

NEW COOKBOOK IS AID TO BRIDE OR OFFICE GIRL

by JUDITH WILSON

FOR THE BRIDE who is a novice at meal planning and cooking, or the business girl who must hurry home at five o'clock and prepare a meal for two or more, a new book, "The Business Girl Must Eat," by Hazel Young, will prove no end of help.

Each simple but well-balanced menu has its own loose-leaf page with a working plan that will save time and confusion. The recipes are inexpensive and not too difficult for the beginner to prepare. Finally, there are hints on how to save time by planning for leftovers and preparing items for tomorrow's meals while your hubby or roommate clears up the dishes after the evening meal.

Most of the menus offered in this book are not only extra economical, but allow you to splurge on special dinners. If you are a single working girl, they will help you win your man—if you are married they will help you keep him happy.

One of the menus that caught my eye was as follows: Fresh Pineapple cup, Broiled Tenderloin steak, French Fried Potatoes, Buttered Peas, Stuffed Celery, and for dessert, Ice Cream Puffs with Butterscotch Sauce.

Here is the work plan for the menu. The fresh pineapple, cream puffs and butterscotch sauce were prepared the evening before. You can, if you wish, buy the cream puffs instead of bothering to make them yourself.

1. Buy vanilla ice cream at the corner drugstore or make it yourself, using one of the excellent ice cream mixes on the market. Follow the directions on the can. Cut the potatoes in strips and soak in cold water. Parboil 2 or 3 minutes. Drain and dry thoroughly.

2. Cook the peas, uncovered, in a small amount of boiling salted water 15 minutes or until tender. Preheat the broiler and broil the steak as directed.

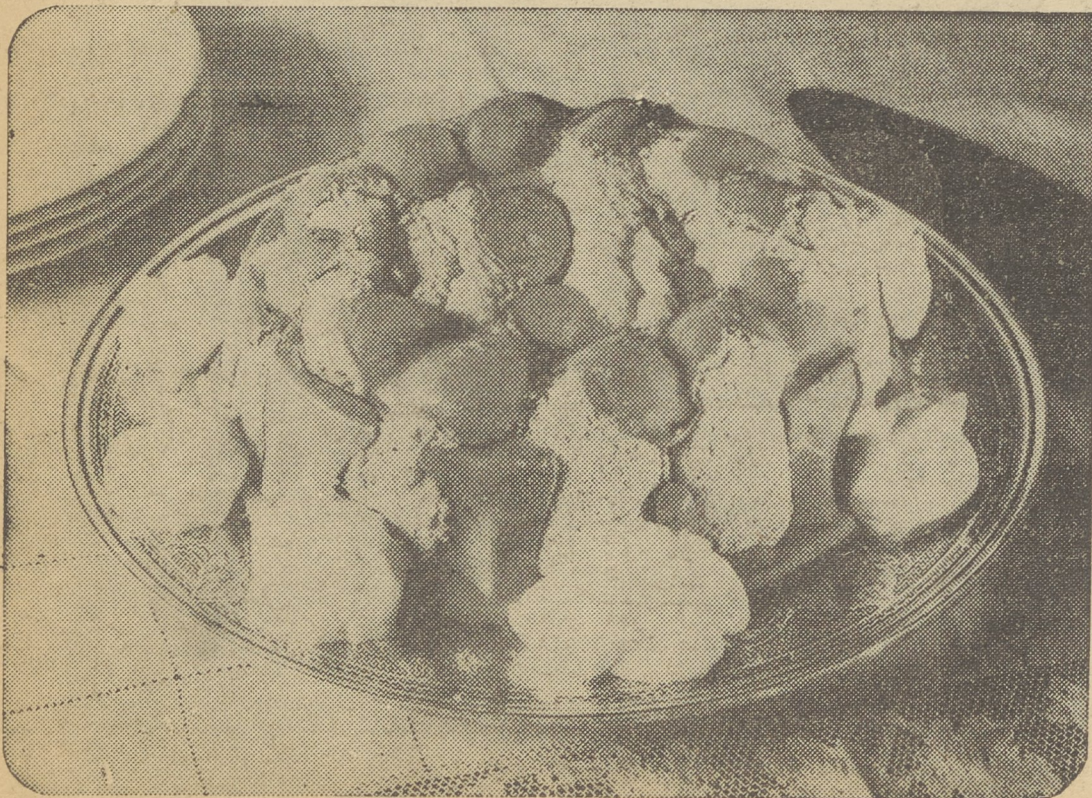
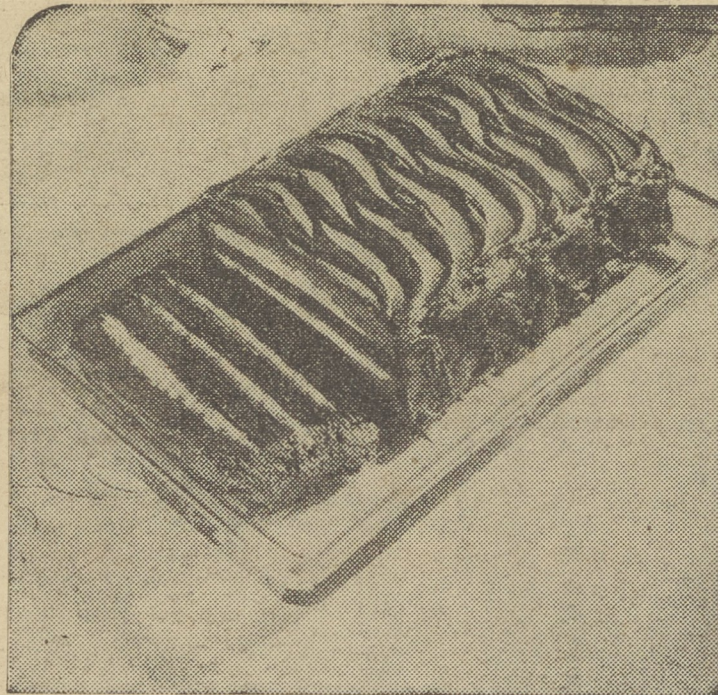
Heat the kettle or deep fat for French fried potatoes.

