

Dorothy Alden's Page of Helpful Hints for Homemakers

Inexpensive Meat Dishes Are 'Tasty'

It is no difficult matter to prepare a good dinner if one has choice meat, steak or chops at hand. But there are days in every household when one feels the need for serving the less expensive cuts.

The problem of making them tasty and appetizing is not such an easy one, especially for the inexperienced cook. These recipes will prove helpful for that purpose.

Roast Breast of Lamb

Place the lamb in a roasting pan. Cover it with strips of bacon. Season with salt and pepper, add 1 cup water, cover and bake 1 hour. Make a rich brown gravy from the juices left in the pan, by adding 1 tablespoonful flour to each cup of liquid.

To brown the potatoes, pare them, place around the lamb in the roasting pan when the meat is put in the oven, season them, and bake once or twice with the juice. The breast of lamb may be stewed as well as roasted. It is especially delicious, since the fat is so mild and tender.

Chopped Beef en Casserole

One and one-half pounds beef, chopped; one-half cup tomato relish; tabasco sauce; one can beefs. Mix chopped beef with relish. Add one-half teaspoon tabasco sauce. Season well with salt. Put in glass casserole and bake two hours, basting frequently with a high quality of table sauce. A few strips of bacon may be placed across the top of the casserole. Garnish with one can

of beets, quartered, heated and seasoned. Serves five.

Hungarian Goulash

Two pounds round or flank steak cut in three-inch squares; three tablespoonfuls drippings; four medium onions, sliced; one cup peas; one cup cauliflower; one cup crushed tomatoes. Wipe meat with damp cloth, roll in flour and brown well in hot drippings with onions. Add one cup boiling water. Cover and cook slowly for one hour. Then add the vegetables, season with salt and pepper, and cook until tender. Thicken with flour browned in butter.

Baked Sparreribs With Apples

Wipe sparreribs carefully with a cloth wrung out of hot water. Arrange meat in dripping pan and place in a hot oven, lowering the temperature gradually. Baste with drippings occasionally. When the meat is well browned place apples, which have been cored, in the pan with the meat. Fill the center of each apple with brown sugar, and bake until tender. In serving, arrange the apples as a border around the sparreribs.

Braised Shoulder of Veal

Requires a five-pound shoulder of veal for a family of five, 3 large carrots, 3 cups bread dressing, 1 onion, 6 peppercorns. Wipe the meat; remove bone and stuff with dressing. Sew on sweater into shape, dredge with flour and brown the entire surface.

Place in a deep pan, surround with vegetables and peppercorn. Sprinkle with salt and pepper to taste. Add 3 cups boiling water, cover and bake in a moderate oven. Usual oven roasting will require four hours. Roasting in pressure cooker, 50 minutes. Baste frequently while roasting. Serve with gravy made from juice in roasting pan or with a curry sauce.

Month of Brides Brings Up Question of Menus for Wedding Reception

BY DOROTHY ALDEN

FOLLOWING close on the heel of the "merry month of May" comes June—the month of brides and roses, sweet girl graduates and going-away parties.

We shall all agree that June is the ideal month for all these events, but they frequently present vexing problems for the hostess. What shall she serve and how shall she serve it?

The June bride is the most important, so let's devote our time and space to her today. Is it to be a formal wedding at night with a reception following?

If so, any one of the following menus might be considered for a wedding reception:

- Fruit Punch
- Rose Cakes
- Frozen Fruit Salad
- Ribbon Sandwiches
- Chicken Salad Rolls
- Sweet Midget Pickles
- Radish Roses
- Fresh Strawberry Ice
- Lady Fingers

The following is a good recipe to follow in making the fruit punch. The amount given will serve fifty:

- Fresh Strawberry Ice
- 2 qts. fresh strawberries
- 2 1/2 cups sugar
- 2 teaspoons lemon juice
- 1 quart water

Sprinkle sugar over the berries, which have been washed and capped. Cover and let stand for two hours. Mash and rub through a sieve. Add water and lemon juice. Freeze. This makes two quarts of ice.

If only punch and cakes are to be served, the punch may be placed on a small table covered with a luncheon cloth, in the dining room or hall. A pretty girl may preside, to see that the guests are served, or the punch and cakes may be passed

Frozen Fruit Salad

- 1 cup mayonnaise
- 1 cup whipped cream
- 1 teaspoon gelatin
- Lettuce leaves

Two and one-half cups mixed canned fruits, drained from juice—peaches, maraschino cherries, pineapple, pears, etc.

