Summer Cookery

Clever Cooks Shorten Their Hours in the Kitchen With the Coming of Warm Weather With Simple But Wholesome Meals

By Harriett Coleman

Summer days and simple menus go comfortably together. The following menus are suggested for the homemaker with or without a maid who wishes to serve well balanced and attractive meals without spending all her time in the kitchen.

Sunday

Fruit cocktail does not sound unique, but one served at a dinner not long ago had simply added touches which elevated it from the commonplace. Its base was the usual orange and grapefruit sections, ten for color small pieces of red apple with the red skin left on and shreds of green pepper (very thin shreds) were added, and a melon ball topped off the whole.

Your chickens (broiler size) may be partially cooked the day before or early on Sunday by placing them in a covered roaster on a rack, using only water enough to reach the rack, and letting them boil not over fifteen minutes. Then it takes but little time to roll them in flour, season and brown in a skillet. Use plenty of bacon fat or drippings, and after removing the chicken make a brown gravy with flour added to the fat left, and for liquid use the broth from cooking the chicken the day before. Or if you prefer a cream gravy save this broth for a chicken soup, but be sure to use it.

For the salad slice a large head of iceberg lettuce diagonally across, not in the quarter sections most often seen, and you will have a flat surface upon which to put the dressing. Helma, a Swedish cook of our acquaintance, originated this, hence the name. Into the usual French dressing mix about two tablespoons of pepper hash, add not more than two teaspoons of roquefort cheese crumbs, and put a tablespoon of this dressing on the flat slice of lettuce.

Monday

Potatoes left over from Sunday form the foundation for the au gratin dish. The butt ends of the asparagus were re-served, and with a few of the cooked tips make soup either for luncheon or for an added dinner course. This is done by cutting the tough ends into small pieces and cooking in boiling water until tender, renewing the water if necessary. Strain, mash through a sieve, throwing away the residue. Make a thick white sauce, thin it with the strained asparagus water, add the cooked tips cut in pieces, and you have another dish from your Sundays asparagus.

The fried onions may be prepared in either of two ways—sliced and fried in deep fat if you wish them crisp, or sliced thin, put into a deep frying pan or skillet with a little water. Use enough fat (drippings or vegetable oil are best) to keep them from burning, but don't make too greasy (about three or four level tablespoons to the average sized pan), season and cover tightly for the first ten or fifteen minutes of cooking. This gives the steam a chance to cook the onions through. Remove the cover, stir often until they are the color you prefer, usually a light golden brown, and serve on the platter with the meat. Be sure to use enough onions, for they are one of the vegetables largely composed of water, and when cooked you will not have more than half the amount with which you started.

Tuesday

The remainder of our Sunday chicken gives us the main dish for Tuesday's dinner. Even if you think there is not much left on the original carcass, you will be surprised to find the amount of good meat you can salvage from the bones by putting them on to simmer, covered with water, and letting them cook slowly until the meat is almost ready to fall off. Remove meat from the bones, thicken the broth a little, add any leftover chicken gravy; season, add the pieces of meat, two or three tablespoons of cooked (or canned) peas and a few pieces of the new potatoes cut small. One large or two medium sized onions cut in quarters may also be used for flavor.

Put this mixture into a deep baking dish, reserving any extra gravy to serve separately, and cover the top with a soft short, baking powder biscuit dough dropped from a spoon on top f the pie This makes it easy for the one who serves, for the dropped biscuit when baked will be just enough separated to divide nicely.

For the fruit charlotte, line a large mold with sponge cake, or ladyfingers, fill the center with slices of orange and peach and put into the refrigerator until dinner time. Turn out on a serving dish, decorate with whipped cream and blackberries and serve very cold.

Wednesday's Steak

One and one-half pounds of round steak, put through the meat-grinder, with a little onion, will be enough for the Salisbury steak for four. Season with salt and pepper, mix in one beaten egg and shape into flat patties. Pan broil these in a little bacon fat, or drippings and arrange on platter. Top each with hot horseradish sauce, made by adding two to four tablespoons of horseradish to a medium thick white sauce. Quarter bananas, saute in butter and lay two pieces crassed over each meat pattie on top of the sauce. For a formal meal tenderloin steak, cut into round, individual servings and broiled, may take the place of the chopped meat.

It usually takes about three-quarters of an hour to bake potatoes, and if your scalloped tomatoes are put into the oven about twenty minutes before they are done, your oven has been able to do double duty.

