



How to Buy

Food

How to Prepare



Flour Selection Highly Important

I wonder just how many of you busy housewives realize the value of good flour. Do you ever ask at your grocery store for any particular kind or do you just call for flour and take what is given to you?

Successful baking depends so much upon the kind of flour which you are using. For instance, when making cakes, they will be lighter if an all purpose flour is used or pastry flour. If straight bread flour is used because of its great power to absorb moisture, less must be added about 2 tablespoons less to every cup.

More than one kind of flour is manufactured from wheat. There is hard and soft wheat, or spring and winter wheat, which is so named according to the season in which it is planted. Spring wheat is hard wheat and is preferred for bread making, while winter wheat which contains more starch in soft wheat and used for making pastry flour.

Hard wheat contains more protein or gluten, the elastic property necessary for making bread. It is creamy in color and more granular to the touch. Pastry flour is whiter in color and if a handful is picked up it retains the prints of the fingers.

We have various flour substitutes such as rye, corn, potato, buckwheat and the whole wheat, all of which were used extensively during the World War. In fact the use of such flours became so great at that time, they have continued to be used to a great extent.

It is flour cheaper to buy cheap flour. Cheaper flours of poor quality makes poor breads and cakes, and often food is wasted because of its poor quality. It would be more economical in the end to spend more for your flour and know that it is good, rather than throw away unappetizing foods. The best way to test the quality of any flour, is to test the bread and cakes produced.

New Menus

Breakfast—Pears, cereal cooked with dates, cream, crisp waffles, syrup, milk, coffee.

Luncheon—Creamed eggs and mushrooms, spinach salad, graham rolls, Indian pudding, milk, tea.

Dinner—Stuffed pork tenderloin, potatoes au gratin, buttered cauliflower and carrots, apple and celery salad, apricot pudding, milk, coffee.

Children under 18 years of age should not be allowed to drink tea or coffee in any form. Babies should not be given toast dipped in mother's or father's coffee. Coffee has no more actual food value than so much hot water and if the toast is softened, its end is defeated since it is the crispness and effort of chewing wherein its value lies.

Creamed Eggs and Mushrooms—Six hard "boiled" eggs, 1-1/2 pounds or one cup sliced fresh mushrooms, 2 tablespoons butter, 2 tablespoons flour, 1 1/2 cups thin cream, 1 egg yolk, 1 teaspoon salt, 1-8 teaspoon pepper.

Melt butter and add mushrooms cleaned and sliced. Cover and cook over a low fire for five minutes. Sift over flour and stir with a fork until blended. Slowly add 1 1/4 cups cream, stirring constantly. Bring to the boiling point and season with salt and pepper. Beat remaining cream with yolk of egg and stir into mixture. Add hard cooked eggs cut in slices and stir carefully until hot. Add lemon juice and serve. The mixture can be served on triangles of toast, in patty shells or between split individual baking powder biscuits. It offers an excellent suggestion to the woman in the country who has eggs, cream and mushrooms for the "gathering."

Breakfast—Honeydew melon, cereal, cream, creamed dried beef, crisp waffles, milk, coffee.

Luncheon—Eggplant sticks on toast, tomato and banana salad, brown bread and butter sandwiches, oatmeal cookies, milk, tea.

Dinner—Baked fresh ham,

Diet With Tomatoes



THE popular practice of dieting has been made more interesting and more beneficial by the fact that everybody is informed nowadays on the topic of food values. Both men and women with a tendency to overeat approach the problem of diet with intelligence and a sufficient knowledge of food to enable them to eat safely through a reducing diet while, while taking off pounds, still at the same time give a well balanced ration, containing the elements necessary to the maintenance of health.

A Versatile Food

Tomatoes are a food which is so versatile that it can be used in a great many ways. It is a vegetable which is rich in vitamins, particularly vitamin C, and is also a good source of potassium. It is a food which is so versatile that it can be used in a great many ways. It is a vegetable which is rich in vitamins, particularly vitamin C, and is also a good source of potassium.

A Two-Dollar Dinner For Six

Here is a tempting, well-balanced dinner for six persons — from broth to demi-tasse — and it all comes out of a two-dollar bill!

