

# THE BEE'S PURE FOOD PAGE

## The Bee's Household Arts Department

### Low Cost Dishes

Rice is one of the most nourishing and easily digested cereals. It is comparatively inexpensive and there is no waste. Besides it is filling! It is to be its best—light and fluffy—which comes from thorough cooking. A fireless cooker is ideal, for it gives a long, slow steaming at minimum cost. The whole grain of the rice is broken and when used as a cereal for breakfast it is best prepared this way. However, rice is apt to be rather flavorless, so mild is the natural taste of the grain, unless combined with other flavors and foods. Raisins added to it for either a cereal or a pudding makes

it more tempting to most people. To cook it for this purpose, when using a double boiler fill the boiler with boiling water and add five parts of boiling water, salted to one part rice. When nearly done, the last half hour, add the raisins. If added before, they discolor its snowy whiteness. Instead of cream, brown sugar syrup or fruit juices are a very palatable change. And still others enjoy figs and nuts steamed with the rice as a sort of complete vegetarian meal.

Rice also adds quantity and nourishment to many recipes that are made of leftovers. For example, a cup of cold cooked rice added to fish croquettes, hash or meat loaf,

is a great help when unexpected company makes an extra plate to serve. Rice added to almost any soup is a great improvement.

Served as a vegetable, it is delicious either with chicken gravy or milk pork gravy. Steamed with one cup of tomatoes and onion and other savory flavoring, it ranks with macaroni and tomato as a luncheon or dinner dish.

When used as a dessert rice is delicious served cold with a can of juicy peaches poured over it. Some tempting rice puddings, as well as some other good rice recipes, are given below:

#### Lemon Rice Pudding.

Take one cup of cold cooked rice, sweeten to taste and add the beaten yolks of two eggs and one quart of milk. Flavor with the grated rind of half a lemon and bake. Beat the whites of eggs with half a cupful of sugar and the juice of half a lemon to make a meringue. Place this on top of the pudding when baked and set in the oven to brown lightly.

#### Rice Griddle Cakes.

Mix one well beaten egg, one cupful of milk and one cupful of boiled rice together. Add the following dry ingredients well sifted together: one cupful of flour, two teaspoonfuls of baking powder and one-half teaspoonful of salt. Dip the batter thus made into a smoking frying pan and fry until brown. Serve with a hot lemon or maple sauce.

#### Prune and Rice Pudding.

Cook one cupful of rice with one and a half quarts of prune juice. Beat one egg well, add one-half cupful of sugar, two tablespoonfuls of cornstarch or bread crumbs, salt and vanilla flavoring. Add this to the rice and then one pound of prunes cooked until tender and mashed. Mix all thoroughly and then bake in a buttered baking dish until a delicate brown.

#### Rice and Meat Casserole.

Line the casserole with cold cooked rice and then mix together one-half pound of chopped cold meat such as beef, lamb or chicken, with bread crumbs and onion. Flavor with celery salt, pepper, thyme and marjoram if liked. Blend with a well beaten egg and fill in the center of the casserole. Cover the meat mixture with more rice and a buttered paper. Then steam 45 minutes. Devilled ham is also a good meat filling for the center.

#### Italian Rice.

This recipe with variations of flavorings and proportions is frequently called risotto, rice à la Milanese, Neapolitan rice or Spanish rice. To make it place three tablespoonfuls of olive oil in a frying pan. When hot add one finely chopped onion, one clove garlic, two cupfuls of tomato pulp and one sweet pepper cut in strips. Fry a few minutes and then add one cupful of rice washed. Cook slowly till rice is tender and has absorbed all the oil. This requires often an hour and a half to be really tender. When nearly done add one-half cup of grated cream cheese. If this is mixed in before it becomes tough and indigestible. Season highly with salt, pepper and parsley and serve hot.

### A Timely Calendar

Now is the time to—

Hunt up a variety of good cookie recipes, and treat the family as well as fill the children's school lunch box.

Save newspapers and magazines for winter fires.

Put in a pair of new silk sleeves in last year's serge frock. By this economy the dress will look well enough to wear until this season's styles and dress goods are marked down a little.

To use the grapes of the season. Grapes make a good dessert, and a delicious salad is made by peeling the sweet Malaga grapes and sprinkling them with cocoanut and walnut meats and serving with a sweet boiled dressing in which there is plenty of cream or evaporated milk.

To tender and clarify fat for winter use, for the summer's accumu-

lation of fats will help cook the many fried foods that are relished during the cold months.

To cover the children's school books with either stiff paper or cloth so they will last the year and be in condition for the next in the family who will need to use them.

To plan the winter plants and go to a florist's for fertilizer, leaf mold or sphagnum, if necessary. Now is the time to re-pot ferns. Those with too many roots for one pot can be carefully divided into two pots, and the extra one will perhaps be ready for a Christmas gift to a friend.

