

A PAGE OR TWO FOR WOMEN

Cool Salads for Summer Lunches

By "Kuki"

THERE is quite an art in concocting a dainty salad, for salads to be appetising must also be attractive. Nowadays there are as many varieties of salads as there are different kinds of foods, and they vary according to the fashion of different countries. Salads should be cold. Wash your raw green vegetables carefully in cold water to crisp, then shake well in a cloth to free them from water, and finally toss in a clean, dry cloth. Green salads should not be prepared for table until just immediately before they are required. Remove all stalks, fibres and outside leaves, tear lettuces apart with fingers, as cutting discolours them. Scald tomatoes before skinning to loosen the skins.

The goodness of salads does not rest on any fixed ingredients. It is the dressing which is all-important in determining a salad's excellence. The ingredients in the dressing must be carefully blended, and not too strong in vinegar, mustard or oil. The housewife who can make a good boiled dressing, a good mayonnaise, and a good French dressing, will have the foundation for other dressings which can be varied to suit the occasion. Tarragon vinegar can be used instead of malt vinegar, or a mixture of tarragon and chilli or lemon juice may be used by those with whom vinegar does not agree.

Another good flavouring is onion juice. Grate an onion, strain off the juice, and add the quantity desired.

An Appetising Salad.

REQUIRED: One lettuce, 1 apple, 1 onion, 3 tomatoes, 8 cold boiled potatoes, a few chopped walnuts, mayonnaise and seasoning. Dip the tomatoes quickly in boiling water, remove the skins and allow to cool. Line a bowl with lettuce leaves. Cut the tomatoes in eights, dice the potatoes and chop the apple and onion. Mix together and moisten with mayonnaise. Put in the lettuce-lined bowl, sprinkle with chopped nuts, and place in the centre the heart of the lettuce, cut almost through in quarters and opened like a flower.

Five-Minute Mayonnaise.

TAKE the yolk of an egg, a pinch of salt, a teaspoon of sugar, 1 teaspoon mustard. Beat well with the egg-beater and add gradually 4 tablespoons olive oil, whipping constantly. The juice of a lemon or some vinegar will give it a fine flavour.

But one cannot have even the best salads for every meal, so here are some other recipes:—

Cheese Pies.

TAKE two large onions, 6oz. cheese, enough pastry dough for tart and lid for two dozen small patty tins, and one ounce of butter. Shred or grate the onions and the cheese, and add salt and pepper to taste. Line the small patty tins with dough and divide

the grated mixture into the two dozen tins. Put on the top of each a nugget of butter and place on the lids, brush over lightly with beaten egg and bake.

Peanut Crisps.

$\frac{1}{2}$ lb sugar, $\frac{1}{2}$ lb butter, $\frac{1}{2}$ lb flour, $\frac{1}{2}$ lb shelled peanuts, 1 egg, $\frac{1}{2}$ -teaspoon salt, 2 teaspoons cocoa. Cream the butter and sugar. Add the flour, beaten eggs, etc., and mix everything together. Put teaspoonfuls of the mixture, not too close together, on a cold greased oven slide. Cook in a moderate oven for 20 minutes or half an hour. When taken out of the oven leave for two minutes to cool before sliding the biscuits off with the knife.

Macaroons.

For these mix these ingredients in the following proportions:—Half-pound castor sugar, $\frac{1}{2}$ lb ground almonds, four whites of eggs, and a squeeze of lemon juice. Put the almonds and sugar into a basin, add

What to Serve With It?

Steak Cutlets.—Brown butter sauce, fried or grilled onions.

Roast Mutton.—Red currant jelly or onion sauce.

Roast Duck.—Apple sauce, sage and onions.

Roast Pork.—Apple sauce, roast potatoes.

Roast Lamb.—Mint sauce, currant jelly (new potatoes and green peas when possible).

Roast Goose.—Orange sauce.

Roast Veal.—Watercress sauce.

Roast Chicken.—Bread sauce, fried or grilled bacon or sausages.

Fried Fish.—White sauce, parsley garnishing.

Boiled Beef.—Boiled carrots, onions and turnips, boiled potatoes and suet dumplings.

Boiled Chicken.—White sauce, parsley sauce or fried or grilled bacon.

Boiled Mutton.—Caper sauce, onion sauce, parsley sauce or boiled carrots and turnips.

Boiled Rabbit.—Parsley sauce, onion sauce, grilled bacon.

Whitebait.—Brown bread and butter, slices of lemon.

the lemon juice and white of egg very gradually, beating well with a wooden spoon until the mixture is just moist enough to drop from the spoon. Put into a forcing bag with a plain pipe at the end and force out small portions on rounds of wafer paper, dust over with icing sugar, and place half a blanched and split almond on top of each. Bake in a very moderate oven until nicely browned, dry, and well risen. Lift on to a sieve to cool.

Passion Fruit Pulp.

Cut a given number of passion fruit and scoop out the contents. Put into

preserving jars. Pour in sufficient syrup previously mixed (one cup of sugar to three of water) to overflow the jars. Then place the latter with tops just loosely on in a receptacle (such as kerosene tin cut down to three-quarters of its height) and pack straw between the bottles and under them to prevent cracking; pour water round and place on the stove until the fruit is heated right through to sterilise it at a temperature of 180 degrees. Place the rubber on and screw down the jars. The necks of the jars can be dipped in melted paraffin to ensure the fruit being airtight.

Almond Cream Cake.

Two ounces dried cake crumbs, 1oz. castor sugar, $\frac{1}{2}$ oz. ground almonds, few drops essence almonds, yoke of one egg. Mix all well together. Roll out and cut into strips. Cut some sponge cake into small rounds; put a strip of almond mixture round each round of cake. Put a little jam in the bottom; fill with whipped cream. Sprinkle chopped almonds on top.

Hot Barley and Orange Water.

This drink is as pleasant as it is wholesome. Take two ounces of pearl barley, one orange and a pint of boiling water, and sugar to taste. Blanch the barley by putting it into a saucepan with enough cold water to cover it, bring to the boil and strain. Put the barley in a previously heated jug with the thinly-cut peel of the orange and sugar, and stand in a warm place for half an hour. Before using, strain, add the juice of the orange and heat again. Drink as hot as possible.

Wholemeal Banana and Raisin Pie.

RUB 3oz butter into 6oz wholemeal; add pinch of salt and mix with cold water to a soft dough. Roll out and line a pie plate.

The filling: Take half-pint milk, stir in one dessertspoonful cornflour, and put on to boil for three minutes, stirring all the time. Add one tablespoon sugar. Take off fire, cool a little, then add one beaten egg yolk, two sliced bananas, and two tablespoons seeded raisins. Stir well and pour into pie plate. Bake in quick oven for fifteen minutes; whip up the egg white till stiff, fold in one tablespoon sugar, and pile on the pie. Then return to oven till a golden brown. Serve hot or cold.

IF you wish for a small bookcase to stand on your desk or writing table, quite an attractive one can be made from a collection of different-sized wooden boxes, nailed together and enamelled all over in your favourite colour, with perhaps a border of black or white. This can easily be done by yourself at home, and you will be surprised to find how many books this charming case will hold.