

# Selected Recipes

## Beverages for Picnics

See that the children have something healthful to drink when they start away for a picnic. Without a suitable beverage they may drink water that is none too pure. Some sweetened drink will please them best—and this is fortunate, for the sugar furnishes the very kind of quick-energy food that little bodies need when enjoying picnics and picnic games. Here are a couple of pic-

nic beverages that may be made up at home, bottled taken to a picnic, and the bottles placed in cool water or damp earth until the contents are needed:

### Healthful Cooling Drinks

It's warm today. If not, it is pretty sure to be warm tomorrow or the day after, for this is the season when old King Sol demonstrates the necessity of having such words as "sweiter," "stale" and "scorch" in the English language.

Hot weather, particularly where there is much humidity, promotes perspiration and draws from the body much of the liquid which is so essential. When the children visit the water tap every few minutes, drink more than their usual supply of ice-cold milk, or plead for a "big, big pitcher" of lemonade or some other cooling drink, it is nothing but Mother Nature arraying her forces to combat the ravages of old King Sol.

Drink cooling drinks this summer. Make lemonades, orangeades, grapeades or any other fruit drink you wish. There is much more of real value to a little treat of this kind than many mothers appreciate. The fruit furnishes minerals, salts and healthful vitamins. The liquid takes the place of that lost through perspiration. The sugar, used as a sweetener, gives greater zest to the fruits, and because it is a highly concentrated source of energy, helps to revive sun-scorched little bodies and adorn them with bright eyes and rosy cheeks. The beverage as a whole tends to keep the body at the proper temperature to withstand the blinding rays of mid-summer's sun.

Use plenty of ice in the drinks furnished to adults. They know enough to sip the beverage slowly, and the tinkle of ice adds to the pleasure of the treat. Most children should receive ice a little more sparingly—if at all. Serve them iced drinks rather than ice drinks—the former being drinks that are almost ice cold but not filled with ice tea. If they are old enough for ice tea, a little ice should be used, but teach them that this beverage is one to be sipped slowly and not taken into the system all at one time.

Ice tea, when properly made, is a very delicious beverage for meal time. Lemonade is one of the most desirable drinks for in-between meals. Grapes, pineapples, oranges and limes are also extremely valuable

## THEY EAT OUT OF GOLD DISHES

According to information received in this country, the Emperor Haile Selassie of Abyssinia uses solid gold dinner service when entertaining his distinguished guests.

### COMPANY RECIPES

When company comes and you are anxious to serve something unusual and delicious, try one of these fancies and your guests will not be disappointed:

#### Coconut Transparent Pie

- 1/2 cup butter
- 1 cup sugar
- 5 egg yolks
- 1/4 teaspoon salt
- Grated rind 1 orange or 1 lemon.
- 1 baked 9-inch pie shell
- 2 cups shredded coconut
- 3 egg whites
- 6 tablespoons sugar
- Dash of salt

Cream butter, sugar, egg yolks, and salt together very thoroughly for about ten minutes. Add orange rind. Turn into pie shells. Sprinkle with 1 cup coconut, and bake in slow oven (300 degrees F.) 30 minutes. Beat egg whites until stiff, add sugar and salt, and beat until mixture stiffens again. Pile lightly on filling. Sprinkle with remaining 1 cup coconut. Bake in moderate oven (350 degrees F.) 30 minutes, opening oven door after first 5 minutes of baking period.

#### Tropical Delight

- 4 ripe bananas
- Juice 1 orange
- 4 tablespoons brown sugar
- 1/2 cup coconut, southern style

Peel bananas and cut in half lengthwise. Arrange in layers in greased baking dish. Mix orange juice with brown sugar and pour over bananas. Sprinkle thickly with coconut. Bake in hot oven until bananas are tender and coconut is brown. Serve immediately. Serves 4.