Malted milk is an appetizing and nourishing drink for either breakfast, luncheon, supper or between meal sips, and to make it taste its best it should be "milled," that is, thoroughly beaten with an egg beater after the boiling water is added. It is worth knowing that malted milk can be purchased in bulk at

drug stores and is considerably cheaper bought this way. Just a dime's worth will nearly fill an ordinary malted milk glass jar, and it should be tightly corked in some kind of glass container as soon as purchased. To make it extra rich one egg well beaten and two tablespoonfuls of melted chocolate may be added to one cup. Celery salt is another flavoring liked by many, and good crackers are nice to eat with it.

Crisply brown tarts filled with grape marmalade are delicious and just the thing to serve with afternoon tea on cool autumn days.

Boiled halibut tastes much richer if served with a butter and flour sauce to which hard boiled eggs have been added.

Sweet or sour cream may take the place of oil in a good tasting French dressing.

Bakery goods such as rolls or doughnuts are much fresher tasting

### RECIPES.

#### Ginger Pears.

Pare and core hard pears. Cut in thin slices and boil until tender in the following syrup: Four pounds of sugar to eight pounds of pears, four thinly sliced lemons and one-half pound of ginger root.

#### Baked Pears.

This is a nice recipe to serve at either breakfast, luncheon or Sunday night supper. Use any kind of green pears. Cut off the lower end, leaving the stems at the other end. Place in a baking pan, using two or three tablespoonfuls of molasses, according to the sweetness of the pear. Fill the pan with enough water to come to the top of the fruit.

Bake until tender and serve with the molasses sauce in the pan.

#### Lemon Honey for Griddle Cakes.

Grate two lemons and squeeze out the juice. Melt one-half pound of butter or oleomargarine and one-half pound of sugar together. Add two well-beaten eggs and then the lemon juice and peel. Cook in a double boiler, stirring constantly until like honey. If put in air tight glasses it will keep for some time.

#### Apple Pan Dowdy.

Bake a biscuit dough in a square tin. Split in two and spread both between and on top with apple sauce. Either cream or a caramel sauce is nice to eat upon it.

#### Sausage Cakes.

Buy sausage meat and shape into cakes of triangle shape. Fry in just a little fat. The thinner the cakes are made the more crisp and brown they will be. Serve with rice potatoes.



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BASKET STORES have made ample preparations to have on hand whatever is needed for your holiday requirements in the way of groceries, fruits, nuts, candies, fresh vegetables, meats and poultry. All priced low for quick selling.

CHRISTMAS TREES, 3 to 6 feet in height, SPECIAL	40¢ to 55¢
GRAPE FRUIT, large 64 size, very fancy, SPECIAL, 3 for	25¢
ORANGES, large size, fancy navels, SPECIAL, per dozen	45¢
CHRISTMAS CANDLES, 36 in box	9¢
PLUM PUDDING, R. & R., 1-lb. can	35¢
FIG JAM, Conybear, 15 oz. jar	27¢
ORANGE MARMALADE, 15 oz. jar	31¢
CRACKER-JACK CANDY, per pkg	7¢
FANCY CITRON PEEL, per lb.	60¢
FANCY ORANGE AND LEMON PEEL, lb.	50¢
SEEDLESS RAISINS, fancy, 15 oz.	26¢
SEEDED RAISINS, per 15 oz. pkg.	22¢
COCONUT, per ¼ lb. pkg.	12¢
NONE-SUCH MINCE MEAT, per pkg.	13¢
SWANDOWN PREPARED CAKE FLOUR	35¢
FANCY PEACHES, 2½-lb. can	43¢
FANCY APRICOTS, 2½-lb. can	43¢
FANCY PINEAPPLE, 2½-lb. cans	43¢
WRIGHT'S THOUSAND ISLAND and WRIGHT'S SALAD DRESSING, choice	27¢
TIP BAKING POWDER, per 1-lb. can	19¢

