

# How to Save Dollars in the Kitchen

## What Goes Into a Really Good Soup

Mrs. Collins Says. This Is An Article Which Will Be Handy In Every Household.

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the grocery and letting fancy or the grocer's clerk dictate your purchases. First decide what you want to eat and then go to the market, or if this is impossible, telephone and order your supplies. A certain amount of flexibility of ideas is necessary here. If you have planned celery salad and celery is unusually high this morning it is a silly extravagance not to substitute cucumbers or tomatoes or some other vegetable and postpone the celery until the price is right for your pocketbook. If you plan menus and your grocery order properly, you will not only have decided before you get to the store what food you are to purchase, but will also know how much. Perhaps this is the most important cause of waste in the kitchen. Buying one or two more peppers than can be used, an extra chop or more cheese than is necessary for the soufflé is the unhappy fault of many of us. Of course, it isn't necessary to say that buying more than your immediate needs is often an economy, but if your meals are planned ahead you know just what you are doing.

In the preparation of food it is often economical to think of the following day's meals. Baking twice the number of potatoes necessary for tonight's dinner is a good way to have delicious creamed potatoes for tomorrow. A double portion of boiled parsnips can be served buttered tonight and fried tomorrow. This plan saves time, but most important, it saves fuel.

The housewife who expects to earn dollars in the kitchen should think even further ahead than just the meal planning. Each month a definite amount of money should be set aside for food. It is impossible for anyone outside the family to say what this amount should be, but it should be high enough to supply plenty of good nourishing food for every member of the group. Good food builds strength and maintains family health. The right food keeps the doctor away. No matter how determined you are to save money, it should not be at the sacrifice of the family welfare.

**Divide Money into Fifths.**  
Most authorities agree that the monthly food allowance should be divided into fifths. One fifth for fruit and vege-

tables, one fifth for milk, one fifth for breads and breakfast foods, one fifth for meat and the remaining fifth for miscellaneous foods. The meat fifth should be cut down in most cases and the milk fifth increased. You will find that it isn't possible to follow this division exactly, but it helps in giving a sense of proportion to food expenditure. When there are children in the family, each child should be provided with a quart of milk a day in some form or other. If the budget is a very small one, you will find that money spent for milk will give more value than for any other article and your family will be better fed. For instance, while butter is an important factor in nutrition, it is better to use a butter substitute and have plenty of milk than to have butter and use less milk.

**"Extras" Help Table.**

In furnishing inexpensive, nourishing and attractive food for the family, there are certain extras that help a lot in making left-overs palatable. A few onions should always be on hand. They are invaluable as flavoring. If they are cut up very fine and fried to a delicate brown and then added to the croquette or dressing or filling for stuffed tomatoes, etc., the flavor will be much better than when added raw. A green pepper adds spice to many a dish. Paprika, the mild red pepper which is used more for its coloring than anything else, adds attractiveness. A bit of cheese is another flavoring agent that sometimes "makes" a dish. A dash of catsup or tomato soup adds a tang to a combination that might otherwise be insipid. These flavorings and condiments are mentioned because they are some of the means by which inexpensive foods can be made the favorite dishes of the family.

Mrs. John D. Sherman, the new president of the General Federation of Women's Clubs, in one of her first articles, speaks forcefully of our national lack of thrift. A warning of the sort she gives us is significant. Earning dollars in the kitchen is worth while, because it increases the family resources each month. However, it may be that these dollars and the spirit behind them may have a far reaching effect on the spirit of the nation itself.

## Yeast Breads--Yesterday and Today

Barabara Brooks, Kellogg Company.

and nutritious loaves of bread were made from the flour. This flour contained all the bran and the bread was "sweet as a nut." Every family had a garden and many vegetables were eaten in the summer, and fruits were preserved or stored for winter use. Fresh vegetables were lacking during the winter, but the apple barrels seemed bottomless and their rosy contents saved many families from an otherwise monotonous round of canned peaches and cherries.

The whole wheat, or bran, bread habit is one which we can well adopt. The outer covering of the wheat grain is rich in minerals—especially iron and phosphorus—which are so essential for health. Package bran is convenient to have on the pantry shelf. It can be added to white flour and used for griddle cakes, muffins, bread, and rolls.

The next time you feel that you must have some home-made bread, try the following bran recipe—instead of baking the dough in a loaf, it may be shaped into rolls, glazed with white of egg and sprinkled with bran.

