



MEALTIME TROUBLES WITH CHILDREN

By Betty Barclay

Have you ever dined at a restaurant or in the home of a friend and almost forgotten your hunger as you observed a little tot eating everything placed before him? Such things happen rarely—and you may have been favored by seeing it.

But far more likely you have seen these children pick and pout, wriggle and whine, and refuse the foods served—just as your children refuse spinach, tomatoes, celery, potatoes and even milk.

Your mealtime trouble with children is not yours alone. It is a cross borne by countless mothers in every land. Mothers know that a quart of milk a day is a child's requirement. They know that certain foods are good for the children. They try to make use of their knowledge—but Grace or George refuse to eat the foods they should eat and persist in gorging upon the foods that are not particularly good for them.

There are dozens of reasons, but here are two that should be noted by every mother. First, food that is always prepared in the same way becomes tiresome to tiny tots. Second, the few good foods liked by your children, are served so often that they tire of them.

Children who love a glass of milk may suddenly develop a dislike for it, if four glasses a day are served, day after day and week after week. Children who love a particular milk drink may tire of it unless the flavor is changed or it is served in a new way. When this happens, you are worse off than ever. Two or three good foods, that were your standbys are now in the discard.

Try to remember these things when preparing dishes for children. Some of the daily milk requirement potatoes or fried beef with it, or may be given by cooking escalloped by making it into egg nog, rennet-custard desserts, ordinary custards and puddings.

Perhaps the children will not eat all of these, but they will surely eat rennet-custard desserts which may be varied in dozens of different ways.

May I suggest rennet-custard desserts as a particularly good food for children? They enable you to serve milk in completely changed form—a delicate, custard-like consistency. Furthermore, they are light, easy to prepare, digest twice as fast as plain milk and are popular with youngsters.

Golden Mountain

- 1 pkg Orange Rennet Dessert Powder
1/3 cup prune pulp
2 teaspoons lemon juice
1 pint milk

For LENT and Later

By BETTY BARCLAY

The Lenten season is always the birthday of new dishes—composed by those who wish to serve eggs and fish in appealing forms. Fortunately, the best of these dishes live long after Lent.

Fish dishes, from antiquity to today, have been among the favorite foods of people in the arts, or of those with epicurean taste.

Here are recipes for dishes that you will appreciate in 1935—no matter how old the year grows. Try them and you will agree with me. The first two are favorites of famous women.

Creamed Finnan Haddie

Mary Pickford's Favorite Fish Dish
2 pints cooked finnan haddie pulled to pieces and boned
1 chopped onion
1 green pepper

Make any good cream sauce in the usual way; when hot, add finnan haddie. Fry chopped pepper and onion in butter until partially tender and add to the creamed fish. Serve very hot.

Inez Haynes Irwin, novelist and writer, says that the following is her favorite fish dish:

Filet of Sole with Cheese Sauce

Place fish in a shallow earthenware dish, arranging in layers. Pour over it the following sauce and bake in moderate oven.

SAUCE

- 2 tablespoons butter
2 tablespoons flour
2 cups milk
2 cups grated cheese
Salt, pepper, paprika to taste
Melt butter, add flour, stirring until a smooth paste. Add milk slowly, stirring constantly. Then add cheese, stirring until melted. Add seasoning.

Vegetable Soufflé

- 1 tablespoon minced onion
1 tablespoon finely cut green pepper
2 tablespoons butter
1/2 cup cooked peas
1/2 cup cooked diced carrots
3 tablespoons quick-cooking tapioca
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup finely cut celery
1 cup milk
3 egg yolks, beaten until thick and lemon-colored
2 egg whites, stiffly beaten

- 1 egg white
1/4 cup sugar

Prepare rennet-custard according to directions on package. Chill in refrigerator. Beat egg white until stiff, add sugar gradually until thoroughly blended. All prune pulp (prepared by rubbing cooked prunes through a sieve) and lemon juice. Just before serving, heap the glasses of rennet-custard dessert with prune whip, and if desired garnish with sections of diced orange.

Egless Coconut Rennet-Custard

- 1 Rennet Tablet
1 tablespoon cold water
1 teaspoon vanilla flavoring
1 pint milk
3 tablespoons sugar
1/2 cup coconut

Prepare rennet-custard according to directions on circular in package. Chill in refrigerator. Just before serving, top each dish of ice cold dessert with two tablespoons of coconut.

