

ROYAL FEASTS OF OLD LACKED MODERN TASTE

Despite Elaborate Detail
Roast Peacock Was
Tough and Flat.

The fact that foods must please the eye as well as the palate has been known for years and years.

Even back in the days of royal feasting many of the best dishes were adorned with gold and silver foil, or "flowered," as they termed it, with various colored powders.

Among other adornments, those generally used for the peacock and the swan are the best known, as they invariably appeared at every royal feast.

The peacock was skinned, stuffed with spices, and roasted. While the cooking was going on a cloth continually wet was kept around the bird's head to save it from the action of the fire.

When cooked, it was allowed to cool, and then the skin was neatly sewed on again, the tall feathers spread out, the comb gilded, and a piece of cloth dipped in alcohol put in its mouth to be set on fire while it was served at the table.

Ceremony Made of Serving

Naturally this event was accompanied by great ceremony. The serving was performed by the women most distinguished for rank and beauty, who followed the dish in procession to the music of minstrels.

After the expenditure of all this art upon the peacock, its flesh was tough and tasteless.

Today we choose meats which are good to begin with and then by our methods of cooking and decoration, we produce foods which appeal both to the taste and to the eye.

The planked steak that you hear so much about certainly illustrates this point.

The cuts of meat you use for this dish must be the tender ones. Usually you would choose a porterhouse or sirloin steak about one and one-half inches thick.

Broil this steak almost to the desired degree of doneness, and then transfer it to the center of the hot plank and arrange the vegetables around it.

Vegetables With Steak

The vegetables to be served on the plank with the steak depend largely upon your own taste.

Halves of tomatoes, peeled, dotted with butter and sprinkled liberally with grated cheese, stuffed onions, peas, green beans, carrot cubes, cauliflower flowers, and bananas cut in half lengthwise are a few of the vegetables you have to choose from.

A border of Duchess potatoes is attractive when piped around the edge.

These mashed potatoes may have egg yolks added before they are put through the pastry tube, or they may be brushed over the top with the beaten egg yolk, diluted with a little milk, after they have been made into the border.

Since the meat and vegetables are practically cooked when they are arranged on the hot plank, they need to be put in the oven only long enough to brown the potatoes and finish cooking the other vegetables and the steak. This requires about fifteen minutes.

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GRENWALD'S	QUALITY MEAT MARKET
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Fresh Eggs	In Cartons
Creamery Butter	Meadow Brook or Jersey Lilly
Cheese, Cream or Brick	25c
Lard, Pure	15c
Veal	5c
Breast	10c
Veal	10c
Roast	10c
Beef	5c
For Boll	10c
Fresh Picnics	10c
Ind. Club	\$1.95
Ackermann's Old Rip	\$1.99
Lamb	5c
Stew	12 1/2c
Lamb	22c
Shoulder	10c
Lamb	10c
Legs	10c
Beef	10c
Pot Rst.	10c
Smoked Picnics	11c
Ind. Club	\$2.10

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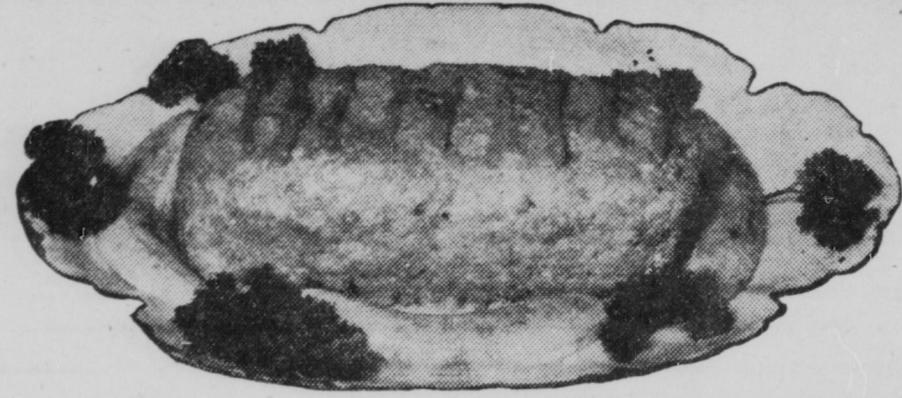
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HAM LOAF ACCOMPANIED BY FRIED BANANAS



MEAT IMPROVED BY SPICE SAUCE

French Cooks Demonstrate Merit of Method to Enhance Flavor.

