

The Times Page of Helpful Topics for Homemakers

Spring Days Rouse Taste for Salads

For an egg salad place slices of hard cooked eggs in nests of shredded lettuce leaves. Sprinkle with finely chopped onion, salt and pepper. Make a sauce of the following ingredients: Three tablespoons olive oil, 2 tablespoons lemon juice, 1 tablespoon tomato catsup, 1 tablespoon cream, 1/2 teaspoon salt, 1/4 teaspoon paprika. Put together in order given, beat and chill. Pour sauce over salad and serve at once.

Piquante Peach Salad
One can peaches, 2 tablespoonsfuls gelatin, 1 cup cold water, 1 stick cinnamon, 1/2 teaspoonful salt, 1/4 teaspoonfuls paprika, 2 tablespoonsfuls lemon juice.

Drain syrup from the peaches. Soak the gelatin in cold water. Add the cinnamon and seasonings to the peach syrup and bring to boiling point. Add the soaked gelatin and stir until dissolved. Add lemon juice. Place peach halves in bottom of molds or cups, cut side up. Pour in gelatin mixture and chill until firm. Turn out on lettuce and serve with mayonnaise.

Spinach Salad
Butter small molds and pack solidly with leftover spinach. Chill, remove from molds and arrange on thin slices of cold boiled tongue. Garnish with parsley and serve with tartar sauce.

Cottage Cheese Salad
For each person to be served, arrange cottage cheese in the shape of a nest on crisp lettuce leaves. Fill each nest with three well-cooked prunes, stuffed with walnuts. Dress

Send for Menus

Last week, Dorothy Alden offered to send, on request, menus and recipes for spring luncheons. These proved so popular that we are offering them again. If you are planning to entertain any time this spring, these menus will give you a number of novel suggestions. Send a stamped addressed envelope for your copy. Address Dorothy Alden, Indianapolis Times.

each nest with one tablespoon of mayonnaise.

Golden Glow Salad
One cup boiling water, one package lemon gelatin, 3 medium carrots, grated, one-half cup pecan meats, one cup crushed pineapple, salt.

Add boiling water to the gelatin. Add juice drained from pineapple, about 1 cup. Mix grated raw carrots, nuts, pineapple, and salt. Spread in flat mold. When gelatin mixture begins to harden, pour on top of carrot mixture. Cut in squares when firm. Serve on lettuce with salad dressing.

Fig Salad
One can figs, one package cream cheese, cream, celery, lettuce. Drain and chop the figs and mix with the cream cheese, which previously has been thinned with cream. Pour this over chopped celery arranged on lettuce leaves. Top with spoonful of mayonnaise.

Rules for Meringue
Do you have trouble with meringues? Two tablespoons of granulated sugar for every egg is a good rule. Beat the whites until stiff, then add the sugar slowly, beating all the time. Add the flavoring, and brown in a slow oven, about 300 to 325 degrees. The meringue requires 15 to 20 minutes of slow baking.

Thousands of Steps Can Be Saved by Convenience in Kitchen Arrangement

All sorts of weeks are being declared, and it would seem, in the interest of homemaking, that we would do well to declare a "Better Kitchens Week."



Dorothy Alden

We are not all building new homes this spring in which we can place a model kitchen, but there undoubtedly are a number of rearrangements, touchings up, and new purchases designed to make our work easier and more pleasant—all of which will tend greatly to improve the kitchen in which we now are working.

The realization that women are prone to let their heels save their heads—instead of the other way round—probably was first brought to attention by the woman who used a pedometer in the work of preparing the meals in her kitchen. She discovered that in traveling from one piece of equipment to another while preparing meals, she traveled two miles. This seemed like a needless waste of energy, and since then efficiency experts have been studying the different pieces of work done in a kitchen, routing or placing the equipment accordingly.

For instance, if in the preparation of a meal, your kitchen cabinet is in one corner, the stove in another, and the sink is still another, you will find yourself walking miles, too.

On the other hand, if your sink is placed to the right of your preparation table, and the stove to the left—with just a few steps between—you will cover the minimum distance in the preparation of a meal.

So much for the kitchen you may be planning. What can be done with the kitchen you have to work in, in the meantime?

It is quite out of the question to change the position of stationary equipment, such as the stove or sink, but there are a few things which may be done to improve working efficiency.

How about the height of your sink? Do you have a back-breaking task of washing dishes three times each day? Many of the older sinks are too low, and if it is impossible to block them up in any way, at least place a wooden block in the sink on which to rest the dish pan. You will be surprised to find what a difference a little thing like this will make.

Step-Ladder Helps

By all means furnish yourself with a kitchen stool. It does not denote laziness. Everything possible should be done to conserve one's strength. Dishes may be washed sitting down, vegetables prepared, and a number of other tasks.

The combination stools and step-ladders which may be purchased for a dollar or more are a great help. The step-ladder—always at hand—will save you many a stretch and possible accident when reaching to high shelves.

If your kitchen is large, a center work table is a great convenience, even though you may have a cabinet. Many women who have smaller kitchens find a small work table or service table on easily rolling casters, a great help. One never has too much table room, it seems.

Next to having large pieces of equipment grouped in relation to the work to be done, it is important to have the small utensils conveniently placed. First of all, try to place them on shelves, hooks, where they may be reached conveniently without bending or stretching.

Don't be afraid of destroying the neatness of your kitchen by hanging the utensils in most frequent use, on the wall. They can be arranged to look neat, and it is certainly better to have them handy than it is to have to go to a pantry for them each time, or reach to a high shelf.