Cream of Celery Soup

- 1 quart milk or part milk and part water
2 tablespoons flour
2 tablespoons butter
1 quart chopped or diced celery
1 bay-leaf
Salt and pepper

Cook the celery, onion, and bay-leaf in just enough water to cover, until the celery is very soft. Mash through a sieve. (This should make about a pint of pulp). Make a white sauce of the milk, flour, and butter. Combine the sauce and vegetable. Season with salt and pepper, reheat, beat with egg-beater, and serve.

Magic Lemon Cream Sauce

- 2/3 cup sweetened condensed milk
1/4 cup lemon juice
1 teaspoon grated lemon rind
Blend thoroughly sweetened condensed milk, lemon juice and grated lemon rind. Stir until mixture thickens. Makes about 1 cup.
Note: May be thinned with water to any desired consistency.

CEDAR MILL

Mrs. Osmon in this community has just sold her property and the house which was completed recently.

Roger Johnson is spending his spring vacation from Oregon State college with his parents, Mr. and Mrs. N. P. Johnson.

Mrs. Emery Wallace spent the week-end in Seattle with her husband, who has been transferred from Portland to Seattle.

Patricia Killian, daughter of Mr. and Mrs. Alfred Killian has been



Cook onion and green pepper in butter until tender but not browned; add peas and carrots. Combine quick-cooking tapioca, salt, pepper, celery, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add vegetables. Cool slightly while beating eggs. Add egg yolks and mix well. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water, and bake in moderate oven (350° F.) 50 to 60 minutes, or until soufflé is firm. Serve with crisp bacon, if desired. Serves 6.

A Piquant Fish Sauce

- 1 tablespoon chopped pickle
1 tablespoon chopped olives
1/2 cup chopped parsley
2 tablespoons chopped roasted Brazil nuts
1/2 cup mayonnaise

Mix all the ingredients together. Serve with fish, soft shell crabs or cold meat.

1935 Brownies

- 1/2 cup sifted cake flour
1/2 teaspoon double-acting baking powder
1/2 teaspoon salt
1/2 cup butter or other shortening
2 squares unsweetened chocolate, melted
1 cup sugar
2 eggs, well beaten
1/2 cup chopped walnut meats
1 teaspoon vanilla
Sift flour once, measure, add baking powder, and salt, and sift again. Add butter to chocolate and mix well. Add sugar gradually to eggs, beating thoroughly; then chocolate mixture and blend. Add flour and mix well; then nuts and vanilla. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (350° F.) 35 minutes. Cut in squares; remove from pan and cool on cake rack. Makes 2 dozen brownies.

badly burned, and is in the hospital. Her friends wish her a speedy recovery.

Mrs. Arthur Bauer, Mrs. Cleve Owens, Mrs. N. P. Johnson, and Mrs. Otto Bauer represented the Cedar Mills district at the first County-wide meeting of the co-operative home extension work in Hillsboro, March 12. They reported an interesting meeting.

Mrs. James Walters gave a party for her son, James, on his 11th birthday, Wednesday, March 11. Among those present were Wanda and Carrol Coppinger, Jimmie Eastman, Jimmie and Pete Springs, Ray Patterson, Wallace Craig, Johnny Hadley, and Merville and Wanda Mead.

Mr. and Mrs. W. L. Heinrichs



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BE WISE—ALKALIZE

gave a dinner party Saturday evening, honoring Dr. and Mrs. Osterholm from Africa. Dr. Osterholm is a medical missionary in Congo. Besides the host, hostess, and honored guests, there were present Mr. and Mrs. Homer Moore, and Mr. and Mrs. Earl Pearson.

The new group of Girl Scouts organized at Cedar Mills has three patrol leaders, with Mary Thompson, Vivian Eggers, and LaVerne Olsen as leaders. The troop is being backed by the neighbors and a good committee headed by Mrs. Irvin Heinrichs and Mrs. E. M. Cote. Mr. and Mrs. James Walters and three children spent a day at Vernonia, recently, with Mrs. W. J. Lindsay, who is a sister to Mrs. Walters.



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ate her supper, and the farmer didn't discover his mistake until the next morning when he milked the cow—and she gave a half-gallon of turpentine and a quart of shoe pegs."

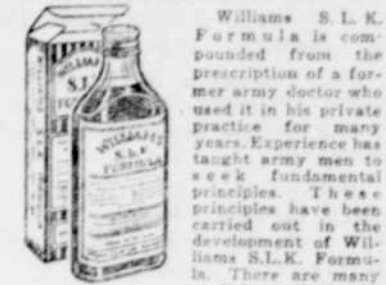
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