

Luncheon Dishes

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Bacon Curls

ROLL bacon and secure in place by sticking with a tooth pick. Fry in hot deep fat and drain on unglazed paper.

Chicken, Cadillac Style.

MIX ¼ cup cooked chicken, cut in cubes, with ¼ cup cooked ham, cut in cubes, and 1 cup thick white sauce. Pour into buttered individual casserole dishes. Place 3 or 4 hot buttered asparagus tips on each dish. Reheat and serve.

Cold Lamb With Spinach.

THINLY slice cold roast lamb and arrange the slices around a chop plate so that they will overlap. In the centre of the dish place individual moulds of seasoned chopped hot spinach. Make a little nest in the top of each mould of spinach and place a poached egg in each nest. Dot the eggs with melted butter.

Corn Oysters With Bacon Curls.

MIX 1 can corn which has cooked gently 15 or 20 minutes with 1½ teaspoons salt, a dash of paprika, 2 tablespoons milk, ¼ cup fine bread or cracker crumbs and 1 well-beaten egg. Drop by spoonfuls on a hot frying pan, which has been well greased with bacon fat. Brown on one side, then turn and brown delicately on the other. Serve with bacon curls and garnish with parsley.

Chicken Salad.

MIX 2½ cups cooked chicken, cut in small cubes, with 1 cup diced celery and enough cream dressing to moisten. Arrange in nests of heart lettuce leaves. Finely chopped olives may be added to salad. Decorate with dressing and radish roses, stuffed olives, chopped capers or any other desired garnish. Cream dressing for chicken salad should be made with chicken stock as a foundation.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Cooked Fruit, Corned Beef Hash, Thin Corn Bread, Coffee, Luncheon French Fried Eggs, Apparagus with Cream Sauce, Canned Fruit Juice Trifle, Dinner Roast Veal, Franconia Potatoes, Covallip Greens, Rhubarb Pie.	Breakfast Shred Pineapple, Baked Bacon, Muffins, Coffee, Luncheon Veal Timbales, Green Peas, Home Made Relish, Baking Powder Biscuit, Orange Salad, Tea, Dinner Corned Beef, Boiled Potatoes, Creamed Cabbage, Caramel Coffee Custard, Whipped Cream.	Breakfast Cereal, Bread Crumb Griddle Cakes, Syrup, Coffee, Luncheon Grilled Sardines, Rolls, Apple Compote, Sponge Drops, Iced Coffee, Dinner Tomato Soup, Cold Corned Beef, Fried Potatoes, Beet Greens, Baked Rhubarb with Banana Whip.	Breakfast Oatmeal with Raisins, Creamed Dried Beef, Muffins, Coffee, Luncheon Russian Vegetable Salad, Bread Crumb and Peach Pudding, Tea, Dinner Salmon Croquettes, Green Peas, Potato Balls, Pineapple and Crackers, Coffee.	Breakfast Baked Bananas, Cereal, Brown Bread Cream Toast, Coffee, Luncheon Halibut and Green Pea Salad, Canned Fruit, Oatmeal Meringues, Broiled Swordfish, Boiled New Potatoes, String Beans, Prune Whip, Custard Sauce.	Breakfast Oatmeal, Calf's Liver with Bacon, Hashed Potatoes, Muffins, Coffee, Luncheon Split Pea Soup, Toasted Crackers, Hermits, Iced Tea, Dinner Roast Duck, Boiled Rice, Whole Wheat Bread, Corn Pudding, Orange Gelatine, Mock Cream.	Breakfast Grapefruit, Poached Eggs on Toast, Coffee, Dinner Swiss Steak, Mashed Potatoes, Cabbage, Pepper and Romaine Salad, Chilled Peach Tapioca with Meringue, Coffee, Supper Chicken and Celery Salad, Bread and Butter Sandwiches.

Summer Step-Savers

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

At no other season of the year does the housewife find the labor of serving meals so irksome as the one now beginning, for after the cooking itself she finds the additional rising and waiting most fatiguing in the warm weather.

As everybody knows, maids are scarce and expensive, but luckily for us there are many good mechanical substitutes for the human worker.

Many are the types of wheel trays, which will not only serve but clear away an entire meal with a single round trip between kitchen and dining room. The best of these are oblong, with trays about two and a half feet by eighteen inches, and have three tiers or trays, one above the other, allowing one shelf for each service or course.

An excellent model is made of light oak, mounted on castors and with a handle at either end, so that it may be grasped and shoved quickly from place to place. A small drawer in one side and a separate glass tray enable one to keep silver in it and to pass a sanitary tray to any guest.

Another model is collapsible, like a folding perambulator, with a much longer handle at one end

which allows it to be pushed like a baby carriage. This also has three shelves. Another type which bids fair to gain in popularity has "drop leaves" on either side which may be lifted up, thus making an oval small table of it.

