Start with an inviting, efficient kitchen. Add short cuts and special techniques that you find in this chapter—cooking becomes easier for you, the results surer!
light texture to batters and doughs and as a binder in baked products and salad dressings.

**Well-beaten eggs** are whole eggs beaten till whites and yolks are well blended, light. They’re used in many baked goods.

**Well-beaten egg yolks** are beaten till thick and lemon-colored. This is important in producing fine texture in sponge cakes.

**Stiff-beaten egg whites** are beaten till peaks stand up straight, but are still moist and glossy. At this stage, they hold air which expands when heated. If you underbeat egg whites, they won’t hold enough air; if you beat them too stiff, the foam will break down when the other ingredients are added.

Often egg whites are beaten to soft peaks—the peaks droop over a bit—then sugar is added a little at a time as you continue to beat to stiff peaks. This increases the air-holding property of the egg whites.

Angel cake is leavened by expansion of air held in egg whites, and by steam, during baking. Macaroons, souffles, chiffon pies all rely on stiff-beaten egg whites for lightness.

**Thickening agents**

**Flour** (unsifted) may be thoroughly blended with fat before liquid is added. Or it may be blended with cold liquid or with sugar before combining with hot mixture. Flour requires at least 5 minutes’ cooking time.

**Cornstarch** may be blended with cold liquid or with sugar before it is added to a hot mixture. Follow manufacturer’s directions for length of cooking time.

**Tapioca**—Quick-cooking tapioca is used in recipes in this book. It is added to the liquid mixture and may be allowed to stand a few minutes. Heat just to boiling; don’t overcook. Cool without stirring.

If using pearl tapioca, use about double the amount and soak several hours. Cook mixture till tapioca is transparent.

**Eggs** are slightly beaten when used for thickening. To add them to a hot mixture, first stir a small amount of hot liquid into eggs; then stir egg mixture into remaining hot mixture. If further cooking is required, use low heat and stir constantly.

**Gelatin**

**Gelatin**—This term used without further description means granulated unflavored gelatin.

To use, soften in small amount cold liquid for about 5 minutes, then dissolve in hot liquid, or stir and dissolve over direct heat or boiling water. Or, blend with sugar (don’t soften); dissolve in hot water.

One envelope unflavored gelatin equals 1 tablespoon and will set 2 cups of liquid. Remember to count the cold liquid you used for softening as part of the total liquid.

**Flavored gelatin** is a mixture of gelatin, sugar, fruit acids, flavors, and coloring. Dissolve it in hot liquid. One package of flavored gelatin will set 2 cups of liquid.

**Milk**

**Skim milk** is milk with the cream removed.

**Homogenized milk** has the cream permanently mixed through so that it can’t rise to the top.

**Evaporated milk** is whole milk that has been concentrated to double richness. When it is mixed half-and-half with water, it may be used as whole milk and has the same nutritive value. Evaporated milk is fortified with a large amount of vitamin D. You may use it as is in place of cream, or when it has been thoroughly chilled, it can be whipped.

**Sweetened condensed milk** is concentrated whole milk mixed with sugar.

**Nonfat dry milk** is skim milk with the water removed. It can be stored without refrigeration until reliquefying. To use dry milk, mix it with the other dry ingredients in the recipe. Or add water as directed on package to reconstitute to normal milk before use.

**Cream**

**Half-and-half** is half cream and half milk. It is used in coffee or for table use. It can be substituted for light cream in recipes.

**Light cream** is coffee cream and is used where richness is desirable but whipping is not necessary.

**Whipping cream** contains enough butterfat to thicken and hold its shape when beaten. It should be very cold at time of beating. It’s a good plan to chill the bowl and beater, too. Use a rotary or electric beater and beat continuously till whipped.

**Sour cream** is commercially cultured light cream. It has developed a pleasant tang, a smooth, thick texture. It’s used to give richness and zesty flavor to many dishes.
Terms used in recipes

Bake—To cook by dry heat, usually in the oven. For meats, it is called roasting.

Barbecue—To roast meat slowly on a spit over coals, or in the oven, basting frequently with a highly seasoned sauce.

Baste—To moisten foods during cooking with pan drippings, water, or special sauce, to prevent drying or to add flavor.

Beat—To make mixture smooth, or add air by using a brisk whipping or stirring motion with spoon or electric mixer.

Blanch—To pour boiling water over food to loosen skin, remove color, or set color.

Blend—To mix two or more ingredients until smooth and uniform.

Boil—To cook in liquid at boiling temperature (212 degrees at sea level).

Braise—To brown in a small amount of hot fat, then add a small amount of liquid and cook slowly in tightly covered utensil on top of range or in oven.

Bread—To coat with bread crumbs, or mixture of beaten egg and milk, then crumbs.

Broil—To cook by direct heat, usually in broiler, or over coals.

Candy—To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit, fruit peel, or ginger, to cook in heavy syrup till plump and transparent.

Caramelize—To melt sugar slowly over low heat until it becomes brown in color.

Chop—To cut in pieces with knife, chopper, or scissors.

Cream—To rub or beat with spoon or electric mixer till mixture is soft, and fluffy.

Cut in—To mix shortening with dry ingredients, with pastry blender, knives, or fork.

Dice—To cut food in small cubes of uniform size and shape.

Dissolve—To cause a dry substance to pass into solution in a liquid.

Dredge—To sprinkle or coat with flour or other fine substance.

 Flake—To break lightly into small pieces.

Fricassee—To cook by braising; usually applied to fowl or rabbit.

Fold—To add new ingredients to a mixture that’s beaten till light. Cut down through mixture with spoon, whisk, or fork; go across bottom of bowl, up and over, close to surface.

Fry—To cook in hot fat. To cook in a fat is called pan-frying or sautéing; to cook in a 1- to 2-inch layer of hot fat is called shallow-frying; to cook in a deep layer of hot fat is called deep-frying.

Glaze—To coat with a thin sugar syrup cooked to crack stage; mixture may be thickened slightly. Or to cover with a thin icing.

Grate—To rub on a grater that separates the food in various sizes of bits or shreds.
**Knead**—To work and press dough with the palms of the hands.

**Lard**—To insert strips of fat in gashes made in meat; or to place slices of fat on top of uncooked lean meat or fish for flavor, or to prevent dryness.

**Marinate**—To allow a food to stand in a liquid—usually French dressing or a mixture of oil and vinegar—to soften or add to the flavor.

