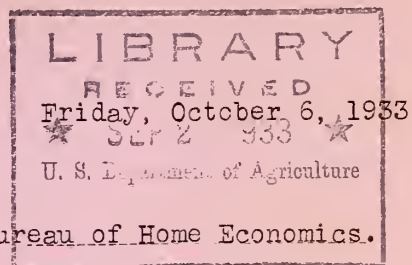


HOUSEKEEPERS' CHAT

(FOR BROADCAST USE ONLY)

SUBJECT: "Breads for Fall Meals." Information from the Bureau of Home Economics.
U.S.D.A.



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No thrifty housewife needs to be told that the grain foods are some of our best and cheapest foods. This is a fact known from very early times. The oriental peoples learned it ages ago when rice became one of their stand-by foods. And way back in Bible times men referred to bread as the staff of life.

So any woman who is planning a low-cost but nourishing diet for her family will naturally depend on bread and other cereal foods as large items on the three meals a day. But even a good sturdy food like bread can become uninteresting when it appears on the table at each meal, day after day, always looking and tasting the same. Variety is what adds interest to life--and to meals. Variety in breads will do a lot toward making thrifty meals appetizing, especially in winter.

If you have a good collection of different bread recipes in your cookbook or recipe file, you'll find them very helpful in adding interest to low-cost meals. In your collection I hope you will have both yeast breads and quick breads. Think of some of the possibilities for variety in bread recipes--plain white bread, whole wheat bread, oatmeal bread, corn bread, rye bread, rice bread and many others from different kinds of flour. Then you can vary these plain bread recipes in many different ways. You can add dates or raisins, you can add orange flavoring, you can add nuts--and so on. As for the variations with the quick breads--But I'm getting ahead of my story. We'll discuss some of the good quick breads in just a moment. Just now I'll answer a question.

What about the food value of different kinds of bread? Of course, any bread made with milk is much more nutritious than bread made with water. And breads made with both milk and eggs naturally have a still higher food value. Some bakers' bread is milk bread. In time probably most of it will contain milk if we purchasers keep asking for it. Fresh milk, sour milk, evaporated milk or dried milk have about the same food value and are equally good for bread-making. The food value of breads differs also with the kind of flour used. Dark flours such as whole-wheat flour, bran flour, whole-ground cornmeal or oatmeal contain very valuable substances which are removed in the process of milling. The dark breads as well as the milk breads contain some of the protective values which we all need for health. Of course, they don't contain enough vitamins and minerals to depend on alone. That's why fruit and vegetables are so essential, even in a low-cost diet. But they do contain more than the white breads made with water which have value only as fuel foods. According to the old definition, a bargain is several things for the price of one. By that rule, whole-grain flours certainly belong in the class of true bargains, for they contain not only the fuel food which white flour contains but also minerals and vitamins. And very often whole-grain flour costs no more than white flour.

But to get back to the subject of bread and how it can add variety to meals. For this purpose the so-called "quick breads" or hot breads are most useful. These are the breads that are leavened either with baking powder or with sour milk and soda. They include the loaf breads of different kinds, muffins, waffles, baking powder biscuits and so forth. Once you have a good standard recipe for any one of these different mixtures, you can vary it in many interesting ways. Take baking powder biscuits, for example. Most housekeepers, young and old, are used to making baking powder biscuits. You can cut these biscuits in different shapes and sizes depending on the way you are going to serve them. Then you can add different flavors or seasonings to the biscuit mixture. In fact, you can use baking powder biscuit in some form at almost any meal or any course. Large biscuits, piping hot, are delicious with creamed meat or fish, with meat and gravy or even with creamed vegetables. Large biscuits are also nice for fruit shortcake. By the way, genuine shortcake is always a little shorter than the usual biscuit dough--that is, it contains a little more fat. But you can make up your genuine shortcake either in individual biscuits or in one large cake.

Well, now suppose you cut your biscuits in a medium size. Then you can serve them just as hot biscuits with the main course or with jam, jelly or honey for dessert. The tiny biscuits cut out with a small cookie cutter are attractive for afternoon tea. You can vary the flavor of your biscuits in many different ways. You can make them up with peanut butter for some of the shortening to give a peanut flavor. Or you can make cheese biscuits by using some grated cheese instead of some of the fat in the dough. For tea or dessert, you can make cinnamon rolls by sprinkling a mixture of cinnamon and sugar over the dough, rolling it up and cutting it off in slices. Another favorite for tea or desserttime is the orange-flavored biscuit. Just add the grated rind of an orange to the dough and sprinkle a little rind on top of each biscuit as you cut it out. Orange biscuits you can make in ordinary biscuit size and shape or as two in biscuit, one on top of another.

There's an example of ways to vary one recipe. You can do the same thing with muffins. You can make plain muffins, graham muffins, cornmeal or oatmeal muffins. You can add nuts, chopped dates or cranberries to your plain muffin recipe.

Waffles? Yes, you can vary your waffle recipe too. You can make chocolate or gingerbread waffles for dessert. You can make nut waffles, bread crumb waffles, and graham waffles.

But time is almost up and we have a breakfast menu yet to plan.

Sunday breakfast: Fruit cup of mixed fall fruits; Pigs in blankets; scrambled eggs; coffee.

Pigs in blankets? Never heard of that biscuit variation? Well, roll out biscuit dough thin. Cut in squares. In each square roll up a section of weiner or small sausage and bake in a moderately hot oven.

Monday: "Storing Vegetables for Winter."