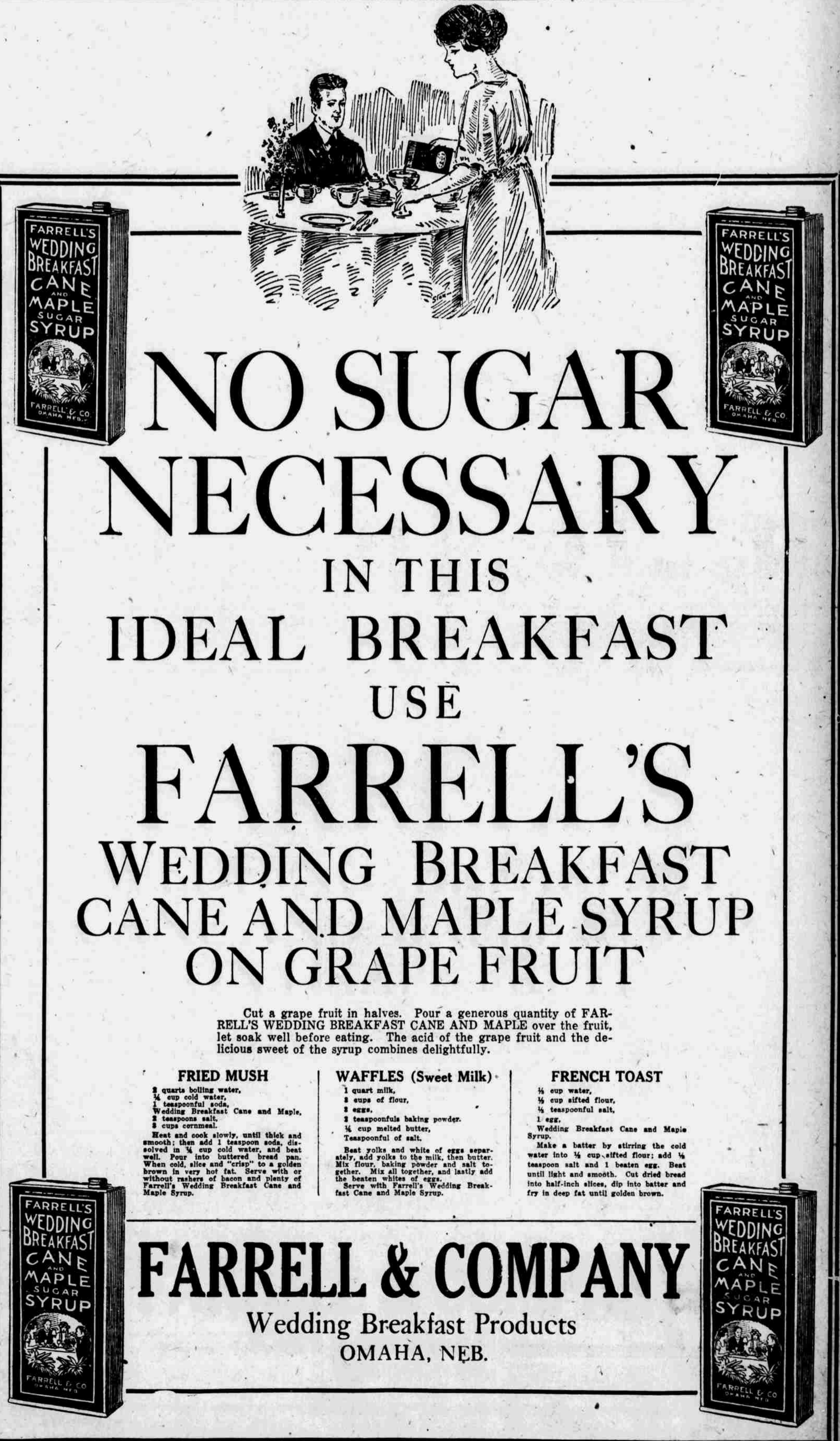
**MEAT SPECIALS FOR SATURDAY, MONDAY AND TUESDAY.**

AK-SAR-BEN BUTTER, per lb.	65¢	FANCY POT ROAST, per lb.	15¢
FANCY PORK LOIN ROAST, per lb.	25¢	FANCY ROUND STEAK, per lb.	24¢
FANCY PORK LOIN CHOPS, per lb.	23¢	FANCY RIB BOILING BEEF, per lb.	12¢

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**NO SUGAR  
NECESSARY  
IN THIS  
IDEAL BREAKFAST  
USE  
FARRELL'S  
WEDDING BREAKFAST  
CANE AND MAPLE SYRUP  
ON GRAPE FRUIT**

Cut a grape fruit in halves. Pour a generous quantity of FARRELL'S WEDDING BREAKFAST CANE AND MAPLE over the fruit, let soak well before eating. The acid of the grape fruit and the delicious sweet of the syrup combines delightfully.

<b>FRIED MUSH</b> 2 quarts boiling water, ¼ cup cold water, 1 teaspoonful soda, Wedding Breakfast Cane and Maple, 2 teaspoons salt, 2 cups cornmeal. Heat and cook slowly, until thick and smooth; then add 1 teaspoon soda, dissolved in ¼ cup cold water, and beat well. Pour into buttered bread pan. When cold, slice and "crisp" to a golden brown in very hot fat. Serve with or without washers of bacon and plenty of Farrell's Wedding Breakfast Cane and Maple Syrup.	<b>WAFFLES (Sweet Milk)</b> 1 quart milk, 3 cups of flour, 3 eggs, 2 teaspoonfuls baking powder, 1 egg, ¼ cup melted butter, Teaspoonful of salt. Beat yolks and white of eggs separately, add yolks to the milk, then butter. Mix flour, baking powder and salt together. Mix all together, and lastly add the beaten whites of eggs. Serve with Farrell's Wedding Breakfast Cane and Maple Syrup.	<b>FRENCH TOAST</b> ¼ cup water, ¼ cup sifted flour, ¼ teaspoonful salt, 1 egg, Wedding Breakfast Cane and Maple Syrup. Make a batter by stirring the cold water into ¼ cup sifted flour; add ¼ teaspoon salt and 1 beaten egg. Beat until light and smooth. Cut dried bread into half-inch slices, dip into batter and fry in deep fat until golden brown.
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