#### Neapolitan Desert

- 2 tablespoons orange juice
- 2 tablespoons vanilla junket
- 2 tablespoons chocolate junket
- 3 cups milk

Prepare the orange junket according to directions on package, using half the amounts. Pour into six individual dessert glasses and let stand in warm room until firm. Then prepare the vanilla junket with another cup of milk and very gently pour—or add with a spoon—on top of the orange. When firm, add the chocolate junket, made with the third cup of milk. When this is firm, chill and serve. This may be topped with whipped cream if desired.

# HONEY-MOON AT HOME AND SAVE MONEY

Have you a puzzling love affair on which you need friendly advice? Write to Julia Jerome, care of this newspaper. If you wish a personal reply please send a stamped, self-addressed envelope.



A young bride-to-be of New Jersey wants our advice.

My dear Mrs. Jerome:

I am to be married in June. We both work but both have been promised vacations for two weeks to celebrate our nuptials; but here is the dreadful part of it all. We haven't got the money to go on a honeymoon and have any left to start housekeeping with on our return. It seems to me it would be terrible not to have some kind of honeymoon. I'm afraid I would never feel quite married unless we did. Can you suggest any way out?

### ANXIOUS.

Why, my dear, you don't have to go on a trip to have a splendid honeymoon. Get your apartment ready so you can walk into it from the minister's and take your vacation there. Don't let any of your folks or friends know where you are located until after the honeymoon—that is really all a honeymoon is for—to let the bride and groom get acquainted without interference from outsiders. Fix your place up in gala attire with flowers and fine food and take delightful excursions into the

### New Uses for Lemons

Few realize how valuable the sour lemon is in the home. We all appreciate its value as a cold drink when we have taken cold or when it is included in a delicious lemon meringue pie, but the lemon has many additional uses in the home. The juice of half a lemon in a glass of hot water taken a short time before breakfast every morning is very beneficial. Lemon juice acts as a stimulant in toning up a sluggish liver and in that way tones up the entire system.

### Did You Know That—

Among the very unusual foods eaten by people in different countries are dogs, rats, skunks, worms, grasshoppers, snakes, ants, parrots, caterpillars, butter made out of clay, earth baked into bread, bricks, broken pots, a drink composed of dynamite and water mixed.

# The Greatest Negro Cabinet Member In The World

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away Siki's title only because he is black.

### Has Met Much Opposition

As is to be expected, there are Negroes (not to mention whites), who disagree with Diagne's policies—some because they are jealous; some because of the old misunderstanding between Africans and the Negroes of the New World, and others who are honest in their opinions. There are colored persons who

think that he should not have gone to Africa to recruit the soldiers, and who declare that he is sacrificing his people to the rich white colonial interests.

On the other hand, there are those who regard him as having done more than any other individual toward consolidating the position of the Negro in France, and who say that in his bringing the blacks to the aid of France at a crucial moment he has struck a death-blow for all time at any rising color prejudice in that country. Whatever the shade of opinion, however, all agree that he possesses unusual ability and value, and that he has won his place by hard work.

### Defeated Keen Competitors

Politics is a much more difficult game in France than in America; while there are only two political parties in America, there are more than six in France. Hence only the politician of extraordinary ability and shrewdness arrives to the Cabinet. Diagne's career is argument of the most effective kind against the theory of the inferiority of the black man.

Diagne believes that the blacks have more to gain by aligning themselves with France and in thinking themselves French, than by thinking racially and forming a government of their own. He was president of the first Pan-African Congress held in Brussels and Paris, and it is currently said that he maneuvered it almost into futility, because of this.

### Rebakes Garvey's Offer

His policy is perhaps best summed

up in his letter of reply to Marcus Garvey:

"We, French natives, wish to remain French since France has given us every liberty and since she has unreservedly accepted us upon the basis of her own European children. . . . No propaganda, no influence of the blacks, or of the whites, will take from us the pure sentiment that France alone is capable of working generously for the advancement of the black race."

### Other Nations Disapprove

And the positions that Diagne himself and other blacks hold, give considerable strength to his argument. Diagne has a princely suite

Continued on Page 8

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