3. Prepare the cheese mixture and stuff the celery as directed. Arrange pineapple cubes, prepared the night before, in sherbet glasses.

4. Set the table. Drain and season the peas and keep hot. Serve the first course as soon as the steak and potatoes are cooked. Slit the cream puff shells, fill with ice cream, and top with thick butterscotch sauce.

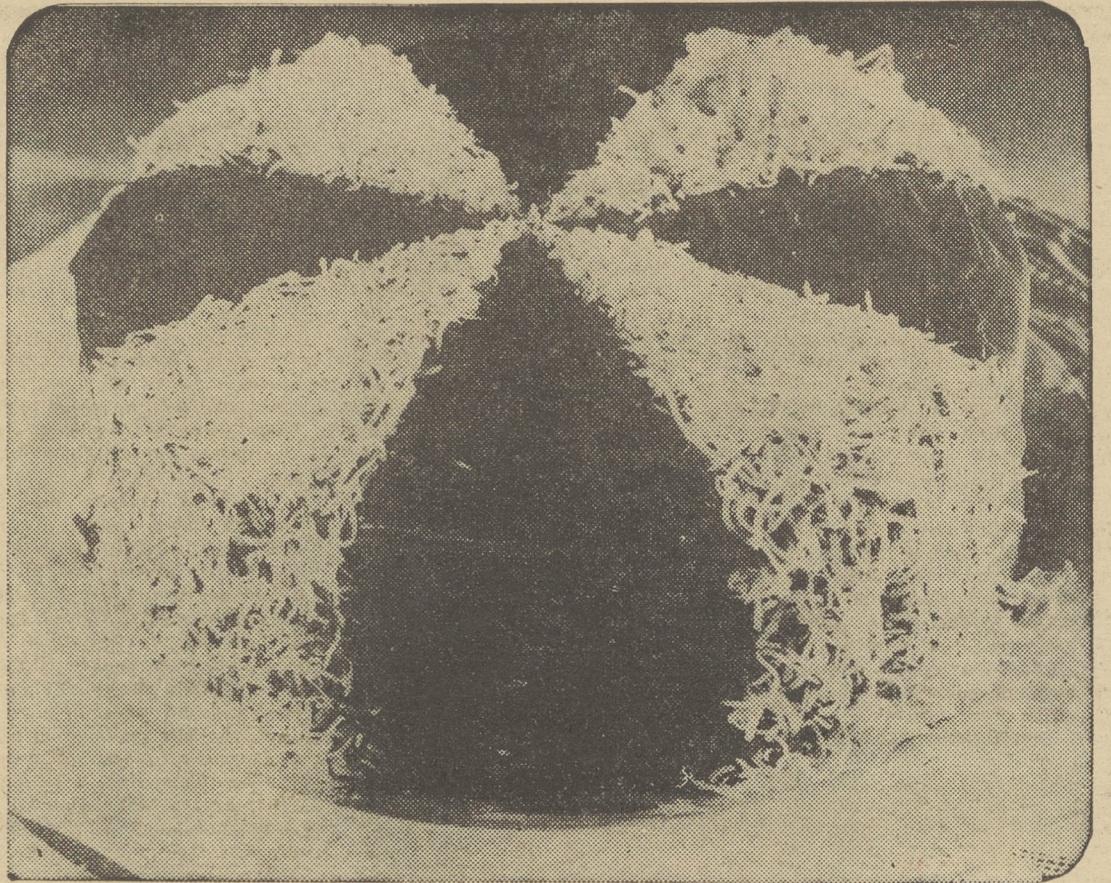
BROILED STEAK

Preheat the broiling unit. Grease the rack and arrange 1½-inch steak on rack. Place the meat about 2 to 3 inches below gas flame, leaving the door open. Sear on one side; turn, and sear the other side. Lower the rack to about 6 inches from the flame and cook 10 to 25 minutes longer. Sprinkle with salt and dot with butter.



CHOCOLATE ICE BOX CAKE

Easy to make is this delicious chocolate ice box cake. It makes an ideal dessert for dinner and serves well for bridge luncheon. You'll find your family will clamor for it even in the coldest weather, and your guests will praise your culinary ability. The recipe for this delightful cake is in columns at right.



WINDMILL AND TIER CAKES

The windmill cake, shown above, is as toothsome as it is appealing to the eye. The windmill effect is imparted by the use of shredded cocoanut. The chocolate tier cake, at left, makes a delightful dessert after a heavy meal. The recipes for both cakes are in the columns below.

NOVEL CAKE RECIPES WIN ACCLAIM AS AUTUMN DESSERTS

BAKING TIME is definitely here again. Cool days call for hearty meals, and hearty meals are best followed by home baked desserts. So let's give the family a treat and take the time to do more baking.

And if you're looking for something special to serve your bridge club, try the ice box cake below. It has everything that a party dessert should have.

Following are some delightful recipes for home-made cakes that you and your family will enjoy. (See pictures at left and above.)

WINDMILL CAKE

Sift 3 cups flour once, measure, add 3 teaspoons baking powder and ¼ teaspoon salt, and sift together three times. Cream ½ cup butter thoroughly, add 1½ cups sugar gradually, and cream together until light and fluffy. Add flour alternately with liquid (½ cup water, ¾ cup milk), a small amount at a time, beating after each addition until smooth. Add flavoring; 