

REDUCING? IT'S SIMPLE IF YOU KNOW MENUS

Eat Less, of Course, but No Need to Starve With These Dishes.

Trying to reduce? Well, use your common sense and don't go off on a tangent. Eat less of everything, give up pies, cakes and all desserts beginning or ending with ice cream, but don't starve yourself. You can have fruit ice, provided it isn't too sweet, many gelatin desserts, most of the soups and those puddings made with fruit, Irish moss and agaragar.

Remember that desserts made with yolk of egg are fattening, while those made with whites are not and don't discount the fact that often their sauces contain the flesh-producing calories.

In fact if you want the same dessert for you and your non-reducing family try a plain pudding and a fancy sauce which you will not eat. Whipped cream with a fruit gelatin for the family and plain for you, for instance. Or soft custard sauce for the family. None for you.

Muscovites Good Reducers

Muscovites of fruit—frozen canned fruit—always can be served to one on a reducing diet. All fresh fruits with the exception of grapes and bananas are permissible. Fresh fruit combined with the frozen, canned fruit makes a party dessert.

Gelatin desserts can be varied if the mixture is whipped with a dover beater when it begins to thicken. Whip it until light and foamy and chill thoroughly before serving. This appears different from a plain mold of gelatin but hasn't an extra calory.

Gelatin desserts to be eaten without cream will be more palatable if they are not too firm. They must be chilled but not too soft to hold their shape.

Fruit whips and souffles made from stewed or fresh fruits can be used if they aren't made too sweet.

Snow pudding is an excellent example of a dessert that satisfies the whole family.

Snow Pudding

One and one-half tablespoons granulated gelatin, 4 tablespoons cold water, 1 cup boiling water, $\frac{1}{2}$ cup lemon juice, 2-3 cup granulated sugar, white 3 eggs.

Soften gelatin in cold water for five minutes. Add boiling water and stir until dissolved. Add sugar and lemon juice. Place in a pan of ice water until mixture is cool and syrupy. Beat with rotary beater until foamy. Add whites of eggs beaten until stiff and continue beating mixture until it will hold its shape. Turn into a mold and chill for several hours. Unmold and serve with custard sauce.

Sherbet is on the reducer's list, too. You can top the servings for the other members of the family with whipped cream sweetened and flavored with vanilla.

Pineapple Sherbet

One cup sugar, 2 cups water, 1 cup grated pineapple, 2 lemons, whites 2 eggs.

Boil sugar and water for three minutes. Cool and add pineapple and juice of lemons. Pour into freezer and turn until mushy. Add well-beaten whites of eggs and stir until thoroughly mixed. Turn freezer until mixture is frozen. Remove dasher and pack in four parts of ice to one part ice cream salt and let stand several hours. Or you can pack the sherbet in the freezing tray of your iceless refrigerator after it is frozen in the freezer. This type of sherbet must be frozen with stirring.

Pineapple Pudding

1 cup pineapple juice
1/2 cup water
1 lemon
1/2 cup sugar
2 eggs
2 tablespoons cornstarch
1 cup diced pineapple

Oven temperature, 325 F. Baking time, 20 minutes. Servings, four. Mix pineapple juice, water and juice of lemon. Mix and sift sugar and cornstarch. Stir into pineapple juice mixture and cook and stir until smooth. Slowly pour onto the beaten yolks of eggs, stirring constantly. Fold in beaten egg whites and then the pineapple cubes.

Pour into a buttered baking dish and bake 20 minutes in a slow oven. Serve cold with whipped cream.

Soda in Souffle

A pinch of soda added to beaten egg white when you are making souffle or omelet will add to the fluffiness of the finished dish.

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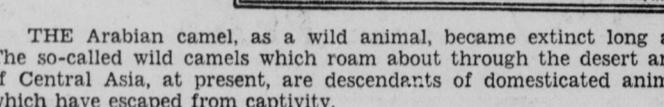
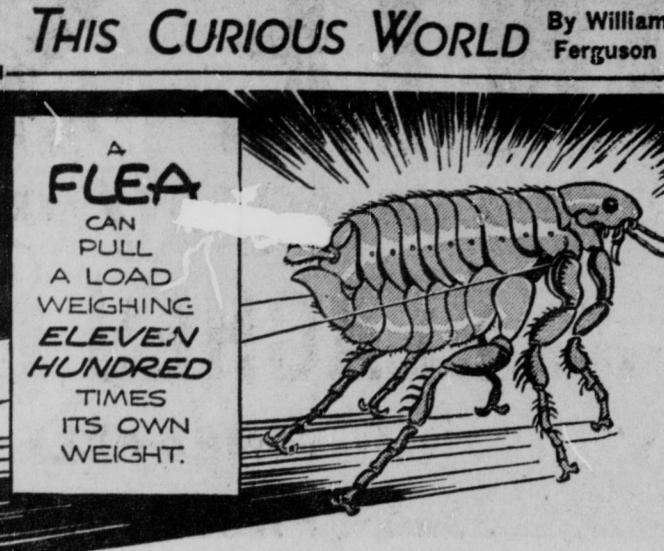
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Apple Crisp

Sharp, Thin-Bladed Instrument Should Be One-Purpose Utensil.

A sharp, thin-bladed knife for cutting bread and cakes should be kept for those purposes only. This knife should never be kept with other knives and forks but placed where it will not be nicked or rubbed to dull its edge.

Chocolate Bread Pudding

2 cups stale bread crumbs
2 cups milk
1 square baking chocolate
1/2 cup sugar
1 egg
1/4 teaspoon salt
1/2 teaspoon vanilla

Oven temperature, 350 F. Baking time, one hour. Servings, four.

Scald milk and pour over bread crumbs. Let stand 30 minutes. Melt chocolate over hot water; add half the sugar and enough milk taken from bread and milk mixture to make of consistency to pour. Add to bread and milk mixture with remaining sugar, salt and vanilla. Beat egg slightly and stir into first mixture.

Turn into a buttered baking dish and bake one hour in a moderate oven. Serve warm with hard sauce or cream sauce.

Maple Bavarian

1 1/2 tablespoons granulated gelatin
1/4 cup cold water
1/4 cup hot milk
2/4 cup maple syrup
2 eggs

Mixing time, 20 minutes. Chilling time, two hours. Servings, four.

Soften gelatin in cold water for five minutes. Add scalding hot milk and stir until gelatin is dissolved. Let stand until mixture begins to thicken. Put whites of eggs into a large bowl and beat until stiff, gradually adding maple syrup. Slowly add gelatin mixture, beating constantly.

Add salt and beat with a Dover beater until mixture is stiff. Turn into a mold first dipped in cold water and let stand on ice for several hours until chilled and firm. Serve with custard sauce made with yolks of eggs.

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