- Clam Broth
- Salted Crackers
- Meat Loaf with Pineapple
- Baked Potatoes
- Whole Wheat Bread
- Peas
- Butter
- Lettuce Salad
- Hawaiian Marshmallow Sponge
- Demi-tasse

Two cans of clam broth cost 10 cents each. A ten-cent box of salted crackers will suffice for soup and the meat loaf. Meat Loaf with Pineapple: requires one-half pound chopped pork, one pound chopped beef costing 60 cents, one-half cup of crushed Hawaiian Pineapple, which costs 10 cents, a salted egg at 4 cents, three teaspoons salt and one-half teaspoon pepper. Mix thoroughly meat, drained pineapple and rolled cracker crumbs. Bake in the egg. Work in salt and pepper and pack into a bread pan. Bake 45 minutes. Potatoes for baking cost 6 cents, a No. 2 can of peas 21 cents. A loaf of whole wheat bread costs 10 cents; lettuce for salad costs 10 cents.

Martha Meade's KITCHEN COUNCIL. How to be a welcome dinner guest—is equally as important as how to be a charming hostess. No doubt there is not one of us who isn't anticipating being a guest at some friend's dinner table during this holiday season. How shall we be pleasant guests and make our company desired? The first and last rule of course is to follow the lead of our hostess and be considerate always. There are so many little customs that are important and no proper guest can ignore them. Invitations to dinner should be answered within twenty-four hours after receiving, in the same style as received, either formal or informal. We must plan to arrive not more than ten minutes before the hour for dinner. On no account should of accident miss a guest be late for a dinner engagement. When dinner is served and announced the guests enter the dining room and take their places according to the arrangement of the hostess. Guests will stand behind their chairs until the hostess by seating herself, gives the signal to be seated. From which side of the chair? Really a trivial matter, but to be perfectly correct we seat ourselves from the left side. The napkin is partially unfolded, only partially, and spread on the lap. Spoons are always laid in the cup. Used knives or forks are never laid back on the table cloth. The knife when not in use is placed across the edge of the plate. When a course is finished we lay the knife and fork on the plate, the tines of the fork turned up, and the handles directly in front so that they will not be in the way of the person removing the plate. Breaking bread or crackers into a plate of soup dates back to the nursery. And to pick up a large piece of bread and leave a row of teeth marks in one corner is equally unparadise. Break off a small piece of bread at a time, butter it and eat it. In eating meat cut off a bit at a time as desired and eat alternately with other accompaniments of the meat course. Don't be a "finicky" guest! Never embarrass a hostess! In rare instances if a dish is something that we heartily dislike we may be pardoned for toying with our bread or enjoying an olive or two until the next course. Our manner shows best that we have enjoyed the hospitality of our hostess. The welcome guest is as gracious in accepting as the hostess is in offering. If you have a special question about being a guest or hostess—write to Martha Meade, Home Service Bureau, Sperry Flour Co., San Francisco.

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MARINE AMBUSHED AND BADLY WOUNDED

WASHINGTON, Nov. 27. (A.P.)—Arthur W. Rue, a private of the marine corps, was dangerously wounded from ambush on November 25 in a fight between marines and insurrectionaries at Yonatan, Nicaragua. The navy department declared today that the insurrectionists were dispersed after four had been killed and a large number wounded.

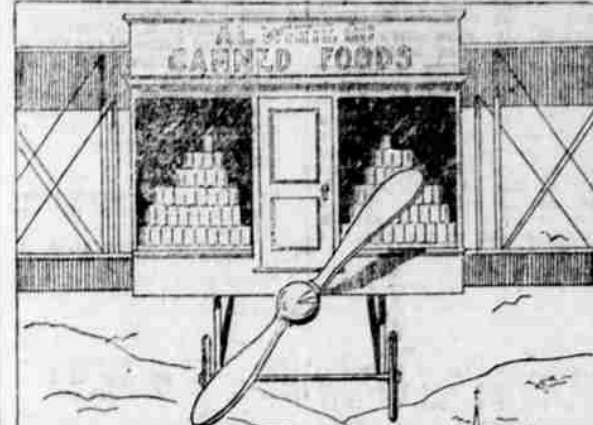
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Why Not a Flying Food Store?

