

## NEW ENGLAND DISHES REDUCE COST OF FOOD

Boiled Dinner Makes Use of Both Meat and Vegetables.

New England housewives have an inheritance of thrifty, tasty ways of preparing food. One of their dishes, to which this section of the country has given its name, is the famous New England "boiled" dinner. The vegetables are boiled, but the meat is simmered. One reason for its perennial popularity is that the flavor of the meat is used to enhance that of the vegetables. Another reason is that a large or small amount of meat may be used and a variety of vegetables may accompany it. It is a convenient, economical as well as hearty and nutritious dish.

Corned beef is the meat used for a New England boiled dinner. Vegetables are potatoes, cabbage, beets, turnips and carrots, with onions also, if desired.

### Corned Beef Suggestions

The meat is put into a kettle and covered with cold water, which is rapidly brought to a boiling temperature. It is then skinned, and the temperature reduced so that the meat simmers until it is tender.

Then the meat may be removed from the kettle and the vegetables cooked in the water. Or about an hour before serving time, some of the liquid may be removed to another kettle and the vegetable boiled in it.

The beets should be cooked separately so that they will not color the other vegetables.

Fresh pork cooked with vegetables is another favorite dish with New England housewives. A fresh pork butt is used. It is simmered for 1½ hours. One hour before serving time, place carrots and parsnips, cut lengthwise, and a red cabbage, quartered, in the kettle and cook until tender.

The pork is served in slices in the center of a platter with the vegetables arranged around it.

### Pork and Gravy Popular

Fried salt pork and milk gravy is a popular New England dish. The salt pork is sliced very thin and pan-broiled for five minutes in boiling water, then fried to a golden brown. Remove the meat to a warm place.

Pour off all the fat except 1 tablespoon. Sift in 1 tablespoon flour, brown and add 1 cup milk. Season with pepper and salt if needed. Let the gravy thicken and serve in gravy dish.

Sliced onions and potatoes cooked in their jackets are a popular combination with this.

Corned beef hash is another economical dish which New England housewives prepare in delicious fashion. Here is one way of serving it:

### Beef Hash With Peppers

1 cup chopped corned beef  
1 small onion, minced  
2 tablespoons minced parsley  
Salt and pepper  
2½ cups chopped cooked potatoes  
2 tablespoons green peppers, minced  
½ cup soup stock  
½ teaspoon mace

Mix all the ingredients together thoroughly. Put in a buttered baking dish and bake for about forty-five minutes in a moderate oven. If desired the meat mixture may be baked in green peppers. In that case, the peppers are not added to the hash.

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## Lamb Chop Platter Fits Into Valentine Day Menu

Wrapped and Boned on Saratoga Style Favored.

Valentine's day is one of the best loved of all holidays—as indeed it should be, being dedicated to the little winged god, himself. The hostess delights in it since it gives so much opportunity for self-expression in table decoration and in the choice of the menu.

Happy indeed the housewife who is the proud possessor of a set of the lovely red glassware which is so much in vogue right now. Nothing could be more beautiful for the Valentine luncheon table.

A bowl of red roses in a red crystal bowl, flanked by candle sticks of the same will make the table a thing of beauty and a joy for guests and hosts.

Lamb chops always are great favorites with women guests and so the lamb chop platter will be most effective as the center of the luncheon menu.

Have the chops boned and the tail of the chop wrapped round and fastened with a toothpick; or Saratoga chops, which are boneless chops cut from the boned shoulder, may be used. Broil the chops as usual.

In the meantime fry slices of

pineapple which are to be placed one under each chop. Also fry large mushroom caps, one to be placed on each chop. Place the chops in the center of a large platter and around the edge place cranberry salad which has been molded in heart-shaped molds.

### Cranberry Salad

This is the way the cranberry salad is made:

1½ cups raw cranberries

½ orange

1 cup sugar

1 cup hot water

1 package lemon Jello

Put the uncooked cranberries and the orange, rind and all through the food chopper. Add the sugar and let stand one hour. Then add the Jello, dissolved in hot water. Pour into heart-shaped molds and chill.

The salad is good to look at and very good to eat.

Ice cream in appropriate molds and little frosted cakes with coffee will complete a delightful luncheon in honor of the patron saint of lovers.

The method of combining the fat and the flour has an effect upon the flakiness of the crust. The two should not be over-mixed, that is,

## 'EASY AS PIE' IS SOMEWHAT SHY OF TRUTH

Perfect Pastry Possible Only With Careful Preparation.

When a thing is as "easy as pie," just how easy is it? Certainly it's very easy if it refers to the eating of a good pie! But making that perfect pie isn't so simple a matter.

However, it isn't so very difficult either, if you know how. The main consideration in pie-making is the crust. If that is flaky, tender and delicately browned, the pie is sure to be a success.

The crust may be baked separately for cream fillings, fresh fruits and so forth. Of the filling may be baked with the crust.

The shortening used is very important. Lard produces the flakiest and tenderest of crusts and is considered the ideal shortening for this purpose. It is a soft fat which may be worked at a wide range of temperature.

The method of combining the fat and the flour has an effect upon the flakiness of the crust. The two should not be over-mixed, that is,

the fat should be left in bits. Then when it melts it separates the flour so that the crust is flaky.

The mixing may be done with the fingers or the fat may be cut in with a knife.

Take a knife in each hand and cut back and forth between the knives in scissors fashion, until the particles of fat are about the size of wheat kernels.

Next the moisture is added, in very small amounts. Sprinkle a little water over the fat and flour mixture and toss it with a fork, then add a little more moisture and continue cautiously until the dampened

flour and fat stick together when gently pressed.

The number of tablespoons which will be required can not be foretold exactly since this depends upon the amount of moisture already in the flour, the size of the fat particles and the temperature.

Be careful not to add any more than is needed in order that the dough may be shaped into balls.

The dough may be chilled before rolling it, though it is not necessary to do this. Use the rolling pin and board with a very little flour.

The housewife who has mastered the art of making good pie crust has a wide variety of pastries at

her command for this pastry dough may be used to make little individual pies, tarts, cheese sticks and other delicacies.

Pies are a distinctly American dessert and hold their popularity the

year round. A reason for this is infinite variety, ranging from the richness of the mince pies of autumn and winter days to the dainty flavor of fresh fruit pies so popular in spring and summer.

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