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## DON'T BE AFRAID TO TRY NEW FOODS

Don't be a shopping ostrich! Wartime means we are doing things, trying things getting used to things we never did before – so much the better for us! Now's the time to kill silly food prejudices, quit hiding heads from new ways of eating.

Don't pass up a food because you have never used it. Buy, try a little first to see how the family reacts (avoid waste). Keep at it until you've added some new, thrifty, point-saving dishes to your stock..

Don't neglect a food you tried once and didn't like; tastes change and so do recipes – get some new ones.

Don't overlook the part of food you've never eaten before – potato jackets, beet tops, celery tops, and the like. Many of soul who "wouldn't eat that on a bet" has lived to eat his words and like it.

Don't force, but wheedle your family into trying new, different combinations. "Wheedlers" are disguises and little tricks to make them taste, try, eat. Chopped nuts in the sauce for a hated vegetable; new shapes (julienned or "shoe strings") for beets, carrots, parsnips, etc., will help them get tried. Combine popular with less popular foods – chopped meats with kidney, grapefruit to enhance the fish, scallions with boiled beets and the like.

Much of your inventiveness must come from you, but here are recipes to help some!

### Florida Spinach

Ingredients: 2 lbs. spinach; 1 grapefruit; 2 tbsps. vitaminized margarine.

Directions: Wash spinach well in cold water; drain. Cook, covered, without added water 8 to 10 minutes. Peel Florida grapefruit, removing white membrane with peel. Cut on each side of dividing membrane to remove sections. Melt vitaminized margarine. Season spinach; place in service dish. Arrange grapefruit sections on spinach, pouring sauce over spinach. Serves 6.

### Upside-down Meat Muffins

Ingredients: 2 cans chopped cooked liver; 2 tablespoons minced onion; 2 cups flour; 3 teaspoons baking powder; ¼ teaspoon salt; 1 egg; 1 cup milk' ¼ cup melted shortening; horse-radish sauce.

Directions: Mix liver and onion; place equal amount in 8 greased large muffin pans, lining bottom and sides. Sift together flour, baking powder and salt. Beat egg; add milk and shortening. Add to dry ingredients, stirring only 'til dampened. Pour batter over meat in muffin-pans, filling 2/3 full. Bake in hot over (400 degrees F.)

25 minutes. Serve with horseradish sauce, made by seasoning white sauce with horseradish.