

Super Chef Tells Recipes

"Anyone can stick a roast in the oven or a steak in the broiler," says restaurant expert John Lawrence Hennessy, "but to me, real cooking is hash, chicken a la king, saucy, goulashes, dishes of that sort." Hennessy who has spent 53 years in the restaurant and hotel business and was formerly Chairman of the Board of Hotels Stat-

ler Co., gives these three (mouth-watering) recipes.

SAUERBRATEN
5 pounds of bottom round of beef
Brine (made of 1 1/2 cups wine vinegar, 1 quart water, 4-5 medium onions cut into pieces, 1 lb. cloves, 2-4 bay leaves)
4-6 tablespoons flour
4 ounces butter
5 ginger snaps
1/2 pint sour cream

(Preparation: Immerse the meat in the brine and soak for 2 days in refrigerator. Turn morning and evening.)
Remove meat from liquid, drain, cover well with flour and brown thoroughly in the butter. Strain the liquid, add onions and brine to the browned meat and let onions brown then add the liquid and ginger-snaps. Cover and cook for 2-2 1/2 hours in a 350 F. oven. Strain and thicken the gravy with a little flour. Add sour cream and a little gravy coloring. If the sauce is too sour, add a little sugar. Serves 10.

DELICATE THIN PANCAKES
2 eggs
1 teaspoon salt
1 1/2 tablespoons sugar
1/2 cup bread flour, sifted
1 cup cold water
1/2 cup cream

Use mixer to beat eggs very light. Add salt and sugar and beat a few seconds. Measure flour and sift. Add first the water, then the cream alternately with the flour, beating constantly. Let stand at least 30 minutes and beat again before making the cakes. Beat the batter each time before putting on the griddle. The longer it stands and the more times it is beaten, the better and more tender the cakes. Bake on a well-buttered griddle and turn twice.

To serve: put a small amount of maple butter (butter mixed with maple syrup) in the center of each cake and roll. Place two rolls side by side on a plate with crisp bacon strips on top. Yields 10 pancakes.

Hennessy once traveled a thousand miles to supervise the preparation of this recipe, one of his own creations. Try it and see if the trip was worth it.

FLUFFY DUMPLINGS
3 eggs (medium size)
1 1/2 cups milk
2 cups pastry flour
2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon nutmeg
Beat eggs 5 minutes in fast beater. Remove and sift dry ingredients. Add to milk and eggs. Mix with hands round and round like a sponge cake. Mix as little as possible. Batter should be thin; do not add more flour. Make a thickened chicken sauce or other hot gravy in a shallow pan. Have sauce at least two inches deep and bubbling hot. Drop batter into the boiling sauce by tablespoons. Let dumplings gather and set for two minutes. Keep sauce boiling hard and turn the dumplings constantly. Cool 10 minutes. Yields 10 dumplings.

ICED TEA
Make fresh tea double strength. Strain and pour over crushed ice in tall glasses. Serve with equal parts of honey and lemon juice well blended. Garnish with fresh mint leaves.

KEEP PILLOWS FLUFFY
Use your automatic clothes dryer to fluff up pillows periodically. A 5-to-10 minute tumble in the dryer, on high heat, will do the trick.



BOILED POTATO BALLS make this Potato Chef's Salad a hearty and highly nutritious main dish for the family come warmer weather. It's surprisingly low on calorie count, welcome idea for the lady or her better half who's watching weight.

Lowly Potato Goes Giddy

The nutritional balance of potatoes is something that is too often overlooked. Taken in the normal daily amounts this vegetable becomes a worthwhile source of many essential nutrients. Potatoes contribute a Vitamin B complex, Vitamin A and valuable minerals such as phosphorus and iron. Compared with many foods we eat everyday, potatoes are a moderate calorie food—105 calories per serving.

Potatoes provide the bulk for our wholesome salad. To give it added flavor and a nutritious punch, we include other vegetables in season. And this is the time when practically all delicious fresh vegetables are abundant and low priced across the country.

