

THE COSMOPOLITAN KITCHEN—NOVELTIES IN THE SHOPS—A FROCK FOR SUMMER—LETTERS

MRS. WILSON TELLS HOW TO MAKE SOME FAMOUS JEWISH DISHES

Today's Cosmopolitan Kitchen Contains Recipes for This Housewife, Who Is Noted for Her Practical Home Cooking—Each Week There Appear in This Column the Dishes Peculiar to Various Nationalities

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

THE housewife of every nation is famous for certain cooked foods which are peculiar to a clan; among these is the Jewish housewife, who is noted for her good, practical home cooking peculiar to this race of people.

The religious and dietary laws of the Hebrews require certain preparation of their food before it is cooked, known as kosher, to prepare the food for eating. This work is usually done by the rabbi. Meat must be butchered and cut by prescribed methods and must be purchased from a Jewish butcher. It is understood that lard and pork products are entirely excluded from this cooking.

Among the prescribed rules are: No foods containing meat and milk or meat and butter may be eaten at the same meal. The utensils used in cooking and serving meat must not be used for the milk dishes, and to follow closely these ancient laws of dietary it is absolutely necessary that everything be scrupulously clean.

SOME FAMOUS JEWISH DISHES

Gefilte Fisch Bass, trout or pickerel may be used for this dish. Have the fish thoroughly cleaned and then remove the head. Have the fish split down the back as for planking, and then with a dull knife remove the meat from the skin, taking care not to break the skin. Remove the bones. Put this meat and two onions through the food chopper, then add two tablespoons of finely chopped parsley.

One-half cup of prepared bread, Yolks of two eggs, Four tablespoons of salad oil, One and one-half teaspoons of salt, One teaspoon of paprika.

Soak the bread in cold water and then squeeze very dry. Mix thoroughly and then sew the fish skin with a needle and thread, then fill to its natural shape. Place in a well greased and floured baking pan and dust lightly with flour. Bake one hour in a moderate oven, basting every ten minutes with

One-half cup of salad oil, One-half cup of water.

While the fish is cooking place the bones in a saucepan and cover with cold water. Boil gently for one-half hour, then strain and place in a mixing bowl

Two eggs, One tablespoon of cornstarch, One tablespoon of salad oil, Four tablespoons of water.

Beat to mix and then pour into the boiling fish stock. Cook for five minutes and then season with salt and pepper to taste. This dish is some trouble to make, but it is delicious. The fish dealer will skin the fish, if you wish this done. Be sure you tell him to split the fish down the back. Mold any of the prepared filling that may be left over into balls, place alongside of fish and cook.

Fritada

Cleanse the fish, weighing about one and one-half pounds, and then steam until tender—that is, so the fish meat will leave the bones. Remove the bones and then chop the fish fine. Place in a mixing bowl and add

Two large tomatoes, peeled and chopped fine, One-half cup of finely chopped onion, One green pepper, chopped fine, One-half cup of finely chopped parsley, Two teaspoons of salt, One teaspoon of paprika, Two well-beaten eggs.

Mix thoroughly and then form into a loaf. Place in a well greased and floured pan. Bake in a slow oven for forty minutes. Turn on a dish and make an egg sauce, using water in which the fish was cooked. Use salad oil for greasing the pans.

Matzoth Fritters

These are for the passover. Soak four matzoth in just sufficient cold water to soften and then drain by turning into a colander. Then rub through a coarse sieve into a mixing bowl. Add

Two well-beaten eggs, One-half teaspoon of salt, Two level tablespoons of sugar, Beat to mix and then fry fritter style in hot fat. Serve with stewed fruit.

Grimalachs

Chop very fine One-half package of seeded raisins, One cup of almonds, Three medium-sized apples, One cup of currants.

Now add One cup of brown sugar, One teaspoon of cinnamon, One-half teaspoon of nutmeg,

Three-quarters cup of salad oil, Grated rind of one lemon, Three well-beaten eggs and sufficient matzoth meal to make a dough that can be molded into thin flat cakes between the hands. Bake on a baking sheet in a moderate oven until a light brown color, usually about twelve minutes.

Kremslekh

Place in a mixing bowl Two eggs, One-half teaspoon of salt, One teaspoon of sugar, One-quarter cup of finely chopped almonds, One-half cup of finely chopped seeded raisins, One tablespoon of salad oil, One-half cup of water

and sufficient matzoth meal to make a fairly stiff dough, usually about three-quarters of a cup. Beat to mix thoroughly and then drop by the teaspoon into smoking hot vegetable cooking oil. Cook the same as for crullers, turning constantly. These may be eaten hot or cold.

Matzoth Omelet

Break four matzoth into small pieces and then place in a dish and pour on one pint of boiling water. Let cool and then turn into a sieve and drain. Press well. Now break three eggs into a bowl and add one-half teaspoon of salt and the prepared matzoth. Beat with a fork to mix thoroughly and then heat four tablespoons of chicken fat in a frying pan until very hot. Pour in the above mixture and cook in the usual omelet style.

