

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Cooking and Keeping Cool

While most localities are having such uncomfortably hot weather, the fellow whose lot it is to prepare the meals certainly needs a little something besides sympathy. If each member of the family would assume a part in lightening the planning and preparation of the meal it would help considerably the one on whose shoulders the responsibility rests. It is no privilege or rest for mother to have all the work of entertaining guests and have no rest or fun over the week-end herself. The family who possesses a shady lawn or porch is quite fortunate these days, and if outdoor meals can be served there occasionally, it will be an appreciated change, if not a relief.

Simple one-plate meals can be easily served out of doors, aided by a tea wagon and large trays, one for each member of the family. Simple luncheon sets, with heavy paper napkins, eliminate much laundry work, greatly simplifying meal preparation.

Even though deprived of out of door facilities in serving the Sunday meals, the indoor meals can be made almost joy in the hands of a resourceful housewife. To stimulate as nearly as possible the out of door atmosphere, the housewife should take particular pains in preparing her dining-room and table appointments. Have the room just as cool, airy, and comfortable as possible under existing conditions. Air the room well, and draw the shades whenever necessary, to shut out the intense heat of the sun. Be most scrupulous in the care of your table linen, using only crisp, tidy tablecloths or luncheon sets. Luncheon sets are particularly cool for summer and are easily laundered. Never forget flowers for the table if you have a garden, as the centerpiece of the table often will entice the weary appetite. Set each cover in order without a clutter of silver not needed at the meal. In short, make everything in and about your dining-room suggest comfort, order, attractiveness and immaculate neatness.

Too much can not be said in favor of planning such summer Sunday dinners, evening teas, or suppers as can be almost wholly prepared on Saturday, leaving only a few finishing touches to be completed on Sunday. And we suggest you bear in mind when planning your own menus to keep your refrigerator well stocked for the friends, who may "drop in" for tea or the evening repast. There should always be salad dressings, fresh fruit, fruit juices, mixed greens, and the usual staples on hand.

Guests are not always respectful of weather. Fruit is not only abundant, but refreshing and appetizing in the summer, and it should be included in one form or another in the daily diet of every healthy person. There is no better way of starting a hot weather meal than with a fruit cocktail. Fruit cocktails may be of almost any fruit combination properly sweetened, the portions served in small glasses, not more than two tablespoonsful to each person. It is always the best plan to put the cocktail together the night before it is to be served.

letting it stand in the refrigerator until serving time—thus perfectly blending the flavor of the combined fruits. If raw fruits only are used, they should be allowed to stand in a syrup made of one cupful of sugar to one-half cup of water to insure a delicate blend. Many fruits are greatly improved by a little lemon juice—not enough to make the cocktail sour, but just enough to heighten the natural flavor.

RECIPES

Hermits
Two-thirds cup butter
1 cup sugar
Two eggs
One and three-fourths cups flour
1 level teaspoon Calumet Baking Powder
1 teaspoon each of cloves, allspice and cinnamon
1 cup seeded raisins
2 tablespoons chopped citron
One-fourth level teaspoon salt
Cream shortening, add sugar. Add well beaten eggs; mix well. Sift dry ingredients together and add slowly to the first mixture. Dredge fruit with flour and add. Drop by spoonfuls on greased tin, baked in moderate oven at about 350-F., fifteen minutes.

Oatmeal Drop Cookies
3 cups flour
1 1/2 cups instant Oatmeal
1 cup seedless raisins
1 cup coconut
1 1/2 cups sugar
1 teaspoon vanilla
1/2 cup butter or substitute
1 cup sweet milk
One-fourth level teaspoon soda
One-fourth teaspoon salt
3 level teaspoons Calumet Baking Powder
Cream butter and sugar together thoroughly; then add milk, mix well. Sift flour once before measuring; then add flour sifted at least twice together with the baking powder, salt and soda. Next add coconut and oatmeal mixed together; then the chopped raisins and lastly the vanilla. Drop from a spoon on a greased shallow baking pan, leaving about an inch space, and bake about twenty minutes in hot oven (375-400-F).

COCKTAILS

There is no hard and fast rule to follow for making the cocktail, which is usually the first course of a luncheon or dinner, but one may use her imagination and judgment in combining ingredients.

