

Women's Page



from the
KELVIN KITCHEN
by Joan Adams

THE CREOLE WAY

Any of us can add an interesting character to our cooking, by studying and using the recipes of other countries and other sections of our own. "Cooking with an accent" has made many a hostess and many a restaurant famous. The American restaurant in Paris and the French restaurant in New York both cater to the human desire for something "different."

Probably no foreign restaurant can rival the the popularity of the native restaurant in New Orleans, the capital of Creole cookery. This famous style of preparing food is one of the savoriest and most economical schools of cooking in the world. It had its origin in early Louisiana, with the crossing of two races of people who lived and ate with gusto, the French and the Spanish. The influence of the Indians also marks Creole cooking, especially in the extravagant gumbos, or thick soups.

With colder weather, it might be well to look up one of the unwieldy recipes for an exquisitely-seasoned gumbo. Nothing is more essentially Creole than these combinations of herbs, soup stock, and bacon fat, cooked with greens or chicken or shrimp. The characteristic ingredient of gumbos in the days when they were cooked in cranes by the open fire was file powder, pur-

chased from the Choctow Indians. This was the young, tender leaves of sassafras dried and ground to a fine powder. Okaris is the substitute for this item in modern gumbo recipes. Gumbo may sound expensive, but when it is considered that it represents a delightful adventure in flavor, and filling, nourishing food, and a dish that is sufficient to itself with a side-dish of boiled rice and a simple dessert of fresh fruit, we adjust our idea of its expense. So if you'd like to make a gumbo, we can furnish you a real Creole recipe. Just tell us whether you want to use chicken, shrimp or greens in your gumbo.

The knowing use of cheese and wine for flavoring partly explains the intriguing flavor of many Creole dishes. Onion soup, for instance,

which is the direct progeny of the famous soup of Paris, France, owes its delicate savor to the sprinkling of grated Swiss or Parmesan cheese upon the top before a brief episode in the oven, where it is literally "browned" in a deep, earthenware baking dish. The use of freshly-ground black pepper and the slow, thorough simmering of the onions in deep butter until they're brown and tender, also play a part in its fine shades of seasoning.

Boiled rice accompanies many Creole dishes and is the foundation of many others. To get the correct results, that is, rice of which every grain stands out separate and distinct, drop the rice after it has been washed, into rapidly boiling water and stir with a wooden spoon until the water boils again, to keep the rice from sticking to the pan. Then leave the rice boiling briskly for 20 minutes, drain, run cold water through it for half a minute and dry six minutes in the oven.

FRIED CHICKEN WITH ORANGE SAUCE

- One frying chicken.
- 2 teaspoons salt.
- 1/4 teaspoon pepper.
- 5 tablespoons shortening.

- 1 cup boiling water.
- 2 teaspoons onion juice.

Clean chicken, unjoint, it, rub with flour and seasoning and fry in hot skillet with shortening until brown. Add boiling water and onion juice; cover and cook slowly. When bird is tender, remove to warming oven.

To make Orange Sauce, add 2 cups hot water to remaining stock. Cook until smooth. Peel one medium-sized orange to get red outer skin. Sliver skin very finely and parboil 10 minutes. Drain, add orange slivers and 2 tablespoons lemon juice to sauce. Garnish with slices of orange.

CREOLE GREEN PEAS

- 3 cups shelled peas.
- 1 small white onion.
- 2 tablespoons butter.
- 1/2 teaspoon sugar.
- Salt.

Bring 1 pint of boiling water to a boil; add the onion and cook 5 minutes, then throw in the peas, which have been well washed and picked over; add butter and sugar and cook until the peas are tender and the water has evaporated, leaving only the butter. Add salt to taste five minutes before the peas are done, and, if the water cooks away before peas are tender, add a little more boiling water.

SOUTHERN SPOON BREAD

- 3/4 cup corn meal.
- 3 tablespoons melted butter.
- 1 teaspoon salt.
- 1 cup boiling water.
- 2 eggs, well beaten.
- 2 teaspoons baking powder.

Place corn meal, salt, and butter in bowl, add boiling water slowly, and beat until smooth. Add milk, and bake in a moderate oven (350 degrees) 40 to 50 minutes. Serve to be eaten with a spoon.

SHIPS LAND 9,000 TONS OF DATES IN ANNUAL RACE

More than \$2,000,000 worth of the world's finest dates were brought to this country this week, when the S. S. Kohistan and the S. S. Almena ended a 10,000 mile trek across five oceans in the 35th Annual Race of the Date ships from Basrah, Irak to the Port of New York. As soon as the cargo was landed the most choice dates of the new crop were pasteurized and packaged for shipped to all parts of the country, this city receiving its full share in plenty of time for Hallowe'en.

Founded on an ancient Arabian belief that the first of the new-crop dates give strength and courage to those who eat them, the Annual Date Race was inaugurated in 1899 as a contest to see who could land the new dates first. Every year since then the race has been run—across the Persian Gulf, Arabian Sea, Indian Ocean, the Mediterranean Sea and the Atlantic Ocean—the winner's silver trophy remaining a prize keenly sought by ships' captains.

STUFFED DATE SALAD

- (Recipe of a Well-Known Chef)
- 2 packages cream cheese or 1/2 pound cottage cheese.
- 2-3 package pasteurized dates.
- Pecan nutmeats.
- 1/2 cup French fruit dressing.
- Lettuce.

Stuff the dates with the cheese, which has been moistened to a cream with French dressing. Press a pecan nutmeat on each stuffed date. Arrange dates in a circle on

(Continued on Page 17)

Pleats Are In The Evening Mode



Pleats are very much in evidence this season. And one of the newer ways in which they are used are as edgings on formal gowns. An ensemble of Seraceta crepe uses tiny knife pleatings to edge the hem, split sleeves and Peter Pan collar. The jacket is in the new below-the-hip length, and the dress has just merely the suggestion of a train.

Why Liquid Laxatives Do You No Harm



The dose of a liquid laxative can be measured. The action can thus be regulated to suit individual need. It forms no habit; you need not take a "double dose" a day or two later. Nor will a mild liquid laxative irritate the kidneys.

The right liquid laxative will bring a more natural movement, and with no discomfort at the time, or afterward.

The wrong cathartic may often do more harm than good.

An approved liquid laxative (one which is most widely used for both adults and children) is Dr. Caldwell's Syrup Pepsin, a prescription. It is perfectly safe. Its laxative action is based on senna—a natural laxative. The bowels will not become dependent on this form of help, as they may do in the case of cathartics containing mineral drugs. Ask your druggist for Dr. Caldwell's Syrup Pepsin.