

We Go A-Nutting

The Adaptable Almond.

"APRIL'S gift to April's bees," is the romantic line with which Edwin Arnold describes the blossoms of the almond trees.

But April also has a gift from the same tree for human beings who are fortunate enough to live where the trees grow, delicious green almonds. For the rest of the world, there is the scarcely less delicious fully ripened nut.

When one uses the unqualified term "almond," it is understood that he means the sweet almond. The bitter almond is negligible as a food and is grown mainly for its oil. But sweet almonds are palatable and healthful and, if they are well chewed, they are easily digested. They contain a large amount of phosphorus, calcium and iron; they are 50 per cent starch, 25 per cent protein with no starch practically.

This almond is the kernel of the fruit of a tree native to land east of the Mediterranean. It is most adaptable, however, and is now successfully grown in Australia, South Africa and California. It is sometimes named after the country in which it is grown, as the Sicily Valencia, or Bombay almond. The familiar "jordan almonds" may be named for the River Jordan or from the French "jardin," indicating garden variety.

Our own American Californian almonds ripen in August and September, and the crop is ready for shipment in October and November. When in blossom the almond greatly resembles the peach tree, and the pinkness of the almond orchard shades almost indistinguishably into that of the peach groves. These Californian almonds are principally from an ancestry of domestic developed nuts.

"Paper-shell" almonds are wonderful examples of what experts can do in improving nuts. Their skin has so thinned down the shell that the nuts are readily cracked. But these thin, light-colored shells should not be so delicate as to expose the kernels when the nuts are handled and shipped.

This thin, brittle shell has been an asset to the almond, too, insuring its acceptance at the social dinner table. "Hard shells" are those almonds which must be cracked with a hammer.

Perhaps the most familiar American nut of all is the popular "black walnut," for it is usually plentiful everywhere. Country people can have all they

want simply by going out and gathering them, and the markets supply the city folk.

The outstanding reason for the common popularity of the walnut is probably its extremely rich flavor. But it is also excellent from the standpoint of nutrition, for it is one of the most concentrated nuts that we have. It is about 64 per cent fat, 19 per cent protein and 13 per cent salts.

Black walnuts are not, of course, so appropriate for table nuts as are the "paper-shelled" nuts. And not only are their shells too thick to permit of easy cracking, but their meats are usually so enclosed as to necessitate painstaking removal with the nut pick.

Then, too, the very richness of the black walnuts makes them a poor choice for the nut course which follows a heavy meal or a rich dessert. They should rather be used, occasionally, to take the place of a meat dish, and there are no end of attractive ways in which you can prepare them for this purpose. When you want a nut to give a rich flavor to salads, cakes or candies, too, you cannot do better than to buy walnuts.

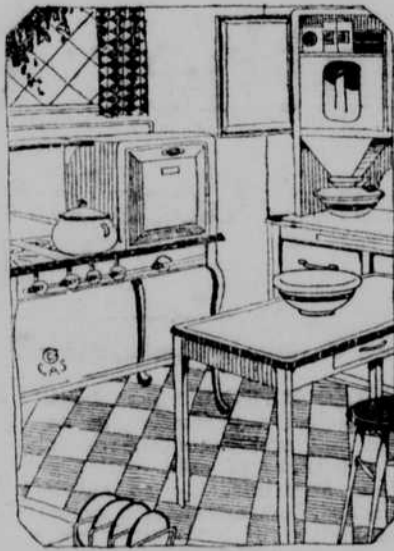
The "Butter" in Butternut.

When you ask your grocer for "butternuts," you get nuts that are literally what the name implies—butter-nuts, for their kernels are extremely oily. They are also known as "white walnuts," for they are an eastern species of the American walnut.

In case you are not quite so familiar with them as you are with the popular "black walnuts," you can still recognize them easily by their long, pointed shapes, and their dark-colored, deeply marked shells. Don't let the term "white" walnuts mislead you, for it refers only to the bark of the tree which grows the nut. The butternut, though containing about 430 calories to the pound of kernels, which is more than many foods contain, still ranks below most of the other nuts in nutritional value. It is the butternut's distinctive flavor, rather than its food value, therefore, which makes it popular.

The green butternuts, freed from their clammy husks, are excellent pickled. When so prepared, they make an especially fine sauce to use with meats.

Now, since butternuts are so oily, they quite easily become rancid, and you should get them only in small quantities and should use them quickly.



COFFEE DRINKING INCREASES 40 PER CENT IN AMERICA.

