

MISS NYE PLANS DESSERTS FOR HOT WEATHER

Frozen Foods Found Popular As Summer Luncheon Addition

Warm weather—summer entertaining—frozen desserts, three terms entirely synonymous, especially if one is fortunate enough to own an electric refrigerator where the desserts may be stirred up in the morning and are ready to serve for lunch, dinner or between times if unexpected guests drop in. Then, too, the housewife may go shopping or to a party without worry as to whether the dessert will keep frozen or will spoil if not well packed.

As with most other kind of food, there are many varieties of frozen desserts, each having a time especially suitable for being served. Water ices, valuable because of fruit juices, which supply minerals, vitamins and counteract acid residues in the body, are the most refreshing and therefore best for serving after a heavy dinner or luncheon. A fruit juice ice that may be adapted easily to any favorite flavor may be made by this recipe:

2 teasp. gelatine
3 teasp. cold water
2 cups boiling water
1 cup sugar
1½ cups fruit juice
Juice ½ lemon
Grated rind one lemon
¼ teasp. salt

Make a syrup of boiling water and sugar, boiling it with the gelatin for five minutes. Add gelatin and cold water. Cool, add fruit juice and pour into freezing trays. Beat with Dover beater one or two times during freezing. When partly frozen, add stiffly beaten whites of two eggs. Fruit, if berries, should be squeezed through a double thickness of cheese cloth to obtain the juice. This makes eight to ten servings.

Another type of frozen dessert is parfait, made by pouring a thick, hot syrup over beaten egg whites and flavorings are added. As most parfaits are highly flavored and fairly rich, they should be served either alone or after a light dinner or luncheon. A walnut nougat parfait is made as follows:

2-3 cup brown sugar
2 teasp. butter
½ cup water
4 eggs, separated
1 pint whipping cream
Vanilla and maple extracts to taste
1 cup chopped nuts
¼ teasp. salt

Boil sugar, butter and water together two or three minutes. Pour over beaten egg yolks and cook in double boiler until thick. Beat until light and chill in refrigerator tray. Combine whipped cream and beaten egg whites and add to above mixture, with flavoring and nuts. Freeze without stirring.

Ice creams are of two types—Philadelphia, made with thin cream whipped and combined with a small quantity of gelatin and flavoring, and French, or frozen custard. A particularly delicious ice cream with an entirely different flavor is Tutti-Fruiti, made as follows:

One-half cup each of pulp of banana and peach, fresh or canned, ½ cup strained apricot jam or preserve, juice and grated rind of ½ lemon and 1 orange, ½ cup fine, granulated sugar; 1 pint whipping cream.

Combine ingredients and freeze in refrigerator tray. This may be stirred several times during freezing.

BACON, FRYE'S DELICIOUS—a sizzle in the camp skillet—it's quite enough to make any appetite "run a temperature." It's the morning's crispy, tasty "eye-opener." It's what the tired mountain climber, boat "captain," fisherman, autoist, outdoor man needs to put pep into his evening's meal.

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PUBLIC HEALTH SERVICE WARNS OF 18 DAY DIET

Washington, (AP)—Harm may result from the indiscriminate use by young girls and others of special diets without consulting a physician, the U. S. Public Health Service said in commenting of the current 18-day diet fad.

"The best way to reduce," the service said, is to eat less of your regular diet without leaving out any of the essential items of body-building food. A simple reduction in the amount a person consumes will have effective results and can do no harm.

"In special dieting systems where certain essential foods are eliminated from the menu for a certain period, harm may result to persons who are not robust or who need a well-balanced and wholesome diet. Special diets should not be adopted without consulting a physician."

The origin of the ubiquitous "18-Day Diet" is in doubt. It has been claimed without any apparent justification that the regime was originated in Hollywood by a specialist called in to remove tonnage from a movie queen. There were other reports, later denied vehemently, that the diet was sponsored by Ethel Barrymore, by the celebrated Mayo clinic, by a prominent Viennese physician.

"There is a suspicion, too, that the diet is the work of an acute press agent for a citrus growers' organization. The frequency with which grapefruit and oranges appear accounts for this theory.

At any rate the results of the diet are at variance. Some dieters have lost as much as a pound a day; others have gained weight. The general average, however, seems to be a loss of nine or ten pounds. Deleterious effects of the diet noticed in some cases include acidosis and an attack of boils.

POTATO CANNING STARTED IN UTAH

Ogden, Utah, (AP)—Development of a process for canning potatoes is announced by an Ogden packing company.

The potatoes are peeled, quartered, packed in the cans dry and then, packed cooked until suitable for serving as cold boiled potatoes, as a base for salad, or for reheating and serving in the usual variety of ways.

Utah growers believe successful canning of potatoes on a large scale will be a beneficial factor in stabilizing prices. It will help keep the market from glutting because of the limited selling period to prevent decay.

Food Expert Tells How Bread Flour Is Utilized For Pastry

Query—Would you give me the proportions for making pastry flour from bread flour? Is hard or soft flour more desirable for cake baking? Mrs. H. W.

