

Women's Page

from the KELVIN KITCHEN by Joan Adams

(Editor's Note: If you want advice on some phase of home-managing, you are invited to write your question to Joan Adams, in care of this newspaper, enclosing a self-addressed, stamped envelope. She will be glad to advise you promptly.)

A SAVORY DEVICE

Too often we confine the savory device of stuffing to roasts or fowl, when many other cuts of meat act equally as well upon the hidden promise of New England sage and bread crumb dressing. Certain inexpensive cuts of pork and veal are

especially complemented and enriched by a dressing, and a shoulder of lamb richly upholstered in well-seasoned bread crumbs is a company dish.

Probably early housewives stumbled upon the grand device of stuffing when they began to use the cavity in roasting fowls for baking some other dish that was to be served, for the sake of thrift. What a surprise for them, to discover that the flavors inside the roasting fowl has subtly and deliciously permeated the flesh of the bird!

Still speaking from our "planned economy" plank for November, we nominate bread dressing as the star politician of the meat course. Besides being an economical outlet for left-over bread crumbs, it is associated in a Ritzzy way with company and holiday dinners where stuffed goose and stuffed turkey are the piece de resistance.

One of the least expensive cuts of meat we can find is a breast of veal. Prepare this for dressing by cutting a deep slit in the meat, and stuffing it with pork sausage dressing. An allotted time of roasting will transform this under-prized meat into something almost as delectable and tender as roast chicken.

An economical flank steak is also given company airs with a pork sausage and bread crumb dressing, flavored with onion. Prepare the steak by pounding it until flat, then score it deeply and place the dressing on it. Roll and tie the meat so that when cut, it will be sliced across the grain. Brown the roll of meat in bacon drippings, simmer in a small amount of soup stock or water, or allow to bake slowly.

A mashed potato dressing is equally as good as bread crumb dressing for the next economy suggestion, stuffed baked spareribs. These are prepared in twos, skewered or sewed together as they are stuffed. The spareribs are cooked in a covered casserole in the oven.

A dish for the gods is stuffed heart, another is tenderloin of pork stuffed with apple and onion dressing. Chops are stuffed by splitting each chop along the bone with a knife to form a pocket and filling with a well-seasoned bread crumb dressing. A shoulder of lamb, pork or veal is stuffed where the bone is removed and then sewed together.

Pork steaks may be stuffed by laying two steaks together in the roaster with the dressing simply laid between. A slice of smoked ham or a rolled roast may be stuffed by spreading the meat well with dressing before rolling and tying it for roasting.

These dishes are rich and heavy, and the courses that precede and follow them at a meal should be light to assure digestibility. Bran muffins and a light prune whip for dessert are to be recommended with a rich, fat roast and highly seasoned dressing.

PORK CHOPS WITH APPLE STUFFING

4 double pork chops, cut 1 inch thick.

1 cup apple, diced.
2 cups bread crumbs.
1 egg.
1 cup water.
Salt and pepper.
Cut pork chops through the middle to form a pocket. Season inside and out with salt and pepper. Fill pocket with sliced apple and fasten with toothpicks. Add 1 tablespoon water to egg and beat in slightly. Roll stuffed chops in egg, then in crumbs, and repeat. Brown on both sides in hot fat. When nicely browned, add 1 cup water, cover and finish cooking in a moderate oven (350 degrees F.) It will require about forty-five minutes. Garnish with apple rings to serve.

STUFFED BREAST OF VEAL

One breast of veal.
1 cup water.
1 1/2 teaspoons salt.
3 tablespoons flour.
1/4 teaspoon pepper.
4 tablespoons butter or bacon drippings.

Have pocket cut in breast of veal. Wipe with a clean damp cloth and stuff with the Tricky Dressing. Tie or skewer into shape. Spread with the fat, then sprinkle with seasoning and flour. Place on a trivet in a roaster and sear 20 minutes in a hot oven (500 degrees F.). Add 1 cup water. Reduce the heat to 300 degrees F. Cover roaster and cook slowly, allowing 25 minutes to the pound.

TRICKY STUFFING

3 eggs.
6 carrots.
3 apples.
1/2 cup peanuts.
1 teaspoon salt.
3 cups prepared bran flakes.
Pepper.
Beat eggs light. Add grated carrots, peanuts, chopped bran flakes, salt and pepper.

It is said that some of the PWA plans will require over a century to work out. Part of the plan visualizes the planting of walnut trees which will not mature for 120 years. This, of course, would assure an ample supply of nuts for the year 2054, but if the present rate of increase in the supply of nuts keeps up, there won't be anything else but, by that time.

Somehow or other we have a hunch that the fellow who is going to need the most relief during the next few years and get the least of it is the taxpayer.

"AN HE SHALL HAVE ABUNDANCE"

"Stork to visit Dionne family again."—Headline. To him that hath shall be given.—Detroit News.

Las Vegas Lodge No. 1468 B. P. O. E.

Meets every Thursday evening at 7:30 Club rooms open from 11:00 A. M. to 12 P. M. Visiting brothers cordially welcomed.

A. G. BLAD, Exalted Ruler.
PA GALLAGHER, Secretary.

Vegas Lodge No. 32 F. & A. M.

Stated Communications first Monday. Visiting Brothers welcome
K. O. KNUDSON, W. M.
CLAUDE HAFF, Secretary.

When you read that "dainty refreshments were served" you know the men went hungry.
—Bellville Telescope.

Usually the one idea man is a fellow who doesn't have the capacity for more than one idea.

It's too bad that most candidates can't be compelled to make good on their campaign promises before they are elected.

The automobile engineers invented knee action wheels so it would be easier to drive in and out of depressions, but we have not noticed any difference yet, so far as the big depression is concerned.

One relief program which would be popular with millions of baseball fans would be to send all of last year's umpires to CCC camps next summer.

TUNICS HERE AGAIN



You can't keep a good fashion down. Tunics are with us again and are smarter than ever. This knitted tunic frock of cloisonne, a Crown Rayon knit, which looks as though it were iridescent, boasts of many new style points. The slightly draped neck-line caught at each side with huge jeweled clips, the raglan shoulder line and the full sleeves make this a distinguished daytime costume for women of all ages.

YOUR CHILD AND THE SCHOOL
By Dr. ALLEN G. IRELAND
Director, Physical and Health Education
New Jersey State Department of Public Instruction

Is Your Child Comfortable?

Seating at school is important because of its relation to comfort, and comfort in turn is related to one's working efficiency and application.



Somehow, this simple relationship is overlooked too often. But let the adult at home plan to enjoy an hour of reading, and he takes great pains to insure comfort. He doesn't partake of his novel or newspaper with a ridge here and a projection there pressing against bones, blood vessels, nerves and muscles. The little discomforts of the straight back wooden chair soon make themselves felt. They make concentration difficult, and they give us the "fidgets."

So let's be a little thoughtful of the child at school, and let's remember that discomfort and good work, rather, one's best work, don't go together. The feet shouldn't dangle off the floor, since that means that the front edge of the chair is pressing hard against the back of the thigh. Nor should the seat be so low that the knees are hunched up in front. Instead, the feet should rest flat on the floor and the thighs should rest evenly on the seat. The desk should be neither too close nor too far to the pupil. In both instances, unnatural, uncomfortable postures result.

The near edge of the desk should overlap the front edge of the seat about an inch or two. The height of the desk should permit the forearms to rest on the desk without either a hunching or a slouching of the shoulders. The child should appear to be comfortable, assuming a slight forward incline.

Next week Dr. Ireland will write about "Concentrated Sunshine."