

SIMPLEST MEAL IS BRIGHTENED BY CRANBERRIES

Red Berries Combined With Vegetables in Salad
Color Menu.

The friendly buffet type of Sunday night supper—the kind where guests serve themselves—is perhaps the most auspicious setting for an attractive cranberry vegetable salad.

It belongs logically to a simple meal such as any homemaker might plan for the entertainment of a number of congenial friends. As likely as not the menu will conform to the conventional buffet supper pattern and consist of savory chicken croquettes, scalloped potatoes, cranberry vegetable salad, hot buttered rolls, ice cream and cake and hot coffee.

If you do not have a maid, you will find this a practical as well as a "homely" menu, because everything on the menu, except the hot coffee, can be prepared in advance, ready for the garnitures and dressy touches to be added just previous to the arrival of your guests. Then you can arrange everything on the table and invite the guests to forage for themselves. And you are free to entertain rather than serve them.

Salad Brings Color
A salad, more than any other dish, brings a tinge of color and sparkle to a menu whether it is luncheon dinner or supper. Yet the clever hostess selects her salad with as much care as she does the gown she wears. It must emphasize the assets of the particular meal for which it is chosen, and it often provides a substantial addition to the meal.

Cranberry vegetable salad does both, and it possesses all the qualities necessary to give character and relish to a meal.

There is enticement plus in this timely salad because it is colorful, crisp, piquant, and gives an appearance of coolness. It might aptly be called "the salad of rainbow hues," for now here but in the rainbow are so many different colors blended into perfect harmony, with a more pleasant result than in this ensemble of foods.

The vivid red of the cranberries contrasts with the creamy white of the celery; it is further emphasized by the bright green of the peas and the clear orange of the carrot strips. All of these gay bits are starred in the pale, lemon yellow of the gelatin which is framed by the perky lettuce of delicate green.

Try Salads on Men

Incidentally, if you have had some difficulty getting your men folk to eat salads, try the different cranberry salads from time to time. There are several of the more casual type suggested here. For instance, a salad of raw cranberries and pine nuts blended with faintly sweet, cooked dressing adds to the meal a cheerful splash of color and the zestful flavor that men like. Cranberry and banana salad is another simple creation that will fit into the dinner scheme. It's an inspiration that calls for a few spoonfuls of cranberry sauce. If you are wise you will keep a few jars of cranberry sauce always ready on the emergency shelf.

Then, when you find yourself up against it for a dinner dessert, take a tip from French culinary experts and give your family cheese and crackers and fruit. Instead of serving this trio in the conventional manner, follow the directions for making cranberry cheese salad. It takes only a few minutes to mix. Then heap it neatly into crisp lettuce cups and serve, a plate of toasted crackers with it. This novel treat supplies both salad and dessert 'tuch to the surprise and gustatory delight of your diners.

SWISS STEAK, GRAVY ARE HITS WITH MEN

Whether the swiss steak itself or the rich brown gravy served with it is more popular with the men-folks, together they are an invincible combination, enough to change any grouch to a grin.

The round of beef, cut at least one inch thick, is the usual choice for a swiss steak, although there is no reason that a thick chuck steak could not be cooked by the same method with equally satisfactory results. Flour may be pounded into the steak if desired. Then it is browned in hot lard, a small amount of liquid added, the pan covered tightly and baked in a moderate oven (350 degrees) until done.

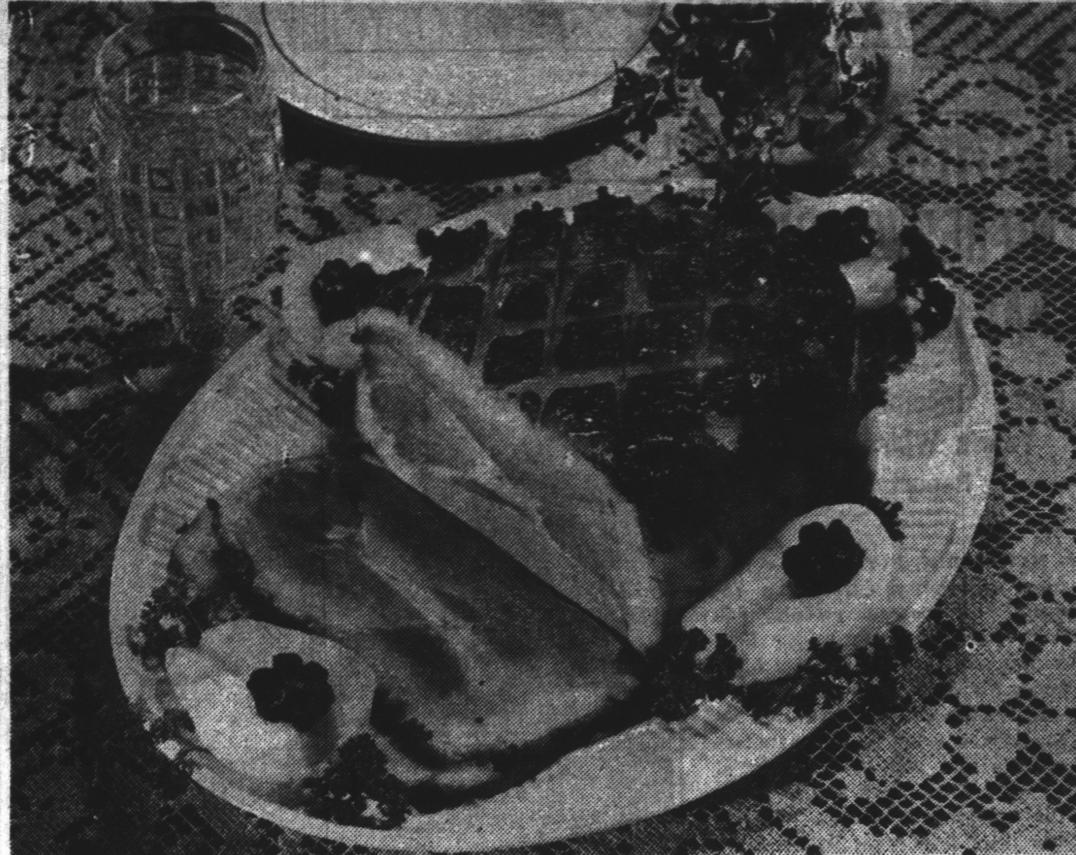
It may be necessary to add more liquid, but if so, add only a small amount at a time, as this allows the meat to brown and makes the gravy even better.

