Home and Kitchen Suggestions

Department of Education and Inspiration for the Housewife

— EDITED BY —

HELEN HARRINGTON DOWNING, *Director Home Economics, Calumet Baking Powder Co., Chicago, Ill.*

COAXING BACK THE FAMILY APPETITE

How often a mother, wearied by long hours in the kitchen preparing appetizing foods for her family, has been almost reduced to tears to find that her family has lost its appetite. Day after day she may be obliged to discontinue some member of her family don't like it or finds that it doesn't agree with them. A more baffling problem, sometimes, is overcoming the indifference of a poor appetite. A poor appetite is a real danger to the health of an individual and in the inability to eat a variety of foods the person who picks and chooses from a well selected meal runs the risk of being only half-fed. At the same time he fails to whet his appetite for future meals. Too often in feeding an invalid or a person with fickle food habits, one is likely to fall into the error of trying to make a sick person well on foods that would make a well person sick. And yet, what can one do with a patient who declares that they can't stand milk—that oranges are too acid—that eggs cannot be tolerated at all.

Most of us know just what foods cause us indigestion and we are careful about when and how much of those certain things we eat. Mothers know, usually, how to prepare their babies' foods properly and what articles of food should not be given them. It is the finicky child or grown-up that the mother finds is difficult to please. Would that some of these hard-to-please people might change places with the one who buys, plans and prepares the foods. Perhaps they would be less critical.

Possibly I should add here that sometimes a stomach that does not long for food may still be a hungry one, but not vigorous enough to express itself or feel a strong desire for food. Such a one should eat small amounts of food between meals, preferably fruit—and should increase the appetite for the next meal. Bread and crackers may be added to the between-meal—and fresh air, exercise and a change of scenery and recreation should also add greatly to a real desire for food.

The wise cook does not serve the same dishes over and over to her family—no matter how well they like the dishes. She realizes that even the most pleasing foods soon become tiresome and prevents this by keeping the menu changed.

I talked, a short time ago, to a bride of three months and she said she had not served the same dessert twice since she had been married, and I thought that was quite a record, for we are told if we do not repeat a thing in three weeks, that we may start all over again and no one will object.

It is surprising how many people think there are only a half dozen ways to cook potatoes. This being one of the most common vegetables and a food in the class with bread—which we use at so many meals—it does seem we might find some more ingenious ways of serving potatoes.

Even in hot weather, when the appetite lags, potatoes help to make a light meal substantial enough to supply needed nourishment. They should not be cut from the list as often as they are, but served more temptingly.

The secret, then, of coaxing back the family appetite lies in variety, not only in the kinds of food served, but in the manner of cooking them.

HOUSEHOLD HINTS

When using dry cocoanut with cake frosting, try steaming the cocoanut first and you will be pleased with the result. Before putting the cocoanut over the steam, I place it in a clean white cloth or table napkin. In this way none of it is wasted.

In preparing cold slaw, an excellent substitute for vinegar is the juice from sweet pickle, and the addition of a cup of black walnuts gives an entirely new flavor and is delicious.

When cooking cereal which must remain in double boiler over night, turn one cup of cold water over it just before leaving. This will prevent any hard crust forming on top. In the morning the water may be turned off.

If one prefers sweet mixed pickles to the sour variety, but finds them more expensive, buy sour pickles in jars, pour off the vinegar, add a little sugar and a few pickle spices, bring to a boil and pour while hot over the pickles. After standing a few days the pickles are just as good as those purchased already sweetened.

CROSS-WORD PUZZLE MENU

Cross-Word Puzzle Cocktail
Creamed Chicken and Mushrooms in Ramequins
Puzzle Potato Croquettes
Cross-Word Green Peas
Cross-Word Salad
Cream Fruit Dressing
Puzzle Pudding
Coffee

RECIPES

Cross-Word Puzzle Cocktail

1 cup diced grapefruit pulp
1 cup diced orange pulp
¼ cup Maraschino cherries
Sugar. Lemon juice or grape juice.

