



# from the KELVIN KITCHEN by Joan Adams

(Editor's Note: If you have any questions on Christmas preparations, recipes, gift-baskets or entertaining, please write to Joan Adams, in care of this newspaper, enclosing a stamped self-addressed envelope. She will answer you promptly.)

## CHRISTMAS BAKING AND PUDDING-MAKING

As rich in tradition as their own crumbs are Christmas fruit cake and English plum pudding. How well-provided, at Christmas-time, seems the household that has the one for serving guests who drop in, and the other to crown the Christmas family dinner. Perhaps you have made your Christmas fruit-cake already, planning to allow a full four or six weeks' time for perfect mellowing. The English pride was to make holiday cakes and pudding the year before, and serve them crumbling with richness and fragrant after long repression in a tightly covered jar.

Since Dickens' day, when Christmas puddings were tied in a bag "with tender solicitude" and boiled for a week, our puddings have lost much of their steam and fuss. English plum pudding is still tied in a heavily floured square of unbleached muslin for steaming, but the cooking time even by this truly English process last only five hours or so. Two or four hours' steaming is sufficient for many other puddings, such as suet and carrot, and also, they may be made the day before Christmas and served without aging. Plum pudding still calls for as many days' mellowing as time affords, preferably a week or two.

A greased mold with tight-fitting cover is ideal equipment for steaming puddings, or a covered coffee can or similar container will do. Of course it is possible also to buy puddings already made and to steam them in the containers in which they are bought. Set the mold on a rack or trivet in a covered kettle for steaming, so that the steam will get around it on all sides and from the bottom. A rack can be improvised with a pie-tin which has been punctured full of holes to admit steam. The water should be boiling when the pudding is put in the kettle. Boiling water should be used when it is necessary to add water, so that the steam bath will be constant. After steaming, the pudding may be left in the mold and stored in a cool place, or wrapped in waxed or cellulose paper and placed in a covered dish. Return the large pudding to the mold or bag for restearing before serving. Smaller puddings can be reheated in a double boiler.

Lighting the Christmas pudding, a custom from "merrie England," is said to add to the flavor of the dish. Any spiritous sauce that is used, such as rum or brandy, if touched with a match, will surround the handsome dish with bluish flame.

We have some splendid recipes for the holidays in Kelvin Kitchen which space does not permit us to give you. Just write to us at Kelvin Kitchen and we will send you the recipes you would like.

### WHITE FRUIT CAKE

- 1 pound white raisins (3 cups.)
- 1/2 pound candied cherries (2 cups chopped.)
- 1/2 pound candied pineapple (1 1/2 cups chopped.)
- 1/4 pound candied citron (1 cup chopped.)
- 1/4 pound orange peel (1 cup chopped.)
- 1/4 pound cocoanut (1 1/2 cups chopped.)
- 2 cups chopped blanched almonds.
- 2 1/2 cups flour.
- 1 teaspoon baking powder.
- 1 teaspoon salt.
- 1 cup butter.
- 1 cup sugar.
- 3 eggs.
- 1 cup fruit juice.

Wash raisins dry, combine with remaining fruit and nut meats. Sift flour and measure and sift twice with baking powder and salt. Cream butter and gradually add sugar and continue creaming. Add well-beaten egg yolks. Alternately add the flour mixture and fruit juice. Add the fruits and nut meats and then fold in the stiffly beaten egg whites. Pour into two buttered loaf pans which have been lined with unglazed paper and buttered again. Bake at 300 degrees for 2 hours. Wine may be used in place of fruit juice.

### ENGLISH PLUM PUDDING

- 1/2 pound raisins.
- 1/4 pound currants.
- 1/4 pound candied orange peel.
- 3/4 pound suet.
- 1 1/4 cup sugar.
- 1 teaspoon nutmeg.
- 1 teaspoon mace.
- 1 1/2 cup flour.
- 1/2 pound stale bread.
- 1 cup molasses.
- 2 teaspoons salt.
- 6 eggs.

