

CHEAP SEASONINGS EASY TO FIND FOR ECONOMICAL MEAL

Making Most of Natural
Flavor of Each Food Im-
portant — Salt and Fat
Basis for Many Ideas

It is tremendously important for us to know what kinds of food we need. Our health depends upon it. But it is doubtful whether all the teaching in the world on that point would keep us on a good diet if we couldn't enjoy the food. Eating as a duty is hard work. In fact, it isn't often done!

To make plain, simple foods inviting is the task, says the Bureau of Home Economics of the United States Department of Agriculture—doubly the task when the family pocketbook limits the choice of foods themselves. Once the necessary food values are provided, flavor is the thing the housewife has to think of if she is to satisfy the family. That means making the most of the natural flavor in each food, of course, and skillful "touching up" with added seasonings, for present purposes the cheapest seasonings we can find.

Take Salt for Granted
Salt, pepper, salt pork, meat drippings, onions, garlic, vinegar, sugar—these are our cheapest seasonings for meats and vegetables. The trick is to make the most of them, as well as of the natural flavors in the food. Salt we take for granted, but there are points to notice by the way. A certain amount of salt is necessary to the human body, as everybody knows. Cattle and horses and sheep, in the pasture, must have a salt lick somewhere, because they are vegetarians, and do not get enough salt in the foods they eat. The carnivorous animals get the salt they need in the flesh of their prey. Meat-eating humans get salt in the tissues of the meat, so they need to add less salt to their food than do vegetarians.

There are so many ways in which salt enters our diet, however, that we rarely need to think about having or not having enough. Some people, in fact, need to be cautioned against using too much.

The good cook uses salt discreetly—often merely to bring out flavor, as in apple sauce, or cake. Many people use a little salt on melon or grapefruit, for the same reason—not to taste the salt. In breakfast cereal, or potatoes, or other starchy foods, salt adds flavor—complements the bland flavor of the food itself. Cook your cereals and vegetables in salted water, say the experts, to get the best diffusion of the salt.

Fat Next to Salt
Next to salt among the cheap seasonings, we depend most on fat of some kind, and that is where salt pork comes in, with salt and a meat flavor combined. Cook it with greens, or string beans, or cabbage. Or cut the salt pork in bits, brown these and sprinkle them, with the drippings, over the greens. Or use the crisp pieces in soups or chowders, or in mashed sweet potatoes—beat them in and put the sweet potatoes in a baking pan to brown in the oven. The result is sweet potatoes with quite a different taste from usual.

Those same crisp bits of salt pork, or of bacon, or the "cracklings" left from rendering lard, make fantastic bread, or "sittenin'" bread. As for salt-pork gravy, made with milk and a little flour thickening, try that, if you never have, on rice or boiled potatoes.

Save Bacon Drippings
You treasure bacon drippings, of course. And keep them in a jar, in a refrigerator or the next coolest place you have, else they will turn rancid very soon. They have the salty, smoked flavor that makes them a choice seasoning for greens or beans, or cabbage, and a good fat for browning potato cakes, frying sliced cooked potatoes, mush, liver, some kinds of fish, rice fritters, or even sliced apples. Ham fat, or fat from the cured picnic shoulder, has just as fine a flavor as the bacon for seasoning or for gravy. Drippings from beef roasts, if you do not use them all to make brown gravy, make good shortening for the famous Yorkshire pudding that goes with British roast beef. It is best, by the way, to keep the different kinds of meat drippings in separate jars—that is, pork in one jar, beef in another, always in a cool place.

Sugar, like salt, can be used merely to develop flavor. A little sugar in tomatoes, with the salt, is pleasing to many people. And when summer comes again, it will be well to remember that a little sugar in fresh corn or peas or lima beans brings back the sweetness so often lost when these vegetables have stood, after picking, until their natural sugar has changed to starch—which doesn't take very long!

Germans Use "Sours"
It is the Germans and other Central Europeans who make so many "sours" and "sweet sours"—sauerkraut (sour beef), sauer cabbage, sweet-sour beets, using, of course, vinegar or vinegar and sugar for the seasoning. A good recipe for sweet-sour red cabbage calls for a little fat (butter best of all), brown sugar, vinegar, and chopped tart apple, to give the tempting flavor desired.

Onions, one of our almost indispensable seasonings, may be abused, as garlic often is. But both flavors can be made agreeable to many people who otherwise do not like them by using just a little—a "suspicion"—as some cooks would say, or by just rubbing the pan with the cut surface of the onion.

Peppers Useful
Herbs and spices are really a story in themselves, but pepper comes in here. So does curry. Black pepper and white pepper come from the same plant, in fact from the same berry or peppercorn. The outer coat is made into white pepper. Cayenne pepper is the fruit of a plant much like our common garden variety, but not

ter. And Mexican chili peppers are hotter still. Keep pepper of all kinds tightly covered if you want to keep the flavor.

Curry costs more than the commoner seasonings, but if you like it, you can use it to excellent advantage.

age for variety. Curry powder is a mixture of spices, long used in India and the East, but only in recent years has it come into use in temperate climates. The mixtures vary, but curry powder as commonly sold in this country contains turmeric,

coriander seed, black and cayenne peppers, fenugreek seed, cumin, ginger, and lime juice. To keep its flavor, it should be kept in a bottle or jar, tightly corked or stoppered. Curry is so different from other seasonings that it makes a good var-

iation for meats, fish, or vegetables. The typical curry-seasoned dish consists of rice, or contains rice.

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LORAIN, Ohio.—(UP)—A 13-pound wildcat was shot and killed near here by L. G. Tuttle, a state game warden.

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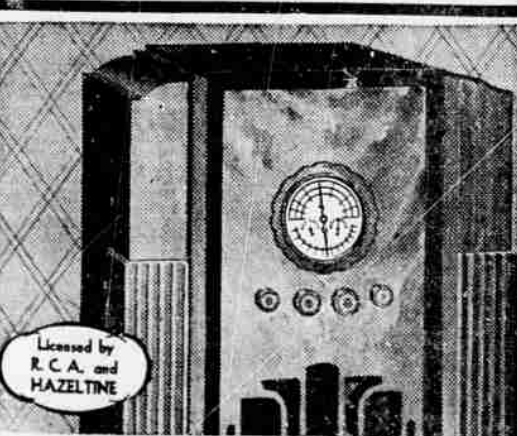
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