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1-1924

The Savers In Cookery

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Recommended Citation

Dolve, Mary A., "The Savers In Cookery" (1924). *Cooperative Extension Circulars: 1917-1950*. Paper 210.
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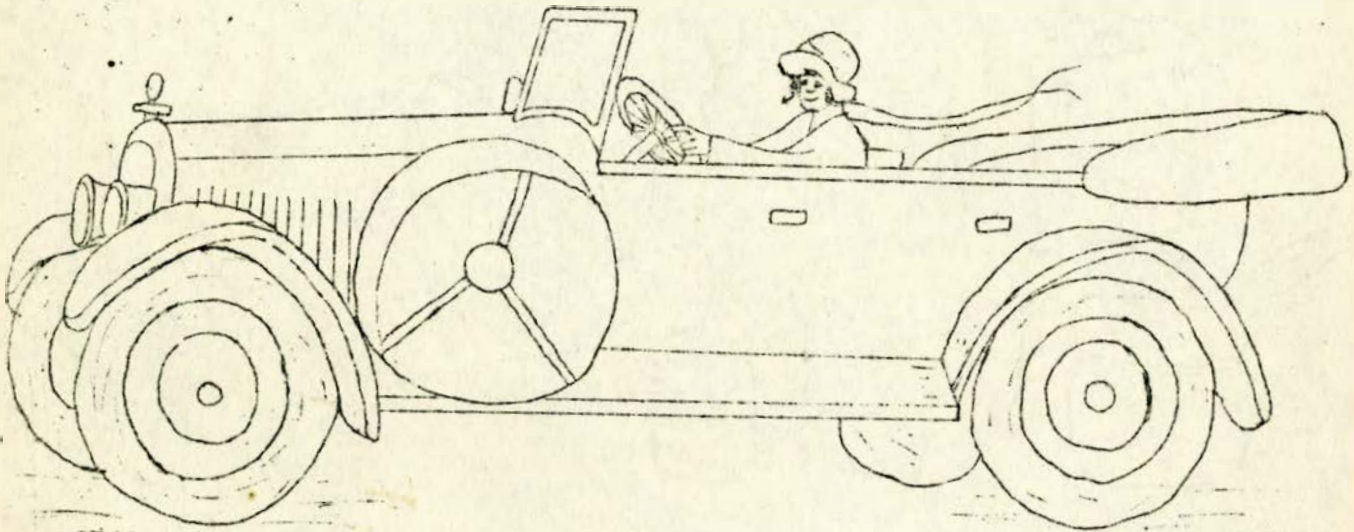
TIME SAVERS IN COOKERY

by

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This circular has been prepared for the Housewife who believes in the Gospel of Rest and Recreation as well as in the Gospel of Work.



