



## from the KELVIN KITCHEN by Joan Adams

By Joan Adams

(Editor's Note: If you are having difficulty with some phases of home-management, you're invited to write to Joan Adams, in care of this newspaper, enclosing a self-addressed, stamped envelope. She will be glad to advise you promptly.)

### FALL-WEATHER VEGETABLES

The warmth and richness of autumn touch our tables as well as the leaves outside the windows. We can use the extotic fall-weather vegetables for a table centerpiece and their colors will make the turban of a Turk look pale! Or we can let these high-flavored, mouth-watering vegetables play the main theme in a savory oven-dinner. Anyway, we'll choose them today, for just to look at them and handle them awakens our instinct to buy.

If you're willing to be a bit daring and use a decorative vegetable centerpiece, your rugged individualism can be carried still further by arranging the eggplant and peppers and squash artistically on a wooden tray or circular bread-slicing board which has been scrubbed until it's white. Royal purple eggplant, pear-shapes and shining; summer squash, both the golden, pebbly crook-necks and the smooth white scallops; glossy green bell peppers and the shining finger peppers in snappy scarlet—what a stage setting for a comfortable cool evening dinner right out of the oven!

We may have voted for a cool, crisp salad at noon, but by late afternoon there's a sharpness to the air, darkness falls early, and humankind displays a sudden desire to "get home for dinner." Then the homemaker really takes the spotlight, if she has capitalized on the colorful, flavorful fall-weather vegetables. She may take her bow with green peppers stuffed and served with cream sauce, cheese sauce or pimento sauce; sweet potatoes, apples and marshmallows bakes in casserole; sliced egg-plant dipped in egg and crumbs and fried to a tempting golden brown; succulent stuffed cabbage; parsnip fritters; or sausage baked in squash!

Baking and stuffing is an ideal way of preparing these vegetables. Baking ranks with steaming, of course, as a method of retaining the full flavor and food value, while preparing vegetables whole always salvages some of the vitamin value that's apt to be thrown away.

Vegetables we bake should be as perfect specimens as the vegetable display can offer, however, and most of us need a guide on Vegetable Row. Follow at the elbow of a celebrated French chef. He has his own code of justice when He's judging vegetables, and half his triumphs are achieved at the marketplace while the dinner is still in the basket! Not only must his eggplants wear a dark, clear satiny finish, but they must be sized almost uniformly between three and six inches diameter. Watch him closely as he tests the stem where it joins the royal purple. If the stem is firmly attached, the vegetable is pronounced fresh. If not, it is rejected as one that has begun to spoil.

Beware of summer squashes which are overly large, with tough, thick rinds, for they are usually seedy. On the contrary, watch for

these very qualities in the late Hubbard squash you buy, for this is best when medium to large in size and having a hard, tough rind. Good peppers are usually beautiful. It sounds like a copybook maxim but actually, the attractively-shaped, uniformly glossy and uniformly green or red peppers are snappiest and best. Cabbage needs only two or three loose wrappers; too many loose leaves indicate inferior quality. Sweet potatoes should be thick, chunky and medium-sized, or smooth and spindle-shaped.

### VEGETABLE GUIDE

#### Pumpkin:

Selection—sugar pumpkin best for cooking. Medium sized, firm, fine grained, heavy fruits.

#### Preparation:

Wash, cut in two and bake in shell. Remove pulp with a spoon.

Serving—cut in pieces, steamed, mashed and buttered; baked in shell; mashed and buttered; fried; pie or pudding.

#### Squash:

Selection — Summer: crook-necks, Scallop, Pineapple; Winter: crook-necks, Hubbard, marrow. Select fine grained, firm, heavy fruits. A dry squash is best.

Preparation—Wash and peel and cut in small pieces for cooking. Steaming is a good method for squash. Hubbard squash may be washed and cooked in the shell or cut into convenient pices for serving before cooking.

Serving—cut in pieces and steamed; mashed, buttered and seasoned or baked in shell. Used for pie or pudding; croquettes. Fried, especially summer squash.

### SPECIAL YET EASY FOR SUNDAY MENU

#### A Crown Roast For Sunday Dinner

Something very, very special is the requirement for the Sunday dinner menu, yet it must be easy to prepare for on Sunday morning, of all mornings, one wants to spend as little time in the kitchen as possible. With this in mind, Inez S. Willson, home economist, has planned the following menu.

