

# The Statesman's FOOD SECTION



This is a simple enough dish, but a good looking one which will attract the one who's to eat luncheon. Marbling two soups isn't entirely new to many, but is always a good way to add an interesting touch to an otherwise very simple meal. Here's the recipe:

**MARBLLED SOUP**  
1 can condensed tomato soup  
1 can condensed mushroom soup  
1 1/2 cups milk or water  
Crisp crackers

When diluting soups use only 3/4 cup of milk to each can of soup and heat separately. When piping hot, pour both kinds of soup into the serving dishes at the same time, serve with crisp salted crackers. Serves 4.

Building a sandwich is an art (or shall we call it skill?) that even the men and boys in the family should be taught to enjoy. Here's something intricate looking but one which has worth as far as food value is concerned. The men of the family should go for:

**BARBER POLE SANDWICHES**  
Unsalted bread  
1 5-oz. glass Roka cheese spread  
1/4 cup chopped pecans

1/4 cup chopped ripe olives  
Green pepper rings  
Butter or margarine  
Dash of Worcestershire sauce  
Cut three thin slices of bread lengthwise of the loaf. Cut each of these slices in half crosswise. For each sandwich, cover one of these slices of bread generously with the cheese spread blended with the pecans, Worcestershire sauce, and ripe olives. Roll up like a jelly roll. Slash a green pepper ring to

form a long strip. Wind this strip around the rolled sandwich. Brush the sandwich with melted butter or margarine and brown lightly under the broiler.  
Blue cheese spread is only one of the many delightfully flavored cheese spreads you'll find in pretty five-ounce glasses. Buy several and keep them on your shelves for good summer sandwiches. Use the empty glasses for your breakfast juice, for refrigerator storage, for homemade jellies and jams.

## Fish Fillets in Refrigerator for Popular Entrees

Those frozen fillets you have in the freezer for times when you're hard put for a menu for dinner, will become mighty good eating when served in one of a number of ways.

Here are two recipes using frozen fish fillets which came from housewives from coast to coast — Brooklyn and San Diego.

**QUICK FILLET PIE**  
Wipe fillets with damp paper towelling. Cover bottom of greased shallow baking dish with a thin layer of bread crumbs. Lay fillets over this. Cover with canned tomatoes, or condensed tomato soup. Bake at 425° (hot oven) 10 minutes. Do not overbake.

**JOE'S BOILED FISH**  
(Italian Style)  
2 pounds white fish fillets  
1 tablespoon chopped parsley  
1 clove garlic, sliced  
1 large onion, sliced thin  
1 bay leaf, crumbled  
1 tablespoon vinegar  
1/4 teaspoon oregano  
1/2 teaspoon salt  
Freshly ground black pepper to taste  
Bring 1 quart water to boil, reduce heat, add fish, and simmer 3 minutes. Pour off water, and add just enough to cover. Simmer 12 minutes longer. Remove fish from water with large spoon and keep warm. Add remaining ingredients to fish broth, and cook 10 minutes more over moderate heat. Pour this sauce over fish and serve at once. Makes 4 or 6 servings.

## GIRLS ARE EATERS

Girls are more willing to eat a variety of foods than boys, according to a recent survey by nutritionists of the University of Nebraska.

## Needlecraft



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by Laura Wheeler  
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## New Cook Joke is Off

The old joke about the bride who couldn't get a meal without a can opener has lost most of its humor since ready-prepared foods in cans and other containers have come to be staple items of diet in most modern homes, and openers accordingly have become essential kitchen tools.  
Because these tools are used daily or oftener in most kitchens today, household equipment specialists of the U. S. department of agriculture believe housewives need to give more attention to efficiency, safety, and economy in choosing among the many types on the market. In kitchens where knives or other unsuitable tools still are used to cut cans, pry off lids or lift bottle tops, the toll in time lost, needless effort, accidents and damage is considerable.  
For Convenience  
For economy and convenience, the specialists recommend buying openers that can be used for more than one type container. For example, choose an opener that works for rectangular as well as round cans. An opener for screw tops should be adjustable so that it can be used on all sizes — from wide-mouth fruit jars to the very small tops of extract bottles. (This saves the man of the house from being called in to work off a top with pliers or wrench.)  
Before buying a can opener, make sure it will pierce the metal

## Women's Talk Usually Turns To Economies

Listen to homemakers talking across the bridge table or over the telephone, and nine times out of ten, the conversation is about the high cost of living. It's not an easy job to feed a hungry family these days. Every trick of the trade is needed, and that includes taking tips from your neighbors when they find good, inexpensive recipes. And sharing your recipes, too. Here's a good way to stretch a breast of veal as worked out by the world-famous Ritz chef, Louis Diat, author of three French cook books. Stuff it with bread crumbs and spinach. Economical yet so la Ritz.