Let us suppose that the meal is to be served on a regular dining table and that the tray is to act as a "maid" for some simple menu, such as a hot bouillon, a warm meat dish, a cold salad and a cold dessert. The table is set in the usual way; if there is room, many of the small accessories, such as butter, bread, relishes, etc., may be placed on the table, but it is often as convenient to place them on one shelf of the tray.

Before announcing the meal, lay the meat dish and any hot vegetable on the table. Have the salad on the second shelf of the wheel tray and the dessert on the lower shelf, together with crackers and the pitcher or other beverage. Just before asking the family or guests to be seated, place the hot bouillon on each service plate. Then "dinner is served!"

The time consumed in taking the bouillon is so short that the meat and hot vegetable should not have cooled. The hostess may gracefully ask each guest in turn to pass the empty cup to her. She will lay them on the top shelf of the wheel-tray, left unused for the purpose. The host then serves the second course on plates which were standing, heated, at his right; and so on through the meal.

A novel use for the small, inexpensive and very practical electrical "disc" stove is for keeping foods warm at the table. Most of these stoves have two or three different degrees of heat. The plan is to place the hot course in covered dishes and lay these on the disc stove turned to "low" when the meal is begun. An asbestos mat between the stove and the serving dish will add to the safety; but glass and earthenware dishes, also those of aluminum, are perfectly safe on such a stove without it and will keep hot for quite fifteen minutes.

A most helpful step-saver in table service is the revolving disc or circular table stand often called a "lazy Susan." This is made of glass about eighteen inches in diameter, mounted on a low stand of ornamental nickel. This glass is so adjusted that the slightest touch revolves it in any direction.

In the past such a "Susan" was used chiefly for relishes, butter, fruit, etc., but it is possible to employ it in the service of a whole meal with excellent results. The foods are placed on the table in the usual way, but when the host has carved a portion and filled a plate he places this on the "Susan" and gently turns the glass until the filled plate is exactly opposite the person for whom it is intended. When the guest has finished eating or desires a second helping he lays his plate on the "Susan" and turns it back to the host or to the hostess, at whose side the wheel-tray awaits the soiled dishes.

Such a "silent servant" makes any meal serving a pleasure, since it avoids the awkward passing back and forth of the usual service without a maid. It adds greatly to the charm of a table and is especially helpful and picturesque for afternoon tea. The hostess possessed of both a "Susan" and a wheel-table can serve her meals far more attractively than even the most expert waitress. Such service also makes for privacy and the full enjoyment of lingering at the table.

How to Reduce

By Lina Cavaleri,

The Most Famous Living Beauty.

THE common method of reduction, and perhaps the most efficient way, is through the modified diet and increased exercise. This cannot be employed except when the individual is strong and hearty.

The milk-cure is one of the simplest known diets, and with a doctor's permission may be used even in the event of disease of the heart or kidneys. It is particularly effective for persons who have an abundance of abdominal fat.

One pint of milk is drunk for breakfast. For lunch you eat six ounces of lean meat with green vegetables, as spinach, green peas, string beans, lettuce. No bread or potatoes are used. If desired, you may substitute for the green vegetables turnips, parsnips, cabbage, Brussels sprouts or carrots. One-half pint of milk, two glasses of water or a cup of tea with a little sugar complete this meal.

For five o'clock tea, if you have time, drink one-half pint of milk or two cups of tea with a little sugar, or both. For supper take one pint of milk and two apples, cooked or raw.

A negative form of diet, which contains from a third to a little over one-half the food value required by a normal person weighing 150 pounds, excludes the following:

White potatoes (except in small amount), bread, crackers, cereals, macaroni, vermicelli, spaghetti, sago, tapioca, cornstarch, sweet potatoes, shell beans, dried peas or beans, corn and nuts.

Sugar, candy, dried fruits, syrups, fruit preserves, honey, marmalade and sweet sauces.

Pork, bacon, goose, sausage, croquettes.

Shad, fresh salmon, eels, sardines, mackerel, bluefish and fried fish.

Butter, cream, olive oil, lard, fat meat and fish.

Ices, rich puddings, cake.

Chocolate, alcoholic drinks (except claret and Rhine wines), thick soups, milk, cheese, pickles, condiments.

Drink water only between meals, in the morning and at bedtime.

Besides a restricted diet, exercise is exceedingly effective in removing fat. Swimming, riding and golf are all good sports as well as good exercise. Walking three-quarters of an hour in the morning and one-half hour in the afternoon or evening is a simple but good method of reduction.

Helpful Household Hints

Cleaning Gilt Frames.

AN oiled duster should never be used on gilt or bronze frames.

Washing China.

DON'T use very hot water or much soap in washing china that has much gilt on it.