Mix orange and grapefruit pulp. Sprinkle with sugar and a little lemon juice or grape juice. Place on ice until thoroughly chilled. Have glasses chilled so that the whole, when served, may be very cold. At the last moment fill the glasses with the fruit mixture, garnishing with candied or Maraaschino cherries.

Cross-Word Salad

Arrange thick, round slices of fresh or canned pineapple, peeled and cored, on lettuce leaves. Arrange thin strips of pimento on top of pineapple to represent a flower; fill center with riced cream of cottage cheese, sprinkle with paprika. Have everything ice cold, and over all pour cream fruit dressing.

Puzzle Pudding

2 tbsp. granulated gelatine
½ cup cold water
2 cups strong boiling coffee
1 cup sugar
½ tsp. vanilla
1 pint whipping cream

Soak gelatine in cold water 5 minutes, add coffee and sugar, and stir until gelatine is dissolved. Let cool and just as it begins to thicken fold in 1 cup of cream, stiffly beaten. Set aside several hours until firm. Serve cold with the rest of the cream, whipped stiff. Sprinkle with chopped nuts.

ROUND THE WORLD RECIPES—NORWEGIAN

The last journey we made for foreign recipes was in Russia. Will you come with me today for a moment to the "Land of the Midnight Sun," while we happen into any typical home there?

Immediately after receiving us, and inquiring about our health, our hostess excuses herself, after murmuring something about Eftermidags Kaffee—and Eftermiddags Kaffee, or Afternoon coffee, is an institution in Norway, just as afternoon tea is an institution in England. Whether callers come or not coffee is always served in the afternoon. It is always customary to drink coffee before going to bed.

And Eftermiddags Kaffee is a meal, too. We are invited into the diningroom. The heavily laden table makes us think that our hostess must have expected us, but we are told that the Norwegians are ready for company all the time.

Coffee is served at the table and we are offered loaf sugar and cream. We notice our hostess eats her sugar along with her coffee. This, we are told, is done in some sections of Norway.

We have waffles and very thin, crisp pancakes spread with preserves; a very delicious Julebrod spread with butter, and the best little hard cookies.

In social circles, servants are employed freely and Eftermiddings Kaffe is made an occasion rather more formal than any afternoon service in this country. Maids dressed in black uniforms, with white aprons and caps, serve everything. The China used is dainty and ornamental; the silver service is elaborate, and the coffee spoons much smaller than ours and are often fancy gold ones.

By this class of people the little hard cookies are purchased from "Conditori" or bakeries, which are as popular in Norway as ice cream parlors are here.

The coffee is made very black and bitter. Perhaps we won't like that quite so well as our American coffee, but we find they do not like the American style of making coffee. And perhaps we are thinking as we eat some of their fancy cakes and cookies, that we don't know how to make anything quite like them.

CAKE MAKING

All modern recipes call for level measurements. The rounding measure for dry ingredients is too uncertain to use with the uniform liquid measure. Use the same size cup and spoon in measuring all ingredients.

When using pure leaf lard for shortening use one-third less than of ordinary lard. When oleomargarine is used the result will be the same as with butter, if a little salt is added to the oleomargarine and a little less is used than is called for in butter.

Too much sugar makes the crust and crumb sticky.

Too much shortening makes greasy crust and crumb.

Too much egg makes crumb wet and soggy.

Dry, crumbly crust is caused by too much making powder.

Crust of good cake is light golden brown, one-eighth to one-fourth inch thick, and tender.

Proper mixing insures uniform texture.

Cakes differ in the

1—Method in which the ingredients are combined.

2—Oven temperature required for baking.

3—Length of time required in baking them.

Procedure

1—The best ingredients are essential.

2—Great care must be taken in measuring and mixing ingredients.

3—Pans must be properly prepared.

4—Oven heat must be regulated and cake watched during baking.

Oven Test for Cake

One of the requirements of a good cook is knowledge of her oven. It is through experience only that a person becomes adept in baking in that oven. It is difficult to give any set rules for testing an oven for baking, unless the ovens are of the same type and similarly lined.

