

Recipes That Become Popular

Hints From a Housewife's Kitchen Dairy



Easy House Keeping Ideas

A Wholesome Baked Dinner

Most housewives do not realize that oven dishes require really less attention than those prepared on top of the stove. But those who are fortunate enough to have self-basting enameled ware roasters, know from experience that this is a fact. The old-fashioned way of basting the meat every 10 minutes or so did keep one almost constantly on the job if the meat was to be well-flavored and browned.

The enameled ware roaster, which not only roasts but bastes as well, has eliminated all the attention and thought that the old method involved.

Roasts are said to be much better for one than fried foods and an additional advantage is that potatoes and vegetables can be roasted with the meat, which saves considerable time. White and Bermuda onions are on the market now and for a change from the usual boiled and creamed style of preparing them, try roasting them with the beef and potatoes.

Select a six-pound roast, wipe with a damp cloth, sprinkle with salt, pepper and flour and cook in a very hot oven for 20 minutes. They place around the meat six or eight large peeled potatoes and the same number of medium sized onions. Season the potatoes and onions, cover and cook at the same temperature for 45 minutes.

Real Lemon Meringue Pie.

Homemade lemon meringue pie is always a real treat because the flavor is so different from that which we get in restaurants or in bakeries. Most restaurants have good apple, peach, pineapple and other fruit pies, but one seldom gets tasty lemon pie. They are frequently made with extracts and are eggless.

The filling should be prepared in an enameled ware double boiler which is impervious to acid in citrus fruits. This ware will insure the delicate color of the filling and the result will be creamy and delicious.

Beat the yolks of two eggs until light and then add two tablespoonfuls (rounded) corn-

starch, which has been dissolved in a little cold water. Add the grated rind and juice of one lemon and one cupful sugar. Mix all thoroughly and put into an enameled ware boiler. Lastly add one cupful boiling water and cook until it thickens, stirring all the time.

For the pastry use one and one-half cupfuls prepared flour, one-half cupful butter or other shortening and four to six tablespoonfuls ice water. Roll out and cover a deep enameled ware pie plate. Prick well with a fork to prevent bubbles. Bake in a hot oven. When cool, add the filling and cover with the meringue made by beating the whites of the eggs and four tablespoonfuls granulated sugar until stiff and dry. Return to the hot oven right under the flame and watch closely with the door open until it is slightly browned.

Baked Rice Mexican Style

Besides being easily prepared, rice dishes are especially nourishing and a good substitute for potatoes which, unless baked, cannot be prepared in a short time.

Rice can be cooked in 20 minutes and used at any time thereafter for several days. The following recipe for Mexican baked rice makes a very substantial "one-dish dinner" which is suitable for busy days.

Cook one and one-quarter cupfuls of rice in boiling salted water for 30 minutes. Add one and one-half cupfuls tomato juice, one large green pepper cut up fine, one-half cupful chopped pimento and a dash of pepper. Mix together thoroughly and pour into a well-buttered enameled ware baking dish, the porcelain-like surface of which will not affect or be affected by the acid in the tomatoes. On top place the tomato pulp; left after straining the juice. Bake 30 minutes in a hot oven. Serve while hot.

Foods That Furnish Energy.

The value of sugar as an energy-producer has been widely recognized of late. Children that once had candy only on the Christmas tree, are now given some form of sweets every day. Needless to say this should be pure and wholesome, and considered as a part of the daily food allowance—not permitting them to "eat all they can hold" between meals.

Did it ever occur to you that figs and dates have much the same value, and are sustaining foods? Raisins, too, afford a great deal of nourishment, and children will prize them as frequent treats. Their value for school lunches should be more appreciated by wise mothers.

Eat Apples.

The apple we have always with us, and free consumption of this handy food is of signal use for people of sedentary habits, whose livers are torpid in action, for the malic acid of the fruit helps to eliminate noxious matters from the body.

It is well to remember, too, that the apple contains a larger percentage of phosphorus than any other fruit or vegetable. This phosphorus is admirable adapted for renewing the essential nervous matter of the brain and spinal cord.

Furthermore a good, ripe apple is one of the easiest of all vegetable substances for the stomach to digest, the whole process being completed in 85 minutes.

In preparing crumbs the stale bread should be broken into small bits, put in a shallow pan, and dried in a slow oven. Collect all bread crumbs scattered in the bottom of the bread box, or on the bread board, and any crusts or trimmings, and broken pieces not suitable for toast, to utilize in this way.

A meat chopper will grind the bread fine with less effort than rolling out with a rolling pin. If fine crumbs are desired, sift them through any mesh of the proper size.

Making Fall Cleaning Easy

With the approach of cool days the average housewife begins to think of her fall housecleaning. Although she is anxious to get her winter rugs down, curtains and draperies hung, the actual work which precedes the fulfillment of her mental picture is not at all thrilling. But with proper equipment and planning it should be comparatively easy. One room can be done at a time and put in order so that the housewife is not faced by disorder in every room. And, with this method, the other members of the household are not inconvenienced.

For the floors and woodwork it is advisable to have two enameled ware pails—one for scrub water and one for rinsing. And for the subbase and window casements a sponge will be found much quicker and more thorough than a cloth because it works into the crevices easily. Enameled ware bowls or basins are also indispensable for the window cleaning. They can be kept on the corner of the sill without interference.