**Mince**—To cut or chop food into extremely small pieces.

**Mix**—To combine ingredients, usually by stirring.

**Pan-broil**—To cook uncovered in a hot fry pan, pouring off fat as it accumulates.

**Pan-fry**—To cook in small amount of fat.

**Parboil**—To precook until partially done.

**Pasteurize**—To preserve food by heating sufficiently to destroy bacteria. Generally applied to milk and fruit juices.

**Pit**—To remove pits from fruits.

**Poch**—To cook in hot liquid, being careful that food holds shape.

**Roast**—To cook by dry heat, usually in oven.

**Saute**—To cook in small amount of hot fat.

**Scald**—To bring to a temperature just below the boiling point.

**Scallop**—To bake a food, usually in a casserole with sauce or other liquid. Crumbs often are sprinkled over.

**Score**—To cut narrow grooves or gashes part way through the outer surface of food.

**Sear**—To brown very quickly by intense heat. This method increases shrinkage, but develops flavor, improves appearance.

**Shred**—To cut or tear in small, long narrow pieces.

**Sift**—To put one or more dry ingredients through a sieve or sifter.

**Simmer**—To cook slowly in liquid over low heat, at a temperature of about 180 degrees.

**Steam**—To cook in steam in a pressure cooker, deep-well cooker, double boiler, or a steamer made by fitting a rack in a kettle with a tight cover. A small amount of boiling water is used, more water being added during steaming process if necessary.

**Steep**—To extract color, flavor, or other qualities from a substance by leaving it in water just below the boiling point.

**Sterilize**—To destroy microorganisms by boiling, dry heat, or steam.

**Stew**—To simmer slowly in a small amount of liquid for a long time.

**Stir**—To mix ingredients with a circular motion until well blended or of uniform consistency.

**Toss**—To mix ingredients lightly.

**Truss**—To tie fowl or other meat with metal or wooden pins (skewers) to hold its shape during cooking.

**Whip**—To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.
Correct measuring methods

Cooking success begins with exact measuring. For picture-perfect cooking results, it’s essential that you measure each ingredient accurately each time.

First, check your tools. Do you have the right ones for the job—cups for measuring both dry and liquid ingredients, for instance? It saves time to have large measures, too. Are your measuring tools in good shape? You can’t get perfect measurements with spoons that are warped or cups that are dented. Equipment in order, then, follow these directions for measuring correctly.

**Liquids**—Place standard glass measuring cup on flat surface. Bend down so that you can read measure at eye level.

Cup for measuring liquids has safety rim above full-cup mark so you can get accurate measurement without spilling a drop!

**Oil or melted fat**—Dip measuring spoon into the oil. Lift out carefully—spoon should be so full that it won’t hold another drop.

**Baking powder and soda**—Dip in measuring spoon; level off with knife edge. For 1/8 teaspoon, halve 1/4 teaspoon with knife tip.

**Dry ingredients**—Fills standard measuring cups or spoons to overflowing; level off using straight edge of knife or spatula. Careful—no packing!

Pack brown sugar so firmly in cup that it will keep the cup shape when turned out.

**Shortening**—Partly fill a measuring cup with water, leaving space for amount of shortening to be measured. Add shortening till the water moves up to the one-cup mark.

Or press shortening firmly into fractional cup so no air holes are left. Level off; then scoop out.
You'll save time, and always be sure of accurate results, if you keep in mind these basic equivalents:

3 teaspoons .................... 1 tablespoon
4 teaspoons ..................... 1/4 cup
5 1/3 teaspoons .................. 1/3 cup
16 tablespoons .................. 1 cup
2 cups .............................. 1 pint
4 cups ............................. 1 quart
4 quarts ......................... 1 gallon
1 stick butter (1/4 pound) ....... 1/2 cup

For other weights and measures, see the inside back cover.

Jams, preserves—Measure the sugar and fruit by weight to save time.
Weigh empty bowl; then scoop in the sugar. One pound of granulated sugar equals 2 1/4 cups.
Weigh fruit the same way when recipe you're using calls for pounds of fruit.

Fractional measures—For dry ingredients, use measures that hold the exact amount needed when leveled off. Use sets measuring 1 cup, 1/2 cup, 1/3 cup, and 1/4 cup. For less than a 1/4-cup measure, use your standard measuring spoons.

Coffee—Always measure—it makes all the difference! Experiment to find the exact measure to suit your family's taste. Then always use that same amount.
Fractional measuring cups save time. Or you can use measures designed just for coffee.

Molds, bowls, pans—If size is not marked on molds or bowls, measure the amount of water required to fill them. Mark size on bottom.
Measure pans with sloping sides across top from inside rim to inside rim, using a ruler. Measure straight-sided pans across bottom.

For chunky foods—A large measuring cup is handy when you measure big amounts of such foods as bread cubes, potatoes, or cheese.
These glass measures are available in both pint and quart sizes.
Before-and-after measurements in food preparation

Foods change measure when you crumble, heat, shred, or chop them. Questions pop up every day: How many crackers in a cup of crumbs? How many fresh cherries will fill a pie when pitted? Will a pound of cranberries make enough sauce for 8 people?

In this chart, you’ll find the answers to these and other similar questions.