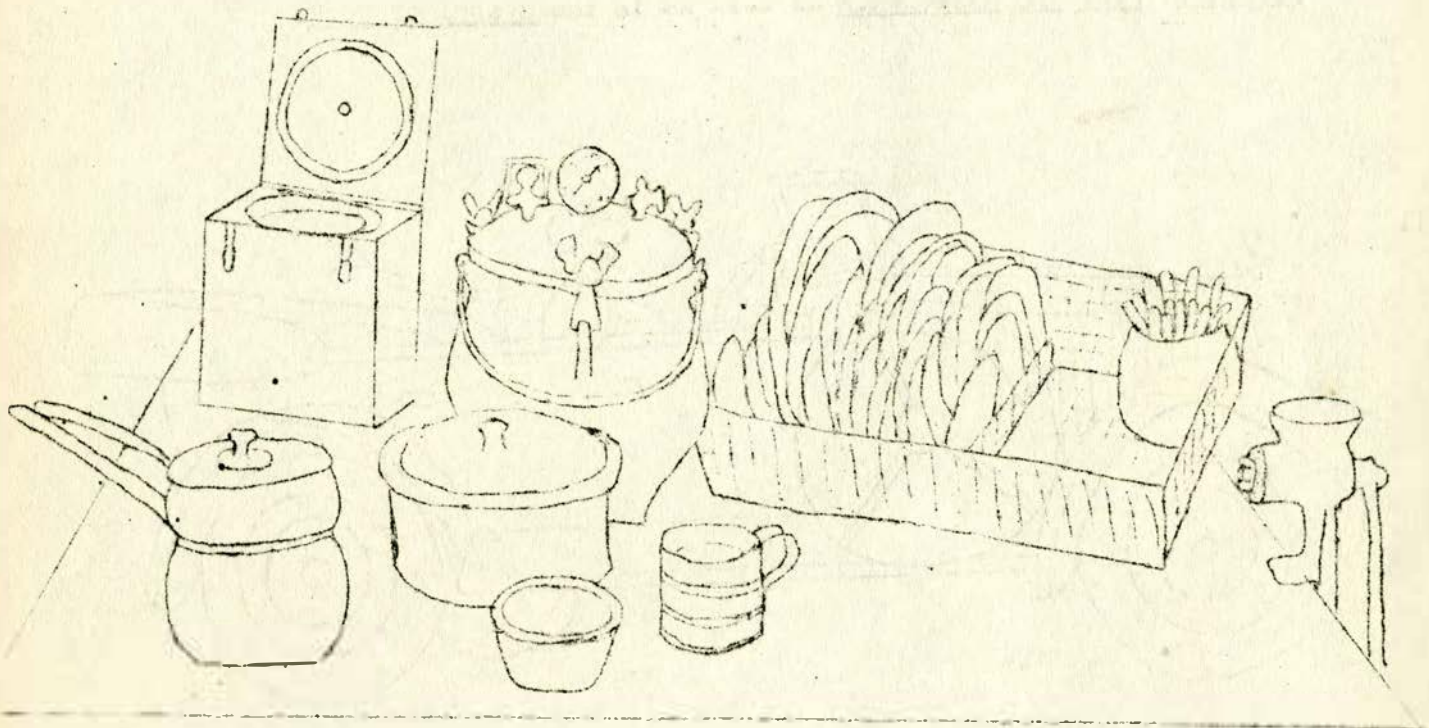
"For supper I will prepare that one-dish meal they suggested at the club meeting".

1. Homemaker must take short cuts to those necessary "three meals a day" if she wants time to enjoy friends, books, clubs, an hour or two in the open, an occasional motor trip, etc.

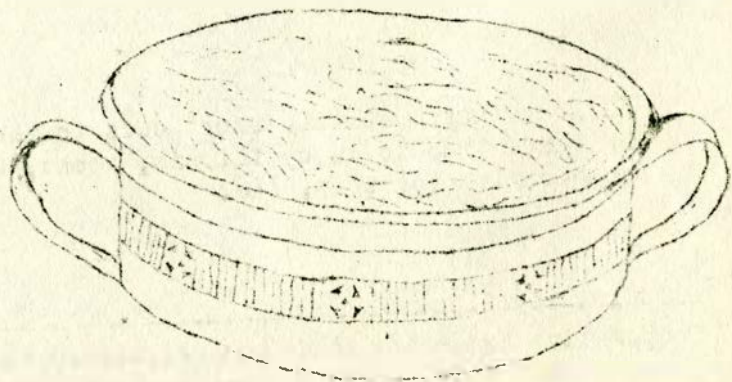
Cooperative Extension Work in Agriculture and Home Economics, W. F. Kumlson,
Director. Distributed in furtherance of Acts of Congress
of May 8 and June 30, 1914.

