



Onward Kitchen Soldiers!

November Food Conserving Recipes

By MARJORIE DALE



THE menus and recipes on this page have all been tried and not one been found wanting by the food expert of EVERYWOMAN'S WORLD. Time, thought and labor have been expended on them in your interest. We realize the value of every minute to every household soldier and have endeavored to lighten the burden of meal planning, which, no matter how humble, consumes precious moments which might otherwise be expended. "The proof of the pudding is in the eating."

Prune Pulp

ONE pound prunes, 1½ pints water, cinnamon, brown sugar.

Wash prunes well, put them in a bowl with water and soak 12 hours, lift from water with a spoon so as to let all impurities sink to the bottom of bowl. Put them in a saucepan and strain water that prunes were soaked in over them, being careful to leave all sediment at the bottom. Now put them where they will simmer slowly, adding two small sticks of cinnamon. When they are quite tender, sweeten to taste and cool. When cold, stone and run through sieve.

Boston Roast

ONE can kidney beans or like quantity cooked beans, bread crumbs, ½ lb. grated cheese, salt.

Mash beans or put them through a meat grinder. Add the cheese and sufficient breadcrumbs to make mixture stiff enough to roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce. This dish may be flavoured with onions chopped and cooked in butter.

Baked Egg Plant

ONE quart diced egg plant, 2 tablespoons butter, 1 cup milk, 2 cups bread crumbs, ½ teaspoon salt.

Peel egg plant and cut in ¾-inch cubes, soak in cold water to which one tablespoon salt has been added to each quart of water, soak ½ hour. Cook in boiling, salted water till tender, drain, add salt and milk; melt butter, stir in crumbs, add the buttered crumbs and bake in an oiled pan in a moderate oven until set.

Turnip Puree

TWO cups grated turnip, 2 tablespoons lemon juice, 1 teaspoon salt, ½ cup cream or top of milk.

Wash, peel, and grate sufficient number of turnips to make two cups. To the cream add lemon juice and salt and beat thoroughly, then pour over the grated turnips.

Date Surprise

ONE tablespoon butter, 4 tablespoons cornstarch, 3 tablespoons sugar or 2 tablespoons corn syrup, 1 cup chopped dates, 1 quart milk, 1 teaspoon almond extract, ½ teaspoon vanilla.

Heat milk and sweetening in a double boiler, mix the cornstarch in cold milk, add hot milk. Cook twenty minutes, add chopped dates and butter and when butter melts add vanilla and almond extract. Serve cold, with cream.

Peanut Salad

ONE pint peanuts, 1 cup chopped celery, French dressing, green peppers, lettuce leaves.

Shell, skin, and chop peanuts; there should be half a cup; chill chopped celery on ice, marinate well in French dressing, mix with peanuts; wipe peppers, cut in halves lengthwise, remove seeds, arrange on bed of lettuce leaves, fill with prepared mixture.

Orange Mint Salad

FOUR oranges, 1½ tablespoons sugar, 2 tablespoons finely chopped mint, 1 tablespoon lemon juice.

Remove pulp from oranges, cutting fruit in half crosswise and using spoon, sprinkle with sugar and add mint and lemon juice. Chill thoroughly, serve in glasses and garnish each with a sprig of mint.

Apple Fritters

ONE cup flour, 1½ teaspoons baking powder, 2 tablespoons sugar, ¼ teaspoon salt, 1/3 cup milk, 1 egg well beaten, 2 medium-sized apples cut in eighths.

Mix and sift flour, baking powder, salt, sugar, then add milk gradually with egg. Pare, core, and cut apples, stir into batter, drop by spoonfuls into deep fat.

Baked Gingerbread with Apples

FIVE large apples, ½ cup sugar, ¼ cup boiling water, gingerbread mixture.

Cut apples in eighths, remove skin and seeds, cook until half done in thin syrup made from sugar and water. Drain apples from syrup, put into buttered baking dish and pour over gingerbread mixture. Bake in a moderate oven, serve with top of milk.

Divide butter into three parts, put one part in saucepan with egg yolks and lemon juice, place saucepan in a larger one containing 1/3 cup boiling water, stir constantly with a wire whisk until butter is melted; then add second part and as it thickens, third part; add 1/3 cup boiling water, cook one minute, season with salt and cayenne.

Grape Juice Souffle

TWO tablespoons gelatine, 1 pint grape juice, 4 egg whites (that have separated for other use of yolks), ¾ cup heavy cream.

Put gelatine in grape juice, heat in double boiler until gelatine has dissolved, strain into bowl, set bowl in saucepan of ice water and when mixture begins to

Soak ham over night, thoroughly wash and scrape it. Slice onion, carrot, and turnip and put them into a kettle, add cloves, peppercorns and bay leaf, put in ham, cover with cold water and let simmer for four hours, then add cider and vinegar and let cook till tender. Take out ham and when partly cooled sprinkle the top with bread crumbs and brown sugar, brown in oven. Boil the liquor until reduced to 1 pint, then strain, cool, and remove fat. Cook flour in the butter, add the strained liquor, stir and cook until perfectly smooth. Serve as a sauce for the meat.

Pineapple Cream

YOLKS 2 eggs, rind 1 lemon, juice 1 lemon, ¼ cup sugar, few grains salt, 1½ tablespoons gelatine, 1/3 cup cold water, 2/3 cup grated canned pineapple, ½ cup cream, 2 egg-whites.

Beat egg-yolks, add lemon rind, lemon juice, sugar and salt, cook over hot water, stirring constantly until mixture thickens. Remove from range and add gelatine which has been soaked 5 minutes in 1/3 cup cold water; add pineapple; when mixture begins to thicken add cream which has been stiffly beaten and egg-whites beaten until stiff. Turn into mould and chill.

