

Dorothy Alden's Page of Helpful Hints for Homemakers

Pain Can Be Taken Out of Cookery

Cooking is no fun in hot weather. I think we will all agree on that point. And the hours of the day when there seems to be the least air circulating are the hours when the dinner preparations are under way in most homes—5 and 6 o'clock in the evening.

I have attempted a solution of this problem in my own home, and have met with some success, to say nothing of greater comfort. I have found it possible to sit down to the table feeling "cool, calm and collected," and what is more—with some appetite for the food which I have prepared.

To accomplish this requires a little forethought, but surely it is thought well spent if it is to save one from that disagreeable hot weather disposition.

When you waken in the morning, and the air smells as though we were going to have a particularly hot day, begin to make your plans. If you previously intended to have a roast for dinner that night, decide on a substitute, for, of course, you will wish to avoid the unnecessary heating of the kitchen.

Instead, plan your menu around a cold meat or fish salad as the main dish, or, if that is out of the question and for some reason you must have hot meat, order steak or chops, which can be cooked quickly. Sometimes, too, the roast can be cooked in the morning while it is comparatively cool, and merely reheated when dinner time arrives.

Right after breakfast, then, prepare as much of the main course as it is possible to do in advance.

Help for You

Hot weather dinners! What is the correct food to give your families these hot evenings? How may dinner be cooked without cooking the cook? Dorothy Alden has prepared menus for six dinners, especially planned for evenings when the mercury is hovering around 90. They will contain many helpful suggestions for you. Please accompany your request with a stamped addressed envelope. Address Dorothy Alden, The Indianapolis Times.

and get your vegetables all ready to cook. You might even cook them in the morning, so they demand only a reheating at night.

This will depend, of course, on the kind of vegetable, and how you are planning to serve it. Most summer vegetables require a very short cooking period, anyway, and as they are mostly tender when freshly cooked, they can be prepared at the last minute without heating the kitchen to any great extent.

If you are planning to serve some of them in cream or white sauce, however, it can be prepared in the morning, cooled, and placed in the refrigerator until ready for use.

You can plan to have a dessert that can be prepared in the morning, and also get the material all ready for your salad.

Another thing which you will find a big help is the use of many of the already cooked foods available these days. I think any woman, no matter how good a cook she is, who does not take advantage of them on occasion, is very foolish. Any short-cut will keep you out of the hot kitchen and give you more time out-of-doors, the place where every one belongs in summer, is worth adopting.

Berries Are Delicious at All Meals, Blend Well With Any Foods Served

THE day probably will come when blackberries, blueberries, raspberries and all such small fruits now on the market will be as common out of season as strawberries have become. We no longer have to wait until June to enjoy strawberries. But since that day has not arrived, we shall want to make the most of these berries which are with us such a short time.

It is surprising how well they adapt themselves to almost any meal in the day, and to almost any food served at that meal. At breakfast we can enjoy them with our cereal, or served by themselves as a delightful appetizer. For lunch, perhaps we shall want to serve some of those crispy berry muffins. When dinner time rolls round, we find them gracing the dessert course.

Blueberry Muffins

1/2 cup shortening
1 1/2 cup sugar
2 eggs
2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
2-3 cups milk
1/2 cup blueberries

Cream together the shortening and sugar. Add beaten eggs, and mix all together. Mix and sift one and one-half cups of flour, the baking powder and salt, and add alternately with the milk to the first mixture. Mix the berries with the rest of the flour, and stir in lightly. Bake in greased muffin pans in medium hot oven for twenty-five or thirty minutes. Makes twelve muffins.

Deep Dish Huckleberry Pie

Wash and pick over three cups of huckleberries. Drain, mix with 1 cup of sugar, 2 tablespoons flour, 1 teaspoon lemon juice. Put mixture in a deep pie plate. Cover with plain pastry, prick top to let out steam. Bake in hot oven about twenty minutes, then reduce heat and bake twenty minutes longer.

Raspberry Ice

1 quart raspberries
1 cup sugar
1 cup water
2 tablespoons lemon juice

Wash the berries and sprinkle

with sugar, letting them stand two hours or longer. Mash through a lemon wire strainer, add water and lemon juice. Turn into freezer packed with ice and salt in the proportion of three parts ice to one of salt. Turn until frozen. Remove dasher and repack, allowing it to ripen for at least an hour before serving.

Gooseberry Tarts

4 cups gooseberries
1 1/2 cup sugar
1/2 cup water
1 tablespoon margarine
1/2 teaspoon grated lemon rind

Wash and drain the gooseberries. Mix with the sugar, and cook slowly in the water, stirring constantly until sugar is dissolved and berries are tender. Add the margarine, and lemon rind. Cool. Pour into baked tart shells. Top with a spoonful of sweetened whipped cream.

Gooseberry Fool

Stew half-ripe gooseberries in as little water as possible. When tender, rub through a sieve. Boil for a minute longer, adding enough sugar to sweeten. Then remove from fire and chill. When cold, mix lightly with stiffly whipped cream, using half as much cream as gooseberry mixture. Serve at once in sherbet glasses.

Blackberry Pie

Pick over and wash one and one-half cups blackberries. Stew until soft with just enough water to prevent burning. Add sugar to taste, and a dash of salt. Line piepan with plain pastry. Fill with the berry mixture, which has been allowed to cool. Arrange strips of pastry across the top to form lattice. Bake thirty minutes in hot to moderate oven.

