



FOOD & MARKET PAGE



PICNIC DAYS ARE HERE AGAIN

Picnic time is here again. It is a wise girl, or man, either, who knows how to fix a picnic box or basket, with just the right combinations of spreads on dark or white bread—fillings that will delight the palates while satisfying the hunger of an outdoor gang, in the midst of the very best kind of holiday. In any crowd there are sure to be a few who would like frankfurters and to broil their own on long sticks over an open fire.

These fillings are suggested for picnics:

BACON AND MUSTARD
Chop six slices of cooked bacon, add a teaspoon of prepared mustard, a small dill pickle chopped fine and a little mayonnaise.

MEAT LOAF
Season the loaf with chopped onions and a little mustard before baking. Arrange this filling on lettuce leaves and cut the bread rather thick.

CHEESE AND JELLY
Twin slices of white against dark bread are nice. Spread butter on the white bread and cream cheese and guava jelly on the dark. Combine and cut into any shape you like or leave them large.

HAM SANDWICH
Chop cooked ham very fine and season with grated onion. Butter the bread, cover with the thinnest spread of mustard, then put on the chopped ham and the companion slice of bread.

The American family wants plenty, no matter what the temperature outside, the zero of mid-winter or the nineties of mid-summer, it is the ranking favorite. Give your family pie if they want it, but use discretion as to the kind.

For these next warm months let's have cool pies, chiffon pies with a cool fruity flavor, fresh fruit pies or tarts filled with chilled, uncooked berries, peaches, or bananas. These are extremely easy to make, and can be put into the refrigerator all ready for dinner service.

ORANGE CHIFFON PIE
1 cup pastry flour
1/2 cup lard
1/2 cup sugar
3 tablespoons ice water

Mix as directed above. Place in pie pan, crimp edges, and prick with a fork to prevent blistering. Bake 12 minutes in a 450 degree F. oven. Fill with chiffon filling and chill in the refrigerator.

ORANGE CHIFFON FILLING
1 tablespoon plain gelatin
1/2 cup cold water
4 egg yolks
1/2 cup sugar
3 tablespoons lemon juice made up to 1/2 cup with orange juice
1 teaspoon grated orange rind
1/2 cup sugar

Soak the gelatin in the water for 10 minutes. Mix the egg yolks, sugar and salt and stir in a double boiler until the eggs are cooked and custard is thick. Add softened gelatin and stir until dissolved. Cool and add fruit juice and rind. Cool until the gelatin begins to set. Beat the egg whites until stiff, add the sugar and beat to a fine meringue. Fold into fruit mixture and pour into baked pie shell. Place in the refrigerator to set. Before serving heap whipped cream over the top.

French Pancake With Rum Sauce

Rolls or French pancake with rum sauce makes a good dessert, or may be served for Sunday night supper. Beat the yolks of 3 eggs until light and combine with 1/2 cup each evaporated milk and water. Sift 1/2 cup cake flour with 1 teaspoon grated lemon or orange rind. Stir into the egg yolk mixture; beat until perfectly smooth.

Fold in the stiffly beaten egg whites—the batter will be very thin. Pour from a tablespoon on a hot, lightly greased griddle, making each pancake about 4 or 5 inches in diameter. Cook until brown, roll as soon as done and place on a hot platter in a warm oven. Sprinkle with confectioners' sugar and let stand in the oven until all are cooked.

Serve with rum sauce, or if preferred, with crushed fruit or orange or apricot marmalade. Makes enough for 4 servings.

Rum Sauce—Mix 1 cup sugar and 1 cup water and boil for 5 minutes. Cool and when almost cold stir in 3 tablespoons rum or rum flavoring.

Or make Rum Sauce No. 2—Mix 1/2 cup sugar with 1 teaspoon flour, add 1 cup boiling water and boil 5 minutes. Pour, beating constantly, over 1 well-beaten egg, add 3 tablespoons rum and serve warm.

