

CANAPES ADD JOY TO NEW DRINKING ERA

Cocktail Time Brings Bits of Tasty Food on Toast.

One of the most delightful results of repeal is the delicious canapes that appear on trays at cocktail time, rounds or oblongs of toast garnished with appetizing mixtures that only a food artist could devise. Following are recipes for canapes to be served with cocktails or tea:

Piccadilly

Toast long slices of bread. Spread with anchovy paste. Lay files of anchovies in four long rows. Between these put strips of red and dark caviar. Cut the toast crosswise in one and one-half inch sections. Decorate the long edges with coral caviar and the ends with chopped hard-cooked eggs.

Washington

Have the toast cut in five-point stars. Spread with goose liver puree mixed with whipped cream and seasoned with paprika. Place a small cherry in center.

Weymar

Have toast cut in small rounds. Mix chopped lobster and chopped celery. Moisten with thick mayonnaise and season with salt and pepper. Spread on the toast rounds. Decorate with small dots of pimento.

Volga

Chop four hard-cooked eggs. Mix with one-quarter pound of butter. Season with one-half tablespoon onion juice, salt and paprika. Pipe through a pastry tube on to oblong pieces of toast. Alternate in a pattern with caviar.

Duchess

Press equal portions of cooked tuna fish and shrimps through a sieve. Arrange as a garnish on each end of oblong canapes. Spread the center with caviar.

Rajah

Have toast cut in half-moons. Spread with a paste of shrimps seasoned with chutney and curry. Decorate with a small filet of anchovies crosswise and decorate the edges with crumbled egg yolk.

Stuffed Peaches

Chop four halves of canned peaches and one-quarter pound of macaroons. Mix with two raw eggs and one-half cup sugar. Fill cavities of halved peaches with mixture, spear halves together with toothpicks, place in casserole and bake about half an hour in a moderate oven.

A glass of wine over the peaches a little at a time during baking will improve the flavor. Serve hot or cold.

Apple Jelly Sauce

In a small saucepan mix 1 tea-spoon dry mustard, 1/4 teaspoon powdered cloves, 1/4 teaspoon cinnamon, 2 tablespoons of vinegar and an 18-ounce glass of apple or crabapple jelly. Heat over a low flame until the jelly is melted, stirring constantly.

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BEEF, TOMATOES AND BANANAS FORM GRILL



A combination grill is a popular way of serving meat and vegetables and even fruits. Here is a delicious mixed grill which consists of ground beef patties, broiled with slices of tomatoes and bananas, cut in half-length size.

Cooking Question Box

Why are roasts sometimes dry and hard?

This may be due to the method of cooking. The temperature may have been too high.

In order that a roast may always be tender and juicy, choose one which is nicely marbled with fat and one which has a generous covering of fat over the outside. Place the roast on a rack in an open roasting pan so that the fat covering is on the top. Then as the fat melts it runs down over the meat and bastes it.

Place the roast in a hot oven only long enough to sear it, then rapidly reduce the temperature to that of a slow oven. It is very important that the roast be cooked at a low temperature for most of the roasting process.

In broiling, is it necessary to turn steak every few minutes?

No, it is not necessary to turn the steak more than once if it is placed far enough away from the flame that it will not burn. Place the steak on a rack in a thoroughly heated broiler oven so that the top of the steak is about three inches from the flame. When the top side becomes nicely browned, turn the steak and brown on the other side. When the second side is browned, the steak will be done. Only one turning is needed.

My boiled beef is always stringy. Is it the cuts I use?

Any cut of meat may be made tender, and not stringy, if properly cooked. The difficulty probably lies in your method of cooking. Meat should be cooked below the boiling temperature, it should never be boiled, for if the high temperature is maintained long enough, the connective tissue of the meat will dissolve, so that the fibers will no longer be held together and will appear stringy. The fibers them-

FOODS COMBINE WELL

Chipped Beef and Toast Provide High Nutritive Value.

Creamed chipped beef and toast get along very comfortably together. They appear at the most informal hurry-up meals, and they are perfectly at home at swanky supper parties. Creamed beef needs a crisp sort of companion like toast.

