SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

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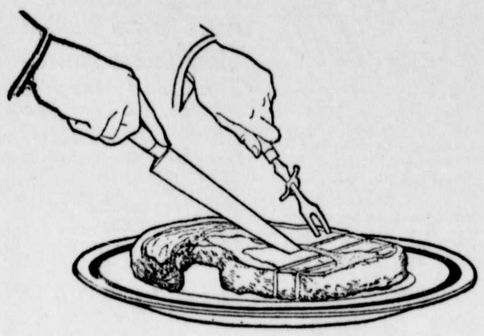
Edited by WILMA DEUTE

Food, of course, must be well seasoned to be worthy of its piquancy

CORRECT METHOD OF CARVING A STEAK



Carving is an art which can be acquired. One doesn't have to possess any inborn aptitude for it, it appears, although perhaps a certain natural dexterity may help. Also important is the disposition to be obliging so that when the request comes, "John, will you carve the steak?" your answer will be "Certainly, dear!" rather than a querulous "Oh, can't that be carved in the kitchen?"

As with other arts, practice makes perfect. You may feel awkard and you'll doubtlss be awkard in your first attempts. Better practice with only the family as your first audience. But let that practice be done in the right manner.

GOOD TOOLS IMPORTANT

First, consider your tools. If every wife has a right to expect her husband to carve the meat she has so carefully prepared, every husband has the right to expect that she provide him with the right tools.

A good sharp knife is the first requisite to neat carving. This sharpness will help you to cut easily and accurately. It won't be necessary to saw the meat, scattering fragments broadcast.

Carving sets are manufactured in a wider variety of shapes and all kinds of fancy handles. The selection in that matter is a question of personal preference, but the really important thing is that the knives be of good quality with blades forged and tempered so that they will take and hold an edge. It is real economy to buy the best in quality in this respect. Fanciful designs may look well on the table but they aren't of much help if the knife can't be kept sharp.

A steak set has a knife with a thin 5 or 6-inch blade. The fork of a steak set does not have the guard which is found on large carving sets.

STEAK EASY TO CARVE

Beef steak is easy to carve. This is especially true if the bone has been removed before the meat is cooked, but this is not usually done. The carver, therefore, must first separate the meat from the bone by cutting along the edges of the bone with the point of the knife.

A porterhouse or similar steak is then cut into sections an inch or so in width, beginning with the wide or bone end of the steak, as illustrated. Serve a small piece of the tenderloin and a small piece of the wide portion to each. The least desirable part is the small or flank end and this should not be served if it isn't necessary.

BERRIES TAKING SPOTLIGHT FOR SUMMER DAINTIES

Try Raspberry Torte, If You Haven't Already Made It

The housewife who "goes to market" is probably finding herself all adither and much perplexed at this time, with all those boxes and boxes of fresh rosy raspberries, and big red cherries and blueberries, pineapples, strawberries and nice plump mellons on display, she begins to recall all those successful dishes she prepared last summer. One by one they suddenly pop into her mind, a grand recipe calling for cherries, another calling for raspberries and yet another for blueberries, but which to buy? Surely not all of them at once because they don't keep well so she compromises buying one each day, or two! One to use for a dessert and the other for breakfast tomorrow.

If the raspberries happen to look particularly appealing, do buy a quart and try:

RASPBERRY TORTE .... ..

1-1-3 cup sifted cake flour
1-1-3 teaspoon baking powder
1-2 cup butter or other shortening
1-2 cup sugar
4 eggs yolks, unbeaten
5 tablespoons milk
4 egg whites
1 cup sugar
1 quart raspberries, sweetened

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add egg yolks, one at a time, beating very thoroughly after each addition. Add flour, alternately with milk, a small amount at a time, beating well. Spread in two greased 9 inch layer pans.

Beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time; beat after each addition until sugar is thoroughly blended. After all sugar is added, continue beating until mixture will stand in peaks. Spread in equal amounts on top of each layer. Bake in slow oven (325 F.) 25 minutes, then increase heat to moderate (350 F.) and bake 30 minutes longer. Spread sweetened raspberries between layers and top with whipped cream and raspberries. Cut in wedges for serving.

Tuna fish, salmon, shrimp, ham or chicken salads are news when they are made with bananas!

LIBERAL USE OF TOMATOES FOR SUMMER MENUS

Wide Variety Of Delightful, Tasty Recipes Within Every Housewife's Reach

At last! Garden grown tomatoes! And what a part they play in summer menus, sliced for salads, or just sliced, or stuffed with diced apples and celery or cooked in a half dozen ways.

