



How to Buy

Food

How to Prepare



By BESSIE R. MURPHY, Southern Food Expert

Foods and the Spring Tonic

Can you remember when spring meant more sunshine, flowers and enjoyment out of doors. It meant something we all dislike, molasses and sulphur. The taking of this spring tonic was considered a matter of course and consequently children gulped it down and ran off to play.

In this day and age when science has done so much research work for us and our food habits have become more regular and decidedly better, we no longer need molasses and sulphur as a spring tonic.

It is a known fact that the unsettled weather of the winter months and exposure has been a drain on the human system and that in many cases, iron, a mineral necessary for the building of blood has been found lacking in the winter diet. This was particularly true of the old-fashioned diet that did not include greens of any kind, fresh beef or eggs. The body may be kept in good condition during the winter months if meat, especially beef heart, liver and brains, eggs and vegetables included in the daily diet.

Liver probably heads the list of iron food. Beef and eggs may also be considered very good. Greens such as spinach, beet-tops and lettuce, all of which may be had during the winter months either in fresh or canned form make it possible to completely overcome the iron deficiency that was so apparent in our childhood.

The fact that liver, heart and kidney contain more iron than any other food other than spinach and the fact that they are relatively inexpensive make them especially nice for the children's diet.

Beef, sheep and pork livers are infinitely less expensive than calves' livers and may be prepared in any way as a substitute other than fried. This is because calves' livers coming from the young animals are more tender.

The following vegetable meat combination will add variety as well as furnish the necessary minerals required for a good spring diet.

Liver With Vegetables
2 pounds sliced beef liver
2 tablespoons fat
1 cup small onions
2 cups small cut carrots or turnips

1 tablespoon celery top
2 tablespoons flour
2 teaspoons salt
1-8 teaspoon pepper
1 quart small potatoes

Wash and pare the vegetables, put on in boiling water to cover and boil for twenty minutes; then put into a baking dish or casserole with the stock in which vegetables have been boiled; add one tablespoon flour which has been mixed with cold water. Cover with the liver prepared as follows—Remove the skin and the veins from the liver; cut into convenient pieces, sprinkle with salt, pepper and flour; put into a hot pan with the fat and sear quickly over a hot fire. Cover the dish and put it into a slow oven for one hour. Serve in the casserole.

Scrambled Brains
1 cup of brains (or half a brain)
3 eggs
1 tablespoon butter
2 tablespoons minced parsley
1 teaspoon grated onion
2 teaspoons salt
4 slices toast

Put the brains into a bowl of cold water with salt for thirty minutes; skin and remove all fiber; cut or chop into small pieces; put into a frying pan in which the butter and onion have been heated and stir until the brain is cooked. Add the eggs beaten with two tablespoons of cold water; cook over a moderate fire and stir until set. Season and serve on toast garnished with parsley.

Beef Kidney, Creole Style
1 beef kidney
1 thick slice bacon
2 tablespoons chopped suet
4 tablespoons flour
1 sweet pepper
1 pint canned tomatoes
1 teaspoon cayenne pepper
1-8 teaspoon curry powder
4 onions

Trim the fat from a fresh kidney and cut in three-quarter inch slices. Dredge with flour. Fry the chopped bacon and suet in a deep saucepan; add the kidney, chopped onions and pepper and turn

Spring Styles from the Flour Sack

Potato Rolls
2 cups flour
1-2 teaspoon salt
2 teaspoons sugar
3 1-2 teaspoons baking powder
1-2 cup boiled potato, mashed
1-2 cup milk

Mix and sift dry ingredients, rub in potato and add milk to make a soft dough. Divide into small pieces, knead each piece and shape into rolls. Place on greased baking sheet and brush with melted butter. Let stand in a warm place fifteen minutes. Bake in a quick oven. When nearly done brush again with butter. Time in oven 15 minutes. Temperature 400 degrees.

Early Spring Desserts
Mock Sherbert

1-2 cup minute tapioca
1-4 teaspoon salt
1 cup sugar
2 cups boiling water
2 lemons
2 egg whites

Cook tapioca, salt, sugar and water together in double boiler until clear, stirring often. About five minutes before removing from fire add juice of 2 lemons and the grated rind, being careful not to get any but the yellow coating. A little lemon extract may also be added. Pour mixture on to a platter, which has been dipped in cold water, as soon as the edges begin to jelly, add the well beaten whites of eggs. Beat until very light and foamy. Serve very cold in sherbert glasses with whipped cream piled on top.

Strawberry Meringue Pudding

1 tablespoon butter
1-2 cup sugar
2 egg yolks
2 cups milk
1 cup bread crumbs
1 cup strawberries
3-4 cup sugar
2 egg whites

Cream butter and sugar, add beaten yolks, milk and crumbs. Pour into a buttered dish and bake covered in a moderately hot oven, until firm. Place strawberries over the top of the pudding, add one-half cup sugar and spread with meringue made from stiffly beaten whites and one-quarter cup sugar. Bake in a moderate oven to set meringue. Serve cold with cream.

