

Simple Menus for Mid-Winter

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All the desserts save the two frozen ones which follow may be prepared for service inside of 20 minutes, and if even this time allowance is not possible a fruit ambrosia, consisting of oranges, bananas, maraschino cherries, with the cordial, sugar and a little desiccated coconut, will not take five minutes.



Banana Ginger Cream

The banana ginger cream is one of the easiest and simplest of frozen desserts and requires no cooking or turning of the freezer. Press through the ricer two peeled bananas (use three if very small) and add a tiny pinch of salt, two rounding tablespoons of powdered sugar, half a pint of chilled double cream whipped solid and four tablespoons of minced preserved ginger, with two tablespoons of the syrup. Flavor with a few drops of lemon juice, beat well and turn into a mold with a water-tight cover. Bury in ice and rock salt for three hours.

Pineapple Delight

The pineapple delight is still another easily made dessert. Turn half a can of grated pineapple over a quarter of a pound of fresh marshmallows and let stand for six or eight hours. Then add half a pint of stiffly whipped, sweetened cream, a tablespoon of orange juice and three tablespoons of grated coconut. Serve in sherbet glasses and pour over each portion two tablespoons of maraschino cordial.

The Second Week's Menus

For the second week in the suggested menus the meat item has been reduced to a minimum and a selection has been made of dishes taken from the cheaper cuts. The less expensive fish have also been used and the number of fresh eggs has been strictly limited.

On the other hand, fruits and vegetables must not be curtailed, as they are very necessary to insure good digestion after the "sore" of holiday feeding. Used in various combinations, fruits especially not only furnish a good, quick dessert, but they keep the system in the best possible condition.

The home caterer will notice, however, that expensive vegetables, like cauliflower, Brussels sprouts and the fresh varieties, are not employed and the fruits have been limited to those in season, which are consequently inexpensive in price.

The noon luncheons include fish, spaghetti, soup and sandwiches, the latter made from the soup meat used in making the beef broth. Remove the meat from the bones, chop finely and add for a large cup eight chopped stuffed olives, three tablespoons of shredded cress, a teaspoon of French mustard and sufficient mayonnaise flavored with a bit of grated horseradish to moisten to a paste. Use generously between buttered slices of whole wheat bread.

Mushroom Omelet

To prepare the mushroom omelet use four eggs and a quarter of a pound of mushroom caps. Make a highly seasoned brown sauce, combine with the sauted mushrooms and stand over hot water. Prepare an ordinary puffy omelet and when well risen in the pan spread over the top a layer of the mushroom sauce. Turn over into a neat half circle, brown on the under side, tilting the pan so as to cook it through and serve inverted on a hot platter. Pour the remaining sauce over it and serve quickly.

Turbans of Flounder

Turbans of flounder are something interesting. To make them, wipe, skin and cut two large flounders into eight filets. Trim and coil around inside of buttered muffin rings placed in a greased dripping pan. Cook three-quarters of a cup of



chopped prepared mushroom caps and a few drops of onion juice in three tablespoons of butter substitute for two minutes, add four and a half tablespoons of flour, and when well blended pour in gradually, while

stirring constantly, half a cup of rich milk. Bring to the boiling point and add 12 scalded and chopped oysters, half a teaspoon of salt, a quarter of a teaspoon of paprika, a tablespoon of chopped parsley and a few grains each of cayenne and mace. Fill the center of the muffin rings with this mixture, cover with buttered papers and make for 15 minutes. Remove the papers, dust with buttered crumbs and bake until well browned. Lift out the turbans carefully on to hot plates.

Escalloped Clams

Unfortunately, escalloped clams are not so well known as the oyster preparation, and yet after tasting them down at Cape Cod last summer I quickly came to be a great admirer of them. Separate hard portions from the soft of 18 clams and chop the former rather fine. Add to the soft portions and arrange in a buttered baking dish with alternate layers of grated bread crumbs. (Be careful that you use only a thin layer of bread.) Dust with paprika and a bit of celery salt, dot very liberally with butter and pour over two tablespoons each of cream and the clam liquor. Cover the top with buttered crumbs and bake in a rather hot oven. As the clams are like to be rather salty, very little, if any, of this condiment will be required.

