



COLORFUL BREAKFAST

Modern foods should appeal to the eye as well as the appetite, so bedeck your menus with color and variety. Try your breakfast grapefruit this tasty way: Cut the grapefruit in half and remove the seeds but not the core. With a small sharp knife loosen the fruit segments from the peel and membrane. Slit the skin diagonally around the rim, each slit about 1 inch apart. Insert mint leaves or any small bright green leaves and serve—first sprinkling the fruit lightly with powdered sugar to sweeten, if desired.

'PROTECTIVE' DISHES NOURISHING AND ECONOMICAL

WITH ALL THE holiday hustle we have been apt to slip up a bit on the family's regular meals. What with extra cooking to be done, fruit cakes to bake, and company dinners to prepare it is little wonder if we haven't been able to give the family's 3-a-day a lot of thought. But now is the time to check up on our menus.

See if everyone is getting his full quota of milk, eggs, crisp raw salads and citrus fruits daily. These are the "protective" foods, you know, and extremely important right now, as they help prevent common winter colds and related ailments. How about the cereals? A good supply of this nourishing food is also essential to balance your menus and supply energy during the cold weather.

Make a special effort to keep your menus simple and to include an extra number of milk and egg dishes as well as fresh fruit. Today's recipes are tempting as well as nourishing. What's more, they are economical.

SPANISH PRUNE CREAM

Ingredients: 1 tablespoon gelatin, ½ cup sugar, 1 cup scalding milk, 1 cup stewed prunes sieved, 2 tablespoons cold water, ½ teaspoon cinnamon, 1 cup whipping cream.

Soften the gelatin in cold water for 5 minutes. Dissolve in the hot milk and add the sugar. Chill until the mixture starts to thicken. Add the prunes and cinnamon. Mix and chill again until the consistency of heavy molasses. Fold in the cream whipped until stiff. Chill thoroughly and serve in sherbet glasses with a garnish of additional whipped cream. Eight portions.

MEAT LOAF

Ingredients: ½ pound ground beef, ½ pound ground pork, 1 cup wheat shreds (prepared cereal), 1 small onion finely chopped, ¼ teaspoon powdered sage, ¾ teaspoon salt, pepper to taste, 1 egg, 6 tablespoons milk.

Mix the chopped meats, the

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cereal and finely minced onion. Add the seasonings, then the egg that has been beaten slightly and mixed with the milk. Pack into a small greased loaf pan and bake in a moderate oven 1 hour.

LEMON ALLSPICE CAKE

Ingredients: ½ cup shortening, 1 cup sugar, 1 egg, ¾ cup evaporated milk diluted with ¾ cup water, 2 cups cake flour, 2 teaspoons baking powder, ¼ teaspoon salt, 1 teaspoon lemon extract.

Cream the shortening and sugar and, when fluffy, add the beaten eggs and blend well. Sift the dry ingredients and add to the creamed mixture alternately with the combined milk and water. Add the extract. Pour into an 8 by 8 by 2-inch pan. Sprinkle the top of the batter with the following mixture: 3 tablespoons sugar, ½ teaspoon allspice, 1 teaspoon grated lemon rind and ½ cup broken nutmeats. Bake the cake in a moderate oven about 35 minutes or until done. Serve warm with whipped cream or lemon sauce.

POTATO BISQUE

Ingredients: 2½ cups cubed raw potatoes, ½ cup sliced onion, 2 sprigs parsley, a handful celery tops, 2½ cups water, 1½ teaspoons salt, 3 tablespoons butter, 1½ tablespoons flour, 3 cups milk, 2 eggs.

Put the potatoes, onion, parsley and chopped celery tops into a saucepan with the water and salt, and cook until the potatoes are tender. Drain the potatoes and keep the liquid. Press the vegetables through a sieve and combine with the liquid. Melt the butter, add the flour and cook until smooth. Add the milk a little at a time and cook until smooth and slightly thickened. Combine the milk with the potato mixture and heat thoroughly. Just before serving add the slightly beaten eggs and cook

2 minutes longer, stirring constantly. Sprinkle each serving with a little grated American cheese.

YANKEE POT ROAST

Ingredients: 4 pounds rump or chuck beef rolled and tied, 2 tablespoons fat, 1½ teaspoons salt, 3 tablespoons flour, ¼ teaspoon pepper, 1 medium onion chopped, ½ cup diced carrots, ½ cup chopped celery, 1 cup water, 2 bay leaves.

Economy begins when you buy a 5½-pound roast and have the butcher cut off 5 or 6 thin slices from the end of the roast. These can be used for dinner on Saturday or Monday. Pound them until thin and spread with a moist rice or bread stuffing. Sear on all sides and simmer, covered in a little water until very tender.