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Measure after preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quick-cooking oats</td>
<td>1 cup</td>
<td>1$\frac{3}{4}$ cups, cooked</td>
</tr>
<tr>
<td>Macaroni</td>
<td>1$\frac{3}{4}$-1$\frac{1}{2}$ cups (1$\frac{1}{4}$ lb.)</td>
<td>2$\frac{1}{4}$ cups, cooked</td>
</tr>
<tr>
<td>Noodles</td>
<td>1$\frac{1}{2}$-2 cups (1$\frac{1}{4}$ lb.)</td>
<td>2$\frac{1}{4}$ cups, cooked</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>1-1$\frac{1}{4}$ cups (1$\frac{1}{4}$ lb.)</td>
<td>2$\frac{1}{4}$ cups, cooked</td>
</tr>
<tr>
<td>Rice</td>
<td>1 cup</td>
<td>3-3$\frac{1}{2}$ cups, cooked</td>
</tr>
<tr>
<td>Precooked rice</td>
<td>1 cup</td>
<td>2 cups, cooked</td>
</tr>
<tr>
<td>Corn meal</td>
<td>1 cup</td>
<td>4 cups, cooked</td>
</tr>
<tr>
<td>Crackers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salted crackers</td>
<td>16 small squares</td>
<td>1 cup coarse crumbs</td>
</tr>
<tr>
<td>Salted crackers</td>
<td>20 to 22 small squares</td>
<td>1 cup fine crumbs</td>
</tr>
<tr>
<td>Graham crackers</td>
<td>12 squares</td>
<td>1 cup fine crumbs</td>
</tr>
<tr>
<td>Vanilla wafers</td>
<td>22</td>
<td>1 cup fine crumbs</td>
</tr>
<tr>
<td>Zwieback</td>
<td>9 slices</td>
<td>1 cup fine crumbs</td>
</tr>
<tr>
<td>Cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream, heavy</td>
<td>1 cup</td>
<td>2 cups, whipped</td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>American cheese</td>
<td>1 pound</td>
<td>4-5 cups, grated</td>
</tr>
<tr>
<td>Dried fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prunes</td>
<td>1 pound (2$\frac{3}{4}$ cups)</td>
<td>4 cups, cooked</td>
</tr>
<tr>
<td>Apricots</td>
<td>1 pound (3$\frac{1}{2}$ cups)</td>
<td>4$\frac{1}{2}$ cups, cooked</td>
</tr>
<tr>
<td>Peaches</td>
<td>1 pound (3 cups)</td>
<td>4 cups, cooked</td>
</tr>
<tr>
<td>Raisins</td>
<td>1 pound (3 cups)</td>
<td>4 cups</td>
</tr>
<tr>
<td>Unpitted dates</td>
<td>1 pound (2$\frac{1}{2}$ cups)</td>
<td>1$\frac{3}{4}$ cups, pitted</td>
</tr>
<tr>
<td>Food</td>
<td>Amount</td>
<td>Measure after preparation</td>
</tr>
<tr>
<td>----------------------</td>
<td>------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td>Dried vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lima beans, large</td>
<td>1 cup</td>
<td>2 1/2 cups, cooked</td>
</tr>
<tr>
<td>Red beans</td>
<td>1 cup</td>
<td>2 3/4 cups, cooked</td>
</tr>
<tr>
<td>White beans</td>
<td>1 cup</td>
<td>2 1/2 cups, cooked</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples, unpared</td>
<td>1 pound</td>
<td>3 cups, pared and diced, or sliced</td>
</tr>
<tr>
<td></td>
<td>(3 medium)</td>
<td></td>
</tr>
<tr>
<td>Red cherries</td>
<td>1 quart</td>
<td>2 cups, pitted</td>
</tr>
<tr>
<td>Tokay grapes</td>
<td>1 pound</td>
<td>2 3/4 cups, seeded</td>
</tr>
<tr>
<td>Lemon</td>
<td>1 medium</td>
<td>3-4 tablespoons, juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 teaspoon grated peel</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>1/2 cup juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup diced pulp</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 teaspoons grated peel</td>
</tr>
<tr>
<td>Cranberries</td>
<td>1 pound</td>
<td>4 cups sauce</td>
</tr>
<tr>
<td>Fresh vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas in pod</td>
<td>1 pound</td>
<td>1 cup, shelled and cooked</td>
</tr>
<tr>
<td>Limas in pod</td>
<td>1 pound</td>
<td>2/5 cup, shelled</td>
</tr>
<tr>
<td>Beets</td>
<td>1 pound</td>
<td>2 cups, cooked and diced</td>
</tr>
<tr>
<td></td>
<td>(4 medium)</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 pound</td>
<td>4 cups, shredded</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 pound</td>
<td>2 1/2 cups, diced</td>
</tr>
<tr>
<td></td>
<td>(5 medium)</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>1 pound</td>
<td>4 cups, diced</td>
</tr>
<tr>
<td></td>
<td>(2 small bunches)</td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>12 ears</td>
<td>3 cups, cut</td>
</tr>
<tr>
<td>Onions</td>
<td>1 medium</td>
<td>1/2 cup, chopped</td>
</tr>
<tr>
<td>White potatoes</td>
<td>1 pound</td>
<td>2 1/2 cups, diced</td>
</tr>
<tr>
<td></td>
<td>(3 medium)</td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td>1 pound</td>
<td>1 cup, shelled</td>
</tr>
<tr>
<td>Walnuts in shell</td>
<td>1 pound</td>
<td>2 cups, shelled</td>
</tr>
<tr>
<td>Walnuts</td>
<td>3/4 pound</td>
<td>1 cup, chopped</td>
</tr>
</tbody>
</table>
Storing food

**Fresh vegetables:** Wash, drain, and dry greens; store in crisper. Or wrap; store on lower shelves of refrigerator.

Scrub carrots, celery, radishes, and green onions under cold water. Dispose of excess leaves and tops. Wipe off. Wrap or bag each vegetable separately or place in crisper. (Wrap onions even for crisper.)

Store dry onions unwashed in bag in vegetable bin; clean when ready to use. Store white potatoes in dark cool place.

**Fresh fruits:** Sort berries; spread on shallow pan; don’t wash. Refrigerate. Wash and hull before using.

Ripen avocados, bananas, melons, and pears at room temperature (ripen pears in box in which purchased). Then refrigerate.

Store uncut fresh pineapple in cool place away from sunlight. After cutting, wrap and store in refrigerator up to 3 or 4 days.

Refrigerate other fruits.

**Canned vegetables, fruits:** Store in cool dry place. Opened canned foods may be left in can, kept covered in refrigerator.

**Meat:** To store fresh and leftover meat, see pages 41, 42. Store cured and smoked meats in refrigerator in original wrapper.

Keep canned meats in cupboard, except the large canned hams marked “Perishable. Keep refrigerated.”

Treat venison and meat of other large game the same as beef.

**Poultry, game birds, small game:**
Wrap loosely; refrigerate. To store stuffed cooked poultry: Remove stuffing; cover; refrigerate separately.

**Fish:** Wrap tightly; refrigerate.

**Dried foods, nuts:** Keep in covered packages or jars in cool, dry place. If there’s room, keep peanut butter and candied fruits in refrigerator.

**Flour, cereals:** Store flours, corn meal, oatmeal, breakfast foods in cool dry place in covered jars or canisters.

**Dairy products, eggs:** Keep milk covered in refrigerator. Cover cooked foods containing milk, cool quickly, use soon. Cover butter or margarine; refrigerate. Wrap cheese air-tight, refrigerate. Refrigerate cheese spreads if room. Keep eggs in refrigerator, don’t wash till ready to use.

**Cookies:** Soft and crisp kinds don’t get along; store separately. Soft cookies stay moist when tightly covered. Crisp ones keep well in jar with a loose-fitting lid.

Keep it fresh—store it right!
To store meat: Unwrap pronto! Don’t wash. Store in or near meat compartment of refrigerator. Cover top of meat loosely with clear plastic wrap or waxed paper.

Ground meat: Empty from paper tray. Put in refrigerator dish; cover; chill. Plan to use within 2 days. Or shape in patties; freeze. (Paper bake cups make dividers.)

