

OMELETS IN THE SPRING MENU

There are two main types of omelet: the puffy omelet, and the French omelet. The former is made by separating the whites and yolks of eggs and beating each vigorously and separately; then combining and baking slowly until the mixture has doubled or trebled in bulk. The French type does not require the separation of the eggs. It is made more like a pancake, and shaken in the greased pan and turned over and served, without really increasing the bulk or fluffiness. The latter is richer and moist, the former somewhat dry and spongy. An omelet can be made in any skillet, but a special double omelet pan makes the trick of turning over the finished dish more easy. To the inexperienced, the use of several tablespoons of cream sauce added to give body and texture is an easier way than relying on skill in the handling of the "flop" which every omelet requires. The true French omelet pan is like a broad skillet with a very shiny surface which is never washed but always kept well oiled. It is wise to have one pan specially reserved for omelet making.

At this season of the year when eggs are so cheap and plentiful the omelet may well take the place of the regular main meat dish. It should be accompanied by a sauce or filling which contrasts in flavor and appearance. The economical housewife finds that she can use up her leftovers of a rich cream sauce, a tomato, or a brown mushroom sauce helps relieve the flat egg taste and enhances the appearance of the dish. An omelet surrounded by a cream sauce and hot buttered asparagus tips is a delectable spring luncheon service. Minced cooked fish, or mashed sardines are other accompaniments suitable during the Lenten season. Eggs are as nutritious as meat and the omelet deserves to be more frequently and widely served by the housewife planning the inexpensive but delicious spring menu.

.. JELLIES AND RELISHES ..

Pickles and relishes are among the easiest products for the housewife to prepare at home. No longer does she make up large quantities, but only small supplies which she packs into the convenient and always sanitary glass jar. Pint and even half-pint sizes should be selected, new rubbers bought, and both jars and rubbers sterilized before the work is begun. The quality of the vinegar, sugar and spices should be of the best. Only pure fruit vinegar will give a natural flavor to the ingredients. Alum or pickling powders or preservatives should never be used. Spices should be fresh and packaged, otherwise they will not yield the highest flavor and seasoning. Assemble all needed utensils, knives, meat chopper, and ingredients. Be sure the recipe is clearly understood. If following a time table, as in canning or in making syrup, have an accurate clock at hand.

Jelly should be made only in small quantity, and always on a sunny day in order for the sugar to jelly quickly and successfully. The substance which makes jelly "jell" is called pectin. It is found in unripe fruits, particularly in apples, grapes, and in the white inner membrane of oranges and lemons. A certain proportion of pectin is absolutely required for a "jell." To add under-ripe fruits with sweet fruits increases the chance of the perfect jell. Or, one may use a concentrated commercial extract of pectin and always be sure of a firm but quivering and delicate jelly. Many garden products make piquant relishes, particularly peppers, which may be stuffed with chopped cabbage or other mixtures. Peppers also make a distinctive jelly catsup. Carrots may be steamed and candied in the Oriental fashion. The rind of all melons should be saved for inexpensive sweet pickles.

WHOLESOME DEEP FAT FRYING

Frying foods in deep fat is a wholesome method of cooking if the process is done properly. First the right utensils are required. This means a special deep kettle or fry pan. The utensil called "A Scotch Bowl" having a smooth rounded bottom and made of heavy cast aluminum is very satisfactory. Again, there is the standard deep kettle supporting an inner wire draining basket which may be suspended on the hook at one edge of the kettle. Only iron or aluminum will do because the temperature is so high and sustained during the process. The first rule is to have sufficient shortening or liquid fat to entirely cover any food being cooked. The kettle should be filled with fat to almost an inch of the top edge. The fat used may be an animal shortening, although a pure vegetable oil such as cottonseed or a commercial solid form of vegetable oil is preferable. The more neutral the cooking oil, the more chance of the foods natural flavor of the food itself being retained.

All of the fat must be brought to the right temperature before any food is dropped in. This temperature will depend on the kind of food. Moist food, such as a piece of fish, for example, will take a less hot temperature than a dry food like a doughnut. If a small square of bread becomes golden brown all over in sixty seconds, the fat is generally at the right point. Immerse the food quickly and do not put in too many pieces so that they touch. Never prick or lift pieces with a fork, which would allow the fat to enter and make food soggy. After browning on both sides, lift up, drain, and lay on absorbent tissue paper to take up excess grease. Serve immediately. The remaining fat can be clarified with slices of raw potato and used over and over. A deep fat thermometer may be placed in the hot oil and will make far more accurate results.

