

# News of Food

## Ways of Coping With the Shortage of Butter Are Set Forth Anew to Benefit the Consumer

By JANE HOLT

During last month this column suggested ways of coping with the shortage of butter. Today, inasmuch as supplies have become even smaller than they were, it reviews some of these methods, and mentions new ones.

First on the list are directions for stretching what butter you are able to procure:

### BUTTER SPREAD: WARTIME STYLE

(Makes three cups)

1 cup butter (half pound)

1 cup fortified, tinted margarine (half pound)

½ cup light cream

½ cup whole milk.

Combine the ingredients and beat together with a wire whisk or a Dover egg beater until thoroughly blended. Pack in dishes, cover and chill. This spread—it has a delicate, though not unpleasant, flavor—should be reserved for the table, and not used in cookery as a substitute for regular shortenings. Also, if you have no light cream on hand, you may carefully skim off the “top milk” from a couple of bottles and employ that as a pinch-hitter.

### Use of “Kitchen Fats”

Problems deriving from the scarcity of butter may be partly alleviated by using those “kitchen fats” that you may once have discarded and that you may now be in the habit of contributing to the salvage drive. Bacon or sausage fat, for instance, need only be strained through a fine sieve before it is put to these good purposes:

*Seasoning boiled vegetables (used, like butter, before serving)*

*Pan-frying (virtually any food: potatoes, eggs, fish, etc.).*

*Tomato sauce for spaghetti.*

*White sauce for vegetables.*

Here's how to prepare the white sauce:

#### WHITE SAUCE

(Makes one cup)

2 tablespoons strained bacon or sausage fat

2 tablespoons flour

Salt and pepper to taste

1 cup milk, heated

Melt fat, add flour mixed with seasonings, stir until blended. Add milk gradually, while stirring constantly. Bring to boiling point. Boil two minutes. Serve over turnips, white potatoes, cabbage, onions, etc.

And if you really become hard pressed, you might try bacon or sausage fat as a spread for bread or toast. It's not half so bad as you might think.

### From Beef and Lamb

There are, of course, fats that come from cooked beef and lamb and poultry. In contrast to those

obtained from bacon and sausage, these must be clarified before they may be employed for seasoning boiled vegetables or in pan-frying. Incidentally, they may be used after clarification in the foregoing recipe for white sauce.

Here, in case your technique is unsure, are the directions for clarifying:

*Measure fat and put it in a skillet. Add sliced raw potato (one potato to each pint of fat), and heat. When the potato is browned and the fat has stopped bubbling, strain the latter through cheesecloth, cool, cover and set in a dark cold place.*

One other thing. You can avoid waste when you're making cake or pastry by measuring the shortening exactly. An old trick practiced by experts is known as the “water replacement” method, and is worth a try if you're not already familiar with it.

If, for example, a recipe calls for a fourth-cup of shortening, fill a measuring cup three-fourths full of cold water. Then add the shortening until the liquid is level with the top of the cup. Pour out the water, and presto, there is the precise amount of fat required.