

Homemaking—

The Cajun and the Creole Offer Classics for Lenten Menus

WITH THE ARRIVAL of Ash Wednesday tomorrow, the Lenten season again opens. In many households during that period, the eating of fish is mandatory. But even for families who do not keep the fast, the Lenten season affords a golden opportunity for varying the family diet by the inclusion of this valuable and tasty food. Naturally, dealers are stocked with a greater variety of fish at this time to meet the increased demands of customers.

One of the most popular of seafoods available, fresh or canned, is the shrimp. A native of Louisiana waters, the shrimp is the heart of many treasured recipes from the land of the Cajun and the Creole.

Cajun cooking is in a class by itself. The French are the ones who put the little bouquet of herbs in the cooking pots of New Orleans. Then there is the happy go lucky shrimp fry of the black folks of the bayou and the fluffy rice creations with shrimp that are the Spaniards' contribution.

The following Creole classics may help the housewife to lighten her Lenten fare during the 40 days.

SHRIMP CREOLE

2 No. 1 cans shrimp
1 cup raw white rice
1 cup diced onion
1 cup diced celery
½ cup minced green pepper
½ cup salad oil
2 teaspoons salt
dash pepper
1 No. 2 can tomatoes
(2½ cups)
1 tablespoon flour

Boil rice in salted water until tender, then drain in wire strainer, running cold water through to separate grains; keep hot. Meanwhile, cook celery, onion and green pepper in salad oil in a skillet over low heat for 15 minutes, or until tender, stirring occasionally. Add salt, pepper and tomatoes. Make a smooth paste of the flour and 1½ tablespoons of water and blend with sauce; cook 5 minutes longer, stirring constantly. Add drained shrimp. Heat to boiling; serve on top of mound of rice on a platter. Makes 8 servings.

LOUISIANA SHRIMP FRY

1 No. 1 can shrimp
2 tablespoons flour
black pepper
1 beaten egg
1 tablespoon cold water
cracker meal

Roll drained shrimp in flour and sprinkle with a little black pepper. Dip each shrimp in beaten egg, which has been mixed with water, then in cracker meal. Fry in deep fat heated to 390 degrees F. (or hot enough to brown a cube of day old bread in 20 seconds) until golden brown. Drain on absorbent paper towel for a minute. Makes about 21 fried shrimp.

SHRIMP ORLEANS

2 slices bacon
1 medium onion, chopped
2 bouillon cubes
2½ cups hot water
½ cup chopped green pepper
pimientos, chopped
½ cup rice

Cut bacon in ¼ inch pieces. Place in heavy frying pan and sauté slowly with onion until onion is yellow and bacon crisp. Add bouillon cubes, hot water, chopped green pepper and pimientos; bring to a boil. Add rice slowly; cover tightly and cook until the liquid is absorbed, and the rice is almost done, about 20 minutes. Add shrimp and cook uncovered 5-10 minutes longer. Yield: 6 servings.

SHRIMP BAKE

2 No. 1 cans shrimp, drained
2 medium onions, sliced
1 green pepper, cut in rings
1 cup cooked peas
½ teaspoon salt
1 cup coarsely broken, wide
noodles, uncooked
3 cups canned tomatoes with
juice
3 tablespoons butter
½ teaspoon pepper

Place alternate layers of ingredients in casserole. Dot with butter and season with salt and pepper. Cover casserole and bake in moderate oven (375 degrees F.) one hour. Makes 6 servings.

JANE JORDAN



War's No Style Show, Says Millett

By RUTH MILLETT

America's fashion authorities are fighting it out. Shall American women who volunteer for defense work wear uniforms, and if so, when should they be worn, and what should they look like?

In the whole discussion the remark of one practical woman—a fashion editor—stands out. She made her say short and sweet and to the point: "Let's not have any more talk about what we wear—let's get busy."

There's a woman with the right idea. Most of the women in the country haven't the slightest idea of how they can fit into national defense. They're willing, even eager, to help, but they don't yet know what their country would like to have them trained to do.

They're sitting around waiting for a business-like plan that will utilize the diversified abilities of American women, both working women and housewives.

What I wonder is why you wrote the letter. Is it that you feel guilty in refusing to stick your head back into the noose? Do you feel that you did not do your part in making a success of your marriage and that it is your duty to retrace your steps and try to pick up your mistakes?

If your sole motive in shouldering the same old problems is to punish yourself, I should think it wouldn't take you long to get tired of your punishment. The only valid reason for re-marrying your divorced husband is that you are fond of him and sure that the two of you are better off together than you are apart.

Nobody is going to care what the woman who reports an unexploded bomb to the proper person is wearing, and no patient lying in an ambulance is going to notice what the driver has on.

What we women had better be spending our time and thought on is finding out where we are needed and then getting the proper training to fill the jobs.

We're efficient at what we have to do, what we wear won't matter. After all, we're preparing for the possibility of war—not a fashion show.

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