Seasonable Ideas for Housekeepers

The Experts Say - -

SHORTENING— Home economists receive many queries as to what is meant when they use the term "shortening" in their recipes. According to these experts any mild-flavored fat, including butter, lard, vegetable fat or blended shortening, which is a combination of vegetable and animal fats, is called shortening. There is, of course, a difference in these fats—butter contains about 15 percent water and is salted, while lard is 100 per cent fat, and vegetable fats are usually hydrogenated and whipped to incorporate some air to make them fluffy. The two latter fats are unsalted. Generally speaking, any of these mild-flavored fats may be used interchangeably in recipes, without making adjustments in the amounts of any of the ingredients.

FRUIT SHORTCAKE—Here is an unusual type of fruit shortcake with many points in its favor. This dessert recipe is a sugar saver, a fat saver and is substantial enough for meatless meals. On top of these good qualities, peach custard shortcake, which comes from the experimental kitchen run by the Agriculture Department, is very simple to make. Other types of fruit may be substituted for peaches, of course.

PEACH CUSTARD SHORTCAKE— Sift and measure one cup of pastry flour or one cup less two tablespoons of all-purpose flour. To sifted flour add ¼ teaspoon of salt, one teaspoon of baking powder and one teaspoon of sugar, and sift together. Cut in two tablespoons of shortening until mixture resembles fine breadcrumbs. Combine one egg with 1-3 cup of milk and add slowly to the flour mixture, blending to a soft but not sticky dough. Grease a nine-inch pie tin, roll dough and line tin. Slice five small peaches and cover dough with them.

Custard Mixture: Beat one egg slightly, add 1-3 to ½ cup of sugar and ½ cup of milk and pour this custard mixture over the peaches. Bake in a hot oven, 400 degrees F., for 10 minutes. Then reduce temperature to 350 degrees F. and continue baking until custard is set, about 30 minutes. This makes six servings.

CONTAIN VITAMIN C—Recent experiments have shown that rose hips, black currants and pine needles contain amazing amounts of vitamin C. However, we can't eat black currants every day, and rose hips and pine needles certainly aren't customary articles of diet, so most of us will have to continue to depend on more familiar sources for our daily supply of vitamin C.

Oranges and grapefruit are well-known for their valuable vitamin C content, but people are not so aware of the fact that green vegetables contain vitamin C, vitamin A and iron, too. Broccoli, a delicacy of the cabbage family, has a high rating.

Raw broccoli, says the Nutrition Division, taken weight for weight, contains 2½ times as much vitamin C and 11 times as much vitamin A as do oranges Broccoli is also an excellent source of iron.

Because vitamin C is so easily destroyed in cooking, the nutritionists emphasize the importance of using a minimum of water and cooking the greens only until tender.

PROTEIN REQUIREMENT

The average man needs about 70 grams of protein in his day's food.

EXCITING HEADWEAR—Among exciting prospects in millinery forecast for 1946 is this turban, styled by John-Frederics, New York. Made from a synthetic straw fabric it has been treated with water repellent finish. The finish not only helps to keep the material from going limp in an occasional shower but it enables fingermarks and dust to be more easily removed. The handbag, by Lujean of New York, is made of the same fabric. The texture of the fabric remains unchanged by the water repellent treatment.

Hose From Overseas Outfits Britishers

LONDON, Sept. 5 (AP) — More than 700,000 pairs of artificial silk stockings were imported into Great Britain in 1944, yet not a single pair of them was sold on the open market. A 100-page booklet, issued by the Board of Trade, said the stockings were gifts to British women from freinds overseas. Other items on the import list which didn't benefit the general public were 4,000,000 proof gallons of rum and 346,000 gallons of brandy. The navy got the rum and most of the brandy went to Allied forces based in Britain.

Desserts For September Meals Use Apples, Peaches New Ways

This is the mellow season of the year. The clear blue skies, the multicolored fruits and vegetables—these are the signs that autumn is here.

Autumn meals should match the days. Seasonal foods like corn on the cob, stuffed green peppers and vine-ripened tomatoes belong to these amber days. Desserts, too, are full of the fresh flavor of the seasonal peaches and the first apples.

Today we give three dessert recipes using peaches and apples in new and different ways. The first one, Cottage Apple Pie, is a specially good choice for a meatless meal; the cottage cheese in it will help to provide the needed protein of the meal.

