

CHILD EXPERTS ADVISE USE OF LIVER WEEKLY

Beef, Lamb and Pig Provide Cheap Substitutes for Diet.

There are specialists in children's diets advising the use of liver at least once a week, and as if to complicate a conscientious home-maker's life, calves' liver proceeds to soar in price until it is almost prohibitive for regular use in the average family. Well, try beef, lamb or pig liver, quite as beneficial and much cheaper.

Careful preparation of beef and pig liver does much to make them palatable. Use liver as soon as it comes from the market if you want it at its best. Wipe with a damp cloth and put in a saucy pan. Cover with boiling water and simmer until tender. It will take about 20 minutes to cook calves' liver and 35 to 40 for beef and pig.

When tender, let cool in the water in which it was cooked. Then remove all membrane and tough parts and the liver is ready to be made into several dishes suitable for children.

Paste Is Best for Infants

A liver paste is advised for the youngest child's meals. To make the paste, put the cooked liver through the fine knife of the food chopper or mash it with a fork. Season lightly but palatably.

Use the paste at noon or the hearty meal of the day to take the place of the grated hard-cooked egg yolk or beef juice which usually supplies iron grams. Spread on crisp dry toast, it is slowly eaten by those first tiny teeth.

Older children may have the paste combined with grated raw carrot or grated onion and minced lettuce in sandwiches. Use tomato juice to moisten the mixture.

May Be Added to Soup

Younger children may have the paste added to a vegetable soup or it may be combined with a hot vegetable which has been mashed and put through a ricer.

Another inviting way to serve it to three-year-olds is to form it in little flat cakes and broil it just as one would beef patties.

Tiny balls of finely chopped liver can be poached in hot stock and served with a rice vegetable moistened with cream. Remember that liver is lacking in fat and add an extra bit of butter or cream to the vegetable in order to insure a well-balanced meal.

As children grow older, liver can be served in any number of ways that are wholesome and appetizing. Cut in slices, brushed with melted fat and broiled under or over a clear fire, calves' liver is delicious with a garnish of crisp bacon and crease. It's good, too, served en brochette—skewered with alternate pieces of bacon.

Pan Broil Over Slow Fire

If liver is pan broiled, it should be cooked over a low fire. Otherwise the edges will be leathery and difficult to digest.

Braising with vegetables is another good way to cook liver. The whole liver is used and skewered or tied into a compact shape. Cover the top with thinly sliced bacon or salt pork. Place in a casserole with vegetables and bake slowly two or three hours. If beef or pig liver is chosen, it should be parboiled before braising.

Many families like rice with liver instead of potatoes. Macaroni in tomato sauce is good, too. Liver, rice, creamed onions, tomato jelly salad and canned peaches with chocolate cake makes a satisfying and attractive family meal that will be inexpensive if beef liver is substituted for veal liver.

Chocolate Fudge Loaf

2 cups sifted cake flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup butter or other shortening
1 cup sugar
1 egg (well beaten)
2 squares unsweetened chocolate
1/2 cup milk
1/2 teaspoon vanilla

Sift flour once, measure, add baking powder and salt and sift together three times. Cream butter thoroughly and add sugar gradually, beating until mixture is light and fluffy. Add egg, well beaten, and mix well. Add chocolate which has been melted over hot water and mix thoroughly. Add flour alternately with milk, a small amount at a time. Blend after each addition until smooth. Add vanilla and turn into an oiled and floured square pan. Bake in a moderate oven (325 degrees F.) for one hour or until cake springs back when pressed lightly with finger. Spread chocolate wondler frosting on top and sides.

Corn Sticks

1/2 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons sugar
1 cup milk
1/2 cup butter
1 cup milk
2 tablespoons melted butter

Sift together dry ingredients. Add cornmeal, eggs and milk. Add butter. Bake in buttered, hot iron corn stick pans in moderate oven at 400 degrees, about 30 to 40 minutes. Makes nine large or 12 small sticks.

Nuts Are Plentiful

English walnuts, pecans, almonds and filberts are nearly 40 per cent more plentiful this year than last. Nuts in general are concentrated food, high in fat.

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SPRING SPINACH BEST QUALITY, EXPERT NOTES

Housewives Advised to Be on Watch for Crisp, Healthy Plants.

BY SISTER MARY

Since mothers have learned the virtues of this vegetable, spinach, the demand has increased and so stimulated its culture that you can buy the vegetable at markets the year around. However, the early spring harvest is the heaviest and meanest that the vegetable will be of the finest quality.

When you market for spinach, look for plants with plenty of good healthy leaves. The condition of the leaves is of prime importance. Medium-sized plants of good dark green color, leaves fresh and crisp, free from sand or dirt, are desirable and mean that the vegetable will be an attractive vivid green.

Sand Won't Drain Off

Nowadays it's seldom that a shipping of spinach is weedy. However, weedy spinach means loss of weight as well as time in sorting out.

Spinach which is very sandy or dirty is difficult to clean, for the dirt seems to defy all washing. I never did blame the little girl who said she didn't like spinach because the vitamins got in her teeth. She was served gritty spinach.

If the leaves are light-colored, of a yellowish tinge and tightly curled, tiny insects are apt to be present and I'd look further for my dinner vegetable.

In washing, always LIFT the leaves from one water bath to the other. In this way the sand settles to the bottom and is not disturbed. If you pour the water off without removing the leaves the sand is distributed back through them and they're very little cleaner after several baths.

I always cut the leaves from the stems, discarding both the root and stems.

Let Excess Water Drain Off

After thoroughly washing spinach, let it drain in a colander for a few minutes to remove excess water. Then cook it covered about five minutes. Remove cover and toss lightly with a fork. Cook, uncovered, until tender and almost dry. Season with salt just before removing from the fire.

If you chop the vegetable, it will be necessary to reheat it before serving. Careless serving has done more to make spinach unpopular than the taste of the green itself. Be sure it is very hot and well seasoned. Some like a bit of horseradish for seasoning, or tomato catsup or mushrooms.

Melt 3 tablespoons of the butter, stir in flour and when smooth, stir in the milk. Boil two minutes, stirring continuously, and add salt.

Melt the remaining tablespoon of butter in a saucepan and add the green pepper, ham and nutmegs.

Heat for two minutes and combine with white sauce. Serve on buttered toast or Holland rusk. Garnish with chopped parsley.

To make butter molds, use small wooden mold that has first been soaked in ice water. Allow one-half to one tablespoon of butter for each mold.

Pack butter in molds, smooth off with knife and push out. It is a good practice to make butter molds for several meals at a time. Drop molds into ice water until ready to use.

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Butterscotch Square Cake 20c

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Delicious

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