HOW TO CUT DOWN THE WORK AND TIME OF PREPARING MEALS

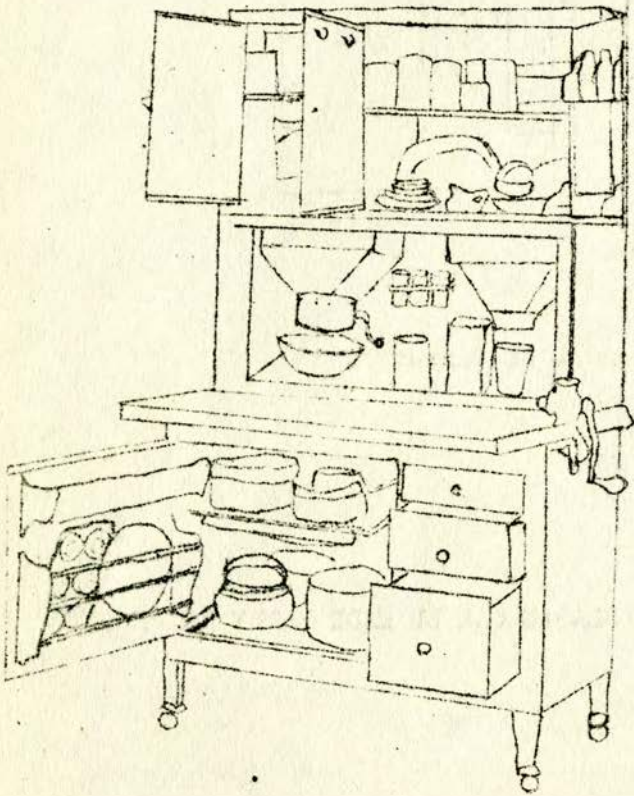
I. FOOD PUT IN CHARGE OF SILENT SERVANTS NEEDS LITTLE OR NO WATCHING. A WISE HOUSEMAKER WILL GRADUALLY COLLECT IMPLEMENTS AND TOOLS THAT WILL MAKE KITCHEN WORK EASIER.



