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### Summer handbag in white or cream cotton

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*Department of Agriculture*

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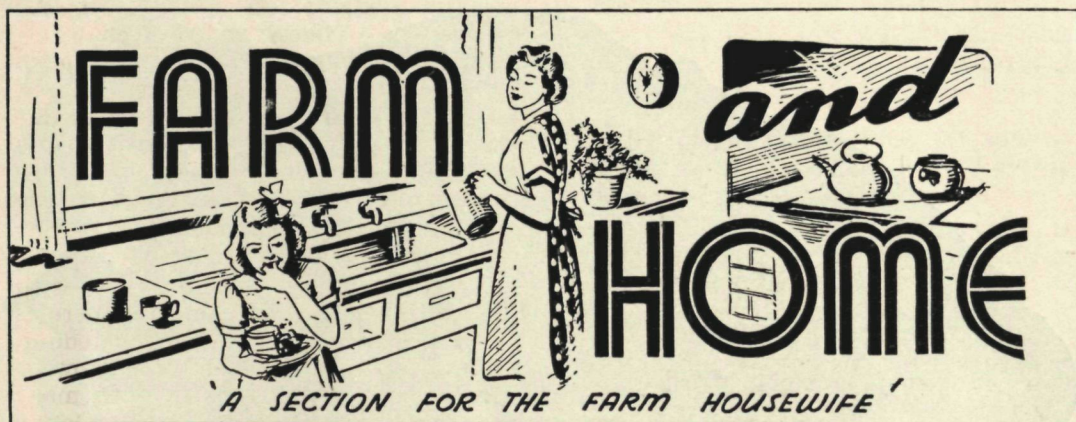
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## Making the most of the Christmas Poultry

By HELEN M. GLOSTER

**T**HE festive season is now approaching and housewives, far and near, will be planning the dinner which is to surpass all previous Christmas dinners in attractiveness, palatability and originality. Let us try this Christmas to introduce some variety and individuality into the preparation and serving of the traditional poultry.

When choosing poultry remember that the best quality table birds are plump, compact and well-fleshed. This applies both to the traditional turkey and to the smaller breeds of poultry, some of which are more suitable for the table than others. Breeds such as White Leghorn are essentially egg producers rather than table birds and although young birds of this breed may be suitable for a family of two they are liable to be lightly fleshed.

The feet and legs of a young bird are clean, soft and smooth, and the end of the breast-bone is soft and springy when pressed with the fingers.

The legs of old birds are usually coarse and scaly, the skin is coarse in texture and the sinews of the legs are strong and hard to remove when pulled. The end of the breast-bone is hard and rigid if pressed with the fingers.

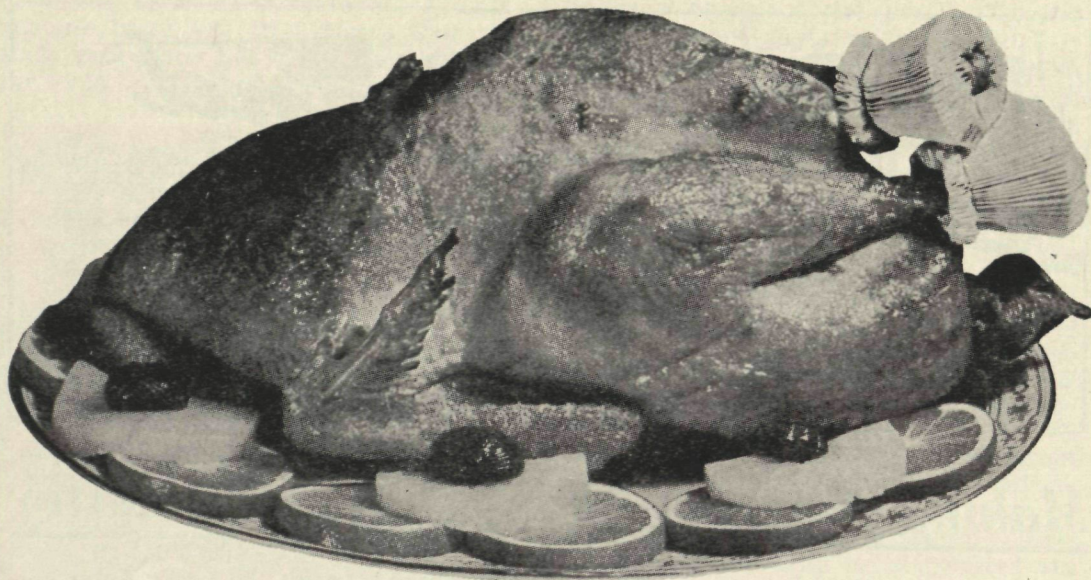
Old birds are invariably tough. Thorough cooking in water or steam is