Thursday

Macaroni is so very starchy that potatoes are not necessary with this dinner, and with the cheese added is a good meat substitute. Always cook macaroni or spaghetti in a great deal of water, boiling hard the entire twenty to thirty minutes necessary to make it tender, stirring with a fork only enough to prevent sticking. When cooked, drain into a collander and pour cold water through it. This washes off the surface starch and prevents that sticky effect so often noticed. Grease a deep baking dish, put in a layer of the macaroni, then one of grated cheese, scatter over small bits of butter and repeat until the macaroni is used, having it for the top layer. Pour in milk just to cover and bake half to three-quarters of an hour. Some persons prefer buttered bread crumbs for the top and use a thin white sauce instead of the plain milk. The tomato sauce recipe is given in Saturday's directions.

The raw carrot salad is made by putting one-half cup of onion and one cup of chopped carrots through the grinder. Mix with a cup of shredded lettuce and French dressing and serve on lettuce leaves.

Friday

Fry small cubes of raw potatoes in hot fat until slightly brown, drain, sprinkle with salt, and then saute them together with finely chopped pimientos, adding a few drops of onion juice for the O'Brien potatoes. Sweet red peppers and minced scallions may be substituted. Raspberries, peaches or any fruit in market may be used with cooked minute tapioca for dessert. Serve with cream.

Saturday

Cut the veal into individual serving size. Wipe dry, season with salt and pepper, dip into beaten egg, then into fine bread or cracker crumbs and saute in drippings until browned thoroughly on both sides. They may be served with a cream gravy, or with tomato sauce, made by adding to a can of condensed tomato soup one-half as much water or milk, heated but not boiled.

The ingredients for peach fluff (or apple or berry fluff) should be on ice for at least two hours ahead of time. The success of this dessert depends upon thorough chilling. Beat two egg whites stiff, add to them one cup of thick cream, in which one-half cup sugar has been dissolved. Another half cup of sugar is sprinkled over the fruit and the cream mixture poured over it all just before serving.

The Overflow of Our Lives

By Jack Miner

One Thursday afternoon in April, 1926, a big car stopped in front of my house and as three gentlemen stepped out, I recognized the familiar face of William "Pop" Stinson, of Detroit, organizer of I.W.L.A. in that vicinity, as one of the party. I at once went to the road and my friend Will introduced me to Charles Folds and James Heyworth, of Chicago, and as we four strolled about my premises we apparently fell in love with each other, and to be truthful, I don't ever remember seeing the wild geese act more abundantly cheerful than they were that memorable afternoon for the water, land and air seemed filled with them and the swish of their wings and honking voices combined with the cooing of hundreds of mourning doves and the songs of robins and other birds that made the evergreens that border the goose ponds fairly echo with God-given music. All this combined with the regularity and vigorous growth of the trees I have planted seemed to hold these dear men speechless. Finally Charlie Folds put on arm around me and said, "Mr. Miner," I said, "just call me Jack, please," then he cheerfully said, "Well, Jack, you notice we are not saying anything. Jack, my dear fellow, we are speechless, this is beyond our belief, this is a demonstration to the world, a new idea, namely, letting the birds come to us to be taken care of."

Finally we drifted into my home and my good wife had supper prepared for us four, in our observation room, the window allowing us full view of the pond and we sat down and broke bread together, and had a real love feast. Yes, we poured out our hearts to each other and their conversation was based on the betterment for the rising generation, and, dear readers, please pardon the quivering tone of my writing for there are tears trickling down my cheeks, right now. Just to think, that my hair was far the whitest of any one of the four of us, and only two short years have passed, but to-day, I am the only survivor, the other three have passed on, and I am all alone to tell the story, and to be brief, these big-hearted men grasped the situation, and arranged that I should have a donation to help me on with my work.

