

## SURPRISE FOOD SUGGESTED TO COAX CHILDREN

Aids in Solving Problem  
When Play Becomes  
Too Important.

Unless there is a special inducement, youngsters are sometimes so busily engaged in play that they forget to eat. Once, twice, and sometimes more, they must be called to dinner, then only to bolt their food and rush back to play.

Interested mothers have tried to teach young Johnny how important food really is and that he should take plenty of time for the meal, but this scheme is not always successful.

They have resorted to bribes in order to coax him to take time to eat, but even this becomes an old story when he becomes so engrossed in play. Of course, the inducements which appeal to one child may not prove to be an attraction to another, since children are so different in temperament and personality, so you may find it a case for individual study.

Many resourceful mothers have solved the problem by injecting the surprise elements into the meals. By nature, a child is always interested in something different and something new. Here are a few suggestions for meat dishes which will please the youngster.

### Hidden Sausage

Select large potatoes of uniform size. Wash thoroughly. Remove the center portions with an apple corer. Fill each cavity with a small pork sausage.

Place the potatoes in a shallow baking pan and bake in a hot oven until done. The potatoes may be pared, but then they should be rubbed with butter or bacon fat and basted once or twice during baking.

The little pork sausages may be baked inside a roll of baking powder biscuit dough to make what is known as "Pigs in Blankets."

### Combination Suggested

Meat dishes combining vegetables and meat are especially good for children, for the addition of meat to vegetables not only adds valuable food properties, but also makes the whole dish more tasty.

Make your soups with meat broth and serve meat in your stews; the youngsters will like them.

Of course, new dishes and new combinations surprise the children and so often a new and fanciful name for an old dish does the stunt.

Instead of just ordinary stew combine the vegetables and meat with baking powder biscuits and make a meat pie. This is just a stew with a hat on, but it is one of the youngsters will like it.

### Broiled Tomatoes

Cut tomatoes in rather thick slices. Lay them in a pan with melted butter, season with salt and pepper, sprinkle with fresh bread crumbs and broil until brown on both sides.

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## RETURN OF ALE BRINGS BACK DISHES OF OTHER DAYS



NEA

NEA Service

The return of ale has served to bring back to popularity many dishes that were favorites during the gay '90s and early 1900's but which were dropped from menus during the prohibition years. English mutton chops with kidneys are outstanding in this group. A great favorite with pictures of a generation ago, this

recipe is again becoming first choice of men and women who like a hearty dish with their mug of ale.

While it is not difficult to prepare tasty mutton chops, great care must be exercised. They call for more than just placing under the broiler.

Leave all the fat on the meat. Place a kidney in the center of

each chop, wrap the flap around it and put them under a very hot broiler for about five minutes. Then reduce the flame and allow the chops to cook very slowly, at least for thirty or forty minutes. In this way, by searing first, all the juices of the meat are retained and the flavor gradually brought out.

Serve one chop and a moderate portion of broiled sausage and bacon, which have been cooked separately, to each person.

English mutton chops always call for baked potatoes and a condiment such as English mustard chow-chow or pickled walnuts.

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## Sunday Supper Ideas

BY GRACE VIALL GRAY

Recently I talked with a clever mother who has solved several problems by encouraging her rather reticent daughter to invite friends in to Sunday supper. Father and mother, it seems, cleared out—went to call on friends they had been intending to see for years past. They renewed friendships, while the daughter was forming new ones.

Left alone with the duties of hostess, the heretofore shy girl gradually came out of her shell and developed into a good mixer. Her home, and particularly her kitchen, became the center of interest Sunday evenings. Here, without parental dictation, chafing dish delicacies, casseroles, soups and oven dainties came to pass. Each guest contributed his part in the preparation of the dishes, the setting of the table, and the serving. The daughter grew so interested in her Sunday suppers that she planned menus days beforehand, and saw to it that the cupboard held the necessary supplies.

This wise mother is to be complimented for handling her problem in such a wholesome, domestic manner. As a result, she now has an interesting and popular young woman in her home, instead of a timid bookworm. The daughter has come into her own . . . through Sunday suppers.

Many, many youngsters would prefer to stay at home, if they

### Corn Salad

Marinate the contents of a two-ounce can of whole kernel corn and one-half cup of grated or finely chopped raw carrot in one-third cup French dressing for an hour or so in the refrigerator. Add one-third cup shredded ripe olives, and serve in a nest of lettuce.

### Kidney Bean Stew

Wash a cup of dried kidney beans and soak them over night in cold water. Put them on the stove in cold water and cook until tender. Add two cups of canned tomatoes, two sliced onions, one cup of salt and pepper to season. Cook slowly about half an hour or until the macaroni is tender.

### Meat and Rice Cakes

Mix these ingredients together thoroughly: One cup of chopped beef, two cups of cooked rice, one raw egg, one onion chopped fine and set to taste. Make into little flat cakes and bake fifteen minutes in the oven or brown them in a frying pan with a little hot fat.

### Beef Suggested

Beef, it is agreed, is an excellent food for children because it furnishes valuable proteins, minerals and vitamins which they need. It may be fed to even the very young child in the form of scraped beef or broth. As soon as he is able to chew, he may have meat in other forms.

### Suited to Children

Broiled steaks and chops and roasts, served with their own juices, are especially well suited to the child's meal. Stews, too, are good because of the combination of vegetables which are more acceptable because of the meat flavor.

### Creamed Asparagus

Cook asparagus until tender—then pour over the long unbroken pieces enough white sauce to cover. Serve on slices of crisp toast and garnish with slices of hard boiled egg.

### Meat Loaf

Mix together one pound chopped beef, one cup bread crumbs, three-fourths cup of canned tomatoes, one onion cut fine and salt to taste. Put in a greased baking dish and bake forty minutes.

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## SOUP MADE OF GREEN BEANS

New and Novel Creation  
Passes Experimental  
Kitchen Test.

A new and novel kind of soup is ever welcome. Soup is the "right foot" the dinner puts forward. This particular recipe has just been created and tested in a leading experimental kitchen.

Green string beans, together with onions, are cooked in butter until tender, in a tightly covered kettle. Every speck of flavor is retained and blended with the other flavors—and color is apparently improved.

Evaporated milk contributes creamy smoothness and nourishing qualities.

The recipe is as follows:

3 tablespoons butter  
1 pint finely cut string beans  
1 tablespoon minced onion  
1 teaspoon salt  
Dash of pepper  
Dash of cayenne  
2 tablespoons flour  
1 pint boiling water  
1 salt spoon evaporated milk

Melt butter. Add onions, onion and seasonings. Cover and simmer until vegetables are tender, about twenty minutes, stirring occasionally. Do not let vegetables brown. Sift flour over vegetables. Stir to blend well, then add boiling water, and boil until mixture begins to

thicken. Add milk and heat thoroughly. Serve with grated cheese.

To make a delicious and more unusual soup, use water in which 1/2 bunch of watercress has been boiled, in place of water called for in recipe.

Canned beans may be used.

**Molasses Cake**  
Put a cup of molasses and a cup of hot water in a bowl and stir until blended. Into another bowl, sift two and one-fourth cups of flour, one teaspoon salt, then mix in one-fourth cup of melted fat. Combine

with the molasses. Mix well. Pour into greased tins and bake thirty minutes. One teaspoon of ginger may be used in this recipe.

The monkey wrench was named for its inventor, Charles Monck.

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