Chicago Vegetarian April 1898

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Anna R. Weeks

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APRIL, 1898.
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Of Interest To The Housewife.

CONDUCTED BY MRS. ANNA R. WEEKS.

The article following was taken from What to Eat; I have ventured to cut out suggestions as to the use of meat and alcoholic drinks, as it is otherwise so very good:

Serving Food For Invalids.

BY ELIZABETH D. HOLT.

If any of my readers has ever experienced the long convalescence that follows a serious illness, he or she will appreciate the emphasis I shall place on serving food to invalids. The daintily set tray with snow-white napkin, clear glass and bright silver; the tiny vase of flowers; or the two or three scattered blossoms; nothing on the tray crowded or hiding piled on one another. The glass or cup only three-quarters full, the hot drinks smoking, and the ice drinks showing no saving utility of ice. The pat of butter shaped and on a green leaf; everything hot closely covered with a warm dish, until the patient is ready to begin eating. Jellies should be put into various colored dishes. There should always be some dainty garnish in the arrangement of serving, as a pleasant surprise to one having so little to break the monotony of a tedious illness.

Broth can be made more appetizing by bringing it out into very thin and variously shaped pieces, sometimes by making sandwiches with lettuce, pepper, or cheese. Occasionally some bright little note, or pretty verse, or good wholesome thought, clearly written on a sheet of note paper or card, and folded in the napkin, or partially tucked under the plate or tumbler, give much pleasure. All these little surprises and unexpected findings may give many happy moments through the weary day. The more ingenuity and originality the better, the better the patient.

A very delicious drink is made by filling a tumbler half full of cracked ice, then adding the juice of half a lemon, three heaping teaspoonsfuls of sugar, and a quarter of a glass of creamy milk, then stirring with a long-handled spoon, stirring well.

A delectable sandwich is made by preparing a French dressing, oil, vinegar, salt and pepper, and adding a grated hard boiled egg. Spread thin slices of bread with this, then place a crisp lettuce leaf between, and you may be sure more than one of these sandwiches will be wanted.

A straw placed in an iced drink occasionally makes it more palatable. An iced lemonade with tiny pieces of orange, lemon, two or three whole strawberries, and thin slices of banana is very cooling on a very hot day.

The fact that the mind has so much power over the body is often overlooked in caring for the sick. The little and even the smallest things, of slight consequence when in health, become mountains high when seen through the eyes of an invalid. The mere careless handling of a spoon, and walking heavily across the room, are essentials oftentimes to a convalescent. There is no better training to gain patience, thoughtfulness, correctness in detail, and a gentle strong manner, than caring for a sick person. It would be most powerful from having had such a training, which tends to cultivate a harmony of thought and action.

DRIED PEACH SAUCE.

Wash one quart of dried or evaporated peaches, put them in a stewpan with one quart of cold water, and stand on the back of the stove to heat slowly. When hot add a half-cup of sugar, the juice of one lemon and cook very slowly for three hours. When done, add 2 tablespoons sugar, and stir well. When cool, beat them with an egg-beater until reduced to a pulp, and thoroughly strain. This mixture makes all dried fruit sauce much more delicious than ordinary stirring.

MRS. ROGER.

PAPAYA A LA CREME.

Wash thoroughly a half-ripe papaya; cut off the roots and stems. Put the leaves in a granite kettle, add a teaspoonful salt and a cup water. Steam ten minutes without covering the kettle. Drain and beat with an egg-beater until reduced to a pulp. Turn into a saucepan, add 2 tablespoons butter, quarter-teaspoon salt, dash pepper and two table-spoons cream. When hot, serve garnished with hard-boiled eggs.

MRS. ROGER.

Not Guilty.

A story is told of a minister who was spending the day in the country, and was invited to dine. There was chicken for dinner, much to the grief of a little boy of the household, who had lost his favorite hen to provide for the feast. After dinner, prayer was proposed, and while the preacher was praying a little lonesome chicken came running under the house, crying for its absent mother, which he could not restrain himself no longer. He put his mouth down to a hole in the floor, and shouted, "Peep! Peep! I didn't kill your mother! They killed her for that big preacher's dinner." The "Amen" was said very suddenly.

Shredded Wheat Biscuit may take the place of meat, for it contains all the elements of nutrition.

ESCALOPED CELERY.

Two celery stalks, 12 teaspoon salt, 1 3/4 teaspoon hot water, 3/4 cup cold celery water, 3/4 cup thick cream, 2 level table-spoons butter, 3 level table-spoons Entire Wheat Flour, 1/2 teaspoon salt, 1 teaspoon paprika, 2 eggs, 3 Shredded Wheat Biscuit rolled and sifted. Wash, scrape, and cut the celery into small pieces, boil till tender. Just before removing from the fire add 1/2 teaspoon salt, let come to a boil, and boil 2 or 3 minutes. Drain and return to sauce-pan with 3/4 cup hot celery water and 3/4 cup thick cream in which has been mixed 3 level table-spoons flour and 1 level table-spoons Entire Wheat Flour. Season with 3/4 teaspoon salt, 1/4 teaspoon paprika, cook 3 minutes and cool. Butter a pudding dish, cover the bottom and sides with Shredded Wheat Biscuit crumbs. When the celery is cooked, add 2 well beaten eggs and pour into the dish. Cover the top thickly with crumbs, add little bits of butter, cover and bake in a hot oven 3/4 hour, then remove cover and brown. Serve hot.

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