With the exception of tomatoes used for stuffing it is well to peel them as the skins are very indigestible but that doesn't cause any trouble because just as soon as they are brought from the market they can be peeled while still warm and then placed on a plate and put in the refrigerator where they will chill delightfully. For appearance it is also well to peel them when cooking. Here are two recipes using fresh tomatoes.

JELLIED TOMATO BOUILLON

2 tablespoons gelatine
1-4 cup cold water
1-2 cup boiling water
4 cups fresh tomatoes
1 bay leaf
1 tablespoon chopped onion
1-2 teaspoon celery seed
1-2 teaspoon salt
4 or 5 whole cloves.

Soak the gelatine in cold water five minutes and dissolve in boiling water. Cook the tomatoes, onion, celery, salt, cloves and bay leaf for twenty minutes, slowly. Strain and add the gelatine. Stir until dissolved. Pour into shallow pan and place in refrigerator to congeal. Serve in chilled bouillan cups, either cutting the jellied tomato mixture into small cubes or beating lightly with a fork. Garnish top with a sprig of parsley.

TOMATOES WITH CHEESE

4 firm tomatoes
Butter
1-3 cup bread crumbs
Grated Parmesan cheese
Salt and pepper

Cut the tomatoes in fairly thick slices and fry slowly in butter. Lift them out with a pancake-turner and place them in a shallow baking dish. Sprinkle with salt and pepper, cover with grated chees and sifted bread crumbs, and dot generously with butter. Put in a hot oven and bake until brown on top.

CHANGE KITCHEN COLOR TO AVOID SAMENESS EFFECT

Fresh, Friendly Combinations Always Available At Nearest Paint Store

Painting the kitchen is one of the most certain ways to create new satisfaction and pleasure in housekeeping. And it is only natural that when one does one's own painting, the results are apt to be twice as enjoyable. Of course, there is always the painter down the street or the village handy man to put onto the job—but even that expense may be conserved.

Frequently one finds that the kitchen, in which so much time is spent, develops a feeling sameness and futility. Something must be done about it. There are women who find the color of the walls actually overpowering in their drabness. And yet the room and the fittings may be spotlessly white. But given time and looking at the same interior day in and day out and even the most attractive room is apt to make one shriek out. That is when it is time to turn to a new set of colors. Every bit of one's desire for color, freshness and loveliness is readily expressed nowdays in the warm and friendly color and color combinations which are available. There is a "paint headquarters" never far away, with a merchant who is surrounded by color schemes and charts and booklets and plans. And summer, when it is easy to move much of the inside work out upon the porch, is an ideal time to "put a new dress upon the girl" and provide the kitchen with that fascinating newness which only paint will provide. And it is really astonishing what a matter of a very few dollars will accomplish.

SUMMER IS SALAD SEASON FOR HOUSEWIFE

Candle Salad, Prepared From Fruit, Pleasing Table Novelty

Lightning may not strike twice in the same place, but this past week we ran into two separate and distinct and really interesting salads—both in the same little tea room in a New England village.

The candle salad is a pleasing novelty which will bring on many an Oh! and an Ah! while the Jellied Summer Salad is a cunning little meal all in itself, what with chicken and hard cooked eggs and vegetables all wrapped up in aspic. Easy to prepare—easy to eat and easy on the money in the bank.

CANDLE SALAD

6 slices pineapple
6 red cherries
3 bananas
6 strips green pepper
1 cup mayonnaise

On crisp lettuce leaf arrange a slice of pineapple. Insert half a banana upright in pineapple. Top with red cherry. Place mayonnaise on side to represent dripping candle grease. Make handles of green peppers on sides of pineapple.

JELLIED SUMMER SALAD

2 tablespoons gelatine
1-4 cup cold water
Sliced chicken
1 1-2 cups mixed raw regetables, grated
2 hard coocked eggs
2 cups chicken broth
1-4 cup stuffed olives, sliced

Soak gelatine in cold water five minutes and dissolve in hot chicken broth. Cool. Dip loaf pan in cold water, and decorate bottom with slices of hard cooked egg and sliced olives, cut in fancy shapes. Cover with a thin layer of chicken broth and let stiffen. Then arrange the chicken and vegetables in alternate layers, pouring a little broth over each layer and allowing it to stiffen before adding the next layer. Letting the pan ing the next layer. Letting the pan cess. Chill thoroughly. Remove from mold and cut in fairly thick slices. Serve the individual portions in nests of crisp lettuce leaves with mayonnaise.