Although meat is one of the tastiest of foods, its fine flavor may be enhanced and variety gained by the addition of a few spices, as French cooks demonstrate so cleverly.

Spices may be used to lend zest to the left-over dishes, or to meat from which the flavor has been extracted to make soup.

Cold roast beef, or any other cooked beef, is delicious if simmered until thoroughly heated in the following spice sauce.

Heat together one-fourth cup vinegar, a bayleaf, a small onion chopped, two sprigs parsley, one carrot, one stalk celery and a few chives until about half the vinegar has evaporated.

Other spices such as cloves, peppercorns, thyme and sweet basil may also be added.

In a saucepan melt two tablespoons butter, add two tablespoons flour and cook until browned. To this add one cup stock, stir and cook until it begins to thicken. Add the vinegar mixture and continue cooking for about ten minutes. Heat the slices of cold meat in this sauce.

CARROTS AND CABBAGE SERVE WITH GELATIN

Resulting Salad Takes Place of Spring Tonic.

A carrot and cabbage salad in gelatin is a regular spring tonic. Here's the way to make it:

Dissolve one package of lemon flavored gelatin in one pint of warm water. Add two tablespoons of vinegar and one teaspoon of salt and set it in the ice box. When the mixture is slightly thickened, fold in one cup of raw grated carrots and one cup of finely shredded cabbage.

When it is firm, unmold on a platter covered with crisp lettuce and garnish with mayonnaise. This recipe serves six persons.

COCKTAIL RECIPE GIVEN

Tomato and Celery Principal ingredients of Appetizer.

One good sized tomato, four tablespoons minced celery, four large ripe olives.

Peel tomato and cut in four slices. In the center of each slice pile a tablespoonful of celery. Cut olives from stones in neat sections lengthwise and arrange them on the celery radiating from the center to the edge of the tomato. Be sure the tomato is thoroughly chilled before peeling.

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A meat loaf is such an accommodating dish. If the family is prompt for dinner, it may be served hot, but if there is an unavoidable delay, no harm is done, for the loaf is equally good cold.

Time was when beef and veal held the center of the stage for meat loaf, but today's housewife plays no favorites and ham loaf has become deservedly popular.

Ham loaf with fried bananas is prepared as follows:

1 1/2 pounds ham
1/2 pound lean beef
1/2 pound lean fresh pork
1 cup bread crumbs
2 eggs, beaten
1 can tomatoes strained
Grated rind 1 lemon
1/2 cup onion dry mustard
1 small bay-leaf
6 cloves

Have all the meats ground together. Combine with the bread crumbs, eggs and one-half the tomatoes. Season with celery salt, lemon rind and dry mustard.

Stick the cloves across the top, and the bay leaf, and pour the rest of the tomatoes over the top. Bake for two hours in a moderate oven, 325 degrees.

Cut firm bananas in half lengthwise. Moisten with egg and roll in seasoned cracker crumbs. Fry in a generous amount of hot lard until golden brown on all sides. Serve around the ham loaf.

COMBINATION USED TO BAKE GRAPE FRUIT ROSE

Orange, Avocado Pear or Apple Suggested; Cherries Garnish.

Cut a grapefruit in two, take out all the sections, skin them and cut in small pieces. Trim the edges of the hollow halves in pointed scallops.

Combine the cut fruit with bits of orange, avocado pear, chopped apple or pear and put the mixture into the trimmed grapefruit skins. Garnish with maraschino cherries or preserved ginger, also with a sprig of watercress and a little dab of mayonnaise.

Celery, Lemon Juice and Seasoning Complete Recipe.

Three-fourths cup finely shredded cabbage, 1/4 cup grated carrot, 1/4 cup minced celery, 1/2 teaspoon salt, 2 tablespoons lemon juice.

Let cabbage stand for one hour in ice water which more covers. Dry between towels. Add carrot, celery, salt and lemon juice.

Lift with a fork until thoroughly mixed. Chill well. Serve garnished with threads of green pepper.

Cabbage and Carrot Combined in Cocktail

Celery, Lemon Juice and Seasoning Complete Recipe.

Three-fourths cup finely shredded cabbage, 1/4 cup grated carrot, 1/4 cup minced celery, 1/2 teaspoon salt, 2 tablespoons lemon juice.

Let cabbage stand for one hour in ice water which more covers. Dry between towels. Add carrot, celery, salt and lemon juice.

Lift with a fork until thoroughly mixed. Chill well. Serve garnished with threads of green pepper.

Cocktail Recipe Given

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