

Fish-Rice Chowder

Make this "meal in a kettle" often, but especially when minutes are short and the family is demanding something to eat in a hurry. With inexpensive rice, a marvelously delicious and really quick meal is easy-to-fix as boiling water. And that is just about all that is necessary in this "fast" rice and fish chowder. The ingredients need absolutely no special attention before they are cooked and a dish to make a "family feast" is ready while the table is being set.

MEAL IN A KETTLE
Ingredients:
1 cup uncooked rice

1 8-ounce can tomato sauce
1 1/2 cups uncooked mixed vegetables
1 pound frozen fish fillets, cut in pieces (do not thaw)
3 teaspoons salt
3/4 teaspoon pepper (or more if desired)
3 cups water

Method:
In a large saucepan or soup kettle, mix the rice, tomato sauce, mixed vegetables, frozen fish fillets, salt, pepper and water. Bring to a vigorous boil. Turn the heat as low as possible. Cover with a lid and leave over this low heat for 20 minutes. If a thinner chowder is desired, add additional water. This recipe makes 10 servings.

Nourishing Peanut Butter Popular With Children

The age of the children in a family can make a considerable difference in the grocery bills, food economists of the U. S. Department of Agriculture remind parents. Food needs increase as children grow and develop, reaching a peak in the teen years. Family foods costs rise accordingly if children are to have an adequate diet.

An Orange Steamed Pudding

Whatever the season, steamed puddings are liked now and then. Here is one featuring orange.

Steamed Orange Pudding
1 1/2 cups sifted cake flour
1 1/4 teaspoons baking powder
3/4 teaspoon salt
3 eggs, separated
1 cup sugar
3/4 cup water
2 teaspoons grated orange rind
2 tablespoons orange juice

Sift together flour, baking powder and salt. Beat egg yolks until light in color and gradually add sugar and water, beating constantly. Add orange rind and juice. Add flour to egg mixture and stir until smooth. Beat egg whites until stiff and gently fold them into the flour mixture. Turn into a greased 8-inch tube pan. Cover with waxed paper and make a hole in paper over the tube. Place pan on a trivet in a steamer over 1 inch boiling water. Cover steamer or kettle closely. Use high heat at first, then as the steam begins to escape use low heat for rest of cooking. Steam 1 hour. Turn out on cake plate and serve hot with Strawberry Hard Sauce.

Strawberry Hard Sauce
1/2 cup margarine
1/2 cup confectioners sugar
Few drops vanilla, brandy or other flavoring
1/2 cup sliced strawberries

Cream shortening until very soft. Gradually add sugar and flavor with vanilla or other flavoring. Fold in strawberries and chill before serving.

Use Canned Foods
Here's an easy salad to make with canned foods. Canned shrimp, crab and ripe olives. Cut the olives from pit into large pieces and combine with the shrimp and crab. Add some sliced celery and toss lightly with mayonnaise, accented with generous squirt or two of fresh lemon juice. Incidentally, this is good hot or cold.

Leftover Casserole
Here's a delicious leftover turkey casserole that can be put together in no time. Combine diced turkey with equal amount of sliced celery and some halved roasted almonds. Bind together with mayonnaise and season with salt and lemon juice. Put in a shallow baker, sprinkle with grated cheese and crushed potato chips. Bake in very hot oven about 15 minutes.

Teen-age boys need somewhat more food than girls of the same age because of their larger size and because they generally are more active physically. But mothers often find that arranging an adequate diet for a teen-age daughter may cost as much as that for a son because girls often are more "finicky" about their food so may need to have appetites encouraged by especially attractive and flavorful dishes.

Most teen-age boys eat more than their fathers, need more food than their fathers. So just stop muttering, Dad, when they come back for more and bigger helpings.

Teen-age girls need plenty of iron-rich foods; leafy green vegetables, eggs, meat, poultry or fish with liver or other organ meats at least once a week. Mothers will do well to note this, especially.

Favorites With Children
Any Boy Scout leader will tell you that peanut butter is one of the favorite foods of growing boys. Girls like it, too. Rich in protein and vitamin B, peanut butter is one of the most helpful of foods; should be kept on hand; used in ways like this:

Peanut butter and chill sauce in equal parts.
Peanut butter and jelly or jam in equal parts.
Peanut butter and raw carrot with mayonnaise, using 1/2 cup peanut butter to 1 cup grated raw carrot and 2 tablespoons mayonnaise.

Peanut butter, baked beans, pickle and salt and pepper with just enough milk to moisten.
Peanut butter and pickle relish using 3/4 cup peanut butter to 1/2 cup relish.

Peanut butter and minced green pepper and mayonnaise.
Peanut butter and marmalade on banana or nut bread is wonderful eating, too.

Souffle Salad For May Day Colorful One

This "May Day Souffle Salad" is as pretty and bright as the buttercups in your May Day basket! It's one of those delightful new souffle salads made the fast-frost method. You can even forget the dressing for it's molded right in with the golden canned cling peach slices, orange and banana. We suggest serving it with a platter of cold meats and cheeses for an attractively simple, wonderfully refreshing summer buffet.

May Day Souffle Salad
1 package lemon-flavored gelatin
1 cup hot water
1/2 cup cold water
2 tablespoons lemon juice
1/2 teaspoon salt
1/4 cup mayonnaise
1 orange
1 banana
1 cup canned cling peach slices

Salad greens
Dissolve gelatin in hot water. Stir in cold water, lemon juice and salt. Add mayonnaise, and beat with rotary beater until smooth. Turn into refrigerator tray and place in freezing compartment 15 to 20 minutes, until mixture is set about 1 inch in from edges, but soft in center. Meanwhile prepare fruits. Pare, quarter and slice orange. Peel and slice banana, and drain the peaches thoroughly. Turn gelatin mixture into bowl, and beat until smooth and fluffy. Fold in fruits. Turn into individual molds and chill until firm. Unmold on salad greens to serve.
Makes 6 (6-ounce) molds.

Watch your textures when you are planning a meal! Never serve a creamed meat or fish dish with a creamed vegetable. Don't serve a vegetable with a sauce when pot roast with gravy is the main course.

Color Appeal of Foods Important To Younger Folk

How food looks is important to small-fry. Always use at least one bright-colored food in each meal, such as bright green peas, orange gelatine, sprig of parsley.

Use egg yolks beaten into white sauce.
Enliven cream sauce with a golden snowfall of cooked, grated egg yolk.

Garnish soups with cheese croutons prepared by dipping bread cubes into beaten eggs, then grated cheese, and then sauteed until golden brown.

Top desserts with sliced berries, tinted whipped cream, jelly, raisins or finely crushed peppermint candy.
Toddlers Like Texture
Children prefer foods served lukewarm, such as cooled mashed potatoes and partially melted ice cream.
Creamed foods are more acceptable on cubes of bread rather than over toast.

Gummy or thick puddings are voted out; use more liquid in your child's puddings.
Dry foods are ignored, even when served with sauces; a souffle of the food is easily eaten.
Finger foods, such as a wedge of cabbage or toast strips are easy to manage.
The two-year-old likes carrots and beets because of color and sweetness. Butter and cheese are favored foods. Food jags are prevalent; respect them and cooperate.

Appealing Salad
Here's a pretty and tasty salad platter which will make guests remember the occasion: Avocado slices sprinkled with lemon juice and salt, sliced oranges crowned with thin onion slices, prunes stuffed with cottage cheese and chives, whole fresh strawberries with stems on. A French or cream dressing is in order.

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