



CHICKEN EN CASSEROLE

Three things cooking at one time on a single gas flame or electric stove—will prove a great assistance.

The housekeeper of today recognizes that there are many times when the cheapest is the best; that an inexpensive saucepan or bowl or pan will serve her needs fully as well as the more expensive, and that its possible replacement is then a matter of very small expenditure indeed.

Have you ever seen or used the French casserole? The article that we term a casserole in this country will not do at all for cooking that is conducted after the French plan. The American casserole is of too dense composition, too slow to heat; takes a too high degree of heat, and holds it all too long. Its French relative, an elder relation, is of about the same class as the familiar red flower pot, with a brown glass on the inside. Being of very porous material, it heats quickly, does not become too very hot at any time, and allows of the long, slow cooking at gentle heat that the French so wisely advocate for most dishes.

This French casserole is mostly imported, although in the eastern states one can occasionally get something that approximates it closely of domestic make. Low and squat, with round handle projecting at right angles and with a flanged cover, it is ideal for both cooking and serving. One can get them as small as one pint capacity, and from this they run up to three and four-quart sizes.

Chicken casserole is a standard dish in all of the expensive hotel restaurants, and is reported to be one of the most popular as well. Cooked after the French fashion, a soup bowl of three to four pounds will serve beautifully. Wash, draw and joint the fowl, singeing the pin-feathers, pulling and wiping carefully with a clean towel. Cut in small pieces. While doing this place the casserole over the simmerer, turned low, and brown a small onion slightly in either beef dripping or bacon fat. If you have the latter, all right; if not, a slice or two of bacon diced will do. Do not let the onion burn, but remove when well browned. Dredge the chicken lightly with flour, and turn often. By this time the fat should be bubbling briskly and the outer skin of the chicken should brown in about 10 minutes. When well browned add a cup of boiling soup stock, well cleared (or a bouillon cube dissolved in boiling water), three or four little white pearl onions, two tablespoons of carrots, finely diced, a couple of coarse outer leaves of lettuce torn into shreds, a cup of green peas (fresh or canned), a stalk of celery, or the leafy tops will do as well, and a couple of potatoes cut small.

When the boil is re-established, seal on the cover with a dough made of flour and water, this to prevent steam escaping, place on the simmerer turned very low, or in the oven, or on top of the electric grill at lowest heat, and cook for at least two hours. Wrap a clean napkin around the casserole, place on a large plate or platter, and serve from the casserole at table.

You will note that there is a minimum of utensils employed in casserole cooking, and the fact the casserole itself can be used for serving at table not only does away with "dishing up," but keeps the food hotter and more savory while serving.

In chicken en casserole no salt is used in cooking, all seasoning being added to taste at table. Bake in souffle dish.

BAKED STUFFED FISH

Prepare a stuffing with one-half cup of bread-crumbs, one-fourth cup of melted butter, one-half cup of cracker-crumbs, a few drops of onion juice, one-fourth teaspoon of salt, one-eighth teaspoon of pepper, one tablespoon of chopped parsley, two tablespoons of chopped pickles. Bind together with hot water. Lay one-half a boned fish on a tin sheet in a baking pan, add the stuffing in a layer, then the second strip of fish, and bake for one-half hour. Serve with egg sauce. The whole fish dressed for stuffing, may be filled with these seasoned crumbs, placed erect in a tin, in the shape of an S, larded with salt-pork wedges and baked till brown. Lift it out carefully on the tin sheet, slide it on to a platter, garnish with sprigs of parsley, cress or celery stuck in the eyes and mouth, and serve with a fish sauce.

CAULIFLOWER IN CREAM SAUCE

1 head cauliflower
1 1/2 teaspoonfuls butter
1 cupful grated Swiss cheese
1 1/2 tablespoonfuls flour
Salt to taste

Trim off the leaves of the cauliflower and let it soak in cold, salted water for one-half hour. Drain. Cover with boiling water, using one teaspoonful of salt for each quart of water, and cook until tender; then drain and separate into small sections. Make a cream sauce as follows: Melt the butter in the top part of a double-boiler, add the flour and when well blended add the milk slowly. Salt to taste. Cook until the sauce thickens. Place the cauliflower in a baking dish. Cover with the cream sauce, and then sprinkle the cheese over the top. Bake at 350 degrees F. until the cheese is brown.

CUCUMBER VINAIGRETTE

1 good-sized cucumber
1 egg
2 tablespoonfuls mild vinegar
1 tablespoonful sugar
Salt and pepper to taste.

Pare the cucumber, cut into small pieces and cook in boiling, salted water until tender. Drain. To make the dressing, beat the egg and add the vinegar, sugar, salt and pepper. Boil until slightly thickened. It should be served hot poured over the cucumbers.

BREAKFAST FOR FALL DAYS

By BARBARA BROOKS of Kellogg Company

The occasional day is cold and dark and dreary at this time of year, but most of us associate fall with crisp air, warm sunshine, bright foliage and the dry, sweet fragrance of fallen leaves. These are the mornings when breakfast tastes good. We want something "under the vest" which will give a contented feeling before we go out to the day's work.