.. GELATINE SUMMER DESSERTS ..

As warm weather approaches, the dessert should become lighter and more refreshing. Nothing so taxes the digestion in hot weather as a heavy pudding, pie or pastry. Gelatine is the housewife's first aid to wholesome but dainty, appetizing summer refreshments. The usual ingredients when made solid by gelatine take on a pleasing texture and body without heaviness. Milk, fruit juices, soup; these are only a few of the common foods which can be transformed by the use of gelatine. Powdered gelatine is the easiest and most satisfactory to use. The following simple steps will insure perfect results:

1. Soften gelatine in cold water to cover.
2. Dissolve in hot liquid.
3. Add to remaining ingredients.
4. Blend well and chill.

If a frothy consistency is desired, add gelatine and then whip the mixture when partly solid with an egg beater. To make still more spongy desserts, add stiffly whipped whites of eggs or whipped cream to the gelatine mixture. Many foods may be molded in clear, highly seasoned gelatine or stock. Sliced chicken, ham, mushrooms, etc., when embedded in seasoned gelatine, chilled and eaten with mayonnaise, are luscious, but inexpensive, hot weather delicacies. Children who refuse to drink milk, will welcome it when molded stiff with gelatine and eaten with serving of fresh berries. Indeed, the fruit season with its strawberries, cherries, etc., offer the widest opportunities to combine the color and flavor of fruit with the attractively molded gelatine dessert. For the company luncheon, plain bouillon stiffened with gelatine and broken with a fork is a refreshing first course. Not only wholesome and attractive, but because it can be made early in the day, gelatine desserts recommend themselves to the busy summer housewife.

.... COOKING WITHOUT WATER

All foods contain a large amount of water. The leafy or green vegetables and juicy fruits consist of as much as 75% of water or natural moisture. Thus cooking without water is easily understood because under this method the food is cooked or steamed in its own juices. There are various forms of cookers and pots featuring this new "Waterless" cooking. The utensil is a simple aluminum sauce pot. But in its lower portion, or used in connection with it, is an insulated disk or portion which retards the intensity of the fire or heat. The cooker thus reduces the danger of scorching or burning while at the same time retaining the juices of the food. By having sturdy clamps, less steam escapes from the lid. The cooking moisture strikes the top of the lid and falls back upon the food. Again it rises and falls. The action is thus practically that of the familiar coffee percolator.

The waterless method is very desirable when preparing all meat, watery vegetables and fruits. Such dishes as stew, casserole, the cheap cuts of meat, are given greater flavour and moisture when prepared in this way. The familiar pot roast is practically self-basted when cooked in a waterless utensil. The odors or flavors are retained, making the finished dish more delicious as well as nourishing. At the beginning of the winter season with its heavier meat dishes, the housewife should plan a waterless meal as frequently as possible. She may put the entire dinner of meat, vegetables and dessert into the cooker, adjust the lid and leave the kitchen for an afternoon off, returning to find a hot well flavoured and juicy meal awaiting the family on her return.

MAKING THE DODD AND ALL CREAM BICUIT SATISFYING FRUIT SHORT CAKES

Shortcake may well enter the competition along with pie for the most popular American dessert. As made and served with two portions of a light biscuit dough encasing a fruit filling it is distinctly ours and not known in other countries. The ease with which it can be prepared, as well as its low cost makes it a favorite with family and housewife alike. The basis of a true old fashioned shortcake is a plain biscuit dough. The secret of making this with success is to give the least amount of handling to the dough that is possible, and also follow a quick baking. Whatever shortening is used should be cut in with a knife, or with the tips of the fingers and a very small amount of icewater used to bind the ingredients together. Dough made and chilled several hours in advance of baking will be lighter and more flaky.

