



"My Hobby"

The Finishing Touch to a Delightful Meal

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Omaha Young Woman's Christian Association

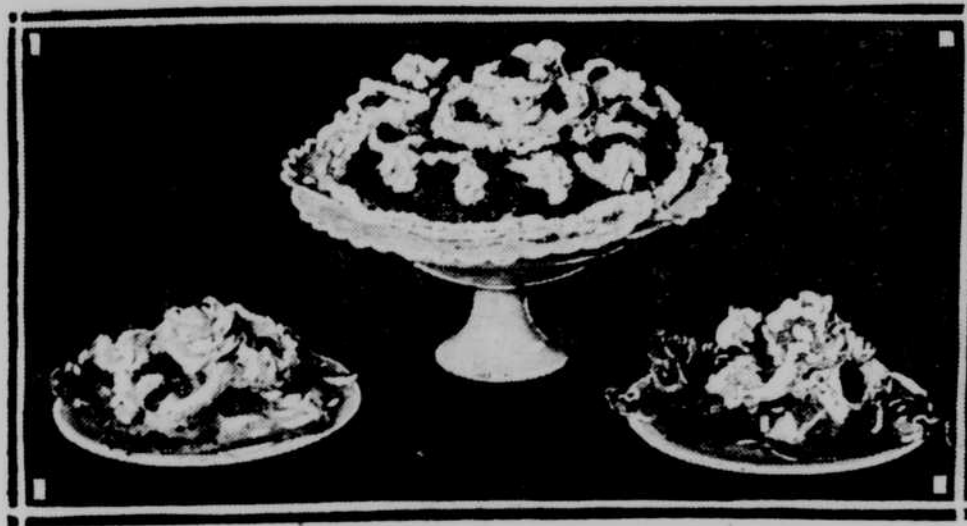
MANY years ago the old-fashioned dinner and supper were never served without a dessert, but times have changed in the homes of today.

We are too busy with other interests to spend time in making what seems unnecessary dishes, and many housewives say it is not good to eat sweets, or "My husband never eats desserts."

After an observation of many years I can say that not only women, but men, are fond of pastries and deli-

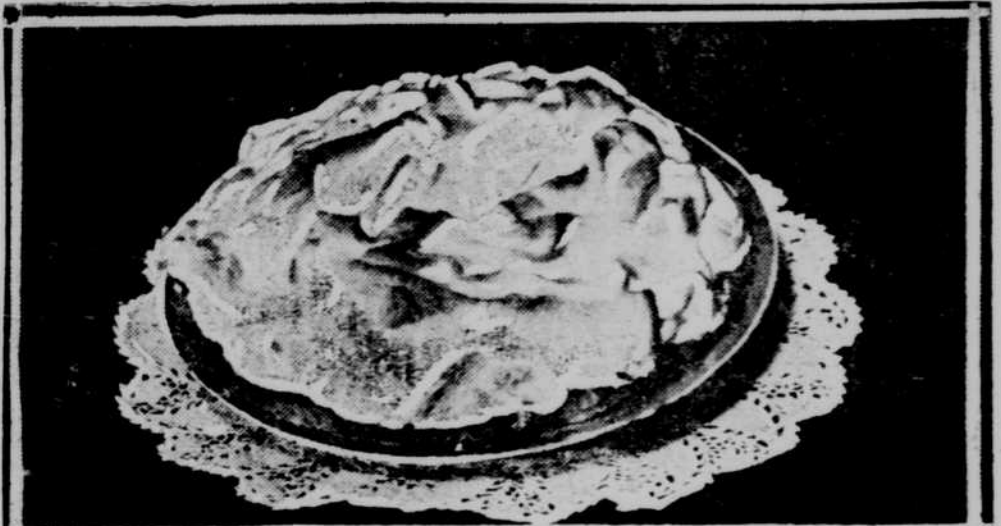
one-crust pie with attractive fluffy meringe, made only from the white of egg and sugar, beaten until very stiff, or a whipped cream top; fruit gelatine, Hawaiian rice, custards or sherbets. Recipes for such desserts appear at the close of this article.

If my dinner or luncheon is a light one, my dessert can then be a more substantial one, like fresh apple pie, made from the best of vegetable compound, and which is a favorite American dish; apple or peach dumplings,



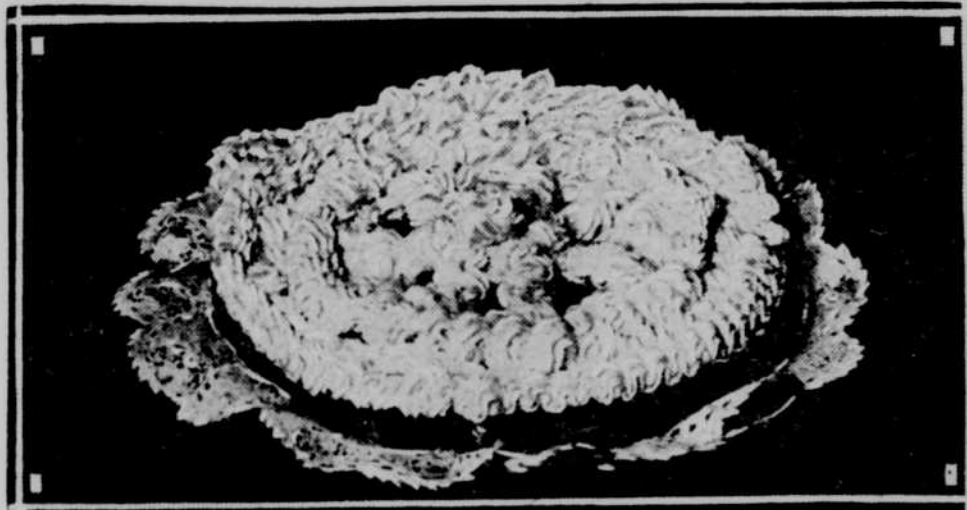
FRUIT GELATIN

An oil dressing filled with whipped cream (vanilla flavored) and marshmallows transforms this tasty dessert into delightful salad.



