

When Spuds Are Luxuries

be the potato.

The principal excitement in the cost of living campaign continues to be the potato. Today the once humble spud touch d the study of the spud touch

Deep Fat Frying The American nation is often ac-

cused, perhaps justly, of using fried foods more frequently than is strictly

Today the once humble spud toucher is a during the interval of the utterly unprecedented price of the utterly unprecedented price of the utterly unprecedented price of the market is full of other kinds or yegetables. The market is full of other kinds of the work of the lected oysters. Season with salt and pepper, dip in flour, egg and cracker or bread crumbs, and fry in deep fat --sixty-second test. Oysters may be dipped in fritter batter and fried.

with salt. Blanch almonds by keeping them in boiling water until the skin slips off readily. Dry thoroughly on a towel and let stand until dry. Place the nuts in a strainer and fry in deep fat, forty-second test. Drain and salt. If the butter flavor is desired, the butter which it smokes. A low melting point means greater digestibility, hence a very hard fat like beef suet is less easily digested. The smoking point is of great importance because when fat smokes a chemical change occurs which produces a substance having an irritating effect upon the digestive tract. Lard and the commercial fats have such that shoking temperatures butter flavor is desired, the butter must be rendered.

c. thick white 2 c. cooked rice, sauce, cooled. meat, fish, etc. (1 T. each flour and Seasoning. butter. I c. milk). Egg. v have very high smoking temperatures The most practical tests for degree of heat are the bread cube tests. If a small cube of bread browns in sixty a small cube of bread browns in sixty seconds (a slow count of sixty), the fat is ready for all uncooked foods such as fritters and doughnuts; if a cube of bread browns in forty seconds, the fat is ready for cooked foods such as croquettes, which merely require heating and browning. The one ex-ception to the sixty-second test is po-tato chips or French fried potatoes. than six croquettes at once in an ordinary sized kettle. Drain on crushed paper. A croquette is done as soon as it is a golden brown. For ception to the sixty-second test is po-tato chips or French fried potatoes, which require the forty-second test or even a shorter count, due to the cold water on them which lowers the tem-perature immediately. A deep kettle is always preferable to a shallow one because there is less chemical change in the fat. A frying basket of coarse wire is a convenience which may be meat croquettes tomato juice or soup stock may be used instead of milk for the thick sauce. POTATO CROQUETTES. 2 c. bot riced po-tatees. 2 T. butter. 4 t. salt. 4 t. salt. 5 t. beery salt. 5 t. chery salt in the fat. A frying basket of coarse wire is a convenience which may be purchased at any hardware store. The tood should be drained on crushed brown paper after it is cooked. Fat may be used many times if it is ptop-erly, cared for, that is clarified and strained after each using. To clarify, fry a few slices of raw potatoes in the base at the end, then strain through

fat at the end: then strain through double cheese cloth. For croquettes, fish, oysters, meat,

For croquettes, nsn, oysters, meat, etc., a fat-proof coating of flour, or better, of egg and bread or cracker crumbs is used. Any housewife can accumulate bread crumbs by saving every scrap of bread till dry, then Cut off stem end and remove seeds from peppers; boil eight to ten min-utes in boiling salted water; drain. Mix rice, melted butter, cheese, and season to taste with salt; fill peppers with the mixture. Place them on end in a shallow baking dish and bake twenty-five minutes, basting occa-sionally with hot water or meat



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ational Corn Flakes, 6c—3 pkgs. rinkle Corn Flakes, 15c pkg roat Tonaties, 15c pkg hredded Wheat, 15c pkg number, Kellogg's, 10c pkg rinmbles, Kellogg's, 10c pkg ring Farina, 11ke Cream of Wheat

