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Housekeepers' Chat

(NOT FOR PUBLICATION)

Subject: "Savory Soups for Winter Appetites." Information approved by Bureaus of Home Economics and Plant Industry. Recipes, including a new one for Chocolate Waffles (not in the cookbook) from the U. S. Bureau of Home Economics.

---ooOoo---

This is the month when the soup kettle comes into its own. It may hang on a back hook in the summer time, but as soon as the wind begins to whistle around the corners of the house, the answer to "What Shall We Have for Dinner?" is --- Soup.

Besides being a most appetizing part of the dinner menu, a good soup, if it is rich and thick, will make the main dish of a meal, served with bread and butter, or toasted crackers. Bread and butter, crackers, or saltines may be served with the soup. If you want something a little different, put the crackers or saltines in a pan, brush them with melted butter, sprinkle with grated cheese, and bake until the cheese is melted. Or you might spread the crackers with butter, and bake them until they are delicately brown. Stale bread, buttered, toasted in the oven, and cut in cubes, is also a good soup accompaniment.

In the new radio cookbook, with its bright spinach-green cover, there are half a dozen recipes for soup. It is hard to tell which one is best, but personally, I think the Onion Soup is just a little better than any of the others. The full name of this soup is "Onion Soup au Gratin," and it has 8 ingredients.

I'm going to give you this recipe now, then I'll answer a few questions, and then I shall give you a recipe for Chocolate Waffles.

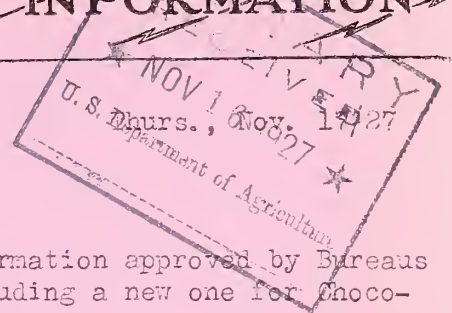
Everybody ready for soup? Eight ingredients:

3 cups meat broth	2 tablespoons cold water
6 medium sized onions, chopped	Pepper
1-1/2 teaspoons salt	Toast, and
4 tablespoons flour	Cheese

Be sure that you have eight ingredients. Let's check them: (Repeat).

Cook the chopped onions in a small amount of water, until tender. Add 2 tablespoons of fat from the meat broth, or the same quantity of butter, and let the onions cook down in this until they are yellow. Mix them with the meat broth, and thicken with the flour and cold water, which have been well blended. Cook for a few minutes. Pour the soup into bowls or soup plates, place on top a round or slice of toasted bread, and sprinkle grated cheese over the bread and soup. Serve at once.

With the soup disposed of, we can turn to questions and answers. About half a dozen today. Keep your pencils, so you can write the Chocolate Waffle recipe in a few minutes.





First question: "How can I get rid of the angle worms in my flower pots?"

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As a rule, watering with lime water will drive the angle worms from the soil, or will kill them. If the soil in your flower pots shows that the angle worms are at work, let your plants become just as dry as it is safe to have them. Then apply lime water, made by adding a teaspoonful of hydrated lime to a quart of water, and allowing the lime to settle.

Question Number Two: "Please tell me an effective method of getting rid of the scale insects, on my palm."

Answer: Scale insects are quite common, on palms. The only satisfactory way to get rid of these insects is to wash the palm about every two weeks with water and fish oil soap. It is sometimes necessary, however, to use a toothpick around which a little swab of cotton is wound, and practically scrub the scale from the stems of the palm leaves, and from the under sides of the leaves. Wash your palm occasionally, with the fish oil soap solution, and don't let the scale get a start. After washing the soap, rinse the palm thoroughly with clear water, of about the temperature of the room in which the palm is kept.

Third question: "Is there any way to remove plant lice from house plants?"

There are two ways of controlling plant lice. One is to dust the plants with a dust made of a pint of hydrated lime, and teaspoonful of nicotine sulphate, thoroughly mixed. Another way is to wash the plants with a solution made by dissolving a small teaspoonful of nicotine sulphate in a gallon of water. Take care not to get either the dust or the solution too strong, or the tender foliage of the plants will be injured.

Next question: "How can I dry a heavy woollen sweater so that it will keep its shape?"

Before you wash the sweater, measure it carefully, and write down the dimensions. After you have washed it, and rinsed it, spread the sweater, back side down, with the sleeves outstretched, on several thicknesses of clean, soft material, laid flat. Then measure the sweater, and shape it according to the dimensions taken before it was washed. Pin the sweater in place, if necessary, and turn it occasionally after it is almost dry.

Next: "I would like a reliable method of washing and drying lace curtains," writes a Minneapolis housewife.

Before you launder the curtains, measure the length and the width, so you can stretch them to the correct size. Wash them as you would any white articles which require particular care, and observe these precautions:

Handle the curtains carefully in the suds, squeezing and working rather than rubbing. Many curtains which appear strong when you take them down from the windows, have been weakened by the action of light, and will go to pieces when washed. If you use a washing-machine, inclose the curtains in a net or muslin bag.



11/17/27

Rinse and blue white curtains as you would ordinary white fabrics.

If your curtains are cream, ecru, or brown, you may re-color them. Curtains may be re-colored by adding a strong solution of tea or coffee, or both, slowly to the hot water until the desired color is produced. Test the color on a piece of muslin. Brown cotton dyes can be used, in very weak solutions, and should be tested on a sample, for shade. Remove the curtain from the water as soon as it is the desired shade.

Starch the curtains if you like, or better still, use gelatin or gum arabic as a stiffener. You can find directions for stiffening the curtains in the Laundry Bulletin I'm sending you.

Dry the curtains in stretchers, or spread a sheet on the floor, mark off the size desired, and pin the curtains to the sheet, stretching where necessary. Stretchers that do not form scallops where the pins are inserted are best for straight edged curtains.

The best part of this program is the Chocolate Waffles. I think they'd be nice for Sunday morning breakfast, unless you have something else planned. Nine ingredients, for the Chocolate Waffles.

2 cups sifted soft wheat flour  
 1-1/2 cups milk  
 1/4 cup sugar  
 2 squares chocolate, unsweetened  
 5 tablespoons butter  
 2 eggs  
 3 teaspoons baking powder  
 1 teaspoon salt, and  
 1/4 teaspoon vanilla

Let's check the ingredients, to see that nothing is left out: (Repeat).

Mix the dry ingredients, then add the milk and the egg yolks. Melt the butter and chocolate, and add to the batter. Lastly, fold in the beaten whites of the eggs. Have the waffle iron hot enough to cook the waffles quickly. As soon as baked, sprinkle with powdered sugar, and serve.

Another menu tomorrow, and perhaps a recipe.