**BREAST OF VEAL A LA RITZ**  
4 to 5 pounds breast of veal  
2 pounds spinach  
3 tablespoons butter  
1 onion, chopped  
Soft bread crumbs  
Small bunch of carrots, chopped fine  
1 onion, chopped fine  
1 tablespoon butter

Have butcher cut a pocket in veal, cut off stem ends of spinach and wash spinach thoroughly three times in warm water, lifting spinach out of the water so that the sand sinks to the bottom. Place the spinach in a kettle. The water clinging to the leaves is all the water that is needed. Place over low heat, cover and let simmer until just tender, about 6 minutes. Drain spinach if necessary, and chop coarsely. Add the 3 tablespoons butter and onion and season with salt and pepper. Measure the spinach and mix with an equal amount of soft bread crumbs. Stuff the pocket in the veal with the bread crumb-spinach mixture and sew the edges of the pocket together. Cover the bottom of a baking dish or casserole with the carrots, finely chopped onion, and butter. Place the stuffed breast on the vegetables and cook in a medium oven, basting often, until well browned. Add a little water to the casserole, cover and cook at 375° (moderate oven) until the meat is tender, about 2 hours. Remove meat from casserole and strain the gravy. In serving, slice through the meat and stuffing.

New methods have been developed that are expected to permit the canning of whole fresh milk.

## TIMESAVER

For sanitary packing of frozen foods, all packaging materials must be kept protected from dust and insects, home freezing specialists remind homemakers.

Bags or rolls of wrapping materials that may become brittle, such as cellophane and ployfilm, keep best in a place that is cool and not too dry. Fortunately, if these materials do dry out, they may be restored by placing them in a household refrigerator for 48 hours before using or between two damp towels for several hours.

Most housewives know that jars for canning must be clean and in perfect condition before food goes in. Freezing preservation is newer so not every housewife realizes yet that freezer containers also must be kept clean and in top condition for frozen food at its best.

## Clean Condenser For Summertime

A small but important cleaning job to do before hot weather arrives is dusting the condenser of the mechanical refrigerator or household equipment specialists of the U. S. department of agriculture remind homemakers. The condenser is a series of coils and metal fins which releases into the outside air the heat taken from the food compartment. In electric refrigerators it is located either in the motor compartment or at the back of the refrigerator. Keeping it clean helps keep the refrigerator in good condition and prevents overworking the motor, especially in hot weather.  
Condensers in some refrigerators need cleaning every month, in others no oftener than every half year. Use a stiff brush or the dusting tool of the vacuum cleaner, or blow off dust by directing the blowing end of the vacuum cleaner at it. Always disconnect an electric refrigerator before cleaning the condenser.

## On Etiquette

By Roberta Leo  
Q. It is always a problem to get all the guests who are invited to a wedding and reception to reply. Why shouldn't it be all right to enclose reply cards with the invitation?  
A. Although it is not yet generally done, reply cards are in many cases included with wedding invitations—and this is perfectly all right.  
Q. When a woman is introducing her husband to a woman acquaintance, should she say, "This is my husband," or, "This is Walter"?  
A. When a mere acquaintance, she should say, "This is my husband." If it is an intimate friend, she may say, "This is Walter."



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## More for Your Money

### Juvenile Furniture Items Reflect Adult Trends, Needs in New Styling

By Sue Gardner  
There are two trends seen in juvenile furniture items on the market. One is a reflection in styling of adult furniture fashions and the other is a filling of needs for juvenile items in family life.  
A good example of the reflection of adult trends is seen in a new captain's table and chair set for youngsters. The adult skipper set version has become popular for game rooms or homes where a round table and arm chair with a nautical touch is desired. You can even add a youthful version of the lazy susan for a children's party.  
Dual purpose items for practical uses in the home are seen in many new items. One is a folding baby swing whose seat can be taken out and used as a car seat for the child. The swing has detachable legs so the whole frame can be folded up and taken to picnic grounds in the car.  
Another new item that fits the needs of a child in a small apartment or home is a table height chair with a plastic cover and a polished aluminum tubing frame.

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## Three Dishes For Company Take Chicken

Three dishes that use cooked chicken meat are practical for luncheon dishes or for that covered dish meal that's in the offing:

**CHICKEN SOUFFLE**  
1/4 cup butter or other fat  
1/2 cup flour  
1 pint milk  
1 cup chicken broth  
1/2 cup bread crumbs  
3 cups ground cooked chicken  
2 tablespoons chopped parsley  
Salt  
4 eggs

Make a thick sauce with the fat, flour, milk and broth. The bread crumbs are the soft fluffy kind pulled apart with the fingers. Add the crumbs, chicken, parsley, salt according to taste, and the beaten yolks of the eggs. Fold in the egg whites, beaten stiff. Place the mixture in a greased baking dish or in individual baking dishes or custard cups. Set in a pan of warm water and bake in a very moderate oven (325°) until the souffle mixture is firm. The time required will probably be from 1 1/4 to 1 1/2 hours.  
When the loaf is done, turn it out on a hot platter. Serve hot or cold.

**CHICKEN TIMBALES**  
3 tbsps. butter or other fat  
3 tablespoons flour  
1 1/2 cups broth, milk or thin gravy  
3 eggs  
Salt and pepper to taste  
3 cups ground cooked chicken  
1 tablespoon chopped parsley

Make a sauce of the fat, flour, and liquid. Add the well-beaten eggs, seasoning and chicken, and mix thoroughly. Pour into greased timbale molds or custard cups. Place the cups in a pan of water. Bake in a moderate oven (350°) about one-half hour, or until set in the center. Turn the timbales out and serve hot with thin cream gravy or mushroom sauce.

**CHICKEN LOAF**  
4 1/2 tbsps. butter or other fat  
1/2 cup flour  
1 cup chicken broth  
1/2 cup milk  
1 tablespoon chopped onion

A boned and rolled roast requires longer cooking time than a similar roast with bone in. Allow approximately 10 minutes per pound additional cooking time for a rolled roast.

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