

HOUSEHOLD MEMOS

by Lynn Chambers



Blue Ribbon Dessert . . . Lemon Custard Pie
(See Recipes Below)

Favorite Desserts

"We like desserts that take fruits, but use little sugar," is the verdict many homemakers give on the dessert problem. Thus, I'm including in today's column several desserts that take citrus fruits now in season—fruits that mean quick-pick-up from tiredness because of the good nutritional values.

As regards the sugar question, most homemakers are finding they can spare some sugar for cooking or baking, and that is why our desserts take some of that sweetening.

Don't starve that sweet tooth entirely, for the body needs some carbohydrate foods daily to meet the large demands of daily energy. These dessert recipes are tailor-made to fit your budget and demand for sweets.

Pie's a favorite, and especially so when it's made with a cornflake crust and luscious lemon custard filling:

*Lemon Custard Pie.

Crust:

- 1 1/2 cups cornflakes
- 1 1/2 cups sifted flour
- 1/2 teaspoon salt
- 3/4 cup shortening
- 3 tablespoons water

Crush cornflakes into fine crumbs; mix well with flour and salt. Cut in shortening with pastry blender until mixture looks like cornmeal. Mix with water just to hold together and let stand in icebox for about 2 hours. Roll dough about 1/4 inch thick, line pie pan with pastry and bake in a hot oven (450 degrees) about 15 minutes. Cool and fill shell with:

Lemon Custard:

- 1 cup milk
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1 teaspoon grated lemon rind
- 4 tablespoons cornstarch
- 1/2 cup water
- 3 eggs, separated
- 1 tablespoon butter
- 6 tablespoons lemon juice
- 6 tablespoons sugar for meringue

Bring milk, sugar, salt and lemon rind to boiling point over direct heat. Add cornstarch which has been dissolved in a little water and cook in double boiler for 5 minutes. Beat egg yolks until light.

Remove cooked mixture from egg yolks and add to well beaten egg yolks. Add butter and lemon juice. Cool. Pour into pie shell. Top with meringue made by beating in 6 tablespoons of sugar into the egg whites, slowly, and whipping until it stands in peaks. Bake in a 300-de-

LYNN SAYS:

The Score Card: Use sauerkraut with pork if you like it. No kraut will be canned, but the USDA is helping producers to put it up in barrels. It's said barrel-packed kraut has a superior flavor.

The postman may ring twice but the laundryman can't. Laundry may not deliver clean clothes in the morning and pick up soiled ones in the afternoon. Everything must be done at the same time.

War industries need gas, so it is suggested you save on gas, in every possible way if you are a gas user. Economize it in cooking, water heating and refrigeration.

It looks like nationwide graded meat is just around the corner. The only thing holding it back is a shortage of trained government graders. Now, three out of four "big" meat packers are grad-

This Week's Menu

- Baked Stuffed Pork Heart
- Fried Hominy Green Beans
- Waldorf Salad
- Whole Wheat Muffins Honey
- *Lemon Custard Pie
- *Recipe Given

gree oven for about 15 minutes or until meringue is lightly browned.

If it's cake you like, then you'll like an orange-lemon flavored cake—made with only one egg but personality plus:

Honey Orange Cake.

- 1/2 cup shortening
- 1/2 cup sugar
- 1/2 cup honey
- 1 egg, well beaten
- 2 cups all-purpose enriched flour
- 2 teaspoons baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1/2 cup finely shredded orange peel
- 1/2 cup orange juice
- 1 teaspoon grated lemon rind or flavoring

Cream shortening. Add sugar gradually, then honey, creaming constantly. Beat in egg. Sift dry ingredients thoroughly (flour, soda, baking powder and salt); add orange peel. Combine orange juice and flavoring. Add dry ingredients and orange juice alternately to mixture, beginning and ending with flour mixture. Spread in well greased pan. (Mixture is quite thick.) Bake in a moderate oven (350 degrees) about 45 minutes. Let stand 6 to 8 minutes before removing from pan. Serve plain, iced or with hot fruit sauce, warm or cold.

A trifle that isn't a trifle is this orange dessert—if you want something pretty special for that day of a special dinner. This is simple for you can use leftover cake or sponge cake:

Orange Trifle.

(Serves 6)

- Cake or lady fingers
- Orange juice
- 2 eggs, beaten
- 3 tablespoons sugar
- 1 tablespoon enriched flour
- 2 cups scalded milk
- 1/2 teaspoon salt
- 1 teaspoon flavoring

Cut cake into small pieces or split lady fingers and fill dessert dishes about half full. Pour on as much orange juice as cake will absorb. Prepare a custard as follows: Blend eggs, sugar, flour, thoroughly. Add hot milk slowly, cook over hot water until thick, stirring constantly. Cool promptly. Add salt and flavoring. Pour over cake. Chill several hours or overnight. Serve cold.

Getting eggs and milk into the diet in sufficient quantity to meet the body's demands sometimes presents a problem but not if you include a delightful honey custard for dessert:

Baked Honey Custard.

- 4 cups scalded milk
- 8 tablespoons strained honey
- 4 to 6 eggs
- 1/2 teaspoon salt
- Nutmeg or cinnamon

Scald milk in double boiler, add honey. Beat eggs and add hot milk, stirring mixture rapidly. Add salt and mix well. Pour into buttered custard cups. Dust lightly with cinnamon or nutmeg. Set cups in pan of warm water and place in oven. Bake in a slow (325-degree) oven until knife comes out clean when inserted in custard. Remove cups from pan of water immediately. Serve hot or cold.

Cake Making? Bread Making? Cookie Baking? Budget Fixing? Housekeeping? You name the problem and explain it. Miss Lynn Chambers will be glad to give you expert advice if you write to her, enclosing a self-addressed, stamped envelope for your reply, at Western Newspaper Union, 210 South Desplaines Street, Chicago, Ill. Released by Western Newspaper Union.

Uncle Phil Says:

There's the Need

We all rush forward to feed a hungry brother; but how much time do we spend on devising a system under which he won't get hungry?

When love takes flight from a window, it's usually a dining room window.

No wise man ever questions a child in public unless he is sure of the answer.

Big words in a man's conversation adorn it, if he uses them deftly.

It Never Fails

Tell a man there are 99,000,000 stars and he will believe you. But if a sign says "Fresh Paint," he has to make a personal investigation.

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ASK ME ANOTHER?

A quiz with answers offering information on various subjects

The Questions

1. What job does Hideki Tojo hold in Japan?
2. What year contains the official birthday of the Dominion of Canada?
3. What is the meaning of "status quo ante"?
4. What vice president of the United States was a violinist and composer?

The Answers

5. What is the name of a dock used for holding a ship for cleaning the bottom?
1. Premier.
2. The year 1867 (July 1).
3. The state existing before.
4. Charles G. Dawes.
5. A graving dock.

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