

Appetizing Wheat Recipes Provide Nourishment With Economy In Feeding Family

(By Bureau of Home Economics,
U. S. Department of Agriculture.)
Family Food Guide.

Every meal—Milk for children, bread for all.
Every day—Cereal in porridge or puddings, Potatoes, Tomatoes (or oranges) for children. A green or yellow vegetable. A fruit or additional vegetable. Milk for all.

Two to four times a week—Tomatoes for all. Dried beans and peas or peanuts. Eggs (especially for children). Lean meat, fish or poultry, or cheese.

"Serve wheat to your families," the advice given to the women of the country by the U. S. department of agriculture, in its low-cost feeding program outlined at the request of the woman's division of the president's emergency committee for employment.

Wheat is inexpensive and has the additional advantage of being a food that satisfies the appetite and an excellent source of many of the elements so necessary for good nutrition, the bureau points out.

The housewife's use of the whole-wheat grain has heretofore been almost entirely limited to flour and a cooked breakfast cereal.

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A BIG, airy package of some sort of soap bubbles may be all very well, but don't let it make you think that it contains more soap than White King's compact carton.

For White King Granulated Soap is nothing but the purest vegetable-oil soap made, granulated for convenience. It packs like sugar, so you can be sure you're not spending money for air. And White King is so fine in quality that it's safe for the slightest lingerie, yet effective for the heaviest blankets, the greatest dishes.

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Former President Coolidge recently entertained a member of the federal farm board for breakfast, at which wheat and rye porridge was the cereal. His recipe for this seldom-used dish was two parts of wheat and one of rye, put in a double boiler and cooked whole until the kernels burst. The former president's enthusiasm for wheat porridge has aroused a new interest in this revised version of an ancient dish. It is a well-known fact that Caesar's conquering legions did their fighting with boiled wheat as their principal ration. Wheat porridge is just as good without the rye, in the estimation of Dr. Louise Stanley, chief of the bureau.

Many other appetizing ways of utilizing the cooked whole wheat have been developed by the bureau. It can be combined with meat, fish, or vegetables and served as the main dish of a meal. It can be used as you do cooked rice, as in stuffed peppers. The flavor is similar to that of nuts and if properly cooked the grain retains its shape. These recipes can be secured at the bureau.

A family of ten with three adults and seven children can fill a week's market basket as outlined by the food guide for an average cost of \$12.37. This is a minimum allowance for food which the bureau says, can not be lowered with safety unless supplemented by products raised at home. They urge, rather, an increase in the various items wherever possible and suggest that the guide be used as a foundation for a more extensive diet.

The cities in which the figures were gathered to calculate the above cost are given in the order of the value of a week's market basket for a family of ten: Los Angeles, \$10.60; Kansas City, Mo., \$11.76; Chicago, \$11.79; St. Louis, \$11.87; Detroit, \$11.95; Philadelphia, \$12.06; Pittsburgh, \$12.13; Boston, \$12.52; New York City, \$12.88; New Orleans, \$12.93; Charlotte, \$12.92; Washington, D. C., \$13.07; Dallas, \$13.07; Atlanta, \$13.69.

Menu for One Day.
BREAKFAST
Stewed prunes Toast
Cooked cereal and tap milk
(Coffee for adults)
Milk (for children)
DINNER
Whole wheat, Fish and Potatoes
Spinach Baked Tomatoes
(for children)
Apple Sauce
SUPPER
Cream of Vegetable Soup
Potatoes Au Gratin
Oatmeal Cookies
Tea (for adults)
Milk (for children)
These receipts serve five people.

Wheat Cooked Over Direct Heat
In the morning add 3 cups of water, 1/2 teaspoon of salt to each cup of cooked wheat. Boil gently for 3 1/2 hours or until tender and no uncooked starch flavor. If necessary, add more boiling water during the cooking to keep the right consistency.

Steamed Wheat
In the morning drain the wheat and place in a thin layer in the top of a steamer. The water must be kept boiling in the lower part of the steamer and it is necessary to add boiling water during the cooking period. Steam the wheat for 3 1/2 hours. Sprinkle salt over the wheat before serving.

Wheat Cooked in the Fireless Cooker
In the morning add 1 cup of water and 1 teaspoon of salt to each cup of soaked wheat. Place in a kettle and bring to the boiling point over a direct heat. Cover.

