

Thrift and Little Things

Who are the men and women that become masters over great things? They are those who first of all become masters over little things.

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Domestic Science Department

Conducted by
Mrs. Belle De Graf
Domestic Science Director
Sperry Flour Co.

FOR THANKSGIVING DINNER PERMIT ME TO SUGGEST—

A good turkey will be recognized by its smooth black legs and the whiteness of its flesh. The breast should be broad and plump and the breast bone tender. Beware of a bird with long hairs and violet hued flesh. A moderate sized turkey will always be found the most satisfactory.

To roast a young bird allow fifteen minutes for each pound and an additional fifteen minutes added to allow for the necessary time to heat the bird before it starts to cook.

An old turkey will require a longer period, from twenty to twenty-five minutes to the pound.

If the turkey is to be tender and juicy it must have frequent basting and slow cooking.

In planning the Thanksgiving dinner, do not forget that the turkey is the piece de resistance and do not have too many courses to precede the main one or the appetite will be satisfied before the turkey appears.

In the following suggested menus, turkey or chicken have been given the preference, however, roast beef, roast pork or fried Belgian hare would prove satisfactory.

Menu No. 1

- Fruit Cocktail
- Roast Turkey, Chestnut Dressing
- Giblet Sauce, Cranberry Jelly
- Caramel Sweet Potatoes
- Stuffed Onions Molded Spinach
- Pumpkin Pie with Whipped Cream
- Raisins Nuts Mints
- Coffee

Menu No. 2

- Tomato & Pimento Soup
- Roast Chicken, Celery Dressing
- Giblet Sauce, Cranberry Jelly
- Mashed Potatoes
- Cauliflower au Gratin
- Fruit Salad, Chocolate Pudding
- Raisins Nuts
- Coffee

Menu No. 3

- Roast Turkey, Chestnut Dressing
- Giblet Sauce, Cranberry Jelly
- Mashed Potatoes
- Stuffed Tomato Salad
- Thanksgiving Pudding
- Mints Coffee Raisins

Take cream cheese, moisten with milk or cream and mix until smooth; season with salt and paprika. Stuff the inner white stalks of celery with this mixture.

Chestnut Dressing

Cook 3 cups of chestnuts in salted water; remove the shells and mash with 1 1/2 cups dry bread crumbs, 1 cup finely chopped celery; season with salt and pepper; moisten with melted butter or substitute, using about 3-4 of cupful.

Creamed Sweetbreads

Two cups of blanched sweetbreads cut in dice. One small can button mushrooms; make a sauce with 4 tablespoons of melted butter, 4 tablespoons flour, mix well and cook until foamy; add 2 cups rich milk or thin cream and stir well until thick and creamy; season with 1/2 teaspoon salt, a dash of cayenne pepper and ground nutmeg. Add sweetbreads and mushrooms. Serve in ramekins.

To blanch sweetbreads soak one hour in cold water, drain, cover with cold water, drain; 1 tablespoon of lemon juice or vinegar, 2 or 3 cloves, dash of pepper and a tiny piece of bay leaf; simmer about 15 minutes; drain, cover with cold water, drain and remove fibers.

Giblet Sauce

Pour off liquid in pan in which turkey or chicken was roasted. From this liquid skim 5 tablespoons of fat; return fat to roasting pan and add 5 tablespoons of flour, stirring until smooth and brown; gradually add 3 cups of stock in which giblets were cooked. Stir until thick, season and add the giblets finely chopped.

Cranberry Jelly

One quart of cranberries, 2 cups of hot water. Put in a kettle, cover and cook 10 minutes. Remove cover, add 2 cups sugar and cook 10 minutes longer. Each berry should

be whole when cold and embedded in jelly.

Caramel Sweet Potatoes

Boil sweet potatoes, cool and remove skins. Cut in slices. Butter a baking dish, put in a layer of potatoes, sprinkle with brown sugar, a little salt, 1 tablespoon of butter; cut in bits, 1 tablespoon of flour, add another layer of potatoes; season as directed above and continue until potatoes have all been used. Cover with milk and bake in a moderate oven until brown. Care must be taken not to let the sugar burn.