II. ONE-DISH DINNERS EASY TO PREPARE, SIMPLE TO SERVE, WITH LITTLE DISHWASHING AND CLEANING AWAY AFTERWARDS.

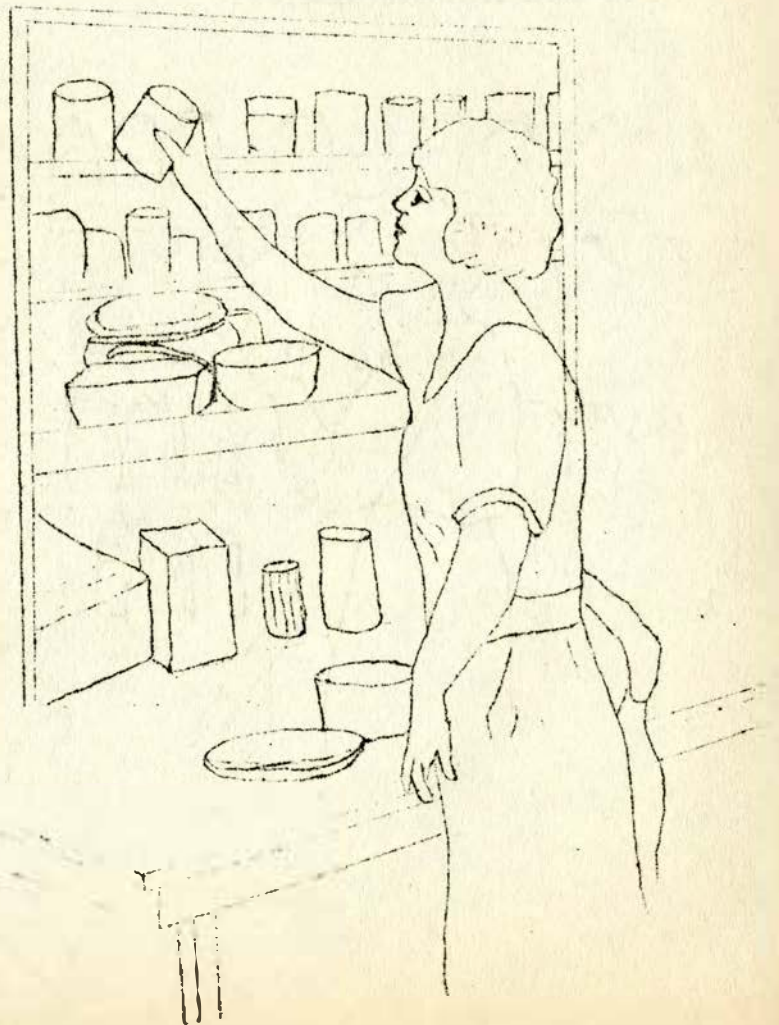


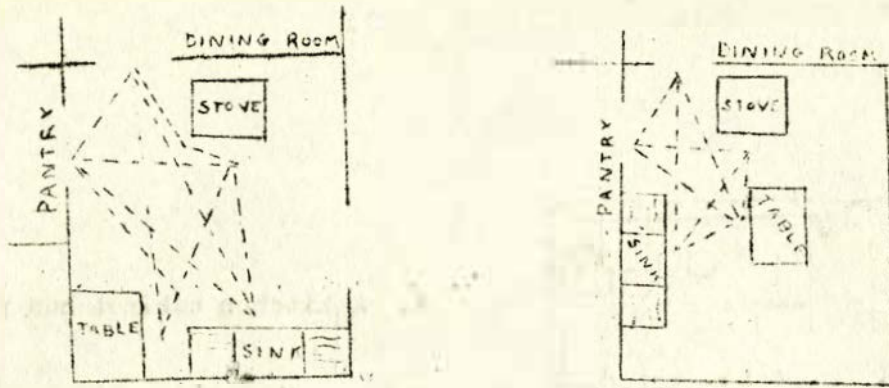
III. KEEP TOOLS AND FIXTURES YOU USE AS CLOSE TOGETHER AS POSSIBLE AND CON-
VENIENT TO THE PLACE WHERE THEY ARE MOST USED.



1. A kitchen cabinet has proved
it's worth by keeping working
materials and supplies together
at the work table.

2. Where no cabinet is
available shelves may be
arranged over the kitchen
table or along side of it.





3. Saving of steps by simple rearrangement of fixtures.

IV. MEATS, VEGETABLES AND FRUITS CANNED IN SEASON CAN BE MADE READY FOR THE TABLE IN A VERY FEW MINUTES.



Prepared and semi-prepared meals, vegetables and fruits mean freedom for the housewife. Every well managed farm home should have on the shelves home canned meats, vegetables and fruits in variety. So when you are too busy or too weary, or having just returned from town or club meeting you can go to your supply shelf for a good way out of the difficulty.

V. TRAYS AND WHEEL STANDS GREAT STEP AND TIME SAVERS TO CARRY DISHES TO AND FROM DINING ROOM, KITCHEN AND PANTRY.

OTHER TIME AND EFFORT SAVERS

1. A high stool to sit on will many times save tired feet and back.
2. Right height of work table and sink will save backache and fatigue.
3. A small soft washable rug in front of the sink is a great help to tired feet.
4. Keep coffee and tea with measuring spoon in air tight receptacles on shelf beside stove.
5. A hinged shelf is very useful in a small kitchen for extra space.
6. No matter how few the tools you have to work with keep them in good condition. (An egg beater that sticks in turning, a can opener that slips or that is too dull to cut the tin, dull paring knife for peeling vegetables, a sauce pan that leaks just a tiny bit, that has no handle, or that is worn so thin that nearly everything burns in it, means a loss of time and temper.) It is not necessary to have a great assortment of kitchen equipment nor is it desirable for the woman who does her own work but it is essential to have the necessary things and to keep them in good condition.
7. Few work savers suggestions in combining foods:
 - a. Use 2 measuring cups, one for liquid and one for dry materials.



- b. Always beat egg whites first to avoid washing the egg beater between operations.
 - c. A small egg beater that fits into a cup splendid for small amounts of cream, one egg, etc.
 - d. Molasses will not stick to cup if fat or water is measured in it first.
8. Long handled dust pan saves stooping.
9. When through planning the meal be sure everything needed will be on hand at time of preparation. Plan them with due consideration of time and work required for preparation as well as food needs of the family. Simple food well cooked and attractively served is as appetizing and often more digestible than elaborate meals.

