

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 the 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 fruits—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 dower beater when it begins to thicken. Whip it until light and foamy and chill thoroughly before serving. This appears different from a plain molded 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, 1/2 cup lemon juice, 2-3 cup granulated sugar, whites 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 salts and let stand several hours. Or you can pack the sherbet in the 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.

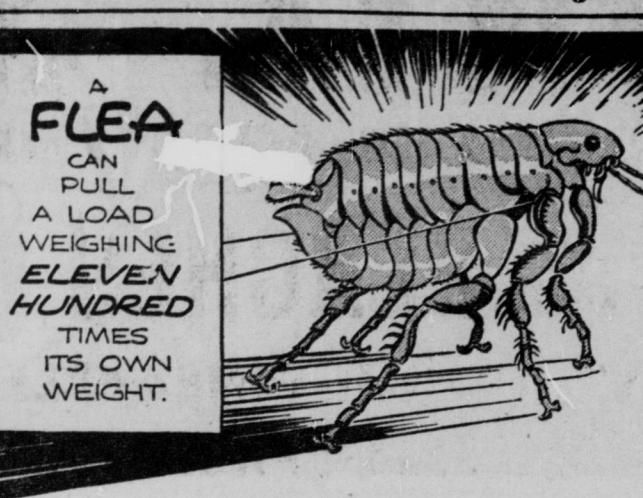
Oven temperature, 325 F. Baking time, 20 minutes. Servings, four. Mix pineapple juice, water and juice of lemon. Mix and sift sugar and cornstarch. Stir into pineapple juice mixture and cook and stir until smooth. Slowly pour onto the beaten yolks of eggs, stirring constantly. Fold in beaten egg whites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

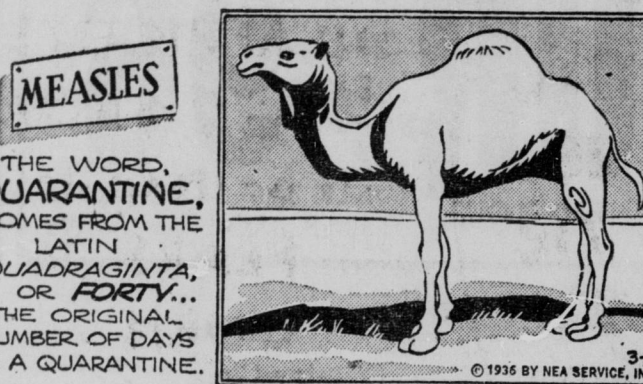
A pinch of soda added to beaten egg white when you are making souffle or omelet will add to the fluffiness of the finished dish.

THIS CURIOUS WORLD

By William Ferguson



ARABIAN CAMELS ARE BRED FROM CAREFULLY SELECTED STOCK, AND MANY OF THEM BOAST PEDIGREES LONGER THAN THOSE OF ARABIAN HORSES.



THE Arabian camel, as a wild animal, became extinct long ago. The so-called wild camels which roam about through the desert areas of Central Asia, at present, are descendants of domesticated animals which have escaped from captivity.

Apple Crisp

2 cups sliced apples, 1/2 teaspoon cinnamon, 1 cup granulated sugar, 1/2 cup butter, 1/2 cup flour.

Oven temperature, 375 F. Baking time, 45 minutes. Servings, four to six.

Choose tart, quick-cooking apples. Pare, core and cut in slices. Arrange in a buttered baking dish and sprinkle with cinnamon. Mix and sift flour and sugar. Work in butter with pastry blender or two knives. The mixture will be too crumbly to shape or handle in any way. Sprinkle evenly over apples. Bake 45 minutes in a moderate oven. Serve warm with cream sauce. Cream sauce is heavy cream whipped and sweetened and flavored with a few drops of vanilla.

Maple Bavarian

1 1/2 tablespoons granulated gelatin, 4 tablespoons cold water, 1/2 cup hot milk, 1/2 cup maple syrup, 2 eggs, 1/2 teaspoon salt.

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.

MEAT SPECIALS

Butter, Golden Grain	32c
Cheese, Brick or Cream	Lb. 19c
Fresh Picnics	15c
Smoked Picnics	18c
Oleomargarine	16c

Pig Fresh Ham Lb. 19c

Pig Pork Loins Lb. 19c

Eggs, Fresh	Doz. 19c
Spare Ribs	Lb. 15c
Boiling Beef	Lb. 9c
Veal Brst. 1 lb. Chps.	12 1/2c
Lamb Stew 9c; Shdr.	12 1/2c

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Ever think about all the ways you use water and the temperature for each use?

