Try New Spring Dishes For That Jaded Appetite— They're Guaranteed Cure

Nothing Like Something New to Perk You Up When Spring-Fever Time Arrives

By VIRGINIA ROSS
Home Economics Editor

I DON'T know how you feel about it but it always seems to me that along about this time of year our tables need a tonic as badly as we do. Not of the sulphur-and-molasses type. All of us have outgrown that. New hats, a perky print frock, even a haircut—all of these have proved to be tonics far more valuable to us than ever that which came from a brown bottle.

Virginia Ross

And so for our tables. It isn't enough to lay away the shining damask of winter, replacing it with lacey doilies. Nor yet will a change of glassware or a new dinner set alone do the trick—though even a different pickle dish does a lot toward adding interest. We must look to the food!

Roasts and dressing, rich gravies, heavy puddings, are all right on the winter table — but with the coming of spring — ah, "thereby hangs the tale!" These dishes are a guaranteed cure for tired dinner tables. They're replete with spring thrills from the minute one's eye lights on them until the last spoonful is gone.

FISH DAY PRESCRIPTION

Filet of Sole, Thermidor: Select as many filets of sole as there are persons to serve. Wipe carefully and trim the filets to a nice shape. Have ready the meat from a large lobster, or one large can of lobster. Cook the filets slowly in two cups of cream or in undiluted evaporated milk, seasoned with salt and pepper. Add one-fourth cup sherry.

When done, remove the filets to a glass baking platter. Add the lobster to the sauce, and heat. Cover the filets with the lobster. Cook down the cream slowly to the consistency of a sauce. Cover the fish with this. Run the platter under the broiler to brown. Browned crumbs may be added as a garnish, or white grapes cooked up once in sherry.

Serve with buttered asparagus tips, sliced tomatoes, steamed new potatoes with parsley, butter, graham rolls and rhubarb tapioca.

JELLIED FRUIT SALAD

Prescription for jaded appetites—

- 1 *can grapefruit juice*
- 1 *No. 2½ can pears*
- 2 *tablespoons unflavored gelatin*
- ¼ *cup cold water*
- 1 *cup green grapes*
- 1 *pint cottage cheese*
- ½ *cup maraschino cherries*
- *Lettuce and mayonnaise*

Combine grapefruit juice and syrup drained from pears. Heat to boiling. Add gelatin softened in cold water. Arrange fruits in a ring mold. Add gelatin carefully and allow to set. Unmold on lettuce. Fill center with cheese mixed with chopped maraschino cherries. Serve with mayonnaise and hot orange biscuits. Serves eight.

FRUIT GELATIN WITH WINE

Prescription for the "What shall I serve" hostess-at-bridge—

- 1 *pkg. fruit-flavored gelatin (strawberry, raspberry or cherry)*
- 1 *cup boiling water*
- 1 *cup domestic sherry wine*

Add the boiling water to the gelatin. Stir until gelatin is dissolved. Add the cup of wine. Pour into molds and chill. Sliced fruits such as pineapple, bananas, oranges or cherries may be added to the gelatin when it becomes cold, and has not yet set.

Serve with whipped-cream garnish and wafers or angel cake.

Sauterne, port, claret or tokay may be used, but sherry gives the most intriguing flavor, I think.

UNUSUAL HORS D'OEUVRES

Prescription for a lively cocktail hour—

Swirls:

- ¼ *pound cream cheese*
- 4 *teaspoons horseradish*
- 2 *tablespoons sweet relish*
- 1 *5-oz. jar dried beef*

Mix cheese, horseradish and sweet relish. Spread on slices of dried beef. Roll like jelly roll and chill. Slice and serve with cocktails. Makes 24 swirls.

Olive Odes:

Large Pimiento-Stuffed Olives
Pecans *Bacon*

Remove pimiento from olives and stuff with pecans. Roll in half bacon slices and broil. Serve hot with cocktails.

