

# Let's Eat

BY

IDA BAILEY ALLEN

## TOMORROW'S DINNER

Beet-Cucumber-Tomato  
Saladettes with  
Chiffonade Dressing  
Broiled Beef Steak  
(Tenderized) Au Jus  
Glazed Rutabaga  
Potato Croquettes  
or French Fries  
Mincemeat Apple Torte  
or Red Apples  
Cheese and Crackers  
Coffee Tea Milk

### GLAZED RUTABAGA

1½ lbs. rutabaga  
½ tsp. salt  
¼ tsp. cinnamon  
1 tsp. sugar  
3 c. beef broth or bouillon  
¼ c. melted butter or margarine

Peel rutabaga; cut in thin crosswise slices, then in quarters.

Bring broth to boil; add seasonings, sugar and rutabaga. Boil 30 min. Drain.

Brush with melted butter; glaze 15 min. or until lightly browned in mod. oven, 375 deg.F.

### MINCEMEAT APPLE TORTE

½ c. room-soft shortening  
½ c. brown sugar  
½ tsp. salt  
1 c. sifted flour  
1 tsp. baking powder  
1 c. uncooked rolled oats  
1¾ c. prepared mincemeat  
1¾ c. fine-chopped unpeeled tart apple.

Cream together shortening, sugar and salt. With fork work in flour, baking powder and rolled oats, making coarse, sticky crumb mixture.

Pack half into buttered 9" pie plate that can go-to-table. Stir together mincemeat and apple. Spread in pie plate. Cover lightly with remaining prepared crumb mixture.

Bake 35 min. in mod. oven, 350-375 degrees F. or until lightly browned.

Serve warm with hard sauce, whipped cream or pitcher cream.

recipes for 6

### POTATO CROQUETTES

3 c. hot mashed potato  
tato  
1 egg yolk  
1/16 tsp. cayenne  
1/16 tsp. nutmeg  
1 tbsp. minced parsley  
1st. onion juice  
Egg-wash (follows)  
1½ c. fine dry bread crumbs  
Vegetable oil for deep frying

Combine first 6 ingredients; beat thoroughly. Shape into balls containing 1 tbsp. each. Chill.

Roll in egg-wash, then roll lightly in crumbs. Let stand 10 min. to set coating.

Fry in deep fat hot enough to brown a bit of bread in 40 sec., 375 degrees F. Drain on crumpled paper towels.

Makes 8 to 12.

Egg-Wash: Slightly beat 1 egg; stir in ½ cup milk.

Measurements level; recipes for 6

### NEW ENGLAND CLAM CHOWDER

3 tbsp. cubed fat salt pork  
2 peeled medium onions  
1 qt. boiling water or fish stock  
1 qt. shucked clams  
1 pt. thin-sliced potatoes  
1 tsp. salt  
¼ tsp. pepper  
1 tbsp. butter  
1 tbsp. flour  
1 pt. milk

Fry out fat from salt pork in 2-qt. kettle. Add onions, saute gently 3 min. Add water, clams, potatoes and seasonings. Cover, simmer 1 hr.

Blend butter and flour. Add a little of hot clam chowder and stir smooth. Return to cooking clam chowder and slowly bring to boil. Stir in milk.

Simmer-cook 5 min.

Serve in soup plates or bowls.

### LOBSTER NEWBURG

¼ c. butter  
3 heaping c. diced cooked lobster meat  
1 tbsp. cornstarch  
¾ c. milk  
¾ c. cream  
3 egg yolks  
1 tsp. salt  
⅛ tsp. cayenne  
1 tsp. lemon juice  
2 tbsp. dry sherry or ½ tbsp. sherry flavoring  
Decrusted white bread toast

Melt butter. Add lobster, Slow saute 5 min. stirring continuously. Dust in cornstarch; stir-cook 1 min.

Next add ½ c. each of milk and cream. Stir-cook until boiling. Place over hot water (double-boiler or chafing dish).

Slightly beat egg yolks with remaining milk and cream. Stir into cooking lobster. Cook-stir 3 min.

Stir in seasonings, lemon juice and sherry.

Serve on toast.

## HELPFUL HINTS



When washing a car outdoors, choose a shady spot and use only cool or lukewarm water. This is because the finish should be lathered up only when the metal is cool.



To season cast ironware and keep it from rusting, rub with mineral oil and unsalted fat, and let bake in a slow oven for several hours. If it must be scrubbed hard, re-season to close pores.

## Fur, Fin and Campfire

By BILL BERO

### INTERESTING ITEMS about our outdoor wildlife...



BOBCATS HAVE LESS SCENT THAN A LION AND OTHER BIG CATS AND TRAVEL IN THE EVENING AND EARLY MORNING TWILIGHTS.



PORCUPINES CANNOT "SHOOT" THEIR QUILLS, AS IS POPULARLY BELIEVED.



THE MOOSE, LARGEST OF ALL DEER, FEED ON WATER PLANTS AND SOMETIMES SUBMERGE COMPLETELY FOR THIS FOOD.



THE OPPOSSUM FEEDS ON BIRDS, INSECTS AND FRUIT.

### THE WOOD DUCK.

MOST BEAUTIFUL, AND THE MOST GENTLE, OF ALL AMERICAN WILD FOWL ARE THE WOOD-DUCKS, SMALLER THAN MALLARDS, WITH HEADS CRESTED AND THE BILLS SHORT.



IN FLIGHT THEY HOLD THEIR HEADS HIGH, FLIGHT IS DIRECT. THEY PREFER THE FLOODED WOODLANDS, AND HABITUALLY CAN BE FOUND PERCHED IN TREES. THEY BREED FROM NOVA SCOTIA TO MANITOBA. THE WOOD DUCK IS A SUMMER RESIDENT IN NEARLY EVERY STATE.

WOOD DUCKS FEED ON VEGETABLE MATTER, SUCH AS — WATER LILY SEEDS, CYPRESS CONES, GRASSES, PONDWEEDS, ACORNS AND BERRIES.

SOME STATES HAVE A BAN ON SHOOTING THIS SPECIES. CHECK THE LAWS FIRST. THE WOOD DUCKS NEST IN THE HOLES OF TREES, USUALLY SOME DISTANCE FROM THE WATER.

