COUNTRY FISH CHOWDER RIGHT WAY TO MAKE IT

How Y. W. C. A. Is Teaching Young Women of Hawaii to Cook Toothsome Dishes of All Kinds; Some Prctical Recipes

(By INEZ WHEELER WESTGATE, Collaborator, U. S. Experiment Station)

Some years back, Russel Conway, a noted platform speaker, had in popular lecture he delivered, here, there and yonder in the United States called "Acres of Diamonds." By numerous and historical facts he drove home the immeasurable possibilities that lie all about us, at, daily, so long, so many of our modern conveniences such as electricity for lighting and coal for power and other things.

"Diamonds because our eyes were dim of vision."

"Unheard because our ears were dull of."

The Honolulu housekeeper should have some such feeling of unrealized wealth when she thinks of the chances represented in these islands and the crying need in every generation for cooks, cooks and still more cooks. Music we can have once a week or once a month or much today and a little tomorrow, as our fancy dictates, book lore is ours too, but eat we must every day, wisely and well, every one of us or our whole fabric of healthy existence is in jeopardy.

Who knows how many of Hon atrocities can be laid at the door of too much beer and boiled cabbage and overeating and not enough of simple, satisfying living!

Training Her Cooks

Recognizing something of this need of thinking cooks, trained in neatness and good fellowship, accurate and with what but how the article is prepared, by Y. W. C. A. has for some years been offering a special cooking course in its public. Outside of the hundred who have delved and know the jewels of everyday housewifery unearthed, the work being done is comparatively unknown. But rather than sifting it in mine fashion and then refrain amount of treasure can be taken, it is more accurate to call it a little acre from which sufficient boundary each season is bringing a bountiful crop of well trained housekeepers.

Just now there are three classes conducted by Mrs. James Russell, at headquarters that will needs of neatness cleanliness and desirability of home grown products. The first class is unified somewhat to suit the needs of the individual members. Some have plans more to the study of foods for children, another to the needs of the husband who eats a hearty meal at breakfast, but the Thursday evening class, which meets from 7 till 9 is representative of them all.

The class is known by the education it services as "the class in practical cookery," and its aim is to teach in 10 lessons, which as possible, the young women, working in groups of two, how to choose and buy and serve the ideal meal. One hour of each lesson is given over to lecture work by Mrs. Russell.

This lecture is not a cut and dried affair but taking the recipes of the last, explains the cost, methods of cleaning and buying, diseases and dietetic values and methods of cooking and serving. The last hour the recipes are worked out by the students with skill and technique as nearly approached by the teacher as may be.

How to Serve Dinner

The dinner is taken up by courses and logically the first lesson on March 6th was soups. The incoming class consisted on the following menu: Cream for fish chowder, vegetable chowder and cream of tomato soup. The prices were added after the class chowder was found in the city market. In the first class talk many points were brought out.

The main idea of the lessons was to teach business girls who were keeping time, to keep down costs by using home grown products, as much as possible; help them to learn to feed themselves on food that they can get out of themselves; to secure the most brain and body vigor at the least cost and yet not eliminate any of the palatable of pleasurable eating. There is a fad physical necessity that calls for having good enough to make your mouth water" as without the pleasurable satisfaction, the juices are retarded and digestion hampered.

Real Fish Chowder

Two pounds of fish (40 cents), four slips of onions, two onions (three for ten cents), two potatoes (one cent), one slice of lemon or fat pork (10 cents), a half pint of milk (seven cents), three tablespoons flour, salt and pepper to taste—and the cook is all set with 17 cents spent. Total cost 66 cents. All the recipes give 6 servings, four to six people.

In discussing the recipe it was noted that while Hawaiian fish prices are high as compared with fish prices elsewhere, they are made still higher here by the fact that several cases of the poisonous fish unclaimed, as is not the case, this elsewhere. It behooves the students to learn to clean her fish. Cleaning was demonstrated, and a number of points emphasized.

By holding the fish by the tail under tension under the knife, scales are forced the hand to remove the scales, the running water will carry away the scales instead of having them fly in all directions. Dip the flat of the knife in hot water occasionally to prevent the fish slipping from your hand. Slit from vent to mouth to vent and clean out the entrails. Slit down the belly the meaty side flesh from the bone by holding knife flat, the sharp edge of knife just slipping over the bone. If the fish is a coarse grained one the skin is removed in the same manner.

