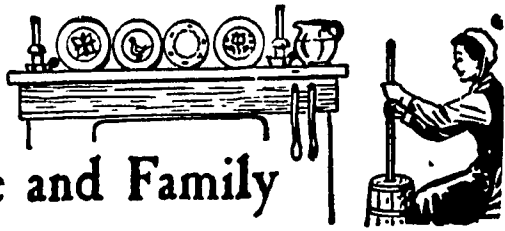


For the Farm Wife and Family



Kitchen Chatter

By Mrs. Richard C. Spence



SPENCE

You can rarely call a fallen cake or overcooked meat just bad luck. For luck in cooking is really just accuracy. If you choose a reliable recipe, the right ingredients and then are accurate in measuring them, you have a start toward success. Be sure to pick the proper size of pan, use the right oven temperatures and cooking times and you're less apt to have cooking failures.

Accuracy begins with choosing a reliable recipe — one that has the right proportions and is made with ingredients available today. Recipes that are even a few years old may not work if you switch to new type ingredients. Others may stay unable for many years. Often a recipe on the package is as

reliable as any you choose from a cookbook. Companies spend a large amount of money and staff time to develop recipes. The cook who never measures a thing may have good luck one time but you may never hear of her failures. Sets of standard measuring spoons and cups are essential. Keep a set in your mixing center and at the cooking center, too.

If a recipe calls for a certain size pan you can't expect the same results when you use a different size. A soft tender cake may be undersized and hard if baked in too large a pan.

It's well to check your oven temperature with a thermometer so you will know if it's the same as your control calls for. Then when you use a glass baking dish you can set the control 25 degrees lower. Learn to make other adjustments so that you have the accurate baking temperatures you need.

COLOR IS THE KEY TO APPETIZING FOOD

Food not only has to taste

good, it has to look good. Blues, blacks and purples are usually not too tempting food colors. For example, orange juice served in a blue glass has much less appeal than in a clear glass. Black is associated with burnt flavors.

Too, unusual colors arouse suspicion. Green bread suggests mold; red chicken loaf is alarming. So go easy on artificial food coloring. When you do use it, keep within a reasonable color range.

Avoid serving foods of clashing colors. Purple-red beets, red cabbage, pink-red radishes, and orange-red tomatoes and pimientos are not attractive together.

Neither are foods of the same color. A menu of mashed potatoes, creamed onions, fried liver, celery, white bread, and rice pudding lacks character. It needs perking up—with buttered peas substituted for the onions, pickled beets instead of celery, and some brown-crust rolls in place of the white bread. A spoonful of red jelly will give some life to the rice pudding.

Gay dishes, flowers, and table linen will also bring color to a meal. Just see that the colors are compatible.

SIX WORDS ARE THE KEY TO KEEPING YOUR FAMILY WELL FED

For the inexperienced, serving three meals a day seven days a week may seem like a never-ending difficult task. It probably is that, if you don't know if you're serving the right foods for good health and if you don't plan meals by some pattern. Six words are the key

to keeping your family well fed. "Nutrition" is the first guide. That just means eating the right food so your family has the good looks, pep and health they need. But you build in nutrition each day by planning meals around a milk group, meat group, bread and cereal group, and fruit and vegetable group. This is a pattern that you need to follow just as you would follow a pattern for making a blouse.

"Buying" is another guide. And this means being smart enough to plan a budget for your family. As you shop keep from getting into a rut. Shift your buying habits to take advantage of special items, new

items, economy packages and seasonal items. But don't let impulse buying wreck your budget plan.

"Management" is another key word to follow. Learn to use what equipment you have to save your time and energy. Manage your meals so that you can serve well-prepared food on a schedule. This takes some backward planning from meal-time to your first preparation.

"Preparation" of the food itself is another key to a well-fed family. Don't depend only on fried hamburgers but try to learn other simple skills in handling foods. Try to cook, broil, roast, braise, or stew. (Continued on Page 9)

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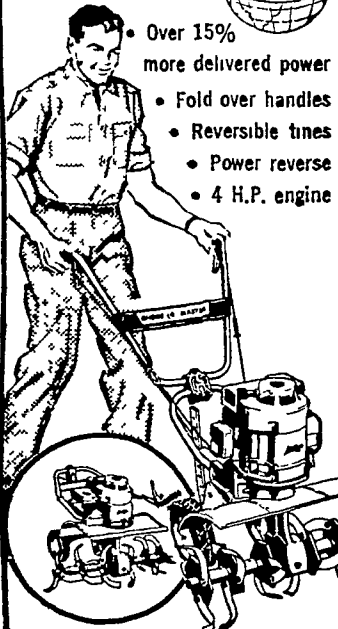
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