

The Recipe Box

Conducted by PHIL LIBBY

Director, Home Service Department
Highland Park Press and Deerfield Press

(Editor's Note: You are invited to write your questions about recipes or household information to Phil Libby, in care of this newspaper, enclosing a self-addressed, stamped envelope. He will be glad to answer you promptly. It will be impossible to answer questions received by telephone.)



The favorite recipe contest nears an end, only five more days and then the work for this department begins, the process of elimination. As I have told you in previous issues about many of the prizes, today I finish them up.

The Seelye Manufacturing Co. of Detroit, have sent us two gift packets of their famous extracts, gaily wrapped in cellophane and ribbon. This company has been manufacturing extracts since 1862, and I have been using the product personally for a long time, since I find that these extracts are of high quality, do not bake out and the flavor lasts. The completeness of their line adds to their usefulness.

Little need be said about Salada Tea, as for years that name has appeared before the public, however, might I say this, that Salada Tea, is served by the exacting hostess, and is found in many homes.

To tell a housewife about Durkee's Famous Foods, is something. Many of the older housewives will remember these products, especially spices from way back when. I remember their spices and mayonnaise for years. Their moist coconut is one of the nicest of its kind on the market. Their margarine is ideal for cakes.

DO NOT FORGET TO SEND IN YOUR ENTRY AT ONCE.

Lenten Dinner

- Shrimps and rice a la Libby
- Peas and carrots in patty shells
- Potatoes on the half shell
- Banana nut salad
- Date and nut torte
- Coffee or tea.

- Shrimp and Rice a la Libby
- 3 cups hot boiled rice
- 2 cans shrimp.

Heat shrimp but do not boil. Place hot boiled rice on platter and put

shrimps on top. Pour the following sauce over all. Cook 1 onion, finely chopped, in 2 tablespoons butter for 5 minutes. Add, 1 Sunshine pimiento, chopped fine, 1 clove garlic, 2 tomatoes, peeled and cut in pieces, and 1 green pepper, chopped fine, and cooked fifteen minutes. Add 1 teaspoon chili powder, 1 teaspoon Worcestershire sauce, 1/4 teaspoon celery salt and salt to taste. Pour over shrimp and rice, a la Libby.

Peas and Carrots in Patty Shells
Cream peas and carrots in your usual way and put in small patty shells, sprinkle paprika over top.

Potatoes on the Half Shell
Bake Idaho potatoes until done, cut in half, lengthwise, and scoop out potatoes, being careful not to injure shell. Mash and add butter, milk and grated cheese, put in shells and return to oven to brown. Serve hot.

Banana Nut Salad
Peel banana and roll in thinned out mayonnaise, then roll in finely chopped or ground nuts. Place on bed of lettuce and serve. Sprig of parsley or watercress may be placed on side of banana.

Date and Nut Torte
2 eggs
1/2 cup sugar
1/4 cup flour
1 teaspoon phosphate baking powder, or 1/2 teaspoon combination type
1 cup chopped dates
1/2 cup chopped walnut meats.
1 teaspoon vanilla
Pinch of salt.

Beat eggs well and add sugar. Sift together flour, baking powder, and salt. Add dates and walnuts. Mix well with sugar and eggs, adding vanilla. Spread on a greased

sheet pan and bake in moderate oven 350 degrees F. Serve with whipped cream.

Pecan Nut Loaf

- 1 cup cracker crumbs
- 1 cup pecans
- 1 cup milk
- 1 egg
- 1 cup boiled rice
- 1 tablespoon melted butter
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper.

Combine all ingredients. Turn in buttered small bread loaf pan. Brush with butter. Cover. Bake one hour in a moderate oven, 350 degrees. Serve on hot platter with medium white sauce, flavored with onion and celery juice. Serves 7.

Deerfield Rotarians

Hear L. J. Wilmot

The Rotary club of Deerfield has accepted the offer made by the Rotary club of Escanaba, Mich., to send a box of smelt as a souvenir of the Smelt Jamboree, the premier fishing event of the Upper Peninsula of Michigan, which will be held in Escanaba April 2 and 3, it was announced by Carl E. Bates, president of the local organization.