Cover the gelatin with one tablespoon of cold water. Allow to stand five minutes. Set over hot water to dissolve, then whip in the mayonnaise and whipped cream. Stir in the fruit, which has been cut into cubes. Pour into a mold rinsed in cold water. Seal carefully with tight-fitting top and waxed paper, and pack in equal parts of ice and salt for four hours. Slice and serve, garnishing with lettuce. Recipe serves ten.

Ribbon Sandwiches

Cut white bread and whole wheat bread in one-fourth-inch slices, slicing twice as much white bread as whole wheat. Sandwich bread is best to use. Chop large olives and mix with cream cheese, in proportion of six olives to one cheese. Season with salt and paprika. A little cream may be added to soften the mixture for spreading. Put three slices of bread together in alternate colors, spreading the filling between the slices. Fold in a cheese cloth, and press under weight in the refrigerator. When serving time comes, cut down in thin slices resembling layer cake. Various fillings may be used.

Chicken Salad Rolls

Cut buns in two. Scoop out the soft centers. Place under broiler, and toast slightly, then butter. This should be done just before serving time. Have the chicken salad mixed in advance. Fill the centers of the buns with the salad, garnish with lettuce, and place the tops back on.

Fruit Punch

- 2 cups sugar
- 1 1/2 gal. ice water
- 1 pt. strawberry syrup
- Juice of 10 lemons
- Juice of 6 oranges
- 1 can grated pineapple
- 1/2 pt. maraschino cherries
- 1 qt. charged water

Boil sugar and water ten minutes to make a syrup. Add fruit juices. Add ice water, and turn into punch bowl over large piece of ice. Add cherries and charged water.

Rose Cakes

Use any good white cake recipe. Bake in very small muffin pans, or in a sheet which may be cut in small squares when cool. Cover half of them with white frosting, and half with pink. Decorate with nuts and candied rose petals.

The Wedding Breakfast

The wedding breakfast is especially popular, following the morning or noon wedding. The menu for such occasion is that of the formal luncheon. The following is appropriate:

- Strawberries Au Naturel
- Creamed Chicken and Shrimp Patties
- Beets, Rose Style
- Rip Olives
- Tiny Pickles
- Buttered Rolls
- Peach Meringue Glace
- Bride's Cake
- Coffee
- Strawberries Au Naturel

This is a pretty dish to decorate the table when the guests are seated. Select firm, large berries, with a little stem attached, if possible. Wash, but do not cap. Arrange around the edge of salad plates, with points toward center. In the center have a mound of powdered sugar.

Beets, Rose Style

Cook a dozen beets until tender. Remove skins, and cube. Mix 1/2 cup of sugar with 1/2 tablespoonful cornstarch. Stir in 1/2 cup of vinegar and boil five minutes, stirring all the time. Add two tablespoons butter and pour over the beets. Reheat over low fire, cooking about fifteen minutes.

Peach Meringue Glace

Drain juice from 1 can of peaches. Beat the whites of four eggs very stiff, and gradually beat into them 1 cup of sugar, and 1/2 teaspoon vanilla. Shape with spoon or pastry bag to resemble nests about 3 inches in diameter, on glazed paper. Bake in a very slow oven thirty minutes. Remove from paper and cool. Place a peach in the hollow of each meringue nest. Fill center of peach and decorate outer edge with whipped cream.

Any one of these menus is suitable or may be adapted for other June entertainments, if there is to be no wedding in your home. Just try the luncheon-breakfast on your bridge club.

Use Starch for Rugs
When washing rag rugs use a little starch in the last rinse water. This will prevent them from curling when they are dry.

Salad Recipes

Luncheon salads, salads for afternoon parties, dinner salads! These are indeed salad days, and one never has too many ideas for good salads. Dorothy Alden has a collection of salad recipes designed for many occasions. She will be glad to send them to you on receipt of a stamped, addressed envelope. Write to Dorothy Alden, The Indianapolis Times.

Devil's Food of High Grade Made With This Recipe

Here is a recipe for devil's food cake, published on request of Mrs. J. S. Rushville, Ind.:

- 2 cup brown sugar
- 2 cup shortening
- 2 eggs
- 1/2 cup grated chocolate
- 1/2 cup sour milk
- 1 teaspoon salt
- 2 1/2 cups flour
- 1 teaspoon vanilla

Sift the flour once before measuring, then pack into cup very lightly. A scant 2 1/2 cups is desirable. Sift flour, soda and salt together. Cream shortening, cream in sugar and add slightly beaten eggs. Add sour milk. Sift in dry ingredients. Last of all, stir in melted chocolate and vanilla. Spread in two greased layer cake pans. Bake in moderate oven.

