

Variety In Food Preparation Essential for the Fashionable Table at Smart Afternoon Teas

Ingeniously Conceived Hors D'oeuvres Impart
Epicurean "Tang" to Prosaic Food

By Jenny Reed
Home Economics Editor

WHETHER you are serving afternoon tea or more potent beverages, dainty canapés or hors d'oeuvres, prepared with ingenious variety, are a fashionable essential. The tang of such epicurean cheeses as Camembert, Liederkranz and Brie guarantees the sophisticated flavor that makes appetizers a success.

Use slightly stale bread and cut in 1/4 inch slices. Cut the slices in squares, circles, rectangles. Then toast one side quickly so that it will not be hard. Besides toasted bread there are numerous cocktail and canapé crackers already prepared on the market. Spread the crackers and toast with cheese and garnish with olives, pimento or parsley. You'll have tasty appetizer coxers to meet every taste.

For a sandwich that the men will be particularly enthusiastic about, spread slices of rye or pumpernickel with butter and then with Liederkranz. Cover with thinly sliced marinated Bermuda onion. To marinate onion, add salt and pepper in equal quantities of vinegar and oil to the sliced onion and let it stand 20 minutes. Cover with another slice of buttered bread. Garnish with stuffed olives.

For a highly flavored appetizer take those crisp curly leaves at the very heart of a head of lettuce and spread with a dab of cheese. Fresh figs or prunes stuffed with Roquefort or cream cheese have a piquant flavor.

EGG APPETIZER

3 hard-cooked eggs
1 tablespoon anchovy paste
1 tablespoon Worcestershire sauce
Dash of paprika
1 tablespoon parsley, finely chopped
6 slices of bread, cut in 1/4 inch slices
1/2 cup French dressing

Cut hard-cooked eggs in halves, lengthwise, and remove yolks. Blend yolks, anchovy paste, seasonings, and parsley to smooth paste. Refill whites and chill. Cut bread with 3 inch round cutter. Toast on one side only. Spread with butter. Cut out centers with 1 1/4 inch cutter. Place chilled egg in each circle so that it sets firmly. Pour on dressing. Garnish with water cress.

For a lovely effect, arrange in sections on a large platter an assortment of highly flavored foods, such as tiny stuffed tomatoes, sliced tongue, ham or sausage, halves of stuffed eggs, stuffed celery, pickled beets, radishes, pearl onions, shrimp or crab meat with mayonnaise, pickles, smoked salmon or herrings, sardines, anchovies, caviar, or cheese. Garnish platter with crisp lettuce, water cress, pimento, green pepper, or radishes.

Caviar, pearl onions, crab meat, and finely minced mixtures are usually served on crackers or pieces of thin toast, cut in various shapes.

Prepare assorted hors d'oeuvres as follows:

For caviar, spread 3 rounds toast with caviar. Remove yolks from 3 large, thin slices of egg. Trim rings of egg white to 1/4 inch width and place around edge of

toast rounds, piecing where necessary, to hold caviar.

For tomato, use 3 rounds toast. Arrange 2 wedges tomato on each, with cut sides together and rounded sides following edge of toast. Place 1 teaspoon mayonnaise on each piece of tomato, spreading it evenly. Place a third piece of tomato in center, cut-side down.

For anchovies, use 3 rounds toast. Arrange 3 anchovies on each. Dot centers with pieces of chopped pimento.

Arrange hors d'oeuvres on platter. Garnish with stalks of stuffed celery, radish roses, ripe olives and sprigs of crisp water cress.

Five Star Food File

As a fitting tribute to the many inexperienced brides who are going forth this month, Jenny Reed has collected twenty-four of her favorite recipes. These she has had printed on strong white paper, ready to slip conveniently into your recipe file. Twenty-four of these recipes will be mailed to you on the receipt of twenty-five cents in coin or stamps.

While we say that these recipes are for the young cook, don't let that scare away you more experienced women — you will find that Jenny Reed has included some recipes that are new to you, too. You will find simple, yet appetizing ways of preparing delicious meals — meals that will leave you cool and calm and ready to enjoy these long summer evenings with your husband and friends.

Mail your requests, with a self-addressed envelope to Five Star Food File, Five Star Weekly, 620 Folsom Street, San Francisco.

Young 5-Star Authors

This column is devoted to stories written by our own juvenile authors. Send your stories, not over one hundred and fifty words, to Five Star Club, care of this paper. Be sure your stories are original. They may be about imaginary happenings, or really truly incidents in your life or the lives of your friends or pets.