Refrigerator storage time chart*
For meats held in a household refrigerator at 32° to 40°

<table>
<thead>
<tr>
<th>Kind of meat</th>
<th>Time limit for maximum quality</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
</tr>
<tr>
<td>Large pieces (roasts, pot roasts)</td>
<td>5 to 7 days</td>
</tr>
<tr>
<td>Steaks</td>
<td>3 to 5 days</td>
</tr>
<tr>
<td>Ground beef, stew meat liver (sliced), heart</td>
<td>2 days</td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
</tr>
<tr>
<td>Large pieces (roasts, cured hams)</td>
<td>5 to 7 days</td>
</tr>
<tr>
<td>Canned hams (unopened)</td>
<td>3 months</td>
</tr>
<tr>
<td>Bacon</td>
<td>7 days</td>
</tr>
<tr>
<td>Chops, spareribs</td>
<td>3 days</td>
</tr>
<tr>
<td>Pork sausage</td>
<td>2 days</td>
</tr>
<tr>
<td>Liver (sliced)</td>
<td>2 days</td>
</tr>
<tr>
<td><strong>VEAL</strong></td>
<td></td>
</tr>
<tr>
<td>Roasts</td>
<td>5 to 7 days</td>
</tr>
<tr>
<td>Chops</td>
<td>4 days</td>
</tr>
<tr>
<td>Stew meat</td>
<td>3 days</td>
</tr>
<tr>
<td>Ground veal, liver (sliced)</td>
<td>2 days</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Kind of meat</th>
<th>Time limit for maximum quality</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
</tr>
<tr>
<td>Roasts</td>
<td>5 days</td>
</tr>
<tr>
<td>Chops, riblets, stew meat, shanks</td>
<td>3 days</td>
</tr>
<tr>
<td>Ground lamb</td>
<td>2 days</td>
</tr>
<tr>
<td><strong>POULTRY</strong></td>
<td></td>
</tr>
<tr>
<td>Chickens, ducklings (drawn, whole)</td>
<td>2 to 3 days</td>
</tr>
<tr>
<td>Chickens, etc. (cut up)</td>
<td>2 days</td>
</tr>
<tr>
<td>Turkeys (drawn, whole)</td>
<td>4 to 5 days</td>
</tr>
<tr>
<td><strong>COOKED MEATS</strong></td>
<td></td>
</tr>
<tr>
<td>Leftover cooked meats</td>
<td>2 days</td>
</tr>
<tr>
<td>Cooked poultry</td>
<td>2 days</td>
</tr>
<tr>
<td>Hams, picnics</td>
<td>7 days</td>
</tr>
<tr>
<td>Frankfurters</td>
<td>4 to 5 days</td>
</tr>
<tr>
<td>Sliced luncheon meats</td>
<td>3 to 4 days</td>
</tr>
<tr>
<td>Unsliced Bologna, etc.</td>
<td>4 to 6 days</td>
</tr>
<tr>
<td>Sliced liver sausage</td>
<td>2 to 3 days</td>
</tr>
<tr>
<td>Unsliced liver sausage</td>
<td>4 to 6 days</td>
</tr>
<tr>
<td>Sweetbreads</td>
<td>2 days</td>
</tr>
<tr>
<td>Dry-type sausage, uncut</td>
<td>2 to 3 weeks</td>
</tr>
</tbody>
</table>

*Any chart can be only a guide. Many factors can vary: quality of meat, handling, refrigerator efficiency. (In some refrigerators, flowing cold air increases storage life of fresh meat.)
Bacon keeps its sweet smoky flavor as long as a week if carefully wrapped in original package. Or, wrap in clear plastic wrapping or foil. Remove only what's needed; put right back in refrigerator.

Sweetbreads and brains are delicate. If to be refrigerated, simmer in salted water with dash lemon juice or vinegar for 15 minutes. Drain, refrigerate in covered container up to two days. When used, cut cooking time.

Leftover meat—chill it fast! Spoon the stuffing from the turkey into refrigerator dish with cover. (Good for leftover gravy, too.) Wrap the turkey tightly in foil; don't dice or grind it till ready to use.

Stock is the most delicate product of meat. Flavor wafts out with steam unless you pour stock you want to save into glass jar after you cook meat. Put jar in cold water to cool partially, cover, and refrigerate immediately.
Done? These quick tests will tell you

Do you know when the big turkey is done, or when pumpkin pie should come out of the oven? To be delicious, food must be done to perfection. The trick is to know when it has reached this perfect stage.

Automatic oven thermometers, or timers and portable meat thermometers, will mind time and temperature when you’re roasting meat or poultry. Special thermometers will tell you when the candy has cooked long enough and when deep fat is just the right temperature for frying.

But there are other foods you can check best by look or touch. These simple tests are a part of cooking lore, the know-how of generations of good cooks. For some of the secrets that tell you when food is done, follow the pictures on these three pages.

_Pumpkin pie._ Jiggle pie gently. If center quivers like jelly, remove pie from oven. Or, test pie as for baked custard.

_Cake._ Insert toothpick or cake tester in center of cake. If it comes out clean, cake is done.

Cake will also shrink slightly from sides of pan and will spring back when pressed lightly in center.

_Griddle cakes._ When upper side of pancake is bubbly all over, under side is done. When a few bubbles have burst and the edge begins to appear dry, cake is ready to turn.

To keep pancakes hot, place in a heavy pan over very low heat, cover but leave lid ajar. Or place rack in shallow pan and keep warm for a short time in very slow oven (250°).
**Baked potato.** Press between fingers (protect with hot pad). If potato feels soft, it’s done.

**Bread and rolls.** Touch dough lightly. If finger leaves slight dent, dough has risen till double and rolls are ready to go in the oven.

**Fluffy omelet.** It springs back if done when touched lightly with finger. Or, a knife inserted in the center comes out clean.

**Rice and spaghetti.** Pinch grain of rice between thumb and forefinger. When no hard core remains, it’s done. Cook spaghetti till tender but still firm—you can cut a strand with fork.

**Stirred custard.** When it coats metal spoon, remove from heat. Cool—place pan in cold water.

**Baked custard.** Insert knife halfway between center and edge, making cut only $\frac{1}{2}$ inch deep. Clean knife means custard is done.
Here are ways to test meat and candy

Roast. A meat thermometer is the best guide to tell when a roast is done. (Thermometer should be inserted so tip goes in center of thickest part of meat, doesn’t touch bone or fat.) Roasting charts list temperatures for pork, lamb, veal, and rare, medium, and well-done beef.

Roast poultry. About 20 minutes before bird should be done, press thickest part of drumstick. If done, meat feels very soft, and you can move the drumstick up and down easily or twist it out of joint.

Candy. If using a thermometer, clip to pan after syrup boils, being sure bulb is covered with boiling liquid, not just foam. Read with eyes level with fluid in indicator column; have syrup boiling. Or, test candy with the cold-water method. Have ready small bowl of very cold water (but not ice water). To test candy, remove pan from heat. At once, while syrup is bubbling, drop a little syrup into the water. Hardness of ball formed indicates the temperature of the candy. (See tests, page 126.)
Cooking short cuts

**Bacon for a crowd** is quick when you cook it in the oven. Place separated slices on rack in shallow baking pan. Bake at 400° for 10 minutes—no turning, draining.

**Separating ground beef** when you’re browning it for the chili or spaghetti sauce, is quick as scat with your potato masher. Tromp, tromp, tromp—the job is done!