Shortcakes may be made in a round layer cake tin or cut out with a large biscuit cutter for individual serving. The two layers of dough should be well buttered before placing together so that after baking they can be easily separated without breaking their crust. An unusual pan sometimes called a "Cream Mold" with a hollow space in the center is excellent for making this popular dessert. If the biscuit is baked in this pan and the finished cake inverted, there is left a large cavity in the top, into which the fruit filling can be placed. Another secret is that the biscuit should be very hot and the fruit well chilled. Perfect berries for the top garnishing should be little sugared, those for the filling should be mashed and more heavily sweetened. For a company luncheon, arrange the individual shortcakes on natural berry-leaves and top with whipped cream, as an ideal spring dessert. Other fruits such as raspberries, cherries, etc., make pleasant and piquant variations both for filling and garnishing.

LITTLE HOUSEHOLD HINTS

A teaspoonful of turpentine boiled with clothes whitens them wonderfully.

For the sick room, coffee grounds thrown on an open fire will help to freshen the air and purify the room.

When doing the ironing, fold all pairs of pillow cases together and no time will be lost in finding pairs when fresh cases are needed.

If you are bothered with ants in your plants, dust the plant and the dirt around it with borax, and you will find that the ants will leave the plants alone.

To prevent kid gloves from mildewing in the summer, wrap each glove separately in tissue paper. Do not let them touch one another. Place in small box in tray of trunk.

Dip your brooms for a minute or two in a bucket of boiling suds once or twice a week and they will last about three times as long. Carpets wear much longer swept with a broom treated in this way.

LITTLE HOUSEHOLD HINTS

Chocolate stains may be removed by soaking in cold borax water at least an hour.

To remove iodine stains, dip in milk and rub with starch instead of soap, and rinse in cold, clear water.

To remove grease from silks, take a lump of magnesia, rub it wet on the spot, let dry, then brush the powder off.

Equal parts of ammonia and turpentine will take any kind of paint out of clothing, no matter how dry the paint has become.

Tar stains may be removed from cotton fabrics by covering the spot with butter and allowing it to remain a few hours before washing.

When crocheted lace or tatting has become yellowed or discolored, put it in good, soapsudsy water that has been made a little bluer than for ordinary bluing, and boil for a few minutes, hang out in the sun to dry, and it will be as white as ever.

Kitchen Discoveries

IF you cook your fruit first, you will need to add only about a third as much sugar.

Warm lemons before squeezing and more juice will be obtained.

Never make preserves on damp, rainy days; and be sure the fruit is not over-ripe, or the preserves will sour quickly.

If a spoon is left in a pot, it will not boil over, as the metal deflects the heat.

A gravy boat is much better than a cup, for filling jars with jellies and preserves.

Raisins or any small fruit will not stick to the food chopper if first rubbed in flour.

When an egg breaks at one end, crack the other end, and it can be boiled without the contents coming out.

If food spills or boils over in the oven, sprinkling a small handful of salt over it will prevent a burnt odor.

To remove all trace of fish from cooking utensils, put a little vinegar in the water in which they are washed.

To prevent the odor of cooking cabbage or ham, put a small piece or two of charcoal in with it, while cooking.

If your cooking scorches a little, lift the vessel holding the food from the fire and let it stand in a pan of water for a few minutes, and it will usually take all the scorched taste away.

Cereal, cooked the night before for breakfast, will be improved if a small cup of cold water is poured over the top of it when it is ready to put away. Formation of a crust is prevented. Pour off the water in the morning.

HELPFUL SUGGESTIONS

It is said that brushing door and window sills with oil of winter-green will keep small red ants from coming into the house at these points.

When making sandwiches into fancy shapes, cut the bread lengthwise instead of across the loaf. There will be much less waste.

An ordinary shoe case with several pockets, fastened inside the closet or pantry door, is a good place for wax paper, paper bags, twine, etc.

Cut Flowers Kept Fresh

ADD a pinch of salt to the water in which you place cut flowers, and see how much longer they will keep fresh.

For washing vases and glass bottles, crush eggshell in small bits, fill



LITTLE HOUSEHOLD HINTS

A bar of soap is easily cut if you will use a knife which has been dipped into boiling water.

Instead of putting pots and pans on the stove to soak, fill them with cold water and allow to stand several hours, and they will be more easily cleaned.

A cement for mending china can be made by mixing the white of an egg with powdered chalk. Apply to broken edges and stick together. Let stand for two or three days.

When the whisk broom becomes worn, trim it to a stub, scald it in soapy water, then in clear water, then in cold water; you will then have a good brush for scrubbing enamelware.