America drinks 40 per cent more coffee than it did 12 years ago, according to reliable figures just made public by the foodstuffs division of the United States Bureau of Foreign and Domestic Commerce.

Despite this amazing gain, however, the coffee drinking palm does not belong to this country. Four European countries exceed it in per capita consumption. Denmark leads with 15.7 pounds per person; Sweden is second with 15.4 pounds; Holland, third with 14.7 pounds, and Norway, fourth with 14.3 pounds. Then comes the United States with an official government consumption of 12.47 pounds per capita.

Not World Record.

Nor is an increase of 40 per cent in coffee consumption giving America a record for the world to shoot at. Italy and France have eclipsed the feat of this country during the past 12 years by 56 per cent, and 52 per cent, respectively.

In the 1913 crop year, there was retained for consumption in the United States 858,919,058 pounds, valued at \$118,309,911. In 1924 (the crop year which ran from July 1, 1923, to June 30, 1924), there was retained for consumption here 1,398,364,211 pounds, valued at \$291,039,142.

STUFFED CABBAGE.

Take 1 pound of chopped beef and pork, $\frac{1}{4}$ pound rice, 1 onion, $1\frac{1}{2}$ pounds sauerkraut, 1 large head of cabbage, and pepper and salt to taste.

Boil the large cabbage leaves whole until they are wilted and pliable. Wash the rice. Mix the chopped meat, rice and minced onion thoroughly, adding salt and pepper to season. Put about 1 dessert spoon of the mixture on each cabbage leaf. Fold the leaf in the shape of a sausage, tucking in the ends.

Put a layer of kraut in a saucepan, then all the stuffed cabbage leaves in another layer and a final layer of kraut. Add water as needed, to prevent burning, and cook $1\frac{1}{2}$ hours. Then cook a minced onion to a straw color in a tablespoon of drippings, add a tablespoon or two of flour and a little water or stock, and add to the kraut.

Iced Maraschino Coffee

(For six.)
 $\frac{3}{4}$ cupful coffee syrup.
 $\frac{3}{4}$ cupful light cream.
6 tablespoonfuls minced maraschino cherries.
1 pint vanilla ice cream.
Vichy or seltzer.

Into each glass measure two tablespoonfuls of the syrup, two tablespoonfuls of the cream and a half tablespoonful of the cherries. Blend thoroughly, fill up the glass with vichy or seltzer, put in two tablespoonfuls of the ice cream and serve at once. If desired, this may also have a topping of sweetened, whipped cream, which may, in turn, be garnished by a few shredded maraschino cherries.

Fish, though ordinarily digestible, is less stimulating, sustaining and nourishing, as a whole, than meat is.

Salmon are rich in flavor and fat, and so are extremely nutritious.



Conquests of Citrus Fruits

EVERY little citrus fruit has a following all its own. But it doesn't matter whether you sup your orange juice at breakfast in some fashionable eating place; enjoy diced grapefruit for lunch at home; order your limeade in the afternoon at the "corner drug store;" or take a hot lemonade at bedtime when you "feel a cold coming on"—you've probably been converted to belief in the health and beauty bestowing powers of the citrus fruit.

Both good and "good for you" are the citrus fruits, and if you've had your scientific introduction to the vitamins, you'll be more likely than ever to be a citrus fruit "fiend." Since the vitamins are essential to the proper nourishment of the body, physicians are recommending the vitamin-containing citrus fruits for use not only in sickness, but in health, as a preventative of sickness. The "ades"—orangeade, lemonade, limeade—are convenient for the invalid who has to get his vitamins through a straw or glass tube; but the whole fruit of the orange and the grapefruit, by virtue of the roughage it provides, is best for the normal person.

The "Pomelo" or Grapefruit.

"Grapefruit" is a misnomer. But, although its name is frequently assailed, it is firmly established. Of course, the food has no relation at all to the grape. It was so-called simply because it sometimes grows in grape-like clusters; but it has another title, "pomelo," from the Dutch "pompelmoes."

This grapefruit, or pomelo, is a distinctively American fruit, since all varieties commonly cultivated in India and other countries of the old world are still of the thicker-skinned "shaddock" type.

