

HO WEATHER DEMANDS CARE IN FOOD CHOICE

Temperature Change Makes Easily Digested Meals More Necessary.

At a time when people have to adjust themselves to changes of temperature, like the increasingly warm days we may expect in the next few weeks, it is wise to serve meals of simple and easily digested food for days at a stretch.

Seasonable foods usually will be found best for this and clever seasoning often makes it possible to use the same foods many times without danger of monotony.

For example, baked carrots for luncheon and grated raw carrots in the dinner salad have no suggestion of sameness yet healthful and economical food is supplied for two meals and a definite saving is effected by buying in quantity.

Milk Is Essential

Milk is one of the simple foods which stands first in the list of foods essential to health. When supplied in adequate amounts the diet may be very low in meat without sacrificing anything imperative to good nutrition.

Many foods which give rich yields of more than one food element are among the simplest, too. For instance, spinach is a rich source of iron and also supplies vitamins in abundance. Milk is the cheapest source of calcium and a fairly economical source of fuel, protein and phosphorus. Eggs are not only a source of protein but are rich in calcium, phosphorus and iron as well as three valuable vitamins, A, B and D.

When eggs are cheap they make splendid meat substitutes. Cheese is good in place of meat, too. The combination of dried beans and milk is as adequate a source of protein as beefsteak and costs about one-fourth as much. As for minerals and vitamins there are more in milk and beans.

Canned Foods Superior

If fresh fruits and vegetables are of inferior quality involving much waste, canned ones may be used with economy and equal satisfaction. Wilting and imperfect fresh products are of less food value than those canned in perfect freshness and maturity.

Quick revisions of market lists and menus often are necessary after reaching the market if the best is to be obtained for the least money. With this in mind it's a good idea to jot down alternatives on the market list.

Each season and each section of the country will furnish foods whose nutritive value should be used to the best advantage. Beet greens, turnip tops and many other spring greens often are available at almost no expense and are important foods as far as vitamins and minerals are concerned.

Gives Barley Recipe

The secret of making an interesting dietary for a small amount of money lies in developing the characteristic flavor of bland foods as much as possible and in including in each day's menu some of the highly flavored foods.

How's this dinner for nourishment and economy—barley soup, greens with a garnish of hard-boiled eggs and a dessert with sugar and cream.

One-half cup of pearl barley, 1 dried mushroom, soup bone, 4 cups cold water, soup vegetables or any left-over vegetables.

Put soup bone in kettle, add water, barley and mushrooms. Bring slowly to the boiling point and boil gently for two and one-half hours. Season with salt and pepper and soup vegetables. One expert usually uses two onions, one medium-sized turnip, two carrots, about one-half cup of dried celery and then adds anything else that may be in the refrigerator from a previous meal. Allow from one-half to three-quarters of an hour for the soup vegetables to cook, depending on the size of the pieces. The dried mushroom gives a delicious flavor to the concoction.

Buttermilk Shortcake

1 cup flour
1 teaspoon baking powder
1/4 teaspoon soda
2 tablespoons butter or other shortening
1 cup buttermilk
1/2 teaspoon salt

Mix and sift flour, baking powder, salt and soda. Cut in shortening with pastry blender or tips of fingers. Cut in buttermilk with a knife.

Divide in two equal parts and put one part on a lightly floured molding board. Pull together with tips of fingers dipped in flour and roll with a floured rolling pin into a sheet about 3/4 of an inch thick.

Put on a greased baking pan and brush with softened butter. Roll remaining dough to fit the lower section and put on top of dough in pan. Bake in a hot oven (375 degrees F.) for 25 minutes. When ready to serve split sections apart. Spread lower cake with butter and cover with a thick layer of crushed berries.

Add top layer and cover with more berries. Cut in wedges and serve with sugar and cream.

Speed Up Cooking

Slice carrots, onions and turnips in rings for quick cooking.

