

### Proof of the Pudding

This column is for the benefit of Capital Journal readers. Contributions or recipes will be gladly accepted and any queries as to recipes, party plans or menus should be addressed to Rovena Eyre Food Page Editor, Capital Journal

Dear Miss Eyre: Will you please tell me how to make Crab Apple butter. I enjoy your food page immensely. Mrs. Carrie T. Mill City.

Answer: Crab Apple Butter: Wash and cut apples into quarters, without paring or coring. Place them in a preserving kettle with just enough water to cover and cook slowly until tender. Press through a colander or sieve. Measure the strained pulp. Add 1/2 as much sugar as pulp to the juice in which the apples were cooked. Bring to boil, add pulp and cook until mixture is thick and smooth, stirring to prevent burning. Spices may be added, if desired. Pack into clean, hot jars and seal immediately.

Food Page Editor: Will you please print a rule for making chicken roll with a mushroom sauce. I want something that is appropriate for a luncheon. Thank you. Mrs. J. H. D. Salem.

Answer: Chicken Roll with Sauce: Prepare a rich baking powder biscuit dough, using two tablespoons more of shortening than for regular biscuits. Mix together one and one-half cups cold, cooked chicken minced very fine, one-half teaspoon scraped onion, one-third cup finely minced stuffed Spanish olives and add a seasoning of salt and paprika. Roll dough to one-third of an inch in thickness and spread with the meat mixture. Roll up and bake in a hot oven for fifteen to twenty minutes.

Serve with a quick mushroom sauce made by melting two tablespoons of butter in a saute pan, blending with it three tablespoons of flour and adding a one-pound can of cream of mushroom sauce. Cook and stir constantly until thickened. (Minced veal or pork may be substituted for chicken in this recipe.)

Miss Eyre: I have been looking

### Beer Sauce Provides Flavor

Pillet of flounder with beer sauce makes zesty summer food. Put the prepared flounder in a kettle with water to cover. Add five ounces of chopped shallots braised in butter, one ounce of gingersnap crumbs, a stalk of chopped celery and a little parsley. When the fish is done place it on a platter, boil down the pot liquid to nearly half its original quantity, strain, put back on the fire and add five ounces of butter, whisking it in. When the sauce is smooth add a few tablespoons of beer, enough to flavor. If a thicker sauce is wanted, mix a little flour in cold water, stir this in and simmer for several minutes. Flounder is prepared this way by Chef Bertrand Lavigne in the kitchen of Billy the Oysterman.

The first motor tour to the Arctic ocean will leave London on June 30 for Petamo, Finland, and will include a run of hundreds of miles in the land of the midnight sun.

for a recipe for Honey Cookies but have never found one I liked. Could you print a rule in Thursday's food page? Thank you. M. C. Woodburn.

Answer: Honey Cookies: 1/2 cup fat, 1/2 cup sugar, 2-3 cup flour, 1/2 teaspoon cinnamon, 1/2 teaspoon ginger, 1/2 teaspoon salt, 2-3 cup nuts, broken, 2 eggs, beaten, 3 1/2 cups flour, 1 teaspoon soda, 1/2 cup preserved orange peel.

Cream fat and sugar. Add rest of ingredients, mixing lightly. Chill dough and break off bits. Flatten down three inches apart on greased baking sheets. Bake ten minutes in moderate oven.

Miss Eyre: I have never known how to prepare Shirred Eggs. Would you please print the proper instructions. Thank you for past favors. Mrs. K. H. Silverton.

Answer: Shirred Eggs: 3 tablespoons butter, 3 tablespoons flour, 1 1/2 cups milk, 1/4 pound grated cheese, salt, pepper, 4 eggs, buttered crumbs.

Make a cream sauce with the butter, flour, and milk. When thickened and smooth, add the cheese and stir until cheese is melted. Season to taste. Put a generous amount of the sauce into each individual ramekin, drop an egg into the center, sprinkle with buttered crumbs and bake in a very moderate oven. 325 degrees, until the egg white is set. Serve immediately.

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### Noodle Goulash Good for Supper

One package medium noodles, 2 tablespoons butter, 1 medium sized onion, 1/2 pound mushrooms, 1 pound round steak ground, 1 teaspoon Worcestershire sauce, 2 teaspoons salt, 1/2 teaspoon pepper, 4 tomatoes, 2 sweet green peppers, 4 tablespoons diced cheese, milk.

Cook noodles in boiling salted water for 15 minutes. Drain. Melt butter, add mushrooms and onion cut in thin slices. Add meat and mix well. Cook a few minutes and add tomatoes peeled and cut in dice, peppers seeded and cut in shreds, salt, pepper and Worcestershire sauce. Cook 15 minutes and turn into a baking dish. Add milk to half cover, cover with diced cheese and bake 30 minutes in moderate oven (350° F.).

### GREY FOR JUVENILES

Among the smartest colors for juvenile wear this fall will be grey highlighted with bright contrasting touches. One well known designer of styles for the below-teen-age set is featuring school frocks of grey linen buttoned straight down the back with princess silhouette and gay wool embroidery on pockets and collars.

Some fine morning fortune is going to smile on you, when first you meet

a cup of Schilling Coffee. May that fortunate morning come tomorrow.

### Schilling Coffee

One kind for Percolator Another one for Drip

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### Fruit Salad As Main Dish

1 cup dried cantaloupe, 2-3 cup diced pineapple, 1/2 cup diced peaches, 1/2 cup diced berries, 1 tablespoon lemon juice, 1/2 teaspoon salt, 1/2 teaspoon paprika.

### Cherry Butter

2 cups seeded red cherries, 7 cups sugar, 1 tablespoon lemon juice. Mix ingredients and let stand 15 minutes to draw the juice. Boil gently 25 minutes or until mixture thickens. Pour into sterilized jars and seal when cool.

### APPLE PIE

3 cups sliced apples, 1 cup sugar, 1 teaspoon cinnamon, 1/2 teaspoon cloves, 2 tablespoons flour, 3 tablespoons butter, 1 tablespoon lemon juice.

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