Whether for breakfast or supper or any meal between, creamed chipped beef and toast provide the best of food values, with protein in beef, fat in the cream sauce and starch in the toast. With a salad and dessert, you have a tasty, nutritious meal.

MUSHROOMS AID STEAK

Contribute Minerals to Diet and Improve Meat Flavor.

Mushrooms add a certain "class" to steak, though a good steak itself is something of an aristocrat in the food world. But it derives a subtle something from the company of mushrooms, something which sets it off, and puts it at its best.

Mushrooms absorb the flavor of steak, then add something of their own to the combination. They add more than flavor, however, for although their food value is not great, they contain iron and copper. The steak has high food value, of course.

SLOW COOKING NEEDED

Round Steak Can Be Palatable as Expensive Cuts.

A steak dinner is sure to be popular. Instead of buying the most expensive steak and cooking it the quickest way, more delicious meals may be prepared from round steak subjected to slower cooking.

Put a cupful of flour into the meat with the edge of a plate, sear it in a hot pan, put it in a casserole with a little water and some chopped vegetable—onions, carrots, celery. Cover the dish and cook slowly for two hours. The result will be Swiss steak.

Eggs a la Caracas

Melt two tablespoons of butter in a frying pan. Mix half a cup of diced cooked bacon with a cup of canned tomatoes, a quarter cup of grated cheese and a tablespoon of chopped chives. Season with paprika. Mix lightly until hot, then stir in four beaten eggs. Keep on stirring until creamy.

Hot Muffins

Put a teaspoon of baking powder and a half teaspoon of salt in three cups of flour and sift twice. Stir in a cup of cream, 1/2 cup melted butter, a tablespoon of sugar and the beaten yolks of 4 eggs. Beat for several minutes, then fold in the beaten whites of 4 eggs. Bake in greased muffin tins for twenty minutes in moderate oven.

Belle Helena Salad

Select tender hearts of lettuce. Pull the leaves open and fill with chopped celery and apples mixed with mayonnaise. Decorate with blue and white grapes cut in halves.

THE INDIANAPOLIS TIMES

BEANS SERVE ADMIRABLY IN COMBINATION

Tomatoes, Cabbage and Celery Suggested as Companion Dishes.

Some persons just can't leave beans alone. That's natural, because they are very good alone, but they are also delicious in combination with other vegetables. Here for instance, is a way to combine.

Kidney Beans and Tomatoes

Put alternate layers of the contents of a 10 1/2-ounce can of kidney beans and of sliced tomatoes—you will need four ripe ones—in a buttered baking dish, seasoning each layer of tomatoes with salt and pepper.

Cover top with buttered crumbs, and lay three long slices of bacon in halves, on top. Bake in a medium oven until the tomatoes are done, the crumbs brown and the bacon crisp.

Lima Beans and Cabbage

Bolt two cups shredded cabbage for about twelve minutes, or until tender, in salted water, and then drain. Also drain the contents of an eight-ounce can of lima beans. Put alternate layers of the vegetables in a buttered baking dish, and pour over one cup of highly seasoned white sauce. Cover with buttered crumbs, and bake in a moderate oven for fifteen to twenty minutes. Serves six.

Lima Beans and Celery

Heat the contents of a No. 2 can of lima beans in their own liquor, and then drain. Bolt one-fourth cup of diced celery until tender, and drain. Combine with two vegetables, and then keep them hot.

Melt two tablespoons butter, and add two tablespoons lemon juice. Beat one egg yolk, add the hot bean liquor, and then add the butter and lemon juice, and cook gently until the sauce is creamy, being careful not to boil. Pour over the hot vegetables, and serve at once.

Chummy

Corn Fritters Served With Bacon.

This is a favorite dish in the south—also in the north, the east and the west! But it originated in kitchens of the great plantations, where southern mammas were experts in whipping up a batter for delicious corn fritters to serve with crisp slices of bacon.

Make a good fritter batter, use this recipe:

1 1/4 cups flour
2 teaspoons baking powder
2 3/4 cup milk
1/4 teaspoon salt
1 egg, beaten

Mix and sift dry ingredients. Add beaten egg to milk. Combine mixture and beat until smooth, about three minutes. Stir in one cup of corn, canned or fresh. Fry in deep fat.