Vegetables, for instance, must be crisped in very cold water, but for the first washing to remove the sand and grit you will find that tepid water does the trick in half the time. Spinach, leaf lettuce, asparagus and beans are more easily cleaned in water that is luke-warm or even warmer.

Use warm water to spray house plants. It is much more efficacious than cold in removing the accumulation of dust from the leaves.

Warm Soapsuds for Paint

For the washing of painted wood-work and furniture, you'll need warm soapsuds. A heavy lather first, then a cloth wrung out of warm, clear water and a final polish with a soft cloth. For finished natural woods, complete the cleaning with a rubbing of furniture polish or liquid wax. For mahogany furniture, use chamolis in place of cloth—one for the washing and one for the rinsing.

Or you can remove gelatin mixtures from their molds by wrapping a cloth wrung out of very hot water around the bottom and sides of the molds. This insures against too much melting and assures firm forms for serving.

Very hot or boiling water is the simplest and quickest way to remove fruit stains from table cloths and napkins. If the whole cloth does not need laundering, stretch the place with the stain in embroidery hoops and pour hot water through.

Time Saver

If you use hot water to sprinkle clothes they will be ready for ironing in 15 to 20 minutes. A garment or piece of linen dampened with very hot water and rolled tight is of an even dampness all over and ironing just as easily as one which was dampened with cold water and allowed to stand overnight. Try it some time when you are in a hurry to iron and can't wait to dampen down the laundry. Always put fresh vegetables on to cook in boiling water. The cooking time is shortened, there is less loss of food value and their color is preserved.

Molded gelatin desserts and salads as well as those frozen in molds are

French Fried Potatoes Need Careful Preparation

Sweet Variety Can Be Cooked in Exactly Similar Manner.

MY MARY E. DAGUE

NEA Service Staff Writer

An industrious statistician has figured out that men generally order French fried potatoes when they eat in hotels and restaurants. I am no statistician but I think the reason men eat French fried potatoes in hotels is that they never get them at home. Yet they are not hard to do. The preparation, however, should be careful.

Chips or Saratoga potatoes must be cut in thin, transparent slices. French fried potatoes must be cut uniform in thickness. Shoestring potatoes or potatoes Julienne must be cut in tiny strips, literally shoe-strings. Souffled potatoes must be cut lengthwise in slices of absolute even thickness with a perfect clean cut—no jagged edges.

Cutting Devices Are Handy

There are clever devices on the market for cutting potatoes that insure perfection and since this type of potato cookery makes such attractive serving for various occasions, a set of potato cutters is a worthwhile investment.

A fat that can be heated to a high temperature without smoking or burning should be used for frying. A high grade vegetable

easily removed from the molds for serving if they are plunged into a pan of hot water for a few seconds. They should be kept in the hot water just long enough to melt the gelatin or frozen mixture against the metal of the mold and this won't take even a minute.

Rolls Rise Quicker

You can hasten the rising of your rolls if, after they are shaped and in the cans, you place them in a cupboard near a pan of steaming water and close the door tightly. The moist warmth will penetrate the dough and make the rolls rise quickly. This is particularly worth keeping in mind when making ice-box rolls because these take double the rising time of ordinary rolls.

The raw taste of so many uncooked icings is overcome if the icing is permitted to stand over hot water for 15 or 20 minutes. Also you can keep icings in a pliable condition if they are put over hot — not scalding — water while frosting the cake. Not boiling water, though, which would continue to cook the icing. Sometimes merely dipping the spatula into hot water makes the frosting spread easily.

Jellied Applesauce

Two cups strained applesauce, one-quarter cup sugar, two tablespoons red cinnamon candies, one-quarter teaspoon nutmeg, one teaspoon gelatin, two tablespoons water, one teaspoon lemon juice.

Add sugar, cinnamon candies, nutmeg and gelatin which has been soaked for five minutes in cold water. Stir until gelatin and candies are dissolved. Cool, add lemon juice and turn into molds. Chill until firm. This is an excellent relish to serve with roast pork, roast chicken or duck.

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