

Women's Page



from the KELVIN KITCHEN by Joan Adams

By Joan Adams

(Editor's Note: If you need advice on some phase of home managing, 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.)

Brown October Gingerbread

When you question it with your finger and it springs back to your touch, it's done! A warm, sweet, spicy incense pours through the kitchen and the whole house-fresh, hot gingerbread, gossamer-light. For it's gingerbread weather! Bards have sung of brown October ale, but we sing the delights of brown October gingerbread.

By the way, which is it, bread or

cake? Some cookbooks list gingerbread among "quick breads"; some with cake. Some straddle the question by calling it "gingerbread cake" and others dodge the issue by placing gingerbread in a special chapter with wafers and cookies. There are scores of recipes for gingerbread for it's an old New England favorite and before that was spiced and beaten and baked in merry England.

Ask any child if the perfect after-school snack isn't a brown square of hot gingerbread with a glass of sweet, cool milk. And what a joy to find it in the school lunch box at noon! At the tea-table, gingerbread is immensely at home, because the flavor of gingerbread is a natural accompaniment to tea; and it's pleasant with coffee, as well. Gingerbread may be served in company with other sweet-tooth tempters, filled cookies, tarts and tea-ring, or it may be served in solo with melted marshmallow filling between two layers or with apple-sauce, and garnished with whipped cream which has been sweetened and flavored with vanilla.

Gingerbread is a favorite dinner dessert in cold weather, too, because it harmonizes with warm, rather hearty meals, yet is not rich or heavy itself. A square of iced gingerbread poured over with a warm orange sauce is a delicious and picturesque autumnal dessert, and its brown-and-orange color scheme bears remembrance for the Hallowe'en refreshments that come later this month.

The consistency of gingerbread batter varies in different recipes from the "pour" batter to the "soft dough" which may be handled and rolled with the rolling pin. Possible substitutions in the recipes are many and varied. If you're short of milk, for instance, you can make delicious gingerbread with hot water. There are many economical recipes using sour milk. Chicken-fat gives excellent results as a substitute for butter or any shortening in gingerbread. Soda is usually used for leavening in place of baking powder, because gingerbread recipes contain molasses and sour milk, both ingredients of which have the effect of releasing the gas from the soda through acids they contain. The amount of spice in gingerbread varies widely. Some recipes produce a delicate, light sponge with just a suspicion of the yellow ginger seasoning, while other gingerbread is rich and warm with ginger, cinnamon and cloves. The latter is reminiscent and perhaps related to the "pound cake with ginger" which Dolly Madison pressed upon her White House guests in eighteenth century America.

There are three little keys to successful gingerbread-making. Use accurate measurements. Plain gingerbread needs no more than a minute of beating. And bake it in a slow moderate oven, which allows an even escape of air and gas from the mixture and results in a smooth-topped, fine-grained gingerbread.

GINGERBREAD

- 2 cups sifted cake flour.
- 2 teaspoons baking powder.
- ¼ teaspoon soda.
- 2 teaspoons ginger.
- 1 teaspoon cinnamon.
- ¾ cup sour milk.
- ½ teaspoon salt.

ing.
1-3 cup butter or other shorten-
½ cup sugar.
1 egg well beaten.
2-3 cup molasses.

Sift flour once, measure, add baking powder, soda, spices, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and molasses; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased pan, 8x8x2 inches, in moderate oven (350 degrees F.) 50 minutes, or until done. Three-fourths cup sweet milk may be substituted for sour milk and soda in this recipe. This cake may be baked in greased cup-cake pans in moderate oven (375 degrees F.) 20 minutes, or until done. Makes 2 dozen. For a variation, in this recipe pour

and spread over the top of the cake, while still hot and in the pan, the following combined ingredients:

- ½ cup confectioner's sugar.
- ½ cup orange juice.
- 1 teaspoon grated orange rind.

GINGERBREAD FANCIES

- 2¼ cups sifted cake flour.
- ½ teaspoon salt.
- 1½ teaspoons soda.
- 2 teaspoons ginger.
- 1 cup molasses.
- 1 egg slightly beaten.
- ½ cup milk.

1-3 cup melted butter.
Sift flour once, measure, add soda, salt, and ginger, and sift again. Combine molasses, milk, and egg yolk. Add to flour mixture gradually, beating only until smooth. Add butter. Blend. Fold in egg white. Bake in hot waffle iron. Serve with ice cream or whipped cream. Makes six four section waffles.

C.C.C. COMMANDER IN VEGAS

Col. Tom Miller, commander of the C.C.C. camp of Pioche is in Las Vegas and is staying at the National hotel.

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
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School Lunch Important

According to a few skeptics, the old fashioned school lunch eaten from a paper bag anywhere in the building or on the grounds is good enough. On that basis a dime novel thriller is good literature and the child is justified in hiding in the attic or the barn to do his reading. As a matter of fact, we don't believe that. Whatever may be our own pleasant memories of the secretly read thrillers of our childhood days, we prefer as parents to have our children like good literature. And we do our best to provide attractive libraries at school and in the community and at least a shelf or a reading nook in our homes.



From food comes the child's growth, energy, and strength. He works, studies, and plays on what he eats. On that score alone his nutrition deserves our closest attention. The school lunch is one of three daily meals and therefore becomes significant, as a source of nourishment. For the child's sake we can't afford to think of it as merely a "stop gap," while the child is away from home. It isn't just a picnic, any more than going to school can be regarded as a party. The school lunch shrieks its importance. It calls for planning. It demands an attractive place, and the food question deserves just as much serious consideration as any part of the child's school life.

Next week Dr. Ireland will write about "Learning at Luncheon."

Satin In Deep Tones For Dining



There will be hundreds of little parties to which you will want to wear a dress which is not too formal. Gleaming satin with a touch of metal, made on demure lines answers this problem. The youthful yet astonishingly sophisticated frock of Seraceta satin in one of the new rich off black shades uses a lamé collar and sleeve bands. The gown is slit almost to the waist in back.