Cottage Apple Pie

¾ cup milk
½ cup cereal cream
2 eggs
½ cup sugar
Pinch of salt
1 teaspoon vanilla
1 cup cottage cheese
¼ teaspoon nutmeg
½ teaspoon cinnamon
1½ cups thick, sweetened applesauce
Pastry shell, unbaked

Combine milk and cream and scald. Beat eggs lightly, add sugar, salt, milk and cream, vanilla and cottage cheese. Mix nutmeg and ¼ teaspoon cinnamon with applesauce and spread over bottom of pastry shell. Cover with cottage cheese mixture and sprinkle with remaining cinnamon. Bake in a hot oven, 400 degrees F., for 10 minutes. Reduce heat to 325 degree F. and bake until the custard is set, about 35 minutes. Six servings.

Peach Sherbet

1 tablespoon gelatine
¼ cup cold water
3 cups peach puree (12 medium-sized peaches)
¾ to 1 cup sugar
⅛ teaspoon salt
1 tablespoon lemon juice

Let gelatine soak in cold water 5 minutes. Dissolve over hot water. Wash, peel, pit and mash peaches. Rub through a sieve to make a puree. Add gelatine, sugar, salt and lemon juice to peach puree. Freeze the mixture in refrigerator tray until firm. Turn into a chilled bowl and beat until light. Work quickly so mixture does not completely melt. Then return to refrigerator tray to harden. Makes 2 quarts. Mellow ripe fruit is best.

Mixture may be frozen in ice cream freezer.

Deep Peach Pie

6 large peaches, 3 cups sliced
½ cup raisins
½ cup brown sugar
2 tablespoons butter or mild-flavored fat
2 teaspoons lemon juice
Flaky pastry for single crust pie

Peel and slice peaches. Arrange in baking dish in alternate layers with raisins, brown sugar and a little fat. Sprinkle with lemon juice. Dot with remaining fat. Cover with flaky pastry. Bake in a hot oven, 400 degrees F., until light brown, about 35 minutes. Six servings.

Timely Tips

Slowly Does It

To preserve your pots and pans slow changes in temperature should be the byword. Enamel, earthenware and glass may crack, thin metal may buckle under too sudden changes. Start cooking on low heat and increase after the pot has become warm. Allow the dishes to cool before putting them in cold water.

Quick Changes

"Where, oh where can I buy underwear?" is everybody's question, even the children's. Old pyjama legs will make fine vests for them, while an old dress of washable rayon will make the gayest of pyjamas for young Elizabeth.

Magnify Meat Flavors

Don't waste an atom of your vitamin-rich meat drippings. Up to 15 per cent of the B vitamins are lost in roasting meats—and in the drippings some of these elements may be found. A bit of black crisp left in the roasting pan is but a poor relic of good food value. Low roasting temperatures and oodles of rich gravy will make meat go farther.

Out of Mischief

Psychologists talk about "active" play for small children. They don't mean swinging the cat by the tail but instead drawing with crayons on a large sheet of paper pinned on the wall. Or give the children sheets of newsprint, small pieces of color paper cut any old shape, flour and water paste and let them go to it, using their fingers as a brush.

Of General Interest

No Change for Meat

There is no immediate prospect of meat rationing being discontinued in the United States, according to official word from Washington. Canada is still going ahead with plans for rationing of meat here.

Cork for Linoleum

Restrictions on the use of cork in the manufacture of linoleum have been removed, because of an improved supply of cork, thanks to better shipping conditions from Spain and Portugal.

Small Arms Ammunition

Rationing of small arms ammunition will be discontinued on August 31. First restrictions on the use of small arms ammunition were imposed in May, 1942.

Price of Grapes

Ceiling prices of Canadian grapes grown in Ontario and British Columbia will be at the same level as in 1944.

FEMALE SOCIETY

Male ants remain primitive, non-social creatures; the females are the ones who show "intelligence" and carry on the ancient ant societies.

HOW CAN I ? ? ?

By ANNE ASHLEY

Q. How can I clean the dust mop?

A. After the dust mop has become dirty, put a heaping tablespoon of lye in a half bucket of water and let the mop boil in it. Then rinse well and allow it to dry in the sun.

Q. How can I easily remove ink stains from school children's fingers?

A. These stains can be removed by rubbing with a cloth moistened with household ammonia, and rinsed in clear water.

Q. How can I remove the odor of onions from the hands?

A. Rub with a slice of raw potato, with salt, or with a sprig of parsley.

SCENTED FURNISHINGS

The Chinese used to perfume tapestries, furniture, carpets and clothes.

