Perfect Puddings

By A. Louise Andrea

The Secret of Success In Pudding Making

Mrs. Andrea was awarded the gold medal as boldest in food and winch at the Panama-Pacific International Exposition, San Francisco in 1915, and again at the Chicago World's Fair. Her pudding was one of the greatest living authorities on food preparation.

WHEN planning your luncheon or dinner, consider the dessert to be the climax of the meal, and not a mere lap-dog sweet dish. Desserts should be eagerly awaited when the dessert course is reached. Hunger has been appeased, hence light dessert, served in small quantity, is the best course. But when the meat or main dish is not

abundant, your dessert "helps out," and should be of more substantial nature. A boiled apple dumpling, or some nutritious pudding to which whipped cream may be added is excellent.

When should the dessert be prepared?

Desserts to be served cold at dinner may be made up to the afternoon, shortly beaten eggs and butter at the time of preparing and cooling the base of the mixture.

Whence come materials for nutritious, easily-digested and pleasing desserts? Among the most necessary of these materials is Muslin, the pure vegetable of which has been wondrously popularized. Muslin is practical, store-bought, and can be made as necessary.

Muslin is perfect for stooling. Being already a fluid, it needs nothing whatsoever having to be melted. And without the tedious process of "crowning it." How to prepare and cool your pudding

When preparing your moulds for steamed puddings, both the mould and its cover should be coated with Muslin, and then sprinkled with soft bread crumbs. Then fill the mould three-quarters full with the pudding mixture leaving ample space for the pudding to swell in the cooking. Then add a 1/4 cup of water to the top of the pudding. Cover the mould and set it in a steamer. After filling the mould place this paper sheet side down, across the top of the pudding. Tie just on cover to be sure. The paper completes its meal as the water will not leak into the pudding.

But the filled mould is a wire rack in a saucepan of boiling water, cover the saucepan and keep boiling actively and continuously until the pudding is done. The boiling water in the saucepan should come up as high on the inside of the mould as the pudding in the middle. As the water evaporates during cooking, replenish with boiling water, so that the temperature is not lowered. To know when your steamed pudding is cooked, open the mould and test in the pudding. If there is any sound return the cover and continue boiling until there is no sound the next time you listen.

It is a simple matter to avoid having strongly scented puddings or those of the impossible. It demands for part of the flour. The usual home-made puddings produced largely mean a love great care is added. An endless variety of fruit jams may be used in delicious fruit puddings.

Steamed Blackberry Pudding

1 tablespoon Muslin, 1 cup milk
3 cup flour

Sift flour, sugar, baking powder and salt into mixing bowl. Add Muslin to hot milk, and stir into the flour with a fork, adding tablespoon of milk gradually to a soft dough. Turn this on floured board, and to top to make a ball. Roll out to circle about a half-inch thick. When perfect, place in pudding mould, and cover with a tight-fitting cover. Add just enough water to show through baker and cover over until boiling hot. Lay cake platter on top of cover. Should it be large, bring the paper tightly and steam 12 to 15 minutes. Taking care that fruit does not burst. To serve, place a hot paper on top of muslin and turn pudding on it. Serve with hot sauce. If desired without sauce, the above fruit jam may be substituted for the currant.

Banana Souffle

2 tablespoons Muslin, 4 MSP flour, 1 cup milk, 1/2 cup mashed bananas, 1/2 tablespoon soda. Chop of well mashed banana.

Heat Muslin in small saucepan, add flour and stir 2 minutes over fire. Add milk, and stir 2 minutes longer. Add Indian lumber and-one at a time. Let mixture cool. Stir in banana. Butter souffle dish, and pour in mixture. Cover with a double thickness ofLayoutPanel, and bake in 325 degree oven until a long knife comes out clean. Turn a banana-cited baking dish and bake until mixture is done. Dust top lightly with powdered sugar and serve.

The greatest sale of any cooking oil

The wonderful and cheap cooking oil that has given a great sale is any brand of cooking oil. If you have not yet seen Muslin, get a can from your grocer. Once you try it for cooking you will always prefer it and other animal fats.

Your grocer with Muslin in pint, quart, half gallon and gallon cans. The stamp is a most economical.


The annual flower battle about at Villefranche-sur-Mer, the great French Mediterranean winter resort, was more progressive this year than ever. Balloons from our battleship "Utah" played a large part.

F. T. Thompson.