Mrs. Wilson Answers Queries

My dear Mrs. Wilson—Kindly tell me why my cakes are always dry, as I follow the recipes very carefully? Do I bake them too long or what is the trouble? Thanking you kindly, A CONSTANT READER.

Sift the flour; fill into cup with tablespoon. Take care not to pack down. Too long baking makes the cake dry and tough.

My dear Mrs. Wilson—May I trouble you to repeat in your columns the formulas for making brine for corning beef? Mrs. J. S.

Brine for Corning Beef Place five pounds of pickling salt in a large boiler and add Thirty pounds of water, or fifteen quarts, Two cups of brown sugar, One-half ounce of saltpeter.

Bring to a boil and then cool, skim and add One dozen allspice, One dozen bay leaves, One dozen cloves.

Pour over the meat. Cover meat with board and place upon the board a heavy weight to keep meat well covered with the brine.

What Fashion Says

A little bag of fine gold-plated mesh is always smart. Simple tux gowns in sheer linens are often pastel tinted.

Black satin frocks are trimmed with tan-colored tussor. Princess lace veils are worn with white satin bridal gowns.

Rose and tan is a favorite combination for sports clothes. A black satin cape has a huge collar of glycerined ostrich.

Ostrich flounces and stiffened hips are a feature of some new Paris creations. Cotton voile frocks made over silk foundations are strong rivals of summer silks.

For summer is the veil of hexagonal mesh, bounded by a conventional border.

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THE ALLOVER LACE FROCK



The allover lace frock is highly favored this season, and the one shown in the picture is a particularly charming example. It is a frock that would not present many problems to the woman who makes her own clothes, as the lines are extremely simple, depending more on material than on intricate cut. The accessories of this gown are interesting. The lady of the picture seems to feel it would be incomplete without a pair of unusual jade earrings and a long bead necklace to match!

Matzoth, Chrimmel Style

Break three eggs in a bowl and add

One-half cup of water, One tablespoon of sugar, One-half teaspoon of salt.

Beat to mix. Soak the matzoth in hot oil. Drain well and then spread with the following mixture: One-half cup of raisins, chopped, One-half cup of almonds, chopped, Two large apples, grated.

Add Two tablespoons of butter, Three-quarters cup of brown sugar, Juice of one lemon, One teaspoon of cinnamon, One-half teaspoon of nutmeg.

Mix thoroughly before spreading on the cooked matzoth. Dust lightly with cinnamon and serve either hot or cold.

In order to make this cosmopolitan kitchen a success, I am asking the old-fashioned housewife to send me some of her old world recipes. It does not make any difference if you are not using the level measurements. I will try out the recipe and get the accurate preparations. This includes the young housewives who are using the recipes of two or three generations ago.

Coming to the cosmopolitan kitchen: the Polish sour cream stew and Rumanian goulash. These dishes are served in the national style in the Polish and Rumanian settlements in New York. Watch for a chance to visit these natural-born cooks.

Adventures With a Purse

I DON'T allow no washing nor ironing, nor light housekeeping of no sort," says your landlady. "No, ma'am," you reply meekly, and mentally try to figure how in the world you are going to press your clothes and iron the blouse you dare not trust to the laundry. Well, now, this adventure has nothing to do with circumventing landladies, but it does deal with a new kind of ironing board that can be disguised. Let your conscience be your guide. The board, about the size of the regular ironing board, is made of aluminum, which you know retains the heat. There comes with it a white bag which fits over it snugly and forms the cover. When not in use the ironing board folds in the middle and fits into the bag, which can be hung in the closet. This should be a splendid space saver for the woman who has a small apartment. And, oh yes, when folded, it could be carried in a suitcase if you are traveling.

This adventure is for her who is going to shore or country this summer, and who longs for a swim in cool bracing water. For it deals with rubber-lined bags. It is only after you have lugged a wet, "mucky" bathing suit along a country road or down the boardwalk that you can appreciate what one of these bags can mean. The ones I saw today cost eighty-five cents—they are attractive flowered bags and are, as I have already said, lined with some kind of rubber material.

I don't believe I can describe the egg slicers I saw today, but I can tell you what they do. They will slice a hard-boiled egg for you at one stroke and will cut more slices to one egg than you could ever hope to do with the most painstaking effort. Thus they are time and money saving, and costing but seventy-five cents in the first place, represent a thrifty investment. You place the egg on a little stand and bring down the fine wire grating-effect lid which slices the egg.

For the names of shops, address Woman's Page Editor. Phone Walnut 3000.

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Get the cream you need from your drug or department store. Note after only a few days' treatment the astonishing improvement in your complexion. Send 3c stamp for sample of cream you need to Marinello, Dept. F. L. 16, 365 Fifth Avenue, New York City, or avoid delay by getting a package from your drug or department store.

How Two Million Women Found the Right Face Creams

Tests in Over Half of America's Beauty Shops Proved That Different Complexions Require Different Creams

No matter what experience you may have had with various toilet goods, you owe it to yourself to try Marinello Preparations. Over two million women have used them in adding charm and loveliness to their appearance, and for over fourteen years Marinello products have been used and endorsed by more than half the beauty shops in America. Now, for the first time, you can get them from your drug or department store.