**Corral stuffing** in pork chops, poultry, veal birds: Stick toothpicks through edge of chops, lace with string, tie. Before serving, pull out toothpicks and string.

**Baste barbecued meat** with an artist’s—touch—it’s fast. Use a paintbrush, or a pastry brush. Keep either one for this purpose only. This is a good trick for outdoor barbecues and camping trips, too.

**To brown edges on pork chops,** place chops side by side, bone edge up, in small amount hot fat. Hold with spatula and fork. Rock chops back and forth to brown evenly.
**Frankfurters** come already cooked—just heat them through. Cover with boiling water; cover and reduce heat; simmer (don’t boil) 5 to 8 minutes. Or brown in hot fat in skillet 3 to 5 minutes—don’t overbrown.

*Onion juice* is no problem if you draft your lemon squeezer. You’ll find *“squeezing”* an onion is twice as fast as grating it. For ¼ cup or more, hold juicer over glass measuring cup for exact amount.

*Chopping* is a job for the French chef’s knife. Hold handle in right hand. With fingers of left hand, hold point of knife down on board. Using point as a pivot, swing blade up and down, back and forth.

*To shell hard-cooked eggs,* crack the shell all over, then roll between palms of hands to loosen. Start shelling from the air-pocket end of the egg—you’ll be able to peel off the shell in one piece.

*Tomato roses* make a colorful garnish for salad or meat platters. Turn tomato stem end down. Cut five or six petals. Cut through skin but not into seed pockets. Separate petals from tomato.
- To tint coconut, place 1 1/2 cups (a 3 1/2-ounce can) flaked coconut in jar. Add a few drops of food coloring. Screw on lid; shake till the coconut is colored.

Prevent bubble-over from deep-dish pies by turning custard cup upside down in center of dish. Pour in fruit, top with crust. Cup also lifts pastry so it won’t get soggy.

- Marshmallow creme slips off the spoon with the greatest of ease if you first dip the tablespoon in hot water and let it remain there for a few seconds. No sticking!

For perfect sections from grapefruit or orange, pare fruit round and round. Remove sections by cutting close to membrane. (Let knife follow the membrane in and out.) Or cut halfway between membranes to section.

- So-hard ice cream needn’t mean a crisis. If it won’t spoon, simply peel off the carton; slice neatly and quickly with cake breaker.

To keep pudding satiny on top, put clear plastic wrap or waxed paper directly on top and smooth it out so it touches surface of hot pudding, clear to sides of bowl. Chill. At serving time, just peel wrap off.

Apples won’t crack while they’re baking if you peel a 1-inch band around the middle or top. Core apples; stuff the centers; add a little water to pan and bake. See recipes, page 204.
To make a pretty edge on a melon half, cut it in two with a zigzag cut: Trace zigzag line around middle, then make deep thrust with knife into center this way, then that way, all the way around.

Serve as is or fill with fresh berries or ice cream. If melon wobbles, slice a little off bottom.

Frost cupcakes in half the time. Dip the top of each cupcake into soft frosting, twirl slightly, quickly turn right side up!

Fit the pastry to the muffin cup: Measure across back of muffin cup with string (bottom plus sides). Pick dish with same measure across top; use as cutting guide.

No spills when you pour in the last cup of custard pie filling just before closing the oven door. It's a good trick with cup custards, too.

Serve fresh pineapple sliced, diced, or in the shell—

1 To slice or dice, first remove stem: Hold onto pineapple with one hand and stem with the other; twist firmly in opposite directions. 2 With sharp knife, cut off base; stand upright. Pare strips from top to bottom. Remove eyes with tip of paring knife, hard center with apple corer. Slice fruit in rings, or dice. 3 To serve in shell: Quarter fruit (and stem). Core. With grapefruit knife, cut fruit from peel. Slice crosswise; zigzag slices.
**Freeze garden herbs to enjoy all winter**

Select young lush sprays of parsley, mint, or dill, or bundle up herb bouquets.

Wash, then blanch in boiling water 10 seconds. Chill in ice water 1 minute; pat dry.

Seal enough herb for one use in small freezer bag or foil. Clip all bags of same herb to piece of cardboard; label.

To use: While frosty, snip into casserole, soup, butter.

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**Seasoning with spices and herbs**

<table>
<thead>
<tr>
<th>Appetizers, soups</th>
<th>Breads</th>
<th>Eggs, cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVOCA DO DIP: Stir in dill. CRANBERRY JUICE: Add cinnamon, allspice, cloves; serve hot or chilled. SHRIMP DIP: Add tarragon. STUFFED CELERY: Mix caraway seed with cream cheese; fill; dash on paprika. TOMATO-JUICE COCKTAIL: Try basil (¼ teaspoon per cup) or a pinch of marjoram or oregano. CHICKEN SOUP: Add a pinch of rosemary or a dash of paprika or marjoram. CLAM CHOWDER: Add sage. CONSOMME: Dash in allspice or savoy. FISH CHOWDER: Add thyme or tarragon. MUSHROOM SOUP: Season with marjoram. ONION SOUP: Dash in thyme. OYSTER STEW: Lightly add thyme, or mace and cayenne. POTATO SOUP: Dash with mustard, basil. Top with chopped chives. SPLIT-PEA SOUP: Add dash savoy. TOMATO SOUP: Shake in sage and garlic powder.</td>
<td>BISCUITS: Add rosemary or savoy to flour. Serve with meat. BUTTERS: Blend ½ teaspoon rosemary, basil, or tarragon into ½ cup soft butter. Spread on French bread slices and heat. COFFECAKE: Mix crushed anise seed in batter—just to taste. CORN BREAD: Add poultry seasoning to dry ingredients. CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt. DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon sugar. DUMPLINGS: Add parsley (fresh or flakes) or rosemary. MUFFINS: Blueberry—add dash of nutmeg to dry ingredients; date—and dash pumpkin-pie spice. ROLLS: Add caraway seed. Or, sprinkle with sesame or poppy seed. SWEET BREAD: Add pinch saffron to hot liquid. Soak 10 minutes; strain. Add liquid to flour mixture as usual. WAFFLES: Add poultry seasoning, serve with creamed chicken. Or dash in allspice, cinnamon.</td>
<td>BAKED EGGS: Sprinkle dash of thyme over the top. CREAMED EGGS: Add tarragon. DEVILED EGGS: Add savoy, mustard. OMELETS: Try with dash of marjoram or rosemary (go easy!). SCRAMBLED EGGS: Sprinkle lightly with rosemary or marjoram. Or add ¼ teaspoon savory for 2 eggs. SOUFFLE: Add ¼ to ½ teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savoy. CHEESE CASSEROLES: Spark with dash sage or marjoram. CHEESE RABBIT: Try with basil or marjoram. CHEESE SAUCE: Add mustard, or a pinch of tarragon or sage. CHEESE SPREAD: Blend sage, or thyme and celery salt, into melted process cheese. COTTAGE CHEESE: Blend in chives or a pinch of sage, or caraway or dill seeds. Add several hours ahead. CREAM CHEESE: Blend in curry powder or basil, caraway or mustard seeds. Use as celery filling or canape spread.</td>
</tr>
</tbody>
</table>
MEATS, Poultry, Fish

BEEF STEW: Add subtle flavor with basil or vegetable flakes. Or add bouquet garni of chives, cher- vil, savory, and thyme last half hour; remove to serve.

