

Household News

by Lynn Chambers



CRISP, COOL SUMMER SALADS
(See Recipes Below.)

AT HOME TO SUMMER

In a recent poll, 37 per cent of the thousands of homemakers receiving questionnaires expressed a desire to be experts at salad making . . . 43 per cent wanted to know how to make food look glamorous.

This report gave me an idea. Salads, besides being healthful and givers of vim, vigor and vitality, offer a splendid opportunity for variety . . . they can be used as the appetizer or "starter" course, the main dish, a dessert, or they may accompany the dinner course.

So, besides giving you timely tips on the art of salad making, I'm going to explain literally dozens of ways in which you creators of daily menus can give "oomph" to your tasty dishes.

The characteristics of a good salad are simple and fairly easy to accomplish; namely, it should be well chilled before serving; have an attractive arrangement, and a pleasing color combination.

Salads in summer are as important as swimming or tennis or golf. They give an opportunity to add color and gaiety to the table.

Your choice of ingredients will depend upon what you have planned for your main course and dessert, provided your salad is to be a side dish or an appetizer.

There are many varieties of fruit salads. They are excellent by themselves or as an accompaniment to a main course of sea food or meat and a pastry or cake dessert.

Good to eat, wonderful to look at and substantial is this salad of orange slices and prunes, stuffed with cottage cheese. (See picture at top of column.)

*Orange Prune Cheese Salad.

On a bed of lettuce circle 10 to 12 orange slices. At the side arrange 3 cooked prunes which have been stuffed with cottage cheese. With a sharp knife peel oranges, removing all outer skin and inner membrane down to juicy meat. Cut in thin, even slices. California oranges, which are firm-meated and practically seedless, are excellent to use.

Serve with a sweet french dressing, made with lemon juice. With a hot bread and beverage, this salad makes a well-balanced home or party luncheon.

Sweet French Dressing.

- 1/2 cup lemon juice
- 1/2 cup salad oil
- 1/2 cup red jelly or honey
- 1 teaspoon salt
- 1 teaspoon paprika

Shake or blend well before serving. Makes 1 1/2 cups. Lemon juice gives this dressing just the flavor needed to make the orange, prune and cheese combination the perfect salad.

Keeping cool during summer months is a problem, solved most successfully by eating properly.

LYNN SAYS:

Don't be timid about putting your own personality into your salads. Here are some suggestions which may help you become famous for your salads . . .

Try:

Fluting bananas by running the prongs of a fork lengthwise down a peeled banana, then slicing it crosswise.

Adding chopped, broken or whole walnut kernels to fruit, vegetable and meat salads.

Using fruit juices to thin mayonnaise and to mix with french dressing.

Adding a fruit gelatin, sliced or cut into glistening cubes, to a fruit salad.

Brightening the edges of lettuce leaves by dipping them in paprika, or adding chopped parsley to the edges of pineapple slices. Adding a little lemon juice or vinegar to sweet cream for salad dressing—makes a quick substitute for sour cream.

THIS WEEK'S MENU

An Impromptu Guest Luncheon

- Clear Tomato Soup
- Cheese Drop Biscuits
- *Orange Prune Cheese Salad
- Spice Squares With Whipped Cream
- Tea
- *Recipe Included

Plenty of the protective foods, such as eggs, milk, fruits and vegetables—all excellent salad materials—should be eaten.

Japanese Potato Salad will really give a meal a lift! Easy to prepare, inexpensive, it may be used as a main dish, with a cold meat platter, or for additional variety so acceptable to the buffet table.

Japanese Potato Salad.

- 1 cup flaky, hot boiled rice
- 1 medium to large potato, hot mashed
- 4 hard cooked eggs
- 1/4 cup french or boiled dressing
- 2 tablespoons chopped sweet red pepper, or pimiento
- 1 tablespoon chopped green pepper
- 1 tablespoon chopped onion
- 1 tablespoon chopped parsley
- 1/2 teaspoon salt

Mix rice, potato and two of the eggs, which have been sieved, into salad dressing. Chill. Just before serving, add remaining ingredients. Taste and add more seasoning if desired. Heap on lettuce, or serve without greens in a large bowl. Garnish with remaining eggs, sliced or sieved. Yield: 4 servings.

