

Homemaking—

Oven-Cooking Is An Economy If These Tips Are Followed

EXPERTS IN HOUSEHOLD MANAGEMENT agree that oven-cooking is an efficient way of preparing a supply of food in a comparatively short time and is an economy of time, effort and fuel well worth putting into practice today when war-time activities of one kind or another have been added to the housewife's many regular duties.

Just as every one now wants to get maximum value out of all food, so should the homemaker cooking with a gas range plan to get every bit of value out of every bit of fuel she uses. Substantial economies may be effected through oven-cooking as follows:

1. Have food ready for baking by the time the oven is preheated to the wanted temperature. Meats can be started in the cold oven and make use of the preheating period.

2. If the range is not equipped with an automatic oven heat control the use of a reliable thermometer of standard make is recommended, for it is an economy of food, time and fuel to bake at known temperature instead of guessing at the oven heat. Place thermometer on rack as near center of oven as possible, BUT check in two to three minutes before putting food in to bake to be sure desired temperature has been maintained.

3. Keep oven door closed during baking and break the habit of "peeking." This prevents even browning of foods, cools oven and wastes gas. Many degrees of heat may be lost every time door is opened.

4. SAVE FUEL by a succession of bakes, starting with food requiring highest temperature and finishing with that requiring lowest; this plan eliminates several preheatings of oven. After baking a pastry shell, bake a cake, then cookies, then an oven meal plus baked or steamed fruit, a pudding or loaf of quick bread—all of which may be used with other meals.

5. Plan the oven meal around meat, poultry, fish or substitute main dish. Accompanying foods must be chosen for same baking temperature. Oven-cook vegetables requiring a longer cooking time than the fresh tender young vegetables. Cook other vegetables in utensils having tightly fitted covers to reduce moisture in oven during baking. Carrots, onions, beets, turnips, parsnips, tomatoes bake well.

6. ADD VARIOUS FOODS during oven meal baking in a succession based on their respective cooking times. Ordinarily, the meat takes longest.

7. The best cakes to bake with oven meals are upside down and Dutch apple cake types, certain moist spice cakes, and in short-time, cup cakes may be baked, too. Delicate layer and loaf cakes turn soggy if baked with other foods at the same time.

Good Meals for Good Morale

BREAKFAST: Prunes in orange juice, steamed brown rice, raw brown sugar, enriched toast, coffee, milk.

LUNCHEON: Lentil soup with frankfurter rings, hard rolls, fruit bowl, tea, milk.

DINNER: Codfish cakes, baked beans, brown bread, catsup, mixed green salad, grapefruit ambrosia, nut cookies, coffee, milk.

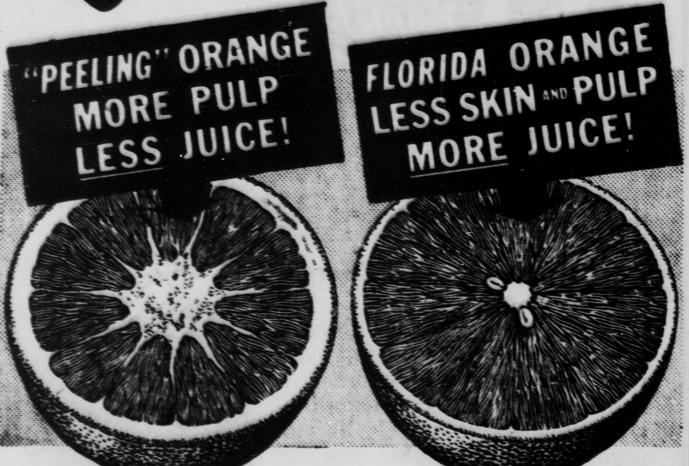
Today's Recipes

GRAPEFRUIT AMBROSIA (Serves 6)

Two oranges, 1 No. 2 can grapefruit juice, 1/4 cup shredded coconut.

Peel and remove sections from oranges and cut in halves. Add to chilled grapefruit juice. Serve very cold topped with coconut in dessert dishes.

More JUICE FOR Less MONEY!



From tree to table 3 to 5 days faster . . . Florida Oranges are sweeter, more delicious!

Want sweeter orange juice, and more of it? Then remember these facts: The thin-skinned juice orange RARELY turns deep orange color. Dead ripe, full of juice, Florida Juice Oranges are orange-green and russet-toned. Thick-skinned "peeling" oranges,

while brighter in orange color, contain far more skin and pulp . . . far less juice. If you want juice—remember to buy the thin-skinned juice orange from Florida. You'll save money—and avoid an exasperating time trying to squeeze enough juice out of a peeling orange.

TO GET JUICE GET FLORIDA'S



Soft Dressmaker Suit

'War Brides' Still Cling To Tradition

Weddings Up 50% Says Bridal Expert

By ROSEMARY REDDING
Today's bride-to-be still clings to the traditional white satin gown and those orange blossoms despite the fact that her fiance has just received word he must be in camp next week and consequently the wedding must be a "hurry up" affair.

That's the word from Mrs. Alexandra Potts, editor of Bride's Magazine. She should know for she recently completed a nation-wide survey on trends in bridal fashions. She is at Block's this week and will stage a showing of bridal fashions at 2:30 p. m. Saturday in the store's

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