necessary to make the flesh of these birds reasonably tender but, where younger birds are not available, good results may be obtained by stuffing and baking after a preliminary softening by steaming.

**Preparation.**—After killing and dressing the poultry may be washed, but not soaked. It should then be dried well. Poultry should be killed and dressed the day before it is to be cooked to obtain the best flavour and texture. Do not forget to remove the hairs by singeing the birds before cooking.

**Stuffing Poultry.**—Forcemeat or farce-meat, a common name for stuffing, has its origin in the French word "farci" meaning to stuff. This word often finds its way on to luncheon and dinner menus. The type of stuffing used should depend on the type of poultry available. Mild-flavoured birds such as chicken and turkey require a mild stuffing while the stronger flavoured





birds such as ducks and geese require stuffing which has a more pronounced flavour such as one that is sharply seasoned or a tart fruit stuffing.

The average housewife is familiar with two types of forcemeats, such as veal stuffing and sage and onion stuffing but unfortunately they are often used indiscriminately regardless of the type of meat for which they are to be used.

Veal stuffing is a good example of a mildly-flavoured forcemeat, and a good general rule is to use this type of stuffing for meat and poultry which is delicate in flavour.

Sage and onion is much stronger in flavour and is apt to be overpowering when used as a flavouring for meats that are delicate in flavour. It is an excellent stuffing however for ducks, geese, some wild game and pork.

Breadcrumbs are the foundation for many forcemeats. To these may be added salt, pepper, herbs, nutmeg and lemon rind. Onion is added where stronger flavouring is needed and other additions may be binding material such as fat, egg or milk; ham and bacon

for chicken turkey and rabbit; chopped oysters for chicken and turkey, or sausages for turkey and rabbit. Apples, celery, prunes and oranges may be introduced into stuffing used for ducks and geese and it should always be remembered that the stuffing should be a means of developing or enhancing the flavour.

The cavity of the bird should not be entirely filled with stuffing as the forcemeat swells during cooking. The opening should be sewn up to keep the baking fat out, and the thread should be removed before serving.

**Hints on Cooking Poultry.**—Always bake poultry slowly at a temperature below browning point and brown up just before serving time. Greased papers placed over the bird until just prior to serving will keep the surface moist and help to prevent over-browning.

Old birds should be steamed before baking, or boiled for two hours then stuffed and baked. Alternatively, they may be boiled braised or cooked in a casserole.



## **VEAL STUFFING** (For chicken, turkey, veal or rabbit)

### *Ingredients:*

- 4 tablespoonfuls soft breadcrumbs.
- 1 tablespoonful butter, dripping or chopped suet.
- $\frac{1}{2}$  teaspoonful thyme or marjoram.
- 1 dessertspoonful chopped parsley.
- Grated rind  $\frac{1}{2}$  a lemon.
- Grate of nutmeg.
- $\frac{1}{2}$  teaspoonful salt, pepper.

### *Method:*

- (1) Rub fat or chopped suet into breadcrumbs.
  - (2) Add other ingredients, mix well.
- N.B.—Soft breadcrumbs are breadcrumbs prepared from a loaf of stale bread.