And they also arranged that I should come to Chicago and accompany them on a week-end fishing trip into Northern Wisconsin. At the appointed time, I went, they met me as agreed, and on a Saturday morning we arrived at their fishing reserve, and Jim Heyworth rowed me out and I caught the first speckled trout, and the last one I ever caught. The next morning being Sunday, I put on my rubber boots and went for a stroll up the bank of the stream above their two artificial lakes, here I saw two or three occupied beaver houses and I flushed several pairs of mallards that were evidently nesting in that near vicinity, and when fully one-half mile above the fine of their reserve I went to cross the stream on an old log bridge evidently used by the settlers of that country every winter. The bridge, I should say, was about fifteen feet wide and the clear water fully three feet deep. As the sun was hot, my rubber boots were extremely warm, so I sat down on this bridge and pulled them off, and soon I was listening to the songs of the migratory birds that were flitting among the scattered trees in this swampy ravine, the sun beamed down nice and warm and I stretched out like a blacksnake and was about drifting off into dreamland when the corner of my eye was attracted by a glitter in the clear water, and now let me say to the Sportsmen of North America, that in my younger days I have enjoyed seeing five different varieties of ducks in my decoys at once—and in Northern Quebec and Ontario I have time and time again had a carload of moose at the mercy of my rifle—yes and during the last fifteen years I have seen the wild geese fly up so thick and close to my little home that the vibration of their wings have actually shook the windows, but never in all my undreamed of beautiful life have I beheld such a thrilling, glittering, overflowing beautiful sight as I did for the next hour, and I had hard work even then to break away for I am absolutely certain that I saw five times as many speckled trout going up that stream as this whole fishing party of ten of us caught in the two days, but before leaving I took particular notice and here was a public fisherman's path beside this trout stream.

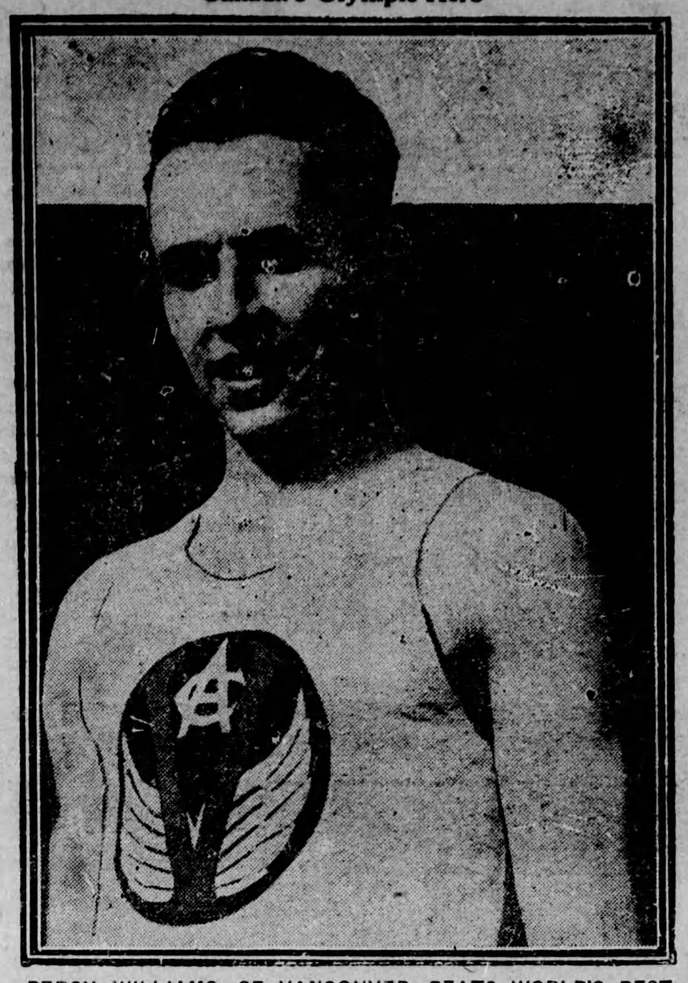
Now who was the cause of these speckled beauties glittering their way up and up—and up—this stream, why certainly the very same class of self-sacrificing men that paid my way and were the cause of me being there to see them.

God tells us in his word "that a good man leaveth an inheritance to his children." Who will doubt this blessed promise, when we think of our beloved Will Dilg, the founder of our Izaak Walton League. Bless his dear memory, he left a heritage to a wasteful nation, for the overflow of his life was the I.W.L.A. He joined us together so that if we will only be self-sacrificing enough we can soon pay back our debt of extravagance and have the thrilling and loving enjoyment of seeing the overflow of our lives go over the top and up the streams. The same as I saw the overflow of "Pop" Stinson's, Jim Heyworth's and Charlie Fold's life going up the stream for our children's children.

Dear reader, will you be self-sacrificing enough to be absolutely certain that there is an overflow to your life that will gladden the hearts of those that are to follow, and now in closing, I just wish to say a word to those that are nearest and dearest to these dear public spirited gentlemen, especially their wives and families. Do not think that you bow alone in your grief, for your loss is North America's loss, do not let us look upon them as gone from us forever. No! no! they have just gone on ahead.