ONE-DISH DINNERS

1.

Baked Ham with Potatoes

Bisuits - Butter

Cabbage Salad

Honey or Jell

Place slices of ham in frying pan. Fill almost full with thinly sliced potatoes (or as many as is needed). Sprinkle a little flour and a dash of pepper through potatoes. Pour milk over this until just covered. Bake in oven slowly for about 45 minutes or until potatoes are done. Keep cover on until last 10 minutes. Remove cover and let brown.

2.

Casserole of Meat and
Spagetti

Ginger Bread

Apple Sauce

Casserole of Meat and Spagetti

1 c. spagetti
2 c. cooked meat
1 c. tomatoes
1 c. meat stock
speck of pepper

3 tbs. drippings
 $\frac{1}{2}$ c. bread crumbs
1 tb. butter
 $\frac{1}{2}$ ts. salt

Boil the spagetti broken in one inch pieces in water until tender. Combine with cooked meat, tomatoes, meat stock, drippings, salt and pepper. Place in buttered baking dish, cover with buttered crumbs. Bake until brown.

3.

Rice and Deviled Eggs Whole Wheat Bread

Baked Apples

Rice and Deviled Eggs

- | | |
|---------------------------|-----------------------|
| 2 c. boiled rice | 1 ts. chopped pimento |
| 6 eggs, cooked hard | 1 ts. chopped parsley |
| 1 ts. salt | vinegar or mayonnaise |
| $\frac{1}{2}$ ts. mustard | pimento sauce |
| 1 ts. chopped pickle | |

Press the rice into a greased round mold and stand over hot water until ready to use. Cut the eggs in half lengthwise and remove yolks. Mash yolks with seasonings and add enough vinegar or mayonnaise to moisten. Fill egg cavities with this mixture. Turn the rice out on a hot plate, arrange the eggs around it, garnish with strips of pimento and green pepper and serve hot with pimento or tomato sauce.

4.

Macaroni Loaf Bread and Butter

Cabbage Salad Currant Jelly

Macaroni Loaf

- | | |
|--------------------------------|--------------------------------|
| 1 c. cooked macaroni | 1 c. grated cheese |
| 1 c. soft bread crumbs | $\frac{1}{4}$ ts. salt |
| $\frac{1}{4}$ c. melted butter | 1 ts. parsley (if you have it) |
| 2 tb. ground pimento | 3 eggs |
| 1 ts. onion juice or | 1 c. scalded milk |
| 1 small onion, ground | |

Combine all ingredients down to eggs; then slightly beat eggs, add them to milk, stirring constantly. Add egg and milk mixture to rest. Turn into baking dish lined with buttered paper or buttered crumbs. Set the pan on folds of paper in a dish of hot water and bake in moderate oven $\frac{3}{4}$ hours. Serve with tomato sauce.

Tomato Sauce

- | | |
|------------------------|-----------------------------------|
| 2 tb. fat | 1-16 ts. pepper |
| 2 tb. flour | 1 slice onion |
| $\frac{1}{2}$ ts. salt | 1 c. stewed and strained tomatoes |

Melt fat, add dry ingredients and blend thoroughly. Cook tomatoes with slice of onion and add tomatoes gradually to fat and flour. Hines tomato soup thickened, a little butter, and paprika added makes a good sauce.

5.

Omelet with Peas and White Sauce
Discuits
Canned Peaches Sugar Cookies

Omelet

6 eggs 3/4 ts. salt
6 tb. milk pepper
3 ts. butter

Separate the yolk and whites of eggs. Beat the yolks of the eggs until creamy; add seasonings and milk or water. Then beat the whites until stiff and cut and fold them into the yolk mixture. Place the butter in the pan, heat and turn the omelet into it. Cook slowly, occasionally turning the pan so omelet may brown evenly. When the omelet is set and delicately browned underneath, fold and serve immediately.

