

Attractive Foods Make Meals More Enjoyable

By Jenny Reed
Home Economics Editor

THERE is nothing like a cool drink to set you up if you are fatigued. Something cold and refreshing yet at the same time colorful—full of eye appeal, as it were. We actually do out with our eyes, and I ought to add with our noses as well. If the food that we see is pleasing to our eyes, and if the odor of the food set before us is agreeable to our sense of smell, so much the better.

Someone may say, "but meat is meat, and drink is drink—the one will appease our hunger and the other will quench our thirst. What matter if it please our senses?" That is where we should be all wrong. It is really vitally important that our food should be attractive in appearance, tantalizing in odor, and gratifying to the sense of taste.

In beverage making what a chance to exercise your imagination, to reveal your ingenuity. Any woman with a grain of ingenuity can make it a thing of beauty.

They look delightfully refreshing and they are—these two thirst-quenching beverages that have earned, unswerving pineapple juice as their base. They are easy to prepare, too, which makes them still more appropriate for serving to your guests on hot summer afternoons.

Pineapple-Loganberry Punch
1 cup pineapple juice
1 cup sugar
1 cup loganberry juice
1 pint carbonated water
Crushed ice
Fresh or canned berries

DISSOLVE the sugar in the mixed fruit juices. Chill. When ready to serve add the carbonated water and pour over

crushed ice. Garnish with a few fresh or canned berries. Serves 8.

Mint Cocktail

2 tablespoons sugar
1½ teaspoons chopped mint leaves
1½ cups pineapple juice
1½ cups carbonated water
6 sprigs fresh mint

Add sugar and chopped mint leaves to ½ cup pineapple juice and boil 5 minutes. Strain through cheesecloth or very fine sieve. Add other ingredients, shake well and serve ice cold with one sprig of fresh mint in each glass.

This will also make an excellent beverage for the children's party, and they are sure to enjoy it just as much as their elders will.

Pineapple Fizz

1½ cups pineapple juice
2 tablespoons lemon juice
1 egg white
3 drops Worcestershire sauce
Crushed ice
2 bottles ginger ale

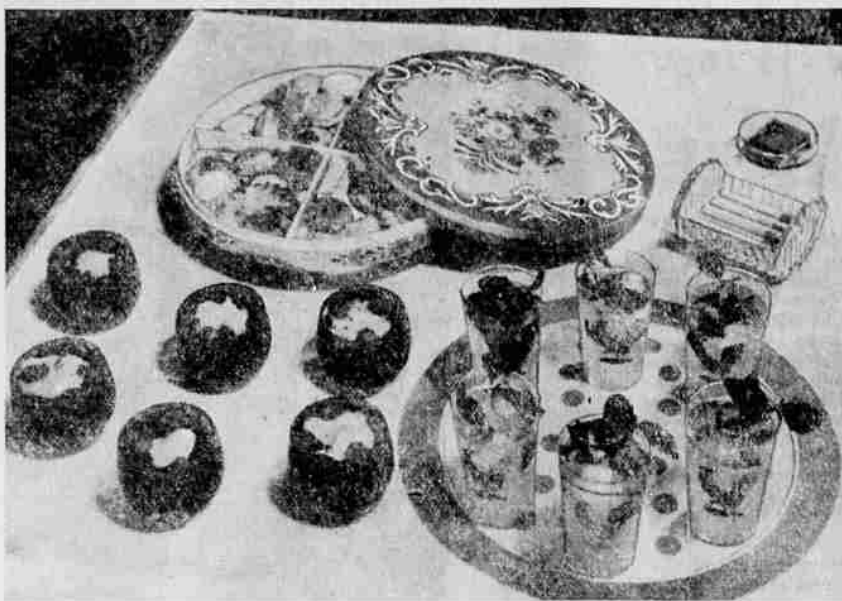
PLACE all ingredients except ginger ale in shaker, leaving enough room for a thorough shaking. Add chilled ginger ale and serve in tall, thin glasses.

Spanish Rice

1 cup rice
1 cup finely chopped onion
1 cup tomatoes
1 Spanish sweet pepper
3 or 4 cups water or bouillon
1 tablespoon sugar
1 tablespoon butter

Cook the rice in boiling water or bouillon for 15 minutes. Melt butter in a pan and add chopped onion and pepper. Cook until light brown, then add tomatoes and sugar. Drain rice and add to the

Attractive Table



It is vitally important that our food and drinks should be attractive in appearance, as well as gratifying to the sense of taste.

other mixture. Place rice in a baking dish and bake in a moderate oven for one-half to three quarters of an hour.

Cheese may be grated over the top to add flavor or left over meat may be added to the dish.

