

HOME ECONOMICS —

DINING IN EUROPE

SPAIN

Spanish Liver

1 lb. liver
Thin slices bacon
½ teaspoon salt
½ teaspoon pepper
Juice 1 lemon
1 cup canned tomato or prepared tomato sauce
Fried parsnips or bananas

Cut liver into pieces the size of a large oyster, wrap each in a thin slice of bacon and arrange in shallow baking dish. Sprinkle with seasonings and lemon juice, pour tomato over and around and bake in a moderate oven—350-375 degrees

F. twenty to twenty-five minutes. Serve on toast, pouring the sauce over all and garnishing with parsnips or bananas. Serves four to six.

HUNGARY

Goulash

1 large onion
3 tablespoons fat
½ pound lean beef
½ pound lean veal
½ pound lean pork
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon chopped parsley
1 cup solid tomato
Water
6 potatoes

¼ teaspoon caraway seeds
1 green pepper

Slice or mince onion and cook in the fat until just beginning to turn color. Add the meats cut into large dice and cook these also for five minutes with the onion and fat. Next put in the diced green pepper, seasonings, tomato and water just to cover meat. (If preferred, prepared tomato sauce may be used, in which case less salt and pepper will be needed.) Simmer, closely covered, for one hour, add potatoes, cut into large cubes with more water or tomato if needed and continue cooking until potatoes are tender, but do not stir the mixture. If caraway seeds are used, and they are an ingredient of true Hungarian

Goulash, add them with the potatoes. Serve four to six.

ITALY

Shoulder Lamb Chops
Parmesan

6 shoulder chops
Beaten egg
¾ cup stale breadcrumbs
¼ cup cheese
½ teaspoon mixed herbs
Salt and pepper

Remove excess fat from chops, dip first into beaten egg, then into crumbs with which salt, pepper, and cheese have been blended. Repeat this, dipping into egg and crumbs, then arrange in a baking dish and bake half an hour in a moderately hot oven—375 degrees F.—or, if preferred fry golden brown in a little fat, then cover and cook gently for twenty minutes longer. Serve with peas and tomato sauce or with brown gravy and mint jelly. Serves six.

ENGLAND

English Hot Pie

2 pounds stewing lamb
2 pounds potatoes
4 onions
¼ teaspoon pepper
1 teaspoon salt
1¼ tablespoon flour

Water, stock or canned tomato. Cut both meat and potatoes into small pieces. Slice onions thin. Roll meat in blended salt, pepper and flour, then arrange in layers in deep baking dish first potato then onion, then meat, having potato for the top layer. Fill dish with water, stock or tomato and bake in a slow oven—325 degrees F.—about three hours. The top layer of potatoes will be brown and crisp, the under ones rich and juicy from the meat gravy.

FRANCE

Vol-au-Vent de Guenelles
(Veal Puff Pastry)

½ pound lean veal, cut fine
2 cups fresh white breadcrumbs
milk (as in directions)
2 egg yolks
2 egg whites, beaten
1 pound chicken fat or other cooking fat, flour, salt, pepper and dry mustard
2 cups white sauce
½ pound mushrooms, cut small
Mince veal very fine. Soak bread in milk; then drain off liquid. Put the bread into meat, and mash together; then add 1 pound of cooking fat, and mix thoroughly. Add salt, pepper and dry mustard to taste. Add yolks of 2 eggs, and last mix in the stiffly beaten whites. Now

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make small balls of the mixture. Roll in flour. Cook in boiling salted water over slow fire.

GERMANY

Bavarian Chocolate Cream

- 2 ounces bitter chocolate
- 8 tablespoons sugar
- 4 egg yolks
- 2 cups milk
- 2 tablespoons powdered gelatine
- 6 tablespoons cold water
- 2 cups whipped cream (1 pint)
- ¼ teaspoon salt

Melt chocolate in double boiler (if using dry French chocolate, melt in a little butter). When chocolate is melted, add milk, sugar and egg yolks. Stir thoroughly. Cook in double boiler, stirring constantly and slowly until the mixture thickens. Soak the gelatine in cold water add to hot mixture as soon as it is removed from stove. Stir to dissolve, then strain into a bowl and allow to cool. Place in refrigerator and when beginning to harden, whip the cream stiff and cut and fold until the cream is mixed in thoroughly. Do not beat. Place the mixture in mold and return to refrigerator. Serve with whipped cream.

HOLLAND

Dutch Apple Cake

- 1½ cups sifted flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- 3 tablespoons sugar
- 4 tablespoons butter
- 1 egg
- ½ cup milk
- 2 good sized tart apples
- Sugar, cinnamon, butter

Sift together flour, baking powder, salt and sugar. Mix in shortening well, as follows: Cut the butter. Squeeze the lumps into flakes with the fingers. When the butter is flaked and no lumps remain, then lightly rub the mixture between the hands; continue to rub lightly until the butter is completely mixed with the flour mixture. Beat egg slightly; add milk to beaten egg, then add to flour mixture to make a soft dough. Spread about ½ to ¾ inch thick in a greased pie pan. Peel, core and slice apples very thin. Place close together on top of dough. Sprinkle well with sugar and cinnamon; dot with butter. Bake in a moderate oven about 30 minutes. Serve warm with whipped cream.

CHOCOLATE PUDDING MADE THE WAY YOU LIKE IT

"My family really like chocolate pudding", a worried housewife told us recently, "but I've served it so often

they're tired of it". We suggested Chocolate Peppermint Parfait, and she was so enthusiastic that we're passing the recipe on to you.

Chocolate Peppermint Parfait

- 1 package Royal Chocolate Pudding
- 2 cups milk
- 1 cup cream, whipped (evaporated milk may be substituted).
- Peppermint extract.
- Green coloring.

Mix Royal Chocolate Pudding with milk. Bring to boil, slowly stirring constantly. Chill. Flavor whipped cream with peppermint extract and color pale green.

Put spoonfuls of whipped cream and spoonfuls of pudding alternately in parfait glasses with whipped cream on top. Serves 6.

When the temperature climbs, the wise housewife turns to jellied meats and moulded salads, knowing that their cool sparkling appearance will go a long way toward tempting the appetite of her family. Here is a recipe that can well serve as the main dish for a light meal.

Stuffed Tomatoes in Aspic

- 1 package Royal Gelatin Aspic
- 1 cup boiling water
- 1 cup cold water
- 4 small tomatoes, peeled

- ½ cup crabmeat or lobster flaked
- ½ cup chopped celery
- Mayonnaise

Dissolve Royal Gelatin Aspic in boiling water. Add cold water; chill until it begins to thicken. In the meantime, scoop out tomatoes. Sprinkle with salt and stuff with mixture of crabmeat and celery moistened with mayonnaise. Pour a small amount of Gelatin mixture in the bottom of four large individual moulds. Chill until firm. Place a tomato, top side down in each mould, and fill with thickened Gelatin mixture to cover tomato. Chill until firm. Serve on lettuce or watercress. Serves 4.

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