Stuffed Onions

Peel 6 onions and parboil until tender, but not broken; remove centers and chop fine; add 1 cup soft bread crumbs, 1/2 cup of chopped walnuts, 1/2 teaspoonful of salt, 1-8 teaspoon white pepper, 1/2 cup of melted butter. Fill onions with mixture, place in a buttered baking dish, surround with milk, cover and bake until tender. Remove cover, sprinkle with buttered bread crumbs and return to oven to brown.

Chicken Pie en Casserole

Cut chicken into pieces at the joints, wash, dry, roll in flour and fry (saute) in salt pork fat until a golden brown. Put in a casserole, cover with boiling water and season to taste. Cover and cook until tender, the length of time depending on the age of the chicken. Remove cover. Make a flaky paste, place over top of chicken and bake in a hot oven.

Pumpkin Pie

Two cups cooked pumpkin or squash, 3-4 cup sugar, 1 teaspoon ground ginger, 1/2 teaspoon ground cinnamon, 1/2 teaspoon salt, 2 eggs, 2 cups of milk or 1 cup cream and 1 cup of milk.

Beat eggs, add milk and other ingredients. Line a deep pie plate with pastry, pour in filling and bake until set.

Tomato and Pimento Soup

One quart tomatoes, 1/2 onion sliced, 2 sprigs parsley. Cook for fifteen minutes and press through a coarse sieve; return to the kettle, add two cups of beef stock, season with salt and pepper. Cut pimento in third strips and pour hot soup over them.

Celery Dressing

Two cups dry bread crumbs, salt and pepper to taste; 1/2 teaspoon ground sage; 1 teaspoon onion juice; 1 cup chopped celery; 3-4 cup melted butter or substitute. Mix in order named.

Cauliflower au Gratin

Separate flowerets of cooked cauliflower and put in a buttered baking dish. Make a white sauce with four tablespoons butter or substitute, melted; four tablespoons flour, mix well, cook until foamy; add two cups cold milk, and stir until thick. Season with one teaspoon salt and half-teaspoon pepper. Pour over cauliflower, cover with buttered crumbs and bake until brown.

Fruit Salad

To serve four, use one large orange, four halves of canned pears, one large bunch of toky grapes, peeled, cut in half and seeded; one cup chopped celery, white stalks only; crisp lettuce hearts. Pour over all of dressing made of five tablespoons of oil, 1/2 teaspoon each of salt and paprika, the juice of half a lemon. Garnish with maraschino cherries.

Chocolate Pudding

Cook one and one-half cups of ground chocolate with one-third cup of milk in a double boiler until thick; pour over the well-beaten yolks of two eggs, add one teaspoon of vanilla, then fold in the well-beaten whites of two eggs. Line a mold with wax paper and arrange lady fingers on the bottom and side of mold; add a layer of chocolate and lady fingers alternately until mold is filled. Set aside overnight to cool and become firm. Turn out to a serving dish and serve plain or with whipped cream.

Thanksgiving Pudding

Beat the yolks of three eggs; add 2 cups soft bread crumbs; 1 cup sugar, grated rind and juice of lem-

(Continued on Page Six)

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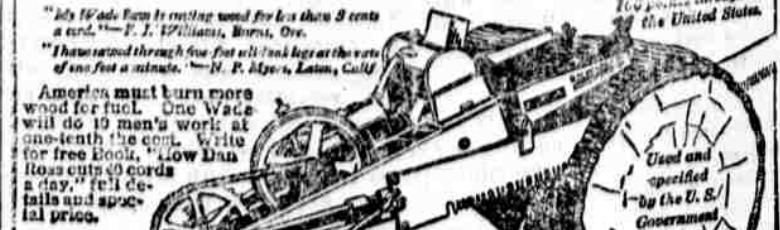
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