## **OYSTER STUFFING** (For roast fowl)

### *Ingredients:*

- 2 cups soft breadcrumbs.
- $\frac{1}{2}$  cup melted fat.
- $\frac{1}{2}$  teaspoonful salt.
- Pepper.
- $\frac{1}{2}$  teaspoonful mixed herbs.
- 1 beaten egg.
- Squeeze lemon juice.
- Equal bulk of oysters.

### *Method:*

Mix all ingredients together.

## **APPLE AND RAISIN STUFFING** (For ducks or geese)

### *Ingredients:*

- $\frac{1}{4}$  cup diced salt pork or bacon.
- $\frac{1}{2}$  cup chopped celery.
- $\frac{1}{2}$  cup chopped onion.
- 4 cups soft breadcrumbs.
- 2 tablespoonfuls sugar.
- 2 tablespoonfuls chopped parsley.
- 3 medium sized tart apples (diced).
- 1 tablespoonful salt (if bacon is salty reduce the amount of salt).
- Pepper.
- $\frac{1}{2}$  cup seeded raisins.

### *Method:*

- (1) Fry bacon, remove from pan, fry celery and onions for three minutes.
- (2) Remove vegetables, fry apples. Sprinkle with sugar, fry slowly until glazed.
- (3) Mix all ingredients together. If more liquid is required, add egg and milk.

## **SAGE AND ONION STUFFING**

### *Ingredients:*

- 4 tablespoonfuls soft breadcrumbs.
- 1 medium sized onion.
- $\frac{1}{2}$  teaspoonful sage.
- $\frac{1}{2}$  teaspoonful salt.
- Pepper.
- $\frac{1}{4}$  teaspoonful thyme or mixed herbs.
- 1 tablespoonful fat.
- 1 teaspoonful parsley (chopped).

### *Method:*

- (1) Peel onion, chop finely.
- (2) Mix all ingredients together.

## **HAM FORCEMEAT** (For turkey, chicken, veal)

### *Ingredients:*

- 2 oz. ham or lean bacon.
- 2 oz. chopped suet or fat.
- 4 oz. soft breadcrumbs.
- 2 teaspoonfuls finely chopped parsley.
- $\frac{1}{2}$  teaspoonful mixed herbs.
- Grated rind of half lemon.
- Pinch of nutmeg.
- Pinch mace.
- Salt, pepper.
- 1 egg, a little milk for binding.

### *Method:*

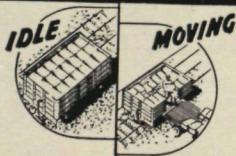
- (1) Chop ham and suet finely.
- (2) Mix all dry ingredients together.
- (3) Add moisture.



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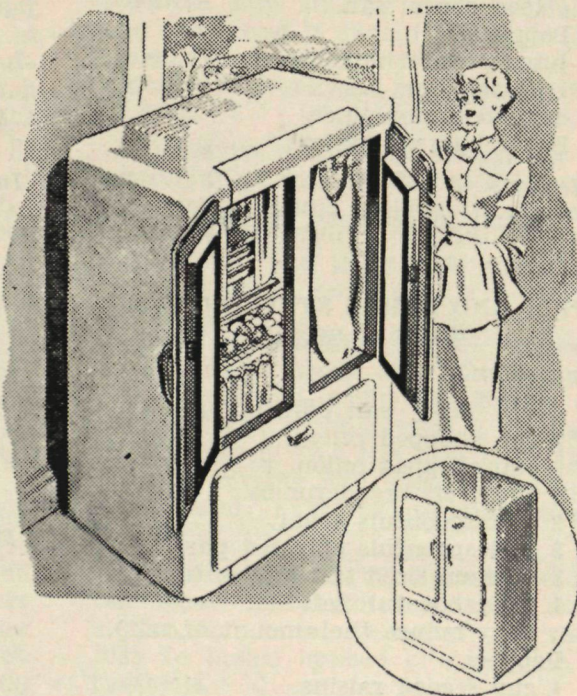
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## **SAUSAGE STUFFING (For turkey)**

### *Ingredients:*

- 2 lb. pork sausages.
- 4 tablespoonfuls soft breadcrumbs.
- $\frac{1}{2}$  teaspoonful mixed herbs.
- $\frac{1}{2}$  teaspoonful sage.
- 1 teaspoonful salt.
- Turkey liver (finely chopped).
- Milk to mix.