"In my Father's house are many mansions." Well, if there are mansions, there must be windows. Personally, I cannot see their sleeping forms in the cold clay, but their beckoning hands, as they smile from the open windows of heaven.

Canada's Olympic Hero



PERCY WILLIAMS, OF VANCOUVER, BEATS WORLD'S BEST AT 100 METRE AND 200 METRE

A Canadian high school boy just turning 20 years of age, surprised everybody when he captured the 100 metre race at the Olympic games at Amsterdam. The winner was Percy Williams, of Vancouver, aged 20. Williams won the final by a yard, with London, an English negro, second, and a German sprinter third, then next day handily won the 200 metre event. Williams has promised Elwood Hughes that he will compete in the sprint events on athletic day at the Canadian National Exhibition, September 1.

Of Interest to the Ladies

DOING THEIR BEST TO KEEP THE SUN OFF THEMSELVES

Women spectators found a real use for their parasols at the recent Bisley rifle competition, when the heat was so intense that the competitors suffered great discomforts. Here are two of them attempting to keep cool.

Care of Curtains in Summer

Summer is pretty hard on curtains. The windows are left open to admit the cooling breezes, and the draperies whip back and forth in the wind and dust and against the screens. Occasionally a summer storm comes up and the delicate material gets drenched before the window is closed, or someone in his haste to shut the window catches the fabric and there is a long tear to pay for it. So it is quite worth-while to know how to get the most wear out of curtains in the summer time when one wants to get along without "doing them up" any oftener than is necessary.

The thrifty home maker lays away her expensive ones after the spring housecleaning and substitutes for them hangings of a material that will better withstand the rigors of summer winds, dust and sunshine, and frequent tubbings. As most of the wear comes on the lower half of the curtain, she finds that it is decidedly advantageous to leave open hems at both ends. Thus it is possible to distribute the wear more evenly by reversing from time to time the top and bottom In case of a tear, too, the rent may often be mended and the gathers so disposed near the top of the window that the repair will not be noticeable.

This method need not preclude the frill above the curtain rod that is liked by so many housekeepers. The line of machine stitching through one hem may be taken out whenever the curtains are inverted and a similar stitching put into the other hem.

Pins and Cheesecloth

A spring clothespin painted the same color as the woodwork and hung by a cord from a tack inconspicuously driven into the edge of the window casing will save considerable wear on the fabric. By snapping the pin on a fold of the curtain, the material may be held away from the opening in such a position that it cannot be whipped back and forth against the sill and screen. This also affords free passage for air—cool air coming into the house, and hot air going out. Such a device at bedroom windows will prove a boon every night of the year.

Some women protect the curtains in bedrooms by means of a cheesecloth screen for each opening. The frame for such a screen is made of light wood just large enough to fit into the opening when the window is raised to the desired height, and is held in place by shutting the upper sash down on it. Of course, the cheesecloth may be washed as often as desired. And the screen may be kept out of sight in the closet when it is not in use.

Clean Screens

Curtains are often made unnecessarily dirty by lack of attention to windows or screens, or both. It is a good idea to wash screens often during the summer. By closing the window and throwing water on the screen with the hose, then wiping the netting with a cloth to remove any remaining dirt, this work can be quickly and easily done. If the screens are kept clean, the first rain will not beat from them so much dirt that it will be necessary to wash the windows at once. Of course, a window should be washed after the screen is cleaned by the method described. If window cleaning should be postponed, screens may be removed for their bath. Stood against the house they may be drenched with the hose

If window washing with a chamois skin is done on days when the family laundry is going through the washing machine, considerable time may be saved. Instead of washing out the chamois by hand, drop it into the machine and it will come out delightfully clean. By sandwiching the window cleaning between caring for clothes in the tub, one can get two household tasks out of the way in the time generally given to but one.

Canadians to Use Pigeons in Patrolling

Ottawa.—The homing pigeon, which won its spurs by brilliant work in the World War, has been officially enrolled in Canada's peace-time air patrol.

The Department of National Defense announces the establishment of a carrier pigeon service as an auxiliary to the forest fire patrol and aerial photographic survey. Pilots leaving for patrol duty over the northern wilderness will hereafter carry two or more of the birds which they will liberate with a message in the event of a forced landing in a remote spot.

