



Household Science

By
SUSAN FLETCHER

Salad Days

After the heavy winter diet, salads are the order of the day. Here are a few tested recipes:

Nut, Apple and Date Salad

1 cup mixed nutmeats, 1 cup dates cut fine, 3 1/2 cups tart apples cut fine, 2 teaspoons lemon juice, 1 1/2 tablespoons sugar, 1/2 teaspoon salt. Mix well nutmeats, dates, apples, lemon juice, sugar and salt with mayonnaise dressing. Chill in ice box. Serve on lettuce then garnish with balance of dressing and nutmeats.

Shaddock Salad

2 green peppers, 1 head romaine, 1 large grapefruit, 3 tomatoes. Cook peppers in boiling water, cool and shred. Shred the romaine. Remove pulp from grapefruit. Peel tomatoes and cut in quarters lengthwise. Arrange in a salad bowl and pour over French dressing.

Jellied Vegetable Salad

1 package lemon jelly powder, 1 1/2 cups water (boiling), 1 dessert spoon vinegar, 1 small can vegetable soup. Serve with mayonnaise or oil dressing on lettuce leaf.

Kidney Bean Salad

1 can kidney beans, 1 cup chopped celery, 1 cup chopped cucumbers, 1/2 cup chopped onions, 1/2 cup chopped nuts.

Dressing—9 tablespoons vinegar, 2 tablespoons sugar, 1 teaspoon mustard, yolks of 2 eggs, 1/2 cup cream or rich milk, 1 tablespoon butter. Mix and boil. Add to the other when cold.

Cole Slaw

Take finely shredded cabbage, soak 1 hour in cold water and drain. Mix shredded cabbage with salad dressing. Serve lettuce leaves, finely chopped green pepper and onions may be added.

Vegetable Salad

1 cup cubed cooked potatoes, 3 cups diced cooked carrots, 3 cups cubed celery, 2 cans small green peas, 1 cup chopped green and red peppers. Mix salt, mayonnaise and vinegar to taste.

THIS WEEK'S WINNERS

Pineapple Lime Punch

1 cup currant jelly, 1 cup boiling water, 1 cup pineapple juice, 1/2 cup

orange juice, 6 limes, 2 cups ginger ale.

Dissolve currant jelly in boiling water, chill and add fruit juices. When ready to serve, add ginger ale and pour into glasses over crushed ice.

This makes 10 servings.

Combination Salad

1 package of lemon jello, 1 cup of boiling water, 1 cup of pineapple, 1 tablespoon of vinegar, 1/2 teaspoon of salt, 1 cup of pineapple (diced), 1 cup grated carrots, 1/2 cup nut meats, 1 cup of diced celery.

Combine boiling water, pineapple juice, vinegar and salt, bring to boiling point and pour over lemon jello, when jello is quite firm, mix in other ingredients and let set—Katherine I Graham, Rodney, Ont.

Potato Salad

Take 6 new potatoes, fairly large, cook these until tender. Cool and cut into cubes or slices. Add to this salt and pepper to taste. Slice into small pieces 5 red radishes and mix throughout the potatoes. Mix 1 cup of salad dressing thoroughly with the ingredients. Place in a salad bowl that is lined with crisp lettuce leaves. Decorate with slices of boiled egg.

Cocoa Drink

1 cup cocoa, 1 cup granulated sugar, 1 cup water, 2 eggs, salt.