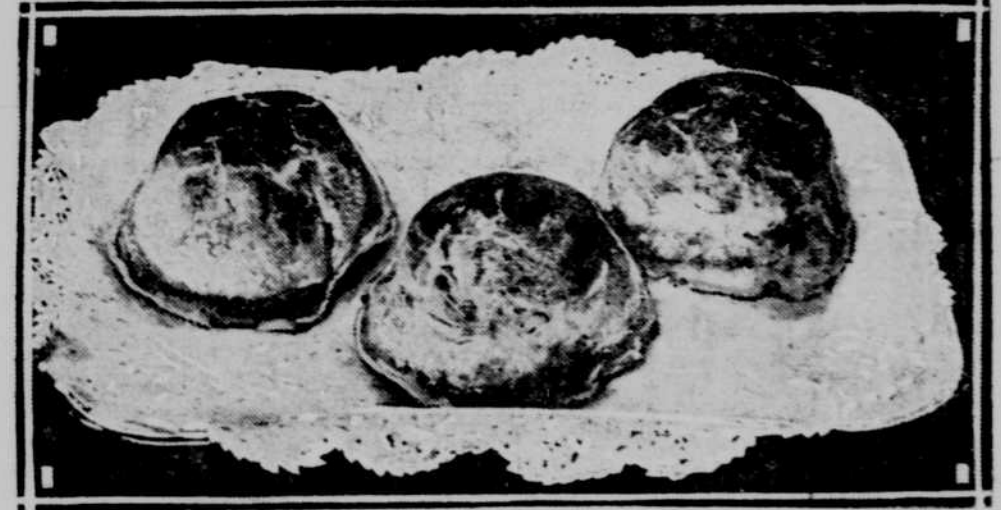
OLD-FASHIONED LEMON PIE

Flour is much superior to corn-starch for this dessert. This does away with the objectional taste of starch and makes for smoother consistency.



PRUNE PIE

Very wonderful. A recipe not to be found in ordinary cook books. Recipes for this and other desserts accompany this article.



APPLE DUMPLINGS

For this "goody"—don't forget a tiny touch of lemon in the sauce. Just a little different flavor that makes an old-time dessert more appealing.

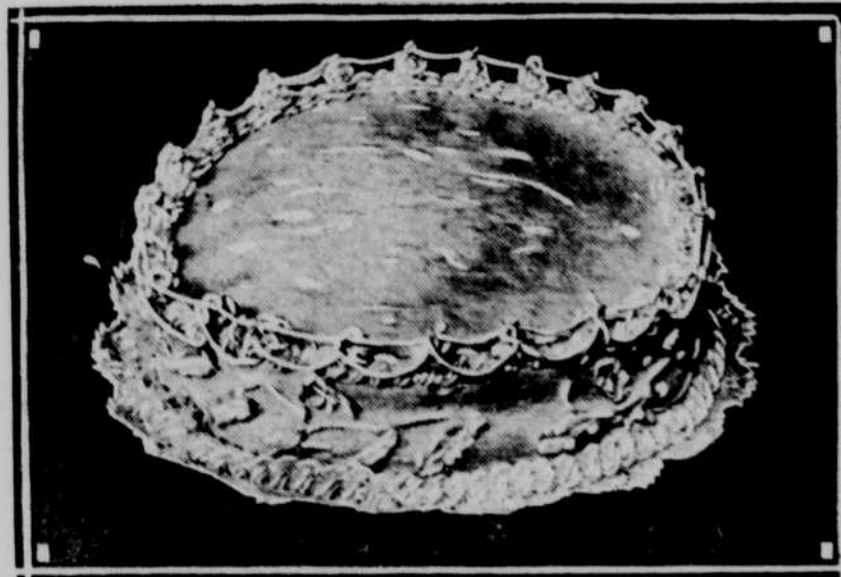
cate sweets, and when placed before them they will always eat such dainties with keen pleasure. The family dinner should be so well planned and balanced that each member enjoys a feeling of satisfaction and in many cases that cannot be so unless we finish with a dessert.

Our system craves and needs a certain amount of carbohydrates, which include starches and sugars, and are most enjoyed at the end of the meal. I refer to folks in good health, yet these suggestions may be helpful to those even more careful of their diet.

My rule for finishing with a carefully selected pastry has been to plan my substantial first, should they be heavy and filling, a light ending such as a

MRS. FULLAWAY SAYS:

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ORNAMENTED WHITE CAKE

Cake decoration, like this, is a very simple matter if you secure a pastry bag with tubes from any utensil dealer.

old-fashioned rice pudding, lovely fruit cobbler and, some folks might say best of all, a rich piece of cake made with butter and good shortening, together with a fine large baked apple or pear.

The success with all these attractive dainties lies in making them of the very best materials you can buy, using no substitutes, and no extracts when fresh fruits can be used, with spices of the very highest grade; for when preparing food to be healthful, the highest priced is none too good and the cheapest in the end.

Indeed, it is always a pleasure to see our friends as well as our own family leave the table with a happy satisfied look, and that is the case no matter how unfortunate the first part of the meal may be, when a tempting dish of daintily prepared sweets has been served. This never proves to be time wasted, but well spent, and insures a well balanced meal.

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