

Wife Savers

By MRS. MARY MORTON

Stewed Rhubarb and Strawberries.—For those who find rhubarb too tart for sauce and want to make the strawberries stretch, the two stewed together may be recommended. The strawberries give the rhubarb a strawberry flavor, while fewer strawberries are needed and the sauce is not as rich as if the berries were used alone.

Cornstarch Pudding with Strawberries.—Two cups milk, one-half cup sugar, three tablespoons cornstarch, one-fourth teaspoon salt, flavoring. Mix dry ingredients, add hot milk, and cook in double boiler, stirring constantly until thick. Continue cooking fifteen minutes longer. Eggs may be added if one wishes a richer pudding. Add flavoring and pour over hulled and washed strawberries that have been slightly sweetened.

Pot Roast.—Take a shoulder piece, a thick round steak or an English cut, brown well in fat, brown onion in the fat, and put both on to cook with two or three bay leaves, salt and pepper and a little hot water. Cook slowly until tender. Potatoes may be added the last hour, and if the liquor in the pan is not allowed to accumulate the potatoes will brown with the meat.

Noodles.—One egg, one-half teaspoon salt, flour. Beat egg slightly, add salt, and flour enough to make very stiff dough; knead, toss on slightly floured board, and roll thinly as possible, which may be as thin as paper. Cover with towel, and set aside for twenty minutes; then cut in fancy shapes, using sharp knife or French vegetable cutter. Or the whole sheet may be rolled and cut thinly crosswise and strips pulled apart. Dry, and when needed cook twenty minutes in boiling salted water.

THE BRIDE'S SILVER

Here is a list of silverware suitable for the bride to begin house-keeping: 6 dinner knives, either silver or steel; 8 medium knives for dinner or more informal meals; 6 dinner forks; 8 medium forks (either set may be chosen alone, but a set of both dinner knives and forks and also a smaller set are very useful); 12 teaspoons, 6 bouillon spoons or 6 large tablespoons; 6 dessert spoons, 6 butter spreaders (optional), 6 oyster forks (optional), 6 salad forks (optional), 6 orange or fruit spoons (optional), 3 berry spoons or large serving spoons, 1 gravy ladle, 1 cold meat fork, 1 pie server, 1 small pickle fork, 6 fruit knives, 3-piece carving set. Sterling silver is lovely if one can afford it, but a good grade of plate wears better and comes in many lovely patterns. The simpler patterns are in better taste and are easier to keep clean.

Scrambled Eggs with Leftover Ham. Melt one tablespoon butter. Mix six eggs with six tablespoons water and one-half teaspoon paprika. Beat in one-half cup finely minced cooked ham. Turn into the hot butter and cook slowly until creamy, stirring constantly.

Rice and Meat Loaf.—Add one-half cup good stock of gravy to two cups of chopped cooked meat. Heat and thicken with three tablespoons flour blended with three tablespoons butter. Stir until free from lumps. Season to taste with salt, pepper and onion juice, if desired. Butter a bread pan, line it with cold boiled rice, press in the meat and cover with rice. Set in the oven and bake until firm. Serve with well-seasoned tomato sauce or a good brown gravy.

Strawberry Sauce.—One-third cup butter, one cup confectioner's sugar, two-thirds cup strawberries. Cream butter and sugar gradually, stirring constantly. Wash, hull and drain berries, add to first mixture one at a time, beating between addition until well-blended. If these directions are not followed sauce may have a curdled appearance.

MAKING THE COFFEE FOR BREAKFAST

Never fill the kettle in the morning with water that has been standing in the pipe over night, and never use water that has been left in the kettle. Water, especially that coming from lead pipes, is harmful when allowed to stand for some hours, and even when coming from brass or iron pipes it should be allowed to run a few minutes each morning. Some people think coffee should be made from hot water only, some prefer cold. Personally, I use whichever is handy, with possibly a leaning toward hot. Have the water briskly boiling and seal off the pot first thing. Put in one level tablespoon of coffee for each person and one for the pot. Then pour a cup (regular measuring cup) of water over the coffee, one for each tablespoon of coffee. Let it boil up three times, take off fire, dash a little cold water into the pot to settle it, then stand aside for a few minutes. You may mix the coffee with eggs if you wish, but if you follow these directions there is no reason why you should not have a good cup of clear coffee for your meal. If you use a percolator follow the same method exactly, but let it "perk" for about twenty minutes, then let it stand to settle. The same measurements are used in the cold method, but cold water is used and as soon as the coffee boils it is done and should be set off the fire.



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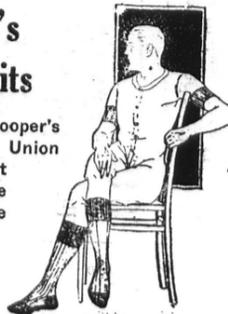
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