The HOME KITCHEN

By "ELECTRA"

Readers of the "Radio Record and Electric Home Journal" who have cooking difficulties or require help with recipes for electric cooking, or desire special hints in connection with their electric ranges, may write to "Electra," P.O. Box 1032, Wellington. Replies will be published either in these columns or in urgent cases sent direct, provided a stamped addressed envelope is enclosed.

Summer Drinks and Salads

Welcomed in hot weather, need little cooking, and are prepared with a minimum of trouble.

Summer Drinks

Rice Water.

ONE oz. rice, unpolished for preference, because of the valuable salts,
1 quart of cold water,
flavouring.

Wash the rice and macerate for about three hours in a quart of water, kept at tepid heat, and afterwards boil slowly for about an hour and strain. Flavour with lemon peel, cloves or spice.

Ginger Beer.

SLICE four lemons and crunch two ounces of ginger; add to them one and a-half pound of sugar, two ounces of cream of tartar or the same amount of lemon-juice. Pour on the mixture two gallons of boiling water, and when nearly cold add a tablespoonful of yeast. Bottle next morning, tie down the corks, and it will be fit for use in two days.

Prune Tisane.

BOIL ½lb. of prunes for threequarters of an hour in 1 quart of water; then pour off the liquor and let it stand to cool. Dilute with water and add a few drops of lemon juice. Use the prunes for prune mould.

Apple Water.

TWO large apples cut into slices, steeped in a quart of boiling water, strained and sweetened is a pleasant and healthful summer drink.

Orangeade.

SQUEEZE out the juice of a dozen oranges. Put the peel from four of these in boiling water and cover closely. Put sugar in water and boil to a thin syrup. Skim the last, and when cold mix juice, syrup and the liquid from the peel. Add as much water as you like and strain. Drink when cold.

Currant Water.

HEALTHFUL and uncommon. A couple of teaspoonfuls of currant jelly in a tumbler of water, with about ten grains of tartaric acid.

Salads

Orange and Strawberry Salad.

CENTRE of oranges and a few pieces of sliced pineapple. Use the head of a lettuce for a base, and garnish with hulled strawberries and a few walnut kernels.

Apple and Grape Salad.

COMBINE equal parts of apple, cut in match-like strips, with grapes halved and seeded. Serve in nests of lettuce, garnished with cream cheese balls, and dress with new salad dressing for which recipe is given below.

Vegetable Aspic Salad.

2½ tablespoonsful of gelatine,
½ cup of cold water,
½ cup of vinegar,
2 tablespoons of lemon juice,
½ cup of sugar,
½ teaspoon salt,
2 cups of boiling water,
½ teaspoon grated onion,
1 cup of shredded cabbage,
1½ cups of chopped celery,
½ cup of chopped nuts,
3 tablespoons chopped pimentos,
2 tablespoons of chopped green pepper,
4 tablespoons of chopped apple,
Tomato aspic mixture.

Soak the gelatine in cold water for 5 minutes, and heat together the vinegar, lemon juice, sugar, salt and boiling water, and strain onto the gelatine. When the jelly begins to set, add the remainder of the ingredients, except the tomato aspic mixture. Pour into a flat pan and, when set, add a layer of red tomato gelatine, which is about to stiffen. A red vegetable colouring may be used for this if a deeper colour is desired. Cut into shapes with a cooky cutter and serve on lettuce. This recipe will make twelve servings.

Farmers' Salad.

PREPARE a quantity of lettuce by cutting into shreds, add water cress or garden cress, if obtainable. Just before serving, mix with a dressing made by heating half-a-pint of sour cream until stiff and adding slowly two tablespoonsful of strong vinegar, two of melted butter, a saltspoonful of salt, a tablespoonful of sugar and a dash of cayenne pepper. This is essentially a farm salad.

Keeping Cool

Summer Precautions

IF you had to be one or the other, would you rather be too hot or too cold? Most people, I believe, think the lesser evil is to be too cold. Somehow, it seems easier to get warm when too cold, and that there is a greater degree of torment in being too hot. How often we hear the remark, "Oh, yes, it would be lovely weather if one hadn't anything to do. It's too hot to work."

Yet, how easy it is to keep cool, both oneself and the house, where intelligent use of electricity is made. A portable fan, which will keep flies from the kitchen, can be moved to any other point where a gentle, cooling breeze would be appreciated, over baby's cot, in the dining-room or sitting-room, or plugged in just where you want it.

A refrigerator will take care of perishable food-stuffs, as well as chill salads, drinks, etc., while the use of an electric range or cooking apparatus will prevent the rise of temperature in the kitchen, which is so distressing to the cook.

A sensible adjustment of the menu, too, will do much to correct the effects of hot weather upon both the bodily health and the frayed tempers of the inmates of the household, and well repay a little thought on the part of the house-keeper.

In summer, especially, salads are popular, and green food can supply the bulk which the average diet needs. As nature's "sun foods," containing vitamins and minerals in abundance, they are essential to proper nutrition. Ices, too, are quickly prepared with the aid of a refrigerator, and can be really nourishing.

All summer drinks are improved by the addition of a little ice, and salads rendered more palatable by being slightly chilled.

Back To Normal.

"I'm not going to send for the repair man—I'll fix the telephone myself, dear," said Mr. Smithers.

After tinkering half an hour, he suddenly let out a whoop that caused Mrs. Smithers to put down her book and look inquiringly at her husband.

"It's fixed, dear," he cried.

"How do you know?" asked Mrs. Smithers, incredulously.

"I just got a wrong number with it," fairly shouted the triumphant handy husband.

Making Ice-Cream by Electricity

A Simple Method

THERE are very few cooking appliances and labour-saving devices to which electricity has not been applied, and in all cases where electrical power has been adopted a very marked increase in efficiency has occurred.

The making of ice-cream by electricity is no exception in this respect, and, indeed, so many are the advantages to be obtained by the use of an electric power-driven ice-cream freezer that it needs no prophet to foretell the doom of the manually operated type.

Like most other electric devices, no expert knowledge is required to operate the freezer, all that is necessary being to plug the motor connection into the nearest electric light socket leaving the machine to do the rest. As soon as the cream has reached the required consistency, the machine automatically gives warning by a loud rapping noise, and the current may then be switched off. Nothing could be simpler.

As far as running costs are concerned—investigate. No attendant.

In addition, so much greater "swell" is obtained, that one gallon of mixture becomes approximately two gallons of ice-cream, thereby considerably increasing the profits.

Different Sizes and Capacities.

BY reason of the steady motive power and the special design of beater employed, a much smoother and altogether superior ice-cream is produced than by the older method of hand turning, while there is the added advantage that cafe proprietors can actually wait until customers arrive before switching on the current. There is thus no risk of waste through the melting of the cream, and no special appliances are required for keeping the cream hard for long periods.

"Is your wife particular?"

"My, I should say so. She returned a round of beef to the butcher the other day because it was slightly oval."

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First Student: "What are you doing since you left the Art School? Are you working?"

Second: "Sure, I'm working in a domino factory, putting spots on dominoes."

First: "Then why are you loafing around to-day?"

Second: "Well, they're making double blanks to-day."