Apple Croquettes

APPLES, rolled oats, flour, baking powder, milk, 1 egg, salt.

Grate apples, add egg beaten, rolled oats, run many times through colander with equal quantity of flour, pinch of salt, and baking-powder, 1 teaspoon to every cup of mixed flour and rolled oats. If necessary add a little milk. Form into croquettes, rolling either in dried rolled oats or bread crumbs and fry in deep fat. Serve hot.

Round Steak, Smothered in Onions

SIX large onions, dripping, 1 teaspoon salt, ½ teaspoon pepper, 1 cup boiling water, round steak.

Cut onions into slices, fry in dripping, stirring for twenty minutes over a good fire, add salt, pepper, and boiling water, place over a moderate fire and simmer for ½ hour or until water is all evaporated and onions a nice brown. Have steak ready pounded with a little flour, put into pan, brown quickly on one side then on the other, season, add two cups boiling water and cook till meat is tender. Place steak on hot dish, heap onions over and around, serve.

Celery Salad Bonne Femme

ONE small bunch celery, apples, cream salad dressing, solid head white cabbage, crisp lettuce leaves.

Wash, scrape celery, cut into small pieces, chill in cold or ice water, drain on dry towel. To celery add equal amount of apples, pared, cored and cut into small pieces, moisten with cream salad dressing and arrange in salad bowl made of small head of cabbage scraped out (use cabbage taken out for other purposes). Place on a bed of crisp lettuce leaves and serve, cutting piece from cabbage with each serving.

Pineapple Jelly

TWO cups water, 1/3 cup corn syrup, 2 tablespoons gelatine, 1 cup canned pineapple juice, 3 tablespoons strained lemon juice, 1 1/3 cups pineapple cubes.

Put water and syrup on to boil together, boil a few minutes, add gelatine that has been soaked in two tablespoons cold water 5 minutes, then add pineapple juice and lemon juice; when mixture begins to thicken add pineapple. Turn into mould first dipped into cold water. Chill thoroughly.

Irish Moss Blanc Mange

ONE-THIRD cup Irish moss, 4 cups milk, ¼ teaspoon salt, 1½ teaspoons vanilla, sliced bananas.

Soak Irish moss in cold water for fifteen minutes, drain, pick over and add four cups milk, cook in a double boiler 20 minutes, add salt, strain, add vanilla, re-strain, fill individual moulds previously dipped in cold water, chill, turn on glass dish surrounded with sliced bananas, serve with cream and sugar.

Menus for a Week in November

FRIDAY, NOVEMBER 1st

BREAKFAST

Prune Pulp
Porridge Cream
Toast Coffee

LUNCHEON

Salt Codfish Balls Mustard Pickles
Boston Brown Bread
Moulded Snow Chocolate Sauce

DINNER

Boston Roast Browned Potatoes
Baked Egg Plant Turnip Puree
Date Surprise

SATURDAY

BREAKFAST

Oranges
Boiled Rice Cream
Bran Gems Cocoa

LUNCHEON

Peanut Salad Toasted Brown Bread
Cress Canned Fruit

DINNER

Cream of Lima Bean Soup
Scalloped Potatoes and Eggs
Stewed Tomatoes
Fruit Salad French Dressing
Baked Gingerbread with Apples

SUNDAY

BREAKFAST

Grapefruit
Scrambled Egg on Toast with Bacon
Curls

Toast Coffee

DINNER

Roast Ham a la Southern
Mashed Potatoes Apple Croquettes
Orange Mint Salad Coffee

TEA

Tomato and Celery Salad
Cream Cheese Sandwiches
Cress Pineapple Cream

MONDAY

BREAKFAST

Grapes
Fried Mush Syrup
Coffee

Huntingdon Cauliflower

ONE cooked cauliflower, 2 egg yolks, ¼ cup cream or top milk, ½ teaspoon salt, 1/8 teaspoon nutmeg, juice of ½ lemon, 2 tablespoons butter substitute.

Drain a cooked cauliflower, separate into flowerettes and pour over the following sauce: Mix egg yolks, cream, salt, nutmeg, and the juice of 1 lemon thoroughly together, cook in a double boiler, stirring constantly until mixture thickens, add butter bit by bit and when melted serve at once.

Potato Timbales

WASH and boil potatoes with jackets on, cool slightly, peel, chop, season with salt and pepper and moisten with milk. Brush timbale moulds generously with butter and sprinkle with soft bread crumbs. Pack in potatoes and bake in hot oven.

Hollandaise Sauce

ONE-HALF cup butter substitute, yolks 2 eggs, 1 tablespoon lemon juice, 1/3 cup boiling water, salt, cayenne.

thicken fold in egg-whites beaten to stiff froth; half fill individual moulds with mixture. To the remaining mixture add stiffly beaten cream, fill moulds with cream mixture and chill.

Fruit Tapioca

ONE-HALF cup pearl tapioca, ½ teaspoon salt, 1 inch stick cinnamon, 1 tumbler currant jelly, ¼ cup blanched almonds, ¼ cup seeded raisins, ¼ cup citron, sweetening.

Soak tapioca in 2½ cups cold water over night, cook in same water in a double boiler with salt and cinnamon until transparent, add jelly, almonds shredded, raisins, and citron, sweeten with syrup made of corn syrup and water, serve with thin cream.

Ham a la Southern

HAM, 1 onion, 1 carrot, 1 turnip, ½ dozen cloves, 8 peppercorns, 1 bay leaf, 1 pint cider, 2 tablespoons vinegar, cracker crumbs, brown sugar, 1 tablespoon flour, 1 tablespoon butter.