One thousand pairs of Hungarian partridge have been ordered from Czech-Slovakia by the Ontario Department of Game and Fisheries for fall delivery to restock some of the game bird sections of the province as speedily as possible.

We would rather lose the Davis Cup than retain it when there may be some excuse in the obsence of Tilden. —Rene Dacoste.

Color Harmony in Garden

The gardener, like the artist, should be a creator of pictures. By cleverly and tastefully combining colors and forms in flowers he makes a garden picture. A fairly large garden, if properly planned, will present a definite scheme in which one color serves to emphasize the other.

If one is to use all of his favorites, it sometimes is necessary to have more than one garden, so that colors that will not agree be kept at a safe distance from each other. The garden, when more closely examined, should show a series of small pictures, each complete in itself, and all combining to form a harmonious whole. If advantage is taken of the varying height of the plants, it is quite possible to hide discordant colors from each other, thus making it possible to use them in one garden.

Certain colors, though well enough in themselves, produce discord when placed in conjunction with other colors. Magenta is in disrepute with many because of its inability to harmonize with the majority of colors found in flowering plants. However, the old-fashioned magenta-toned phlox that produces discord in many gardens becomes quite presentable if planted in drifts, in a shaded situation, with cream or lavender flowers or gray foliage near by. Scarlet, too, is difficult to manage, but is valuable if some thought is given as to its surroundings. Color presents a problem (especially in the small garden) which many do not recognize. As a result, we too often see pink phlox squatting benignly below tiger lilies during late July Rather an awful combination!

Grayish Foliage

If there is but one garden, and the owner desires both scarlet lychnis, for instance, and pink phlox, there is no reason why he should forego either. The thing to do would be to put the two at a distance by the use of some white or cream flower or grayish foliage. If the proper numbers of each are used the plan will be successful, but if the gardener does not wish to experiment, he had better choose two plants that will combine more easily.

In a garden which has a general color scheme of blue and yellow, it is safe to introduce lavender, shades of purple, cream, orange, and, care being used, even the reds and scarlets as accents. In such a garden the majority of perennials could be grown. The few that could not could be placed in a border in some other part of the plot.

Certain floral combinations, though hackneyed, are undeniably beautiful. As an instance, there is the delphinium belladonna and madonna lily group. This effective pair are seen in nearly every sizable garden. Considerable zest will be imparted to this grouping by the addition of either coreopsis or deep red annual poppy. The latter will bloom in June from self- or fall-sown seed. The same red poppy, sown broadcast with blue cornflowers and calliopis will form a gay patch of color. The ruby-colored cornflower intermingled with California poppies of pale yellow or cream shades or with the improved dwarf sunflowers "Orion" and "Stella" will make a rather unusual contrast. The starry form of the sunflower will show to fullest advantage against the fuller form of the cornflowers. Tiger lilies, of themselves a rather difficult brick-orange, are charming when surrounded with tall white phlox and a pale blue or lavender flower. Numerous original and effective combinations will be discovered if one experiments. They will often occur quite by accident.

The irises, on account of their marvelous coloring and unusual form, may be a part of many beautiful combinations The wealth of good colors found in the late Darwin tulips suggests them as companion flowers to the irises. The irises will contrast with the heavier forms of the tulips, and provide a screen for their drying stalks later in the season. The cottage tulips, coming a bit earlier than the Darwins, may be used with the spring perennials; tulip "Thomas Moore," a peculiar tawny orange, is charming with forget-me-not or Greek valerian (Polemonium reptans).

Tulips and Irises

Among the summer-blooming perennials, try the lemon lily (Memerocallis flava), placed to the rear of the spiderwort (Tradescantia virginica). Plant them closely, so that they mingle, and the result will be an effective combination of soft yellow and glowing purple. Phlox showing a tendency toward magenta may be successfully combined with a lavender Hosta (Funkia) and Campanula rapunculoides. Place the Hosta to the fore, to shield the long stalks of the phlox, and let the campanula rise with the phlox, so that the long lavender-blue wands may be seen in contrast with the round bloom of the phlox. The campanulu will try to possess the entire garden, but may be kept within bounds if the clumps are surrounded by the phlox plants, which are usually lusty enough to form a barrier through which the campanulu cannot pass. It may be supposed that any other species of campanulu blooming with the phlox might be used in place of rapunculoides, but this one thrives very well with the phlox, at quite close quarters, whereas the others might not.

Peace pacts now may prevent war's impacts later on.