KITCHEN OF TOMORROW

Mrs. America Gets Set for That Post-War World of Labor-Saving Devices

CHICAGO, Sept. 5 (AP)—Life in the kitchen can be easier hereafter—if women have the inclination and money to buy time- and labor-saving gadgets.

The nature of things to come was ascertained in a canvass of manufacturers which coincide with recent announcements that new household appliances would begin reaching retail markets in limited quantities this fall.

Upcoming equipment has streamlined thing-of-beauty motif, but the fundamental aim is utility rather than Utopia.

Fewer shopping trips are envisioned for homemakers who freeze food or stock upon frozen or prepared fods.

Freezing and frozen food storage units ready for production range in size from midget, four-cubic-foot models for small apartments to big "walk-in" coolers of 150 cubic feet earmarked especially for farmers. Most of them will embody the two-temperature feature, with separate compartments for freezing foods and for storing them after they're frozen.

Many refrigerators also will have a separate, insulated compartment for storing frozen foods.

Cooking ranges with waist-high broilers should signal the end of bending double to see what's cooking. Most of them will have two ovens—large and small—and some will have a warming drawer to keep food and plates warm until needed.

Electric stoves will be equipped with automatic controls, built-in clocks and lights, and outlets for connecting percolators, toasters or mixers. Certain designs include a glass porthole or window in an oven to eliminate frequent opening and closing of the door. A "V" shaped wire rack in the ovens of some models will be used for roasting meat or fowl evenly without turning or basting.

Some automatic dishwashers will occupy a compartment as big as a large oven in a cabinet-style sink. They hold 65 dishes or an assortment of pots and pans, are equipped with motors and are connected with the plumbing. The housewife closes the door and pushes a button to wash, rinse, drain and dry with heated air.

Some automatic clothes dryer cabinets contain a large, perforated metal basket which rotates while a fan distributes heated air to carry off moisture. The dryers are intended to complement washers, and permit the lady of the house to dry one batch while she washes another.

A disposal attachments, to be fitted in sink outlets, grinds garbage into a fine pulp and washes it down the drain when the cold water is turned out. One model of electric iron has a steam attachment—a slot in the bottom of the iron.

PRISONER OF WAR by Collins

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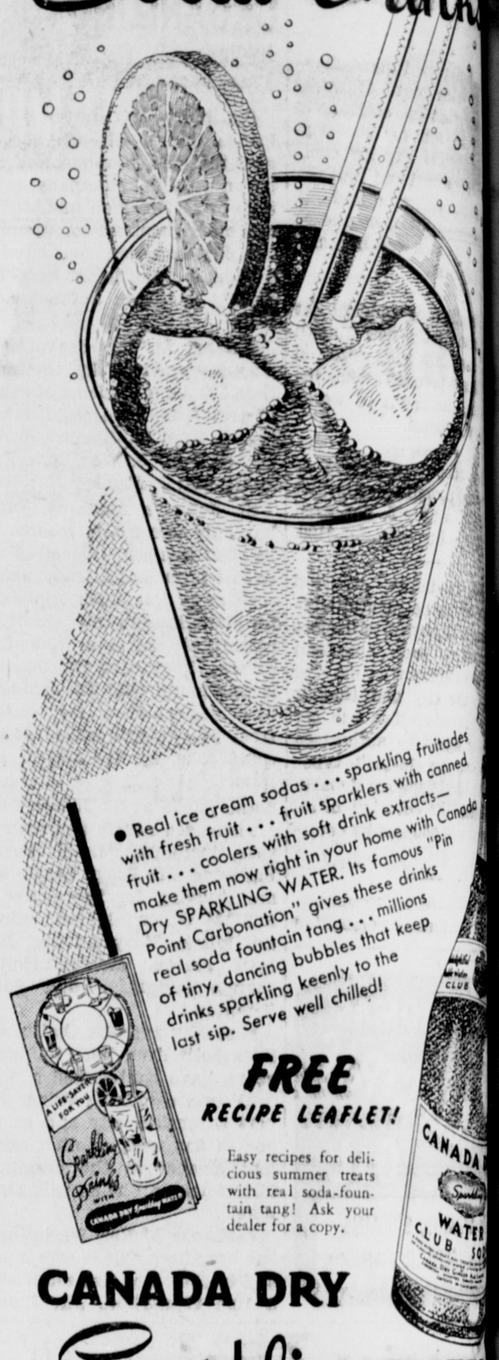

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