MONEY-BACK GLAND TONIC

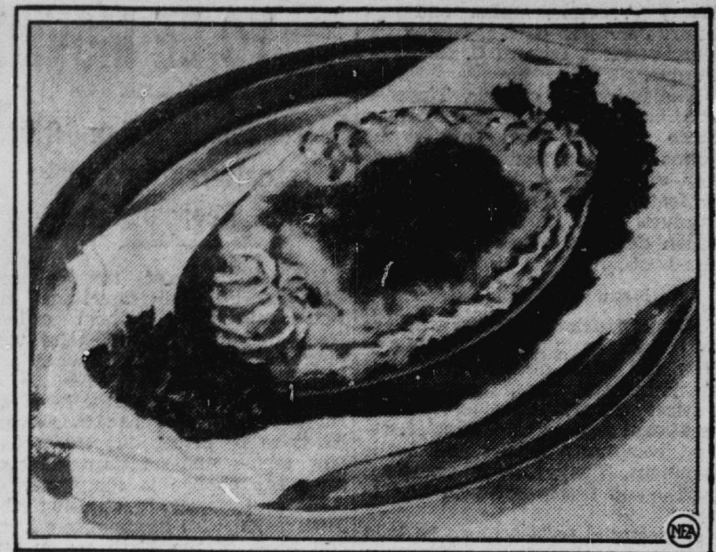
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Menus for May Parties Suggested by Plaza Chef



(From Hotel Plaza, New York.)

For a delicious party dish, try filet of sole Suzette—sole topped with baked potato and returned to the shell to brown.

Suitable Luncheon Dishes for Maidless Hostess Are Listed.

BY MARY E. DAGUE
NEA Service Staff Writer

THE merry month of May is made for parties. It may be a luncheon for a June bride-to-be that you plan or just a party without any definite reason more than the delight of entertaining.

Joseph Boggia, chef of the Plaza in New York suggests a party luncheon menu that is ideal for the maidless hostess because both the hot dish and salad are prepared beforehand. The salad is made the day before and the hot dish should be in the oven at least 20 minutes before the time appointed for serving.

Filet of Sole Suzette

Olives Radishes Celery

Hot Buttered Hills Cheese Biscuits

Pineapple-Tomato Aspic Strawberry Chantilly

Salted Nuts Assorted Wafers Coffee

Filet of sole Suzette is served in a big baked potato shell, contents of which have been scooped out and whipped with butter and cream until light and fluffy. The potato shell is filled with creamed filet of sole and the potato mixture is piled lightly back around and over the filling. Then the whole is popped into the oven to brown.

Add mushrooms to the cream sauce for the fish which has been cooked by simmering in salted boiling water to which lemon juice has been added.

The stuffed potato shell is splendid for a family luncheon if you use the potato with creamed beef, creamed salmon or other fish instead of the more expensive sole. Or you can slip a poached egg into the potato shell, add a tablespoon or two of creamed mushrooms or cheese sauce and cover with the fluffy mashed potato.

Pineapple-Tomato Aspic

Two cups canned tomatoes, 2 cups pineapple juice (scald fresh), 2 tablespoons gelatin, 1 teaspoon salt, 1 teaspoon dried thyme, 6 cloves, 1/4 bayleaf, 1/2 teaspoon grated onion, 1/2 teaspoon Worcestershire sauce, 2 drops tabasco sauce, celery, radishes, asparagus tips.

Put tomatoes, salt, thyme, cloves, bayleaf, onion, both the sauces and the water in which asparagus was cooked or juice from can if canned is used in sauce pan and simmer very slowly for twenty minutes. Rub through a fine sieve, pressing through as much pulp as possible. Soak gelatin in 1/2 cup scalded and cooled pineapple juice. Add hot tomato juice and rest of pineapple

juice and stir until gelatin is dissolved. Rinse individual ring molds in cold water and decorate the bottoms with slices of radishes and strips of celery. Pour a little gelatin into molds to set the design and when firm fill molds with gelatin. Put in refrigerator to chill and become firm. Unmold on a bed of lettuce and fill center of rings with asparagus tips. Serve with mayonnaise passed in a separate dish.

Rhubarb and Strawberry Jelly

4 cups (2-lbs.) juice
8 cups (2 1/2 lbs.) sugar
1 bottle fruit pectin

To prepare juice, cut about 1 lb. rhubarb in 1-inch pieces and put through food chopper. Crush thoroughly or grind about 2 quarts fully ripe berries. Combine fruits, place in jelly cloth or bag and squeeze out juice.

Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly.

Then bring to a full rolling boil and boil hard 1/2 minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 12 glasses (6 fluid ounces each).