#### Sunday Dinner Menu

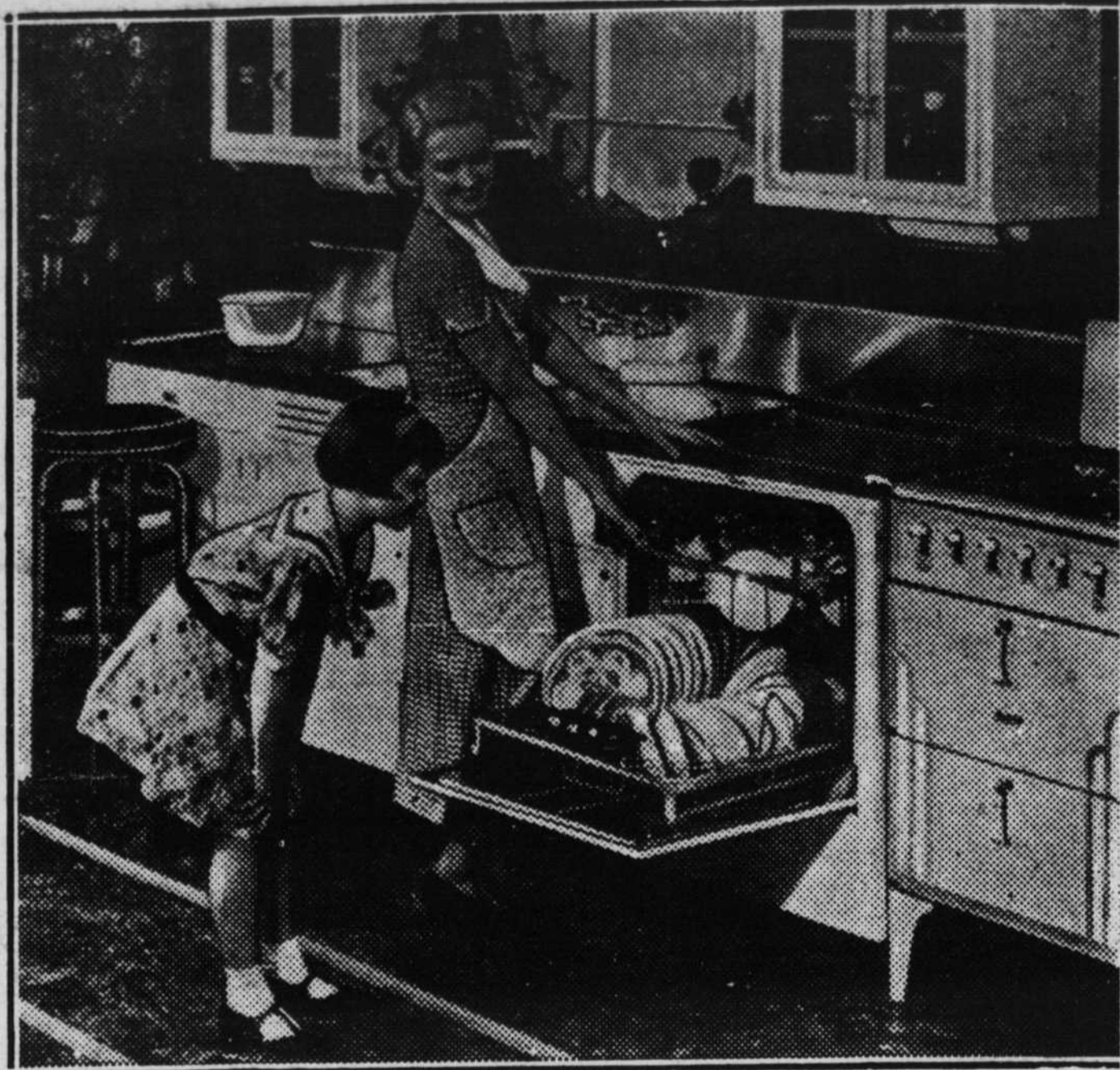
Grapefruit Juice  
Celery Olives  
Crown Roast of Lamb  
Parsley Potato Balls  
Glazed Carrots  
Tomato and Cottage Cheese Salad  
Peaches and Cream Wafers  
Coffee

The crown of lamb may be placed in a slow oven and completely forgotten until done. First, season the crown with salt and pepper, and place upside down in an open roasting pan. When placed in this position the rib bones form a rack, so that no trivet is necessary. Also, with the unprotected rib ends down, there is no danger that they will be charred, for as the fat melts and runs down, it keeps them moist. Place the crown in a slow oven (300 to 350 degrees K.) and roast until done, about two hours.

### RETURNS FROM PASADENA

Misse Helen and Virginia Chavez returned Sunday from Pasadena, where they have spent the summer.

## Man-Made Kitchen Is Yardstick Of a Century of Progress



One of the eighteen model kitchens at the Chicago Exposition, which show how mechanical inventions and the use of monel metal for sinks and working surfaces are bringing progress and efficiency to the home as well as to the industrial world.

CHICAGO—The Century of Progress is marching into the hearts and plans of countless women through the kitchens shown in the Home Planning Hall and included in the model homes surrounding that main exhibit in the Hall of Science, there is no yardstick of civilization's progress so easily understood and so universally appreciated as a well planned and equipped kitchen, and there are eighteen of these yardsticks in the Exposition here.

These workshops of the home not only contain the latest in cooking, refrigerating and dishwashing appliances; they also planned that unnecessary steps are eliminated in the daily task of preparing meals and cleaning up after them. To complete the picture of efficiency, sinks and drainboards, table tops and all other working surfaces are made of monel metal.

"The modern kitchen home is not so much an evolution from the old as it is a miniature of the man-made institutional kitchen," said Mrs. Dorothy McGeehan, home science expert of New York, after a visit to the Century of Progress Exposition today. "Men who would not help their wives wash the dishes are now making it easier for all housewives to do this chore.

"They started restaurants and cafeterias where speed and efficiency in handling food and washing dishes were necessary. To solve their problems they developed mechanical refrigeration and gas and electric ranges, and they discovered that metal that is rustless and resistant to the stains of food acids makes the most efficient working surface for both kitchen and pantry. Above all, they banished the dish rag and the dish towel by making and washing and drying of dishes and silver a purely mechanical operation.

"Now these inventions and developments which they worked out for their large scale operations are being produced in designs and sizes to fit the needs of American homes.

are the same. That, to the housewife, is a Century of Progress indeed."



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