Heat your oven at least fifteen minutes before testing it. Then use your own method of trying it for the right heat before putting in the food to be baked.

Use regulator and baking chart where possible.

NORWEGIAN RECIPES

Their Fattigmands Bakkels must have been named by someone with a dry sense of humor, as Fattigmands Baggels really means "Poor Man's Cookies," and these cookies are anything but a poor man's. The ingredients really are quite expensive.

Fattigmands Bakkels

12 egg yolks — 12 tbsp. sugar
6 egg whites — Flour
12 tbsp. cream — 1 tsp. cardamom
12 tbsp. melted butter.
Wine-glassful of fruit juice
(Peach or apricot — original recipe called for brandy.)

Beat the egg whites, then the egg yolks, then combine and add sugar. Then add butter, cream, cardamom, fruit juice, and flour enough to handle; add just enough flour so mixture will leave the hands—there is danger of toughening the mixture with too much flour. When thoroughly mixed, place in a cool place over night. Roll as thin as possible, without flour. Cut in diamond shapes and make a slit in the center with a cookie cutter. Then pull one corner through the slit. Fry in deep fat until a delicate brown color. Sprinkle with powdered sugar as soon as they have been fried.

Kjodkager (Meat Balls)

1½ pounds round steak
½ pound suet
¼ teaspoon pepper
1 teaspoon salt
Broth—or meat stock

Grind steak with suet through the meat-chopper. Mix it well with the salt and pepper. Add the stock and work it in well so that the mixture will be quite spongy. Saute in butter or fat.

Flodgrod (Cream Mush)

1 cup cream — ½ teaspoon salt
¾ cup flour (about)

Put cream in kettle. Bring to a boil and shake the flour on it from a coarse sieve. Stir with a wooden spoon. There will be butter given off which can be served with the mush, which also is to be served with sugar and cinnamon.

Berliner Krandse

4 hard-cooked egg yolks
4 raw egg yolks — 1 cup sugar
1 cup butter — Flour

Press the hard-cooked egg yolks through a sieve so that they are finely powdered. Add the raw egg yolks, and mix until smooth. Cream the butter and add the sugar. Add the egg mixture and beat thoroughly, then enough flour to make a dough that can be handled. Roll in strips and shape in bows. Dip in beaten egg white and roll in sugar. Bake in a moderately hot oven (350 degrees F.) until delicately browned.

Hints About Dishes That Are Toothsome and Wholesome

Hints From a Housewife's Kitchen Dairy Give Suggestions to the Good Cooks of the Salem District

TURKISH-AMERICAN PILAF

This near-Turkish national dish proves that one need not go to the Near East to enjoy its savory cooking.

Select a pound and a half of shoulder of lamb or veal and have it cut in convenient pieces for serving. Place the meat in an enameled ware stewing kettle, cover it with three cupfuls of boiling water, and add one and a half teaspoonfuls of salt and a teaspoonful of chili powder. Bring to a boil, skim, and simmer for one hour. Pour the broth into an enameled ware double boiler and slowly add half a cupful of uncooked rice. Then add half a cupful of cleaned dried currants, which will not affect or be affected by the surface of the enameled ware utensil, which is impervious to the action of fruit acids. Cook until the rice and currants are tender.

Meanwhile, melt four tablespoonfuls of drippings or other fat in a pan, lay in the cooked meat and brown slowly. Pile the meat in the center of a hot platter and surround with rice. Curry or saffron may be used in place of the chili powder, if preferred, or as a variation.

TRY THIS BUTTERSCOTCH LAYER PIE

This pie differs from the ordinary kind, in that it is made up like cake.

Caramelize one quarter of a cup of granulated sugar in an enameled ware saucepan, over a slow fire. Watch carefully and stir so that it does not "catch." Cream together one quarter cupful butter and one-third cupful of flour Add one cupful brown sugar, three egg yolks, well beaten, and one-half teaspoonful salt. Add two cupfuls hot milk and the caramelized sugar. Place in an enameled ware double boiler which will insure the delicate color and flavor of this creamy filling. Stir constantly until thickened.