Red Caps:

Remove stems from large mushrooms. Dot with butter and place under broiler flame (hot) for one minute. Remove from heat and fill with a mixture of buttered dry crumbs, minced onion and crumbled roquefort cheese. Sprinkle heavily with paprika and return to oven to melt cheese. Serve at once.

Prescription for food-weary meal-planner:

Sausages-in-Celery-Sauce Between Shortcake:

- 1¼ *pounds sausage*
- 2 *tablespoonfuls flour*
- 1 *medium can cream of celery soup*
- 6 *large biscuits*

Make sausage in 12 small flat cakes, and fry until golden brown on both sides. Pour off all but two tablespoonfuls fat. Sprinkle with flour over sausage cakes and stir until flour browns. Add soup and stir until it thickens. Place two sausages with sauce between each biscuit. Garnish with parsley and serve very hot with fresh buttered spinach and fried apples.

Worth While Recipes

By Ella Lehr

TOMATO SALAD SANDWICHES

Combine

- 2 *cups of canned tomatoes or tomato juice*
- 1 *tablespoon horseradish*
- 1 *teaspoon salt*
- 1 *tablespoon minced onion*

Pour cold water in bowl and sprinkle plain gelatin on top of water, using

- 2 *tablespoons plain gelatin*
- ¼ *cup cold water*

Dissolve softened gelatin over boiling water. Add to tomato mixture. Strain if tomatoes are being used, instead of the juice. Fill shallow pan with half of the tomato jelly. Place in a cool place to get firm. Pour into a bowl

- 1 *tablespoon plain gelatin*
- 2 *tablespoons cold water*

Dissolve over hot water and add ½ cup each of mayonnaise and of cottage cheese. Chives or green pepper may be added.

Spread this over the firm layer of tomato jelly in the pan, and let it set. Then add the rest of the tomato jelly. Chill. Slice thin, and serve on lettuce or chicory with cheese, or minced meat sandwiches.

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ORANGE CAKE

Cream together lightly.

- ½ *cup of butter, or shortening*
- 1½ *cups sugar*

Sift together

- 2½ *cups flour*
- ½ *teaspoon salt*
- 3 *teaspoons baking powder*

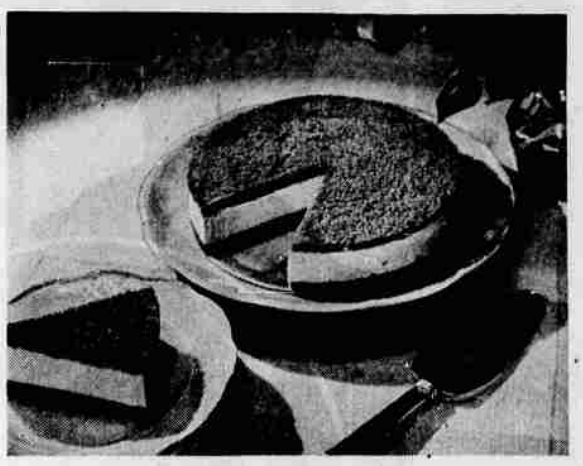
Add alternately with

- ½ *cup of milk. When used, add*
- ½ *cup orange juice, and*
- 1 *teaspoon vanilla*

Fold in stiffly beaten whites of eggs. Blend only. Bake in two layers at 375 degrees, a bit more than a moderate oven, for about 22 minutes. When baked and cooled, spread with orange filling, between layers, and frost over with a white powdered sugar frosting. Sprinkle top with cocoanut, if desired, or decorate with red cinnamon candies, or red-tinted frosting.

For the orange filling, combine ½ cup sugar, 4 tablespoons flour, little salt, ⅔ cup orange juice. Cook over low heat until thickened. Pour mixture over 1 egg, beaten, cook five minutes. Remove from fire. Add 1 tablespoon butter. Cool before using.

Five Star Dish Of The Week


Here's a real treat! Cheese cake made in the refrigerator is a tasty, nutritious and appetizing dessert for the whole family. Men are especially fond of this dessert.