BEEF POT ROAST: Season 3-pound pot roast with ¼ teaspoon each dry mustard, marjoram, rosemary, and thyme.

HAM LOAF: Add rosemary.

HAMBERGER PATTIES: Mix in basil, curry powder, or garlic salt.

HASH: Add a pinch of marjoram or savory

LAMB CHOPS: Dash with marjoram; broil. Or, sprinkle with dill seed near end of broiling.

LAMB STEW: Add bouquet garni of rosemary, parsley, and celery, or parsley, thyme, and a clove last half hour. Remove the bouquet garni before serving.

MEAT BALLS: Season with savory, mustard, or garlic powder.

MEAT LOAF: Add oregano and a dash of basil.

PORK CHOPS: Sprinkle lightly with sage or thyme. Or add shake of cinnamon.

PORK ROAST: Combine rosemary, garlic powder, and parsley, sprinkle over.

VEAL CUTLETS: Pound in mixture of basil and marjoram.

VEAL ROAST: Top with a few sprigs dill or rub with dried dill weed before roasting.

CHICKEN, BROILED: Sprinkle generously with paprika for color; sprinkle lightly with rosemary or tarragon; broil.

CHICKEN PIE: Add poultry seasoning to crust. Season filling with thyme and marjoram, or tarragon.

CHICKEN, STEWED: Add bouquet garni of thyme, chives, basil, and parsley.

CHICKEN STUFFING: Use poultry seasoning, rosemary, or savory.

DUCK: Herb stuffing with celery seed, rosemary, or oregano.

TURKEY HASH: Add savory.

FISH FILLETS, BROILED: After turning, spread with mixture of 1 tablespoon prepared mustard and 2 tablespoons each butter, parsley, and lemon juice.

FISH FILLETS, BAKED: Sprinkle with garlic powder, oregano, thyme, and crushed bay leaf. Pour sauce over; bake.

LOBSTER: Dash with tarragon.

SALMON OR TUNA CASSErole: Basil, chopped parsley.

SALADS, Vegetables

CHICKEN SALAD: Add basil.

COLESLAW: Sprinkle with carrot or dill seed or savory.

FRUIT SALAD: Sprinkle with allspice, mace, or crushed cardamom.

POTATO SALAD: Cook potatoes with a bay leaf and onion. Sprinkle salad with celery or dill seed.

SEA-FOOD SALAD: Sprinkle with basil, tarragon, or thyme.

TOMATO ASPIC: Add basil or crushed bay leaf.

TOSSED SALAD: Sprinkle thyme, basil, marjoram or crushed tarragon over.

ASPARAGUS: Add parsley or marjoram to lemon butter; spoon over just before serving.

BEETS: Sprinkle with tarragon.

BROCCOLI: Spoon over lemon butter seasoned with tarragon.

CABBAGE: Cook with caraway or mustard seed.

CARROTS: Sprinkle with parsley and tarragon just before serving. Season glazed carrots with mint or ginger.

CAULIFLOWER: Season with rosemary. Or top with sauce of condensed cream of celery soup and savory.

CORN: Season with rosemary and marjoram.

EGGPLANT: Add marjoram, basil, or oregano to dishes.

GREEN BEANS: Perk up with thyme or pinch of garlic salt. Or add rosemary and basil, or savory.

NOODLES: Butter; then sprinkle with poppy seed.

ONIONS: Season with thyme.

PEAS: Drop in mint flakes, savory, or thyme while cooking.

POTATOES: Sprinkle in dill seed as you mash. Or bake; serve with sour cream and chives.

RICE: Season with marjoram, chervil, parsley, and thyme. Serve with roast chicken or lamb.

SAUERKRAUT: Sprinkle with caraway seed to taste.

SPAGHETTI: Toss with butter, Parmesan, and chopped chives.

SQUASH: While it simmers, add a pinch of marjoram or basil. As squash bakes, shake on cinnamon.

TOMATOES: Peel and chill; sprinkle with basil or thyme. Season stewed tomatoes with parsley, chives, and oregano.

TOMATOES, BROILED: Halve and sprinkle cut surfaces with mixture of crumbles, chives, thyme, and sage. Dot with butter; broil.

DESSERTS

APPLE PIE: Add cinnamon to the crust.

APPLES, BAKED: Place 1 package angel-cake mix, add 1 teaspoon cinnamon and ¼ teaspoon each cloves and nutmeg.

BLUEBERRY PIE: Add ¾ teaspoon each cinnamon and nutmeg.

CHERRY PIE: Add spice of mace or nutmeg.

CHOCOLATE CAKE: Add cinnamon.

CHOCOLATE PUDDING: Add a dash of cinnamon or nutmeg.

CUSTARDS: Sprinkle with nutmeg, cinnamon, or crushed cardamom seeds.

DESSERT COFFEE: Place 2 crushed cardamom seeds in each demitasse cup. Fill with demitasse coffee.

GRAPES: Sprinkle with a little ginger; chill.

MELON OR FRUIT CUP: Chill. Sprinkle with crushed cardamom seed.

MOLASSES COOKIES: Add pumpkin-pie spice to the dry ingredients.

PECAN COBBLER: Add nutmeg to the topper.

PEACH PIE: Add generous shake of cinnamon or nutmeg.

PEARS: Dot fresh or canned pear halves with butter; sprinkle with sugar and cinnamon; broil to a turn.

RHUBARB PIE OR SAUCE: Add nutmeg.

RICE PUDDING: Season with cinnamon, nutmeg, and allspice. Or use apple-pie spice.

SPICY ANGEL CAKE: To 1 package angel-cake mix, add 1 teaspoon cinnamon and ¼ teaspoon each cloves and nutmeg.

SPICY ICE CREAM: Blend 1 teaspoon cinnamon into 1 quart softened ice cream. Freeze. Spoon over sliced peaches or apple crisp.

SPRITZ COOKIES: Add ½ teaspoon crushed cardamom seeds to dough.

STEWED PRUNES: Add a stick of cinnamon while cooking.

SUGAR COOKIES: Stir anise seed into dry ingredients. Or, sprinkle sesame seeds atop.

VANILLA PUDDING: Add dash of nutmeg or mace.

