

STATESMAN SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

BOX LUNCHES FOR MEN

Most men who carry lunch boxes need a substantial as well as an appetite appealing combination of foods for their noon-day meal. The women who have to put up a lunch every day often find it difficult to plan these menus which are sufficiently hearty to supply the necessary energy and varied enough to keep up the interest.

There are many sizes and styles of boxes on the market and, of course, they should be purchased with the idea of holding enough food for a substantial lunch. A wide-mouthed vacuum bottle, a spoon and fork are added conveniences, and plenty of half-pint glass jars and wax paper should be available.

Meat sandwiches, cooked frankfurters with mustard, plenty of vegetables, raw or cooked, a dessert of cake, individual pies, fruit, and a bottle of coffee, hot chocolate, tea or milk will satisfy most appetites.

Cooked vegetables may be packed into wide-mouthed glass jars—the half-pint size preferably—and don't forget to pack in a spoon. The same kind of glass jar can be used for salads, such as potato, or any other vegetable, fish or fruit salads and this will take away the unpleasant dryness of a plain sandwich lunch. Potato chips, whole fresh tomatoes, sliced cucumbers, pickled beets, all lend variety to the lunch box menu. Fruit, berries, preserved or fresh—packed into a glass jar are always popular as a dessert—with a nice piece of home made cake carefully wrapped in wax paper to keep it fresh.

Pies are favorites with men and these are most satisfactory if baked in individual pie tins. This eliminates the danger of the fruit juices running into other foods.

Fill in the corners of the box or package by tucking in a few salted nuts, raisins, dates or figs and perhaps a little candy occasionally. The men will enjoy the little surprises.

Generous slices of meat loaf between slices of graham, rye, whole wheat or bran bread. Garnish with lettuce and moisten with chili sauce or mayonnaise.

Cold roasts of all kinds. Place slices of meat on buttered bread—then spread chili sauce, mustard, or any desired relish on the meat and cover with leaf lettuce and second slice of bread.

Dutch cheese and bacon sandwich: Between thin slices of buttered graham or brown bread, put Dutch cheese that has had a little diced cooked bacon added to it and moisten with salad dressing. Sweet pickles or olives go well with this kind of sandwich.

Chopped Ham and Egg Sandwich: This is a combination of chopped ham and scrambled eggs to which a bit of minced onion may be added.

Ham and Pickle Sandwich.—Mix chopped cooked ham with creamed butter and liquid from mustard pickle. Spread on buttered bread. Cover one slice with thin slices of pickle, a lettuce leaf and the second slice of bread.

Celery and Peanut Butter Sandwich.—Spread bread with equal parts of butter and peanut butter creamed together, sprinkle half the slices with finely chopped celery and cover with remaining bread.

QUESTIONS AND ANSWERS

Question 1.—Why does my angel cake curl up or roll at the sides, and why is its texture coarse?

Answer 1.—Angel cake curls up at the sides, that is, the outside edges, when too great heat is applied at first, so that the outside rise too fast for the inside part, and then, finding themselves without support, they fall or curl over. Angel cake is coarse textured, sometimes, from too high temperature in baking, but more frequently from the kind of beater used to whip the whites. A Dover beater, making as it does, a close, fine grain, is better than some of the other beaters, which make a

loose, light fluffy grain that swells up the whites to a much greater volume.

Question 2.—What is stuffed celery, and when is it served?

Answer 2.—Choose the hollowed stalks of celery, and fill these hollows with any kind of smooth, savory, paste-like mixture, such as caviar, or a highly seasoned cottage cheese, or sharp cheese, grated and made into a paste with cream, or highly spiced hard-cooked egg yolks, or even a rich and savory forcemeat—anything that can be pressed into the hollow of the stalks and will stay put. Then smooth the surface, level with a knife, or make it slightly rounded, as you prefer. Cut the stalks into two-inch lengths or shorter, and serve as a hors d'oeuvre, or place with the individual serving of sandwiches, cold meat, etc.

A MAY SUNDAY DINNER

Pineapple-Strawberry Cocktail
Roast Lamb, Mint Sauce
Currant Jelly
Turnips Peas Mashed Potatoes
White Salad
Ice Cream Marshmallow Cake
Coffee

COCKTAIL

Four slices of canned pineapple, one pint of strawberries, diced; three tablespoons powdered sugar, and four tablespoons of juice from the pineapples. Mix and keep cold till serving time.

ROAST LEG OF LAMB

Have the bone removed from

a small leg of lamb, and the fat taken off without breaking the skin if possible. Stuff cavity with a dressing made of one pint of moistened toast crumbs, squeezed dry, one egg, beaten, one tablespoon melted butter, salt and pepper and small onion, minced. Sew up the leg, tie in a neat shape, and roast, allowing 20 minutes to a pound. Season the meat with salt and pepper, after it has been partly cooked. When tender, skim off the fat from the gravy and add water, thickening with flour and milk. Garnish meat using small turnips, boiling until tender, pour off excess water, season and add white sauce of melted butte.