Thursday Dinner

Six lamb kidneys will be needed for Thursday's dinner, and they should be split open, scalded and skinned. Brown in three tablespoons of hot bacon dripping with one tablespoon each of chopped onion and green pepper for five minutes. Remove the kidneys, blend in three tablespoons of browned flour and when smooth add one cup of strained stock. Season with one tablespoon of Worcestershire sauce, one teaspoon of French mustard, one-quarter of a teaspoon of salt, the same quantity of paprika and eight drops of kitchen bouquet. Add the kidneys, that have been kept hot, and serve immediately, surrounded with a border of creamy mashed potato sprinkled with chopped parsley.

Something a little different for the Sunday night supper and which does not take too much time and trouble to prepare is always welcome. Grill your drained sardines in the usual way and have ready squares of buttered toast spread with chutney. Sprinkle the grilled fish with a few drops of lemon juice and lay piping hot on the toast slices.

Custard Cornbread

When the breakfast is light in character, as that served on Monday, the food value can be greatly increased by the addition of a hearty hot breakfast bread. To make the custard cornbread (this really almost takes the place of a cereal) mix together one and an eighth cups of cornmeal, half a cup of bread flour, three teaspoons of baking powder, one tablespoon of sugar and three-quarters of a teaspoon of salt. Stir half a teaspoon of baking soda into one and a half cups of sour milk or buttermilk, add three-quarters of a cup of sweet milk and gradually beat into the dry ingredients. Beat well, stir in one lightly beaten egg and pour into a heavy iron pan containing two tablespoons of melted dripping. Pour in the mixture gently and over the top pour three-quarters of a cup of additional milk. Do not stir the latter in and bake for 30 minutes in a moderate oven. When it is properly cooked this bread will contain a custard layer in the center.

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---more than Coffee is required for menus that satisfy!

Breakfast, for example—the day's most important meal. What do you usually serve for breakfast? Is it always complete enough to supply the day's fuel needs of workers' brains and bodies? Or, is it more often simply coffee (with toast, perhaps) hurriedly consumed—wholly lacking in that enjoyment which breakfast should always provide?

Tomorrow morning greet your family with a delightful breakfast treat—



Ortman's Pecan Rolls!

"Famous for their Freshness"

—rich with the meat of selected Louisiana pecans, sweetly coated with cinnamon sugar; expertly baked, eight rolls to the pan, and sold only in air-tight waxed wrappers, always clean and fresh when you get them.

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For the St. Valentine Party

By MRS. PHEBE E. FULLAWAY

Cafeteria Director, Omaha Young Women's Christian Association

WITH the approach of the month of February our thoughts remind us of the day we know as St. Valentine's. Perhaps many parties are being planned for this gala day—especially within the home blessed with small children or young folks still in their teens.

Here is a suggestion from my own thoughts for the Valentine party invitations. From fair-sized hearts cut out of heavy red paper, stencil and cut out a key from each heart—being sure to vary the shape or design of each, so that only one key will fit into any one heart.

The hearts are intended for the girls and the keys for the boys. If not sent with the invitations, they can be distributed to each arrival. Then each boy must find the heart which fits his key, thereby determining which one among the girls will be his partner.

On each heart and key should be lettered the following or some equally appropriate "teaser," as for the girls:

BRING THIS HEART

For your heart—someone holds the key. He expects to find you at Dorothy Brown's party.

And on the keys for the boys something like this:

BRING THIS KEY

Here is the key to my heart. You will find me at Dorothy Brown's party. Don't fail me.

The Table Setting

A most attractive table can be set for this occasion, using runners of white crepe paper, the ends covered with hearts hanging like fringe; the centerpiece of red carnations, with crystal candlesticks and red candles at each corner. A few cupids placed in between will add effectiveness. Red ribbons running out from the centerpiece spoke fashion help out the scheme.

Dainties for the Party

Sandwiches cut in heart shape and filled with a delicious chicken filling. On top of each place a red heart of pimento.

Individual cakes, either heart shaped or round, appropriately decorated. Serve with ice cream bricks, red and white combinations if bricks having the red heart centers are not available. Add a dish or two of special St. Valentine candies and your table will appear most complete.