To remove strong fishy odor from vessels in which fish has been cooked, rub in the usual way, then fill with cold water add a very thin slice of lemon and bring to a boil. The custom of adding a slice of lemon to boiled fish (or potato) to whiten them was demonstrated. The fat of fish was diced and set aside. The remaining skeleton and skin, with one onion peeled and four cloves stuck in the give the chowder just "a whisper of flavor." Then add all the water to cook for thirty or forty minutes, then strained and added to the other ingredients which had been treated as follows:

The slice of bacon was trimmed and diced and cut out. (To "try out" is to place over a low fire as for fry but cool without browning) and in this the second onion, chopped fine, was first sealed, cooked slowly for a couple of minutes then the flour stirred in till well blended (warning being given to do all salt, this time but not the pepper till just before serving as in low cooking the fragrance of the pepper is lost and only the hot element remains), the strained fish stock was added, and carefully stirred to prevent lumps, the potatoes put in and last the slices of fish all allowed to cook slowly for another 20 minutes. When serving, if desired, chowder can be made thicker by pouring over crumbled crackers or adding a small amount of cornstarch.

Vegetable Chowder

Two carrots, two turnips, two onions, two potatoes (five cents), one tablespoon sugar, four tablespoons flour, three cups of water, salt and pepper and gas for cooking, (five cents) two tablespoons butter (nine cents) total cost, 26 cents.

Peel carrots and potato balls, using no edible portion is lost but peel turnip quickly as to disguise the wooly fiber that lies next the skin. Cut into julian strips, cut the thin strips of the vegetables, two inches wide with a quarter of an inch thick cut round and sliced and cut into thin strips till they look like toothpicks. Melt two tablespoons butter add onion first and cook without browning, then potatoes and carrots and last the turnip as it takes the longest to cook and cook on the other vegetables.

The idea of keeping the vegetables in the butter is to have all the oil absorbed, some floating on top of the dish is greasy and unpalatable but the whole a rich, creamy consistency. If fried the bacon is put in to season. Again as in fish chowder the salt (and pepper the second time) and the pepper till just before serving. The water was added and stirring to prevent lumps and burning, cooked 20 minutes and then added to the heated milk and cooked. This chowder was recommended for growing children as being vegetable soups are much needed in bone and nerve building. Note its price in comparison with the other recipes and the fact that it is well liked of the three soups. Hawaiian vegetables for some reason look and taste and it is found that green vegetables such as peas, string beans, carrots and beets are more used for the children of a small amount of sugar when cooking.

Cream of Tomato Soup

Six ripe tomatoes (15 cents), two onions (three cents), 2 tablespoons butter (nine cents), 4 tablespoons flour, one cup of water, salt and pepper and gas (five cents), three cups of milk (11 cents) total cost 43 cents.

Use island grown, fresh tomatoes if possible. Melt half of butter, add

Home Quotations

Wholesale Only. ISSUED BY THE THE MARKETING

SMALL CONSUMERS CANNO

Island Pickles, per doz.	.75
Eggs, select, doz.	.60
Eggs, ordinary, doz.	.50
Young Roosters, lb.	.60—65

VEGETABLES

Beans, string, green, lb.	.03
Beans, string, wax, lb.	.03
Beans, Lima, shelled, lb.	.05—.06
Beans, Maui, red, cwt.	6.00—6.50
Beans, Mexican, cwt.	7.00—7.50
Beans, small white, cwt.	8.00—8.50
Beans, large white, cwt.	5.50—6.00
Beans, Japanese, cwt.	6.00—6.50
Beets, doz. bunches	.50
Cabbage, per lb.	.02½
Cabbage, cwt.	2.75—3.00
Corn, Haw'n. sm. yel. ton	72.00—74.00
Corn, Haw'n. lge. yel. ton	74.00
Corn, Cooking, bush.	.75
Figs, 100	1.00
Grapes, Isabella, lb.	.15

FRUIT

Bananas, Cooking, bush.	.75

LIVES

Cattle and sheep are not bought at paid for on a dressed weight.

DRESSED

Beef lb.	15½—16½
Veal, lb.	16—18

HIDES, WE

Steer, No. 1, lb.	.12
Steer, No. 2, lb.	.11
Steer, hair slip	.09

F

Corn, lge. yel., ton	75.00
Corn, cracked, ton	76.00
Corn, Island, ton	57.50
Barley, ton	57.00
Wheat, ton	85.00