At the end of each day's cleaning period the housewife will appreciate that there is nothing so convenient to use as enameled ware. After a strenuous day this equipment is easily cleaned and it is not affected by strong soap, cleanser and disinfectant solutions.

Earning I

It Isn't a Difficult T

Show

Home E

THAT title sounds like an advertisement of a Women's Exchange or a church bazar, but it isn't. There are more ways than one of earning money in the household, and one of the most important is by spending it properly.

For instance, your grocery bills run along about the same amount for months and months. You groan about them and dread them. You figure that this month they must be less—you didn't buy flour, and you were invited out for dinner so many times. But alas, the first of the month brings a bill of the usual size and you remember some whipped cream desserts, a basket or two of expensive fruit and the guests that came unexpectedly. Suppose that by a little thought and planning, the bills could be cut down—\$5, \$10, or even \$15 a month—Isn't that earning dollars in the kitchen? Well—rather!

Planning Does It.

Planning is the secret—it's like counting calories when you are reducing. Plan your meals—the farther ahead the better. Plan your market order. Plan the preparation of the food. And there is the secret, too, about planning the servings at the table so that if there are to be left-overs they are large enough to do something with.

It is difficult to plan meals ahead for several days. No matter how carefully you figure you will have to change your plans in some respects. Either you will have guests, or the family will eat more than you thought or you will have some left-overs that simply have to be used. But in spite of all this, you will find that it will pay you many times over to look ahead as definitely as possible. Roast beef on Sunday should be the cottage pie or delicious croquettes of Monday. Stuffed peppers on Tuesday will use up the very last of the beef and yet it will be so disguised that even the most acute member of the family will not recognize it. Sponge cake served with fresh berries or a custard on one day can be served with a cream filling later in the week and will be considered a "better than ever" dessert.

Buy Deliberately.

Such forethought will do away with that most extravagant of buying methods—wandering into

Housekeep

By

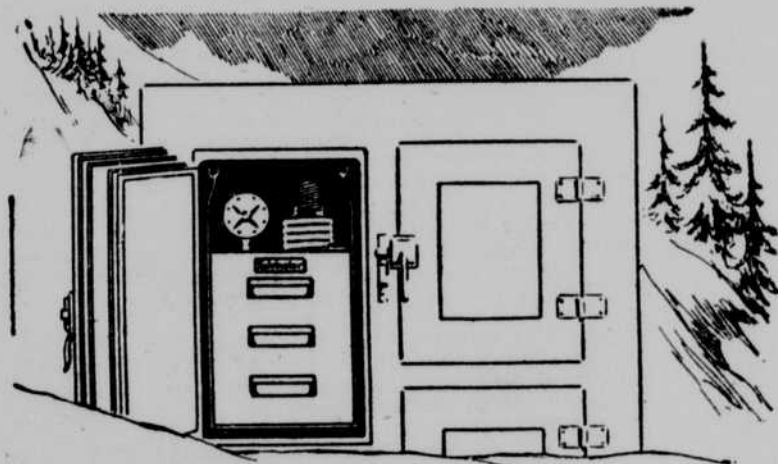
THE other day we heard a young housekeeper say that it seemed as if she was always washing dishes and that she was always a meal behind!

In our grandmother's time, it would have been considered slovenly not to wash the dishes immediately after each meal. In the wealthy homes the custom was to bring pans of water into the dining room where the mistress of the house washed the fine tea things with her own hands. The thin silver spoons and Chelsea tea set were too precious to be sent to the kitchen.

Our ways have changed since then. Running hot and cold water and generous sinks make it simple to rinse the dinner dishes so that they can be neatly piled and washed the next morning if we prefer doing that way, and no apologies are necessary.

We would regret going back to our grandmother's time in the matter of household conveniences. A month's camping in summer will bring most women back to town counting their blessings in the way of labor-saving devices.

Meals, too, have changed since grandmother's day. Then the foods were not so refined. Wheat was ground at the mill



THE big outstanding fact about Kelvinator is its absolute reliability. Any Kelvinator owner will tell you how thoroughly dependable it is.

Kelvinator is entirely automatic and is so well designed that it can be installed in any standard refrigerator. It is so efficient that it freezes ice for table use and is an invaluable aid in the preparation of delicious desserts.

It is guaranteed to give you the same complete satisfaction that it has for years given to thousands of housewives.

Kelvinator saves money four ways: It fits any refrigerator. Kelvinator refrigeration is more efficient. Its dry, even temperature, keeps food better and longer. Kelvinator eliminates the entire ice bill.

The Kelvinator is the newest contribution of modern science. Come to the Electric Shop at 15th and Farnam streets and see the Kelvinator in operation.

Kelvinator

Electric Refrigeration

Nebraska Power Co.

The Mainstay of Life

Bread means health. Since the beginning of time it has been and always will be the staff of Life! It builds sturdy bodies and stimulates vitality.

Give the children bread; bread and more of it, and let it be



The Above Trademark Is Used on Our QUAKER LOAF BREAD

Let the Quaker Be Your Baker