

MRS. WILSON GIVES OLD-TIME DISHES

Friday Market Basket Contains a Spicy Sauce and Fascinating Pudding

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The early Colonial housewife had, indeed, a good supply of utensils, pewter and common delft ware; brass, copper and iron kettles for the cooking.

The floors, particularly the kitchens, were sanded and the heavy tables were well studded with drawers. Early stoves and stoves were used for cooking.

William Penn grew very fond of this food, and he wrote of the Haverston in 1698 that there was a bountiful supply of food during the winter season.

Elizabeth Wilson, in her private book of recipes and other memoranda, gives some tasty recipes, also a squash tart and tumbled pudding.

Suggestive menu for Sunday, featuring early Colonial recipes: SUNDAY BREAKFAST Cranberry and Raisin Sauce Cream Mash with Sirup and Cream Creamed Smoked Fish on Toast Baked Potatoes Radishes Toast Coffee

DINNER Vegetable Soup Braises of Shoulder of Mutton Baked Potatoes Succotash German Slaw Tumbling Pudding Coffee

SUPPER Sippets of Toasted Cheese Stewed Potatoes Slaw Squash Tart Tea

The market basket will need for this menu three-quarters pound of sirup, cranberries, cabbage, green pepper, potatoes, onions, dried corn, dried lima beans, squash or pumpkin, eggs, raisins and the weekly staples.

Cranberry and Raisin Sauce Place in saucepan One-half cup of water, One-half pound of cranberries, One cup of sugar. Simmer slowly for fifteen minutes, then add in half cups of raisins, and simmer for one-half hour; cool.

Braised Shoulder of Mutton A large shoulder of mutton, or, if you prefer, a boned and rolled leg; wipe the meat with a damp cloth and make little holes all over the meat with the point of a knife, making the holes about one inch deep. Put small slices of onion and a bit of bacon in the prepared holes. Heat an oil-finished roasting pan, add meat and brown slowly, turning frequently. When the meat is nicely browned add

One-half dozen medium sized onions, One-half dozen cut in quarters, One cup of boiling water, Four tablespoons of sharp cider vinegar. Cover closely and place where it will cook slowly, allowing forty-five minutes to the pound.

Creamed Smoked Fish Use sirup in huddle for this dish; pick the fish in huddle and cover with boiling water. Heat an oil-finished pan for five minutes; drain and cover with one and one-half cups of thick cream sauce nicely seasoned; sprinkle with finely minced parsley and serve on thick slices of toast.

German Slaw Shred cabbage fine, adding to Three pints of prepared cabbage, Two finely chopped onions, One cup of finely chopped celery, One-quarter cup of finely chopped parsley. Now place in a skillet Six tablespoons of bacon drippings, Two tablespoons of flour, Blend and add One-half cup of vinegar, One teaspoon of salt, One-half teaspoon of pepper. Bring to a boil and pour scalding hot over the slaw; cool and serve.

Tumbling Pudding Place in a saucepan Two and one-half cups of milk, One-half cup of flour, Stir to dissolve the flour; bring to a boil and cook for five minutes; now add Two-thirds cup of sugar, One-half cup of prepared bread crumbs, One-half cup of chopped nuts, One-half teaspoon of nutmeg. Add One whole egg and yolk of one egg beaten together. Three tablespoons of melted butter. Mix and turn in a baking dish, and bake in a moderate oven for thirty-five minutes. Then prepare a meringue as follows: Whip up white of egg until stiff and then cut and fold in four tablespoons of powdered sugar and when pudding is cold lift by the spoonful on dessert plate and top with the meringue. To prepare the bread crumbs, soak one-half cup of bread crumbs in one-half cup of scalding milk. Dot the top of the meringue with little dots of jelly.

Squash Tart Either cooked squash or pumpkin may be used for this tart. I find in Elizabeth Wilson's recipe book that she makes mention of both, saying if no squash be at hand, then use cooked and drained pumpkin. Line a deep pie plate or shallow baking dish with plain pastry. Now place in a pan One-half cup of brown sugar, One-half cup of molasses, One cup of well-drained cooked squash, One-half teaspoon of nutmeg, Two tablespoons of melted butter, Two well-beaten eggs, One cup of rich milk, Two-thirds cup of finely chopped raisins. One-half cup of finely chopped nuts. Mix well and turn in the prepared tart pan and bake in a slow oven for forty-five minutes. When cooked, spread with good jelly or jam and the cover with a meringue made with the white of egg prepared as for the tumbling pudding.

Mrs. Wilson's Great Story Who is the man? That is the question which starts the story in "A Man's Way," which starts Wednesday, February 1, in the Evening Public Ledger.—Ad.

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