YELLOW CAKE: To mix or favorite recipe, add ½ teaspoon nutmeg and ¼ teaspoon allspice.
Removing spots and stains

- Treat stain while fresh, if possible.
- Choose remover that is right for the stain, the fabric, and the fabric finish.
- Test bleach or spot remover on material in inconspicuous place to make sure the color or fabric will not be injured. When in doubt, send article to dry cleaners with spot clearly marked.

*Bleaches

*Chlorine bleach (diluted): Safe for all fabrics except silk, wool, acetate, and some fabrics with special finishes for wrinkle resistance, crispness, or embossed design. *Sodium perborate bleach:* Safe for all fabrics. *Hydrogen peroxide (3 per cent):* Safe for all fabrics.

**Grease solvents

Carbon tetrachloride is nonflammable, but *vapors are toxic!* Use outdoors or in well ventilated room. (Other commercial stain removers may be used.)

***Oxalic Acid

Poisonous; use this remover with caution.

<table>
<thead>
<tr>
<th>Stain</th>
<th>Washable Fabrics (Cotton, Linen, Rayon, Man-made Fibers)</th>
<th>Nonwashable Fabrics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood</td>
<td>Blood stains are set by hot water. Soak in cool water. Work detergent into stain; rinse. If stain remains, put on few drops of ammonia. Rinse. Bleach* if necessary.</td>
<td>Sponge with cool water to which table salt has been added (2 tablespoons per quart water). Rinse; blot with towel.</td>
</tr>
<tr>
<td>Candle wax</td>
<td>Scrape off excess wax with dull knife. Place stain between two white paper towels. Press with warm iron. Sponge with grease solvent. If safe for fabric, pour boiling water through spot. Bleach* if stain remains. Rinse thoroughly.</td>
<td>Scrape off excess wax. Place spot between two paper towels and press with a warm iron. Sponge with a grease solvent.**</td>
</tr>
<tr>
<td>Chewing gum</td>
<td>Harden with ice, then scrape gum off with blunt knife. Sponge with grease solvent.**</td>
<td>If fabric will not fade or spot, treat same as washable fabric.</td>
</tr>
<tr>
<td>Chocolate or cocoa</td>
<td>Launder. If stain remains, work detergent into spot; rinse. If grease stain remains, sponge with grease solvent.** Bleach* if necessary.</td>
<td>If colorfast, sponge with lukewarm water. If stain is greasy, sponge with grease solvent.**</td>
</tr>
<tr>
<td>Coffee, tea</td>
<td>Launder in hot soapy water. Bleach* if stain remains.</td>
<td>If colorfast, force warm water through spot with syringe.</td>
</tr>
<tr>
<td>Cod-liver oil</td>
<td>Rub liquid or granular detergent into moistened fabric; rinse in hot water. Or sponge stain with grease solvent.** Repeat if necessary. Bleach* if stain remains.</td>
<td>Place towel under spot. Sponge with grease solvent.**</td>
</tr>
<tr>
<td>Fingernail polish</td>
<td>Sponge with acetone except on acetate, Arnel, Dynel and Verel. On these fibers use amyl acetate. Nail polish remover may also be used but test first on a scrap of fabric. Bleach* if necessary.</td>
<td>Same as for washable fabrics.</td>
</tr>
<tr>
<td>Fruit and berry</td>
<td>Sponge at once with cool water. Stretch material over bowl, pour boiling water through spot if safe for fabric. Bleach* if necessary.</td>
<td>If colorfast, sponge with warm water, then hydrogen peroxide.</td>
</tr>
<tr>
<td>Grass and flower</td>
<td>Work detergent into moistened stain. Rinse. Or, if safe for dye, sponge with alcohol diluted with 2 parts water. Bleach* if necessary.</td>
<td>If safe for dye, sponge with alcohol diluted with 2 parts water.</td>
</tr>
<tr>
<td>Stain</td>
<td>Washable Fabrics</td>
<td>Nonwashable Fabrics</td>
</tr>
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<td>-----------------------</td>
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<td>---------------------------------------------------------------</td>
</tr>
<tr>
<td>Grease, oil, tar</td>
<td>Pour grease solvent** through stain. Soak in cool water. Work detergent into stain, rinse in hot water. If greasy stain remains, sponge with grease solvent.**</td>
<td>Place towel under stain area. Pour grease solvent** through stain. Sponge with grease solvent.** If stain remains, sponge with cold water.</td>
</tr>
<tr>
<td>Ice cream, butter, milk, cream</td>
<td>Sponge stain repeatedly with acetone except on acetate, Arnel, Dynel, or Verel. On these fibers use amyl acetate. Bleach* if necessary. Washing removes some ball point ink but sets others.</td>
<td>Take to dry cleaner and identify stain.</td>
</tr>
<tr>
<td>Ink, ball point</td>
<td>Sponge with cool water. Work detergent into stain, rinse. Treat with a suitable bleach.* If stain remains, treat as rust stain (below).</td>
<td>Take to dry cleaner and identify stain.</td>
</tr>
<tr>
<td>Ink, fluid</td>
<td>Sponge with cool water. Work detergent into stain, rinse. Treat with a suitable bleach.* If stain remains, treat as rust stain (below).</td>
<td>Take to dry cleaner and identify stain.</td>
</tr>
<tr>
<td>Iron and rust</td>
<td>Treat with patented rust remover according to package directions. Or apply salt and lemon juice; place in sun. Repeat if necessary. Or sponge with warm oxalic acid** solution (1 tablespoon to 1 cup water); rinse thoroughly.</td>
<td>Take to dry cleaner and identify stain.</td>
</tr>
<tr>
<td>Lipstick, eye shadow, mascara, rouge</td>
<td>Apply liquid or granular detergent to moistened stain. Work in until stain is removed. Rinse well. Bleach* if necessary.</td>
<td>Sponge with grease solvent.** If not removed, use method for washable fabrics.</td>
</tr>
<tr>
<td>Mercurochrome or merthiolate</td>
<td>Soak in warm detergent solution containing 4 tablespoons ammonia to each quart of water. Wash again in detergent solution, adding a drop or two of white vinegar. Bleach* if necessary.</td>
<td>If safe for dye, put pad of cotton saturated with alcohol on stain. Keep pad wet until stain is removed.</td>
</tr>
<tr>
<td>Mildew (light)</td>
<td>Treat while fresh. Launder and dry in sun. If stain remains, treat with a suitable bleach.*</td>
<td>Send to dry cleaner while stain is fresh.</td>
</tr>
<tr>
<td>Mud</td>
<td>Let stain dry; then brush well. Rinse repeatedly in cool water until no more mud comes out. Launder. <strong>Caution:</strong> Don’t plunge mud-stained fabrics in hot soap Suds. Red or yellow clay makes a stain (similar to iron rust) that may be set by hot water.</td>
<td>Let stain dry, then brush well. Sponge with denatured alcohol (1 cup to 2 cups water) if safe for dye.</td>
</tr>
<tr>
<td>Paint, varnish</td>
<td>Treat promptly. If dry, soften with oil, then sponge with turpentine. If stain remains, work liquid detergent into spot. Soak in hot water. Repeat if necessary.</td>
<td>Sponge fresh stain with turpentine. Work liquid detergent into spot. Rinse with alcohol if safe for dye.</td>
</tr>
<tr>
<td>Perspiration</td>
<td>Launder in warm suds, rinse well. If yellow stain remains, use a suitable bleach.*</td>
<td>Sponge with clear water.</td>
</tr>
<tr>
<td>Puppy stain (urine)</td>
<td>Soak in cool water. If stain remains, work detergent into it, then rinse. If necessary use a suitable bleach.*</td>
<td>Sponge with cool water. If stain remains, rub detergent into fabric. Rinse. Sponge with alcohol to help remove detergent. (Test fabric first to see if alcohol affects dye.)</td>
</tr>
<tr>
<td>Scorch</td>
<td>Dampen material, place in sun. Launder. (Deep scorch cannot be removed.)</td>
<td>If fabric will not fade, bleach with hydrogen peroxide.</td>
</tr>
</tbody>
</table>
Food terms you’ll want to know