Marinello is founded on reason. How can one cream be beneficial to both an oily and dry skin? It can! It takes a special cream for every need. Look in your mirror in a strong light—study your complexion carefully, then consult this chart compiled by a specialist.

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ONE REGULAR KIND OF GIRL BUILDS THIS IDEAL MAN

The Twenty Dos and Don'ts for Girls Revised and Drawn Up for Young Men by a Real Live Girl

RECENTLY in this column there were printed twenty rules for an ideal girl drawn up by ten regular fellows and addressed to this column. Here is a very original answer. One "regular girl" turns around and builds an ideal man. Now boys it is your turn to see if you measure up.

The rules come from H. C. F., who attends a girls' college. They follow: The set of dos and don'ts printed for girls by ten "real live" young men might be used as a girl's "creed." They are well thought out, and it is easily seen that the ten young men had the interest of the girls at heart. But have you ever thought of the ideal man? Read the following "rules" and see where you stand:

First—Don't think that looks count everything; master your looks, don't be a slave to them. A genial smile and a decent disposition mean more to a real girl than the "fashion plate" does.

Second—Be neat and tidy; dress your hair well, but don't slick it down with oil, and if you must raise a mustache, don't wax it. Be natural looking, not an advertisement.

Third—Don't have a cigarette continually hanging from your mouth. Watch your teeth and nails; don't let them look as if they belonged to the "little god Nicotine."

Fourth—Never give a camouflage name to a girl, for sooner or later you are likely to be eating your own words.

Fifth—Never try to make a girl jealous; she is likely to beat you at the game.

Sixth—Treat a girl fair. If you like her, say so; if you don't, reserve your opinion.

Seventh—Be able to talk about current topics, but don't rave over something you know nothing about. Don't try to put up the "big bluff."

Eighth—Dress well, but not flashy; wear good ties, but not loud ones; don't wear striped collars.

Ninth—If you are standing on the street, don't stare at a girl as she passes by.

Tenth—Keep your head up when you walk. Don't slouch with your hands in your pockets.

Eleventh—If you can't talk without pulling off jokes, you had better keep quiet. If you "kid" too much, watch out—you might be the goat.

Twelfth—If you don't know how to dance, go to a dancing school a few nights until you get the hang of it, then the girl will finish the job.

Thirteenth—Don't talk about yourself in other words, don't "toot your own horn." However, don't underestimate yourself. The girl is bored if you

are continually telling her how bored she must be with you. She will soon begin to believe you.

Fourteenth—Don't make love to every girl you meet; you will be liked better by the girl if you don't. When you meet the "one" girl, you will have a hard time convincing her of your love—perhaps you have said the same thing to any number of girls. If you want a kiss, go home and kiss your mother. She probably wants it more than you think.

Fifteenth—Don't be a snob! If you have met a girl, try to remember her the next time you see her.

SIXTEENTH—If you haven't a lot of money to spend on a girl; let her know it. Don't break yourself buying bouquets and flowers for her every day or so.

Seventeenth—Don't flirt with a girl and make yourself disagreeable. If she shows an inclination to accept your flirtation, treat her decently.

Eighteenth—Don't be a jolly-good-fellow, willing to go out on all kinds of parties. Think twice before you accept, and then go home and read by the fireside.

Nineteenth—Don't always sit on bald-head row at the show. Buy good seats and take your girl with you a little more often.

Twentieth—If you keep steady company with a girl, keep it—be sincere; don't play. Also, don't stay so late in the evenings that mother has to ask how you would like your eggs for breakfast.

H. C. F.

Hoe, Gardeners, Hoe

Hoe for the garden's sake advises the National War Garden Commission of Washington. It is not necessary to hoe deeply, about an inch being enough. Hoe every seven days at least, and

always after a rain or watering to break up the crust which forms.

Hoeing should start as soon as the eye can follow the green rows. Sometimes it can be started before, particularly if rain and sun have caked the dirt over the seeds before the sprouts get to the surface. In that case break the crust carefully with the garden rake. Do this in the morning when the ground is moist with dew.

The greatest discoveries are usually found to be the simplest after their truth is once revealed. Nothing has done more to further the science of farming than the discovery of the fact that if you keep stirring up the soil around a plant it grows and produces better. Therefore, there can be no better advice for the gardener than this: Keep hoeing, hoe some more and then some.

O-JOY DESSERT

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FRUIT SALAD IMPERIAL

Pulp of 2 oranges 1 cup pineapple cubes 3 bananas, diced 3/4 cup of COVO cooked mayonnaise a few seeded grapes or canned cherries

Prepare just before serving. Cut all ingredients into bowl. Pour over them the cooked mayonnaise. Toss lightly with wooden fork, taking care not to crush fruit. Serve with cheese wafers.

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At grocers in tins of pint, quart, half-gallon and gallon sizes.

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