Blueberry Puffs

Roll out plain pastry and cut in circles three or four inches in diameter. Put one tablespoon of raspberries in the center of each.

Wet edges half way around, fold and press together firmly with a fork. Prick tops, and bake in a hot oven for about fifteen minutes.

Blueberry Cake

1/2 cup shortening
2-3 cup sugar
1 1/2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
1/2 cup blueberries

Cream together the shortening, sugar and egg yolk. Sift the dry ingredients, reserving two tablespoons of flour to mix with the washed berries. Fold in the stiffly beaten egg white. Spread half the batter in a pan, add the berries which have been mixed with the two tablespoons flour. Then spread on the rest of the batter. Bake about forty-five minutes in moderate oven. Serve warm with butter or pudding sauce or whipped cream.

Berry Cream Tarts

1 pint raspberries
1/2 cup superfine sugar
1/2 cup whipped cream
Pie paste

Cover inverted tart or muffin pans with pie paste. Prick light with a fork and bake in a hot oven.

When ready to serve, mix the washed, chilled berries with the sugar. Fill the pastry shells and top with whipped cream.

Berry Lemonade

To each glass of lemonade add 2 tablespoons of crushed berries. Seedy berries first should be strained.

Garnish with whole berries and serve with crushed ice.

Bar-le-Duc

Wash and stem currants. Add sugar and bring to a boil. Boil slowly for five minutes. Pour into hot, clean jars, seal, and when cool, store in a dark, cool place.

CANTALOUE SHOULD BE SPRINGY AT END

Cantaloupes should be judged in their selection by the fact that a good melon is heavy to lift, and slightly soft and springy at each end when pressed. The coating turns yellow as it ripens. To serve: Wash the outside of the melon thoroughly with cold water. Cut for individual serving.

Remove the seedy portion, and place on ice—on the lower shelf at the outer edge if the ice box is a top-icer or on the outer edge of the top shelf if the box is a side icer.

These positions are the ones least likely to spread the cantaloupe odor to the other foods in the box. Thorough icing takes about one hour.

Penichi Recipe

3 cups brown sugar

1 cup milk

1/2 cup margarine

1/2 cup vanilla

1 cup nuts

Put the sugar and milk into a sauce pan and cook to the soft boil stage, or 238 degrees F. Remove from fire, add margarine and vanilla. Cool without stirring. When lukewarm, beat until creamy. Stir in broken nut meats. Pour into greased pan, and mark in squares when it hardens.

Chill Your Grapes

Plums should be washed and served whole on clear glass plates. They may be garnished attractively with clematis leaves and flowers.

Grapes should be chilled thoroughly before serving. An attractive service is to place a cluster of them on a washed grape leaf.

Crisp Pie Crust

To prevent juices soaking under crust in berry or custard pies, brush the bottom crust with slightly beaten egg white.

Save the Cook

Each season brings its special problems to the homemaker who earnestly is doing her best. Sometimes, an outsider, but one trained along the lines of home making, can throw light on the subject that has seemed most perplexing. Such a person is Dorothy Alden. If she can help you solve any of the problems connected with your housekeeping, please do not hesitate to write her.

Make Your Ice Cream Attractive

So many of us seem to think that when we want a really fancy ice cream concoction, we have to go to the ice cream shop for it; and when ice cream is served at home, we never try to serve it in any but the plain way—just as it is.

If the homemaker but realized it, with commercial ice cream so inexpensive, wholesome, and easily obtained, she has at her finger tips the making for any number of fancy though easily prepared desserts. Here are suggestions for a few of them:

Chocolate Mint Cream

Put a layer of chocolate ice cream in a glass dessert dish. Spread with whipped cream flavored with peppermint. Add another layer of ice cream. Top with more whipped cream.

Banana Split

Cut bananas lengthwise, add ice cream, whipped cream and sprinkle with pecans.

Tutti Frutti

Cut preserved pineapples, apricots, fresh berries, cooked in a rich syrup, then cooled, make delicious tutti frutti.

Fruit Sundaes

Apples, pineapples, peaches, apricots, fresh berries, cooked in a rich syrup, then cooled, make delicious home-made sundaes. Sprinkling with grated fresh cocoanut makes these even more delicious.

Macaroni Delight

Roll toasted cocoanut macaroons with the rolling pin. Mix the crumbs with vanilla ice cream, and serve with half a peach.

Ice Cream Shortcake

Individual rich biscuits, fresh baked, and heaped with berries to which ice cream is added just before serving. This is an improvement on the ordinary shortcake.

Sauces

Chocolate or caramel sauce can be prepared and kept in the refrigerator for use at any time. These are better if made with bitter chocolate, or maple sugar.

Berries Should Be Chilled

Berries should be washed and chilled, and piled high in glasses. Pass sugar and cream with them. Or, they may be arranged in layers, sprinkled with powdered sugar and orange juice, and chilled one-half hour before serving.

Serve Lemon With Banana

Bananas should be chilled thoroughly. The peel and threads should be removed. Serve preferably on a glass plate, with a wedge of lemon or lime, and a fork for eating.

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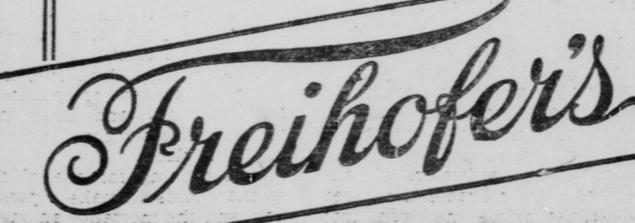
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