À la carte (ah lah kahtr') To order thus is to choose from a whole list, dish by dish, rather than ordering a set combination. See table d'hôte. French.

Antipasto (ahn-tih-pahstoh) The Italian first course of assorted relishes, smoked or pickled meat or fish, etc. au gratin (oh grah-tuhn) Any dish topped with bread crumbs, then browned crisp. May also be topped with shredded cheese. French.

Aujus (ohz-shyo') Served in its natural juice or gravy.

Baba (bah-bah; bah-bah) A yeast-raised cake, often flavored with rum, fruit, or fruit juices. French, Polish, or Russian.

Bisque (bisk) A thick, rich soup from fish or game. French and American.

Blancmange (bleh-mahnzhe') A flavored milk dessert thickened with cornstarch, flour, or gelatin, usually shaped in a mold. French.

Bombe (bohm) A dessert—more or one more ice cream mixture (tozen in a bomb-shaped (melon) mold.) French.

Brosh (bohsh) A stock soup containing a variety of vegetables, especially beets. Usually served with a topper of sour cream. Russian.

Broiche (bree-ohshe') A feather yeast roll known by its toqnot. Popular in France as a breakfast roll.

Café au lait (kahf-fay oh le') A beverage that’s half hot coffee, half scalded milk. French.

Canapé (kah-nahpay') A small piece of fried or toasted bread spread or topped with appetizers. French, caramel (kahm-ray) The first a as in am) Burnt sugar caviar (kah-veh) A poached egg or eggs of sturgeon or other large fish, preserved, salted, and used as relish. Charlotte (shahr-lot) A refrigerator dessert of milk, gelatin, sugar, whipped cream, and flavoring, usually in a ladyfinger "crust." Simplest is charlotte russe (roos-pru-zh) The crust. French.

Chabaudriand (shah-toh-bree ahen) A thick steak of excellent quality. Also a flavorful brown sauce. Crépe suzette (krepr-soo-zhet) A thin sweet pancake usually served rolled, with sweet hot orange or tangerine sauce, flavored with curaçao or other liqueurs. Crossiant (krahs-sahn) A crescent-shaped roll. French.

Croûton (kroh-tahn) A small cube of dry toasted bread served atop soup or salad. French.

Démitasse (dahm-tahz; dem-tays) A small or "half" cup of black after-dinner coffee. French.

du jour (duh-shoor) Pronounce the u as in du as in turn) Used on menus to indicate feature "of the day." As, soupe du jour (soup), carte du jour (meal) French.

Endive (en-dive; en-dey) Salad greens with lively flavor. Curly endive is lacy; French endive grows in small finger-shaped heads. Entrée (on-tray) A dish served before the main course or between courses. In America, it can also refer to the main course.

En brochette (en broh-shay; bro-shay) Broiled on a skewer, kabob-style. French.

Fillet mignon (feh-lay-mee-nee-yon) A round fillet of beef, garnished with bacon or pork.

Fillet (fay-lay) A strip of lean meat or fish without bone, fondue (fahn-doo; fahn-doo; fawn-duh) Pronounce u as in turn) The Swiss national dish—melted Swiss or Gruyere cheese, thickened, seasoned, and flavored with white wine and kirsch. Or, a baked dish, usually of eggs, butter, and cheese, thickened with crumbs. Also, beef fondue. Beef strips speared on fondue forks, cooked in hot oil in a fondue cooker, then dipped in choice of sauces.

Frappé (frahpay') An ice or fruit-juice mixture frozen to a mush. French.

Gherkin (gair-kin) A small cucumber used for pickling.

Hors d’oeuvre (ohr-doe-vyuhr; awr-doy-vur) Pronounce u as in turn) An appetizer.

Ice. Frozen mixture of sweetened fruit juice, water, juleienne (jool-lye) (zhuh-lye) Match-like strips of vegetables, fruits, or meats. French.

Küchen (kuh-ken) A cake, often coffee cake. German.


Polenta (pol-len-tah) A thick corn-meal mush, often served with sauce, gravy, or stew. May be cooked and sliced or cut in wedges. Italian. Praline (prah-layn) A flat sugar candy with nuts. Purée (pur-ray) Cooked, sieved fruits or vegetables.

Ragout (rag-oo) A highly seasoned stew of meat and vegetables. French.

Ravioli (rah-voh-lee) Miniature pillows of noodle dough, stuffed with mixtures of chopped meat, cheese, or other foods (often spinach), then boiled, served with a seasoned sauce, Italian.

Sauerbraten (soh-vehr-brayn) A German pot roast of beef which has been marinated, then cooked with diluted vinegar, numerous spices, and vegetables.

Sgraffito (smahr-goh') (Smahr-goh') Italian and Swiss appetizers, including pickled fish, salads, cheeses, pickles, etc.

Sublime. With mixed vegetables. Chinese, or cooked just till consistency of mashed potatoes. Italian.

Table d'hôte (ta-bl doh) To order thus is to choose from a list of prearranged menus. French, theme (tem) A pungent, aromatic herb.

Tomato (toh-may-toh; toh-mah-toh) So we’re both right!

Tortilla (tohr-teel-yah) A thin unleavened cake, prepared from coarse corn meal and baked on a hot sheet of iron or slab of stone. Mexican.

Welsh rabbit. Melted cheese, usually mixed with milk, ale, or beer, and served over toast or crackers.

Wrongly called "Welsh rarebit."

Worcestershire (wus-ter-shy) Pronounce u as in "foot) A meat sauce and seasoning.