When the mercury soars skyward and appetites are on the wane, nothing tastes quite so good as a chilled, molded mixture of fresh vegetables or fruits, placed on a bed of crisp greens and garnished with a tart, taste-teasing dressing.

Lime Cucumber Salad.

- 1 package lime gelatin
- 1 1/2 cups hot water
- 2 tablespoons vinegar
- 1/2 teaspoon salt
- 2 teaspoons scraped onion
- Dash of paprika
- 1 tablespoon chopped pimiento
- 1 cucumber, diced

Dissolve gelatin in hot water, then add vinegar, salt, scraped onion and dash of paprika. Chill until beginning to thicken, then fold in chopped pimiento and diced cucumber. Chill until firm and serve on salad greens with a garnish of mayonnaise.

Since it's open season on salads, homemakers who like variety will be interested in several types of salad dressings. Here are two which will do much to bring out the full flavor of your tasty concoctions.

Thick French Dressing.

- 1 cup salad oil
- 1/2 cup vinegar
- 1 teaspoon mustard
- 1 tablespoon sugar
- 3 teaspoons paprika
- 1 teaspoon gelatin

Mix dry ingredients; add oil and vinegar. Beat thoroughly. Put the gelatin in 1 tablespoon cold water and dissolve in 2 tablespoons boiling water. Cool; add dressing. Beat thoroughly about 15 minutes and allow to stand until a good emulsion is formed. Use fruit juice instead of vinegar for fruit salad. Use more paprika if a darker red is desired.

Egg Dressing.

- 1/2 teaspoon paprika
- 1/2 teaspoon celery salt
- 1/4 teaspoon pepper
- 5 tablespoons vinegar
- 1 egg yolk
- 1/2 teaspoon mustard
- 1 teaspoon sugar
- 1/2 cup salad oil
- 1 teaspoon salt

Mix ingredients and shake well. Add beaten egg yolk when ready to serve. Half lemon juice and vinegar may be used.

(Released by Western Newspaper Union.)

Woolknit Swim Suit Should Be Included in Vacation Plans

By CHERIE NICHOLAS



IT IS very evident that women are becoming increasingly impressed with the value of swimming for health and beauty. Not only do crowded beaches at seaside and lake resorts testify to the enthusiasm felt for water sports, but many inland towns have created attractive and pretentious modern swimming pools that offer infinite enjoyment to their communities. Then, too, most private estates have picturesque swimming pools where guests may indulge in water sports.

Which all goes to show why smart bathing suits together with a goodly supply of beach togs and accessories have become a positive "must" in the plans for the summer vacation. As to this season's swim-suit fashions, they surpass all that has gone before in way of smart, versatile fabric, clever styling, eye-appeal in color and all the dramatic accents that add to the picture of Miss America as she takes off for a merry swim on a summer day.

Outstanding news in regard to current swim-suit trends is the strong revival of woolknits and woolknit fabric for both sculptured form-fitting types and that which is ultra chic this season—the suit that is cunningly dressmaker styled. New to the scene this summer is the jacquard woolknit suit such as is shown to the left in the illustration. Note the sleek front-paneled skirt in shadow plaid of brown and green on yellow. The back is cut very low for sun-tanning.

Bright red and white diagonal striped woolknit fabric makes the smart slenderizing princess (a favorite styling this season) bathing suit pictured to the right. The V-neckline is banded in the solid red knit, continued into cross straps at the back. Panties are separate so there is nothing to break the flattering smooth line of the suit.

Machine woolknits that look like handknits are also staging a big comeback in simple sculptured types such as adept swimmers love to wear. You will find handknit technique of heavy cable stitch in stunning colors, the stripe effects such as white with red or with navy being especially intriguing.

(Released by Western Newspaper Union.)