Chop suet and orange peel finely, add raisins, currants, sugar, molasses and bread crumbs. Work all these ingredients together thoroughly before adding the flour and spices. Finally, mix in six well-beaten eggs. When the mixture has been well blended, put it into a thickly floured square of unbleached muslin tie up muslin so that there is space enough to allow the pudding to rise. Put the pudding in a kettle of boiling water, and do not let kettle stop boiling during the entire steaming, which takes 5 hours. Serves 12. This pudding may be served directly after steaming, if desired.

**LEMON HARD SAUCE:** 1/2 cup butter, 2 cups powdered sugar, 1 1/2 tablespoons lemon juice, 2 tablespoons lemon rind. Cream butter until light and fluffy, gradually add sugar and continue creaming. Add lemon juice and grated rind. Use the other grated rind for garnish.

### PICK BEST CUT FOR PURPOSE

How to choose the best cut of meat for the purpose is a problem which confronts not only the new home-maker, but also the one who wants to enlarge her repertoire of meat dishes.

The first step, according to Inez S. Willson, home economists, is the choice of a kind of meat dish. Shall it be a steak or a stew? And sometimes this choice is governed by the sizes of the food budget. The less-demanded cuts are in most cases cooked by moist heat—that is, by

braising, stewing or cooking in water—while those in greater demand are the ones cooked by dry heat as in roasting or broiling.

Below are listed cuts of meat which are suitable for the different methods of cooking. You will find this convenient shopping guide when buying meat. Why not cut this list out and paste it in the front of your most used cook book for ready reference?

### Roasting

(Cooking uncovered in a moderate oven, 350 degrees until done.)

**Beef:** Standing rib, rolled rib, tenderloin and sirloin.

**Lamb:** Leg, rib, loin, shoulder, breast.

**Pork:** Loin, ham, shoulder, spare ribs.

**Veal:** Leg, shoulder, loin.

### Broiling or Parbroiling

(Cooking in broiler oven or hot skillet without adding fat.)

**Beef:** Porterhouse, sirloin, or club steaks.

**Lamb:** Rib, loin or shoulder chops.

**Pork:** Tenderloin.

### Braising

(Brown in hot fat, then cooking slowly in small amount of liquid in a covered utensil.)

**Beef:** Chunk steaks or pot-roast, rump pot roast, flank steak, round steak, heel of round pot-roast.

**Lamb:** Shoulder, neck, breast.

**Pork:** Shoulder, shank.

### Cooking in Water

(Commonly called "boiling," but really cooked in a large quantity of

water at a simmering temperature.)  
**Beef:** Plate, brisket, shank, short ribs, corned beef.  
**Lamb:** Shoulder, leg.  
**Pork:** Ham, shoulder.

## YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND  
Director, Physical and Health Education  
New Jersey State Department of Public Instruction

### Basketball

A good game to play and a great game to watch, but what strenuous activity it can be! Indeed, some coaches regard it as the most strenuous of our popular sports.

Disregarding that point, we do know that it is full of possibilities for strain, particularly upon the heart. Fortunately, most boys and girls playing basketball are under adult supervision or we would see far more damage than is actually the case. And fortunately too, the practice of requiring medical examinations of all team candidates is becoming quite general.

If this is not the case in your community, and you happen to be the father or mother of a growing boy or girl, I urge you to give some thought to the situation. Discuss it with your family physician and with the school principal. Lest you get the wrong idea, may I emphasize that it isn't the game that is at fault nor would I have it discontinued anywhere. The points to consider are these: the child, his health, strength, fitness, heart condition; the frequency of playing; the length of the game or practice period; and the size and abilities of the other players.

In other words, we should always be sure that the game is suitable to the individual child, and that it isn't overdone. We must be sure, too, that correct diet and ample sleep are accompaniments of any strenuous sport.

*The value of fresh milk as a healthful food, and how a problem concerning it was met in one community, will be the subject of Dr. Ireland's next article.*

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## ALMANAC



"If you want the kernel then you must crack the nut."

### DECEMBER

- 21 - Illinois, 21st state, admitted to Union. 1818
- 4 - Henry Ford's Peace Mission Ship sails. 1915
- 5 - California declares independence of Mexico. 1836
- 6 - The Irish Free State is established. 1921
- 7 - Delaware is first state to sign Constitution. 1787
- 8 - Washington retreats, across Delaware river. 1776
- 9 - Jerusalem surrenders to British Allenby. 1917

Not a shot was fired!

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