

Household News

By Eleanor Howe



FOOD FOR THE FAMILY OR FOR GUESTS
(See Recipes Below)

It takes little imagination to evolve a good meal in summer. Whether you are planning a menu for the family or for guests, there's all the wealth of the world from which to choose!

There is fresh asparagus and home-grown berries, new potatoes, tiny green onions, and all the other tender green things from the garden.

Remember that sunshine and warm weather and foods with zestful flavor go together, and plan your menus around fresh-tasting fruits and vegetables, for they have winning ways with jaded appetites. There's the minted pineapple cup pictured above, that's a grand first course for a summer lunch or dinner; it's as refreshing as a cool breeze off the lake! There are fruit salads, too—cool and colorful as summer gardens; and vegetable plates, which, well arranged, have appetite-appeal galore. And, by the way, your calorie-conscious friends will bless you if you serve them, when you entertain the club, these refreshing, filling, but not too fattening combinations.

Plan your menus around some of the fresh and tempting recipes below, and when you serve a salad or vegetable for the main dish of the meal, serve with it some unusual bread, a beverage, and the simplest kind of dessert.

You'll find tested recipes for unusual bread and rolls to serve with summer meals, in my cook book, "Better Baking."

June Fruit Appetizer or Dessert.

Fresh pineapple
Fresh strawberries
Confectioners' sugar

Cut pineapple in 1/2-inch slices, unpeeled. Then cut each slice in wedge-shaped pieces. Wash strawberries, leaving the stems on them. Chill the fruits thoroughly, then on individual dessert plates arrange the pineapple wedges and the strawberries, in a ring around the plate. Place a mound of confectioners' sugar in the center of each plate, and serve at once.

Hot Weather Vegetable Plate.

New potatoes browned in butter
Small whole beets rolled in mint
Spinach with hard cooked eggs
Nuttid squash
Green onions.

Parboil small pared potatoes in butter. Cook small, whole beets in boiling water until tender. Drain and peel. Add melted butter. Then roll buttered beets in chopped green mint. Cook spinach in salted water, drain, and season with salt, pepper and butter. Garnish dish with hard cooked egg white rings and top with riced egg yolks. Steam small summer squash until tender. Cut in halves, scoop out centers, and mash. Season with melted butter, salt and pepper. Sprinkle chopped nut meats over top. Arrange vegetables on individual plates and garnish with a sprig of parsley.

Fresh Asparagus With Lemon Butter Sauce.

(4 servings)

2 small bunches fresh asparagus (or 1 large bunch)
5 cups boiling water
1 1/2 teaspoons salt
1/4 cup butter
1 tablespoon lemon juice
Cut off lower parts of asparagus stalks as far down as they will snap.

If you're planning a club tea to bring the social season to a close, you'll want to read Eleanor Howe's column next week. She'll give you plans and recipes for a delightful summer tea. Be sure to watch for this column next week!

Discard, or use in soup. Tie stalks together loosely in a bundle and place upright in saucepan containing the boiling water to which salt has been added. Cook, uncovered, until ends of stalks begin to be tender, about 15 minutes; then lay bunch of asparagus flat in pan and continue cooking until tips are tender, 5 to 10 minutes, then drain. Cream butter and add lemon juice slowly. Pour this mixture over hot asparagus and serve at once.

Fruit Salad Dressing.

2 egg yolks
1/2 cup strained honey
Juice of 1 lemon
Dash of salt
1 cup whipping cream

Place egg yolks, honey, lemon juice and salt in top of double boiler, and cook 1/2 hour, stirring frequently. Remove from heat, beat with a Dover egg beater, and cool. Whip cream and then pour the chilled honey mixture into the whipped cream, beating with Dover beater.

Baked Eggs in Tomato Cup.

(Serves 5-6)

6 tomatoes
Salt
Pepper
6 eggs
Buttered bread crumbs
Soft cheese (grated)

Scoop out tomato centers and sprinkle with salt. Place tomatoes in muffin pans. Break an egg into each tomato. Season, and top with buttered crumbs and cheese. Bake in a moderate oven (350 degrees) until tomatoes are tender and eggs are set.

Minted Pineapple Gems.

(Serves 4)

1 14-ounce can pineapple (spoon-size chunks)
4 tablespoons lime juice
1 teaspoon fresh mint (minced)
Arrange pineapple in fruit cocktail glasses. Combine lime juice and mint, and pour over the pineapple. Chill thoroughly before serving.

Fruit Salad.

Toss together in a salad bowl 1 cup watermelon balls, 1 cup cantaloupe balls, 1 cup honey dew melon balls, 1 cup pitted red cherries. Add french dressing enough to coat all the fruits, and mix lightly. Serve on individual plates with two or three stalks of well-chilled french endive for garnish.

This Practical Cook Book Costs Only Ten Cents.

When you serve a salad or a vegetable plate as the main dish of your meal, serve with it delicious and unusual bread or rolls. You'll find tested recipes for different biscuits, muffins and bread in Eleanor Howe's inexpensive cook book, "Better Baking." There are recipes for apricot rolls, blueberry muffins and honey drop biscuit; and recipes for crusty peanut butter bread or date and nut bread to complete your salad meals.

You'll find recipes for cookies, cakes and pastries, too, and this practical booklet is only 10 cents. To get your copy promptly send 10 cents in coin to "Better Baking," care Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois.