### *Method:*

- (1) Remove skin from sausages.
  - (2) Mix thoroughly with dry ingredients.
  - (3) Moisten with very little milk.
- N.B.—Whole sausages or pieces of bacon may be added to any poultry when stuffing in addition to the forcemeat.

## **APPLE STUFFING (For geese and pork)**

### *Ingredients:*

- 5 apples (tart apples).
- A little water.
- 1 oz. butter or margarine.
- Grate of nutmeg.
- $\frac{1}{4}$  lb. soft breadcrumbs.
- 2 tablespoonfuls sugar.
- One egg.

### *Method:*

- (1) Peel, core and cut up apples.
- (2) Put in saucepan with fat and small quantity of water. Stew slowly until apples are soft but not broken.
- (3) Add sugar and nutmeg, then allow to cool.
- (4) Stir in breadcrumbs, then the well beaten egg.

## **MUSHROOM STUFFING**

### *Ingredients:*

- $\frac{1}{4}$  lb. mushrooms.
- $\frac{1}{4}$  lb. soft breadcrumbs.
- 1 oz. butter or margarine.
- 1 egg.
- Pinch mace.
- Salt, pepper.

### *Method:*

- (1) Prepare mushrooms, chop them up.
- (2) Melt fat and fry mushrooms gently about five minutes.
- (3) Cool and add all dry ingredients. Mix well.
- (4) Add well beaten egg.

## **POTATO STUFFING**

### *Ingredients:*

- 1 lb. old potatoes (cooked).
- 2 oz. fat.
- 1 onion.
- Salt, pepper.
- 1 egg.

### *Method:*

- (1) Mash potatoes. They should be dry and floury.
- (2) Melt fat, add onion finely chopped and fry gently for five minutes.
- (3) Add all ingredients to potato. Mix well.

## **CELERY STUFFING**

Add one cup of finely chopped celery to the potato stuffing.

## **APPLE AND PRUNE STUFFING (For roast duck)**

### *Ingredients:*

- 3 or 4 tart apples.
- 1 doz. prunes.
- 2 or 3 rashers bacon.

### *Method:*

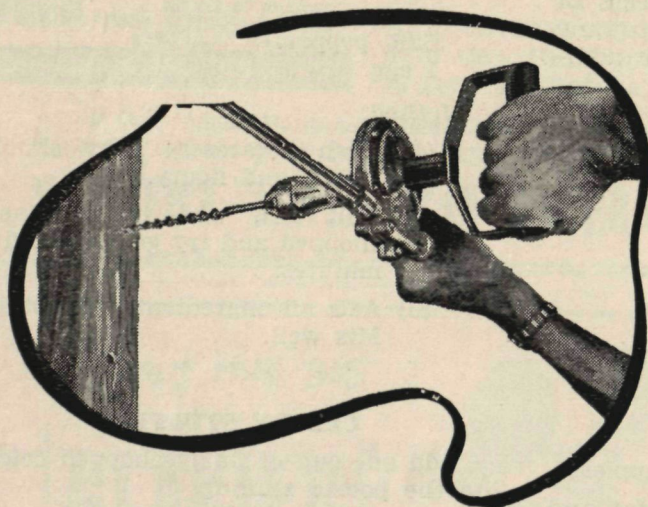
- (1) Soak prunes, remove stones and cut up.
- (2) Peel and core apples, cut into small sections.
- (3) Cut bacon into small pieces. Mix all ingredients together.

N.B.—Bacon may be omitted.



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## ACCOMPANIMENTS

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### BREAD SAUCE (With roast fowl or game)

#### Ingredients:

- $\frac{1}{2}$  pint milk.
- 2 oz. soft breadcrumbs.
- $\frac{1}{2}$  small white onion.
- 2 or 3 cloves.
- 1 oz. butter or 1 tablespoonful cream.
- Salt, white pepper.
- Pinch cayenne pepper.