WHITE SALAD

Allow seven large, white cherries (canned) for each person to be served. In the cavities made by removing the pit put a blanched filbert. Serve on heart of lettuce leaves with a dressing made of mayonnaise and whipped cream.

MARSHMALLOW CAKE

Make a layer cake of any plain white cake. Between the layers place marshmallows, which have been slightly heated to soften. Cover with an icing made of one cup of powdered sugar, into which butter the size of a walnut has been rubbed, and enough thick cream added to make it the right consistency. Flavor with vanilla.

Marian Jane Parker, Home Economics Department, Calumet Baking Powder company, Chicago, Ill.

A STUMBLING BLOCK

Pastry is one of the simplest of mixtures, consisting essentially of but three ingredients—flour, shortening, and water. But pastry making, paradoxical as it may sound, is an undertaking that strikes terror to the heart of many a cook. It is one of the instances in which skill and judgment are quite as important as the recipe.

Of course the proportion of ingredients must be right in the first place. It is impossible to make tender pastry with too little shortening and yet it is possible to use so much that the result is unsatisfactory. A third of a cup of shortening to each cup of flour will make a rich pastry. A quarter of a cup will be satisfactory if the paste is deftly handled.

Any one of the many cooking fats and oils may be used successfully for pastry making. When you use butter or margarine remember that these contain a lower percentage of fat than the others and add two extra tablespoons to every cup used.

The most critical step in pastry making is the addition of the water. Just enough should be used to hold the paste together and make it of a consistency to roll out easily. No matter how generous you have been with the shortening, the pastry will be hard if it contains too much moisture. A crust in which too little water has been used will crumble. If you use one of the fats which are very hard and almost crumbly when

cold, let it stand at room temperature a few minutes before mixing it with the flour. A very hard shortening makes a very dry mixture and too much water is likely to be used in working it into a paste. The more lightly pastry is handled the more successful it will be. Use the hands, if you like, to gather it together and pat it out on the board, but remember that too vigorous treatment is fatal. And the less rolling the better.

Pastry is best baked in a hot oven—425 degrees is right for an unfilled shell. But when you want to bake in the shell a filling which calls for a low temperature, a custard for example, a problem is presented. The best solution is to put the pie into a hot oven. The pastry will begin to bake before the filling has become heated through. Then a lowered temperature will cook the filling properly and at the same time be adequate to finish the crust.

FOR ELECTRIC GRILL

Chilly Cheese
1 cup cream cheese
1 tablespoon cooking-fat
1 cup tomato sauce
1 pint tomato or green pepper
1 tablespoon chopped onion
1 egg

Place the cooking-fat in the grill pan, add first the minced onion and pimiento and cook three or four minutes, stirring constantly; then the tomato sauce seasoned well. Add the cheese cut into small pieces, and stir until the cheese is melted and blended with other ingredients; then stir in the beaten egg. Serve on toast.

Shrimp Savory

1 cup canned shrimps
2 hard-boiled eggs
¼ cup tomato sauce
1 cup cooked rice
1 cup rich cream
1 tbsp. minced olives

Combine the shrimps, rice and cream, place in the pan and heat; then add salt, paprika and the minced olives. Turn into a hot dish and garnish with olives, parsley and the eggs.

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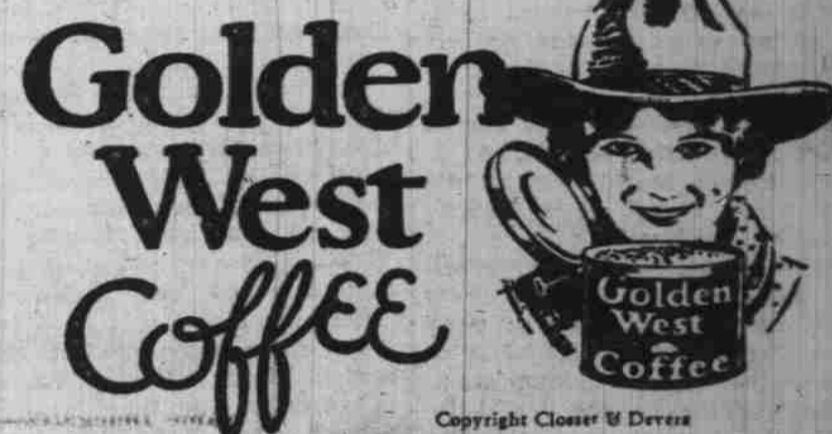
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