



How to Buy

Food

By BESSIE R. MURPHY, Southern Food Expert

How to Prepare



April Wisdom for the Market Basket

Tempt Little Tots With Dainty Dishes for Spring Sickness

Whooping cough, measles and other of the so-called children's diseases seem most prevalent during the spring months in many communities.

Parents who are trying to find a little nourishing food that the sick child with no appetite will eat will be helped by the advice of a prominent children's specialist, who says "because ice cream is concentrated and easily digested, it serves admirably as a beneficial food for sick children. Particular mention should be made of the popular use of ice cream in tonsillitis or in acute inflammation of the throat. The cooling, smooth ice cream slips right down the throat with a minimum of effort. After the removal of tonsils ice cream is the one food which is generally prescribed."

"In the treatment of the more common respiratory diseases of childhood ice cream—either alone or more especially when combined with a warm liquid food—has been very valuable, both as a food and a therapeutic agent. There seems to be a less tendency to vomit with ice cream in whooping cough than any other food. In fact, I recall many instances of children who have turned away from all foods offered except ice cream, which they took readily and held down."

Many a mother will be glad to get the above information, especially as today it does not mean she has to make the ice cream—but can buy from her local ice cream companies the purest and best of ice creams from the five cent size in cones to bricks of any quantity, convenient for home or party use.

New Desserts Tempt Tongues of Family

"What are we going to have for dessert, mother?" may be heard each day, not only from the children but from father too. They all know that there will be dessert for now it is planned as a part of the meal and not an extra luxury which is served on Sunday or when company comes.

Very often, just before meal-time mother wonders too what she will have that will please her family. She knows that looking forward to a tasty dessert will keep her whole family in a happy frame of mind, which is a necessary prerequisite for good digestion—or essential to good health.

She knows too that if children have a nice dessert at the table they will not be so easily tempted to spend their pennies for some cheap, brightly colored candy as soon as the meal is over.

Both father and the children like food which is attractive, so keep that clearly in mind when preparing desserts. Very often a little vegetable coloring will make a milk custard very tempting to a child who has a great dislike for it when it is in its natural color. The kind of dish used in serving the dessert is important. Individual dishes are usually more attractive, then too if a child understands that his portion has been served, he does not cry for more, with perhaps a case of

Spring Occasion Menu Suggestions

One-Plate Bridge Luncheon
Chicken Mousse Spring Salad
Bread and Butter Sandwiches
Fresh Strawberry Tarts
Coffee

Evening Party
Sweet Strawberries
Frozen Strawberry Salad
Ginger-ale and Orange Ice Punch
Spring Salad

16 asparagus tips
2 cups diced carrots
Canned pimiento
2 cups green peas
Minced parsley
Lettuce
1/2 cup mayonnaise

Arrange lettuce on salad plate and radiate asparagus stalks toward the edge. In spaces between stalks arrange one mound of each of the other vegetables. Sprinkle carrots with minced parsley and the peas and asparagus with pimiento cut in small dice. Garnish with mayonnaise.

Indigestion if he receives it. Warm desserts may be served in china dishes, but cool or cold ones are more attractive in glass.

There is a countless number of desserts which may be prepared, but choose one which is suitable to serve with the rest of the meal. If the dinner is rich, the dessert should be quite simple, but if the dinner is very simple the dessert may be quite rich.

Almond Drop Cakes
2 cups flour
1 level teaspoon Calumet baking powder
1 teaspoon cinnamon
Pinch of salt
3-4 cup sugar
3-4 cup blanched almonds
Yolks of 3 eggs
2-3 cup melted fat
1 cup milk

Sift flour once, then measure, add baking powder, cinnamon and salt, and sift three times into mixing bowl. Add sugar, nuts, then eggs, fat, milk and flour. Beat all together thoroughly, drop in small spoonfuls on well oiled pan and bake in a hot oven until light brown at 375-400 degrees F.

The Early Spring Emergency Shelf

Planning three meals a day 265 days each year to supply the family with the food variety they crave is the task of every good homemaker.

Mothers have always been planned to please and appeal to the appetite, but the woman of today knows they must do much more, that the food should supply the essential elements for good health and body building; that each member of the family requires a variety of fruits and vegetables all through the year. During certain seasons, nature provides an abundance of these valuable foods and again the homemaker has to turn to those in can.