NEW PEAK REACHED BY SYRUP FROSTING

Maple syrup frosting reaches a new "peak" in goodness when it tops old-fashioned gingerbread. Use the packaged mix based on Mary Washington's own private recipe and top it off with this frosting: Place two egg whites in mixing bowl. Boil the two cups maple syrup until few drops poured into cold water forms a ball (238 degrees F.). Remove from stove. Beat egg whites quickly until stiff; pour hot syrup in fine stream over whites, beating constantly. Continue beating until mixture forms "peaks" and is stiff enough to spread.

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HERE'S APPETIZING SUGGESTION FOR BONELESS HAM



Here's one of the many appetizing ways of serving boneless ham. As this ham comes boneless, trimmed, sealed in its own rich juices in flavor-saving tins, all ready to eat, this Sunday feast can be prepared quickly and easily.

Simply slip the ham, fat side up, in an open roasting pan into a moderate oven. Heat thoroughly.

CELERY SALT ON EGGS PROPOSED

It Also Is Good in Soup, if You Can Not Get Fresh Stalks.

Did you ever try sprinkling your boiled breakfast egg with celery salt? Did you ever use celery salt in cooking soup, especially if the grocer forgot to include fresh celery with the soup greens?

Celery salt is one of the most useful of the seasoners. A little of it added to the stew or to the cream sauce will inject a flavor that merely hints of the spicy addition. This is the most effective sort of spice for never should a seasoning make its presence known violently. It should give tantalizing flavor, but should never saturate the dish nor subdue the flavor of the main ingredients.

When celery salt is used to add piquancy to gravies, the amount must be regulated depending upon the salinity of the meat juices. It is usually preferable to sprinkle a dash with a teaspoon of celery salt before putting it in the oven. Enough of the flavor will trickle into the gravy to permeate it to just the right degree.

Celery salt can be mixed to advantage with chicken salad, fish or egg salads and salad dressings generally.

Bacon Omelet

Cook bacon until crisp and break into tiny pieces. Add to omelet mixture before cooking. One slice of bacon to an egg is a good proportion to use. This is good for breakfast as it makes an excellent lunch dish for children.

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No Bone! No waste! Tinned! Sealed in TINS and prepared in its own juices. Comes ready to serve in whole, half or quarter ham tins or you can buy it sliced by the pound.

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Tender Made Ham

20c.

Ceremony Cocoa

1/4 cup cocoa
1/4 cup sugar
1/4 teaspoon salt
2 cups boiling water
2 cups evaporated milk
Cinnamon

Blend cocoa, sugar and salt. Add boiling water. Bring to a boil, stirring frequently and boil two or three minutes. Add milk. Reheat. Serve with a dash of cinnamon. Yield: Six servings.

Ceremony Cocoa is not only superb in flavor but rich in milk nutrients—calcium and phosphorus—with an extra amount of the needed "sunshine" vitamin D. Being such a wholesome drink, it deserves frequent serving the year round.

Philadelphia Salad

The trusty refrigerator continues straight through fall and winter to turn out frozen dishes that we enjoy. The next time your bridge club meets, give them this:

Mash a package of Philadelphia cream cheese until soft. Add 3 tablespoons mayonnaise gradually, mix well. Add 1/2 cup cream which has been whipped, then fold in 1/2 cup chopped pasteurized, dates, 2 cups crushed pineapple (canned) and 2 tablespoons lemon juice. Put in freezing trays of automatic refrigerator and freeze until firm. Serve on lettuce with fruit salad dressing.

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PIE IS HELD PERFECT ENDING OF MEALTIME

Most plain everyday meals find in pie their perfect ending. A pie made with a filling of milk and eggs contains many calories and much actual food value, too, so if preceded with only a sandwich and a glass of milk you have a well balanced nourishing meal.

It's the one-crust meringue-covered pies mostly that supply the food value and nourishment. Most of these pies are nothing more nor less than delicate cornstarch puddings, served in pie crust and topped with whites of eggs beaten until stiff with sugar. Even little children may have the filling, although the crust should be denied them.

When you bake your crust and then fill it there's no danger of a soggy crust. Also, you can bake the crust several days before you plan to use it and fill it with the filling that best suits the main course. For example, if you're having fish like a lemon filling, pork chops would precede a chocolate filling, after veal a prune or raisin filling is delicious and helps to balance the meal.

CHICKEN AND APPLES

Cut a broiler chicken in quarters. Fry these in butter until half done, then place the pieces in a small casserole with quarters of russet apples. Cover the pieces with Wilson's Milk. Cover the casserole with aluminum foil and bake in the oven about 15 minutes, or until apples and chicken are tender. Serve from the casserole.

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Souffle Montreuil

1/2 gill (quarter cup) peach ice cream
4 ounces peach pulp
2 ounces confectioner's sugar
1/2 large peach cut in dice
1/4 pint extra heavy cream, whipped
Peach brandy to taste
Mix these ingredients, put into cups, garnish with diced peaches, place in refrigerator and freeze about three hours.

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