1931

If Mr. Smith Won't Eat It...

Lorene Galbreath

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation

Galbreath, Lorene (1931) "If Mr. Smith Won't Eat It..." The Iowa Homemaker: Vol. 11 : No. 7 , Article 5.
Available at: http://lib.dr.iastate.edu/homemaker/vol11/iss7/5

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
If Mr. Smith Won't Eat It...

By Lorene Galbreath

"NOT! I just will not eat leftovers," explained Mr. Smith forcefully when his bride served him some cold chicken left from Sunday dinner.

"But if I disguised the chicken you, not knowing that it was a leftover, would enjoy it," retorted Mrs. Smith.

"I suppose you mean chop it up and put a white sauce on it, or make salad, or sandwiches. Don't worry, I won't touch it anyway you fix it, because you can not fool me on these left-over things."

But Mrs. Smith could not throw away anything as expensive as chicken, and so the next time there was chicken on Monday she served:

Chicken Klopse
2 c. cold chicken chopped fine
\( \frac{1}{2} \) t. celery salt
\( \frac{1}{4} \) t. onion juice
1 t. chopped parsley
3 eggs unseparated or
4 egg whites
She mixed the ingredients in the order given, formed them into round balls, and poached in water just at the simmering point. When firm, she removed the klopse to buttered toast and served with mushroom sauce.

WHAT good stuff," exclaimed Mr. Smith, "and I was expecting cold chicken today. I don't mind your trying new recipes on me as long as they are as good as this."

Another time Mrs. Smith served:

Chicken Wiggle
2 c. rich milk
2 T. butter
\( \frac{1}{2} \) c. peas
1 t. salt
2 T. flour
1 \( \frac{1}{2} \) c. diced cooked chicken
\( \frac{1}{2} \) c. boiled or uncooked rice
\( \frac{1}{4} \) t. pepper
She melted the butter, added the flour and seasonings and gradually the milk, making a sauce. She stirred this constantly until it boiled, and then added the other ingredients. John was a little late to dinner that night so she put the sauce over hot water, and when he did come served it hot on buttered brown toast.

Mr. Smith liked this immensely for he said that the rice reminded him of some dishes he used to get at a Chinese restaurant.

Not long afterward Mrs. Smith found another recipe which she was sure would please John's Oriental taste. It was:

CHICKEN L'ORIENT
3 T. butter
\( \frac{1}{2} \) c. tomatoes
1 c. diced cooked chicken
\( \frac{1}{2} \) c. gravy or broth
1 very small onion chopped fine
2 c. cooked rice
6 stalks diced celery.
She browned the onion and celery in butter, added the tomatoes, rice, and chicken. Over this she poured gravy or broth and simmered for ten minutes.

Mrs. Smith remembered that John always did enjoy shortcake and she kept that fact in mind when she served:

Chicken Shortcake
2 c. flour
\( \frac{1}{2} \) t. salt
\( \frac{1}{4} \) c. milk
4 t. baking powder
4 T. shortening
1 c. diced cooked chicken
\( \frac{1}{2} \) c. diced celery
2 T. butter
1 c. chicken stock
2 T. flour
1 T. butter
Salt and pepper.
She made a biscuit dough of the first five ingredients and rolled \( \frac{1}{4} \) inch thick. She cut it with a small round biscuit cutter and baked in a hot oven for twelve minutes. While her biscuits were baking, she made a sauce of 2 T. flour, 1 T. butter, and the chicken stock. She browned the celery in 2 T. butter and added the chicken, heating thoroughly, when the biscuits were done, she broke each one open and put the chicken mixture between the halves and on top.

One day Mrs. Smith was surprised by some out-of-town guests. She insisted that they stay for lunch, and then wondered how one cup of left-over chicken ever would be enough. Then she remembered her recipe for:

Chicken Tapioca Omelette
4 eggs
\( \frac{1}{2} \) t. salt
\( \frac{1}{4} \) c. milk
2 T. granulated tapioca
1 T. butter
1 c. diced cooked chicken.
She beat the egg yolks until thick and the whites until they were stiff.

To the scalded milk she added the tapioca and seasonings, and cooked twenty minutes in a double boiler, stirring frequently. She added the butter and poured this mixture over the egg yolks, added the chicken and folded in the egg whites. This she turned into a hot buttered skillet and cooked in a slow oven about twenty minutes.

Mr. Smith liked so much the way his wife camouflaged left-over chicken that he insisted she buy it frequently. He explained that since good chicken can be bought cold pack, refrigerated, and canned at any time of the year, it is no longer considered an "out of season food" as in his grandmother's time.

Account Books Will Tell Them...

By Alice Dahlen

HOW many of you have spent some money this week? How much have you spent for candy bars? These questions and many others the girls in the eighth grade classes at the Ames Central School can answer for they are keeping account books.

The keeping of account books grew out of a unit on "Sharing Responsibilities in the Home." After the girls had made a thorough study of scheduling their time so as to get enough time outside regular school hours for recreation, rest and time to share home duties, they decided another responsibility was sharing the family income.

The girls decided they were not wage earners, but the part they could play in sharing finances would be to conserve money by (1) avoiding waste of food, (2) taking good care of clothing and personal belonging, and (3) by spending money for only necessary articles. In order to conclude how they could save money, the girls felt first they must realize how they spent their money. Thus came the idea of the account books. A regular, but simple system of bookkeeping and accounting was adopted. Examining account books that their mothers used in their homes, and deciding for what commodities they spent their money, led to certain headings to be used in their books such as money received, savings, needs, charity, and amusement.

Although a greater part of the money has been spent for needs, such as school supplies and clothing, it was found that the girls have been able to have a few luxuries. They have also added their small donations to charity. On the other hand, there were instances that showed considerable amounts spent for luxuries, especially movies. One girl to her astonishment found she had spent three dollars and seventy-five cents for moving picture shows in three weeks. The class had not realized before what a drain a girl might make on the family purse. They all decided that keeping these accounts was a worthwhile project because (Continued on page 15)