Excel, Cudaby's White Floating Scap, 170 Granulated Sugar, 10-lb. standare p-for Thrifty Habit Coffee, Sweet Santos Ble b. 20c Independent Caffee, reg. 35c grade, 1b. 28c Jello, pkg. 9c; 3 pkgs. 25c Baaket Store Jelly Powder, 8c; 3 pkgs. 22c Best Corn Starch. 5c Owwege Corn Starch, 10c pkg. 25c Baaket Store Jelly Powder, 6c; 3 pkgs. Beat Corn Starch. Oswego Corn Starch. 10c pkg. Tip Mince Meat, & pkg.; 3 pkgs. Good Market Baaket. Carpot Tacks, pkg. 10 lbs. dark Karo Corn Syrup. 9 lbs. dark Karo Corn Syrup. 7 lbs. Calsup, Hawkarye, 18-cs. bottle Calsup, Armouir's, 25c bottle. Manelena Crescent Sife size. 2

nators, No. 24 can, fine quality .. 12c Tomatoes, No. 2 can, fine quality ... 11c Corn, a good grade, No. 2 can ... 11c Corn, Cn. Gentleman, No. 2 can ... 13c Peas, Pick of the Pack, No. 2 can ... Hc

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Co-Operation. Readers are cordially invited to ask Miss Gross any questions about household economy upon about household economy upon which she may possibly give help-ful advice; they are also invited to give suggestions from their expe-rience that may be helpful to others meeting the same problems.

Fried Oysters.

French Fried Potatoes.

Salted Almonds.

CROQUETTES.

POTATO CBOQUETTES.

Tested Recipes.

(All measures level unless otherwise speci-ied c. cupful; i., teaspoonful; T., table-poonful.)

STUFFED PEPPERS. ium-sized green I T. butter, melled, sern. ½ c. graied choose olled rice. Salt.

Cut off stem end and remove seeds

GRAHAM CRACKER CAKE.

STUFFED PEPPERS.

coanut. 1 c. white flour. 2 t. baking powdar. Finch of sait. 1 c., rolled Graham

crackers.

c. bolled rice.

butter or

c. butter er c. maaufactured shortening.

stock.

eggs. milk.

0r 22c .3c .10c .21c .19c

28c

c. shredded

Home Economics Department Edited by Irma H. Gross - Domestic Science Department Central High School . .

FROSTING. l e. powd. sugar. 1.T. milk. 2 T. butter. & t. vanilla.

CARAMEL COCOANUT PIE

Heat milk and sugar in double boiler, add flour and slightly beaten

Beef Olives One and one-half pounds of beef, one egg, one ounce of shredded suet, berbs and seasoning to taske, one cupful of breadcrumbs, salispoonful of grated lemon

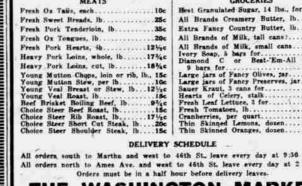
hreadcrumbe, salispeonful of grated lemon rind. The meat must be cut into rather thin oblong silces. Make a forcement with the crumbe, such and seasonings, binding it with the white and half the yolk of the esg. Spread cach piece of meat with source of this stuffing, then roll it up neatly and the into shape with twine. Egg-and-bread-crumb rach "olive" and bake them in a quick oven.

each "olive" and haks them in a quick oven. Breton Beef.—One pound of beef, four or five postaces, two onlong, scassning to tasks. Butter a casaerole very well and put a layer of thinly sliced onion at the bottom. Next put a layer of raw potate also thinly sliced. Arrange on it your beef cut into iny steaks. Cover with layers of potate and onion, pour over a good capful of stock or water, put on the casaerole ild and cock the beef for an hour and a half. Indias Star_One nound of beef, one purco

beef for an hour and a half. Indian Stew-One pound of beef, one ounce of dripping, four tablespoonful of vinegar, one large onion, carrot and turnin, four tablespoonfuls of waigr, essaoning to taste. Cut the mest and the verytables into small pieces. Fry the verytables in the dripping for seven or eight minutes, then add the meat, seasoning, vinegar and water. You may put in horbs if you like. Simmer for of rice.