Before using a new iron kettle, it should be greased inside and outside and let stand for forty-eight hours, then washed in hot water in which a large lump of cooking soda has been dissolved.

When metal teapots are allowed to stand unused for a time, the tea usually will leave a musty flavor; but if you will put a lump of sugar in the teapot before setting it away the tea will leave a fresh taste, no matter how long the pot has been standing.

LITTLE HOUSEHOLD HINTS

To keep steel knives bright, rub them over with a little brick dust when you wash them.

When a white or light washpan becomes soiled, dampen a little rag with coal oil (kerosene) and rub. All dust and dirt will quickly be removed.

To make wash day easier, let the clothes soak 15 to 30 minutes in warm or hot water, instead of cold. Rub with soap as you put them in, and add a little coal oil (kerosene).

A dingy oilcloth can be brightened by washing with clear water in which a little borax has been dissolved. Wipe it with a flannel cloth that has been dipped into milk and wrung as dry as possible.

Beeswax and salt will make your rusty irons as smooth and clean as glass. Tie a lump of wax in a rag and keep it for that purpose. When the irons are hot, rub first with wax, then scour with a paper or cloth sprinkled with salt.

LITTLE HOUSEHOLD HINTS

When washing hosiery, put a little salt in the water to help the hosiery retain its color.

Corn meal and salt sprinkled on the carpet before sweeping will brighten the colors and lay the dust.

Unbleached muslin is an excellent covering for the ironing board, as there is no lint to come off when you iron woolen goods.

To clean a chimney, put a piece of zinc on the live coals in the stove or grate. The vapor from the heated zinc will carry off the soot.

One of the best preventives for moths is to wrap each article in several thicknesses of newspaper, after thoroughly airing and brushing them.

To remove mildew, moisten the spot with clean water, rub on a thick coating of castile soap mixed with chalk scrapings; rub with end of finger, then wash off.

To remove grass stains from cotton goods, wash in alcohol; or moisten with camphor and let stand five minutes, when it will wash right out with clear water.

LITTLE HOUSEHOLD HINTS

To prevent lamps smoking, soak the wick in strong vinegar, and dry it well before putting it into lamp.

When making preserves, grease the bottom of the kettle on the outside and the black will be easily removed.

Combs soaked in a basin of warm water with about two tablespoons of ammonia, for half an hour, require no scrubbing, and are freed of all dirt.

To cool a room, wet a large cloth and hang it in the room. Let the ventilation be good, and the temperature will fall from 10 to 20 degrees within an hour.

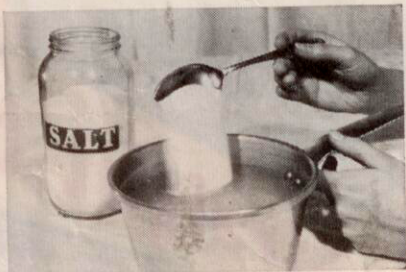
To sweeten white dishcloths, put them in a little kettle, cover with water, add two teaspoonsful of powdered lye and boil 15 minutes. Wash in clean water, rinse and hang in sun to dry.

An easy way to starch the neckband of a shirt is to dip a toothbrush in the starch and draw it across the neckband. Try the same method on any part of a garment that is to be starched, such as the lace on a blouse.

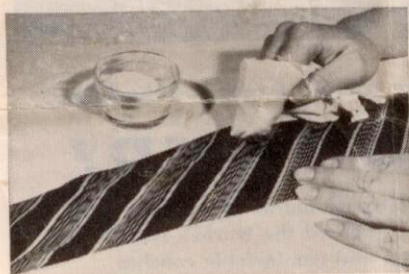
Earning Its Own Salt



A pinch or two of salt added to the vase water will help cut flowers to maintain their beauty and freshness longer.



Burned spots inside a saucepan are easily removed with an overnight soaking in a cold-water-and-salt solution.



For minor grease spots on clothing, a light rubbing with salt, dissolved in alcohol or ammonia, is a good cleaner.



To remove tarnish from copperware, rub with a piece of lemon rind dipped in dry salt, rinse, dry and polish.



Blot up the ink spilled on rugs and apply salt. Brush off and renew salt until ink is soaked up. Wash with soapy water.



Heat rings on tables can be removed with a paste of salt and olive oil. Apply with a brush, let stand for an hour.

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