Creole Cake

How about a Louisiana loaf cake for a change? You'll find it superb to most any cake you've eaten in a long time. Its Creole pecan frosting makes it a prize cake. Here's how:

CREOLE LOAF CAKE
1/2 cup butter, or other shortening
1 cup granulated sugar
1 egg
2 cups flour
3 tablespoons baking powder
1/2 teaspoon salt
1/2 cup milk
1 teaspoon vanilla
1 cup finely chopped pecans

Cream the shortening until it is soft and light. Add granulated sugar and cream together until you have a fluffy mixture. Add egg to blended butter and sugar and beat until thoroughly mixed. Sift flour before measuring; add salt and baking powder and sift again. Add dry in-



Here is one of the new printed ensembles which Paris votes the "last word" in chic for summer wear. It comes straight from Paton's mid-season collection—a frock and loose back, three-quarter length coat of dark red and white shadow plaid crepe. Notice the short sleeves, the scarf waistcoat of dark red crinkled crepe attached to the coat and the big golden disks at neck and waistline. The wide brimmed hat is of dark red straw, the gloves of beige suede.

Ingredients to the egg mixture, alternately with the milk, beating after each addition until you have a smooth batter. Add flavoring and chopped nuts. Bake in greased pan, 8 x 8 x 2 inches in moderate oven (375 degrees F.) 50 minutes, or until done.

PECAN FROSTING
1/2 cup butter
2 1/2 cups confectioners' sugar
1 square unsweetened chocolate, melted and cooled
1/2 cup coffee
1/2 cup vanilla
1/2 cup pecan nut meats

Cream the butter separately until it is smooth and light. Then gradually blend in confectioners' sugar, a small quantity at a time. (Do not make the mistake of using powdered sugar in this recipe.) When about half of the sugar is blended with the butter, begin adding melted chocolate and coffee, alternately with the sugar. Work in the salt and vanilla last and continue to beat until the frosting is smooth and velvety. Blend your frosting with a wooden spoon, in a wooden or crockery mixing bowl, as metal has a tendency to make frostings dark. When frosting attains the right consistency spread on cooled cake and garnish with pecan nut meats.

STRAWBERRY CAKE DESSERT
6 pieces sponge cake
1 quart berries
2-3 cup sugar
1 1/2 cups whipped cream
1 teaspoon vanilla
Wash, hull and chill berries. Add 1/2 sugar to berries, arrange on cake.

STUFFED TOMATOES
6 firm tomatoes
1 cup soft bread crumbs
1 tablespoon chopped onion
1 tablespoon chopped green pepper
3 tablespoons butter, melted
1 egg
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
Wash tomatoes, cut off tops and scoop out seeds. Mix rest of ingredients and stuff tomatoes. Arrange side by side in shallow pan. Add 1/2 inch water and bake 25 minutes in moderate oven. Bake frequently.

Cream Of Pea Soup
1 1/2 cups peas
1 tablespoon chopped onions
2 tablespoons chopped green pepper
2 tablespoons chopped celery
1 cup water
1-2 teaspoon salt
Mix ingredients. Cook slowly in covered pan 15 minutes. Strain through coarse sieve, pressing all pulp through with spoon. Add to sauce.

SAUCE
3 tablespoons butter
3 tablespoons flour
3 cups milk
1/2 teaspoon salt
1/2 teaspoon paprika
Melt butter, add flour and when blended, add milk and cook until sauce thickens a little. Stir constantly. Add seasonings and strained pea mixture. Cook one minute. Serve in hot cups or soup bowls.

Yellow Cake
1/2 cup butter
1 cup sugar
3 egg yolks
1 cup milk
1 teaspoon vanilla
1/2 cup flour (sifted)
3/4 cup baking powder
3 egg whites, beaten

Cream butter and sugar. Add yolks, milk, extracts, salt, flour, and baking powder. Beat 2 minutes. Fold in whites and bake in two-layer cake pans 25 minutes in moderate oven.