#### Method:

- (1) Stick the onion with cloves, then place in a saucepan with the milk.
- (2) Heat milk slowly and simmer gently until milk is well flavoured.
- (3) Remove onion, sprinkle in breadcrumbs.
- (4) Heat gently over fire until breadcrumbs swell and sauce is thickened.
- (5) Add seasoning. Serve hot.

### ORANGE SAUCE (Serve with poultry or game)

#### Ingredients:

- $\frac{1}{2}$  pint white stock.
- 3 tablespoonfuls chopped celery.
- Grated rind one orange.
- Juice 2 oranges.
- 1 bay leaf.
- 2 yolks eggs.
- Small knob butter or margarine.
- 1 tablespoonful cream.

#### Method:

- (1) Using a double saucepan, heat stock, celery, orange rind and bay leaf. Simmer 15 minutes, then strain.
- (2) Return to saucepan, add orange juice.
- (3) Bring to simmering point again.

- (4) Beat yolks of egg and cream. *Slowly* stir in heated liquid.
- (5) Return to saucepan, stir at gentle heat until thickened. Stir in butter just before serving.

N.B.—Be very careful not to over-heat or over-cook sauce after egg and cream are added.

### APPLE SAUCE (For roast duck, goose, pork)

#### Ingredients:

- 1 lb. apples (green).
- $1\frac{1}{2}$  tablespoonfuls sugar (or to taste).
- 1 dessertspoonful butter.
- A little water, squeeze lemon juice.
- Pinch salt.

#### Method:

- (1) Peel, core and cut up apples.
- (2) Put all ingredients in a saucepan, stew until tender.
- (3) Rub through a sieve or mash well. Add more sugar if necessary. Repeat.

N.B.—Nutmeg and cayenne pepper may be added.

## GARNISHING AND SERVING

Christmas Day is one of those occasions when special efforts are made to serve the meal attractively and the joint or poultry is carved at the table with the family all seated around. The cook will endeavour to garnish the dish to make the poultry look like food photographed for a woman's magazine.

Here are a few suggestions for garnishing:—

Little sticks of potato, not much larger than matchsticks, deep fried and placed in neatly arranged piles around the meat dish.

Potato croquettes (little balls of mashed potato, dipped in egg and dry breadcrumbs.)

Saratoga potatoes—very thin slices of potato fried until crisp.



Sprigs of watercress interspersed between the potato.

Lettuce, broken in the fingers and placed around the dish may take the place of watercress.

Small fried sausages and little rolls of grilled bacon may be served with roast turkey.

Parsley or cress will make an attractive colour contrast with the garnish.

See that all serving dishes are heated thoroughly, poultry and baked vegetables are well browned.

Vegetables should be served in vegetable or pyrex dishes. All sauces should be thoroughly hot and served in sauce tureens or small jugs.

Brown gravy is served in a gravy-boat or jug.

All that remains now to be done is to sit down and enjoy the meal at leisure.

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## *Summer Handbag in White or Cream Cotton*

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**W**HITE handbags are luxury items for they soil easily and leather or other materials soon lose their attractive new appearance when cleaned. Have you ever thought of knitting or crocheting your handbags? They are simple to make and will stand frequent washing and boiling.

The bag in the photo was made with cream cotton twine (eight loz. balls) but macrame twine or netting twine will do equally as well. Netting twine (18-ply) is bought in 1lb. hanks in shops which deal in sporting goods or fishing gear.

Next time you go on a long bus or train journey, just arm yourself with the requisite materials and at the end of the trip you will arrive with a brand new handbag. If preferred, the bag may be made in coloured macrame to match your summer frock.

### **MATERIALS REQUIRED**

About 8oz. of twine or fine macrame.

One No. 12 Aero Crochet hook.

A piece of lining material 8in. x 8in.

A piece of stiffening material or thin strawboard 7½in. x 7½in. (The card-board from the back of a writing pad will do if stiffening material is unobtainable.) Sparterie lino, buckram or any hat interlining make good stiffening.