**Mashed Potato Bran Bread**  
1 yeast cake.  
2 tablespoons salt.  
2 tablespoons sugar.  
3 tablespoons molasses.

½ cup mashed potatoes.  
2 cups lukewarm water (80 degrees F.).  
2½ cups All-Bran.  
4 cups bread flour (or more).  
Crumble the yeast cake into the bowl, add the water, then all the other ingredients except the flour. Sift in flour carefully, stirring until the mixture can be kneaded. Knead until smooth. Cover and let rise until double in bulk. Punch down the dough and let it rise again. Shape into a loaf, put into a greased bread pan, let rise, then bake in a moderate oven (380 degrees F.) for 55 minutes.

**Orange Layer Cake**  
1 cup sugar.  
½ cup shortening.  
½ cup water.  
1 egg yolk.  
2 whole eggs.  
Juice and rind of 1 orange.  
1½ cups sifted baking powder.  
½ teaspoon salt.  
Separate eggs. Beat yolks slightly, add sugar and one tablespoon water taken from water in recipe. Beat one minute with Dover egg beater. Sift together flour, salt and baking powder. Add grated rind of orange. Add orange juice to water, and add to sugar and eggs alternately with dry ingredients. Cut and fold in beaten whites of eggs.

## What Goes Into a Really Good Soup

Use a Variety of Meats, Seasoning and Vegetables for Flavor

**S**OUP-MAKING has been called a profession in itself and yet in no other branch of the culinary art is experimenting so richly rewarded, for sometimes a weird combination of leftovers, right-ly seasoned, will produce an epicurian soup that even a skilled chef cannot rival.

To the foreign housewife, soup-making is almost a rite. She tastes and tastes, simmers and steeps, adds a dash of catsup or kitchen bouquet, skims, reheats and serves with marrow balls, harlequin slices, cheese croutons, pea timbales, shredded ham or tiny chicken forcemeat cubes.

A crisp salad, cheese straws, a sweet for dessert and coffee served with any one of these soups will make a luncheon or a simple dinner.

**Green Africaine Soup**

Use a small beef bone and have it cracked. Place in a kettle, cover with cold water, add a teaspoon of salt, let it stand for one hour and set over a moderate heat. Bring slowly to the boiling point, adding two tablespoons of washed rice, two slices of onion and two chopped stalks of celery. Simmer for two hours and remove the bone; press through a sieve. Have ready one pint of rich cream sauce, combine with the soup liquor and season generously with curry powder. Add also salt and paprika to taste and just previous to serving, stir in dice cut from cooked artichoke bottoms and tiny cheese croutons.

**Vegetable Chowder**

This may be made with a meat foundation, or the bouillon cubes dissolved in hot water, and it is very good without meat at all. The latter method is used in the recipe. Heat in a large frying pan three tablespoons of bacon fat, and in it cook until softened, but without browning, two chopped stalks of celery, two diced carrots, half a cup of turnip cubes and a cup of flowerets of cauliflower. Cover well with cold water, add half a can of tomatoes, two tablespoons of pearl barley that has been soaked overnight and parboiled in salted water for half an hour, 1½ teaspoons salt, half a teaspoon of paprika and a scant tablespoon of sugar. Cover the kettle closely and cook until the vegetables are tender. Then add half a cup of parboiled potato slices, half a can of drained lima beans and three tablespoons of finely shaved cabbage. Cook again until the latter ingredients are done and thicken with flour blended with softened butter. Be sure that the chowder boils again after the thickening is added. A little more water may be added if the original quantity boils away in cooking. If meat is used put it in with the tomatoes, or add meat stock.

**Old Southern Tripe Pot**

Chop finely, two of green peppers (freed from seeds) onions and peeled beets. Have ready in a saucepan two tablespoons of melted butter substitute, turn in the vegetables and stir over a moderate heat until the shortening is absorbed. Add a scant half pound of honey-comb tripe, cut in dice, and one-fourth of a cupful of blanched rice, with two quarts of chicken stock (use chicken bouillon cubes in the making) and a small veal knuckle. Let simmer for two hours, stir in one cupful of canned tomatoes, salt to taste, and one teaspoon of sugar, and simmer for 20 minutes longer. Remove the veal, skim off any fat and serve with tiny marrow balls.