Place Utensils Conveniently

These utensils should, of course, be hung in relation to their tasks. A rack of kitchen knives and forks, for instance, probably will be most convenient if placed beside the sink. Certain kettles and stew pans, used often, should be hung beside the stove, together with long-handled spoons for stirring, forks for testing, lids and covers, cloth holders, spatulas and pancake turners.

Near the work table, such small equipment as measuring cups and spoons, a pastry brush for greasing pans, etc., should be hung. Small hooks on the side of the table could accommodate these pieces, and there would be no fumbling about in drawers for them.

Of course, in hanging this equipment you will not want to mar the walls with ugly nails. The best way to do is to place a strip of molding at the proper height, then screw small hooks into it.

This place of equipment for greatest convenience will require individual study, for it depends on how you are accustomed to doing your work. Become an efficiency engineer yourself for an hour or so. Sit down in your kitchen and think of each piece of work done there—meal preparation, dishwashing, special baking, etc.—then plan to arrange the equipment involved most conveniently.

Tasks Made Easier

You will be surprised to find what an interesting task this can be, and after it is completed, how much easier your work.

A small enameled cabinet, similar to a medicine cabinet, over the sink, will be found to be a convenient place to keep all the unsightly but necessary soaps, powders, and brushes in use there. Such cabinets usually are called "utility cabinets," and may be purchased for this purpose.

Kitchen cabinet manufacturers are placing units on the market which include cabinets, cleaning closet, and dish cupboards. These are very neat and compact, and may be purchased in sets or individually.

Various colors may be had, too. The cleaning closet is particularly convenient for assembling brooms, brushes, mops, etc., used for cleaning, should there be no closet built in for them.

Linoleum Is Good Covering

Probably linoleum, because it is easily cleaned, is as good a floor covering as a kitchen can have. The walls and woodwork should be painted with a washable paint, and by all means, since one has to spend so much time in the kitchen, select attractive colors. Two shades of tan are pleasing. If there is plenty of light in your kitchen an apple green and gray makes an attractive color scheme. Ivory and apple green also is pleasing. A gray kitchen warmed up with dashes of Chinese red in the curtains, the cupboard linings, the enameled ware, etc., is good. Blue and cream is another favorite.

Sugaring Cookies

If you bake cookies at your house, you will find it helpful to keep granulated sugar in a large salt shaker to use for sprinkling the tops of the cookies. Thus the sugar is kept from scattering over the pan and burning.

Here's Help

Are you housecleaning? If so, you probably are wishing that some good fairy would come in and prepare the meals for the family, so you would not need to stop your cleaning job to get them ready.

We are just out of fairies, so we can't send one to do this for you—much as we would like to do so. Miss Dorothy Alden says, however, that next to fairies, casserole dinners will prove most useful at this season. They are easily prepared—in fact you have a whole dinner in one dish, and this dish can be prepared in advance, ready to be slipped into the oven when the dinner hour approaches. Such dinners save dishes, too, she says. So she has prepared a number of recipes for satisfying casserole dishes which are at your disposal. You will find them useful whether you are housecleaning or not. Just send a stamped, addressed envelope with your request. Write to Dorothy Alden, Indianapolis Times.

Noon Is Time for Child's Heavy Meal

Nutritionists and child specialists advise us to make noon the time for the toddler's dinner. By "toddler" we mean the child from 1 to 5 years of age.

The heavy meal at noon gives ample time for digestion. Then, too, a morning crammed full of exercise, and an afternoon of activity even with a refreshing nap tucked in, makes it necessary to provide plenty of energy in the shape of food at midday. When the heavy meal is given at evening, the child usually is too tired to digest it properly, and a restless night is likely to follow.

In most city homes, the dinner is served in the evening. This means, if there are children, that a special meal must be prepared at noon. The busy mother finds this a real task, yet if she is interested in her child's physical well being, she will be rewarded.

Light Supper for Child

Then, too, if the baby's dinner has been served at noon, he can be put to bed with a light supper before the family dinner is served.

To simplify the preparation of the noon dinner, then, and at the same time make it adequate is the mother's problem. These suggestions may prove helpful.

If there is but one child to cook for, the small amounts of vegetables, eggs, etc., are lost when prepared in event the smallest of the family cooking utensils. It is a good idea to invest in several pieces of toy size utensils.

With the addition of a tablespoon of milk, an egg can be scrambled to perfection in a toy aluminum double boiler. Small amounts of vegetables also can be prepared in the toy stew pans. You may need to use an asbestos plate on your stove burners to keep these smaller pans in place.

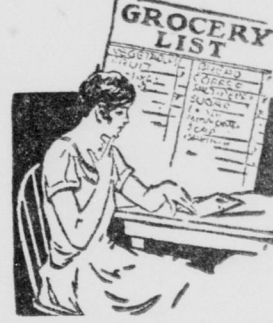
Will Save Gas

For the baked potato, the kitchen may be kept cooler and gas saved if one of the small ovenettes which fit over one burner of the stove is used in place of the big oven.

Desserts are dear to the child's heart, and there is no reason why he should not have a simple dessert at the end of the dinner. More work, you say. Yes, but junket which can be made in three minutes or plain fruit flavored gelatin serve admirably.

For variety, give him tapioca or cornstarch puddings or custards. These may be made in larger amounts and served to the adults for their evening dinner as well, with perhaps slight variations such as the addition of fruit, a pie shell, etc.

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