

Heres Timely Hints for Picnic Dinner on Fourth

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

The Fourth of July brings picnics. And picnics, fortunately, are a form of recreation which can cost as little as staying at home, and possibly less.

If the day is not too warm, bacon or frankfurters, cooked on the end of forked green sticks, or hamburger cakes cooked over the fireplace grill, then laid in an open roll; then a ripe tomato, slices of onion, or strips of raw cucumber or carrot; coffee, milk, a banana or some berries or cookies—a menu like that is probably as cheap a meal as would be served at home, and because it is eaten out of doors it usually tastes much better.

Obviously, the main consideration in planning a picnic dinner, as distinguished from any other dinner, is to provide food that can be carried successfully, served conveniently, and eaten easily and with the fewest and simplest utensils. That usually means sandwiches, of course, and it should mean plenty of green things also for good balance.

Picnic dinners often have too much starch and protein, and not enough green vegetables. Any sandwich of meat, cheese, or fish is improved by adding a little cucumber, onion, pickle, or lettuce—frizzled, chipped beef and lettuce, for example; bacon, tomato, and lettuce; ham, corned beef,

boologna, liverwurst, or another summer sausage, sliced for sandwich filling and supplemented with lettuce or tomato, thinly sliced cucumber, onion, raw carrot, or raw turnip. Green things are important to remember whatever the kind of picnic, whether a clam bake, a beach dinner, a fish fry, steak fry, corn roast, or barbecue.

The steak fry does not necessarily call for whole steak. In some parts of the country, hamburger cakes are preferred. Then there is another picnic morsel, not everywhere familiar, called the habob. A long skewer, run through a series of one-inch cubes or slices first of meat, then onion, then again first of meat, as long as there is room on the skewer. All this is roasted over the fire, to be taken hot off the skewer in a folded slice of bread, or a roll.

For many people most of the fun of a picnic comes in getting the picnicer ready after they reach the picnic

grounds. In that case they may prefer to carry the makings of salad separately, and mix them just before serving. Sometimes this is best for sandwiches, too.

Cold meat—cured pork shoulder, ham, a roast of any kind, corned beef, dried beef—any of these is easy to carry, as is also a meat loaf, either whole or sliced, canned salmon, sardines, or salt fish. So are lettuce (washed and crisped at home), hard cooked eggs, deviled eggs, tomatoes, or cucumbers, whole (to be pared and cut in sticks), fruit (fresh or canned), and a jar of salad dressing. A jar of pickled beets goes well with the picnic dinner, as do, of course, also, such old standbys as potato salad and cold slaw.

The Fourth of July picnic this year should have its watermelon for many picnickers, and some fortunate ones will doubtless be able to gather for themselves luscious dewberries or wild blackberries. Pineapples have

been relatively cheap this year, and here is a suggestion about pineapple at a picnic: After washing it carefully, cut the pineapple open lengthwise in pieces like an orange section, then cut the sections into shorter pieces like thick cuts of pie. Eat them in your fingers, from the inside as far as you like toward the rough outside. Dip the pieces in sugar as you eat if the fruit needs sweetening.

The family that likes picnic meals can have an impromptu picnic almost any day without much trouble, if in corner a picnic basket is kept ready, with a skillet and a coffee pot (or for that matter any small pail for making coffee), paper plates, paper sauce dishes, paper napkins, and some tin cups or inexpensive table cups for coffee. Left-overs be used for sandwiches or salad, or the corner store will furnish ready-to-use food, including sandwich spreads, salad dressings, ice cream and the cones in which to serve it, if desired. The pa-

per plates and napkins, thrown away afterward, mean little to carry and less work to do after the picnic is over.

This, moreover, is one way to vary any diet, for change of the scene gives a different flavor to the same foods, if it does not also change the choice of foods.

MENU FOR ONE DAY
 Breakfast
 Hot Cereal
 French Toast—Strup or Molasses
 Plain Buttered Toast for youngest child
 Orange or Tomato Juice for youngest child
 Coffee (adults)—milk (children)
 Lunch (at home)
 Scalloped corn, canned or fresh, with green pepper
 Whole Wheat Bread and Butter
 Jelly
 Milk for all

Supper (picnic)
 Cold Sliced Corn Beef or Meat Loaf Sandwiches (lettuce, and soft rolls or bread and butter)
 Potato Salad with onion and diced cucumber for crispness and seasoning
 Fresh pineapple or bananas or berries
 Cookies or Cup Cakes
 Coffee (adults)—Milk (children)

RECIPES
Beef Loaf
 2 pounds lean beef
 1 cup diced salt pork (about 1/2 lb.)
 4 tablespoons flour
 1 1/2 cups milk
 1 cup chopped parsley
 1 cup chopped onion
 1 cup fine, dry bread crumbs
 2 teaspoons salt
 1/4 teaspoon pepper
 Put the meat through a grinder. Fry the diced salt pork until light brown and crisp and remove the pieces from the pan. Make a sauce

of the flour, milk, and 3 tablespoons of the pork drippings. Cook the parsley and onion for a few minutes in the rest of the pork drippings, and add this to the bread crumbs and seasonings. Combine all the ingredients and use the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350 degrees F.) for 1 1/2 hours. Do not cover the pan and do not add water. Much better results are obtained by making the meat loaf this way than by packing it into a deep pan and baking it like a loaf of bread. Remove the meat loaf from the paper and serve hot, or chill it and serve in thin slices.

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