Raspberry Cream Whip

1 cup marshmallows
1/2 cup heavy cream
1 1/2 cups canned raspberries
1/4 cup walnut or pecans

Cut marshmallows in small pieces, add to raspberries and let stand in a cold place until thoroughly chilled. Whip cream until stiff and fold into raspberry mixture. Add nuts. Serve garnished with raspberries.

Scalloped Apples

5 apples (pared and cored)
3-4 cup sugar
2 tablespoons butter
1 teaspoon cinnamon
1/2 teaspoon salt
2 cups fine bread crumbs
2 eggs

Boil the apples to a pulp, add until the meat is thoroughly seared and coated with a rich brown gravy. Add the tomatoes and seasonings, cover closely and simmer three-quarters of an hour. Serve very hot on narrow strips of buttered toast.



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Parents May Guide Child's Food Taste

"Bobby will not take a drop of milk". This and similar statements are uttered by many mothers who are finding Bobby's meals a problem. In the meantime Bobby sits with a wise look on his face, even firmer than before in his so-called "dislike" for a wholesome food.

Now, Bobby really has not a distaste for milk, but in ninety-nine cases out of a hundred, he refuses to take it because of some remark he has heard his mother or father make such as "He won't drink milk, but I guess it's natural, as his father before him did not like it."

Lifelong tastes and distastes are formed when a child is two to five years of age. Here is a time when parents may guide their child to take the necessary quart of milk a day as a matter of course, to enjoy carrots and spinach, and to be eager for his morning dish of cereal and milk.

If fathers could conceal their dislike for various wholesome foods before the children and if mothers did not need to explain their failure to eat the proper food because they "are afraid of becoming fat" it might never occur to the child to dislike a certain food.

Opinions make an indelible impression on the young mind. To prevent the child from becoming a "finicky eater and finally an under-nourished problem, parents should begin to set an example to their children by being enthusiastic advocates of wholesome foods.

ing sugar. Stir the butter, beaten eggs, cinnamon and salt into the apple sauce. Grease a baking dish and put in one layer of crumbs, then a layer of apple pulp and so on until the apple is used. Cover the top with crumbs and bake in a moderate oven for one hour.

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Serve Fruit Salad Often on Your Menu

Many housewives neglect fruit salads in planning the daily meals, and it is strange they do, knowing the value of fruit in the daily diet as well as the fact that a fruit salad at the end of a meal takes the place of dessert. Serve fruit salad at least three or four times a week. It's healthy and good, too.

Stuffed Apricot Salad
For each serving arrange two canned apricots (halves) on lettuce. Fill cavities with cream cheese, softened with cream and mixed with a few finely cut nut meats. Garnish with halves of cooked prunes, serve with mayonnaise to which has been added an equal quantity of stiffly whipped cream.

Grapefruit Surprise

3 small grapefruit
2 bananas
1-2 cup celery
6 tablespoons sugar
6 maraschino cherries
Mayonnaise

Wash and halve the grapefruit. Remove the pulp and mix with diced bananas and celery. Refill grapefruit skins and place on lettuce leaves. Sprinkle with sugar and place a cherry on each. Mayonnaise may be served.

Onion and Orange Salad
1 Bermuda or Spanish onion
4 oranges
Sugar

Peel and thinly slice onion, cover with sugar and let stand ten to twelve hours. Pour off syrup and add onion to sliced or cut-up oranges. Serve with French dressing on lettuce leaves.

Peach and Apple Salad

Use large, firm, canned peaches and mellow, sweet or mild apples. Pare, quarter and cut in quarter-inch slices crosswise. Mix with

cream dressing and serve on crisp lettuce.

Raisin Salad

1/2 cup seeded raisins
1/2 cup apple
1/2 cup walnut meats
1/4 cup mayonnaise
1 cup celery

Chop raisins and add apples, celery and nuts which have been cut in small pieces. Mix with dressing twenty minutes before serving. Chill and serve on lettuce leaves.

A Delicious Molded Salad

2 tablespoons gelatine
1/2 cup water
1/2 cup vinegar
1 teaspoon salt
1/2 cup olives
1/4 cup pimiento
1 cup chopped celery
1 cup chopped cabbage
1 teaspoon sugar

Soften gelatine in cold water and dissolve over hot water. Add vinegar, salt and sugar. Just before it sets add olives and vegetables. Turn into square mold and chill. Cut into squares, serve on lettuce with mayonnaise. Serves six.

Stewed Heart With Rice Border

2 calves' lamb or pig's hearts
2 tablespoons cut onion
2 tablespoons carrot or celery
2 tablespoons flour
2 tablespoons fat
1 tablespoon salt
1 tablespoon caramel
1 tablespoon vinegar or lemon juice

Wash the hearts thoroughly in cold water; remove all the tough muscles and veins; cut in small dice and cover with cold water for fifteen minutes. Drain and cover with boiling water, add the onion and carrot and boil slowly for three hours; if the water boils away then add the salt, a little pepper and flour, which has been rubbed smooth with the melted fat. Boil for five minutes, add the caramel and vinegar or lemon juice. Put into the center of a chop plate with boiled rice or mashed potatoes as a border. Sprinkle with parsley or celery top and with paprika.

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