The following recipes, illustrate some of the many moderate calorie and nutritious hearty salads possible from boiled diced potatoes and various other fresh vegetables.

POTATOES WITH A PARTY TOUCH

All sorts of novel-shaped potato slices can be made easily with the aid of a handy little gadget called a potato chipper or garnishing knife. It features a broad, fluted blade which will make lattice-shaped pieces by a single shaving stroke. It will also make decorative edgings for orange and grapefruit cups. This inexpensive little aid is sold in hardware and department stores.

ORANGE-LEMON FLAVOR SAVER

Fresh-grated orange or lemon rind is sometimes hard to find when it's cake mixing time. Eliminate this worry by grating the fresh fruits just before juicing. Place the gratings in a very tightly covered jar and put it in the refrig-

erator. They'll stay perfectly fresh and you'll always have plenty of these flavorings on hand.

At last! A new hearty and nutritious salad idea that's also easy on the calories!

Here is a variation of the main dish salad theme that doesn't go to the usual calorie extremes and yet gives plenty of fuel for active summer living. It can be used to make true "he-man" salads—ones that are more nutritious than the average dish of this kind.

Featured in this filling and health-packed combination is the ordinary potato, but the idea is definitely not that of the usual potato salad. The potato is still used for heartiness, but various other fresh vegetables are added to provide extra nutrient value and bulk at low calorie cost. And instead of bathing the potatoes in high calorie dressings, low count toppings are used.

POTATO CHEF'S SALAD
1 1/2 cups potato balls
3 tomatoes, peeled and diced
1/4 pound Swiss Cheese slices
1/4 cup lemon-French dressing
1 small green pepper, diced
1 small head Iceberg lettuce
1 quart mixed salad greens
1 small Bermuda onion, sliced thin
8 radishes, sliced thin
1/4 cup grated raw carrot

Cook potato balls in water until just barely tender. Drain and cool. Place in salad bowl. Add tomatoes, cheese, and lemon-French dressing. Marinate for one hour. Add remaining ingredients. Toss lightly, and serve at once.

Select greens from the following: beet greens, celery leaves, dandelion greens, escarole, spinach

Summer Housework Short-Cuts

Your summer design for living should be the simple approach. Tried and tested tricks for cutting down housekeeping should appeal to any housewife. Here are some pointers well worth considering:

1. Protect your living room curtains by backing them with clear plastic shower curtains. The shower curtains may be attached easily with shower hooks to screen draperies from dust and sudden rain-storms.

2. Tack plastic film over upholstered seats of your dining room chairs. You can keep the plastic covers fresh with soap and water during the hot months and upholstery should be clean and bright when you remove the covers in the fall.

3. Make cool-looking white turkish toweling slipcovers to protect your fine upholstery. They're not only handsome but can go right into the washing machine and need no ironing.

4. If you want cool, temporary slipcovers on a broiling day, just tuck fresh white sheets over chairs and sofa.

5. If you want to store draperies from effects of the elements and a dusty house, consider using

sheets at the windows during the summer months. These are ideal for certain type windows, can be adjusted temporarily to windows and used as sheets again when removed.

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ZOO mother

How would you like a lion in your living room—a black leopard in your bedroom—a tiger in the hall? Helen Martini loves it—and so do the animals! She adopts the unwanted infants of the jungle-born beasts for the Bronx Zoo and raises them with the love and care she'd give a human baby. And to the astonishment of authorities, she's proved affection is every bit as important to the babies of the fiercest beasts. Read her story of her fascinating "family" life—*Mother Was Human*—in the July Ladies' Home Journal.

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4. **"FLAVOR-GUARDED!"** For richer flavor! Yes, because you boil just one minute, you retain the luscious flavor of fruit at its sun-ripened best! What's more, Certo is coded for freshness! Get Certo—a liquid natural fruit pectin product—today!

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Nothing else will wash as clean as Tide—yet is so mild!