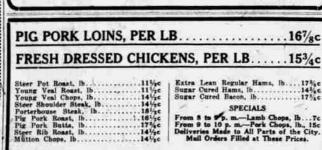
of rice. Siewed Beef-One pound of beef, iwo rashers of bacon, one large onion, seasoning. Out the bacon into strips and inner: these into the beef, cutting slits or holes for that purpose in the meat. Line a greased basin with sliced onion and put in the beef. Sprinkle it all over. Fut this basin in a pan with sufficient beiling water to come hait way up the basin and steam for iws hours. -Philadelphia Ledger.

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SMOKED IN OMAHA

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and salt, rolled Graham crackers and vanilla. Bake in two layers. Put together with the following filling: 1 c. milk. 1 T. hutter. 1 T. flour. Heat milk in double boiler. Mix butter, flour, egg and sugar, and pour gradually into the hot milk. Cook until thickened, stirring constantly. Add vanilla and cool. grinding the bits in the food chopper. For the egg covering, beat an egg slightly, add ½ teaspoon salt, and 2 tablespoons of cold water.

Cream butter and sugar, add va-nilla and milk until thin enough to spread. Clean, and dry between towels, se-cted oysters. Season with salt and

FILLING.

1 egg yolk, beaten 1. T. sugar. 1. t. vanilis.

1 c. brown sugar. 1% c. milk. 1% T. flour. 2 egg yolks or 1 whole egg. J. T. butter. Baked, pie crust. 1 c. grated cocoanut.

bouer, and nour and signify beaten egg and cook until thickened, stir-ring constantly. Take from fire, add butter, and beat until nearly cold. Pour in baked pie crust, sprinkle co-coanut over the top and set in the oven to brown slightly. Wash and pare small potatoes cut in eighths lengthwise, and soak thirty minutes in cold water. Take from water, dry between towels and fry in deep fat. (Thirty or forty-second count). Drain on paper and sprinkle with salt.

For Stewing Beef

For Steading Beel, one sound beel, one endone-haif tablespoonfule flour, three tablespoonfule flour by degrees, stirring brinkly, and let it brown, ico. Then add the watter or stock and bring the whole to a simmering point. Cut up the temato. Put the meat and other ingredients, including the seasoning and tomate, into a camerole and cook in a moderate over for three hours. Never let it boil; just ainmar genily.

soning and tornate, into a casscrole and cook in a moderate oven for three hours. Never let it boil; just simmer genily. Beef Curry--One pound beef, one tea-spoonful flour, one onion, one small apple, rise, one ounce dripping, one heaping fea-spoonful curry powder, one teapponful lemon juice, three-quarters pint water. Cut the meat into small pieces and fry lightly in the dripping; take them out and fry the onion, flour and curry powder in the same dripping. Peel and slice the apple and add to the mixture. Pour over the water (stock is better, if you have H), sail to taste, add the meat, cover the pan closely and alimmer for an hour. Add the lemon juice to the gravy just before serving. Ar-range the well-cooked and drind rice in a kind of embankment round the dish and put the source in the seasoning. Cut the beef into small pieces and in into the prepared flour, sultaponful sait and a little pepper. Mix the flour and seasoning. Cut the beef into small pieces and din into the prepared flour, all spoonful sait and a little pepper. Mix the flour and seasoning. Cut the beef into small pieces and din into the prepared flour, sultaponful sait and a little pepper and press the edges closely together. The ever a scalded and floured pudding cloth and point for three hours. Layer Pie-One pound of beef, one cup-ful of hereadcrimhs one exc. one ounce of seasoned flour over each layer of meat at the bottom. Make a forcement with the crumbs uset, egg and seasoning, and cover the meat with a layer of this. Now put another layer of bed, aver it with the rest of the forcement. Sprinkle a little suct, or some tiny pieces of built over it with the rest of the forcement. Sprinkle a little suct, or some tiny pieces of built or ver it with the rest of the forcement. Sprinkle a little suct, or some tiny pieces of built or ver it with the rest of mean end one-half pounds of herd, one egg, one ounce of shredded suct, herds and assessing to an end one-half pounds of



No guess work You can know

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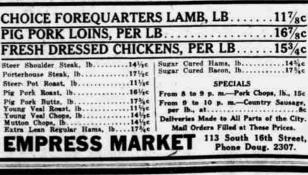
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