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Eat It Once a Week...

Virginia Rowe

Iowa State College

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Eat It Once a Week...

By Virginia Rowe

HOW many people that you know eat fish because it is a "brain food"? Some persons still believe that the phosphorus content of fish makes it valuable for this purpose, but the majority of authorities now agree that it is chiefly desirable because of its digestibility. As a whole, fish is generally considered cheaper than most of other animals. This is not true in the ease of the better cuts, but it holds for the cheaper ones.

Most experts agree that fish should be included in the diet at least once a week. There are five main methods of cooking fish, namely: boiling, broiling, baking, frying, and sautéing. Small cod, haddock and eusk may be cooked whole in enough water to cover, to which salt, lemon juice or vinegar has been added. The two acids keep the flesh white, likewise. The fish is cooked when the scales rise up at first, and then be turned frequently.

To bake fish, clean them and place them on a greased fish-sheet in a dripping pan. If you don't own a fish-sheet, strips of cotton cloth may be placed under the fish to facilitate lifting the cooked fish out.

Fried fish is usually dipped in egg, then in flour or crumbs, salted and peppered, and fried in deep fat. Sautéed fish is prepared in the same way as for frying, but is placed in a small amount of grease in a frying pan. Cod, steak and smelts are often cooked in them on a greased fish-sheet in a dripping pan. Put an oyster on each piece. Sprinkle with salt and pepper and bake until oysters are tender and plump. Serve with lemon butter made by creaming 3 tablespoons butter, adding ½ teaspoon salt, 1 tablespoon lemon juice, and a few granules of cayenne.

If you are fond of fried scallops try this one. It is fried scallops a la Huntington. Clean one pint oysters. Place in a dripping pan small oblong pieces of toast. Put an oyster on each piece. Sprinkle with salt and pepper and bake until oysters are tender and plump. Serve with lemon butter made by creaming 3 tablespoons butter, adding ½ teaspoon salt, 1 tablespoon lemon juice, and a few granules of cayenne.

Haddie which has been steamed until cooked through, and then served with drawn butter sauce and lemon.

Shellsfish present still another problem. They may be served raw, such as oyster, scallop, clam or lobster cocktails. They, too, may be scalloped, roasted, creamed, fried or sautéed.

One delicious recipe for panned oysters follows:

Clean one pint oysters. Place in a dripping pan small oblong pieces of toast. Put an oyster on each piece. Sprinkle with salt and pepper and bake until oysters are tender and plump. Serve with lemon butter made by creaming 3 tablespoons butter, adding ½ teaspoon salt, 1 tablespoon lemon juice, and a few granules of cayenne.

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Find Your Partner...

By Evelyn Covault

WITH the first robin comes an uncontrollable desire to draw your friends together and meet spring, the festive season, with a spirit of festivity. And after all, is there a season more alive with delightful possibilities for gay parties than these days when all nature is donning her freshest and gayest aspect?

Spring parties will necessarily have to go lightly on the purse this year, but that doesn't mean that they cannot be quite as attractive and merry as the ones of last year.

April brings with it a multiplicity of ideas—April showers and Easter, with its daffodils and bunnies. It is a month when parties are adaptable to people of all ages.

THERE are excellent opportunities during the month of many moods for the young hostess who wishes to have the "gang" in for an evening's dancing and fun and yet would like things to be a little different. Why not, when the guests arrive, confront them with a maze of green strings (spring's own color) winding liither and you under table legs, under chairs and through hall and living room.

On one end of each string is a yellow paper umbrella for a girl and on the other a green one for a boy. The girls each choose a string and begin untangling and following it in one direction, while the men go where their strings lead them in the opposite direction, so that they meet their partners at the end. Thus, automatically, the floor is cleared for dancing, and partners have been secured.

Another method of mixing the guests so that everyone may have a chance at the good dancers is to use the old quotation method where a slip of paper bearing some quotation is cut in two, the one half on a green, the other half on a red. Those whose quotations complement each other are partners for the dance. To give this the proper setting only rainy day quotations may be used such as "Rain, rain, go away, come again some other day." or extracts from popular songs which abound in the "sunshine after rain" idea. "Let a smile be your umbrella on a rainy, rainy day," is a suggestion.

This may sound like a difficult job, but if you just start humming all the songs you know about rain, you'll be surprised. There are a great many more than the one starting, "It ain't no sin" to rain no more, no more." To facilitate matters this quotation may be written on the original umbrellas, half on a yellow one, and half on a green. Thus they may be used twice.

A NOVEL idea is for the girls to fish for partners. The boys stand behind a screen (or a sheet held across the (Continued on page 15)