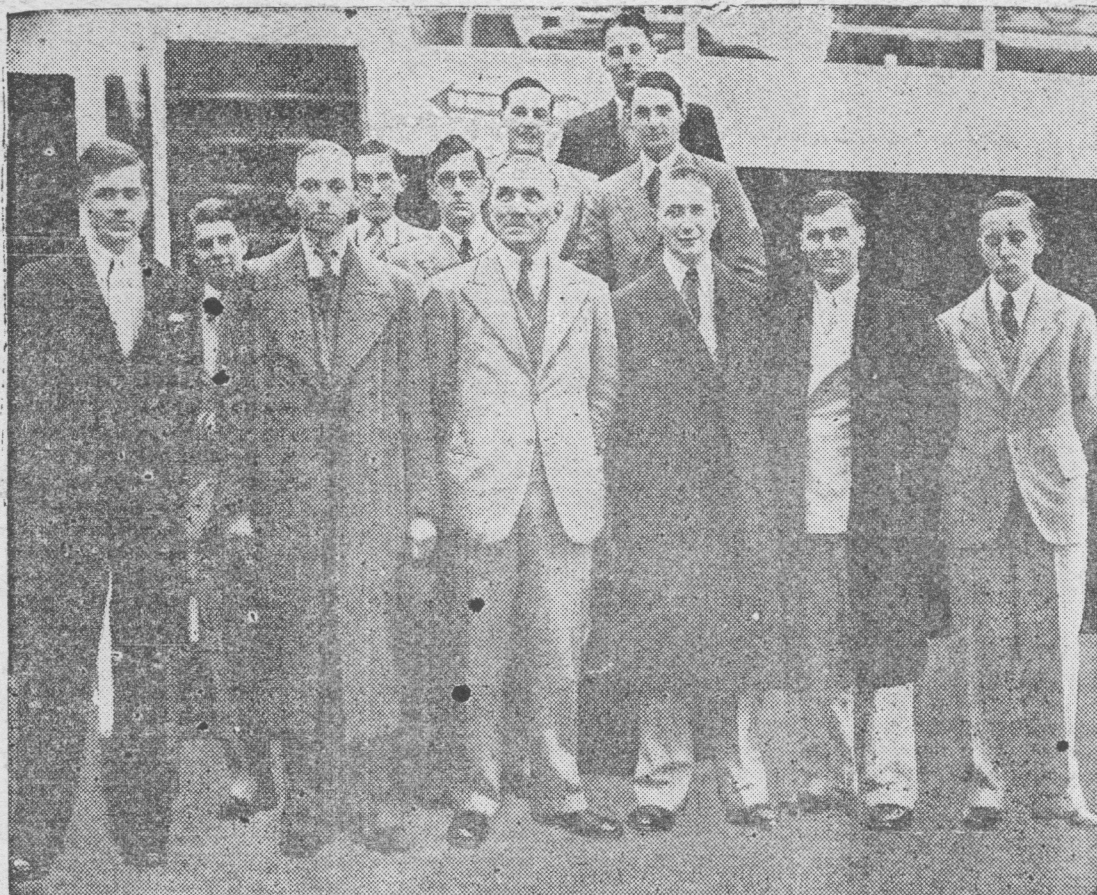
Take the cocoa, sugar and water and cook for 5 minutes. Add the beaten yolks of eggs, fold the beaten whites in and add salt. Keep in a cool place. 1 teaspoon of this in 1 cup of cold milk is ideal for summer.—Miss Evelyn Atkinson, Merlin, Ont., R.R. 1.

WEEKLY CASH PRIZES

We are offering one dollar for each recipe printed giving the most interesting variation of a salad dish and cooling drink for this time of year.

How To Enter Contest

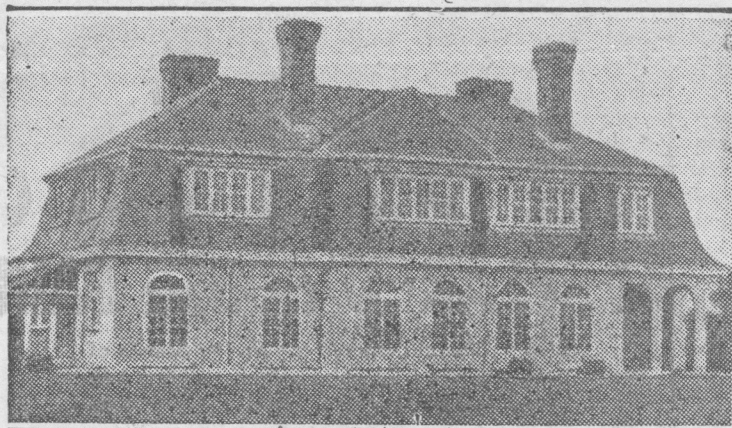
Plainly write or print out the necessary ingredients and method of your favorite salad and summer drink and send together with name and address to Home Hints, Room 421, 73 West Adelaide St., Toronto.



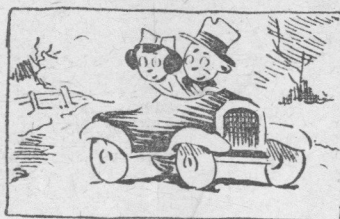
In the above picture is the party of English public schoolboys who arrived in Montreal. They will tour Canada from coast to coast. Capt. W. H. Stevenson, history master at Harrow, is in charge of the party. Left to right are: R. Straker, G. H. S. Toller, Capt. Stevenson, R. D. Carvey, J. H. Ruscoe and H. J. Budd. Behind are F. E. W. Tetley, M. H. Persse, D. C. Keen, G. P. Yarrow, N. H. Gardiner and E. R. Yates.



The second new Polish trans-Atlantic liner, the Batory, arriving in New York on maiden voyage from Gdynia, eight days and one hour after leaving the Baltic port, a new record for the run.



Millbury House, Ferring-by-Sea, Sussex, seen above, the house bought for Right Hon. J. H. Thomas by Alfred Bates, who was a witness in the "budget leakage" inquiry was built by Raymond Massey, well-known stage and film actor. It stands in six acres of beautiful grounds overlooking the sea. There are ten bedrooms and three reception rooms, and the house has its own entrance lodge. The house is in Floridaroad and is not far from where the king, when he was Prince of Wales, stayed.



"Today I can feel the spring vibrating through every nerve!" "Well, that one on your side is all out of whack."

"Florida's good for fishing and California's good for making pictures."—Fred Stone.