This will be the second annual smelt jamboree staged in Escanaba. The dipping of thousands of pounds of shiny, wriggling smelt by hundreds of sportsmen was common during last spring's jamboree, which marked high tide in the smelt invasion of the upper Lake Michigan waters. At spawning time last April, 200 tons of the silvery-bellied fish were shipped commercially from Escanaba, and eight tons were sent to sportsmen's and service clubs in the middle west as souvenirs.

Smelt may be counted on to ascend the northern streams in millions at spawning time, which is determined by the temperature of the water and not by changes of the moon as some suppose. The females deposit their eggs as far up the streams as possible, and the accompanying males fertilize the eggs with their milt. Spawning occurs for the most part at night, and frequently after midnight.

The whole affair is the most remarkable phenomenon of the animal world, and entire communities turn out to see the spectacle and participate in the dip-netting of the smelt.

The King and Queen of Smeltiana will be formally crowned at the Smelt Jamboree, following a colorful parade of fishermen, marching with dipnets and torchlights. After the coronation ceremonies, the celebrators will go to a nearby river, where they will participate in the dipnetting. It is expected that spawning runs will continue for at least two weeks later. Dipnetting for the smelt goes on nightly, with hundreds of sportsmen taking part in this unique pastime.

Bird and Nature Walks Held Saturday Mornings

The second bird walk of the season, weather permitting is to be held Saturday morning, March 28, starting at 7 a.m. Those walking along with the group are asked to assemble on the road just west of Sunset park near the field house. They are cautioned to be sure to wear high overshoes as there is much water and mud in the fields. A pair of bird glasses will help to make the walk more enjoyable.

Community Service Inc. sponsors these walks as a part of its recreation program and cordially invites all persons interested to attend on any Saturday morning.

The birds are coming in very rapidly, and persons who come on all the walks are due to see the spectacle of Mother Nature unfolding herself here in and about Highland Park.

Mr. Leech of Elm Place school is the naturalist leader of the group. The hikes are held on Saturdays this year to make it possible for boy and girl scouts to work off the requirements of nature and bird study merit badges.

It is hoped that grown ups who love nature will take advantage of these early Saturday morning walks.

Deerfield To Hear County Office Seekers

Take county men who are seeking political offices this spring have been invited to come to Deerfield on Wednesday evening, April 8, to speak in the Deerfield Grammar school auditorium at 8 o'clock.

It is a non-partisan political meeting and all candidates will have an opportunity to give short talks on their aims, etc. They will be voted upon at the primary election on April 14.

This gathering is sponsored by the Deerfield Legion Auxiliary, the Deerfield P. T. A. and the Deerfield Woman's club and everyone in the community is urged to come, see and hear the candidates.

The neutron, "atomic brick," brought into prominence by Prof. James Chadwick, Cambridge, England, is composed of an electron, the negative particle or unit of matter and electricity, and a proton, a unit of positive charge.

D.A.R. BETTER FILMS COMMITTEE REVIEW

"If You Could Only Cook." Cast: Herbert Marshall, Jean Arthur, Leo Carrillo; March 26, Thursday. A gayly diverting romantic comedy in which an old story idea is lifted to the point of enjoyable entertainment by a good cast and clever dialogue, the president of a large motor company is mistaken for a man out of work by a jobless girl, who persuades him to join her and answer an ad for a domestic couple. It is directed with a nice feeling for comedy values and is excellently acted. Adults and young adults.

"Mister Hobo." Cast: George Arliss, Gene Genard, Viola Keats; March 27, 29, Friday, Saturday. A hobo bearing the name of Rothschild unwittingly becomes involved in the crooked machinations of a bank president who attempts to defraud a young woman out of her mining heritage. This rather improbable story is made plausible through the whimsical and artistic treatment; the homely philosophy and subtle touches of George Arliss in a simple and naive role. The picture is ably cast, well directed and affords pleasing entertainment.

