Teach Them to Cook



Boys, as well as girls, are invading the kitchen nowadays and finding out that cooking is fun

By Louise Brown

she "really can't cook a thing," I'm appalled. The idea of a future homemaker not knowing at least the rudiments of cooking!

music lessons are part of the training of almost every child to- children to use, too. For instance, day—but how many girls, or boys in using an electric range the over the kitchen range.

Children Find Cooking Fun

Children really love to cook. helping mother-and when they cook something all by themselves they are as pleased as punch.

Teach the boys to cook as well as the girls. In this day and age there's no more reason for a boy to think it unmanly to know how to prepare a simple meal than for a girl to be considered unwomanly because she plays a good game of tennis. Actually many boys are joining the cooking and sewing classes in the schools and finding them lots of fun.

Of course, every good scout learns camp cooking. And while cooking outdoors may seem more play than work, it's excellent training and just a step from that to cooking in a kitchen.

It would be foolish to expect the children to become expert cooks, but surely they needn't re- the gard cooking as a mystery. They won't be perfectly helpless.

Begin With Easy Recipes

Have them begin, of course, You know, when I hear a Have them begin, of course, with some very simple recipes. The ones we use today are so clearly written and measurements are so accurate that the children can easily follow them. And modhe rudiments of cooking! ern cooking equipment is easy to boesn't it seem that mothers handle and dependable so that are overlooking an important part even quite small cooks can have of child training? Dancing and results of which to be proud. Modern equipment is safe for the for that matter, can act at home heat is turned on and off just as easily and safely as you would flick the light switch.

Let the children make a gala occasion of serving and sampling They get a tremendous thrill from their cooking efforts and you'll find you don't have to coax them can follow a simple recipe and to try. All children love a party, so allow them to invite their play-mates in. What if they do make a mess of your kitchen! They are learning something that may be more useful to them in later life than any number of arts and graces-and tidying up can be made part of the game.

Since all children have a sweet tooth, here's a recipe they'll like:

Chocolate Cream Pudding

- ½ cup granulated sugar tablespoons cornstarch
- 2 cups milk 2 square chocolate, grated,
- 4 tablespoons cocoa Few grains of salt

1 teaspoon vanilla Mix first six ingredients in a saucepan or frying pan. Place the saucepan on the surface unit, turn while until the mixture begins to can at least learn a few simple steam then stir continually until things, such as how to make toast the pudding is thick. Add the vaand cocoa or cook an egg, so that nilla. Pour into a serving dish or when the necessity arises to get sherbet glasses. Chill and serve themselves something to eat, they with whipped cream or plain

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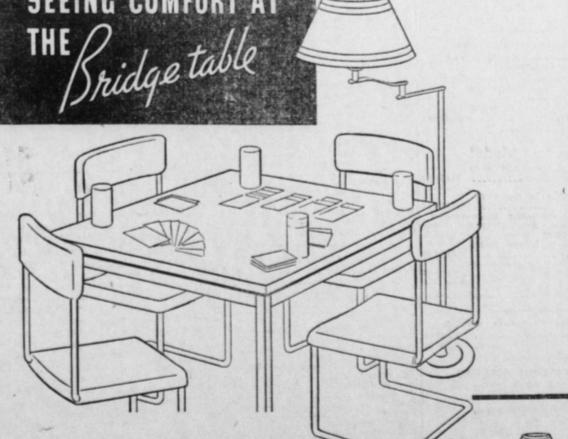


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