Cocktails are of two kinds; those of oysters, clams, lobsters, or similar fish, and those made of a mixture of fruit juices or a mixture of fruits. However, those of the first variety are usually more popular in the winter time, while the fruit cocktail is an all year round appetizer.

While the cocktail is usually served as the first course of a dinner, if it is a liquid cocktail it is very proper to have it passed in the living room just before the luncheon or dinner is served, and this procedure is considered an announcement that dinner is served. If served in the living room, they should be arranged attractively on a small tray. Small cocktail napkins, if used, may be on the tray with the glasses. If the cocktail is served in the dining room, it may be in place on the table on individual plates or service plates when the guests enter the dining room.
Fruit cocktails are oftentimes

OUTIN GLUNCHES

For The Auto Party
Peanut Butter Sandwiches
Mincied Ham Sandwiches
Jellied Tongue, Iced, or Potato Salad
Oatmeal Drop Cakes
Cold Fruit Punch
In Thermos Bottles
For The Boat Trip
Assorted Sandwiches
Shrimp Salad
Pickles
Ripe Olives
Hermits
Angel Cake
Iced Lemonade
In Thermos Bottles
Fruit

made of a mixture of several fruits, such as pineapple, bananas, orange, grapefruit and pears. These are cut into small pieces, put into sherbet glasses, and a couple of tablespoons of sweetened fruit juice or heavy fruit syrup poured over them. Sometimes they are served in grapefruit shells, lemon shells, or scooped out melons; they are oftentimes eaten with a fork, unless the fruit is fine shredded and there is excess of liquid, when a spoon is used. Fruit juice cocktail is also served and is merely a mixture of orange and pineapple juices, with a touch of lemon; or grapefruit juice with strawberry and currant juice. They may be slightly sweetened, or flavored with a very little ginger or mint, etc. These are served in clear glasses, or in glasses of any shape, with or without a spoon.

CULINARY TERMS

Apple—Savory jelly in which cold meats, fish, etc., are often served.

An gratin—Dishes prepared with sauce and crumbs or cheese and baked.

Bechamel—A rich white sauce made with stock.

Bisque—A puree made of shellfish.

Blanch—To place any article on the fire until it boils, then plunge it in cold water, to whiten poultry, vegetables, etc. To remove the skins of almonds, etc., by immersing in boiling water.

Bouchees—Very tiny patties or cakes, mouthfuls is the translation.

Bouillon—A clear soup, stronger than broth.

Braise—Meat cooked in a closely covered stew pan, so that it retains its own flavor and those of the vegetables and flavorings put with it.

Canneton—Stuffed, rolled up meat.

Casserole—A covered earthenware baking dish; a dish served in rice.

Consomme—Clear soup of bouillon boiled down until very rich.

Croquettes—A very savory mince of fish or fowl, made into shapes and fried.

Crostades—Fried forms of bread, to serve minced or other meats upon.

Croustis—A cube of fried bread.

Entree—A small dish usually

served after fish at dinner.
Fondant—Sugar boiled and beaten to a creamy paste.
Fondue—A light preparation of melted cheese.
Galantine—Fish, game or meat molded.
Marinade—A liquid of spices, vinegar, etc., in which fish or meats are steeped before cooking.
Matelot—A rich fish stew.
Mayonnaise—A cold sauce or dressing, chiefly for serving with meats.

Meringue—Sugar with white of egg beaten together.
Miroton—Cold meats warmed in various ways, and dished in circular form.
Pate—A small pie.
Puree—Very thick soups, the ingredients for thickening which have been rubbed through a sieve.

RECIPES

Melon Cocktail
1 cup dried watermelon
1 cup dried cantaloupe
1 cup dried honeydew melon
2 tsp. lemon juice
2 tsp. orange juice

Mix dried melons and chill thoroughly. Fill cocktail or sherbet glasses and add to each two teaspoons lemon and orange juice which have been mixed together.

Strawberry and Orange Cocktail
1 cup dried strawberries
2 finely sliced oranges
2 tsp. lemon juice
2 tsp. powdered sugar.

