

Household Details Of Mexican Home Are Recalled

MISS LAURA A. MILLER, professor of home economics at the University of Oklahoma, visited Mexico recently with her eyes open to household details of that country. She brought back a good many interesting facts about life in Mexican homes. She says:

"In contrast to the ultra-modern homes found in parts of Mexico City which are similar to most American modernistic buildings, are found small huts made of adobe or cactus without chimneys or windows.

"Looking at a house where people of comfortable incomes live, one sees only a wall with a few barred windows, but once inside the door a large or small patio is found with all the rooms opening into it.

"Thus, the whole structure is built around one unit. Iron bars at windows decorate the sides of the narrow streets where cars travel at a terrific speed. In these streets are found much of the social life of the Mexican.

Sits Apart

"Different also is the social life and food of a native of Mexico," says Miss Miller. "The head of a house sits apart from the rest of the family at meal time. In case of the death of the father, the oldest son assumes the responsibility and takes his meals at a separate table.

In regions where poverty is evident, labor is done by human beasts. Common is the scene of huge burdens being carried on human backs. Desks, living room furniture, and large baskets of unwrapped breads are transported by men and women alike, for the woman works side by side with the man. Everybody is a small merchant, for all of the communities have a market at which anything is sold from needles and pins to geese and ducks.

Cooking Is Hot

"The tortilla, or cakes made of corn, is the national bread. One can hear these being made at any time of the day, as they are patted out by hand. The corn is ground on a stone by hand, mixed with water, patted into shape, cooked on a fire, much as our griddle cakes, and sold right there in the street. Mexican food is always greasy and hot in flavor.

"Mexico may be an adjoining country in terms of miles, but it is entirely foreign in its mode of living. Any American would better understand his own nation, as well as Mexico, by a visit to that nearby foreign land, and would also profit much by the experiences which would be his during the journey."

Today's Menu

Fresh halibut again comes in to Salem markets, so let's plan our Friday meal around this delicious fish.

Jellied orange salad
Fruit dressing
Halibut with fresh vegetables
Boiled potatoes
Fresh artichokes
Bottled raisin cake
Canned peaches

HALIBUT WITH VEGETABLES

Put a generous piece of butter in a skillet, or use olive oil. Fry until clear, but not brown, some onions including the tops, sliced celery, paper-thin slices of carrot, some chopped parsley and any other vegetable the cooler yields. Carefully lay the sliced halibut on the vegetables, add water enough to about half cover the fish, cover and simmer gently until done. A handful of mixed pickling spices or the addition of bayleaf and a clove of garlic greatly add to the flavor of this dish. Season with salt and pepper.

Spring Planting Wild Flowers Begins Soon

COMES the time every spring, when amateur gardeners, inspired by dainty blooming wild flowers, set about to transplant them from their natural habitat, to a garden in town. Comparatively few ever survive to bloom again next year.

Several reasons are possible for the cause of failure to successfully transplant wild flowers and trees; they are usually dug when the flower is in bloom; the plant or shrub is too large; insufficient care is given after moving; change in soil and growing conditions varies too greatly from that natural to the plants.

The grower who successfully moves wild plants is to be congratulated. But those thousands of well meaning but unsuccessful transplanters have done a grand job of clearing our nearby woods and fields of wild flowers and shrubs.

Preservation Plans
Wild flower preservation societies have been organized in the past few years to increase interest in native plants, and to urge their growing from seeds and cuttings rather than by digging.

Commercial nurseries are offering more and more variety in seeds of native plants. Your nurseryman can suggest many that will lend themselves nicely to naturalized planting and go well with the real natives that are already in growth in the garden.

Menu Card Yields Ideas for Home Bill of Fare

OF TENTIMES the menu card from some favorite eating place will offer many suggestions for daily home meals.

Such a bill of fare is that which has been saved since 1930 from "Cambora—scientific cooking" in Denver. There are many inspirations for salads, sandwiches and desserts, but arrangement is left up to the individual who makes the dishes.