There are almost as many kinds of breakfasts as there are families in the world. The ideal morning meal includes foods which provide regulating and building material and fuel.

The first may be supplied by fruit, whole grain cereals or bran. The second by eggs or meat and milk; the third by cereals, toast and butter. The important thing is to have a variety each day.

We saw a man eating breakfast in a restaurant not long ago. His choice was a double order of griddle cakes with butter and syrup, and coffee. The cakes, butter and syrup all furnished fuel—but he had neither regulating nor building.

There are many interesting and healthful breakfast combinations, especially suitable for this time of year. In many parts of the country, canteloupe is still delicious. Apples are ripe for

baking, stewing and sauce; oranges, grape fruit are with us and there is a long list of dried fruits.

Cereal, either hot or cold, is a good filler and carries its share of valuable milk with it. Oatmeal and corn flakes are always popular. For the main course, eggs hold first place, but they need not always be cooked the same way.

Replace toast with bran muffins occasionally. These can be mixed the night before. Fill muffin pans with the batter; cover them with oiled paper and bake them the next morning.

The following recipes are two of our favorites. We serve them on Sunday morning because we have more time on that day for cooking. The eggs and muffins can bake side by side in a moderate oven.

FRUIT BRAN MUFFINS

1 cup all-bran
2 cups flour
4 t. baking powder
3/4 cup sugar
1/2 t. salt
1 egg
1 cup milk
1/2 cup chopped raisins or prunes
3 T. melted shortening.

Mix all-bran with sifted dry ingredients and beaten egg, milk, fruit and shortening. Bake in a moderate oven (370° F.) for about 25 minutes.

THE QUICK LUNCH FIEND

"Dorothy, chew your food well," is the reprimand every child grows accustomed to hearing. And WHY must one wait to chew when one is in a particular hurry, wonders Dorothy, surreptitiously swallowing a bite whole, when mother isn't looking. Grownups, too, often wonder if a half hour saved out of a precious lunch-period isn't worth more as a rule, and what are stomachs made for anyway? Here is the reason:

Ever notice how much more quickly finely powdered sugar or salt will dissolve than large lumps? That is because the more finely any substance is ground, the larger surface there will be exposed to the attack of the dissolving liquid.

Unless the solution of the food swallowed is brought about very promptly in the stomach, and especially if this be long delayed, there will be injurious fermentations set up, which give rise to discomfort, nullify the nutritive value of the meal just eaten, and finally and surely impair the health of the hasty eater.

The teeth being the grinding tools provided by nature for this "comminution" of the food, is while still in the mouth. For this reason, persons who have lost their teeth or who have faulty teeth usually suffer from indigestion. Then, too, the saliva is properly mixed with the food in chewing, and it has very important functions besides that of moistening the food so that it can be easily swallowed. Saliva begins the digestion of starch in the mouth, and if time is not allowed for its agent to begin to act, the little agents further along the digestive tract must take up the job where it was left off, and work overtime to finish it.

Plombiere

Serve Six)
Part One

From one cup of hot milk, the yolks of few grains of salt and six table-spoons and add one cup of cream whip-paraschino cordial and half a table-

Part Two

one spoonful of gelatine in one table-spoon. Dissolve in three table-spoons of powdered sugar. Set in a cold place, and as it begins to thicken, add double cream, whipped solid, one spoon of vanilla extract, six marpoons of sultana raisins and four later ingredients soaked in two infusion for one hour.

Put in a melon-shaped mold; fill with a water-tight cover and cook for three hours. Serve unmolded with whipped cream and accompaniment.

BAKED ONIONS

4 onions
1/2 pound bacon
1/4 cupful bread crumbs
1/2 teaspoon salt.
1 tablespoonful bacon fat.
3 tablespoonfuls hot water

Peel the onions and boil them slowly until tender, but not too soft; then drain. Scoop a small section out of the top of each onion. Place the onions in a baking dish, then fill the cavities with chopped, uncooked bacon, and also lightly cover the tops of the onions with the bacon. Sprinkle with the salt and pepper and add the bread crumbs. Pour the bacon fat and the hot water around the onions and bake at 450 deg. F. until the onions are lightly browned—about 40 minutes—according to the size of the onions.

CARAMEL BISCUITS

In oiled muffin tins place a teaspoon of butter, a caramel cut in halves and two or three halves of nut meats. Top with a baking powder mixture of drop consistency or a biscuit made from a sweet recipe. If yeast mixture is used, let them rise until double in bulk. Bake at 425 degrees 15 to 20 minutes.

LAMB SOUFFLE

1 1/2 cups cold lamb put through food chopper
Salt
Paprika
Celery salt
1/2 cup cream sauce
2 table-spoons parsley
Heat over hot water and add two beaten egg yolks. Cool and add stiffly beaten whites.

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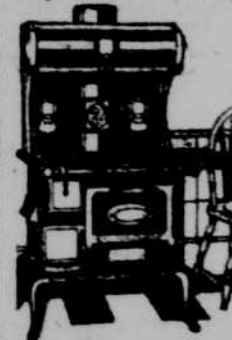


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