Make white sauce of 2 tb. of flour, 1 c. milk and 2 tb. butter, salt and pepper. Then add 1 c. peas and serve with omelet.

6.

Bean Casserole Rolls
Rhubarb and Strawberry Jam
Cake

Bean Casserole

Combine a pint of kidney or lima beans soaked and cooked in salted water until tender, with 2 carrots finely chopped and 2 onions thinly sliced. Heat with one pint of canned tomatoe for about 10 minutes and season with 1 1/2 ts. of salt, 1/8 ts. of pepper, and 1 tb. of sugar. Lay in the bottom of a buttered casserole one cupful of diced left over beef or lamb, sprinkle it with salt and pepper, and pour over it the combined vegetables. Dot with butter, using 2 tb. cover and cook in a brisk oven until the vegetables are tender.

MEALS FROM HOME CANNED PRODUCTS

1.

Meat and Vegetable Stew Bread and Butter
Canned Raspberries Cookies

For a quick stew on a cold day empty a can of vegetable soup, a can of beef, and one of tomato scup into a stew pan and heat or add the bits of left over meat in the pantry to a can of vegetable soup and season with catsup and worcestershire sauce. Any left overs combined with canned foods, seasoned and colored a rich appetizing brown with K itchen Boquet, appear on the table as a new and nourishing dish.

Chicken Salad Bread and Butter
 Jelly
 Sponge Cake with Berries and Cream

For a quick main dish on a hot day take a can of boned chicken, one of peas, and one of carrots. Combine with a chopped pickle or two and add boiled or mayonnaise dressing.

Beef Hash Leaf with Tomato Sauce
 Graham Bread
 Fruit Salad Wafers

Beef Hash Leaf with Tomato Sauce

Turn out the contents of 2 pint cans of beef hash (meat taken from bones when canned in quantity) into a greased leaf pan with strip of bacon in bottom also put strip of bacon on top. Bake in oven until brown. Turn on platter and serve with the following sauce: Melt 2 tb. butter or cooking fat, add 2 tb. flour. When bubbling add 1 can tomato soup or canned tomatoes rubbed through a strainer. Season. Pour around hash and garnish with parsley. If preferred the hash may be formed into balls before cooking.

Corn Pudding String Bean Salad
 Bread and Butter Currant Jelly

Corn Pudding

Empty 1 can corn (pint can) into a dish in which 4 eggs, 1 ts. salt, $\frac{1}{4}$ onion, salt or half onion scraped or chopped fine, $\frac{1}{8}$ ts. pepper, $1\frac{1}{2}$ tb. fat melted, have been well mixed. Add 1 pt. milk and mix thoroughly. Pour into a large or individual baking dish, sprinkle with paprika and bake in a slow oven until firm. A layer of coarsely chopped ham on the bottom of the dish gives a delightful flavor.

Spaghetti Rogout Graham Bread
 Cranberry Sauce

Spaghetti Rogout

Place four cups of cooked spaghetti or macaroni and 1 pt. can of thick meat soup into baking dish. Add seasoning if necessary. Cover with crumbs and brown in oven.

Carrot Savory Whole Wheat Bread
Custard and Wafers

Carrot Savory

Cook until tender, 1 qt. of thinly sliced winter carrots in boiling water to which has been added one ts. each of salt and sugar. Fry two finely chopped onions in 3 tb. of margarine until light brown, stir in 4 tb. of flour, and then add slowly 2 c. of strong stock of any kind, or the same amount of water in which two or three bouillon cubes have been dissolved. Then add $\frac{1}{4}$ ts. of paprika, a dash of cayenne pepper, one ts. each of lemon juice and sugar and salt, if needed. Let boil up, stirring continually and pour over the carrots which have been drained and laid on strips of hot buttered toast in serving dish.