This is an inexpensive devil's food, but a very good one.

PROPER CUTTING OF FOWL IS OUTLINED

Remove pin feathers, singe the fowl, cut off the head, tendons and oil bags.

Cut off the legs at the thigh joint. Separate the first joint or drumstick from the thigh.

Cut the wings from the body. Cut off the tips of the wings.

Separate the breast from the back by cutting clear down both sides of the bird below the ribs.

Remove the heart, liver, gizzard, entrails, fat, all together. Remove windpipe and crop. Carefully remove the lungs and kidneys from the backbone.

Cut back and breast into two pieces each, cutting crossways. The back may be divided further by cutting lengthwise. The wishbone may be removed by inserting a knife under the tip and cutting downward, the knife following the bone.

Empty Sweeper Into Sack

To prevent dirt from flying when you empty the hoosier of your vacuum sweeper, place the opening of the bag in a large paper sack, and shake the dirt down into the sack. Save the bags obtained with your groceries for this purpose.

Heavy Suds Needed for Blankets

The term "spring cleaning" implies far more than the mere application of soap and water to woodwork, cleaner to wall paper, and wax to floors, as every homemaker knows. It means also the dry cleaning or washing of curtains, blankets, comforts, pillows, rag rugs, etc.

If you have an electric washer, the work connected with this phase of cleaning is simplified greatly. But whether you do or not, of all these pieces, the washing of the blankets and the woollens is the most particular piece of work, and demands special attention.

Select a hot, sunny day when there is a good breeze blowing. Select a mild soap, and use it in solution, that is, if bar soap is used, it first should be made into a jelly, so that it readily will go into solution. If flake soap is used, it should be dissolved thoroughly in water before the pieces are added.

Use Heavy Suds

Heavy suds that will not break down is essential, as woollens should be squeezed and rinsed clean, rather than rubbed. Soap never should be applied to them directly.

Use lukewarm water. It is important that water of the same temperature be used throughout the washing for both suds and rinse, if the pieces are very soiled, take them through two suds of exactly the same temperature.

Rinse through two lukewarm waters. No hot wring hard or twist, but rather squeeze the water out of them. This can be accomplished by releasing the tension on the wringer, so that there is little of it.

Soft Water Required

It is almost impossible successfully to wash woollens in hard water. If soft water is not available, it first should be softened. Blankets may be hung over the line so their weight is divided equally. If there is a stripe in them which is likely to run, hang the blanket so the stripe is at right angles to the line. Some people advocate that blankets be spread on the ground on newspapers until all water is drained from them, then hung on the line.

Help for Home

A specialist in Home Economics—at your service. That is what The Indianapolis Times offers its women readers when it invites you to consult Dorothy Alden on questions pertaining to your home making. Miss Alden will be glad to hear from you at any time, and will give your letters her personal attention.

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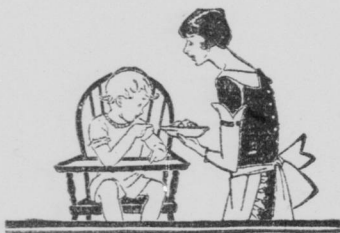
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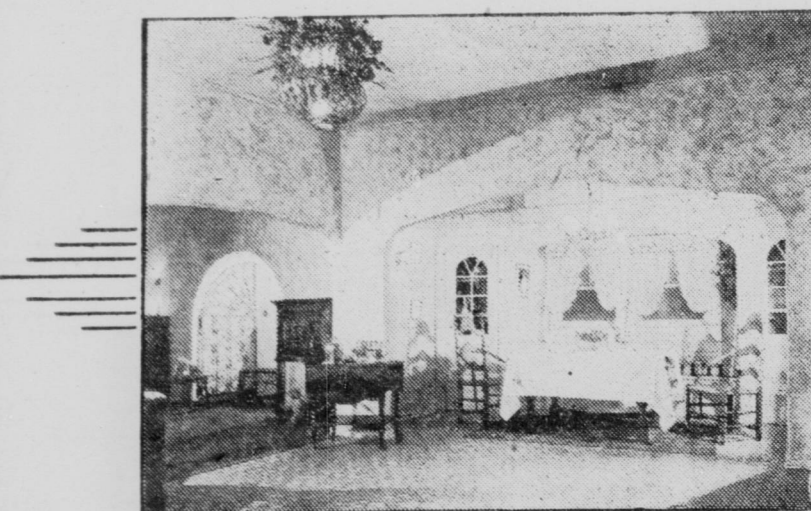
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Mrs. J. R. Farrell, Director, Home Service Dept.

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