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PROBLEMS OF EVERY DAY LIFE

By Dr. M. M. Lappin

Stage Fright

It is remarkable how the problem of one individual will bring to light the problem of another. An extract from a letter which I have just received illustrates this. "I have just finished reading your article on Self-Expression," writes this correspondent, "and I think you can help me. I am a member of a debating society and take part in the discussions quite often, but every time I speak I get an attack of nerves and sometimes I even feel sick. I have tried to overcome this, but it seems impossible. Yet I like public speaking. Of course my nerves have never been good, for I used to be troubled the same way over examinations when I was in college. Do you think I should give up trying to speak in public or is there any way to overcome this condition?"

I would not give up trying to speak in public. I would continue to take my place in the debating society and make a determined effort to overcome this nervous condition. It can be done!

My correspondent is suffering from what is commonly known as "Stage Fright", and this may be due to any one or more of a number of different things. He may be too anxious to make a good impression and win the commendation of others. That very anxiety would tend to make him over-tense and produce exactly the condition which he describes. If he would concentrate simply on making a worthy contribution to the discussion and never mind the kind of impression he makes, I am sure that would help to eliminate that nervy feeling which comes over him.

On the other hand, he says he was troubled the same way over examinations when he was in college, and

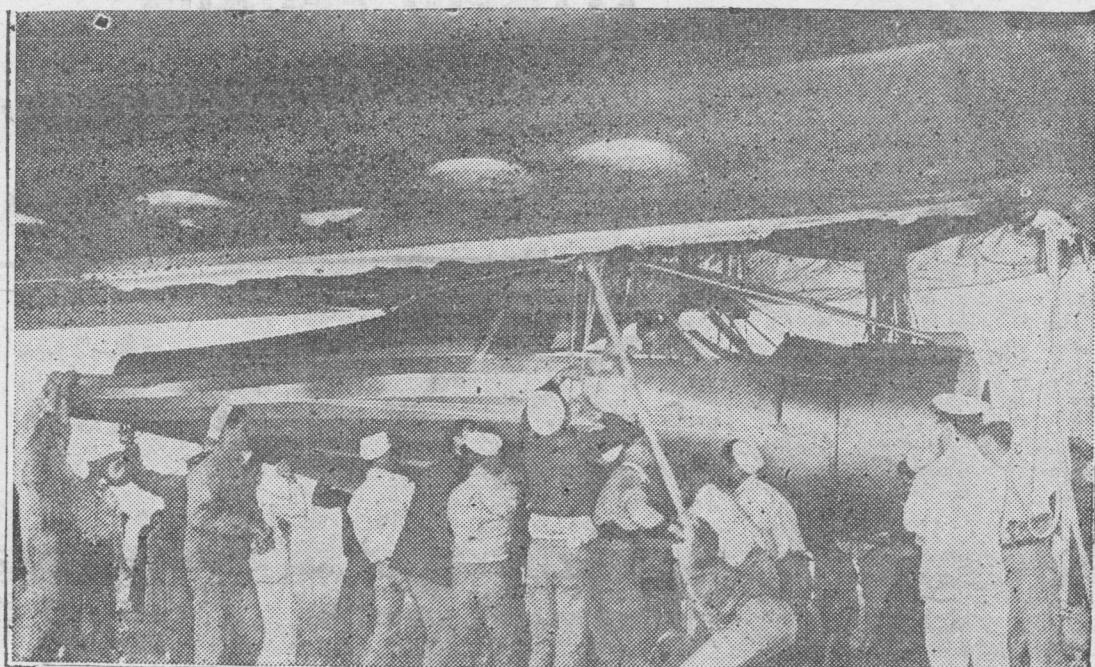
that almost indicates the presence of another kind of fear. He is afraid of being put to the test. He feels he ought to make a contribution to the discussion, but he fears lest he shall fail to rise to the occasion.

Well, of course, whatever lies behind his condition, it is undoubtedly due to an inferiority feeling which he ought to get rid of once and for all. Men who are equal to the demands which life makes upon them are not usually afflicted as this young man is. They have confidence in themselves and in their ability to rise to the demands of the occasion.

My advice would be to try and develop a little more confidence in yourself. Read up on the subjects to be debated. Store your mind with facts. Prepare yourself beforehand so that you will know you will be able to speak with confidence when the time comes. If you do that, then you will be able to tell yourself it is foolish to get all worked up before the time.

One word more. Don't think about the discussion until it begins. When it begins, listen carefully to what others have to say. Compare what they say with what you have gathered and frame your contribution accordingly. And, above all, forget yourself and think only of what you are saying.

NOTE: The writer of this column is a trained psychologist and an author of several works. He is willing to deal with your problem and give you the benefit of his wide experience. Questions regarding problems of EVERYDAY LIVING should be addressed to: Dr. M. M. Lappin, room 421, 73 Adelaide Street West, Toronto Ontario. Enclose a 3 cent stamped, addressed envelope for reply.



Captain James Haizlip's speedy plane, its wings removed, being hoisted aboard the Zeppelin Hindenburg at Lakehurst for shipment to Europe. Haizlip, his wife and his son were passengers.