It is a far cry from the little "general store" at the "Four Corners" and even from the modern, up-to-date delicatessen, to a flying food store which would be "Open for Business" whenever and wherever it landed from the clouds! The idea, however, is not too astounding, accustomed as we are becoming to the marvels of the air.

Radio carries from powerful broadcasting stations entertainment and instruction to the tiniest hamlet, the loneliest outpost. "Lindy" and his leather pioneers of flying have conquered the vast spaces over oceans and between continents. And, already, alert minds have seen a common cause in the fields of aviation and merchandising, for the first license as an "airplane peddler" was recently issued for the itinerant selling of smokers' supplies.

The flying food store would have to carry concentrated, ready prepared food in cans of course. There would be cans of peas, tomatoes, cut string beans and other vegetables for the more prosaic part of meals, and such foods as salmon from Alaska, pineapple from Hawaii, and delicious fragrant coffee from Brazil for some of the treats.

One can imagine how housewives and children would flock to shop at such a unique store. And how they might, perhaps, treasure one can of this or that, as a souvenir of the first flying foodstore. And then, years later, when every telephone gives television, when we all carry pocket radios—when all the present marvels of science are called "old-fashioned," perhaps on some special anniversary, the treasured can of, say, pineapple, would be brought forth to grace both meal and memories. Whatever it might be—fruit, vegetable, meat, soup—you could be certain that it would be fresh and luscious as the day it was sealed in its air-tight vitamin-preserving container.

Pumpkin Pie Favorite Dessert But Many Good Cooks Fail In Baking

Pies are strictly speaking an American dish, and it is one of the most popular desserts, especially among men, and yet there are many failures in pie making among experienced housewives. In the first place there are a few rules and regulation which should be observed by every one. You should know that for plain pastry you should use 1-3 cup of fat for every cup of sifted flour and 1-4 level teaspoon of baking powder, 1-4 level teaspoon salt, and sufficient cold water to just hold the ingredients together. Too much liquid produces a tough pie crust, not enough produces a crumbly crust. The flakiness and tenderness of a pie crust depends upon the amount of shortening used and

Curious Facts About Foods

DO YOU KNOW — That no "two peas in a pod" are alike? The dissimilarity in size necessitates grading by thirty-seconds of an inch to attain uniformity in cans. That the pea is one of the oldest vegetables? Tradition says it was brought into Europe from the mysterious mountain regions in India whence our Aryan ancestors came. That there is more nutrition in cheap larger peas than in expensive small peas? Dieticians state this fact. That no farmer can raise and sell green peas as cheaply as the canner? The farmer must pick and shell by hand, whereas these processes are done automatically at the cannery. That, although the pea is one of the cleanest vegetables, it gets five baths at the cannery? The first air bath sifts out bits of pod and vine; the second is a cold water bath; the third is a cleansing machine known as the "thistle separator," a tank where peas dive and thistles float away; the fourth is a hot water bath; and the fifth an air suction bath to remove split peas.

The amount of air enclosed in it during the process of mixing. A mistake so often made in making pies is to work the dough too much. It should be handled as little and as quickly as possible. This is the season when pumpkin or squash pie is more popular than any other kind. However, canned pumpkin can be purchased throughout the year, but pumpkin pie does not appeal to any of us as much as in the fall or during the holiday season. So often housewives refuse to make pumpkin pie because they claim it is impossible to use an entire pumpkin. This can easily be remedied by selling your neighbor half of the pumpkin which you have purchased. I am sure she would be delighted to have you share it with her. Or you can cook the entire pumpkin and can what you do not use. Be sure to cook out as much of the liquid as possible. In cooking add just enough to start cooking because the pumpkin contains so much water. The success in making pumpkin pie lies in the seasoning, that is, the combination of spices. The question is often asked—"How can I make a dark colored pumpkin pie?" The answer is very easy, add more spices and use brown sugar in place of white sugar. A list of pumpkin pie recipes will be sent anyone upon request. Write to Marian Jane Parker, Calumet Baking Powder Company, 4100 Fillmore St., Chicago. For results use News Class Ads



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