

Hot and Cold Meals May Alternate Economically During Summer Weather

By the Bureau of Home Economics, U. S. Department of Agriculture.

Hot weather meal planning includes not only a wise selection of foods, but also a time schedule that arranges the cooking, so that it is not necessary to spend so much time in an overheated kitchen. A succession of cold meals are likely to lose their appeal, so the bureau of home economics, U. S. department of agriculture, suggests alternating them with hot meals that will provide cold servings.

The delicate flavor lamb makes a favorite hot weather meal and a present low cost brings it within reach of all pocketbooks. Breast shoulder cuts can be stuffed and served cold, but the shoulder makes much more satisfactory cold diet. New peas or some other fresh green vegetable make an easy-to-cook and refreshing vegetable for hot day. Rice is a pleasant variation from potatoes, but make a gravy from the lamb drippings for many Occidentals do not relish rice unless it is served with a sauce or plenty of butter. In low cost meals it is obvious that gravy is more economical than butter. It also carries with it some of the nutriment of the meat. Cook enough rice to serve next day with scalloped tomatoes, cold meat, green lettuce salad and diced pineapple.

Fresh pineapple is inexpensive just now. Cut it in small pieces and eat it with other fruits in a fruit cup or sliced and eaten alone, with or without sugar, depending on individual taste and the ripeness of the fruit. It makes a good dessert to follow the stuffed shoulder of lamb. Since our family this week is composed of two adults and one child, a three-year-old, there will be plenty left over for another meal. The three-year-old, by the way, may have everything in this dinner, including the pineapple, but in smaller amounts, the bureau's child-feeding expert says.

The supper of egg salad and muffins will not require any cooking. Make enough muffins at breakfast so there will be some left for toasting or warming over. The eggs should be cooked while the meat is roasting. And while the meat is roasting, add the pineapple to the subject of eggs the bureau warns against overcooking them, which toughens the whites. The bureau prefers the name "hard cooked eggs" to "hard boiled," since it advises simmering, not boiling, for both soft and hard cooked eggs.

Rice with gravy Sliced pineapple
Tea.
Supper.
Egg salad
Toasted Cornmeal muffins
Milk for all.

RECIPES

(These recipes serve 5 persons.)

Cornmeal Muffins.

- 2 cups cornmeal
- 1/2 teaspoonful soda
- 2 teaspoons baking powder
- 2 teaspoons melted fat
- 2 teaspoons salt
- 2 cups sour milk
- 2 eggs.

Sift the dry ingredients and add the milk. Add the well-beaten eggs and the fat. Pour into very hot, well buttered muffin pans. Bake from 25 to 30 minutes in a hot oven (400 to 425 degrees F.).

Roast Stuffed Shoulder of Lamb.

Select a shoulder of lamb weighing from 3 to 4 pounds. Have the butcher remove all the bones and the fell. Save the bones for making soup. A lamb shoulder may be stuffed and either left flat or rolled. The flat shoulder is easier to sew up than the rolled, and the pocket holds twice as much stuffing. Either of these completely boned stuffed shoulders can be carved straight through in attractive slices of part meat and part stuffing.

Wipe the meat with a damp cloth. Sprinkle the inside of the pocket with salt and pepper, pile the hot stuffing in lightly, and sew the edges together. Rub salt, pepper and flour over the outside. If the shoulder has only a very thin covering of fat, lay several strips of bacon over the top. Place the roast on a rack in an open pan without water. Sear for 30 minutes in a hot oven (450 deg. F.). If bacon is laid over the roast, shorten the time of searing so as to avoid overbrowning. Reduce the temperature of the oven to 300 deg. F. and cook the meat at this temperature until tender. From two and one-half to three hours will be required to cook a medium-sized stuffed shoulder at these oven temperatures. Serve hot, with brown gravy.

Foremost Stuffing.

- 2 cups fine dry bread crumbs
- 2 tablespoons butter or other fat
- 1/4 cup chopped celery
- 1 tablespoon chopped onion
- 1 egg yolk, cut fine
- 1/4 teaspoon celery seed
- 1/4 teaspoon savory seasoning
- 1 teaspoon salt
- 1/4 teaspoon pepper.