"King of Burlesque." Cast: Warner Baxter, Jack Oakie, Alice Faye, Mona Baine; March 29, 30, 31, Sunday, Monday, Tuesday. The use of a manager of a burlesque show to a noted Broadway producer and his consequent social ambitions, as well as his temporary downfall, form the plot of an interesting and entertaining picture. There are a number of excellent musical features. The ensemble dancing is spectacular, the photography is exceptionally fine and the entire production cleverly handled. Adults and young adults.

"Dangerous." Cast: Bette Davis, Franchot Tone, Margaret Lindsay; April 1, 2, Wednesday, Thursday. A young architect of high ideals, in gratitude for inspiration in the past, attempts to re-establish a once successful actress who, through drinking and selfishness, has fallen to a low level, though there are conflicting love interests, the story is given an unusual and satisfying ending. Beautifully photographed, realistically acted and ably directed. Adults.

St. Paul's Men's club will meet Tuesday evening, March 31, at 8 o'clock at the church recreation room, for a business meeting, entertainment and refreshments.

Mrs. Philip Scully Sr., was taken to the Highland Park hospital Monday evening.

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Deerfield Rotarian Declamatory Contest

An interesting talk about the Lake County Circuit court, jury service, etc. was given Thursday

noon by L. J. Wilmot of Waukegan, at the weekly luncheon of the Deerfield Rotary club. Andrew Decker has charge of today's meeting.

Read The Want-Ads

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A LETTER FROM Representative LYONS

TO THE PEOPLE OF LAKE, McHENRY and BOONE COUNTIES

The 59th Session of the General Assembly began in January 1935, ending on July 1st, reconvening in Special sessions again in October 1935 during which time we have had THREE special sessions making it necessary for me to be in attendance for the past 11 months. Never in Illinois' history have legislators been called upon for so many months of extra service without pay or expenses outside of actual transportation. The records will show that I NEVER MISSED ONE WEEK during this ENTIRE time, with the exception of the few days during my daughter's illness.

Naturally it has been impossible for me to get around my district and greet my many friends and tell them I am again a candidate for renomination as Representative in the General Assembly on the Republican ticket in the Primaries April 14th, 1936.

However, I have been representing my district to the very best of my ability, and I am sure you know from Press dispatches reporting my activities at Springfield that I was THERE and ON THE JOB.

The Legislative Voters League in its report on March 1st, 1936 said: "Rep. Lyons has served four terms with a good record. His remarks in debate radiated much heat at times because of his political enthusiasm, but he showed UNUSUAL COURAGE and EFFECTIVENESS in fighting for GOOD MEASURES, such as Permanent Registration Bills; and in OPPOSITION to BAD ONES. He COMMANDS ATTENTION and usually adds zest to the proceedings of the HOUSE when he SPEAKS on ANY question." What more can be said? AND THIS from a strictly NON-PARTISAN organization whose sole purpose is: (1) "Assist the public to form a correct judgment concerning the work and CHARACTER of the members of the legislature and by aiding in the nomination and election of desirable legislators, and in retaining their service as long as possible." That report I leave to your good judgment.

We have just RECESSED until APRIL 21st . . . and the PRIMARIES are LESS than ONE MONTH AWAY . . . It behooves me to call this to your attention and urge you to overlook the fact that I have not been around to see you.

This session is dealing with tremendous problems . . . I have been there fighting to get rid of the professional social workers and payrollers, to get rid of the SALES TAX on the WORKINGMAN'S BREAD and the baby's milk, to help the less fortunate to get honest and better relief where it is necessary, to get RID of RELIEF CHEATERS To end the PAROLE EVIL To AID AGRICULTURE on which my record is 100% To LIFT the TAX load from the shoulders of those least able to pay instead of increasing it TO VOTE FOR the WORKMAN'S COMPENSATION LAWS TO enact the OLD AGE PENSION TO HELP ENACT the DRIVERS LICENSE LAW TO LIMIT the HOME and FARM TAX to 1% AND many other progressive measures I HAD to be there REGARDLESS of a campaign My FIRST DUTY is at SPRINGFIELD.

I ask you to bear with me and give me the same loyal support that you have in the past. Be assured that I will not violate your confidence.

Sincerely Yours,
RICHARD J. LYONS
State Representative.

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