

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 tail 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.

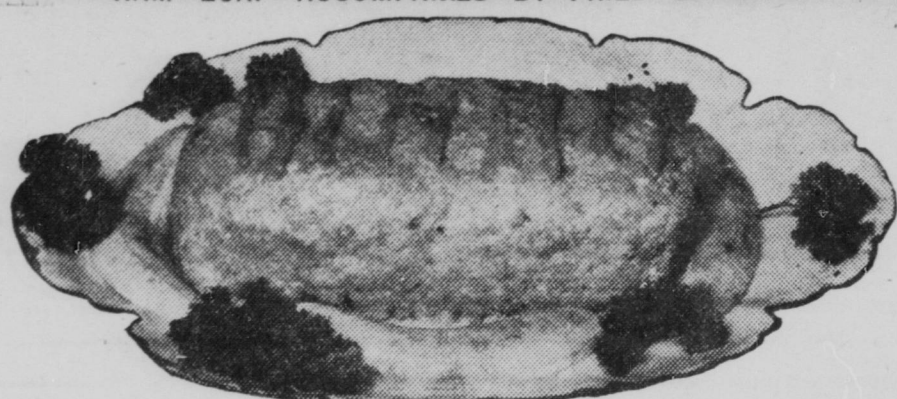
Halves of tomatoes, peeled, dotted with butter and sprinkled liberally with grated cheese, stuffed onions, peas, green beans, carrot cubes, cauliflower flowerets, and bananas cut in half lengthwise are a few of the vegetables you have to choose from.

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.

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 spiced 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 stems 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.

A meat loaf is such an accompaniment 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 teaspoon 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 cherry or preserved ginger, also with a sprig of watercress and a little dab of mayonnaise.

CABBAGE AND CARROT COMBINED IN COCKTAIL

Celery, Lemon Juice and Seasoning Complete Recipe.

Three-fourths cup finely shredded cabbage, 1/2 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 than 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.

KIDNEY STEW IS EPICUREAN DISH

Lamb or Beef Best for
Purpose; Gravy Is
Tasty.

An aromatic gravy fit for a king's taste! A meat with full bodied, mouth watering flavor! Those are the features of kidney stew made as directed below.

Use lamb or beef kidneys. Cook them, as instructed, until every delicious cell of the meat has been done to a turn. No epicurean could imagine, even in his dreams, a more enhancing festival of taste thrills than the stew provides.

- 1 pound kidneys
- 4 tablespoons flour
- 3 tablespoons butter
- 1 teaspoon salt
- Pepper
- 4 medium onions
- 4 medium potatoes
- 1/4 cup evaporated milk
- 1 tablespoon vinegar

Cut kidneys in halves and soak forty-five minutes in cold, salted water. Trim, cut in small pieces, place in a kettle of water and bring to a boil. Drain and rinse with cold water.

Roll in flour and brown quickly in butter. Add salt, pepper, chopped onion and diced potatoes. Cover with boiling water, and cook until tender. When ready to serve, add evaporated milk and vinegar. Yield six servings.

Fresh Juice

To save grapefruit juice fans from the boredom of squeezing halves of fruit a fashionable New York grocer has inaugurated a daily service of fresh grapefruit juice. Deliveries are made in half-pint, pint and quart jars.

LARGE ROAST MAKES SHORT CUT FOR COOK

Meat for Second Meal Can
Be Improved by Sauces
or Used in Oven Hash.

Housewives are looking for ways to reduce work in meal preparation. Here is a short cut which has proved valuable many times. It is called a "two in one" so far as meal preparation is concerned.

Roast a large enough piece of meat for two meals. It takes no more effort to roast a large piece of meat than a small one—then the second meal may be prepared in a minute.

The roast may be served cold or it may be reheated, in one of the many sauces that are delicious with meat, for example:

- Horseradish Cream
- 3 tablespoons grated horseradish
- 1 tablespoon flour
- 1 tablespoon butter
- 1/2 teaspoon sugar
- Few drops onion juice
- Paprika
- 1 cup cream
- 1/2 cup stock or water

Blend flour and butter but do not brown. Season with paprika, sugar and onion juice and add to the meat stock or water to thoroughly moisten. Cook slowly.

Add the cream gradually, stirring to prevent lumping. When thickened add the horseradish and continue cooking about five minutes.

- Tomato Sauce
- 2 cups cooked tomatoes
- 1 slice onion
- 3 tablespoons butter
- 3 tablespoons flour
- Salt
- Pepper

Cook the onion and tomato together for fifteen minutes. Melt the butter, add flour, and when these are well blended, add tomatoes. Bring to the boiling point and serve with left-over meat.

Oven Hash

- 2 cups ground leftover meat
- 4 medium-sized potatoes, raw
- 1 cup sliced tomatoes
- 2 stalks celery
- 1/2 cup gravy
- 1 egg
- 1 medium-sized onion

Put meat, raw potatoes, celery.