Clean Wringers.

WHEN the rollers of a clothes wringer become darkened through use rub them with kerosene and then wash thoroughly.

Cleaning Baskets.

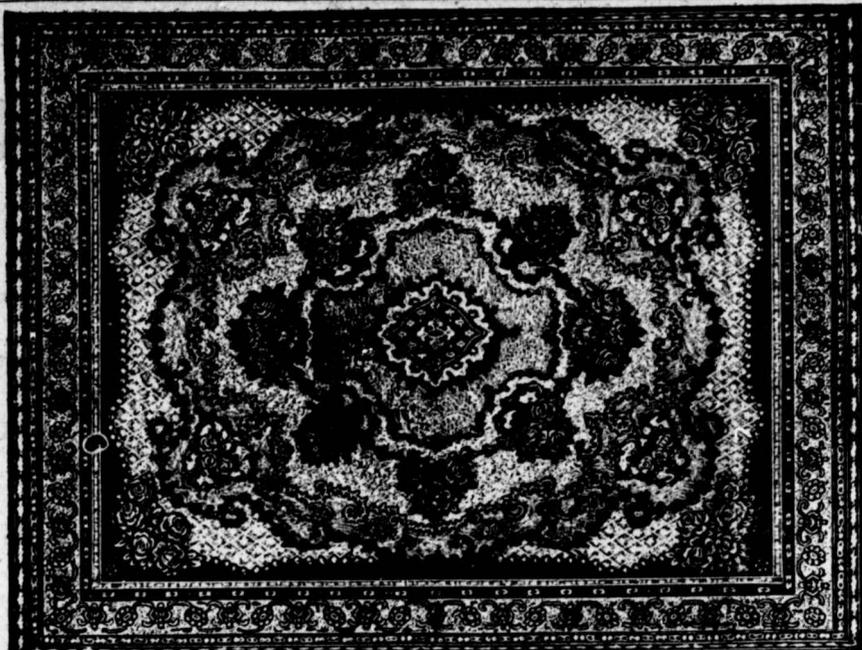
RED and willow baskets are best cleaned by rubbing with a stiff brush. If not waxed they may be scrubbed with soapy water, rinsed and dried.

Washing Bottles.

THE sediment in water-bottles or cruetts can be easily removed by rinsing thoroughly with a little hydrochloric acid, followed by clear water or ammonia water.

Fireproof Clothes

CHILDREN'S clothing can be made non-inflammable by rinsing in alum water, two ounces of alum dissolved in a gallon of water.



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The almost universal tendency to constipation

Too many fail to realize the seriousness of this condition

SO many of us have become subject to constipation that doctors speak of it as an "almost universal tendency." Comparatively few have complete elimination of waste matter without the help of cathartics.

The problem is so important that a few years ago a well known medical journal offered a prize for the best essay on constipation. These essays reprinted in a booklet carry a message of deep significance to every man and woman.

"Probably one of the most frequent causes of constipation is the indiscriminate use of cathartics," says the doctor who wrote the prize essay. Indeed the majority of the writers emphasize the harm that is caused by cathartics which at best never remove the cause of the trouble, but bring only temporary relief.

For years there has been pressing need for some simple food that would in a natural way help restore normal conditions, and keep the body clear of accumulating waste matter.

And now scientists have discovered it in the familiar little cake of yeast.

First came the dramatic discovery by nutrition experts that yeast in itself is a wonderful food, rich in the mysterious water-soluble vitamins—a valuable conditioner for those who are losing appetite and weight or suffering from pimples and boils.

Then it was found that this familiar food brought remarkable results in constipation. Fleischmann's Yeast was tested for this purpose. In leading medical institutions, chronic cases, some even of years' duration, responded.

Being a food Fleischmann's Yeast is by its very nature better suited to the stomach and intestines than drugs, coarse substances or oils—the ordinary laxatives. It helps the body eliminate poisons. And it cannot form a habit.

Some ask: "Won't yeast, when eaten, have the same effect as in raising bread?" No; it is assimilated in the body just like any other familiar food. Only one precaution: if you are troubled with gas dissolve the yeast first in boiling water.

Place a standing order with your grocer for Fleischmann's Yeast, and get it free daily.

To secure free booklet giving many interesting facts about this new discovery, address THE FLEISCHMANN COMPANY, Dept. 40-E, 701 Washington Street, New York, N. Y.

A food, not a laxative

In cases of constipation remember that yeast is a corrective food, not a laxative. It should be taken over a period of time, from two weeks to a month, in order to restore normal habits. Eaten regularly it should assure complete elimination daily. Do not discontinue the customary cathartic abruptly but reduce it gradually.

To restore normal conditions and help the body eliminate waste regularly and thoroughly, eat one to three cakes a day.