### **Directions.**

Make four chain stitches, then close the loop with a single crochet.

*First row*—Make two chain to form the first upright stitch, seven treble crochet over the chain ring. Close the row with a single crochet. Draw the loose end of twine firmly to close the commencing ring.

*Second row*—Make two chain to form the first upright stitch, three treble into the same space of previous row. x One treble into next space, four treble into next space x repeat x to x twice. One treble into next space, close row with a single crochet. Work at this stage should form a square, with four well defined corners. There should be four treble crochet at each corner and one treble between each corner.

*Third row*—Make two chain to form the first upright stitch then one treble into each space of previous row. Make four treble stitches at each corner. Close the ring with a single crochet when row is completed.



Continue in this fashion, with four treble crochet at each corner until work measures  $7\frac{1}{2}$  in. x  $7\frac{1}{2}$  in. The base of the bag is now completed.

#### Sides of Bag.

This is done with one treble crochet into each space of previous row. Commence with two chain to make upright. Note only one treble crochet is made into space at each corner from now on.

Continue, row after row until sides measure 6 in. from base, or length desired.

*Next row* — Make two chain to form an upright stitch then make one treble crochet into each of the next five spaces of previous row. Make one chain, miss one space, x one treble into next space. Make one chain, miss one space, one treble into each of next six spaces, one chain miss one space x. Repeat x to x until row is completed. Close the ring. This row forms the holes for threading through the draw-string handle. You may find the last number of upright stitches greater or less than six. Do two rows of one treble into each space of previous row. When last row



is completed taper off by making one double crochet into each of next four spaces, then one single crochet.

Cut twine, thread with darning needle and end off neatly.

#### Draw String Handle.

Make a chain  $1\frac{1}{2}$  yards long. Do one or two rows of double crochet the length of the chain. End off. Thread the draw string through the allotted spaces on the top of handbag. Thread draw string through a second time, then sew the ends of draw string together. Pull up the draw strings. The loops form the handles.





### To Line the Base.

1. Take the 8in. square of material and machine a very narrow hem on one side.

2. Turn in the material until it measures 7½in. x 7½in. or the exact size of the base of the bag.

3. Machine lining on to the inside of base, leaving the hemmed side unstitched.

4. Slip in the interlining. Your new summer handbag is now ready for use.

N.B.—When washing handbag, always remove the interlining from base of bag.

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## Try Veal for Variety

**W**HEN trying to introduce a little variety into the menu, remember that a veal dish is both inexpensive and tasty. Most of the menfolk will enjoy this Veal en Casserole.

### Ingredients:

- 1 lb. fleshy veal.
- 1 or 2 rashers of bacon.
- ½ a small onion or 2 shallots.
- A little grated nutmeg.
- Grated rind of lemon (about ¼).
- 1 teaspoonful salt.
- Pepper.
- 1 tablespoonful flour.
- A little cold water.

### Method:

- (1) Cut veal and bacon into serving portions.
- (2) Add flavourings and seasoning to flour, then coat veal in seasoned flour.

(3) Dice onion or shallots.

(4) Place all ingredients in a casserole and barely cover with cold water.

(5) Cook gently in oven or in saucepan on top of stove for 1½ hours.

(6) Serve with spinach and mashed potatoes.

N.B.—Cheaper cuts of veal may be used. When cheaper cuts are used, cut the veal into small pieces and allow longer cooking.

## TO CLEAN SILVER

**S**ILVER cleaning is always a problem. In consequence, the housewife is ever on the lookout for simpler and easier methods of keeping the silver bright and shining.

Have you ever tried this method:—

After washing, place the spoons and forks in a large aluminium saucepan. Cover silver with water and add some soap. (Those small scrap pieces at the end of the cake will do.) Bring water to the boil and boil for a few minutes.

Remove silver from soapy water, dry immediately, and polish. Soapy water may be used for washing the dishes.

The resultant blackening of the saucepan will not harm it. Shine will be restored if apple peelings are boiled in the saucepan.