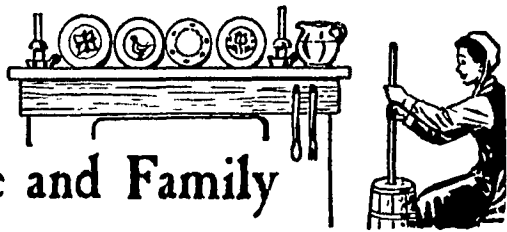


For the Farm Wife and Family



The Bride's Kitchen

By Mrs. Richard C. Spence

We wonder if there is a bride-to-be anywhere who hasn't asked the question "What foods do I need to establish my new kitchen?" So often the question is accompanied by "I know what we'd like to have, but I want you to tell me what we should have."

The question was not only easily answered — it didn't really exist several generations ago, when a bride included in the essentials with which she set up housekeeping some of each of the staples that her mother used. And knew she would probably have to grow the foods needed to supplement these Today, however, the question is very real, complicated to some extent by the five to seven thousand food items from which to choose in a supermarket. We suggest the three categories shown here for use in making lists for stocking the pantry cupboards. With these as starting points, additions and subtractions can easily be made, according to the budgetary limitations, regional food patterns, and physical limitation of cupboard and storage space in the bride's first kitchen.

MUST-HAVE BASICS

- Baking powder
- Baking soda

- Flour—all-purpose; cake
- Sugar—granulated
- Shortening
- Breakfast cereal
- Coffee
- Tea
- Vegetable Oil
- Canned soups
- Canned fruits
- Canned juices
- Canned vegetables
- Canned main dish foods
- Cocoa
- Biscuit mix
- Macaroni
- Rice
- Salt
- Pepper
- Cinnamon
- Ginger
- Cloves
- Nutmeg
- Paprika
- Vanilla extract
- Gelatine—plain
- Monosodium glutamate
- Vinegar

SHOULD-HAVE ADDITIONS

- Crackers
- Chocolate—baking
- Chocolate morsels
- Cornmeal
- Sugar—brown, confectioners
- Dried legumes
- Evaporated milk
- Nonfat dry milk
- Molasses
- Corn syrup
- Honey
- Cake mixes
- Frosting mixes
- Muffin mixes
- Hot roll mix
- Pudding mixes
- Cornstarch
- Ketchup
- Chili sauce

- Prepared mustard
- Tapoca
- Seasoned Salt
- Poultry seasoning
- Pancake mix
- Instant snack goods
- Instant potatoes
- NICE-TO-HAVE EXTRAS**
- Ascorbic acid mixture
- Canned nuts
- Flavoring extract—variety
- Maraschino cherries
- Pickles in variety
- Olives—variety
- Flavored vinegars
- Worcestershire sauce
- Gravy browning
- Hot pepper sauce
- Onion salt
- Garlic salt
- Celery salt
- Dried herbs
- Bay leaves
- Curry powder
- Bread crumbs
- Cracker crumbs
- Cereal crumbs
- Canned specialties
- Bouillon cubes
- Hickory salt
- Barbecue sauce

Let us now consider the place of canned foods on the bride's pantry shelf.

Canned foods are available in sizes to fit everyone's needs, and the 8-ounce cans of fruits and vegetables are particularly suited for serving two. It is wise, however,

to have some one-pound and larger sizes on the pantry shelf, ready for guest meals.

Soups: 4 to 6 cans or jars—more if space permits. Canned condensed and ready-to-serve soups such as tomato, celery, mushroom, chicken and vegetable are ready to heat and serve as soup. Condensed cream soups are convenient to use as sauces when making creamed dishes or casseroles.

Main dishes: 4 to 6 cans or jars—more if space permits. Canned meats, poultry and fish make easy dinners. Some ideas are: beef stew, boned chicken or turkey, chili con carne, corned beef frankfurters, ham, corned beef hash, luncheon meat, meat balls in gravy, pork sausage, Vienna sausage, codfish balls, crab meat, salmon, sardines, shrimp and tuna. These are handy to use when making casseroles, too, by combining them with vegetables and/or cream soups; or add the meats to a cream sauce and serve over rice, noodles, biscuits, or toast points.

Convenient, too, are the ready-to-serve entrees such as macaroni in cheese sauce, Spanish-style rice, ravioli, spaghetti with meat sauce or meat balls, tuna or chicken

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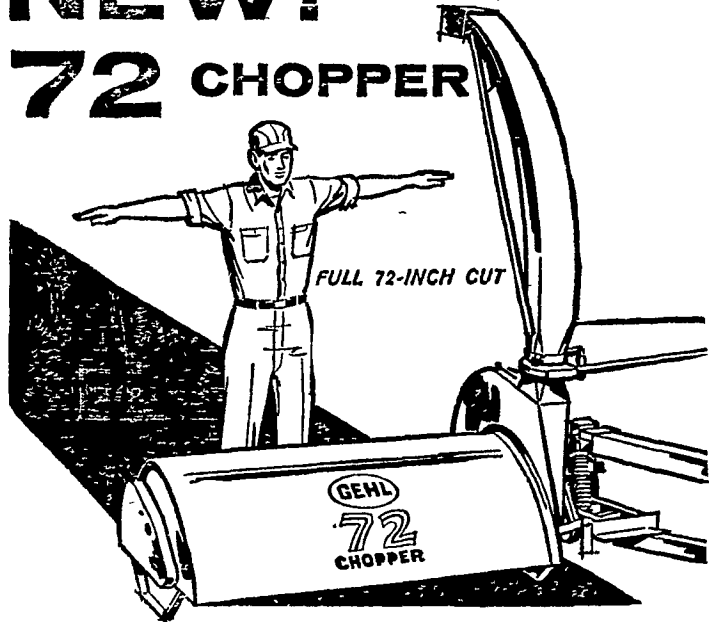
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