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HOUSEKEEPERS' CHAT

Monday, May 16, 1932

(NOT FOR PUBLICATION)

Subject: "Saving Day Suggestions." Information approved by the Bureau of Home Economics, U. S. D. A.

Bulletin available: "Cooking Cured Pork," Leaflet 81.

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Speaking of thrift and economy, as we always do on Monday, did you ever hear the saying that a French family can live on what most American families throw into the garbage pail? There's something worth thinking about. The French housewife learned the art of kitchen economy long ago and is still practicing it. Her skill in making use of every scrap, of turning odds and ends into delicious dishes, comes as a result of her interest and her enthusiasm for excellent food that costs very little. I remember seeing an old French woman take a little onion, some celery leaves and some meat bones and make them into the best broth I ever tasted. The French housewife depends a great deal on seasoning to give her left-over dishes variety and interest. The art of skillful seasoning is something that many of us American housewives haven't spent enough thought on. We're likely to be careless when we put in the mustard, or the paprika or the celery salt. Every dash of seasoning should go in only with care and thought.

Speaking of left-overs, somebody inquired the other day how to use up jelly after it had been served once on the table and looked too untidy to use again. There are lots of ways to use left-over jelly. You can melt the jelly and use it to flavor and color pudding sauces, fruit cup, fruit drinks, etc. Then there are the jelly sandwiches for the children or for afternoon tea or for the family picnics. Just the place to use left-over bits of jelly. Bright colored bits of jelly make attractive garnishes for puddings, custards and so on.

Let's leave the kitchen now and consider little ways to save our wardrobes.

First, I'd like to remind you that a light, clean, well-ventilated closet equipped with plenty of hangers and dress covers helps summer clothes to stay fresh and last longer and it also helps prevent destruction by moths.

Here's an item about stockings. A friend of mine always buys two or three pairs of hose all of the same color at the same time. Then when one stocking wears out or needs repairs a matched pair is still available. Of course, the life of silk hose, as of other silk articles, depends largely on the way they are treated. Wash them if possible after every wearing since



perspiration damages the silk fibre. And when you wash them be sure the water is warm and not hot, that the soap is mild, and that you treat them gently in the process. Squeeze the dirt out but don't rub the stockings and don't wring them dry. And wash them in soap suds instead of applying soap directly to the fabric. Be sure to rinse the stockings well. Use two rinse waters at least. Runs are often started by catching a thread with a sharp ring or even by a rough fingernail -- little points, but well worth considering if you care to save your stockings.

Here are two ingenious ways of using old whisk brooms. One of my friends tells me that an old but clean whisk broom makes an ideal utensil for sprinkling clothes. She dips it in the water and shakes moisture on the clothes from it. Another way to use an old whisk broom is to cut off the worn ends and use it for a sink brush. It makes a very sturdy efficient one.

Here are a few economy hints for the kitchen that I've been saving up to tell you.

You'd be surprised how often paper in the kitchen saves food, saves time and saves disorder. For example, when you are grinding dry bread in the meat grinder, a paper bag will come in handy. Slip it over the mouth of the food grinder and it will keep the crumbs from scattering. Another time when you will find paper useful is when you are whipping cream in an open bowl. Slip a sheet of paper with a hole in the center over the egg beater and it will keep the cream from splashing as you beat.

Here's a point about saving gas or electricity or any other cooking fuel. Some people have an idea that the harder the water boils the sooner the food will be cooked. That's a mistake. The water that is boiling furiously is no hotter than that that is boiling gently. So, after the pot once starts to boil, turn down the fire and save fuel. The water will continue boiling with less heat under it.

If you are planning to paint or retint the walls or woodwork in your house this spring, here's an idea worth considering. Think of your electric light bills before you choose your color. Unless your walls are good reflectors of light and your lights well placed, you will not get your money's worth from electric light. Light walls cut down the electric light bill by reflecting back into the room a large proportion of the light which reaches them, while dark walls absorb the light and boost electric bills. So you see it's really costly to paint the kitchen a dark color, even if the dark color doesn't show dirt easily. It's cheaper to paint the walls a light tint which can be washed and easily refinished. Semi-gloss paint is satisfactory for kitchen walls, for it does not cause a glare which may be hard on the eyes.

There now. That's all the economy items I have time for today. More next Monday.

The inexpensive family dinner menu I have for you today features a pan-broiled ham slice, served with fried pineapple slices and mashed potatoes and milk gravy. But wait. I'll go back and give you the menu in its proper order and more slowly. Pan-broiled ham slice; Fried pineapple slices; Mashed potatoes and milk gravy; Spinach or some other green vegetables; Cornbread sticks; and Lemon pie.



You'll find the recipe for pan-broiling a slice of ham in your cured pork leaflet. This is called "Cooking Cured Pork" and if you want to order it by number write us for Leaflet No. 81.

The fried pineapple is prepared in a separate pan with some of the ham drippings. The milk gravy is also made with ham drippings.

As for the lemon pie, well, how would you like a recipe for perfect lemon pie?

I have just such a recipe right here. Nine ingredients. Are you ready to jot them down?

4 tablespoons of cornstarch  
1 cup of sugar  
1/4 teaspoon of salt  
1 and 1/2 cups of cold water.  
4 tablespoons of lemon juice  
1/2 lemon rind grated  
1 tablespoon of butter  
3 eggs, and  
pastry

I'll repeat that list. (Repeat.)

Here's the way you make the pie. Mix the cornstarch, sugar, and salt in the upper part of the double boiler. Add the water, stir and cook over direct heat until thickened. Now place the pan again over the hot water, cover, and cook for 15 minutes. Beat the egg yolks, pour into them a small quantity of the hot mixture, and return to the double boiler. Cook for a few minutes and add the butter and the lemon juice and the rind. Beat and pour into a baked pie crust and let stand for a few minutes. Make a meringue from the beaten egg whites, 6 tablespoons of sugar, a few grains of salt and a few drops of vanilla. Spread this meringue over the top of the filling right out to the edge of the crust and bake in a very moderate oven (325 degrees F.) for 15 to 20 minutes, or until lightly browned. Serve cold so that the filling has time to set.

What shall we talk about tomorrow? How would you like to discuss the right equipment for summer canning? Bring a pencil and we'll make a list of just what utensils the up-to-date home canner will need this summer.