Ripe Apricot Jam

¾ cups prepared fruit
7 cups sugar
½ bottle pectin

To prepare fruit, pit about 2 pounds fully ripe apricots, cut into small pieces, and crush thoroughly or grind. Do not peel. (With western fruit, add juice of 1 lemon.)

Measure sugar and prepared fruit into large kettle, mix well, and bring to a FULL ROLLING BOIL over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in pectin. Skim; pour quickly. Paraffin and cover at once. Makes about 10 glasses.

Ripe Fig Jam

4 cups prepared fruit
8 cups sugar
1 bottle pectin
Juice of 2 lemons

To prepare fruit, remove stem ends from about 2 pounds fully ripe figs. Crush thoroughly or grind. Add juice of 2 lemons.

Measure sugar and prepared fruit into large kettle, mix well, and bring to a FULL ROLLING BOIL over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in pectin. Skim; pour quickly. Paraffin and cover at once. Makes about 12 glasses.

Ripe Pear Jam

4 cups prepared fruit
7½ cups sugar
1 bottle pectin

To prepare fruit, peel, core, and crush completely or grind about 3 pounds fully ripe pears. If desired, about 3 teaspoons spice may be added.

Measure sugar, and prepared fruit into large kettle, mix well, and bring to a FULL ROLLING BOIL over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in pectin. Skim; pour quickly. Paraffin and cover at once. Makes about 12 glasses.

and bring to a FULL ROLLING BOIL over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in pectin. Then stir and skim by turns for just 3 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover at once. Makes about 11 glasses.

Apple-Raisin Tarts

1 cup raisins chopped fine
1 large apple chopped fine
Juice and grated rind of 1 lemon
¾ cup sugar
1 egg

Put all in a small sauce pan and cook slowly 15 minutes. Let cool; roll out circular pieces of rich pastry 4 inches in diameter; put 1 heaping tablespoon of mixture on side and fold other side over, pinch edges together, make small incisions in top, and bake in quick oven.

Almond Meringue Tartlets

Previously baked tartlet shells
3 egg whites
¼ cup powdered sugar
2/3 cup finely chopped blanched almonds
Raspberry or apricot preserves

Beat eggs until very stiff, adding sugar gradually. Fold in nutmeats, and put spoonful of mixture into each shell, first having covered bottom with spoonful of preserve. Bake 10 minutes in moderate oven to set and delicately color meringue. Serves six to eight.

Jelly Sauce

1 small glass grape or currant jelly

½ cup water
2 teaspoons corn starch
Juice ½ lemon

Combine jelly and water, simmer until jelly is dissolved. Thicken with corn starch rubbed smoothly with 1 tablespoon water (additional), simmer three minutes, add lemon juice. Serves four.

Fruit Hard Sauce

Add to butter while creaming 1 to 2 tablespoons crushed raspberries, strawberries, apricot or peach pulp.

Apricot or Peach Sauce

1/3 cup apricot or peach preserves
2 tablespoons lemon juice
1 cup boiling water
2 tablespoons sugar
1/2 tablespoons corn starch
2 tablespoons cold water
1 tablespoon butter

Simmer preserves, lemon juice, water and sugar for five minutes. Thicken with corn starch mixed with cold water. Add butter, cook three minutes.

To serve on salmon loaf: Make a white sauce using 2 tablespoons each of butter and flour, ½ cup liquid from can of peas, ½ cup undiluted evaporated milk. When thickened add ½ cup chopped pimento and ½ cup or more of the drained canned peas.

All strong-flavored vegetables and fruits should be wrapped in parchment or waxed paper, as their odor (onions and cantaloupe for instance) will be absorbed by butter and other delicately flavored foods in the ice box.

There Is Definite Knack To Wearing Of Jewels

By Deborah Ames

NOT long ago I was a guest at a luncheon honoring several young girls who had just been graduated from one of our best finishing schools. They were all nice kids, between the ages of about seventeen and nineteen, well behaved and nice to look at.

One of them, an exceptionally pretty child, and almost the youngest one there, was exhibiting her graduation present—an enormous diamond ring. It was too big for good taste—even on an older woman, but on her it looked simply horrible. I was a bit surprised to hear that her family had given it to her.

Perhaps I am being a bit old-fashioned, but I can not feel that diamonds are appropriate for youngsters—and especially big ones in very ornate settings. Diamonds are a hard and brilliant stone, and they almost demand the same sort of surroundings.

A lovely pearl, or even some of the beautiful semi-precious stones would have looked so much better on the girl. Leave Diamonds until a woman can provide enough sparkle and wit in her conversation to match the stone. This child couldn't—and shouldn't be expected to.

