



New Tested Recipes and Menus

Light Breakfasts

Orange Juice
French Toast Broiled Bacon
Strawberry Jam
Tea, Coffee, Cocoa or Milk

Apple Sauce,
Soft boiled or shirred egg
Zwieback
Tea, Coffee, Cocoa or Milk

Baked Prunes
Shredded Wheat with Cream
or Butter and Sugar
Tea, Coffee, Cocoa or Milk

Wash prunes, cover with warm water in casserole with tight lid. Bake in a slow oven until tender, one hour or longer. No sugar is required.

Quaker Oats with Raisins
Bran Muffins Marmalade
Tea, Coffee, Cocoa or Milk

Stewed Figs
Hot Hominy with Butter and Salt
Tea, Coffee, Cocoa or Milk

Preserved Cherries
Puffed Rice with Cream and Dates
Tea, Coffee, Cocoa or Milk

Stewed Apricots
Hot bouillon served in cup with Poached Egg—Cinnamon Toast
Tea, Coffee, Cocoa or Milk

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Storage of Foods

(Continued From Page 4)

damp cloth. The ice chamber, rain pipe and trap must be kept free from sediment and slime, and consequently should be washed occasionally with hot water and washing soda and rinsed with cold water. Efforts to sterilize a refrigerator by scrubbing are futile under most household conditions for the heat cannot be applied for a long enough period to effect sterilization, and greater safety results from the daily practice of genuine neatness.

If no ice is available, good results can be obtained in some climates with an iceless refrigerator, or one of the earthenware devices in which air is cooled by the rapid evaporation of water. Foods may also be kept cool as well as hot in heat-tight contain-



ers, such as fireless cookers and vacuum-jacketed bottles. These devices, of course, will not make the food cooler than it was when placed in them.

On some farms the cold water pumped from deep wells for the livestock may first be used to cool foods by running it through a suitable storage box or a house or box may be built over a spring or a brook. Foods in tight containers may also be lowered into the cool air of the cistern or well, but if the water is used for drinking great care must be taken not to let foods fall into it. Special wells or caves for the cool storage of foods are sometimes constructed.

NEXT ISSUE
Care of Different Kinds of Foods.

Whipped Cream Pancakes
Strained Honey Bacon
Tea
Fruit Salad—Grapefruit Dressing

Whip one pint of cream or condensed milk until stiff. Beat four egg yolks with two tablespoons of sugar and half a cup of flour until smooth and foamy. Fold into the whipped cream until well blended. Fold in the stiffly beaten egg whites and bake on a hot griddle.

Several brands of mixed fruit salad, containing five or six different varieties of fruit in one can, make the service of this delectable dessert salad very simple. Canned or fresh grapefruit pulp may be added and any other fresh fruit in the market. A few strawberries, red raspberries or small balls of watermelon or cantaloupe give a charming garnish. For the dressing, mix six tablespoons of grapefruit juice with eight tablespoons of olive oil, one level teaspoon of powdered sugar, and a sprinkle of paprika. Stir with a small piece of ice in the bowl and remove this when the dressing thickens.

Pomeroy Salad.
Ripe Olive Sandwiches
Peach Melba

Scald, peel, and scoop out the centers of ripe tomatoes. Fill the cavity with equal parts of small canned peas and diced celery well salted. Poach one egg, rather hard, for each tomato. Pour over mayonnaise thinned with cream.

Chop ripe olives with an equal amount of pecan meats. Mix with thick French dressing and spread on white bread. Garnish with water cress.

Place a large, canned, peach half, hollow side up, in a sherbet glass. Top with a mound of rich vanilla ice cream. Pour over this two tablespoons of raspberry jam thinned with the canned peach juice.

Coming Are the Salad Days

'Twon't be long and the hot summer days will be upon us. Heat generating victuals, that is, meats and other heavy foods will be replaced with vegetable dishes, eggs and omelets. A meal of salads is refreshing and, if properly proportioned, gives satisfactory sustenance during the summer days.

Salads may be classified into two groups, i. e., the raw, such as lettuce, radishes, cucumbers, celery, etc., and the cooked, such as made from cooked vegetables, eggs, cooked cold fish, poultry and meat.

Raw materials should be most meticulously washed and cleaned before using; also the utensils used should be clean and dry. Leaves should not be cut, but broken and dried by either putting them into a cloth tightly folded or putting them into a wire basket until free of moisture. Following are select salads:

APPLE, CELERY AND NUT SALAD

For Dressing

1 tablespoonful lard	1/4 teaspoonful white pepper
1 teaspoonful mustard	2 eggs
1 teaspoonful sugar	4 tablespoonfuls lemon juice
1/2 teaspoonful salt	1 cupful whipped cream

For Salad

1 quart chopped apples	1 1/2 cupfuls blanchd and shredded almonds
1 pint diced celery	3/4 cupful rolled pecan nut meats

For Salad—Mix apples, celery and nut meats.

For Dressing—Melt lard, add mustard, sugar, salt, pepper, yolks of eggs well beaten, and lemon juice. Cook in double boiler till it thickens, then add whites of eggs stiffly beaten. Chill and add whipped cream just before serving. Dressing should be mixed with fruit.

ASPARAGUS SALAD

For Dressing

6 tablespoonfuls melted lard	1 tablespoonful chopped cucumber pickles
1 teaspoonful salt	1 tablespoonful chopped green peppers
3/4 teaspoonful paprika	1 teaspoonful chopped parsley
Pinch black pepper	1 teaspoonful chopped chives
1 tablespoonful tarragon vinegar	1 can asparagus or fresh cooked asparagus
2 tablespoonfuls cider vinegar	

Drain asparagus and chill. Mix salt with paprika, add pepper, tarragon vinegar, cider vinegar, lard, pickles, peppers, parsley, and chives, mix well and pour over the asparagus.

CELERY AND ALMOND SALAD

1 cupful melted lard	1 crisp lettuce
1 yolk of egg	Few drops green color
1 tablespoonful lemon juice	1/2 teaspoonful sugar
1 tablespoonful vinegar	1/2 teaspoonful salt
1 head celery	1/2 teaspoonful mustard
1/2 cupful blanchd almonds	Red pepper to taste

Melt and cool lard. Prepare celery and cut into very thin strips and plunge in ice water until wanted. Blanch and shred almonds; wash and dry lettuce leaves. Put yolk of egg into bowl, add mustard and salt.

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