The caramel frosting:
1 cup dark brown sugar
1 cup sugar
2-3 cup milk
2 tablespoons butter
1 teaspoon vanilla

Mix sugars and milk. Boil gently, stirring frequently until soft ball forms when portion is tested in cold water. Set aside 15 minutes. Add vanilla and beat until creamy. Frost cake.

Frozen Pudding Tempts Palate
A frozen pudding that is "different" and for especially festive occasions is the following one. Here's how:

Into one quart of vanilla ice cream stir 1/2 cup pistachio nuts, 1/4 cup finely chopped citron. Into another quart stir 1/2 pint of strawberry jam and a few chopped candied cherries. The first quart will then be packed in the lower part of a refrigerating tray and the second spread on the top. Cut into squares and serve with a topping of a candied cherry and a dash of whipped cream.

Here is also a recipe for **ORANGE ICE** which we think you'll like. Take 2 cups water, 1 teaspoon grated orange rind, 1 cup honey, 1/2 cup lemon juice and 1 cup orange juice. Boil water, honey and orange peel together for 5 minutes. Cool. Add fruit juices. Freeze.

Yellow Cake

Two Ways To Fix Calavos
Several requests have come in recently for new ways to prepare the Calavo or alligator pear. The first method we present is rather expensive, most delicious and can be saved for that "special occasion." The second method is equally as

good and economical enough that you can serve it to your family any time. Here's how:
STUFFED ALLIGATOR PEARS
One chopped tomato, one stalk chopped celery, six anchovies cut fine, one teaspoon caviar, one pinch fine herbs, salt and pepper, one tablespoon mayonnaise. Cut the alligator pear in two and put this mixture into the cavity from which the stone has been removed. This is another alligator pear stuffing: One-half alligator pear, one-half cup crab meat, one tea-

spoon tartar sauce, one-half teaspoon chopped chives, salt and pepper to taste. Mix, heap into pear cavity and sprinkle with chopped hard-cooked eggs.

GRAPEFRUIT SALAD
1 1/2 cups diced grapefruit
6 pieces lettuce
1-3 cup French dressing
1 onion slice
Add onion to dressing. Chill, remove onion, pour dressing over the grapefruit which has been placed on salad plates. Serve immediately.

Ingredients To Make A Human
London (N)—C. E. M. Joad, economist and scientist, and Dr. T. E. Lawson, eminent physician, have agreed that the prescription for "one man" is:

Enough water to fill a 10-gallon barrel.
Enough fat for seven bars of soap.
Carbon for 9,000 lead pencils.
Phosphorous for 2,200 matches.

Iron for one medium-sized nail.
Lime enough to whitewash a chicken coop.
Small quantities of magnesium and sulphur.

"Take these ingredients, combine them in the right proportions in the right way and the result, apparently, is a man," said Joad in a recent lecture at London university.

Baked Rhubarb
4 cups diced peeled rhubarb
1 1/2 cups sugar
3 tablespoons lemon juice
1/2 teaspoon salt
1/2 teaspoon cinnamon
1-2 cup water

Mix ingredients and pour in casserole, cover. Bake 40 minutes in moderate oven. Stir several times with fork. Serve warm or cold.

Caramel Pie
One cup sugar, 1/2 cup water, 3 egg yolks, 6 tablespoons flour, 1/2 teaspoon salt, 1-2 cups milk, 1 teaspoon vanilla, 1/2 cup pecans (broken), 1 baked pie shell.
Sprinkle one-half the sugar in an

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iron frying pan. Heat slowly and stir constantly until brown liquid forms. Add water. Boil two minutes. Mix rest of sugar with flour and salt. Add yolks and milk. Cook in double boiler until mixture thickens. Add caramel mixture and cook two minutes. Add vanilla and pecans. Pour into baked pie shell. The meringue: Three egg whites, five tablespoons sugar.
Beat whites until stiff, add sugar and beat until creamy. Spread on filling and bake twelve minutes in slow oven.

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