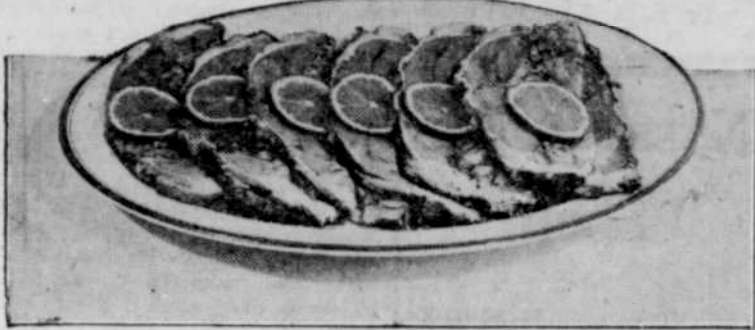


Garnishes Add to Foods



Cold Lamb Garnished With Lemon.

(Prepared by the United States Department of Agriculture.)

One of the reasons foods in summer time can be made to look so appetizing and attractive is that there are then so many colorful, edible materials to garnish them with. Another reason, perhaps, is that many cold dishes are served: Cold slices of meat, fish and other salads, aspic jellies, and hors d'oeuvres of various kinds. Garnishes that would soon lose their crisp shapely appearance on hot foods can be successfully used to decorate cold ones. Only enough of any garnish should be used to give a touch of color.

What a difference there is between this platter, photographed by the bureau of home economics, containing neatly arranged slices of lamb, each topped by a thin slice of lemon, and just a plate of cold lamb! The garnish is not intended, in this case, to be solely ornamental. A few drops of lemon on lamb or veal add surprisingly to the flavor. Another way of making a plate of cold meat look attractive is to alternate slices of ham with

chicken, veal, or lamb, so that the two colors contrast with each other. A sprig of parsley, cress, mint, a few celery tops, or small leaves of lettuce, would also be a good garnish for cold meat. Narrow rings of green pepper, strips of pimiento, rounds of tomato, thin slices of cucumber or pickles, and olives, are other suggestions for introducing color. Among the cooked and edible garnishes often used by restaurant chefs are slices of beet or carrot cut in tiny fancy shapes, cubes from bright gelatin molds such as tomato, mint or jellied stockfish, and hard-cooked eggs, cut in slices or symmetrical pieces. Sweet jelly, too, when stiff enough to hold its form, makes a garnish which tastes as good as it looks.

Dainty slices of orange may be used like lemon to garnish either cold or hot meats, especially chicken or duck. Rings of apple, or jellied red colored apples are often served with pork. Potato salad and sliced ham are a favorite combination, each garnishing the other, as it were. Fried

chicken, served on a plate with corn fritters, garnished with a bit of currant jelly, makes its appeal to the eye as well as to the palate. The broiled mushrooms or fried onions served with steak are meant to tempt the beholder through the nose as well as the eye.

Lemon, parsley, cress, and cucumber, are the garnishes commonly used on fish. As the lemon is for flavoring, it is better to cut it in quarters or sixths lengthwise than to slice it. Then each person can squeeze the juice over his own portion. Cucumber garnishes are sometimes given a saw-toothed edge with a fancy cutter.

Among the garnishes for cold drinks, especially iced tea, are sprigs of mint, or geranium, or slices of lemon, orange, or lime, with or without a few whole cloves in each slice. A grape or other large green leaf is often used as a garnish under grapefruit, cantaloupe, orange, or fruit cup when these fruits are served as appetizers for dinner.

Fairy Tale for the Children

By MARY GRAHAM BONNER

"Of course, situated as I am in this fine position in the hall," said the hall clock, "I hear a great deal that is going on. I see the people coming in."

"You see them going out," said the living room clock.

"Bright clock, bright clock, tick-tock," said the hall clock. "Well, shall I continue my story?"

"By all means. I won't interrupt again," said the living room clock, not far off.

"I hear the people talk, grown-ups and children. How some of them can talk!"

"My! But they talk and they talk and they talk!"

"Well, let them," said the living room clock. "Don't we tick and tick, tick and tick, tick and tick, all the time?"

"That's a wise speech," said the hall clock, "and I'll forgive you this time for interrupting."

"I didn't think about it," said the living room clock. "I forgot I was interrupting again."

"I cannot say that I object to the people talking so much," continued the hall clock.

"Of course, if I did object to it I

ting run down and out of order," said the living room clock, "sounded to me like a doctor or a trained nurse or a person giving advice."

"That's all because you hear the people talking about their sicknesses in the living room," said the hall clock.

"I spoke in the correct way for a clock to speak. But I must tell you what strikes me as being funny."

"Oh, yes," said the living room clock, "you must tell me. We don't want to end off talking about something different from that with which we started."

"Well, it wouldn't have mattered so much if we had finished it right away and then gone on to talk of something else."

"We have finished the first thing we were talking about," said the hall clock.

"It strikes me as being very funny when I hear the people talk about their figures. It seems that each person has only one figure and a figure means a person's shape."

"A little girl will come in and say, 'Oh, dear, I wish I weren't so fat. I'd like to be thinner.' And a grown-up lady will say:

"I wish I could put on more weight. My figure is not what it should be."

"Or some one will tell a child to stand up straight and not have a crooked figure."

"It strikes me as being very funny," said the hall clock. "Because each person has only one figure—whereas we have figures all over our faces."

"I have figures in twelve places and they are all right and just as they should be."

"Yes, it does seem funny to hear people talk about their one figure when a clock has so many figures and never has to worry about any of them at all."

"It makes me feel very proud, indeed!"

(© 1929, Western Newspaper Union.)

"I'd Like to Be Thinner."

don't suppose I could do anything about it."

"I might stop and get run down, but that wouldn't do any good."

"It's always so foolish to run down and get out of order. It takes such a long time to get fixed again."

"One would think," said the living room clock, "that you were a doctor or a trained nurse or something like that, instead of being a hall clock."

"Why?" asked the hall clock.

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