To prepare the pot roast, rub the rolled meat with the mixed flour, salt and pepper, and sear on all sides in the melted fat. Use a heavy cast iron or aluminum kettle for the pot roast. Add the chopped vegetables and about a third of the water. Simmer very slowly and add the rest of the water gradually as needed. When cooked in this way, the pot roast keeps its rich brown crust, and you will get a richer flavored gravy. Cook 3 hours, or until tender.

STUFFED ONIONS

Ingredients: 6 large sweet onions, 6 slices bacon diced, ½ cup minced onion, 1 No. 2 can baked beans, 3 tablespoons chili sauce, ¼ cup dry bread crumbs, ¼ teaspoon prepared mustard, sugar, salt and pepper to taste.

Peel the onions, slice off the tops and scoop out the centers. Use the tops for preparing the minced onion. Sauté the chopped onion and the bacon together and add the other ingredients, letting the mixture simmer 10 minutes. Pile the bean mixture into the onion cups. Place in a deep casserole, add a cup of boiling water and bake 1½ hours in a moderate oven. If necessary, add more boiling water so the onions will not burn on the bottom.

LEFTOVER SOUR CREAM FINDS USE IN MANY TASTY DISHES

WHILE most homemakers enjoy hot breads or cakes made from sour cream, they seldom serve such delicacies except when cream or milk turns sour by accident. Today you needn't wait for the cream at home to sour, because you can obtain cultured or soured cream of the best quality from your local dairy or grocer.

Sour cream is really an economical addition to any diet. It makes thick finely flavored sauces and gravies, excellent salad dressings and feathery cakes and hot breads that taste extra rich and extravagant, but really aren't, because little or no shortening and few eggs are needed. In addition, sour milk or cream makes hot breads and cakes that keep their moistness and fresh flavor until entirely used.

Try the following sour cream recipes:

GINGER PUFFS

Ingredients: 1¾ cups flour, ½ teaspoon each salt and soda, 1 teaspoon each ginger and cinnamon, 1 teaspoon baking powder, ½ cup sugar, 1 egg, ½ cup sugar, 1 egg, ½ cup white corn syrup, ½ cup sour milk, ¼ cup melted butter.

Mix and sift together all the dry ingredients. Stir in the unbeaten egg with the sour milk, corn syrup and melted butter. Stir with a spoon on the bottom of the dish until the mixture makes a soft dough. Bake in muffin pans in a hot oven. These may be frosted with a thin butter frosting or 7-minute frosting and rolled in coconut or served warm with butter.

SOUR CREAM SPICE CAKES

Ingredients: 1 cup brown sugar, 1 cup thick sour cream, 1 egg slightly beaten, 1½ cups all-purpose flour, 1 teaspoon baking soda, ¼ teaspoon cream of tartar, ½ teaspoon salt, 1 teaspoon nutmeg, 1 teaspoon cinnamon, ½ cup each chopped nuts and raisins.

Combine all dry ingredients and sift together once. Combine sugar and cream and add the

beaten egg. To this mixture add the dry ingredients, nuts and raisins. Stir only until blended. Pour into a shallow 10-inch square pan. Bake in a moderate oven for about 45 minutes. Spread with the following mocha frosting when cool and cut into diamond shapes. Top each diamond with a nutmeat. Here is the recipe for the frosting:

Ingredients: 2 tablespoons hot double-strength coffee, 2 teaspoons butter, ½ teaspoon vanilla, 1½ cups confectioners' sugar.

Melt the butter in the hot coffee and add the vanilla. Gradually add the confectioners' sugar, beating until the mixture is fluffy and of the right consistency to spread. If the frosting is too thick, thin by adding a few drops hot coffee.

SALMON WITH SOUR CREAM

Ingredients: 1 No. 2 can salmon, 1 cup thick sour cream.

Break the salmon into large pieces and put into a buttered casserole, after removing any bits of skin or bone. Add the sour cream, cover the dish and bake in a moderate oven 45 minutes. Serve hot on toast with a garnish of lemon slices, parsley and tomato.

CREAM HOLLANDAISE

Ingredients: 2 eggs, 1½ cups thick sour cream, 1½ teaspoons each lemon juice and salt, ¼ teaspoon sugar, pepper.

Beat the egg yolks, add the remaining ingredients and cook in the top of a double boiler over hot water until the sauce thickens. Serve immediately with cooked vegetables or fish.

SOUR CREAM FROSTING

Ingredients: 2 cups sugar, 1 cup sour cream, 1 teaspoon vanilla, ½ cup chopped walnut meats.

Combine sugar and cream and boil until a small amount of the mixture forms a soft ball in cold water. Remove from fire and let stand till lukewarm. Beat until creamy. Add vanilla and nut meats and spread quickly.



A PERFECT ENDING

Just as a man's idea of a perfect meal is steak with a zesty sauce, so his idea of the perfect finish for any meal is pie and coffee. Here's an idea you might like to try sometime. Make your apple pie with a layer of golden cheese melted under the top crust. Once the family breadwinner sinks his fork into this delightful dessert it will be his all-time favorite.