There is really no difference between canned foods and fresh foods cooked in the home. Both are fresh to begin with—and both are cooked before they are eaten. In the canned variety, however, the homemaker has the advantage of getting the product whenever she pleases. It is always "in season" right in her pantry shelf—and it saves such preliminary work as selecting and cleaning.

Pineapple Delicacy
To 1 cup crushed canned pineapple add 1 1/2 cups cooked rice, 1-2 cup powdered sugar. Mix well, then fold in 1 cup whipped cream.

Deep Dish Cherry Pie
Fill individual or large baking dish with canned Royal Anne cherries. Cover top with flaky pastry and bake in a hot (450 degrees F.) oven about 15 minutes or until pastry is well browned. Serve hot or cold. Just before serving, sprinkle thickly with powdered sugar.

Scalloped Spinach
Drain and chop canned spinach very fine. Place a layer of spinach in a baking dish. Cover with a layer of grated cheese, then cover cheese with a layer of soft bread crumbs, add 1 teaspoon butter broken into bits and sprinkle with 1-4 teaspoon salt. Repeat, having 3 layers in all with bread crumbs the top layer. Pour over enough milk to come barely to top of dish, not over top layer of crumbs. Bake about 15 minutes in a moderate

New Recipes for Tempting Fish Dish

Tomato Bouillon

To one can of tomatoes, take an equal measure of hot water. Place in a saucepan, add 1 onion, sliced, 6 peppercorns, a tiny bit of bay leaf and 2 cloves. Simmer over a low fire, about 20 minutes, then strain through a coarse strainer, rubbing all the tomato through. Add 2 tablespoons butter and serve in bouillon cups. A teaspoon of whipped cream may also be added to each cup of bouillon.

Asparagus Potomaise

This is delicious with broiled steak or chops. Turn canned asparagus into a saucepan and heat, using the liquid in the can. Allow 4 to 5 stalks asparagus for each serving. While this is heating, melt 2 tablespoons butter in a frying pan and add 1/2 cup soft bread crumbs. Fry until a golden brown, add 1-4 teaspoon salt. Remove from fire, add a chopped hard cooked egg and pour over tips of asparagus. Serve 4 persons.

Cottage Cheese Sandwich Filling

Cottage cheese not only makes a delicious sandwich, but is wholesome and nourishing as well. They should be served more by the homemaker both for luncheon and home use, as well as for a delicious sandwich for afternoon and evening parties.

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Kitchen Kinks

Cut bread for toast the evening before and leave in the toasting rack over night. It dries out enough to toast well.

In making bread or rolls put a saucepan of boiling water into the oven. The steam will keep the crust smooth and tender.

To have a custard pie of an even, nice brown when baked, sprinkle a little sugar over the top just before putting into the oven.

Boiled cabbage is much sweeter when the water is changed in boiling.

To remove odors from ice box, cupboards or pantry, etc., fill a dish with boiling water and drop in a piece of charcoal. A jump of charcoal left in a closed kettle or jar will keep it from becoming musty.

and pepper. Flake, mix with mayonnaise and serve on lettuce, garnished with sliced eggs, beets and celery.

Tuna Fish With Asparagus

1 cup flaked tuna fish
1 tablespoon chives
3 hard boiled eggs, sliced
16 asparagus tips
1 cup mayonnaise

Season crab flakes well with salt and pepper. Flake, mix with mayonnaise and serve on lettuce, garnished with sliced eggs, beets and celery.

Cream Dressing

Thicken but do not whip 2 to 6 tablespoons heavy cream. The amount will vary with the heaviness of the cream. Stir cream into 1/4 or 1/2 jar of standard brand of mayonnaise.

Crab Salad

1 pint crab meat, cooked and flaked
Beets and celery to garnish
2 hard boiled eggs
Lettuce
1 cup mayonnaise
Season crab flakes well with salt

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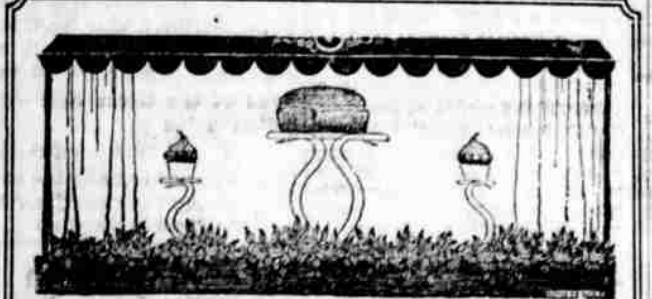
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