REFRIGERATOR CHEESE CAKE

- ½ *cup butter, softened*
- ¼ *cup sugar*
- 2 *cups fine zwieback crumbs or*
- 2 *cups finely crushed cornflakes*
- 2 *tablespoons gelatin*
- ½ *cup cold water*
- 3 *eggs*
- ½ *cup sugar*
- ½ *cup water or milk*
- 5 *pkgs. cream cheese*
- 1 *lemon, juice and rind*
- ¼ *teaspoon salt*
- ½ *cup whipping cream*

Cream the butter with the ¼ cup of sugar; blend it thoroughly into the zwieback or cornflake crumbs and cinnamon. Press half of the mixture on the bottom of a 9-inch spring-form mold. Soften gelatin in ½ cup cold water. Combine slightly beaten egg yolks with the ½ cup sugar and ½ cup water or milk. Cook in a double boiler for 3 minutes, stirring constantly. Add the softened gelatin, and stir until it is dissolved. Then add this mixture gradually to the cream cheese. Add lemon juice and grated rind, and the salt. Fold in the whipped cream. Fold in stiffly beaten egg whites. Pour mixture upon crumbs in pan. Sprinkle remaining crumbs over the top. Chill in the refrigerator until the mixture is firm.

If desired, 1 pound cottage cheese, sieved or mashed, and 1 cup cream, whipped, may be used instead of the cream cheese and ½ cup cream.

(Clip and paste on a 3 x 5 card for your recipe file or in your scrap book of favorites.)

Some Tips On Food

DO YOU ever serve gingerbread with a meal in place of regular bread? The smartest tea rooms are doing it! Hot molasses gingerbread with lots of butter was just made for this.

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If you want something unusual, make marshmallow teas. Cut a small slash in the top of a marshmallow, insert a tiny bit of butter, then set it on a saltine, moistening the bottom to make it stick. After baking five minutes in a hot oven, put strawberry jelly in the little hollows formed in the centers of the marshmallows.

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Hot mayonnaise puffs are an unusual salad accompaniment and also make delightful appetizers. Fold one cup of mayonnaise gently but thoroughly into one stiffly beaten egg white. Pile on crackers, and toast under the broiler about a minute or until delicately browned and puffed.

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It's easy to spread the tops of little cup cakes with raspberry jam and sprinkle them with chopped nut meats or coconut. It's quicker than regular frosting, too.

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Sometime for the main course pour creamed chicken over the layers of individual shortcakes. Or use creamed mushrooms or some other creamed vegetable.

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Garnish roast beef, mutton or fowl with halves of peaches that have been heated through and the hollows filled with the jelly.

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I often add bits of leftover jelly when I baste my roasts. You've no idea how it improves their flavor. Some people like to add a spoonful of currant jelly to lamb or mutton gravy to give it a wonderful tang.

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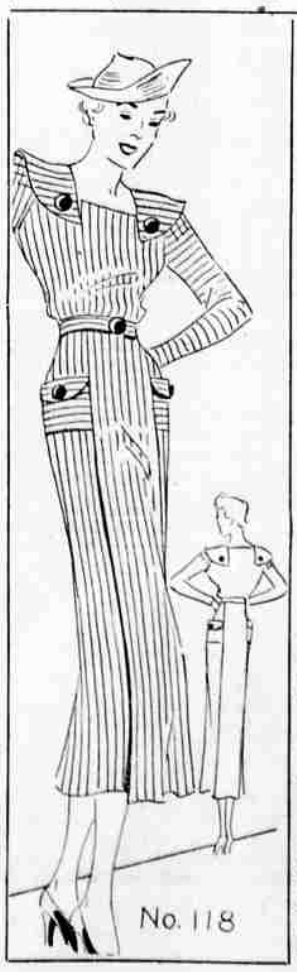
When I make chicken croquettes, I often make a little depression in the top of each one. Then after they're fried, I fill each little hollow with a bit of bright tart jelly.