Among the salad combinations listed are:

- Figs, prunes and cottage cheese.
- Beets and nuts.
- Stuffed tomatoes with cabbage, nuts and mayonnaise.
- Lettuce, tomatoes, dried olives (we call them Greek olives) goat's cheese (use Swiss or American).
- Oriental salad—lettuce, cucumbers, green onions, green peppers, olives, goat's cheese, olive oil and lemon.

Fruit and vegetable combination.
Date and cottage cheese.
Carrots and cocoanut.

Grapefruit salad with orange sauce and nuts.
Desserts use fruits and include such combinations as:
Stewed fresh rhubarb with honey.

Date-nut cup custard.
Pineapple and pears.
Sandwiches include several combinations using goat's cheese: Date, nut, marmalade combination.

Olives, nuts.
Cottage cheese, nuts.
Carrots and dates.
Crab loaf sandwich on whole wheat bread, with fresh mushroom sauce.

Only women were permitted to bake bread in Syria in the fifth century since men were not considered worthy to be entrusted with the making of an important food. Among the Redoubt Arabs it is regarded as a serious breach of etiquette to pass a man's tent without stopping to eat his bread.

Serving the whole main course on one large platter is a plan that's received with pleasure by the family dishwasher. One of those large pottery plates will hold the roast, baked or browned potatoes, onions and root vegetables and if the foods are arranged in groups, the dish makes an attractive whole course.

Chop parsley, let it dry on absorbent paper and use as a garnish for foods. Parsley is good flavor for such moist foods as soup or gravy, and the dried herb fluffs are brightens up on touching the liquid.

Main Dish Includes Simple Ingredients

One of the simplest and most satisfactory ways possible to give style and flavor to casseroles, salads and vegetable dishes is to add either ripe or green olives. Appetite appeal is boosted away up when the dish is garnished with olives.

This recipe for carrots is a good example of a way to make a perfectly grand dish out of simple ingredients. The cheese added is not enough to make the dish a meat substitute.

RIPE OLIVES AND CARROTS ESPANOLE

- 10 cooked medium sized carrots
 - 1/4 cup oil
 - 1 small clove garlic
 - 1 cup sliced onion
 - 1 teaspoon paprika
 - 1 t e a s p o o n Worcestershire sauce
 - 1/2 teaspoon salt
 - 1 tablespoon chili powder
 - 3 cups cooked tomatoes
 - 1 cup ripe olives
 - 1/2 cup grated American cheese
- Heat oil, add minced garlic and onion, and fry until onion is wilted. Combine paprika, Worcestershire sauce, salt, chili powder and sufficient tomato juice to moisten, and stir until smooth. Add tomatoes and ripe olives and blend. Place carrots in an oiled casserole, add the tomato mixture and sprinkle grated cheese over top. Bake

In a hot oven (400 degrees) about 20 minutes or until cheese is melted and vegetables are heated through. Serves 6.

Wooden bowls of various sizes do for salads and hot dishes. Just plain kitchen variety in the very small size makes a dish to hold the luncheon salad mixture, larger ones will hold enough for the whole family. A plain wooden fork and spoon set is handy for serving.

A nice carving set is a good wedding present and also an anniversary present if the couple hasn't a good one already. Sometimes those on hand are either too large or too small and a different size would be appreciated.

Cinnamon Toast Has New Dress For Spring

EVEN dear old cinnamon toast has gone modern, so try this over on your brown or white bread!

Cut a loaf of fresh bread lengthwise as thin as possible. Spread with butter, and a mixture of cinnamon and sugar to which has been added enough evaporated milk to make it sticky. Now roll the bread slice up like a jelly roll and leave until ready to serve. (Should be wrapped in a cloth or waxed paper.) Then slice, not too thin, and toast in the oven.

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When the bread is arranged in the oven, lay close together so the heat won't scorch the strips. Other sandwich rolls may be toasted too, and they make delicious refreshments for evening.

Contrasting colors in napkins and cloth give life to a table setting and offer an excuse for using dishes that may not exactly match.

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