that odor is expelled from the lungs and goes out on the breath. It is, of course, the one unpleasant thing from eating the vegetable; but it is such a wholesome article of food we should overlook that little failing and remember that to "eat onions in May no doctor you'll pay." Onions are valuable as medicine, they are quite soothing to tired nerves. I think we do not use enough of them. We should eat them at least once a week. Garlic, a first cousin to the onion, is a vegetable that is not mentioned in good society, because of its strong and characteristic odor it has been abused, but it is a very pleasant flavor if it is used carefully. The French are very fond of it, there is scarcely a dish that has not a touch of garlic, but only a touch, as the wholesale use of it is what has brought it into disrepute. The French have that wonderful quality of combining flavors in such a manner that one cannot be distinguished above another.

Question—You say to eat onions once a week. Do you mean boiled or raw?

Miss Maxwell—Any way that they are the most digestible. Some people cannot eat strawberries and others cannot digest raw onions, but onions that are cooked in milk agree with most people. The trouble with most of these vegetables is, we serve
them in the same old way and our families soon get tired of them; make a change so they will wonder what is in the dish. In the serving of onions, we are so apt to serve them stewed and served with butter or cream, when there are so many nice ways of serving them.

Onions with Cheese.

Recipe.

Parboil half a dozen uniform sized onions. Put the onions in layers in a buttered dish with a good white sauce and a sprinkling of cheese. A half cup of cheese is sufficient. Place in the oven and bake until the onions are tender.

Stuffed Onions Baked.

Recipe.

Parboil a half dozen medium sized onions until tender, remove the centers and fill with any seasoned meat, sausage is especially good. Put in a baking dish and bake, basting occasionally with butter and water. Spanish onions are very nice served this way.

I do not think we take pains enough to study the right combinations of foods. Most housekeeper's are so busy they let the meals take only a minor place when they are the most important of the household work. Menus should be well thought out. Some time when you are having a little spare time, just plan out the meals for a week, and it will be a wonderful help in using up the leftovers to plan the meals for several days in advance, and then you get out of the rut of serving boiled potatoes six times a week. For instance, on Monday have French fried potatoes, on Tuesday baked potatoes, on Wednesday boiled, and so on. Serve rice some day in the place of potatoes. Rice is always very reasonable in price and it takes a very little to make a dish.

The chicken pie is done and should be served as soon as it is baked, allowing it to stand does not add to the quality of the biscuit.

Question—What kind of a knife sharpener is that which you use?

Miss Maxwell—It is two little steel wheels. You run the knife between the two wheels and they do the work.