Mischa Fashions


No. 118

No. 118—There is nothing smarter than this frock, with shoulders built out in broad, pagoda fashion. Large buttons and roomy pockets add a note of gaiety. Adaptable materials: foullard, novelty crepe, dull satin. May be had in sizes 14 to 20 years and 32 to 40 bust. Size 36 requires 3⅛ yards of 39-inch material and ¼ yard combination 39 inches wide.

No. 119—Just the frock for a campus afternoon. In reversible figured material with clever neck treatment and simple but expressive lines, this has a definite place in the wardrobe. Adaptable materials: prints, foullard, crepe, dull satin, combined with ruff crepe. Size 36 requires 2⅜ yards of 39-inch material and 1¼ yards or combination 39 inches wide.

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GUIDE of the STARS

By Laurie Pratt

Laurie Pratt

SUNDAY: Peaceful domestic influences. Definitely unfavorable for beginning anything new and for letters and contracts. You will hear more exaggerations than truth today.

Monday: Initiative and courage are prominent. Start new enterprises today and tomorrow morning. You are open to new ideas.

Tuesday: A pioneering and adventurous day. Daring financial deals are favored. The late afternoon and evening bring upsets and unexpected obstacles.

Wednesday: A solid, substantial day of accomplishment. Your inspirations reach fulfillment through hard work. Deal with elders and authorities.

Thursday: Still a good day, in a conservative, businesslike way, but adverse for impulsive actions. Guard against quarrels and domineering tendencies.

Friday: Stick to routine. Avoid travel, change and restlessness. Deception and erratic moods prevail.

Saturday: Signing papers and matters concerning correspondence, finance and travel are under untrustworthy vibrations The afternoon is very energetic. You can accomplish much in a short time.

CHILDREN'S PROSPECTS

CHILDREN born the week of March 22, 1936, have the following life prospects, according to astrology:

Sunday: A child born today will be a strange combination of dreamer and man of action. Mental work which requires much solitude is indicated.

Monday: A born pioneer and leader. A military or militant career is shown. Immense courage, energy and organizing powers.

Tuesday: A fortunate life, with ability to amass wealth through boldness and self-confidence. The mind is capable of deep concentration and powerful convictions.

Wednesday: Very favorable indications mark this child as a hard worker, who will make his highest ambitions come true. Fond of pleasure, too, particularly of food. Gain through elders.

Thursday: A persistent, determined child, interested in reforms and social changes. An underlying recklessness should be guided into constructive channels.

Friday: Literary interests are prominent. Much travel and variety in life. A dual personality, great charm and a keen thirst for knowledge.

Saturday: A dramatist or movie writer is indicated. Expensive tastes: much money spent on travel. Affairs of relatives greatly influence the life.

FASHION TIPS

BY MISCHA

International Authority on Women's Attire

In his sincere desire to enable women to be truly well dressed, Mischa, the international fashion authority, in these fashion hints, treats the individual problems of women. This week he points out a few devices which may be successfully applied by the woman who possesses large or rounded shoulders.

POOR posture and structural deformity are the two causes from which round shoulders arise. It is possible, however, to minimize the rounded appearance. Correct selection of clothes is the answer to the problem. There are some modes which definitely must not be worn, because they only aggravate and increase the rounded appearance. The kimono and the raglan sleeve are good examples of sleeve styles which should be avoided by a person of this build.

Great care should be exerted in fitting the sleeve and cutting the arm-eye. The round-shouldered woman, to appear best, will always select the set-in sleeve.

Placement of the shoulder seam is one of the best devices for apparently straightening round shoulders. Constructed slightly back of the normal line, or slanted back, it will cause the shoulders to appear thrown back in an erect attitude.

AVOID DETAILS

It is important to avoid any massive details at the front of the garment, since this only serves to give the illusion of pulling the shoulders still farther forwards.

In the evening gown especially, the round-shouldered woman should always choose the square or pointed neck line.

