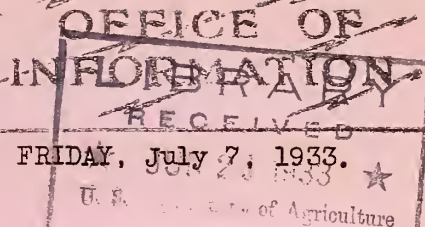


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

Radio Service



HOUSEKEEPERS' CHAT

(FOR BROADCAST USE ONLY)

Subject: "Sunday Dinner Prepared in Advance." Information from the Bureau of Home Economics, U.S.D.A.

--o--

The early bird gets many rewards besides the worm. The housekeeper who is an early bird gets comfort on hot summer days. She is up preparing the day's meals in the cool of the morning before the sun is high. Her friend the refrigerator stands by ready to receive all the dishes she prepares and to care for them until they're needed at lunch or dinner time. With everything ready for noon and evening meals, except the short last-minute fixings, the household early bird can fly out of the kitchen and spend the heat of the day in comfort on the porch in the breeze or out in a comfortable chair under the trees. Once she has this scheme of work in hand, she'll carry it a step farther and prepare her Sunday dinner in the cool of Saturday morning. Far too many women spend their so-called "day of rest" in a hot kitchen slaving away to serve their families the traditional big hot Sunday noon dinner. In winter this is bad enough, but in summer--well, we ought to have a law against it for the sake of American womanhood. If you have an ample refrigerator, you have no excuse for Sunday drudgery in the heat. You can prepare all the Sunday food the day before and keep it safe and cold until the last minute on Sunday noon.

Saturday morning you can mix up your salad dressing and put it away in a covered jar or bottle in the refrigerator. Most wise housewives who feature salads frequently in their menus make up a week's supply of dressing at a time, whether it's French dressing or mayonnaise. Flavor develops in dressing and in many other foods as they stand in the cold. Saturday morning you can wash your salad greens and set them to crisp in a covered ventilated container. This is the time also to wash and prepare relish vegetables like radishes and any other raw vegetables. Keep them in covered containers also. Tomatoes are better if you don't skim them until the last minute. But you can loosen their skins by dipping them in hot water and then set them away on a plate in the cold just for overnight. Saturday morning is the time you can cook your meat for serving cold on Sunday. And it's the time to bake a cake or pie or to make a gelatin dessert. If you're planning to have baking powder biscuits on Sunday, make the dough on Saturday morning, wrap it in waxed paper so it won't dry out, and set it in the refrigerator.

Let's see. This is Friday. Let's sit down right now and plan an early-bird dinner for the family on Sunday. How about having cold sliced chicken on Sunday? You can roast your chicken the day before in the morning. With the chicken serve glazed sweet potatoes. You can cook, peel, and cut these up the day before. Nothing to do but brown them in the frying pan on Sunday. Then let's have creamed green cabbage. You can chop the cabbage and put it away to crisp in a covered dish in the refrigerator. On Sunday noon you can cook it in milk just five minutes and then add a little flour and butter for thickening and seasoning. Salt and perhaps paprika to season.

A salad bowl of mixed garden vegetables makes an easy and delicious last-minute salad, excellent for a quick Sunday dinner. You'll have crisp lettuce, radishes, tomatoes, cucumbers and perhaps some strips of raw carrot ready and waiting on the refrigerator shelf. All you have to do is to get them out, skin and

slice the tomatoes and cucumbers and tumble everything together in the big bowl. Add the French dressing at the table. For dessert, have one of those refreshing gelatin puddings, if you like. A lime sponge--lime jelly whipped and then put in molds, makes an attractive and cooling Sunday dessert with chilled custard sauce. Or you might have a big white layer cake with lime filling. Bake that cake on Saturday morning.

Once more, let's go over that Sunday dinner prepared in advance. Cold sliced chicken; Glazed sweetpotatoes; Creamed green cabbage; Garden salad bowl; Lime sponge or layer cake with lime filling.

Here's the recipe for lime filling for your layer cake. Seven ingredients.

1 cup sugar	2 eggs
2 1/2 tablespoons flour	Grated rind of 1 large lime, and
1/8 teaspoon salt	1 tablespoon butter
1/4 cup lime juice	

I'll go over those ingredients again. (Repeat.)

Mix the sugar, flour, and salt thoroughly. Add the lime juice. Cook in a double boiler for 5 minutes or until there is no starch **taste**. Beat the eggs. Stir the sugar mixture slowly into them. Return to the double boiler. Cook until thickened. Add the rind and the butter. When cold, use as filling for layer cake.

By the way, some other convenient supplies to keep in the refrigerator this season are: sugar syrup for sweetening cold drinks, chocolate syrup, and a roll of ice-box cookie dough in waxed paper.

Most foods keep best if covered in the refrigerator. This keeps them from drying out and prevents any unfortunate exchange of odors or flavors. The covered refrigerator dishes are handy for this reason. Any bowls or other container you can cover with heavy waxed paper. Be careful not to crowd the shelves since ventilation is necessary for proper cooling.

Monday: "Low-Cost Meals Cooked Outdoors."