Melt the butter in a skillet, add the celery and onion, and cook for two or three minutes. Add the bread crumbs and seasonings and stir until well mixed.

The average cost of pupil transportation in North Carolina is \$11.67 as compared to the national average of \$23.02.

MENUS OF THE DAY

By Mrs. Alexander George
Meat Loaf Creamed Potatoes
Celery Onions Radishes
Assorted Sandwiches
Dill Pickles Stuffed Olives
Spiced Marshmallow Cake
Pineapple Sherbet Coffee

Ham Relish Filling

- (For 12 sandwiches)
- 2-3 cup chopped cooked ham
- 1/4 cup chopped diced celery
- 3 tablespoons chopped sweet pickles
- 2 tablespoons chopped onions
- 1/4 teaspoonful salad dressing
- Mix ingredients. Spread on buttered slices of white bread.

Salmon Salad Filling

- (For 12 sandwiches)
- 2-3 cup canned salmon
- 1 hard cooked egg, diced
- 1/2 cup diced celery
- 2 tablespoons finely chopped sweet pickles
- 1/4 teaspoon salt
- 4 tablespoons salad dressing
- Mix ingredients with fork. Spread on buttered slices of white bread.

Cheese Relish Filling

- (For 12 sandwiches)
- 1/2 cup yellow cream cheese
- 3 tablespoons chopped pimiento stuffed olives
- 1-3 cup broken nuts
- 2 tablespoons chopped green peppers
- 1/4 teaspoon salt
- 4 tablespoons salad dressing
- Mix ingredients and spread on buttered slices of Graham bread.

Spice Marshmallow Cake

- 1/2 cup fat
- 1 1/2 cups sugar
- 2 eggs
- 1 cup thick sour milk
- 2 teaspoons cinnamon
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 2 1/2 cups flour
- 1 teaspoon soda
- 1 teaspoon baking powder

Cream fat and sugar. Add all rest of ingredients and heat three minutes. Pour into two layer cake pans fitted with waxed papers and bake 25 minutes in moderately slow oven. Cool and frost.

Frosting

- 3 tablespoons hot coffee
- 3 tablespoons butter
- 1/4 teaspoon salt
- 1 egg
- 1 teaspoon vanilla
- 2 cups sifted confectioners' sugar
- 1 cup diced marshmallows
- Mix coffee, butter, salt, egg, vanilla and sugar. Beat three minutes. Add marshmallows and frost cake.

Summer Party Menu

- Chicken Mousse Ripe Olives
- Pickled Watermelon Peels
- Little Cheese Biscuits
- Currant Jelly
- Sunshine Cake Dessert Coffee
- Salted Nuts Cream Candy Mints
- Chicken Mousse (Serving eight)

Little Cheese Biscuits

- 3 cups sifted pastry flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 6 tablespoons butter
- 1/2 cup cheese, grated
- 1-1/3 cups milk

Mix flour, baking powder and salt. Add butter by cutting in with knife. Add cheese and, mixing with knife, add milk. When soft dough forms, pat it out onto floured board until dough is 1/2 inch thick. Cut out with small biscuit cutter and place biscuit, side by side, on a greased baking pan. Bake 10 minutes in hot oven. Butter and serve.

Sunshine Cake Dessert

- 6 egg whites, beaten
- 1 cup sugar (sifted 4 times)
- 1 teaspoon lemon extract
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 6 egg yolks, beaten
- 1 cup pastry flour (sifted 4 times)

Beat egg whites and slowly add sugar, beating until creamy. Add extracts and salt. Fold in rest of ingredients, mixing lightly. Pour into shallow pan which has been greased. (A shallow glass baking dish is excellent). Bake 25 minutes in moderately slow oven. When ready to serve, cut cake in squares and arrange on serving plates. Top with portions of fresh peaches and vanilla ice cream. Serve with fork.

DETACHABLE COATS ECONOMY FASHION

PARIS (AP)—Detachable coats are a new fashionable offering on the altar of economy. They are designed with a sleeveless straight line foundation reaching to the hem. For dressy wear a long shawl collar is rich fur is slipped on over the long part of the coat.