THE CONTEST

By Alice Monty, Age 14

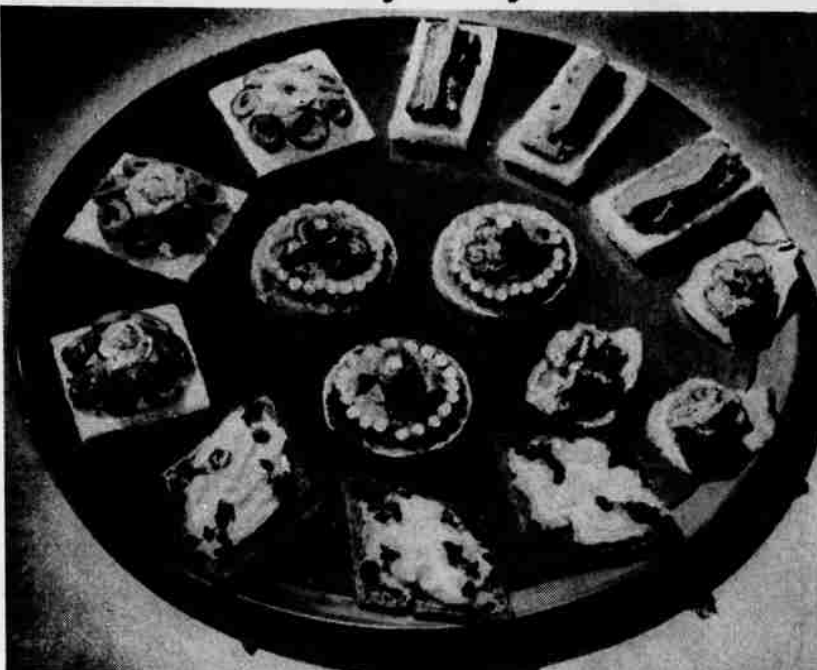
KENNETH KANGAROO was training for the jumping contest that Katherine Kangaroo was having at her party. He was very anxious to distinguish himself.

When the day arrived, Kenneth was in a fever of excitement, for Bill Kangaroo was also determined to win.

When he arrived, he found everything ready. The contestants were to jump two hundred feet in the shortest time possible.

Ken had the outside of the track, with Bill next to him. Suddenly they were off! Bill kept crowding Ken until he was almost forced off the track. As they neared the finish line, Bill, with a flit of his tail, almost knocked Ken over. In anguish, Ken saw Bill near the finish line, and he just screwed up his eyes and gathered himself for one last mighty leap. He kept his eyes closed until he heard everyone

Hors D'oeuvres for Afternoon Tea



Cheese hors d'oeuvres are smart, economical tidbits for afternoon tea parties. Various cheeses make tasty spreads on crackers, squares of sandwich bread, toast or potato chips. Sliced olives and pimento give a gala touch to the festivities.

MOLASSES CAKE

1 cup hot water
1/2 cup butter
1 cup molasses
2 eggs
1 cup brown sugar (or maple)
3 cups flour
1/4 teaspoon salt
1/4 teaspoon cinnamon
1/2 teaspoon cloves
2 teaspoons soda

ICING

8 Brazil nuts
12 marshmallows
1 square grated bitter chocolate

Pour boiling water over butter and molasses. Mix egg yolks, sugar and vanilla thoroughly. Sift the other dry ingredients together and add a little at a time to the butter and molasses mixture; then put in the sugar mixture. Next fold in the well beaten whites of eggs. Pour into a well greased shallow heat resistant glass baking dish (about 12 inches by 8 inches by 2 inches). Bake for 1 hour at 325 degrees Fahrenheit.

Remove from the oven; and over the cake put grated Brazil nuts, then marshmallows cut in small pieces, and top with grated chocolate. Return to the oven for 5 minutes. Serve at once with plenty of whipped cream. This recipe serves 12.

shouting, "Hurray for Kenneth Kangaroo!" Then he knew that he had won!

Kate hopped up to Ken and whispered, "I think you're wonderful." But Ken only grinned in an embarrassed way.

MUSINGS OF A SMALL BOY

By Jane Grayson, Palo Alto, Cal.