METHOD EXPLAINED TO BETTER LAMB FLAVOR

Soaking in Lemon Juice, Vinegar and Water Recommended.

The flavor of lamb will be improved—if it is soaked for an hour in lemon juice, vinegar and water.

Punch a half clove of garlic in either end of the roast, rub it all over with butter and sprinkle with pepper and salt before placing it on a rack in the roasting pan.

The oven should be very hot for the first half hour, then roast in a moderate oven for an hour or more. Covering it with currant jelly ten minutes before taking it from the oven will add a delicious flavor.

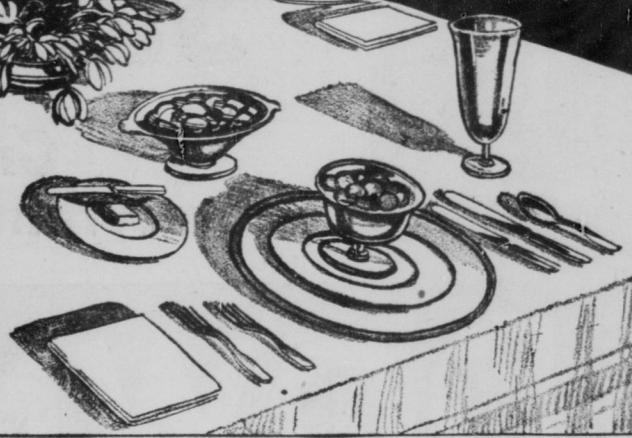
For the gray pour off the top fat, leaving about a cup in the pan. Set the pan on top of the stove and stir three tablespoons of flour into the hot fat, then add a cup of boiling water. Cook for five minutes, season with salt and pepper and strain.

Frozen Dessert

Heat three-quarters of a cup of maple syrup to scalding point. Add one-eighth teaspoon salt and pour slowly over three egg yolks, stirring constantly. Cook in a double boiler about half an hour, beating all the time. Let the mixture cool, fold in the beaten whites, also a cup of cream, whipped. Freeze without stirring.

Listen!—get hungry

CORRECT TABLE SETTING FOR LUNCHEON



There is no more charming way of entertaining friends than at the luncheon hour, particularly if an afternoon of bridge is to follow.

The luncheon may be anything from a one-dish meal to a formal luncheon, and the type of service and the table setting for each varies as much as does house dress and a party dress.

The general arrangement of each cover is similar to that of the informal dinner. The service plate is placed in the center with one inch from the edge of the table.

If hot soup is served, this is covered and is placed in the center of the service plate; if fruit is served as the first course, this may be in place before the guests are seated.

Small tables may be used. They may be laid with a luncheon set consisting of a centerpiece and doilies with a luncheon cloth, or with a runner and place mats.

The perforated gadget is a key to Dr. William Howard Hay's diet system and is supposed to be a handy helper to the housewife in a quandary about what to serve with the cauliflower or meat or potatoes.

Drinks begin and end the list of

CHART EXPLAINS FOOD MIXTURES

List of 156 Articles Given for Guidance in Diet Balance.

A new arrow-pointing contraption on colored cardboard lists 156 foods alphabetically and tells which ones go well together, which combinations will cause discomfort, and serve as a guide on how not to mix protein and carbohydrates at the same meal.

The chart is a key to Dr. William Howard Hay's diet system and is supposed to be a handy helper to the housewife in a quandary about what to serve with the cauliflower or meat or potatoes.

Drinks begin and end the list of

foods on the wheel's rim, which starts with ale and ends with wine. The moving arrow points to related combinations and that settles it.

An inset of notes gives hints like these:

Eighty per cent of foods used should be fruits and vegetables, particularly leafy greens, and a large portion of these should be raw.

A sedentary worker will do best on one concentrated meal daily, alternating between starch and protein.

Children need more fuel than adults and may have more natural starches and sugars.

Fruit and milk are best for breakfast.

Do not fry foods.

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