INFLUENZA SPREADING

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and place in a kettle between the hot stones. After 3 hours, reheat the stones and cook the wheat for 2 1/2 hours longer.

Wheat cooked in any of these ways may be served as a breakfast cereal, or combined with other foods.

Methods of Cooking Whole Wheat
Sort the whole wheat grains and wash thoroughly. For each cup of wheat add 1 1/2 cups of water and cook over night.

Whole Wheat, Fish, and Tomato
1/2 pound canned fish
1/2 quart canned tomatoes
1/2 cup chopped celery
1 teaspoon salt
1/2 teaspoon pepper
2 cups cooked whole wheat
Drain the fish, reserve the liquid and flake the fish into small pieces. Cook the tomatoes, celery, and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well. Serve on crisp toast.

Cream of Vegetable Soup
2 tablespoons finely chopped rutabaga turnip
2 tablespoons finely chopped carrots
2 tablespoons finely chopped onion
2 tablespoons finely chopped celery
2 tablespoons melted butter or other fat
1 tablespoon flour
1 quart milk
1/2 teaspoon salt
Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

Potatoes Au Gratin
1 1/2 cups milk
2 tablespoons flour
2 tablespoons butter or other fat
1 teaspoon salt
4 pound cheese, grated
4 cups cooked diced potatoes
1 cup buttered bread crumbs
Prepare a sauce with the milk, flour, fat, and salt. Add the cheese and stir until melted. In a shallow greased baking dish place the potatoes, pour the cheese sauce over them, and cover the top with the buttered bread crumbs. Bake in a moderate oven (350 degrees F.) for 20 to 30 minutes, or until the potatoes are thoroughly heated. Serve from the baking dish.

Oatmeal Cookies
1 1/2 cups flour
3/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon soda
1 cup sugar
1/2 cup cooking oil
1/2 cup chopped raisins
1 1/2 cups oatmeal
1 egg
7 tablespoons milk
Sift the flour, salt, cinnamon and soda. Mix the sugar with the oil, and the raisins with the oatmeal. Put all these ingredients together and add the beaten egg and the milk. Stir until well mixed. Drop by teaspoonfuls on greased pans, about 2 inches apart. Bake in a moderately hot oven from 10 to 12 minutes or until lightly browned. This makes 3 dozen cookies.

**NEW PARIS DRESSES
LOOK LIKE COATS**
PARIS (AP)—Smart Europeans are wearing dresses like coats, a vague which promises to continue this spring.

The new models cross in front in double-breasted fashion, are fitted at the waist and may be worn with or without a belt.

Dark colors in soft wools or heavy silks are the most popular shades.

**BUSTLES REFLECT
'ELEGANT 80'S'**
PARIS (AP)—Some of the most modern Parisiennes are appearing at the opera these evenings in bustle-back gowns reminiscent of the 'eighties.'

One of the newest models of white tulle has a very low décolletage in the back, ending in a very large white fringed bow, which creates the effect of a bustle.

Spanish Casserole
1 pound chopped beef
1 cup Carnation Wheat
1 can tomatoes (1 cup)
1 can tomato soup
1 can peas (1 cup)
2 tbsp. catsup
1 onion, diced
1 1/2 cups diced celery
1 egg, slightly beaten
1 1/2 tsp. salt
Few grains pepper
4 strips of bacon
Mix all together, excepting the bacon. Put mixture into a casserole and lay strips of bacon on the top. Place in a hot (450 degrees) oven. After 15 minutes remove the heat to 300 degrees F.—a slow oven. Bake 1 1/2 hours. Serve 8.

Breaded Chops or Cutlets
1 cup Carnation Wheat
1 1/2 pounds veal cutlet, cut thick
Salt and pepper
4 eggs
4 tablespoons bacon drippings
Cut meat into service pieces. Season with salt and pepper. Dip into Carnation Wheat which has been put through food chopper; then into well-beaten egg, and again into Wheat. Heat bacon drippings in frying pan, and cook meat to golden brown. Veal must always be thoroughly done. Serve with gravy or tomato sauce.

Uncooked Tonic for Cookies
3 tablespoons hot evaporated milk
2 tablespoons orange juice
Confectioner's sugar
1/2 teaspoon vanilla
Red coloring, if desired.
Combine milk, orange juice and red coloring. If used, stir in enough sugar to make the right consistency to spread, then add vanilla.

