

Plum Pudding For Holiday Feasts

Recipe For The Kind That Grandmother Used To Make

Thanksgiving and Christmas are the seasons when the attention of the nation is turned toward plum pudding. The blushing plum pudding is very essential to an "Merrie English" Christmas, whether or not it is quite good. It is quite good, however, and is used in this and other parts of the old English plum pudding.



The pudding dough is rolled in a huge ball about like a ball of a punching bag, then into a pudding bag and boiled in water. Because of the fact that the fat and juices and much of the pudding is lost in the water, the more modern method is to put the pudding into a cloth over the top, set on a trivet or false bottom in a kettle of boiling water. One of our plum puddings are made in cans or molds. A one-pound tin makes a pudding convenient size for a small family.

It takes time to prepare for a plum pudding, and to save time it is just as well to make a large enough supply to last through the winter. A few small puddings in baking powder cans may be just the thing for some of the smaller dinners around the holidays. This plum pudding is a good recipe, that has been passed down from our great grandmothers.

Plum Pudding
1 lb. raisins
1 lb. currants

ONLY CHILD TOO OFTEN PAMPERED

When there are no other children in the home he should be brought into association outside.

By DR. D. A. THOM

If it so happens that there are no other children in the home every effort should be made to bring the child into association with children outside, even at the risk of physical dangers in the street and the chance of picking up some of the vocabulary of the alley. The child should be taught to share his toys and playthings, his candy, books and pennies with other children. In games, he must learn to strive for the good of the group and not for personal achievement. If defeated, he must learn to play many games with fair ability rather than to excel in one particular game. There is a great tendency, not only on the part of the children, but on the part of adults as well, to cling to the things they do exceptionally well and retire from the field of activity where they do not excel. Unselfish conduct should always be rewarded by commendations and occasionally by something of a material nature. There is certainly no disadvantage in the child's learning from experience that unselfishness is a paying proposition.

desserts for children

Mothers' Problem

You Remember When as a child you were not allowed dessert served to others at family?

By MARIAN JANE PARKER

Do you remember as a child when you were not allowed to have the dessert which was served to the rest of the family? It was pie, and you were given a couple of slices of candy.

to give a child what he wants, but he likes and yet what is good for him is a problem that confronts every mother at one time or another.

Children have a natural craving for sweets and this should be considered. Sugar is needed and in moderation may be considered a necessity in the diet. If it is going to serve desserts which can not be given to the children, it would be better to serve people a little before the family.

and genuine in combination after a happy solution to the problem. There are no attitudes in the eye, the child is interested, and with a spoonful of sugar added, and possibly a few nuts sprinkled on top, the children are not only satisfied, but they are easily directed for them and easily directed. Jellied fruits are so easily prepared and offer such a variety of flavors that they may be served at least twice a week.

people think children will anything and believe it is a waste of time to garnish or decorate the foods—well, possibly they do. I believe they are pretty susceptible to attractively served food. It certainly does increase their enjoyment of it.

parents have long been favorite of dessert for children, as well as for invalids. They can be served hot or frozen. Frozen desserts are usually made from cream and sugar.

Mango is a form of custard thickened with corn starch or arrowroot, bread and tapioca cus-

Amount—4 one lb. cans.

There are two sauces that go well with plum pudding. One is hard and the other a hot liquid sauce. Here they are:

Plum Pudding Hard Sauce
1/2 cup butter
1 cup powdered sugar
1/2 tsp. vanilla
1/2 tsp. lemon extract

Method
1—Cream the butter. 2—Add sugar gradually. 3—Add flavoring. Any fruit juice may be used for flavoring. This will make six servings.

Plum Pudding Hot Sauce
2 egg yolks
1 cup sugar
2 tsp. flour
1 cup boiling water
1/2 cup butter
2 tbsp. lemon juice
1/2 tsp. grated nutmeg
2 egg whites

Method
1—Beat egg yolks until light. 2—Add gradually sugar and flour mixed. 3—Add boiling water and cook until mixture thickens, stirring constantly. 4—Add butter and egg. 5—Add lemon juice and nutmeg. 6—Fold in stiffly beaten egg whites.

—Gold Medal Home Service Dept., Minneapolis, Minn.

Keeping the Children Well and Happy

In a Certain Community Health Tests of School Children Disclosed That 59 Per Cent Were Underweight.

In a certain community there was a live home demonstration agent and a wide-awake parent-teacher club. They co-operated to investigate the condition of the school children and see if it were possible to benefit them.

A physical examination of the school children found 59 per cent of them underweight. (It was an average school and did not appear to be in particular need).

The leaders of the community cooperated in a campaign for better nutrition. Talks on nutrition were given in the school and in other public places. The children were weighed each month. Vegetable gardens were encouraged. Cabbage, carrots, string beans, tomatoes and greens were raised to the position of high honor they deserve in the scheme of community welfare. Milk and other dairy products were used more plentifully.

