

Spring will soon be bustin' out all over.

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Salmon Souffle, with Blain Sauce, Mashed Carrots, Ice Cream, Cookies, (5) Consomme, Chees Souffle, String Beans, Orange Sherbet, (6) Potato Soup, Shirred Egg and Canned Tomatoes, Baked Apple without skin, (7) Broiled Chopped Beef, Mashed Potatoes, Creamy Rice Pudding topped with jelly.

5. Serve food as attractively as you can. Daintiness appeals to men as well as women. A plain poached egg on a white plate is dull but placed on toast and served on a red and gold plate it becomes interesting. The appearance of a casserole of stew can be enhanced by a frill of potatoes around the edge.

6. Serve cold foods cold, and hot foods ready to be eaten.

7. Pamper the patient to some extent. Slice tea biscuits and cut bread into squares and butter it—likewise any food that you can make into portions.

CHEESE SOUFFLE

Melt two tablespoons butter in a saucepan. Stir in three tablespoons flour and when blended add one-half cup scalded milk and stir until mixture thickens. Stir in one-half teaspoon salt, a few grains cayenne, and one-quarter cup grated cheese. Remove from the element and stir in the well beaten yolks of three eggs. Cool the mixture, beat the whites of three eggs stiff. Fold in the stiffly beaten egg white. Pour into a buttered baking dish and bake 40 to 50 minutes in a moderate oven.

ORANGE MILK SHERBET

1 1/2 cups orange juice, juice of 2 lemons, 2 cups milk, grated rind of 1 orange, 1 tablespoon gelatin, 1/2 cup cold water, 1 1/2 cups sugar, 1/2 teaspoon salt.

Soak gelatin in cold water. Add sugar and salt to milk, heat until dissolved, then add gelatin and orange rind. Pour milk very, very slowly into the fruit juice mixture. Pour into electric refrigerator tray and freeze, stirring at half hour intervals until frozen. Makes 1 qt.

BAKED RICE

1/2 cup rice, 1 quart milk, two-third cup sugar, 1/4 teaspoon salt, dash of nutmeg.

Wash the rice and mix the ingredients in a greased baking dish. Bake in a slow oven until rice is cooked. This will take from 2 to 3 hours. Stir every 15 minutes for the first hour. Not more than 1/4 cup raisins may be added. This pudding should be creamy, not dry. Serves 8.

SWEET JELLY

2 tablespoons granulated gelatin, 1 to 1 1/2 cup sugar, 1/2 cup cold water, 3 cups boiling liquid (water, fruit juice or coffee.)

Soak the gelatin in cold water boiling liquid on the gelatin and stir until dissolved. Add the sugar, stir to dissolve it, then add the remainder of the liquid either hot or cold. If cold liquid is used, the mixture will set more quickly. Pour into a cold, wet mould and chill. Serves 6.

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Hello Homemakers! A dose of the 'flu or a fever and your appetite leaves you at the mere sight of food. If you have a patient, take care of his diet. Doctors do not usually prescribe a special diet but recommend the elimination of fried foods and spicy foods and the increased use of Vitamin-rich dishes.

Build up with B1. People who get too little thiamine (Vitamin B1) have poor appetites; it aids digestion, steadies the nerves and keeps one on the up and up. Breakfast cereals (whole-grain ones) and enriched breads and yeasts are important sources of B1. Dried peas, beans, canned tomatoes, baked potatoes and citrus fruits add their bit. The yolks of 2 eggs provide as much as a medium baked potato; one pint of milk as much as 3 eggs. Pork, liver and kidney are the best meat sources.

TAKE A TIP

1. Rest works wonders. If the patient is sleeping at meal time it may be better to let him have a snack when he awakens.
2. Eat often and in small quantities. Four or five light meals instead of three square ones are far better for convalescents. Avoid all highly seasoned foods and coarse-textured vegetables, unless you sieve them. Fatty foods and rich desserts are out. Strong tea and coffee are not good for you. Waken them with hot milk.
3. A good breakfast. That's easier said than done, I know. Eat your own breakfast and the smell of it may interest a patient in toast and poached eggs—but don't forget the orange juice and hot milk-coffee.
4. Change menus every day. You can make appetizing menus out of the smooth, easy-to-digest foods. Here are some suggestions: (1) Creamed Eggs on Toast with Bacon, Applesauce Pudding and Custard Sauce. (2) Strained Cream of Celery Soup, Tomato Omelette, Sieved Peas, Orange Sherbet. (3) Baked chicken in milk, Baked Potatoes, Orange and Grapefruit sections with Cherries and Jell-O. (4)

Something of a record has been established in Burpee township on the farm of Mr. Keith Noland, with a ewe giving birth to four lambs.



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