A, B, C, that's all I see, 1, 2, 3, oh, goah, oh gee. Don't see why we have such schools,

Where all you have is rules and rules! The rule that two and two are four,

We've had ten times, or maybe more. 'Port cards came out yesterday, When I brought mine home after play,

It was dirty and quite bad, I thought so, and so did Dad! Daddy almost had a fit, Now today I cannot sit. Guess I'd better run away, A place where I can play all day,

Oh, mother's calling... What'd she say? We're gonna have ICE CREAM today! I guess I'll postpone running away, Cause when there's ice cream, I'm bound to stay!

Eyes For The Dark

THE STORY OF A DOG

By Paula Norton

After happy days of puppyhood in a Seeing-Eye Dog Foundation, Hilda, a Belgian shepherd, was given over to Clara, a young blind girl. Hilda became Clara's "eyes" and they were happy together. One day, Clara's older brother, Al, took Hilda for a walk and led her directly to a pool hall, where, in a back room, Steve and Charlie asked Al to pay a gambling debt. Since Al did not have the money, the men kept Hilda as security (feeling sure she was a valuable dog) and gave Al twenty-four hours to pay, or lose the dog. Hilda was chained in a dark cellar under the back room of the pool hall and Steve made it clear to her that if she dared to so much as howl, he'd use a heavy hand on her.

Chapter 10

WHEN I look back upon those dreadful hours in that rat-infested cellar, it amazes me that I was able to endure it all.

As I lay there listening to the foot-steps overhead I smelled food, and even if I had not, my stomach told me it was long past meal time.

Most of all I thought of Clara... then I tried not to think of her, knowing so well how worried she must be. Once I dozed off and then suddenly I was awake. Somewhere overhead a door slammed. Chairs scraped across the floor. There was a new footstep in the room above... Al's. I walked as far toward the

"Hilda, Hilda..." then my name was lost in a muffled shout.

That was enough. I forgot my early impatience with Al. I forgot all my gentle upbringing... all my mother's lectures on dignity. I yanked at the chain. I strained toward the stair, first this side and then that, hoping to find a weakness in the chain. My collar cut into my neck but I felt no pain. I had only one feeling... to get up there where Al needed me. But that chain held me fast. That chain that, as Steve had said, "had held tougher guys" than I was.

Someone bumped against the door and then moved away. Al called me again. I backed up... back as far as the post. Then, collar or no collar, chain or no chain, I made one last frantic lunge toward the stair. Then, somewhere in that chain of links... something gave way. I plunged headlong into the stairs. I was free! There was a gleam of light showing through the unlatched door. In one mad dash, dragging the short end of the old chain, I threw my body headlong up the stair, and with a snarl I never dreamed was in my nature, plunged into the room.

The struggling men stumbled backward at the sight of me. I smile now to think how I must have looked, eyes wide and snarl-



stair as the chain would allow. I listened.

I wondered if he'd gotten the money that would buy my freedom. But the moment he spoke I knew from his tone that he was pleading for my release.

"Well," Steve's voice was raised, "Where's the dough?" "I couldn't get it... I tried..."

"Now, that's just dandy. We got a guy all lined up to take that wolf downstairs off our hands," snarled Steve, "and for just the amount that you owe."

Al was angry now. His voice rose until he was almost shouting. "No, you can't sell her for my debt. She isn't mine. She's my sister's dog... she..."

His footsteps ran to the stair door, and he turned the key. The door rattled and the shouts of Steve and Charlie rose above Al's voice. They rushed to the door and I heard Al stagger back as from a blow.

The hair rose on my back. I strained with all the strength of all my ancestors on that chain. I never knew before what it was to be angry. Al was fighting for me... fighting now as he should have fought himself at the gambling table.

The men stumbled across the floor. A chair crashed and then above the turmoil I heard Al.

ing. Steve had called me a wolf. I guess I looked the part now.

Al was the only one in the room who moved. He shouted, "Hilda," and started toward me. I did not look at him. I dared not take my eyes off Steve and Charlie.

Those two brave underworldlings stood frozen with terror. Surely they thought me a mad dog. I was, but not the kind they thought.

Al backed around behind me and opened the door to the pool hall. I stood facing the men until he was outside and holding the door for me. No one moved. Then when Al called, "All right, Hilda, Home!"

I backed from the room slowly. Back, step by step. No one made a gesture to detain me. Then... I was outside on the crowded street. Free! Al was trying to run along and put his arms around me at the same time. He kept talking and holding up the end of the chain. We were headed for home in a hurry. Home meant Clara. We hurried through the traffic and suddenly I slowed down. I wasn't afraid of pursuit; and I wanted to calm my ruffled feelings before I got home. Clara would not know me like this, and after all, I was really a gentle dog at heart.