Remove the membrane from oranges; dice and add strawberries, lemon juice and sugar. Serve in cocktail glasses.

SERVING HINTS

Serve everything one drinks to the right.

Place individual plates upon the table from the right or left as seems most convenient, always remembering never to reach across in front of anyone.

Pass all dishes from which those at table help themselves to the left.

Walk as quietly as possible and set dishes upon table as gently as possible.

The waitress should never speak to anyone at table or show in any way, that she hears the conversation.

Receptacles for liquids must never be filled so full that there is danger of spilling when being carried.

Dishes should never be scraped or stacked at table.

Only so many dishes as can be carried without "stacking" should be taken from the table at one time.

Care must be taken that one does not get the hands around the mouth of pitchers; the fingers should never touch the food being conveyed in dishes.

All unused silver must be removed from table before dessert is served.

The table is crumbed, only, before the dessert course.

Coffee is served in small cups after the dessert course, and generally, with sugar, without cream. It may be served at table or afterwards, in the living-room or elsewhere.

HOUSEHOLD HINTS

MENU HINT
Breakfast
Oranges Oatmeal
Poached Eggs on Toast
Cookies Coffee Milk
Dinner
Escalloped Potatoes with Ham
Tomatoes with Bread Crusts
Whole Wheat Bread, Butter, Red Raspberry Jam
Cream Pie Tea Milk
Supper
Creamed Dried Beef
Green Beans
Berries or Sliced Peaches
Cocoa Cup Cakes

then the ham, and rest of potatoes. Cover with milk. Bake slowly for two hours.

Cup Cakes—One cup brown sugar, one-half cup shortening, one egg, one teaspoon cinnamon, one-half teaspoon cloves, one cup sour milk, one teaspoon soda, one-half cup chopped sweet apples, handful of raisins, two and one-quarter cups flour. Bake in deep gem pans. Use any good icing.

SUGGESTIONS

A nutpick is an excellent thing to remove the pasteboard cap from the top of milk bottles, and the man of the house will find one unequalled for removing the butts from his cigar holder.

When cleaning the gold fish bowl put the fish in a bowl with about one-half teaspoon of salt added to the water. Leave them in this until you have the bowl cleaned. Also put them in a bowl of salt water when they act doxy and don't swim around very much.

In putting away the clothes, fold each mated pair of pillow cases together, as one.

If your hot water bottle springs a leak and seems beyond repair, don't cast it aside. The next time

it is difficult to estimate just the amount of toast which the family will eat each morning. Save these slices as they are of good bread heavily buttered. When enough of them collect, to cover the bottom of a good sized platter, or to serve the family, prepare a dish of creamed meat of some kind.

There is a difference of opinion as to who should be served first, some contending that a guest of honor be served each time before anyone else is served, and others that all ladies be served first. Many claim that the hostess should be helped or help herself first (from dishes passed) and that the waitress should thereafter go straight around the table in rotation. To my mind this last is the simplest method and the most efficient.

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PLUM CONSERVE

Three pounds of blue plums, three pounds sugar, one and one-half pounds seeded raisins, three oranges, juice and grated rind. Cook until thick like jam.

This may be creamed chicken, creamed chicken and oysters, creamed lamb, creamed shrimps, creamed dried beef or cold roast beef in brown gravy. Pour the hot creamed meat over the cold toast and set the platter on an asbestos mat in a hot oven for 10 minutes. This last step is important, as it gives the hot cream or brown gravy a chance to moisten the toast, and the toast itself becomes well heated by this means.

you need it for an ache or pain, fill it with salt that you have heated on the stove in a pan. It will keep hot much longer than water. In an emergency if you should have no hot water bottle at all a bag of salt is a satisfactory substitute. Late at night with the drug store closed the hot salt bag has proved a blessing.

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SHINOLA— 3 cans for	25c
CLEANSER— 5 cans for	25c
ECONOMY CAPS— per doz.	28c
LIMIT STARCH— 2 for	18c
CREAMETTES— 2 for	17c
CALUMET BAKING POWDER— 1 lb. can	29c
Fruits and Vegetables	
STRING BEANS— 3 lb. for	25c
TOMATOES— per lb.	15c
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