Answer—There are two kinds of flour used in baking, bread and pastry flours. Bread flour is milled from spring wheat, and therefore contains more gluten which tends to make a more elastic dough. This is best for breads, rolls and biscuits, and may be used for cakes with a small addition of starch. Pastry flour, sometimes called soft flour, is milled from winter wheat and contains more starch. Fluffier and more delicate biscuits and cakes are made from pastry flour. Cakes made with pastry flour are better eaten the day they are made, as they are apt to dry out and are not as moist as those made with bread flour.

For a home-made pastry flour substitute two tablespoons cornstarch for two tablespoons bread flour in each cup of flour. Sift thoroughly.

Query—When raisins or nuts are to be floured to put into a cake or muffins, should extra flour be used or just that quoted as part of the recipe? Mrs. A. F. M.

Answer—For this, take flour from that quoted in the recipe. Using additional flour, if too much, tends to give the cake a "bread" texture.

Query—Would you print a recipe for a ginger ale fruit salad? I have eaten these several times, and found it good.

Answer—The fruit in this salad may be varied almost any way according to the taste of the individual, using pears, peaches, apples, grapes, white cherries, pineapple or even berries.

Ginger Ale Fruit Salad
1 cup crushed pineapple
1½ teasp. gelatine
¼ cup cold water
1 cup diced canned pears
2 teasp. lemon juice
2 teasp. sugar
1 cup ginger ale
Lettuce and mayonnaise.

Bring the pineapple to the boiling point and dissolve in it the gelatin hydrated in the cold water. Add the pears, lemon juice and sugar. The juice of the pears and pineapple should be used as well as the pulp. Cool and add ginger ale. Add the fruit after the mixture starts to set. Serves six.

Query—Many recipes call for chocolate to be melted without water. I have trouble getting it thoroughly mixed in this way. Is there some special way to do this? Mrs. A. M.

Answer—The chocolate sold for candy dipping should be put in the inside of a double boiler when the water in the outside part registers

130 degrees Fah. by the thermometer. Put lid on, remove from fire, and as soon as the chocolate begins to melt, stir gently. Ordinary chocolate is shaved or grated or broken in small pieces, put in the double boiler and the whole set over the fire until the water boils. If the chocolate is slow to melt, add a little butter, but never add water.

Query—What causes the oven-temperature-recording pointer of a thermostat on an electric range to jump up several degrees when the temperature setting pointer is moved up, even after all heat has been turned off in the oven? Does this affect the baking? Does this mean that the thermometer cannot be depended upon to register correct temperature? Mrs. H. W. Y.

Answer—Even after the oven heat has been turned off, automatically or otherwise, the heat stored in the units often causes a slight rise in temperature, varying from ten to twenty or thirty degrees. This difference, in the middle of baking, should not affect anything in the oven for the short time it holds. While a difference of thirty degrees throughout the cooking would cook anything browner or more done, this would not happen for a short period. Rely on the temperature shown by the oven-recording pointer on the thermostat unless it has been absolutely proven that the thermostat for the range is not working properly.

Query—What is grenadine made of? Miss V. J. M.

Answer—Grenadine is a syrup made from the juice of pomegranate seeds. This, with its spicy, aromatic odor and lovely pink color, is most appetizing served with pears, or over ice cream or cocktails.

Query—Would you print a recipe for candied orange peel? Mrs. A. F. M.

Answer—Candied orange peel may be made as follows: Select smooth thick skinned fruit, peel and cut into long narrow strips one-fourth inch wide. Cover with cold water and bring to a boil, repeating this process twice. Make a heavy syrup of sugar and water that will thread and drop the orange peel in a little at a time. Boil peel until clear, then drain on wax paper. Roll in granulated sugar and dry. For grapefruit, boil peel for a longer period of time.

CODFISH'S KIN FOUND RICH AS SOURCE OF OIL

Washington, (AP)—The nearest fresh-water relative of the cod, the burbot fish, may strip its kin of honors in producing medicinally valuable oil.

Scientific experiments, reported to the bureau of fisheries, have demonstrated that burbot-liver oil is eight times as potent as cod-liver oil in the treatment of rickets. The burbot, inhabiting the Great Lakes and considered a pest by fishermen because it tears their nets and preys on small fry, may become a significant part of the commercial catch, it is believed.

The annual catch of the fish, known also as lawyer or eel pout, was 510,972 pounds in 1927.

Cucumbers for market should not be cleaned with a cloth or brush, as this destroys the small spines and the "frosty" finish of fresh cucumbers, says the U. S. department of agriculture. The best way to wash off dirt is to put the cucumbers in clean cold water and stir them slightly.

even changing water more than three times if necessary to remove bitter juices.

Special care should be taken at this time of year with milk and cream that is shipped from the farm, according to the U. S. department of agriculture. Milk stands at the roadside should be shaded, and cans of milk hauled in trucks or wagons should be covered with canvas. Heavy jackets for milk cans aid considerably in keeping milk cold.

When a man who could not swim tried to save a girl from drowning in Aberdeen, Scotland, harbor, recently, Jock Hutton, a Scotch football hero, jumped into a small boat and saved the two.

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