Chic Plus Glamour



In a blaze of glory, lovely neckwear comes into its own this season. Women of fashion are enthusiastically playing up the vogue with appreciation of what magic frothy, snowy lingerie touches perform in way of accentuating feminine charm. Fine lace insertion, tiny tucks, dainty lace edging and eyelet embroidery combine for sheer femininity in this dainty collar and cuff set designed or the new V-neckline. In fine permanent finish Swiss organdy famous for its washability, this set provides a practical way to add glamour to a simple frock.

There is also a strong revival of wool jersey. These stress dressmaker styling which now is so pronounced throughout the entire swim suit program. Most of the jersey suits have practical zipper fastenings.

Designers are turning out perfectly charming suits dressmaker-fashioned after the manner of the Balerina type of waffle pique centered in the group. Note the coin dot banding. Dot trimmings are very smart this season.

Floral prints and various cotton weaves make front page fabric news for swim suits and beach togs. The more audacious the coloring, the more daring the patterning, the smarter! This is especially true of the gay and fascinating Hawaiian prints now so fashionable. The sarong drape skirt in exotic prints with bra top showing bare midriff is a leading style. Novelty types are often styled with "grass skirts" inspired by Hawaiian native design. A lei necklace of flowers added, is the final glamour accent.

Bathing suits of elasticized fabric are to be had by the score. The newest thing in these types is two-color effects done in white with bright colored godets or inset vertical bands. Allover shirred lastique insures a sculptural figure fit. Bright applique of gorgeous flowers on white jersey is especially effective with a long matching beach cape. There are endless cunning dressmaker-styled gingham shantung and crinkled seersucker suits. In knits and lastiques girls love the suit that zips up the back from the waistline to give a perfect fit.

(Released by Western Newspaper Union.)

Cool Summer Outfits Of All Black Are New

You can dress in all black from head to foot and still look cool and summery. This is the miracle style creators have wrought. Briefly outlined the plan is sheerest of sheer black frock, hat of black sheer, gloves of the lacy sort and black stockings so cobwebby sheer they are almost transparent.

The newest black sheer dresses are finished off with edgings of fine black lace. This use of black lace trims is being played up to the point of being recognized as a most important vogue. Not only are dress-up black sheer frocks feminized to a most fascinating degree with lace frilled at throat and sleeves, on pockets and here, there, and everywhere to add glamour but the movement has been taken up by milliners who either make the entire hat of lace or trim with it. Big brims edged with lace frills are one of the new and entrancing lace expressions.

Enormous Brims Versus The 'Pretty' Little Hat

The problem is up to millady whether she will go hatted this summer in the flattering little frivolous flower concoctions she loves to wear or whether she will top her costume with a hat of enormous brim and look chic and sophisticated. Each type is attractive and the fashion-right way is to include both in this summer's wardrobe of hats.

PATTERNS

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Isle of Martinique

Martinique, West Indies possession of France, is an island 385 square miles in area with a quarter of a million inhabitants—an average of about 650 persons to the square mile. Much of the interior is devoid of human life because it cannot be cultivated, while more than one-fifth of the total number of inhabitants live in and around the capital and port, Fort de France.

Martinique is situated between Puerto Rico and Trinidad in the curving island chain that separates the Atlantic ocean from the Caribbean—just 1,260 miles from the Panama canal.



Ask Me Another

A General Quiz

The Questions

1. What is a chuck-will's-widow?
2. When it's 11 a. m. in Omaha, what time is it in Galveston, Texas?
3. Where are the Plains of Abraham?
4. What does a mace symbolize in legislative houses?
5. How does the world's record for running and ice skating 100 yards compare?
6. Who did Sir Walter Raleigh plot to place on the British throne in place of James I?

The Answers

1. A bird. (So called from its note.)
2. 11 a. m.
3. Canada (Quebec).
4. Authority. A mace is a staff or mallet.
5. The record in both cases is 9.4—Identical to the split second.
6. Arabella Stuart.

Day by Day

Let us be thankful that life comes to us in little bits—one day at a time with its duties. We can at least accomplish that much.—Colonel de Burgh.



Binding Virtues

Moderation is the silken string running through the pearl chain of all virtues.—Bishop Hall.

It's A GOOD AMERICAN CUSTOM

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