

A Can o' Corn

Certainly no kitchen shelf is complete without its can o' corn. Do you know what kinds and qualities to look for when you buy a can o' corn? And do you understand by what methods it is manufactured?

For all canned corn, only sweet corn is employed, though there are two kinds of sweet corn in common use for canning; the long shaped grain, called "shoe-peg," and the large, wide grain which is arranged in rows on the cob. The "shoe-peg" corn yield is much the smaller, but, because the kernels are so compactly placed on the cob, there is less tough hull on them. The two varieties are about equal in sweetness.

Corn used for canning purposes grows in large tracts, just as field corn does. At the factory it is dropped into a "conveyor" which takes it to the hoppers of the husking machines. After the corn is husked, it is passed along a belt for inspection; and all overly hard, too soft or defective ears are taken out. A "silking machine next takes off any silk or bits of husk that may adhere to the ears, which then pass under sprays of water, and on to the cutter. The semi-circular knives of this machine remove the kernels of the corn. After the cutting, the corn may or may not go to the scraper which takes off any small tips that may adhere to the cob.

Your Corn "In Style"

Different methods of cutting the corn result in quite obvious variations in the final product. According to the "Maryland style" the kernels are cut quite close to the cob, and no scraping is done. When your canned corn has a nearly whole grain, each kernel separate you can know it has been cut "a la Maryland."

The Two-To-Four Child

If your child is in the 2-to-4 class, he undoubtedly has reached that stage in his existence where he is beginning to be extremely active. He runs where he used to crawl, shouts where he used to smile; and he must have food enough to provide him with energy.

Now, children from 2 to 4 years need from 1,200 to 1,400 calories of food daily; and children from 4 to 6 years, need from 1,400 to 1,600 calories daily. If your child is fat, you may give him a little less than the stated amount; if he is thin and active, you should give him more. If he is both large and active, consider his size rather than his age in feeding him. In any case, he should have three glasses of water daily.

The rapidly growing child of this age requires plenty of protein in his food, for protein is the element that builds new body tissues. Fats, too, are necessary for nutrition, and they have a high heat value. The commonest, as well as the best, source of fats, is cow's milk.

Be sure you provide the salts necessary for the formation of the growing skeleton, and best found in milk. Green vegetables and fruit should be given for their iron and for their vitamins.

The foods allowed the 2-to-4 child are about as follows: Cereal with cream, orange juice, prune pulp, omelette or poached egg, rice pudding, carrots, baked apple (no skin), beef broth, spinach, bread (not new), hard toast, scraped beef, white meat of chicken, white-meated fish, young, tender vegetables, custards, jellies and simple cream soups.

Fruit must be stewed. All vegetables young and tender. Cereals must be well cooked. Bread thoroughly baked, and foods only slightly seasoned.

How to Grate a Lemon

To grate a lemon properly, the yellow part only should be taken off with the grater. The white part not only has no value for flavoring purposes, but is said to be very indigestible. Use a small brush to remove the rind from the grater.

To peel a lemon for flavoring, just remove the yellow skin with a sharp knife, taking care to

The so-called "cream corn" or "Maine style corn" is that which may or may not have been cut close to the cob, but the cobs have been scraped thoroughly. Such corn has a creamy consistency, though it may be thicker or thinner, according to the condition of the starch in the grain and amount of water added to the corn. Then, too, to produce canned corn of very fine consistency, the outer ends of the grain are sometimes cut off entirely, before cutting on the lower ends is started. This is known as "double cutting and re-cutting".

"Hull-less corn" is still another style—the ends of the kernels are slit, and their contents squeezed out. "Kornlet" is a fine green meal much produced by a final method—that of passing the corn through a cyclone and removing all the hull.

Fifteen Minutes—From Field to Finish.

After cutting, the corn goes through a cleaner, and then through a mixer, where the necessary amount of water, in which sugar and salt have been dissolved, is stirred into it. Then the mixture goes into the cooker and filler. All the steps in the process of canning corn commercially, except the feeding of the husker and the cutter, are accomplished without hand-work of any kind.

Knowledge of the methods will inspire confidence both in the cleanliness and in the unimpaired nutritional value of the corn that comes from cans. While the patient home-canner accustomed to taking hours for the job, is always amazed that from the time the ear goes into the husker until the corn is in the can, sealed, and ready for the retort, may not be more than fifteen minutes.