1 teaspoon vanilla, ¼ teaspoon almond extract, fold in 3 egg whites quickly and thoroughly. Bake in two greased 9-inch layer pans in moderate oven (375 degrees F.) 20 minutes. Spread chocolate frosting between layers and on top and sides of cake. Double recipe to make three 10-inch layers. Spread coconut in thin layer in pan or baking sheet. Place in hot oven (400 degrees F.) or under broiler. Toast until delicately browned, stirring frequently to prevent burning.

CHOCOLATE TIER CAKE

Sift 6 tablespoons cake flour, add ½ teaspoon double-acting baking powder, ¼ teaspoon salt, and sift together 3 times. Fold in ¾ cup sugar gradually into 4 beaten egg whites. Fold in 4 beaten egg yolks and 1 teaspoon

vanilla. Fold in flour gradually, then beat in 2 squares unsweetened chocolate, melted. Turn into 15 by 10-inch pan which has been greased, lined with paper and again greased. Bake in hot oven (400 degrees) 13 minutes or until done. When cold, cut in half lengthwise, then crosswise. Spread three of quarters evenly with ¾ cup cream, whipped, unsweetened, and flavored with vanilla; put together as a four-layer cake, matching edges and placing plain layer on top. Spread top and sides of cake with the following frosting:

CHOCOLATE FROSTING

Ingredients: 4 squares unsweetened chocolate, 1 cup confectioners' sugar, 2 tablespoons hot water, 2 eggs, 6 tablespoons butter.

Melt chocolate in double boiler. Remove from boiling water, add sugar and water, and blend. Add eggs, one at a time, beating well after each addition. Add butter, one third at a time, beating thoroughly after each amount.

Following is a delicious ice box cake that will appeal to everybody:

ICE BOX CAKE

Melt 4 squares unsweetened chocolate in top of double boiler. Add ½ cup sugar, dash of salt, ¼ cup hot water, stirring until sugar is dissolved and mixture blended. Remove from boiling water; add 4 egg yolks, one at a time, beating thoroughly after each. Place over boiling water and cook two minutes, or until thickened, stirring constantly. Add 1 teaspoon vanilla and fold in 4 egg whites, stiffly beaten. Chill. Fold in 1 cup whipped cream. Line bottom and sides of mold with lady fingers. Turn chocolate mixture into mold and place lady fingers on top. Chill 12 to 24 hours in refrigerator.