(Continued Next Week)

KITCHEN TECHNIC

GIFT JAMS AND JELLIES

SAVE one shelf in your jam cupboard for gift jams and jellies — for Christmas gifts, anniversary presents, birthday remembrances, and all those occasions when you want to give a very personal, but simple and colorful, gift. Each time you make a jelly or jam, fill one or two glasses with your friends in mind, and at the end of the summer you can have a whole assortment intended just for gift giving.

Keep your eyes open for novel containers. Little beverage glasses, odd pottery jars, small refrigerator dishes, pitchers, custard cups — all are inexpensive and can find a useful place for themselves after they're empty.

Add some distinctive touch to your gift. A novel label — a fringed cover of colored paper — a tin top covered with sealing wax or paraffin into which bright berries have been pressed — colorful wrappings — a perky bow — who would not be made happy with remembrance like this!

That versatile meat loaf — it takes on new glamour with steak fixings — onions or mushroom gravy. To reheat, I slice it thick, top with bacon strips and grill it under the broiler. For a company dish I bake it in a ring mold, serve it hot with vegetables, or cold with a crisp salad in the center.

To cut very fresh bread easily, heat the knife, which should be sharp.

When you make chicken soup try adding a bit of nutmeg before serving.

Sliced bananas, peeled apples, and freshly sliced peaches will not turn dark if lemon juice is poured over them. English walnuts, if soaked for a few minutes in lemon juice, will not turn dark in salads.

Use the juices of spiced and

pickled fruits for basting roasts, and especially with baked ham and tongue. Also makes a good base for jellied fruit salads. May be used again with canned fruits.

Didja ever add ground nuts to pancake syrup?

Add 1 teaspoon grated orange rind and 1/4 teaspoon nutmeg to your favorite waffle batter. Serve with butter and orange marmalade.

To save time when making cookies, roll or spread the dough over the entire baking pan. Cut in squares after baking.

When frosting little cakes, hold them by wire picks or skewers stuck in the bottom. Put ends of picks through meshes of wire cake rack and draw them out. This eliminates touching frosted sides.

In selecting fresh fish, make sure the gills are bright red, the eyes bright and full, the flesh firm and springy.

In making gelatin desserts always use cooked or canned pineapple, as raw pineapple contains an enzyme which prevents gelatin from congealing when it is cold.

Lemon juice and salt make a fine dressing for avocado. So, too, does catsup, all by itself. A good Hawaiian custom.

Combine juice of canned beets or tomato juice and canned beef broth. Garnish with minced parsley.

Serve waffles hot with strawberries, crushed and sweetened, and cream as dessert. Your plain little cake batter may be waffle-ized.

To quickly freshen salt cod, shred and cover with hot water to which the juice of a lemon has been added. Let stand 10 minutes, drain thoroughly. Place in a saucepan and cover with hot water. Simmer five minutes. Drain and again add hot water. Let simmer 10 minutes, drain. The fish is now ready to use as desired.

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Menu of the Week

By Joan Andrews

THESE warm, summer days when it is fun to plan outdoor luncheons, you will want menus that are simple, easy, cool — and at the same time appetizing and nutritious. Here is one that fills the bill. It is built around a summer salad plate which is as attractive as a summer garden. Here is the menu:

Summer Salad Plate
Nut bread and whole wheat bread and butter sandwiches
Buttermilk
Caramel-pecan peach coupe
Cookie

Each individual salad plate should have 1 artichoke, 1 stuffed egg, 1/4 cup potato salad, 3 slices of tomato, 6 slices of cucumber, 1/4 cup string beans or peas. Re-

move the choke or center from the artichoke and fill with mayonnaise and sprinkle with paprika. Stuff the egg with a mixture of egg yolk, chopped celery, anchovy paste and mayonnaise. Place the artichoke in the center of the plate and around it arrange lettuce cups filled with the stuffed egg, the tomato and cucumber, string beans and the potato salad. Garnish the beans with pimento strips, and the potato salad with crisp bacon or stuffed olives. Serve with either French dressing or mayonnaise.

The caramel-pecan peach coupe is made by placing half a peach in a large sherbet glass and filling it with caramel pecan ice cream. Sprinkle crushed, toasted macaroons over the top. Luscious!