THERE is a great knack to the wearing of jewels. It is better to wear none at all than to wear too many or the wrong kind. My mother-in-law and I used to have great discussions over the fact that I did not wear my engagement ring at all times. It was a very beautiful ring—two big diamonds and a sapphire, and I really thought a great deal of it.

For the first three or four years of my marriage my husband and I were very poor, and could afford no maid, consequently I did all the work about the house. I simply did not see myself plunging those lovely stones into dish-water and furniture polish and the babies laundry. I think there are few things uglier than dirty diamonds.

I never did like jewelry on men, but that is merely a personal prejudice. I think it arises from a very nasty person that I knew in my youth who wore a large yellow diamond on his pudgy yellow hands. I think a seal ring—or one with the family crest, is perfectly all right. The "crash tags" that so many men affect now are perfectly proper, too, as long as the wearer is entitled to one. Really, only aviators are supposed to wear them, and the general theory in giving them is based on the old army practice of giving them when a flyer first solos. Rather a gruesome reminder in the name, but they have grown into almost a part of the uniform now. I remember how proud I was when I fastened the shiny new one around my husband's wrist. It's still there, battered and scratched, but he seldom takes it off.

Of course, it goes without saying that jewelry of any sort is very out of place on young children. I am glad that the practice of giving rings and lockets to babies is almost forgotten. Babies should be so sweet and clean that they need no jewel to call attention to them.

"Twin Bears"

By Inez Hogan

(As Told To Five Star Storyteller)

ONCE there were two little brown bears named Johnny and Jimmy. They looked so much alike that you couldn't tell which was Johnny and which was Jimmy. They were twin bears. Even their own mother couldn't tell them apart. They lived in a cave at the edge of the forest, and their mother always said:

"Don't go into the forest because you're too little."

So Johnny and Jimmy played all day long near the cave, and never went into the forest, until one day Johnny stood on his hind legs and said:

"I'm bigger than you."

"Oh no you're not," said Jimmy, and he stood on his hind legs too.

"We're both big now," said Johnny. "Big enough to go into the forest."

So they did go into the forest, walking on their hind legs. The first animal they met was a squirrel.

"We're bigger than he is," said Johnny.

"But he's bigger than we are," said Jimmy. "Let's run." They began to run toward home, but hadn't gone far when they met a big mountain lion.

"Oh-o-o-o-o!" screamed the twins, and again they scurried up a tree. But the mountain lion climbed right up after them. They climbed higher and higher, but the mountain lion followed.

What do you think happened to the little twin bears? Their fate and other exciting experiences which will fascinate little folks are told in Inez Hogan's book, "Bear Twins", published by E. P. Dutton & Co., Inc., New York. Inez Hogan is the same story teller who gave the "Nicomachus" series to the kiddies.

Mystery Of Rising Cards Revealed

By Wizardo

TODAY I am going to teach you "The Mystery of the Rising Card."

There are many ways of doing the famous rising card trick, but most of them are very difficult

from the pack. Now, take a BER URX HARWP A PISO through the WORGODP of these two cards. GPDOUX A BEOWO of DAVVOD VURX GPDA these PISO, leaving about one and a half inches of it VOGJOOR GPO GJI WUDXE. (See Fig. 1.)

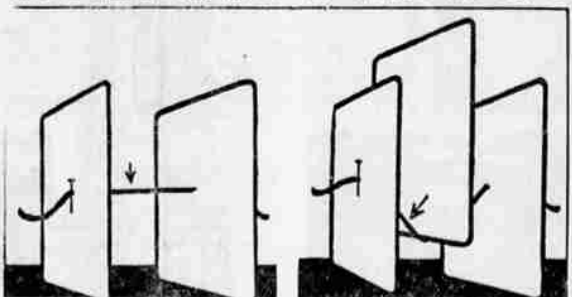


Fig. 1.

Fig. 2.

and suited only for the stage. The method I will show you can be performed any place and without fear of detection.

Card Rises From Pack

EFFECT: The magician allows a card to be freely selected from the pack. After everyone but the magician has seen the card, it is put back into the deck. Holding the cards outstretched in his left hand, the magician asks the audience: "How would you like to have the card appear, fast or slow?" If the answer is "fast," he turns to the person who selected the card and asks him to "name the card." Say the answer is "Jack of Diamonds." With his arms still extended and holding the deck, the magician commands, "Jack of Diamonds, rise!" To the amazement of everyone, the selected card jumps out of the deck into the air. If the answer is "slow," the card rises slowly and mysteriously from the pack until it is in plain view of everyone.

SECRET: In every new pack of cards you will find two or three extra cards. Take these two cards

Fasten the ORXE of the DAVVOD VURX by FGWNERZ A BER GPDA the DAVVOD. (See Fig. 1.)