AIDS FOR REFRIGERATOR

Paper Bags, Mayonnaise Jars Good for Leftover Foods.

Save brown paper bags, newspapers, the old paper in which bread is wrapped and even flour and salt bags. The latter when washed make excellent refrigerator bags for salads and other vegetables. Glass jars, too, with covers, such as mayonnaise and preserve jars, are fine as containers for leftover food in the refrigerator and take up less room than bowls.

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PINEAPPLES ARE VALUABLE FOOD, ARTICLE STATES

Best Method of Selecting and Cleaning Fruit Is Explained.

In the food alphabet, P stands for pineapple, piquant and popular for more than a century, if you count the way our forefathers used it carved it on bed posts and table legs, also in glass pressed in several versions of the favorite pattern.

When you market for pineapple do you know that the size of the fruit really has little to do with the quality? Found for pound, one pineapple yields about the same percentage of edibility as another. Fruit wanted for immediate use should

neutrality be ripier than that which is not to be used for a day or two. An even, golden color denotes ripeness. Leaves should pull easily from the crown and be white some distance up from the base. Notice this whiteness particularly, because unless you are the first person who has tried to pull out the leaf, several previous tweaks may have loosened it so that it comes easily for you. Notice the fragrance, too. Never choose fruit that is hard and green-looking unless it is to be kept for several days.

Pineapple Punches

It's easy to detect blemishes on the surface of the fruit. Over-ripe pines are soft and frequently have black spots on the skin which indicate black rot. This usually start at the base of the fruit and becomes troublesome with warm weather.

Pineapple juice is soothing to the membranes of the throat. And maybe you don't know that it is said to be a remedy for a mild attack of hiccoughs. For pineapple juice in fruit punches, pare the pine and put it through the food chopper. Sprinkle with sugar, cover closely and let stand several

hours. Drain off the juice. Use the pulp in puddings or pies.

The pineapple vitamin content is considered good, comparing favorably with oranges. This is worth keeping in mind, since at this season of the year oranges are becoming scarce and higher in price.

As soon as you bring a pineapple into the house, scrub well with a stiff brush. The rough skin makes an excellent lodging place for dust and germs.

When you get the fruit ready for the table, be sure that every bit of skin and eyes are removed. There's an astringent present that often makes the mouth sore. The easiest

way to prepare the fruit is to cut it in inch slices after washing. Then pare off the skin and dig out the eyes with a sharp pointed knife. Remove the hard core in the center and cut the flesh in dice or shred it as preferred.

If the fruit is sprinkled with su-

gar and allowed to stand at least an hour before serving, the flavor is more delicate. And don't forget that you must scald both the pulp and the juice before adding them to a gelatin mixture. Your jelly won't "jell" if you don't.

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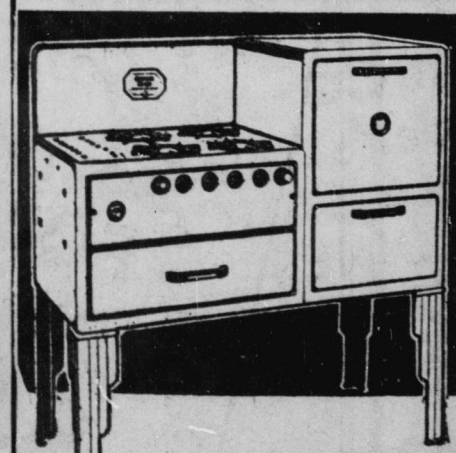
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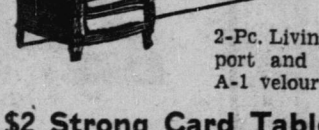
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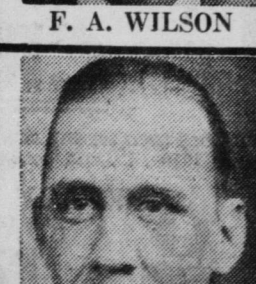
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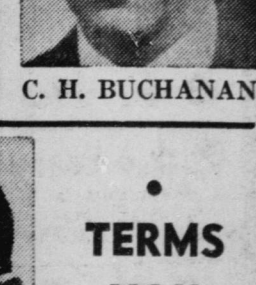
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