STITCHED ORGANDY TAKES PLACE OF LACE

PARIS (AP)—Stitched organdy is a new fashionable fancy used instead of lace this season. Many black or dark blue street frocks are trimmed with ruchings or flat roses made of stitched crisp organdy. The organdy is so fine that whereas it is stitched the threads pull, giving it hemstitched lace appearance.

Modes of the Moment!



PARIS
For this summer suit Maggy Rouff uses white linen stitched in tiny tufts. The blouse and scarf are white c'epre de chine with candy stripes of red and grey. Red leather belt.
Rita

BRIDES SHOULD BUY GOOD FURNISHINGS

WASHINGTON (AP)—The plan of gradually accumulating beautiful pieces of furniture for the home, rather than spreading the available money thinly over a large number of rooms, is recommended by the National Committee on wood utilization in a booklet issued by the department of commerce.

The volume is called "Furniture, Its Selection and Use." The chapter on budgeting appropriations the funds for each room as follows: for furniture \$5-70 per cent; for floor covering 15-20 per cent; for draperies, 8 per cent; for decorative accessories, 7 per cent.

SILK MITTENS ADD TO EVENING SWANK

PARIS (AP)—Silk mitts are the newest addition to evening elegance. Shimmering pastel-tinted satin mitts are worn with evening gowns exactly matching in fabric and tint.

Mitten gloves of black faille, embroidered on the back of the hand with circles of brilliants, accompany black frocks, while gold and silver net mitts are worn with both dark and light gowns.

FINGERS HELP IN LAUNDERING LACE

Undergarments as daintily frivolous as the gowns they supplement are one of the season's fashion highlights. White, ecru, and even pastel tinted laces add new beauty to step-ins, brassieres, and slips made of silk, chiffon, sheer lingerie and synthetic fabrics.

Lace-trimmed underwear can often be given a really professional "French laundered" appearance after careful washing in mild soap-wads if the lace edging is pressed between forefinger and thumb while it is still damp, and gently pulled into place or pleated with the fingers without ironing. Lace yokes or inserted medallions that are too fine to risk the possible effects of a hot and sharp-edged iron should be left untouched while the rest of the garment is ironed, and then carefully "set" by placing pins in an erect position through every loop until the lace is thoroughly dry. This treatment may be applied to fine lace collars and dollies as well.

To give white lace the lovely ecru tint that is so popular, first wash it thoroughly in lukewarm soda, rinse well, then dip it in a solution made by boiling a tablespoon of black tea in a quart of water. This solution may be diluted with water or strengthened by more tea according to the tint desired.

ROYALTY SPONSORS WATERMELON PINK

PARIS (AP)—Princess Beatrice and Princess Marie Christina, daughters of the exiled king and queen, are among sponsors of watermelon pink—a smart new shade this season.

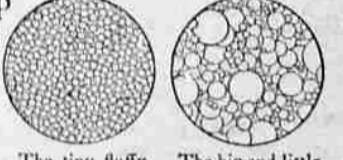
The princesses, who always dress alike, often are seen on the tennis courts of the Hotel Savoy at Fontainebleau in tennis frocks of white shantung worn with sweaters of watermelon pink. The shade approaches a brilliant cerise.

OSTRICH FEATHERS AGAIN ON HATS

PARIS (AP)—Ostrich feathers are pushing back into the hat mode. One of the newest chapeaux of white shantung worn with sweaters of watermelon pink. The shade approaches a brilliant cerise.

What keeps a cake fresh and moist?

It's the millions of tiny bubbles released by cream of tartar in your cake batter. The cream of tartar should be in your baking powder. *What makes some cakes go dry and stale?* Instead of the tiny bubbles, it's big bubbles in the batter that make big air holes. No wonder your cake dries out quickly. These big bubbles come from using substitutes for cream of tartar in a baking powder. Oh yes, it costs less—as much as 10 cts. a package less. But what are a few cents a year to keep your baked foods fresh?



As to the difference between cream of tartar and the cheap substitutes ask any dietitian, any domestic science teacher, any pure food department the world over. There are two good cream of tartar baking powders you can buy. Schilling is the one that has this printed right on the label:

"If you find any fault whatever in this baking powder, or think you do, your grocer will return your money and also pay for the eggs, butter, flour, etc., you have used."

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