Iced Coffee Recipes

Iced Spiced Coffee (for six)

6 cupfuls clear, strong coffee
24 whole cloves
1 5-inch stick of cinnamon
¾ cupful powdered sugar
¾ cupful heavy cream, whipped and sweetened

Add the spices to the coffee, boil five minutes, strain, add the sugar and chill. Serve in glasses, each of which should contain a little crushed ice, and top with the cream. Dust with powdered cinnamon. This is particularly good with little fruit or nut cakes.

Coffee Caramel Sundae (for six)

1 quart coffee ice cream
1 cupful caramel sauce
1 cupful heavy cream, whipped and sweetened
¾ cupful of shredded, toasted almonds

Put a medium-sized scoopful of the ice cream into each sundae glass. Pour over each serving two tablespoonfuls of caramel sauce, top with the whipped cream and strew over the almonds.

Coffee Malted Milk (Individual)

3 tablespoonfuls coffee syrup
2 tablespoonfuls malted milk
¾ cupful rich milk
Few grains salt
Few drops vanilla, if desired

Put the malted milk in a small, deep bowl and moisten it with the coffee syrup, then gradually beat in the milk. Add the salt and vanilla, beat well with the egg-beater and pour into a glass which has been filled a fourth full of crushed ice.

How to Cook Cereals

The doughy, lumpy, half-cooked mass served up in the name of "breakfast food" on hundreds of American tables every morning calls for a protest.

To cook cereal properly, it should be poured slowly into boiling salted water. Cook directly over the flame for about 10 minutes. Then place over boiling water and cook until thoroughly done—for safety's sake taking more rather than less the amount stated on the package as being necessary. Usually one teaspoon of salt is used for each cupful of cereal. The quantity of water depends upon the kind of cereal. Use a double-boiler as the most satisfactory device for cooking cereals "eatably" and economically.

The Case of Eggs

In the market all eggs are divided into general classes based upon freshness, such as fresh, or fresh-gathered, and refrigerator, or storage. Fresh eggs are those which are received at the market within a reasonable time after they are laid. Refrigerator eggs are those which have been in cold storage.

A grade name in one market may not necessarily signify the same quality as the name does in another market. For example, according to the Chicago official market grades, the second grade of fresh-gathered eggs is called "fresh gathered firsts," while fresh-gathered firsts is the third grade of fresh gathered eggs in New York. This lack of uniformity causes more or less confusion. In some markets a separate class is also made of short-held-eggs—those which have not been in storage long enough to necessitate selling as refrigerator eggs. And in some markets a separate class is made of "processed eggs," those which have been artificially preserved in some way other than by cold storage.

Shirred Eggs

Butter individual baking-dishes. Break one or two eggs into each dish. Place them in a pan of hot water and bake in a slow oven (300 degrees Fahrenheit) until the white has set. Sprinkle with butter, pepper, salt and chopped parsley and serve at once.

Poached Eggs

Grease a shallow iron frying pan and fill it two-thirds full with water. (The water should be deep enough to float the eggs)—add one tablespoon of salt for each two quarts of water. Bring the water to the boiling point. Break each egg into a saucer and slip it gently into the water. Cover the pan and reduce the heat. Leave the eggs in the water until they are of the desired consistency. Remove with a perforated skimmer. Allow the egg to drain thoroughly.

How to Use Cold Boiled Potatoes

Cut them in slices and fry a delicate brown in hot fat.

Cut in half-inch cubes and warm them in milk to cover, season with butter, salt, pepper and parsley.

Mix with white sauce, cover with crumbed cheese and cracker dust, and bake until crackers are brown.

Mix with yolks of hard eggs, parsley, onion, sliced beets and serve on lettuce with boiled dressing.

Cut up the potatoes and stew in milk or cream with parsley. Creamed potatoes are nice for a change.

How to Fry Mush

Pack the mush of corn meal, hominy, or any breakfast cereal in a wet pan, until cold. Cut into slices, dip in flour, and brown in a little fat in a frying pan.