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FARM TOPICS

LIMING OF SOILS AIDS PRODUCTION

Process Is Necessary to Destroy Harmful Acidity.

By PROF. G. D. SCARSETH

(Soil Chemist, Purdue University Agricultural Experiment Station, Lafayette, Ind.)

Liming the soil is like lathering the face before shaving. Lathering simply paves the way for a smooth, clean shave; liming only prepares the soil for better crop production.

Just as shaving requires a razor in addition to soap and water, so the best crop production requires, in addition to liming, the use of fertilizers carrying nitrogen, phosphorus and potash.

Not all soils are acid, nor do all soils need lime. But where soil acidity occurs it is "Public Enemy No. 1" and lime is the G-man that destroys it.

To use fertilizers on acid soils without first employing lime to correct the acidity is like trying to run a race with lead weights in your pocket.

But if neither liming, adequate fertilization nor legumes are used, then agriculture must inevitably fall back on the White Man and Indian rotation. The recipe is this: Let the White Man have the soil 100 years to destroy its fertilization, and let the Indians have it 5,000 years to rebuild it with forests. The forest trees "limed" the soil naturally by pumping back to the surface, through their deep roots, the soluble plant foods which fertilized the earth as the leaves fell to the ground and decayed.

Soil acidity is due to the absence of calcium, magnesium and potassium. When the soil was virgin or very fertile, the clay particles in the earth were saturated with these soluble alkaline elements. But through continuous cropping and the prolonged movement of rainwater through the soil, these elements are loosened and washed out of the soil. Then hydrogen from the soil waters becomes attached to the spots on the clays where these food elements had been removed. Thus the soil becomes acidic and the clay particles themselves, are the source of the soil acids. And unless they are provided with alkaline elements, the soil will remain acid.

Since clays in the soils are the principal sources of acid, a heavy clay soil would have more acidity to be neutralized by lime than a sandy soil with only a small amount of clay.

To summarize the situation: If soils are acid, lime should be applied to correct this condition in order to secure best results from the fertilizer used.

Farmers Developing New Saving Methods

Agriculture has greater assurance of permanency if it can maintain its soil and raise better crops, according to Dr. George C. Moore of the soil conservation service, United States department of agriculture.

In one instance, he said, 1,200 New York farmers aided, for the fourth year, in completing methods for saving soil and water on sloping agricultural land. A wealth of information has accumulated.

Results have become evident in increased yields, for potatoes and silage corn alike, Dr. Moore reported. He suggested other better-farming practices to go along with contour tillage, strip-cropping, and diversion ditches, such as pasture improvement, better care of woodlands, and greater use of alfalfa and permanent hay. He said these help toward a better live stock balance on a cash crop farm.

Root Zones Are Needed For Good Plant Growth

Since air in the soil is essential for plant growth, a root zone 3 1/2 to 4 feet should be provided for such common farm crop plants as wheat, corn, soy beans and alfalfa. This may be provided through an adequate system of underground drainage, in which the mains and laterals act as air ducts through which air circulates and from which it feeds out into the soil at the joints. Surface inlets aid in this matter of soil ventilation.

Root zones, which are above the water table, secure their moisture through capillary attraction. Capillary simply lines the soil pores with a film of moisture, leaving air space so that the plant food is then available to the growing plant, both air and moisture being present.

AROUND the HOUSE

Items of Interest to the Housewife

Standing on a heavy rug or rubber mat will go a long way toward preventing fatigue during long periods of ironing.

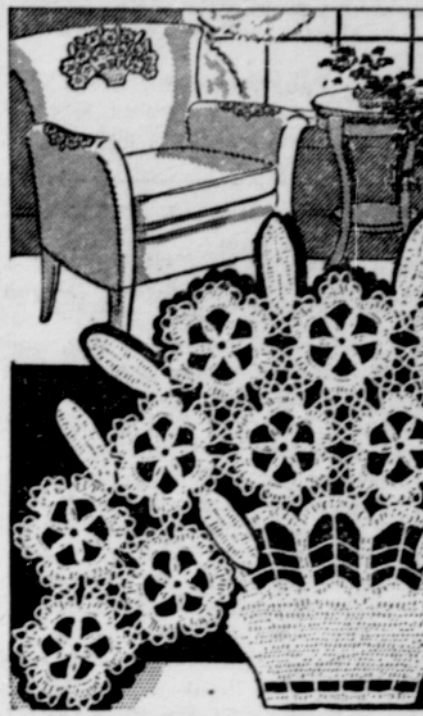
Cloths saturated with polishing liquids if stored away in a closet often cause spontaneous combustion. Keep these cloths in a covered tin container.

Cakes or cookies in which honey is used as a sweetening require a rather moderate temperature for baking. If the oven is too hot they will burn.

Don't bang porcelain or enameled kitchen equipment against stoves, tables or sinks. It will chip or crack if it is roughly handled. Many of the more modern, attractive pieces require special care.

Wall outlets for electrical devices used in the kitchen, pantry or butler's pantry should be placed at table height. This permits the use of shorter cords with cooking utensils, eliminating coils that are likely to get in the housewife's way.

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Long Footpath

The Appalachian trail, the longest marked footpath in the world, begins on Mount Katahdin in central Maine and ends on Mount Oglethorpe in northern Georgia, a distance of 2,050 miles. It passes through 14 states, two national parks, six national forests and approximately 20 state parks and forests.—Collier's.

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