Ask your audience to remember the selected card, then have it replaced in the deck, but as you do so, hold the deck cut open so that the selected card will be placed VOGJOOR GPO GJI BODUDON WUDXE. BAPP the WUDX ER FI GPUG EG YIDWOF the DAVVOD VURX down (see Fig. 2), and hold the deck firmly so the card will not FGWVN IAG.

Now, to make the card jump from the deck, let the VURX FRUB AB CAEWNSL. To make the card rise slowly, gradually SIFOR LIAD ZDEB on the deck.

After a few practice trials, you will be able to perform this stunt smoothly and when so done, it will completely baffle your audience.

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Menu of the Week

By Joan Andrews

HAVE you a geranium growing on your window ledge or in your backyard? Or a rose geranium? If you have now is the time to revive the charming and old-fashioned custom of garnishing with small, young leaves. In this luncheon menu you will find an opportunity for using these leaves to decorate a fruit plate.

Eggs and corn au gratin
Molded Vegetable salad
Toasted English muffins Plum jam
Chilled fruit plate

For the fruit plate, put a half a pear (fresh or canned) in the center of each dessert plate. Over

it pour crushed raspberries and surround with alternate sections of orange and grapefruit. Garnish with small geranium leaves.

The eggs and corn dish is prepared by adding ¼ pound of American cheese and 2 cups of medium white sauce and cooking in a double boiler until the cheese is melted. Add 1 tablespoon chopped, green pepper and 2 cups of canned corn. Heat thoroughly. Cut 8 hard-cooked eggs in half lengthwise and place in a casserole. Pour the corn and cheese mixture over the eggs, sprinkle with buttered crumbs and bake half hour in a moderate oven.

"The Word Shelf"

HEATHEN WORDS

ENGLISH is the language of civilized and Christian peoples, yet it fairly bristles with words that originally grew out of the worship of "the gods of the heathen."

A notable instance is that of our common words MONEY and MINT. An ancient temple of early Roman days was built to the glory of Juno Moneta, "the

Warning One" (Latin monere, "to warn"). In this temple, later on, the Romans first coined MONEY, and our word for that useful medium of trade was therefore taken directly from the temple name, Moneta. Not only MONEY, but the word MINT, as well, was so derived.

Few users of "household ammonia" realize how tremendous a name the familiar drug is wearing. It was near the temple of Jupiter Ammon, god of the Egyptians, that SAL-AMMONIAC was first discovered, and for Jupiter Ammon himself that the pungent mineral was named, for which the modern world has found so many uses.

One of our old-fashioned flowers, the PEONY, bears a name of heathen derivation. PAEON, himself a minor deity, was physician to the gods on Mount Olympus. His name was chosen for the PEONY because that plant was formerly used in medicine.

THE names of precious stones gave evidence of their antiquity, and the meanings are sometimes extremely quaint, and some times only beautiful.

GEM is a shortening of the Greek word GEMMA, which means "a bud." JEWEL is a more modern word, coming from the French JEU, "play," or "jou-jou," "a plaything."

DIAMOND means literally "untamed." In its sense of being HARD, and it is really another form of the word ADAMANT. The word TAME is from the same root.

RUBY means simply "red." GARNET was named from its likeness to pomegranate seeds. Pomegranatum means "an apple with a cluster of seeds." These seeds (granatum) are of a beautiful crimson color, very suggestive of the stone.

TOPAZ is from an Eastern word, tapas, "fire." PEARL is "a little pear." SAPPHIRE means literally "beloved of Saturn." This hints at some old superstition, forgotten now.

The word ONYX has a very pretty meaning, simply "finger-

nailed." A CARBUNCLE was literally "a little coal." The Germans call it Karfunkel; funkeln is German for "to sparkle."

The ancients, as was natural, chose their names for things from the objects they saw around them objects already named by those who had lived before them.

The very first "pocket" was the inner side of a cheek, since primitive man, wearing no clothes, must put things for safe keeping into his mouth. A pocket is "a little POKE," which latter word was early used as we now use its derivative, our modern POCKET. And POKE is thought to be connected with the Latin bucca, "a cheek."

PURSE comes from the Greek bursa, "a hide." The corresponding French word is bourse, "a purse," and BOURSE is also the name by which the French stock exchange is known. Our English verb disburse is the same as "dis-purse."

BUDGET comes from the Latin bulga, "a bag." The original budget was a bag full of money; later it was a number of small bags containing various sums sorted out for certain definite purposes. Such a system was necessary in an age when arithmetic was unknown or inaccessible. The modern BUDGET is a carefully planned system of expenditures, whether for household or for public affairs. But the "bags" are no longer indispensable.

The word CASH has changed considerably in its meaning. Originally a Cash was a case or box to hold money, from the old French casse, "a case, a box." It is now used to designate the contents of the case.

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