Find Your Partner...

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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 case 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. It is chiefly desirable because of its digestibility. As a whole, fish is regularly considered cheaper than meat of other animals. This is not true in the case of the better cuts, but it holds for the cheaper ones.

Most experts agree that fish should be included in the diet regularly. A good many of them recommend serving it at least once a week.

There are five main methods of cooking fish, namely: boiling, broiling, baking, frying, and sautéing. Small cod, haddock and cusk 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, while the salt retains flavor. Salmon and halibut may be cut in thick pieces and boiled likewise. The fish is cooked when the flesh leaves the bone, regardless of the length of time.

Small fish may be split down the back and broiled whole. Large fish may be cut into one-inch strips, sprinkled with salt and pepper and placed in a well-greased broiler. The fish should be placed with the flesh side 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 this way.

Fish loaves, croquettes, and hash are well known methods of using remnants or left-overs. Perhaps you'd like to try Fish à la Provençale:

- ½ c butter
- 1 t anchovy sauce
- 2½ T flour
- 2 c. cold boiled fish (flaked)

**Yolks of 4 hard cooked eggs**

Make a sauce of butter, flour, and milk. Mash the yolks of eggs and mix with anchovy sauce. Add to the sauce, then add the fish. Serve as soon as heated on pieces of toasted gramham bread.

The salt fish may be cooked as fish balls, or they may be steamed or baked or broiled. Some people prefer finnan haddie which has been steamed until cooked through, and then served with drawn butter sauce and lemon.

Shellfish 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 poached 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 blending 3 tablespoons butter, adding ½ teaspoon salt, 1 tablespoon lemon juice, and a few grains of cayenne.

If you are fond of fried scallops try this one. It is fried scallops a la Huntington.

Find Your Partner . . .

**By Evelyn Covault**

With the first robin comes an uncontrolable 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 be served earlier in the evening than during the month of many moods for winter. There will be no more, no more. To facilitate matters 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." 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 a-go'in' 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
For Spring—Bright Colors . . .

By Mildred Bennett

SPRING is truly the most important color season of the year. After a winter of blacks, browns and dark blues, everyone is ready to decide on a spring outfit of gay or light color. And this spring there are many lovely colors to choose from.

Window displays, fashion magazines and the new spring clothes seen on the campus reveal to us that gray and hyacinth blue are the predominating colors. Each of us wants to buy the newest and most popular garment at the beginning of each season, and if we study only the head-lines of the fashion articles, we will probably decide on one of the leading blues, or black, dazzling red, hyacinth blue and pink, deep orange, blurred gray with contrasting deep blue, and white. Black, green and prints are good in lacquered chiffon. Other less dominating evening materials are taffeta, organdie and net in light colors.

Daffodil yellow and rosy rust are the newest colors for millinery. The details of yellow hats are brown, while an added note of gray is good on the rosy rust millinery. Red and gray, navy and white, and navy with touches of red are also being shown. White plumage bands make some models very smart.

Daffodil yellow accessories fashioned of plume are new. Yellow gloves, vests, collar and cuffs and hats combine nicely with gray, black, and navy blue.

With such a wide choice each of us should be able to choose becoming, yet popular, colors for our spring wardrobes.

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room) and as the girls "cast," the boys "bite" and are thus "hooked." For this each girl can bait her own hook with a tiny life belt in the shape of the well known Life Savers, using the string which was unraveled in the first place.

Some snappy games will never come amiss even with the most sophisticated of young people. An adaptation of a relay race is always amusing; and in this case after lining up the guests on two sides, each side is handed a raincoat, a pair of galoshes, and if possible an old sou'wester. At a given signal the first persons in each line arrays himself in this garb, removes it and passes it on to the next person, who does likewise. Of course the side which can dress and undress for a rainy day most rapidly wins. If space permits, running to a goal and back in galoshes and raincoat is much more exciting.

A clever stunt which provokes much merriment is to announce to all those present that they are each to be given the name of same article connected with a rainy day. After they are seated in a circle with a vacant chair in the center, the hostess whispers to each of them the same word, such as "rain-barrel," for instance. Then she announces that she is going to tell a story and at each mention of the name which a guest may have, he is to run forward and take his place in the vacant chair. Then you begin your story something like this, "One day last spring I got caught in a shower. I ran to the nearest house, which had a rain-barrel by the door." But you'll never get the sentence finished, for all your guests will make a "bee-line" for the chair.

The hostess who adds a few novelties to the cut-and-dried dance will find her guests enjoying themselves immensely and eager to come again.

Long, slow cooking and moist heat are important to make the cheaper cuts of meat as satisfying to a family as the more expensive cuts.