

RECIPES FOR COOKING POULTRY . . .

Stuffing for Turkey

2lb. of lean pork or bacon
 1/2 cup of soft bread-crumbs
 1/2 teaspoon of herbs
 1 teaspoon of salt
 1/2 teaspoon of pepper

Mince the meat and mix all the ingredients, moistening them with a little stock. These quantities make enough for a medium-sized turkey.

Boiled Fowl and Chicken Sauce

The fowl may be left whole or cut up. Half cover it with salted boiling water and simmer it, closely covered, for 2 to 3 hours, or even longer if the bird is old. The boiled fowl may be served with chicken sauce or it may be used for chicken fricassee, chicken pie, creamed chicken, or other recipes using cooked fowl. The stock may be used for sauce or soup.

The recipe for chicken sauce is:—

2 cups of chicken stock
 4 level tablespoons of flour
 4 tablespoons of fat (chicken fat or butter)
 Seasoning

Brown the flour slightly in the fat. Add the stock gradually, stirring well until the sauce thickens and comes to the boil. The sauce may be varied by cooking the flour in the fat without browning it and adding 2 hard-cooked eggs cut in 1/4 in. slices to the finished sauce.

Fricassee of Fowl

Use a boiled fowl which has been cut up before being cooked. Drain the pieces and keep the stock for the gravy. Roll each piece in flour seasoned with salt and pepper and fry them in a little fat until they are brown. Make gravy by browning flour in fat (3 tablespoons of flour and 3 tablespoons of fat for each cup of liquid) and adding stock gradually, stirring well to avoid lumps. Season the gravy and simmer the browned pieces of meat in it until they are quite tender.

Chicken Pie

Meat from 1 boiled fowl
 1 medium-sized sliced onion
 3/4 cup of chopped celery (can be omitted if not available)
 2 tablespoons of fat (chicken fat, bacon fat, or butter)
 2 tablespoons of flour
 2 cups of stock
 1 egg, cooked hard and sliced
 Salt and pepper

Cook the vegetables in the chicken stock, strain them, and add them to the cut-up meat. Cook the flour in the fat and make a sauce with the stock. Add seasoning, meat, and vegetables, bring the mixture to the boil, and pour it into a greased casserole. Top it with the egg slices and arrange rounds of scone dough on top while the chicken mixture is still hot. Bake the pie in a hot oven (425 degrees F.) for 15 to 20 minutes.

To make the scone mixture for the pie crust mix 2 cups of sifted flour, 4 level teaspoons of baking powder, 2 level teaspoons of fat, and 1/2 teaspoon of salt with about 2/3 cup of milk.

Creamed Chicken

4 tablespoons of flour
 4 tablespoons of butter
 1 1/2 teaspoons of salt
 1/2 teaspoon of pepper
 1 cup of milk
 1 cup of chicken stock
 2 cups of cooked and diced chicken
 Buttered toast
 Parsley

Make a sauce by cooking the flour in the fat and stirring in the milk and chicken stock gradually. Add the chicken and seasoning and heat the mixture. Serve it on the hot toast, sprinkled with chopped parsley.

Fried Chicken

Cut a young fowl in serving pieces, wash them in cold water, and drain them, but do not dry them. Sprinkle the pieces with salt and pepper, dredge them thickly with flour, and fry them in bacon fat in a heavy pan until they are well browned and tender. If the fowl is not young, cover the pan closely after browning the meat and cook it until it is tender, or boil it until it is almost cooked and then fry it.

Serve the chicken with white sauce, made by the same method as that described for creamed chicken from 4 tablespoons of fat, 4 tablespoons of flour, 2 cups of top milk, and seasonings.

Fried Rabbit or Duck with Orange Sauce

2 young rabbits cut in serving pieces
 2 egg yolks, slightly beaten
 1 cup of milk
 1 cup of flour
 1 teaspoon of salt
 1/2 cup of fat

Combine the egg yolks and milk and stir them gradually into the flour and salt until the mixture is smooth. Dip each piece of meat in the batter and fry the pieces in the fat in a heavy pan. After browning them, reduce the heat and continue the cooking with the pan uncovered for another 30 to 40 minutes. Turn the pieces frequently.

Serve the rabbit or duck with the following sauce:—

1/2 teaspoon of grated orange rind
 1 cup of orange juice
 1/2 teaspoon of salt
 2 tablespoons of flour
 1 tablespoon of brown sugar

Mix the flour, seasonings, and sugar to a smooth paste with 1/2 cup of water. Add the orange juice hot, stirring well, and cook the sauce until it is thickened, stirring all the time. Add the grated rind.

APRONS for MOTHER

GAY aprons for the housewife and her little helper bring brightness to the routine of household tasks. An apron such as this mother's requires a piece of material 34 in. wide by 22 in. long, two strips 4 1/2 in. by 19 in. for a waistband, and two ties 3 in. by 28 1/2 in. Shape one long edge of the waistband strips with three curves, the centre one 4 in. deep and the side ones 3 in. deep, sloping to 1 1/2 in. at the ends. Place the right sides together and stitch along the shaped edges. Make up the ties and join them to the band ends. Hem 22 in. of the sides of the apron. Make three pleats each side of the top to fit the waistband and insert the band. Hem the lower edge. Cut a pocket in flowerpot shape and sew down three sides. Make a sunflower 5 in. across and two leaves and sew them to the apron.

The child's apron is made from a duster 24 in. square, a piece of contrasting material 16 in. by 10 in., and three buttons. Cut a piece of duster 21 1/2 in. by 13 1/2 in., a waistband 12 in. by 3 in., two ties 9 1/2 in. by 3 in., and two straps 16 in. by 1 1/2 in. Gather along one long side of the apron. Fold the waistband in halves lengthwise and insert the gathers. Sew the ties folded in halves and stitched to the waistband ends. For the bib cut two contrasting heart shapes 7 in. by 6 in. and four pocket heart shapes from 4 in. squares. Stitch the hearts together in pairs and turn them to the right side. Sew the point of the bib to the centre of the waist. Sew on the pockets. Hem the shoulder straps and stitch them to the bib. Make buttonholes at the other ends. Stitch a buttonhole at the end of the right tie and a button on the left tie. Stitch a button on the ties to correspond with the shoulder straps.

and DAUGHTER

