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HOUSEKEEPERS' CHAT

Friday, August 18, 1933.

(FOR BROADCAST USE ONLY)

Subject: "An Outdoor Sunday Dinner". Information from the Bureau of Home Economics, U. S. D. A.

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If you have two good-sized pails with tight covers and an old-fashioned covered market basket and some newspapers, you're all ready to take your Sunday dinner outdoors to the woods or the beach and serve it in perfect condition.

All year long you and I have been planning regular conventional Sunday dinners to serve at home in the dining room. But this is picnic season. This is the month to spend all possible time outdoors. Why not make the most of it? Why not eat Sunday dinners outdoors when the weather allows?

Do I hear somebody objecting? "But my family isn't satisfied with just a cold salad-and-sandwich lunch on Sunday. They're used to a hearty hot dinner-- hot meat, vegetables and perhaps ice cream or pie for dessert. A cold picnic lunch may do for some people but not for us."

Who said anything about a cold picnic lunch? Not I. I'm suggesting dinner outdoors, a real dinner with a sizzling hot meat dish and a frozen dessert and all the fixings in between just as you like it. And I'm suggesting that all you need to pack up and go with such a dinner is two covered pails-- one for the hot food and one for the cold; newspapers to wrap these dishes in to keep them hot or cold; and a covered basket for utensils and extras.

Some people who go in for real camping like to cook a whole meal over the open fire. But most of us find it easier to get the meal ready on our stoves in our own kitchens and then just pack it up and carry it to the picnic spot. This is the way to have an easy and satisfying Sunday dinner outdoors, especially if you have a car to carry baskets and pails.

Now about the main dish for dinner. You have for your choice of hot main dishes all the many delicious kettle and casserole combinations--thick meat and vegetable stews; pot roast; chicken fricassee; chicken or beef and ham gumbo; curry; chop suey; spaghetti, rice or noodle combinations; meat and vegetable casseroles; creamed meats and fish. Besides these meat dishes you have a choice of hot vegetable combinations- like succotash, tomatoes and corn, and so on. The Recipe Lady especially recommends a combination of stewed chicken, spaghetti and mushrooms, with cheese sprinkled over the top just before serving.

Now about packing up this hot dish. Take the tightly covered casserole or kettle with its contents still bubbling hot and set it in the middle of a big sheaf of newspapers. Fold the papers around it as tightly and neatly as if it were a parcel-post package. Then tie it up securely with twine. Pad

the bottom of the pail with a thick square of folded newspapers and set the hot-dish package in it. Fill in the chinks with more newspapers as tightly as possible. Ram down the lid to the pail and you're off. This improvised fireless cooker will deliver up your casserole or pot of stew an hour or so later still piping hot. For safety's sake do not keep these dishes warm for longer than this, unless you boil them again later over the campfire. If you keep cooked dishes of this kind closed up for several hours, dangerous bacteria may develop, even though the food may not show signs of spoilage.

Now in the second pail you can carry a bowl of salad on a flat-topped chunk of ice. You can tuck in the bottle of cream for the coffee, -also a jar of small fruits or relishes to chill; as well as a frozen dessert if you like. Pack newspapers thick around everything to keep in the cold.

As we've mentioned before, these newspapers not only make good insulation to keep food cold or hot, but they are also useful to start the campfire, if you wish to heat up the food, or to clean off the plates after the meal.

Before we mention our outdoor Sunday dinner menu, perhaps we ought to say something about the picnic basket-- that big, covered, market basket with the sturdy handles. If you are in the habit of eating meals outdoors, you'll find it a great convenience to keep this basket always equipped and ready for the picnic. Put inside its own sharp knife and long-handled fork, table knives, forks and spoons, can opener, bottle openers, salt and pepper shakers, screw top jars, cups, plates, and so on. The cheapest utensils will do but always keep them ready in the basket. As for plates and cups, any will do, but enamelware or the new colorful composition cups and plates are especially suitable. They're light, unbreakable, inexpensive, and don't hold heat like tin cups. Large picnic plates with divisions make it easy to serve hot and cold food on the same plate.

Here's a picnic dinner planned for Sunday outdoors. The hot dish is the chicken--spaghetti--mushroom--cheese combination. Then crisp raw carrot sticks; Sliced tomatoes carried in a screw-top jar; buttered crusty rolls; Chilled watermelon or other chilled fresh fruit; Cup cakes or cookies; Coffee or a fruit drink.

Now the recipe for the chicken--spaghetti--mushroom mixture. This is a long recipe. Thirteen ingredients and plenty of directions. But I promise you that this dish is so good that you'll be glad you made the effort to take all the recipe down. First, those thirteen ingredients:

A fowl weighing 3 to 4 pounds	1-1/2 teaspoons of salt
Chicken broth	2 teaspoons of onion juice
1/4 pound of spaghetti	2 to 4 tablespoons of Parmesan
1 cup of sliced mushrooms	cheese
1 cup of chopped celery	Flour
1 cup of milk	Chicken fat, and
2 egg yolks	4 drops of tabasco sauce

Once more. (Repeat).

Wash the fowl well and disjoint it. Simmer it until tender in just enough water to cover. Add 1/2 teaspoon of salt when half cooked, and let it

cool in the broth. Now drain the chicken. Cut it into small pieces, discarding the skin. Remove the fat from the broth, measure the broth and put broth into a double boiler. For each cup of broth, blend 2 tablespoons of flour with 2 tablespoons of the chicken fat, and stir into the broth. When thickened add the celery, mushrooms, salt, and chicken. Beat the yolks of the eggs. Mix with the milk and cheese, and stir into the chicken mixture. In the meantime cook the spaghetti for 20 minutes in 2 quarts of lightly salted boiling water. Drain the cooked spaghetti and fold into the chicken mixture. Add the tabasco. Put in a tight kettle, pack the kettle in newspapers and carry it to your Sunday picnic.

Monday: "Using Your Garden Corn."