Asks \$100,000



Associated Press Photo
Mrs. Stanley Nelson, a Chicago night club singer, sued her mother-in-law for \$100,000 for alienating affections of her husband, wealthy heir.

Special Recipes

Prune Filling
1 cup chopped prunes
1 tsp. salt
2 tbsp. sugar
The prunes may be left over cooked or raw prunes, merely soaked until tender. Add all of the ingredients and spread between the slices of bread.

Thin White Sauce
1 tsp. butter
1 tsp. salt
Dash pepper
1 tsp. flour
1 cup boiling water
1 cup evaporated milk
Melt butter in top of double boiler. Add salt, pepper and flour and mix thoroughly. Do not let flour brown. Add water, stirring to keep smooth. Cook directly over flame two minutes, stirring constantly. Add milk and continue cooking over hot water 5 minutes longer, stirring occasionally.

Creamed of Canned Tomato Soup
1 can (1 1/2 cups) tomato soup
1/2 tsp. sugar
3/4 cup evaporated milk
Heat tomato soup to boiling. Add sugar. Scald evaporated milk in top of double boiler. Remove soup and milk from fire. Add hot soup slowly to hot milk, stirring continuously.

Creamed Eggs On Toast
6 hard-cooked eggs
1 1/2 tsp. butter
1 tsp. salt
Dash pepper
2 tsp. flour
1 cup boiling water
1 cup evaporated milk
Peel eggs, slice and add to hot White Sauce made of remaining ingredients. Serve immediately on hot buttered toast.

Pepper Nuts
1 1/2 cups butter
2 cups sugar
3 cups dark syrup
4 eggs
2 teaspoons soda
1 teaspoon cloves
3 teaspoons ground cardamom seed
Flour
Cream the butter, add sugar and mix until well blended. Add syrup and next, the well beaten eggs. Sift the soda, cloves and cardamom seed with one cup of flour and add to the mixture. Add enough flour to make a stiff dough which can be kneaded on a board. Take dough the size of a walnut in palm of hand and form. Bake in a moderate oven.

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Why Eat an Apple a Day

Dr. Royal S. Copeland, United States Senator from New York and an internationally-known health authority, thinks a lot of apples. He not only eats them but he tells the rest of us why we should eat them, too.

Apples constitute a world-wide item of the diet, he says. They are fine for youth and old age when properly prepared. Eaten in the form of old-fashioned apple sauce or baked in a sugar pan, apples are fit for the gods.

The juice of the apple is of great dietetic value. Taken freely, the apple is a laxative and acts favorably on the intestinal tract.

Not only is the apple valuable on account of its protein and roughage or fibre content, but it also contains the agreeable malic acid. This is claimed by eminent dietitians to be an excellent antifermentative, preventing trouble in the intestines.

The free use of apples appears to combat the tendency to acidosis.

The apple contains vitamins which are necessary to promote growth and to maintain good health.

This fruit is worthy of a more prominent place in the dietary, says Dr. Copeland. Usually, it is regarded as a luxury to be indulged in when convenient or when it can be afforded. As a matter of fact, the apple should be considered an essential part of the menu.

The apple supplies in a more palatable, though less concentrated form, much the same food essentials that are found in roots. They are particularly the alkaline salts, roughage or fibre content, but it also contains the agreeable malic acid. This is claimed by eminent dietitians to be an excellent antifermentative, preventing trouble in the intestines.

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WHITE CHIFFON HAS BORDER OF BLACK

WASHINGTON (AP)—Mrs. Henry L. Doherty is wearing a dress of white chiffon bordered in black. It is beaded in black and white design with crystal and pearls. Its matching chiffon dinner jacket is embroidered in black and white.

'INFANTRY BLUE' AS BRIDAL NOTE

WASHINGTON (AP)—Lace gowns of infantry blue gave a military note to the wedding of Miss Katherine M. Kingman, daughter of Lieut. Ralph Kingman, when she became the bride of Lieut.

Frederick H. Weber, an infantry officer.

The bridemaids were similarly attired in the blue dresses with beaded waists and even jackets. They wore blue taffeta hats trimmed with blue ostrich feathers.

'MIDNIGHT BLUE' IS NEARLY BLACK

PARIS (AP)—"Midnight blue" is among the near-black shades to be seen under the electric lights these evenings.

One model of double georgette in the midnight shade has incrustations of orange and green georgette trailing up the bodice from the belt.

Twisted strands of the same color form the belt and hang down the side of the flowing skirt.



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