



PATIO PLATTER may be any variety of cold cuts of your choosing. If you have meat loaf left over from the day before, serve medium slices, with sliced ham, bologna or any prepared meat you choose. Crisp vegetables and the spiciness of pickled peaches, crab apples, figs or peaches complete a mouth-watering dish to set before your family or guests. A bowl of cottage cheese (it is available without cream in local markets now) and a platter of salad greens with a tray of bread and butter can complete the menu.

Meal Suggestions For Hot Weather

The appearance of food has much to do with its appetite appeal in hot weather. Crisp salads, cool milk desserts, platters of cold cuts and cheese, potato salad, iced soups, all are most appetizing in appearance.

Many families prefer one hot dish at a meal. A cup of cream soup may be the addition called for. Also, there is nothing much better than creamed new potatoes (with or without new peas), sprinkled with chopped parsley or chives from the garden, with a cold meat platter.

The combinations you serve will depend on what you have on hand. For a color touch on the platter, add pickled crab apples, watermelon pickles or pickled peaches. Crisp carrot sticks and new radishes with a few of the tops left on for a "handle" add to the platter. Wedges of tomato and slices of cucumber are pretty and easy to prepare. Pickled beets are no more trouble than opening the can.

A big side dish of crisp greens along side a bowl of cottage cheese allows your guests for family to build their own salads — another stimulant to appetite.

The National Dairy Council outlines food requirements for summertime, as follows:

BREAKFAST

Fruit or fruit juice. If you do not have a citrus fruit or fruit juice at breakfast, you should include tomatoes, tomato juice, cabbage slaw, oranges, grapefruit, or lemonade at some other meal so that you may get your daily supply of Vitamin C.

Eggs — at least four mornings a week. However, during the summer, eggs may be easier to serve at other meals, too, in the form of omelets, deviled eggs, salad sandwich, etc.

Cereal and milk — an excellent hot weather breakfast main dish.

Toast or rolls and butter. Milk plus any hot beverage you may wish.

LUNCH

Main course might be one of these:
Fruit or vegetable salad with cottage cheese.

Sandwiches made of cheese, egg, meat, fish or poultry.

Fresh vegetables on buttered bread with cheese sauce and deviled eggs.

Tomato rarebit with tossed salad.

Bread, rolls, crackers and butter.

Dessert may be cornstarch pudding, blanc mange, tapioca pudding (all served with fresh fruit if desired), ice cream, sherbet.

Beverage — milk or fruit flavored milk shake.

DINNER

Main course suggestions:
Chicken, lean beef, lamb, veal, ham, seafood, cheese, cold cuts.

Vegetables should be green and yellow vegetables.

Salad — green tossed salad, fruit or molded salad, celery, carrot sticks, radishes, green onions, tomatoes, cucumbers, slaws.

Bread and butter — maybe a variety of hard rolls and bread.

Dessert can be ice cream, sherbet, fruit cobbler, fresh fruit and cheese.

Beverage may be milk, milk punch, coffee with cream, iced tea or lemonade.

NUT BREAD

Use the regular recipe for white bread. Add 1 additional tablespoon of sugar and 1/4 cup of chopped nuts for each loaf of nut bread to be made. Add the nuts to the dough at the end of the first kneading.

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APPETIZERS are to a dinner what a prologue is to a book. They set the pace and arouse interest in the dinner to follow. Recipes for the tid-bits pictured above are from Kellogg Company's Department of Home Economics Services.

Tid-bits as Appetizers

Keep three things in mind when planning appetizers. They should be small, simple and savory. Their place in the menu is to whet — never dull — appetites. The recipes that follow are tasty morsels that can be prepared easily with a minimum of ingredients.

and grated cheese; mix thoroughly. Place in moderate oven (350 degrees), stirring occasionally, for about 12 minutes. Spread on paper, pushing flakes lightly together to form small clusters. Serve hot or cold as appetizer.

CHEESE CRISPS

Processed sharp cheese
Crisp round crackers

CHEESE CORN FLAKES

1 1/2 teaspoon shortening
2 drops Tabasco sauce
3/4 teaspoon paprika
2 cups Corn Flakes
1 cup grated sharp cheese

Melt shortening in shallow pan; add seasonings. Add Corn Flakes

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GARLIC BREAD
For a pan of hot bread on the day you are baking, after punching down the dough after the first rising, take out a piece of dough about as big as your fist. Roll out on a floured board. Poke dents all over it with a case knife handle. Let rise a few minutes and pour over the surface melted butter into which has been stirred one large or three small cloves of garlic chopped fine. Bake at 400 degrees until lightly browned—about 15 minutes. Serve at once.

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