At the end of 20 weeks, each child had made definite gain in weight, two had gone above the average, seven known physical defects had been removed. It was evident to all concerned that these five things had happened to the school children:

- Gain in weight.
- Better resistance to disease.
- Improved appearance.
- A greater feeling of comfort and well-being; happiness.
- Ponder upon those five things. Are they not worth an effort in every community?

In every part of civilization, people are arousing to the need for nutritional activity. In some places it is taking the form of hot school lunches. Certain organizations assume the responsibility and appoint committees to oversee it. Vegetable soup stock is canned by the mothers and sent in turn to the school. Or vegetables and funds are solicited and the soup made by the home economics class in school. In many schools of the land either milk, hot cocoa or hot soup is served for the noon lunch, to supplement the lunch the children bring from home.

In some schools the eating of lunch is supervised; as it is much more healthful to eat food in pleasant, orderly and sociable environment than to bolt it down, at odd times, and in haste, and irregularly. This practice affords opportunity for the teaching of gentle table manners.

In some places nutritional work takes the name of "keep growing campaigns." Winter gardens with roots and hardy greens are advocated in some regions, where climate permits. Whole states have increased their production of vegetables and dairy products as the result of the campaign of teaching the value of these foods.

Rice Chicken Loaf

Line the sides and bottom of a long deep pan, well greased, with cooked rice, seasoned to taste with salt, paprika, and a little minced parsley if desired. Run through the food chopper enough chicken to fill the center of pan two-thirds full. If you do not have enough chicken add cooked veal. Moisten with cream sauce, and season to taste. A little chopped celery or celery salt may be used.

See that candy is given to the children at the end of the meal rather than before—or between meals.

Here are a few suggestions for desserts. Let cream and fruit in preference to other desserts. Baked apples and custard will please them. Baked apples with marshmallows. Chocolate custard. Orange custard. Date tapioca. Apricot scallip. Chocolate floating island.

Breakfast Menus for Cold Mornings

I Orange Juice Sausage and Fried Apples Popovers Coffee

II Hot Baked Apples Cream Omelet Spanish Sauce Corn Muffins Coffee

III Stewed Dried Apples and Dates Serambled Potatoes and Eggs Toast Coffee

IV Grapefruit Combined Cereals Swiss Eggs on Toast Coffee

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Mango is a form of custard thickened with corn starch or arrowroot, bread and tapioca cus-

a few hard-cooked eggs, sliced will also add to this dish. Cover over with rice, and bake or steam for one hour. Carefully turn out onto platter, and serve with mushroom sauce, or, if preferred, with a tomato sauce. If a beaten egg or two is added to the rice it will hold together better, when turned out.

Glove Cuffs Now Effect

Very different were a pair of beige glace kid gloves noted re-

cently and worn by a smart young woman at one of the smart New York restaurants during lunch the other day. These had deep gauntlet cuffs, of antique which came over the velvet sleeve or her dress. At first glance the cuffs looked

to be a part of the dress trimming, but upon close scrutiny it was revealed that they were the cuffs of the gloves she was wearing.

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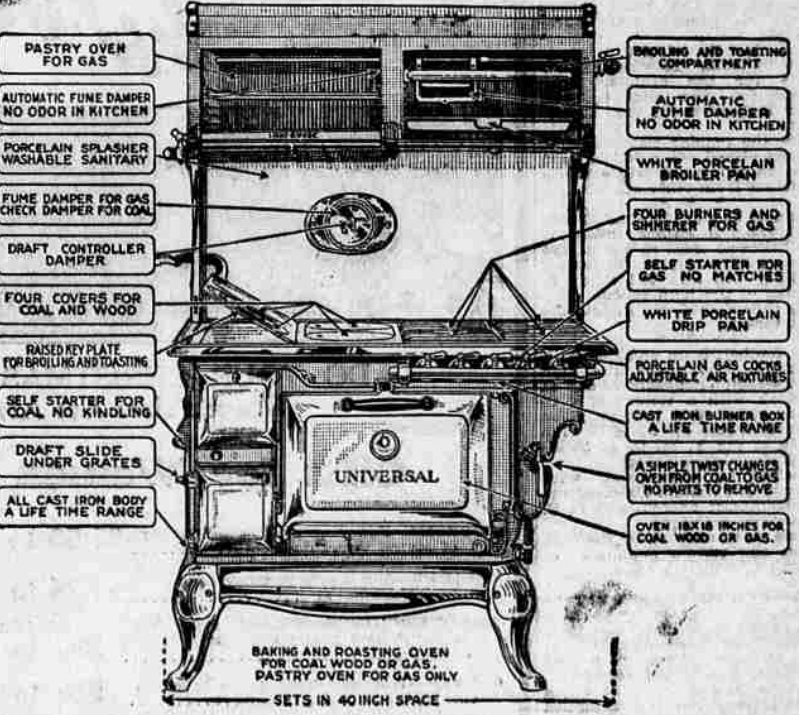
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