Tasty Relishes for Cold Meats

The standard jelly will always be currant jelly, and so much has the currant been associated with jelly that many housewives do not realize that spiced currants are very good and currants and raspberries make an excellent jam. Stem and pick over the currants carefully and place in an enameled ware preserving kettle, the porcelain-like surface of which is not affected by the acids in fruit. Add sugar in proportion of one cup of sugar to one and one-half of the fruit. Cook slowly until the currants are soft. Stir well, remove the cover of the kettle and cook down until quite thick; then add two tablespoonfuls of whole cloves, the same of stick cinnamon broken up fine. Cook until all is a jam. This relish of spiced currants is particularly good with cold meats of any kind. Jam made of half currants and half raspberries is very good. The sugar should be cup for cup. Stir often with a long enameled ware spoon, until all is smooth together. A small enameled ware dipper will be found most useful in putting the jam into glasses or jars.

Preserving the "Pep" in Pepper

"Peter Piper Picked a Peck of Pickled Peppers"—and doubtless he did so just about this time o' year. For right now when peppers are plentiful is the time to think of preserving their "pep."

This may best be done by canning. You may either leave the skins on, or you may separate them from the meat quite easily by baking the peppers in a hot oven, or by blanching them for a few minutes in boiling water to which soda-lye has been added—three ounces of it to the gallon of water—and then dipping them at once in very cold water. Remove the stems and seed cores, and dip the peppers into boiling water for a few minutes; then pack them tightly into jars and cover with boiling water or brine—if you want your peppers "skin and all."

Pickled Peaches

8 pounds peaches
4 pounds sugar
1 pint vinegar
Few cloves
Few sticks of cinnamon

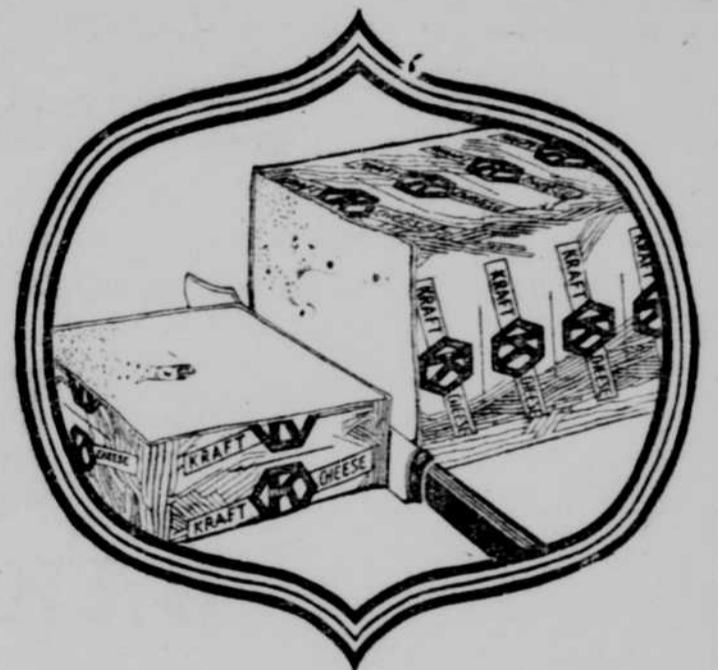
Peel peaches and cook in clear water until tender. Put two or three cloves in each peach. Cool out of water on a platter. Make syrup of sugar and vinegar and cinnamon sticks. Put peaches in jars, pour syrup over and allow to stand 24 hours before sealing.

How to "Press" Cucumbers

We often hear people say, "I like cucumbers, but they don't like me." The reason in most cases is that the cucumbers have not been properly prepared. They contain a great deal of acid and are likely to be indigestible unless most of the acid is removed. Pressing the acid out of them is the best method.

Peel the cucumbers and cut them into slices about a quarter of an inch thick. Place a layer of cucumbers in an enameled-ware bowl or saucepan, which is not affected by acids and will not discolor the vegetable. Sprinkle the cucumbers with a little salt, add another layer of cucumbers and salt, and so on. Then place a plate directly on top of the cucumbers and put something heavy on top of the plate—an iron or some canned goods from the pantry will do. Let stand for a few hours. Pour into an enameled ware colander and let the cold water run over them for a minute or two. Set aside to drain thoroughly.

They are very appetizing when served with French dressing as a side dish and are especially nice combined with other vegetables in a salad.



Never Disappointed

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