Cut three rounds about a quarter of an inch thick of a flaky pastry to fit the bottom of the pie plate and prick well with a fork. Bake in a hot oven until delicately browned.

When the pastry and filling are cool put the pie together like a layer cake with filling on top also. Cover with a meringue made of the three egg whites beaten with six tablespoonfuls of powdered sugar. Brown slightly in a moderate oven.

DELICIOUS CABBAGE ROLLS

Vegetables are being used in very appetizing ways nowadays, and cabbage, too, has such possibilities. And as cold cooked meat is employed the housewife will find a very adaptable dish for utilizing the leftovers of a roast.

Chop one cupful cold meat, one medium sized onion, one green pepper, and add two cupfuls of mashed potatoes. Season with sage and celery salt and shape the mixture into small rolls. Roll each of these in a cabbage leaf (wilted by placing in boiling water for five mintes) and place them in an enameled ware baking dish. Add sufficient boiling water to stock to cover them about half. Bake for forty-five minutes, or until the cabbage leaves are tender.

These cabbage rolls should be handled carefully and gently while serving so that their appearance is not marred.

The enameled ware baking dish is especially suitable because it is so china like and dainty in appearance that it can be brought to the table and used as a serving dish.

"YE OLDE ENGLISH" PORK PIE

Meat pies owe their distinction to a rich stock or gravy combined with fruit. Although they are all of English origin they are becoming popular in American homes and are always well received during these brisk days.

Remove the bone from two pounds of a loin pork (from the neck end.) Then cut the meat into thin slices and dust them with salt pepper and nutmeg. Line a deep enameled ware baking dish with plain pastry and fill with alternate layers of meat and tart sliced apples, which cannot impair the vitreous surface of the enameled ware. Sprinkle the apples lightly with sugar, and use meat for the top layer. Pour over all, three quarters of a cupful of rich brown stock or boiling water and a tablespoonful of melted butter. Cover with a top crust in which vents have been made and brush over with the beaten yolk of an egg, so that the top will be shiny and nicely browned. Bake in a moderate oven for an hour and a half.

Potatoes can be added, if desired.

Money Is Pledged for Newberg Paper Plant

NEWBERG, Ore., March 6.—For months there have been rumors of the establishment of a million dollar paper mill at Newberg. New impetus was given the proposition at the Commercial club luncheon when a resolution was adopted pledging the club to raise at least $75,000 in this community toward financing the project.

Charles K. Spaulding, president of the Spaulding Logging company interests, is at the head of this movement.

GENERAL MARKETS

PORTLAND, March 6.— Hay: Buying prices: Valley timothy $20@22; do eastern Oregon $22@24; alfalfa $19@19.50; clover $16; oat hay nominal; cheat $16@16.50; oat and vetch $18.50@19; straw $8.50 per ton. Selling prices $2 a ton more.

PORTLAND, March 6.—Grain futures: Wheat— hard white, BS, Baart, March, $1.90. Soft white, March, $1.75; April $1.80. Western white, March, $1.75; April, $1.80. Hard winter, March, $1.75; April, $1.78. Western red, March, $1.73; April, $1.78. BBB hard white, April, $2.05.

Oats—No. 2, 36-pound white feed, March, $40.50; April $41. Do 38-pound gray, March $39.50; April, $40.

Corn— No. 3, EY shipment, March $47.50; April, $47.50.

Millrun—Standard, April $34.

PORTLAND, March 6.—Dairy produce exchange: Butter, extras 45c; standards 44½; prime firsts 41c; firsts 39c.

Eggs—extras 34c; firsts 32; pullets 30c; current receipts 29c.

"Dazzy" Vance, Brooklyn's Strike-Out Artist "Pitching In" in Kitchen of His Nebraska Home

Vance, a Nebraska boy, who was chosen last season as the most valuable player in the National League, is not as graceful at housework as on the pitching mound, but he works just as hard. He is shown above helping Mrs. Vance dispose of the dinner dishes in their home at Omaha where he is spending the winter. Their little daughter, Edna, is waiting for her daddy to tell her the bedtime story.