The grapefruit should not be loaded down with sugar. In fact, for greatest zest, it should be eaten entirely without sugar, though it is only acceptable to most palates with at least a little sugar. The citric acid of the grapefruit juice is for the most part oxidized in the human system. But if one happens to

be planning a diabetic diet, it is well to remember that a good grapefruit contains the equivalent of from two to four teaspoonfuls of granulated sugar. The fruit is usually served simply halved and seeded, or with the flesh cut in cubes and returned to the half shell, with a sprinkling of sugar, and placed in the icebox. It is also often preserved, and its bitter taste makes it especially good for marmalades. It contains more pectin, or "jellying" substance, than any other citrus fruit.

Handing You a Lemon.

You may have your lemon "handed" you in any one of nearly a dozen forms—"straight," as lemon oil, lemon extract, calcium citrate, salted lemon, marmalade or candied lemon peel. But the important thing, in buying lemons by the dozen is to keep them fresh for family consumption while you are deciding in what form to "hand" them out. Lemons may be kept fresh even if no room in the icebox is available, if one simply bathes them and sets them on a shelf to dry. Bottled lemon juice should be kept in a cool place, and the contents of the bottle should be consumed as soon as possible after it is opened. The citric acid in lemon juice, as in the juice of other citrus fruits, becomes alkaline by oxidation in the body, thereby actually reducing the acidity of the body.

A Near Lemon—The Lime.

The lime has practically the same uses as its first cousin, the lemon, and that is an attractive change and substitute for its relative.

Fresh limes are very perishable and should be kept in a cool, dry place. If refrigerator room is not to be had, it is well to cover them with dry sand.

Perhaps the most typically American of all citrus fruit concoctions is "limeade." Another important lime by-product is concentrated lime juice.

There is a "ginep" or Spanish lime that tastes like a grape and looks like a plum. Both the flesh and the seeds are to be eaten; sometimes the seeds are roasted and used as nuts.

ORANGE PIE.

Practically everybody loves lemon meringue pie, but not all housewives know that orange pie, similarly made, is just as delicious. Try it. Here is the recipe:

1 cup sugar.
 $\frac{1}{2}$ cup flour.
 $\frac{1}{4}$ teaspoon salt.
Grated rind one orange.
1 cup orange juice.
Juice $\frac{1}{2}$ lemon.
Two tablespoons butter.
3 egg yolks.

Mix flour, sugar, salt and grated rind. Add fruit juice and cook in double boiler until mixture thickens, stirring constantly to avoid lumping. Add butter and beaten egg yolks. Cook two minutes more, then pour into baked pie crust. Cover with meringue and brown slightly in oven, or cool, and just before serving pile with slightly sweetened whipped cream.

Worcestershire Cheese Sauce

4 tablespoons butter.
2 tablespoons flour.
1 1-3 cups milk.
5 tablespoons grated cheese.
2 tablespoons original Worcestershire.
 $\frac{3}{4}$ teaspoon salt.

Make a white sauce of the flour, milk and half the butter. Cook slowly until thickened and smooth. Add the cheese and seasonings and cook gently until well blended (from 20 to 30 minutes). Add the other half of the butter and stir it until melted.

Use dry, moderately strong cheese in the proportion given; English cheese preferred or a fresher cheese to taste.

This may be varied by using only a half teaspoon Worcestershire and adding one-eighth teaspoon of the following mixture: Dried mustard, celery, salt and curry. A slice of onion should be cooked with the sauce in this case.

Squash Pie.

$1\frac{1}{2}$ cups squash.
 $\frac{3}{4}$ cup sugar.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon cinnamon.
Pinch nutmeg.
Pinch ginger.
 $1\frac{1}{2}$ cups scalded milk.
2 eggs.
1 tablespoon sherry flavoring.
Pastry.

Cereal Meal Muffins.

1 cup fruit cereal meal.
1 cup flour.
4 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{2}$ cups milk.
1 egg (beaten).
2 teaspoons shortening.
The mixture should be rather stiff; 30 minutes, 375 degrees F.

Roquefort Dressing

Cream two ounces (4 tablespoons) of salt, ripe Roquefort cheese into six tablespoons of olive oil.

Mix two tablespoons of vinegar or lemon juice with one-third teaspoon of salt and white pepper and paprika to taste, add slowly to the oil and cheese, blending carefully.

Put a clove of garlic in a crust of bread and marinate with the lettuce and dressing for half an hour in the icebox. Remove crust and serve.

This is the last word in a savory lettuce salad to serve with cold meats or as a separate course with graham bread and butter sandwiches.

When the gravy will not brown right add a couple of spoonfuls of coffee. This not only improves the looks, but also adds to the flavor.

Nearly all fruits are of a better color and flavor, and of a more tender texture, if sugar is added when they are first put to cook.