Proper manipulation of collars is another medium through which it is possible to alleviate the effect of round shoulders. The curve of the shoulders may be corrected by placement of the collar.

A soft, crushed collar, or one which rolls up and away from the back of the neck, is very flattering. A straight-hanging waist will aid in concealing rounded or stooped shoulders. Also effective is a well-fitted, fairly long cape possessing pointed or slender lines.

Employment of a definite waistline, thereby revealing the curve of the figure, will make round shoulders less apparent

ACCESSORIES

In all of the different phases of a woman's dress there is hardly a more important item than her choice of accessories. Nothing is more disastrous to the costume effect than to have a well-executed dress completely ruined by ill-chosen accessories.

Naturally, it is sometimes impossible to have corresponding accessories for every dress in the wardrobe. When this is the case the hat, purse, gloves, hose and shoes should be selected with the idea that they will harmonize with the various costumes at hand. For example: never choose a definite color, such as green, for one hat to be used for all-season wear. It is wiser and in better taste to choose black, which will harmonize with any color worn.

Also, discrimination is needed in the choice of footwear. Sport shoes with a sport dress, and dainty shoes with the dainty dress of afternoon and evening.

Very smart for street wear this spring is this closely fitting dress with contrasting jacket. The treatment of the front of the dress, its vest effect, is new and decidedly smart. Fullness in the back of the jacket adds distinction.

Cooks' Kitchen Tours

Conducted by
Virginia Ross

I LIKE to vary my baking-powder biscuits in different ways. Sometimes I spread the tops with a mixture of orange juice and sugar before I bake them. Again I spread the lower halves of hot baked biscuits with butter and the upper halves with honey, and put them together again. Hot biscuits are delicious, too, served with maple syrup.

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When you make cocoanut macaroons, make cooked salad dressing at the same time, using the 3 egg whites for the first and the yolks of the eggs for the second recipe.

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If you don't have enough cocktail glasses for a large number of guests, serve your fruit or seafood cocktails in grapefruit shells

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It's a good idea to let croquettes stand in a warm place for about half an hour before frying. They absorb less fat in cooking than when ice cold.

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Left-over sweet pickle juice may be used to advantage in making boiled salad dressing.

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If your family is addicted to cinnamon toast, keep a large-sized salt shaker handy for sprinkling cinnamon and sugar on the hot buttered toast.

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Use food coloring sparingly, for harsh colors in food are never attractive. I add color paste gradually from the point of a small knife or a toothpick, and drop in liquid color cautiously with a medicine dropper.

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Use a little imagination and cocoanut for a new cake decoration. Try tiny nests of cocoanut with a red cherry in the center of each on a white cake, or white spokes of cocoanut radiating in a wheel design from the center of a chocolate cake, or tinted cocoanut in crisscross effect on a white frosting.

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When a cake uses both beaten yolks and beaten whites, beat the yolks first; they don't lose their lightness on standing as the whites do. I've found that if I set my bowl on a pot holder or folded towel, it doesn't dance all over the table as I beat the yolks.

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I've found that large loaf cakes bake best in tube pans. But if you want to put a center decoration on your cake, cover the hole with a circle of white cardboard and then frost it along with the rest of the cake.

Do you ever top your meat pies or casserole dishes with baking-powder biscuits? Twelve to 15 minutes before the dish is to come from the oven, I place tiny circles of biscuit dough on top and let them bake as the dish finishes cooking

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Whenever you carmelize sugar, use a heavy frying pan—iron is best—a medium flame, and stir all the while the sugar melts. It gets very lumpy at first, but the lumps will disappear. Let the syrup boil and bubble until it is a rich, deep brown, but not black. Be sure to take the pan off the fire before you add the hot water. Add all the water at one time, and stir until every bit of sugar syrup is dissolved.

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Substitute a cheese tray, fruit and crackers for dessert every now and then. Split lady fingers spread one half with raspberry jam, the other half with cream cheese blended with cream. Put together, sandwich fashion. Serve chilled, with coffee as a simple dessert.

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