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I'm Hungry Again, Mother . . .

By Ila Misbach

Mrs. Radcliffe glanced contentedly around her dining table. Her family and guests sat chatting, "full to the ears," as Johnny inelegantly expressed it, of roast turkey, dressing, mashed potatoes, gravy, cranberry sauce, creamed cauliflower and the inevitable pumpkin pie with whipped cream. Her Thanksgiving dinner had been a success in every sense.

But the heart sank as she saw that only the scrawny, bony pieces were left. Must she be the one to search the dining room? Perhaps, perhaps four or five hours these same people would again seek the dining room. Was she sure that it would be pure folly to try to convince her family and guests to eat the dinner left-overs? She glanced furtively at the turkey platter, and her eye met that of Johnny. His expression was equally certain that it would be pure folly to try to convince her attractive young son that he had had sufficient nourishment for the day, Thanksgiving though it may be. No doubt her men guests would have the same attitude, although they, of course, would not express it.

Perhaps this same problem has bothered you. Let us consider it from the viewpoint of a modern young homemaker.

LEFTOVERS? It is better that the Contents of one meal do not constitute the next. But in a revised form, appetizing and palatable, they should and must be utilized, if the household is to be managed in an efficient manner. They need not necessarily be a part of the following meal, for with modern means of refrigeration, foods may be kept for several days at least.

One elaborate meal with as many calories as the usual holiday menu provides should certainly not be followed by one equally elaborate. In addition to the consideration due to the already over-worked digestive system, the homemaker is entitled to the afternoon for resting and enjoying her guests and family group.

On the other hand, she cannot, with a clear conscience, suggest that no evening meal be served. Her scientific knowledge upholds Johnny's viewpoint. She knows full well that a simple meal will eliminate that gnawing, restless pain in the vicinity of the stomach, while a raid on the icebox before retiring in its place may cause more definite and less relenting pains than an empty stomach.

A SIMPLE, attractive, easily prepared meal seems to be the answer. No doubt any one of several menus would be equally charming, but the following seems to include most of the desired characteristics.

**Sandwiches**

- Cranberry ice

**Milk**

The sandwiches, of course, must include turkey, for what man or boy would be entirely satisfied without a last taste of turkey? Since meat has already been partaken of so generously it is wise to use as little as possible. If a sufficient amount is removed from the bones when the dinner left-overs are being put away, it will take only a few minutes to dice it of time or labor. The cranberries for the salad and ice may be washed and picked over the same time. You may use your own favorite ice cream, substituting cranberries which have been cooked, forced through a strainer and sweetened, for the regular fruit pulp. It may be frozen in an ordinary ice cream freezer.

The following will serve five, and is especially adapted to the electric refrigerator:

- ½ T. gelatin
- ½ c cold water
- 1½ c boiling water
- 2 T. lemon juice
- 1 pt. cranberries
- 1½ c sugar
- few grains salt

Soak gelatin in cold water about five minutes. Cook cranberries in boiling water until soft, then force through a strainer. Add sugar, lemon juice and salt and bring to a boil. Add soaked gelatin and cool. Turn into tray and freeze.

**THE** beverage is expected to be milk for adults as well as children, for, as most people now realize, milk is a very real and essential food. Since it is so

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**The Thanksgiving Evening Meal**

There should have been prepared in the morning, and takes no great amount easily digested, it is especially welcomed on such an occasion as this, when the average person over-ate, and usually rich, heavy foods.

Thus we have a simple, attractive, colorful meal prepared at little cost of money or effort, and so the day may end happily, not in spite of food, but because of it.