

Try This Mayonnaise

Dressing and Variations

Fundamental Recipe: 1 teaspoon mustard, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{8}$ teaspoon paprika, tiny bit of cayenne, 1 egg yolk 4 tablespoons lemon juice, $1\frac{1}{2}$ cups salad oil. Mix the dry ingredients, add the egg yolk and mix well. Add the oil a very little at a time at first; then when an emulsion is made, add the oil and the lemon juice alternately.

VARIATIONS

Thousand Island Dressing: To one cup mayonnaise add 2 tablespoons chili sauce, 1 tablespoon chopped onion, 1 tablespoon chopped pepper.

Cucumber Sauce: To 1 cup mayonnaise, add 1 cup whipped cream, 1 cup diced cucumber, drained.

Dressing Tartare: To 1 cup mayonnaise add $\frac{1}{4}$ cup minced sweet pickles.

California Dressing: To 1 cup mayonnaise add $\frac{1}{4}$ cup minced ripe olives, $\frac{1}{4}$ cup minced green olives.

Russian Dressing: To 1 cup mayonnaise add $\frac{1}{4}$ cup pimientos finely minced, 2 tablespoons green pepper, 2 tablespoons catsup.

Manhattan Dressing

To one cup mayonnaise add 1 hard-cooked egg, minced fine; 1 tablespoon capers, 1 tablespoon sweet pickles.



For Meats: To 1 cup mayonnaise add $\frac{1}{4}$ cup spiced currants, 2 tablespoons finely minced preserved ginger.



Ordinary vs Milk-Fed Chicken

Milk Fatted Poultry

CHICKEN—fried, boiled, roasted, stewed, fricasseed, etc.—is the favorite dish for Sunday dinners, holidays and other special occasions.

It is, therefore, strange indeed, that a food so popular should be so little known as to its preparation and handling. To consumers "chicken is chicken" and buying one is a game of chance.

While the experienced housewife may be successful in selecting a chicken satisfactory to her as to size, age, fatness and tenderness, yet on the most important point of all—flavor of the meat—she takes a chance and is often more or less dissatisfied.

It is a fact that poultry meat takes on the flavor of the food eaten more quickly and more completely than any other meat used for human consumption. The reason for rank and unpleasant flavors or odors in poultry meat is usually this—bad or odorous food.

Poultry originates, of course, on the farms. These farms are of every description and the poultry is raised by all types of people, ranging from the few who are interested in raising the best possible poultry under the most favorable conditions, to the many who are wholly indifferent.

All this poultry—good, bad and indifferent—goes to market. The poultry that is killed and sold as it comes from the farmer is the kind that housewives are more or less dissatisfied with. It is not claimed that all farm poultry is undesirable, for there are some farmers who are careful about the feeding of their poultry, but the chances are against you in making a selection from this kind of poultry.

The proper way of preparing poultry from the time it is marketed until it is ready for consumption has developed into a scientific method. Only good, sound, healthy poultry is purchased from the farmer. It is then fed on a feed that is properly blended to give the correct amount of protein, carbohydrates, fat, mineral matter and fiber; together with fresh buttermilk to produce clean, sweet-flavored meat. Other factors that contribute to the proper meat development of the poultry is clean, sanitary quarters, free from noise, excitement or exercise. Their days are made up of eating, resting and sleeping.

During the 10 to 12-day feeding period, the character of the flesh almost completely changes. Much of the water in the tissues is replaced by food oil. All the barnyard and other undesirable flavors are eliminated.

The meat becomes clean and sweet, and there is about $5\frac{1}{4}$ per cent more of edible meat on milk-fatted poultry than on ordinary poultry of the same size and weight.

The comparison of the two methods of handling poultry, as mentioned above, will prove to you why milk-fatted poultry has clean, sweet-flavored meat of a better quality.

You can be sure of getting fine-flavored, sweet-meat poultry by insisting on milk-fatted poultry. Having used milk-fatted poultry, you will not be satisfied with the ordinary kind.

There are a variety of ways of preparing poultry that are tasty, satisfying and economical, too. The following are a few suggestions:

Creamed Chicken a la King.

$1\frac{1}{2}$ cups diced breast of cooked chicken, $1\frac{1}{2}$ cups milk, 4 tablespoons butter, 4 tablespoons flour, 1 cup mushrooms, $\frac{1}{4}$ cup green peppers, 2 egg yolks, 2 tablespoons lemon, $\frac{1}{4}$ teaspoon mustard, $1\frac{1}{2}$ teaspoons salt, 1 teaspoon paprika.

Make white sauce by making a paste of melted butter and flour and pour hot milk into it, stirring until smooth. Sauté mushrooms and add to sauce with minced green pepper and chicken. Beat egg yolks and add seasonings, add to rest of mixture. Heat until the boiling point is reached, simmer slowly 10 minutes. Serve on toast. Recipe serves six.

Chicken Fricassee.

3 pounds chicken, 1 onion, 2 cloves, 1-6 bay leaf, $\frac{1}{4}$ cup chopped salt pork fat or other fat, $\frac{1}{4}$ cup flour, 1 teaspoon salt.

Singe, draw and disjoint, three-pound chicken. Wash and rinse carefully. Put into a saucepan with 1 quart of water, 1 sliced onion with 2 cloves pressed into it, bay leaf and salt. Summer slowly until tender. Remove chicken and brown the pieces, dredge generously with the flour, salt and pepper in the salt pork fat or other fat in a frying pan. When pieces of chicken are nicely brown on both sides, add the water or stock in which the chicken has been cooked. If the gravy is not thick enough, add flour thickening to it. Season to taste. Arrange the browned chicken on a platter. Pour the gravy over it. Surround with a border of boiled rice.

Chicken Croquettes.

2 cups chopped chicken, cooked; $\frac{1}{2}$ teaspoon salt, 1 cup thick sauce, $\frac{1}{8}$ teaspoon pepper, few grains cayenne, few drops onion juice, yolk 1 egg.

Mix the ingredients in order given. Cool, shape into balls, cylinders or any desired shape. Dip in egg, crumbs and egg again. Fry in deep fat.

Fried Chicken.

Dress, clean and cut up a fowl. Dip in egg and rolls in cracker crumbs, which have been buttered. Place in roaster.

Pre-heat the oven for 15 minutes at 550 degrees, then sear uncovered for 20 minutes. Cover and bake for 10 minutes at 500 degrees for rest of time, allowing 20 minutes per pound. Make gravy the same as for roasted chicken.

SMART LITTLE DINNER

Vienna Sausage and Fried Apples
Mashed Sweet Potatoes
Sauerkraut
Tewksbury Sandwiches

Brown 1 can of Vienna sausage in 3 tablespoons of bacon fat. Add 4 large apples, cored but not peeled, cut in pieces, $\frac{1}{2}$ cup of water. Put browned sausage on top and cover until apples are tender, uncover and add $\frac{1}{2}$ cup maple syrup and increase heat until apples brown.

Canned sauerkraut is thoroughly cooked and needs only reheating.

Toast medium slices of sponge cake until golden brown. Spread thickly with raspberry jam and put together like sandwiches. Top with whipped cream, marshmallow cream, or vanilla ice cream.



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