**Madelaine Soup**

This is a Spanish soup and is very good. Prepare a clear broth from a chopped oxtail,

three or four pieces of breast of mutton and two chopped raw sausages. Place the meat in a saucepan, add a minced pimento, a chopped clove or garlic, salt to taste, and half a cup of chopped celery tops. Cover well with cold water, let stand for an hour and simmer for an hour and a half. Strain, cool, remove the fat and reheat. Just previous to serving add custard squares flavored delicately with powdered sage.

**Harlequin Slices**

One of the best accessories to serve with soup are the harlequin slices with the clear ox-tail soup. To make them, cut into tiny squares cooked carrots, string beans and turnips. Pack them into a buttered shallow dish and pour over the following: Beat one egg and one egg yolk with one-third of a teaspoon of salt and blend in half a cup of strained stock. Flavor with a few grains of cayenne. Set the dish in a pan of hot water and place in a very slow oven, so that it will not brown, but just congeal. When cold, cut in dice and add to any thin soup when served.

**Chicken Timbale Balls**

For the chicken timbale balls for the cream of mushroom soup, chop cooked chicken finely and season highly with salt, paprika, thyme, lemon and onion juice and a pinch of sweet herbs. Add just enough of beaten egg yolk to bind the meat and mold into tiny balls. Roll in flour and poach for five minutes in the boiling soup.

**CHEESE SOUP FOR FLAVOR AND COLOR**

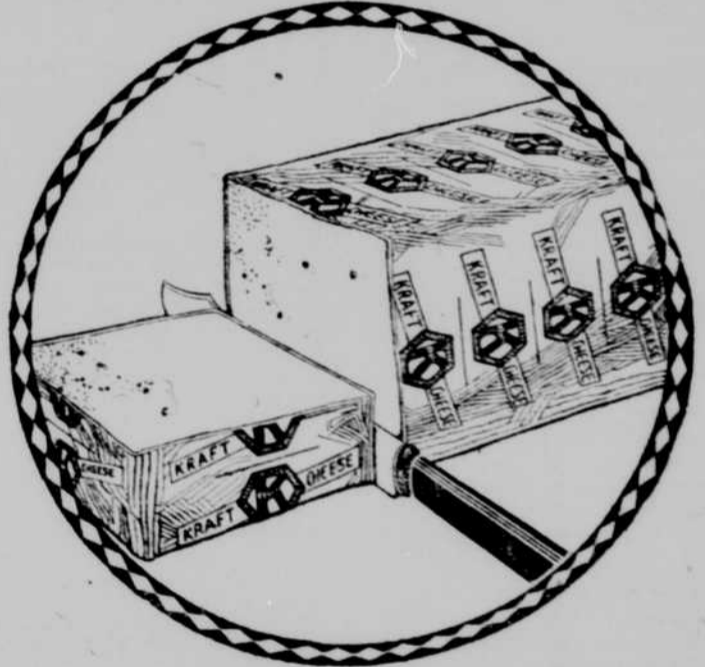
Two soups are given below that are almost a meal in themselves, for with a fresh salad, toast, jam and a rich dessert they would suffice.

**Cheese Soup**

Mix one and one-half cups of flour, one pint of cream, four tablespoons grated Parmesan cheese and a dash of cayenne together in a bowl. Place the bowl in hot water and stir until the mixture becomes a firm, smooth paste. Break into it two eggs and stir them quickly and thoroughly. Let stand two minutes longer, then set it away to cool. When cold roll it into little balls about the size of a walnut. Drop them gently in three quarts of boiling soup stock. Add one tablespoon of finely chopped parsley. Cook five minutes. Serve three in each plate and pour the soup over them. Pass Parmesan cheese to use on top of the soup.

**Another Cheese Soup**

Put a quart of milk in the top of a double boiler and heat it to just below the boiling point. Fry two large onions in two tablespoons of butter (about seven minutes). Then add two more tablespoons of butter and cook another two minutes. Stir onions and butter into the milk and cook 10 minutes, strain and return to the stove. Add two tablespoons of grated cheese. Beat three eggs with a dash of cayenne. Hold a colander over the soup and pour the eggs through. Stir as the mixture cooks for three minutes. Serve in a hot oven for two minutes. Mustard and paprika may be sprinkled on the cheese toast for added savoriness.



## Looks Are Deceiving

It is easy to be deceived when buying cheese; much of it looks alike, and much is made to look like Kraft Cheese.

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