QUICK DESSERTS TO PLEASE EVERY TASTE

French Custard

- | | | |
|--|-------|-----------------------------|
| 1 pt. milk | | $\frac{1}{2}$ ts. vanilla |
| $\frac{1}{2}$ c. sugar | - e - | 1 tb. gelatine |
| 2 eggs | | $\frac{1}{2}$ c. cold water |
| 1 c. chopped fruit (dates, figs, nuts, etc.) | | |

Soak gelatine in cold water, ten minutes. Heat milk and sugar in double boiler. Pour over slightly beaten yolks. Return to double boiler and cook until dissolved. Add vanilla. Just before it sets, beat into it well beaten whites and fruit. Mold and chill.

Chocolate Bread Pudding
(For an even dinner)

- | | |
|-------------------------|------------------------|
| 2 c. stale bread crumbs | 2/3 c. sugar |
| 4 c. scalded milk | 2 eggs |
| 2 sq. chocolate | $\frac{1}{2}$ ts. salt |

Soak bread in milk 30 minutes, melt chocolate in sauce pan placed over hot water, add one-half of sugar and enough milk taken from bread and milk to make pouring consistency; add to bread and milk with remaining sugar, salt, vanilla and eggs lightly beaten; turn into buttered pudding dish and bake one hour in moderate oven

Variations: caramel, fig, cocoanut, butterscotch.

Raspberry Whip

- | | |
|-----------------------|--------------------|
| 2 egg whites | 1 - 2 tb. powdered |
| 4 tb. raspberry jam | sugar |
| few drops lemon juice | |

Beat whites until stiff, add jam slowly beating constantly. Add sugar and lemon juice. Pile lightly in serving dishes and chill.

To vary:

The flavor: any other jam or jelly
Pulp of any canned or cooked fruit as prune, apricot, peach
Fresh fruit as raspberries or strawberries

The Serving: Line serving glass with lady fingers or strips of sponge cake. A custard sauce made with yolks of eggs may be poured over top.

Fruit Compote

Cut 1 cup apricots and dates in small pieces and add to 1½ cup shredded pineapple. Heap in sherbert glasses and garnish with 3 tablespoons marshmallow cream which has been beaten with 1 teaspoon milk and ¼ teaspoon lemon extract, or whipped cream. Other fruits as plums, grapes, red and white cherries are delicious in compotes.

Maple Nut Pudding

Dissolve 1½ cups brown sugar in 2 cups boiling water. Mix 1/3 cup cornstarch in 1/3 cup cold water. Add to syrup. Cook for 8 minutes stirring constantly until thick and smooth. Add ¼ ts. salt to 2 egg whites, beat until stiff and pour the hot mixture on gradually. Add ½ c. chopped nuts. Serve very cold with cream or custard sauce.

Mock Meringue Pie

3 or 4 slices cinnamon toast	3 tb. sugar
4 cups apple sauce	1 ts. lemon juice
whites of 2 eggs	½ ts. grated lemon rind

Line a pie plate with cinnamon toast cut any desired form, fill with slightly sweetened apple sauce. Make a meringue of the egg whites and sugar. Pile lightly on the apple sauce. Bake until meringue is brown. Serve at once. Any well flavored small fruits thoroughly cooked may be substituted for the apple sauce.

EASY SALADS TO PREPARE

Norwegian Salad

2 c. cooked macaroni	1 tb. vinegar
1 c. cooked peas	1 ts. salt
1 c. cooked carrot circles	½ ts. paprika
1 onion chopped	1/8 ts. cayenne

Mix well with either boiled dressing or mayonnaise. Serve in a salad bowl lined with lettuce. This serves 6 persons.

Tomato Jelly Salad

1 qt. stewed tomatoes. Season with 1 ts. salt, 1 ts. sugar, 1 bay leaf, 2 whole cloves, $\frac{1}{2}$ onion chopped fine. Dissolve enough plain gelatine (amount given on package) to make 1 qt. jelly and add to tomatoes while hot. Strain and turn into a mold until set. When cold cut up in little squares and serve on lettuce with mayonnaise. May also be served on a bed of shredded cabbage.