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FRESH PINEAPPLE USED TO START FISH DINNER

Almonds Combined With Fruit to Make Cocktail.

This is especially good as a starter for a fish dinner.

- One cup diced fresh pineapple
- 2 tablespoons sugar, 2 tablespoons blanched and shredded almonds, 1 tablespoon lemon juice.

The fruit should be cut in neat dice, sprinkled with sugar and placed on ice for six or eight hours or over night. One hour before serving add almonds and lemon juice. Serve in chilled glasses, using the juice as well as the fruit. This rule will serve four to six persons.

"ALL-BRAN WILL ALWAYS BE A PART OF MY DIET"

Delicious Cereal Corrected His Constipation

If you suffer from constipation, read this fine letter:

"I have been troubled for years with constipation. During this time, I have tried almost every known remedy. Then some one recommended eating Kellogg's ALL-BRAN, and the proper results followed immediately.

"Since eating Kellogg's ALL-BRAN each morning, there has been a general improvement in my health without the ill effects that I formerly experienced when taking laxatives. Hereafter, Kellogg's ALL-BRAN will always be a part of my diet."—Mr. E. G. Himes, 1201 E. 7th St., Los Angeles, Calif.

Research shows Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to aid elimination. ALL-BRAN also supplies iron for the blood.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Isn't this "cereal way" safer than risking patent medicines?

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Cheese, Cream or Brick **Lb., 15c**

Lard, Pure **2 Lbs., 15c; 3 Lbs., 22c**

Veal Roast **5c**

Veal Roast **10c**

Veal Chops **10c**

Beef For Boil **5c**

Fresh Picnics **10c**

Ackermann's Old Rip **\$1.99** Per Case

Sterling Cooks **\$2.10**

Falls City **\$2.10**

Patrick Henry **\$2.10**

Centville **\$2.10**

Ind. Club **\$1.95**

Lamb **5c**

Lamb Stew **12 1/2c**

Lamb Shoulder **22c**

Lamb Legs **22c**

Beef Pot Roast **10c**

Smoked Picnics **11c**

Chickens lb. 10c
to boil

HENS 17c

Chickens lb. 14c

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STANDARD PACK—A REAL BUY

Corn 3 NO. 2 CANS 23c

FINE GRANULATED

Sugar 5-LB. BAG, 25c 10-LB. BAG 49c

COUNTRY CLUB PORK & Beans In Delicious Tomato Sauce 5 1-LB. CANS 23c

COUNTRY CLUB ROLL

Butter 1/4-LB. PRINTS LB. 25c

AVONDALE

Flour 24-LB. SACK 73c

IDEAL SUMMER SOUP—BARBARA ANN TOMATO

Soup 4 CANS 19c

COUNTRY CLUB

Coffee VACUUM PACKED LB. 27c

CAMPBELL'S Pork & Beans CAN 5c

Chipso 2 Large PKGS. 29c

PRINCE ALBERT Tobacco 2 CANS 23c

LATONIA CLUB Ginger Ale BOTTLE 10c
2-Cent Bottle Refund

Puffed Rice 2 PKGS. 25c

SCOTT Tissue 3 ROLLS 23c

DEE-LISH BRAND Pickles QT. JAR 20c

COUNTRY CLUB Apple Sauce 3 NO. 2 CANS 25c

COUNTRY CLUB Soda Crackers 1/2-LB. PKG. 9c

Avalon Starch PKG. 15c

BRAN FLAKES COUNTRY CLUB BRAND 2 15-OZ. PKGS. 19c

FELS NAPHTHA SOAP A GOOD, FULL OF ACTION SOAP 5 Cakes 23c

APRICOTS COUNTRY CLUB BRAND 2 NO. 2 1/2 CANS 35c

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WONDERNUT OLEO 3 LBS. 25c

GARDEN HOSE 25-FT. LENGTHS \$1.15
50-FT. LENGTHS, \$2.10

ARMOUR'S STAR Smoked Hams
Sugar Cured—Shank Half
LB. **16 1/2c**
CENTER SLICES, LB., 27c

Sliced Bacon LB. 19c
FANCY DRY CURE—RIND OFF

Boiled Ham
ARMOUR'S STAR-SLICED LB. **32c**

Luncheon Loaf LB. 17c
TOMATO OR PICKLE AND PIMENTO STYLE

Thuringer LB. 19c
MILD FLAVOR SUMMER SAUSAGE

Beef Roast LB. 12c
TENDER, JUICY CUTS FOR POT ROAST

Steak Young, Tender LB. 25c
Sirloin

Ground Beef Veal and Pork 2 LOAF 25c

Chuck Roast LB. 14c
ALL TENDER CUTS

IDAHO POTATOES
U. S. NO. 1
15-LB. PECK **25c**

Strawberries QUART 15c

Green Beans LB. 10c

New Potatoes 7 LBS. 25c

Lemons Sunbelt Brand 4 FOR 10c

Asparagus BUNCH 5c

Bananas LB. 5c

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