String Bean Salad

1 pint string beans $\frac{1}{2}$ c. cut celery or cabbage
1 tb. chopped onion

Let the beans stand 30 minutes in French dressing before mixing with other ingredients.

Macedoine Salad

Marinate (to let stand in French dressing) separately cold cooked cauliflower, peas and carrots cut in small cubes, and outer stalks of celery finely cut. Arrange peas and carrots in alternate piles in center of a salad dish. Pile cauliflower on top. Arrange celery in four piles at equal distances. Almost any cooked vegetables on hand may be used for a Macedoine Salad and if care is taken in arrangement, they make an attractive dish.

Pear Salad

Serve halves of canned pear on lettuce. Fill the cavities with a well seasoned ball of cream or cottage cheese.

Raisin Salad

1 c. seedless raisins 1 c. celery cut fine
 $1\frac{1}{2}$ c. diced apples

Serve with boiled or sour cream dressing.

Apricot and Prune Salad

Fill halves of cooked apricots with prune stuffed with cream cheese. Serve on lettuce with mayonnaise and whipped cream.

Kidney Bean Salad

Shred $\frac{1}{2}$ lb. cabbage and mix with 1 can (medium size) Kidney beans. Add $\frac{1}{4}$ c. salad dressing. Garnish with olives and parsley. Baked beans also are popular as a salad.

Deviled Egg Salad

Cut 6 hard cooked eggs in half lengthwise. Remove yolks. To $\frac{1}{2}$ the yolks add 1 small can deviled ham or tongue, 2 tb. vinegar and mix to a smooth paste. Fill whites with this mixture. Arrange on lettuce, garnish with the remaining yolks, chopped fine. Serve with salad dressing. This makes a hearty salad suitable for the main dish for luncheon or supper.

Cheese Salad

1 c. peas	$\frac{1}{2}$ ts. salt
1 c. cheese cut in small pieces	mayonnaise or boiled dressing to moisten
1 c. celery diced (cabbage may be used)	

Mix ingredients, if available serve on bed of shredded lettuce, garnish with chopped pickled beets.

Cabbage Salad

$\frac{1}{2}$ c. shelled peanuts	3 cups cabbage
1 green pepper	boiled dressing

Chop peanuts in chopping bowl and when fine add the pepper and continue chopping, then add the cabbage. Chop all rather fine. Season slightly with salt and sugar. If salted peanuts are used, no more salt will be needed. Moisten with Boiled Salad Dressing.

Ribbon Potato Salad

2 c. boiled potato diced	1 (or less) onion chopped
1 c. dried beef, shredded	mayonnaise or boiled dressing

Toss the potatoes, dried beef and onion together, and moisten with the salad dressing. Serve on lettuce leaves, garnish with tomatoes cut in eights.

Cucumber Salad

1 cucumber	2 tb. walnuts chopped
1 orange, diced	Thousand Island dressing
$\frac{1}{4}$ green pepper	

Cut cucumber in half, lengthwise. Scoop out a little of the pulp. Fill with diced orange and nuts. Decorate top with pepper. Cut in strips.

Stuffed Beet Salad

This is excellent for winter after tomatoes and the delicate salad vegetables are gone. Wash and cook in boiling salted water six round, uniform sized beets. Slip off the skins, slice off the top, and scoop out the center to form cups. From the centers removed, dice one cupful of beet mixture and combine with 2 hard cooked eggs, diced and two tablespoonfuls of well seasoned mayonnaise. Fill the beet cups with mixture, arrange on a bed of lettuce or if lettuce is not available use cabbage leaves, and serve with French dressing, poured over all.

Cabbage Salad

Cabbage, peanut and carrots

- 2 cups cabbage
- 1 c. peanuts
- $\frac{1}{2}$ cup chopped raw carrots



Cabbage and pineapple

- 2 c. shredded cabbage
- 1 c. cubed pineapple

Cabbage and Fish

- Tuna
- Salmon
- Any cold flaked fish

- 81 -

Cabbage and pear

- 1 half canned or fresh pears
- shredded cabbage to cover