SASSAFRAS DEFEATS GOLDSBORO

Massey scored three runs in the ninth inning to win over Goldsboro after trailing the visitors from the start. Walls, Smith, Sneed and Pierce carried the batting honors for the day by getting credit for 17 hits. Quillen in centerfield played a strong game for the visitors having to his credit eight put-outs which is almost a record.

Massey will play Middletown there July 4th. On Sunday thy will play Christiana A. C. at home. This was the only club to defeat Massey at home this year having scored a two to one victory over the Massey Club in the last game.

MASSEY	Ab	R	H
Betz, 3b,	6	2	3
A. Weatherlow, ss, p,	5	0	0
J. Weatherlow, lf,	4	1	1
Peacock, c,	5	0	1
Haley, 2b,	5	0	2
Massey, cf,	4	3	2
Cox, 1b, p,	5	3	3
Burris, rf,	5	3	1
Pierce, p, ss,	5	3	4
Total	44	15	17

GOLDSBORO	Ab	R	H
Cole, ss,	5	3	2
Walls, c,	6	3	5
Smith, lf,	6	3	4
Sneed, 2b,	5	1	4
Knight, 3b,	6	0	0
Quillen, cf,	5	1	1
Schaube, 1b,	4	1	0
Boles, rf,	5	1	1
Dunn, p,	5	1	0
Total	47	14	17

Two out winning run scored.

Score by innings:

Massey	1	2	0	5	0	1	0	3	3	—15
Goldsboro	2	3	0	3	0	4	2	0	0	—14

Two base hits, J. Weatherlow, Betz, Massey, Cox, Pierce, Cole, Walls 2, Smith 2, Sneed 3; Stolen Bases, Massey; Double play, Cole to Sneed to Schaube, Haley to Cox; Base on Balls, Pierce 3, Dunn 2; Struck out by Pierce 1, Weatherlow 1, Dunn 2, Cox 3; Left on Bases, Massey 7, Goldsboro 9; 8 runs, 9 hits off Pierce in 3 2-3 innings 6 runs, 6 hits off Weatherlow in 3 1-3 innings; 0 runs, 2 hits off Cox in 2 inning. Winning pitcher, Cox; Passed ball, Peacock 3; time, 2 hours 25 minutes; Umpire, Ford.

EDITORS ALMOST RIOT

By H. MILES ZAHL

DES MONES, IOWA.—The twenty-first annual convention of the Iowa Press association held here, nearly broke up in a riot during the banquet Friday evening.

Complete harmony had prevailed during the stag party Thursday night and throughout the Friday sessions. More than 400 persons attended the banquet entirely unprepared for the dissension, breach of unity, criticism and antagonism that was to come during the speaking program.

The storm broke like a Kansas cyclone and gained momentum as old friends took the floor to hurl sarcastic remarks at one another, the result of an address by a foreign journalist.

With fine and serious oratory Toastmaster Lee Loomis, Mason City Globe-Gazette, had introduced SirJohn Forbes Fletcher, eminent British journalist who had come to the United States to study American newspapers.

The speaker explained that he was returning to England from Australia, had spent five weeks in Iowa and was pleased to be allowed an opportunity to express his candid opinion of American editors.

A Vitriolic Attack

Sir John, plunging right into his address, let oose an attack on American journalism so vitriolic and bitter the banquet room was still with tenseness. Newspaper men scribbled furiously to catch the potent "quotes."

"The almightly dollar is your god," he boomed. "You refuse to publish the true fact of the story because the girl is the daughter of your best advertiser."

"American journalism made your greatest hero and after you carried him to the pinnacle, what did you do? I refer, of course, to the great Colonel Lindbergh. You took that great tragedy of his, the tragedy of an innocent babe, and you made a threering circus out of it—what we in Britian call a penny peep-show."

The speaker hurdied on, barking out that Lingbergh had to "come home to England to get peace from the vultures."

As the address continued, it became more bitter, more vitriolic and finally Don L. Berry of the Indianola Record got up to protest such an attack from an outsider.

James R. Rhodes, Newton Daily News, jumped to his feet and protested Berry's interruption of the distinguished guest.

The speaker broke in:

"Are you allowing someone to stop my speech?" He appealed to the audience to determine whether or not he should continue. Many applauded and many more hissed his query.

The editors gasped, wondering what was going to happen next.

The Denouement

But what happened next soothed and brought roars of laughter. Sir John whipped off his jolly British mustache, dropped his English accent, took the monocle from his right eye and revealed himself as Warren Wade, a professional entertainer and manager of Gene and Glen, famous radio team.

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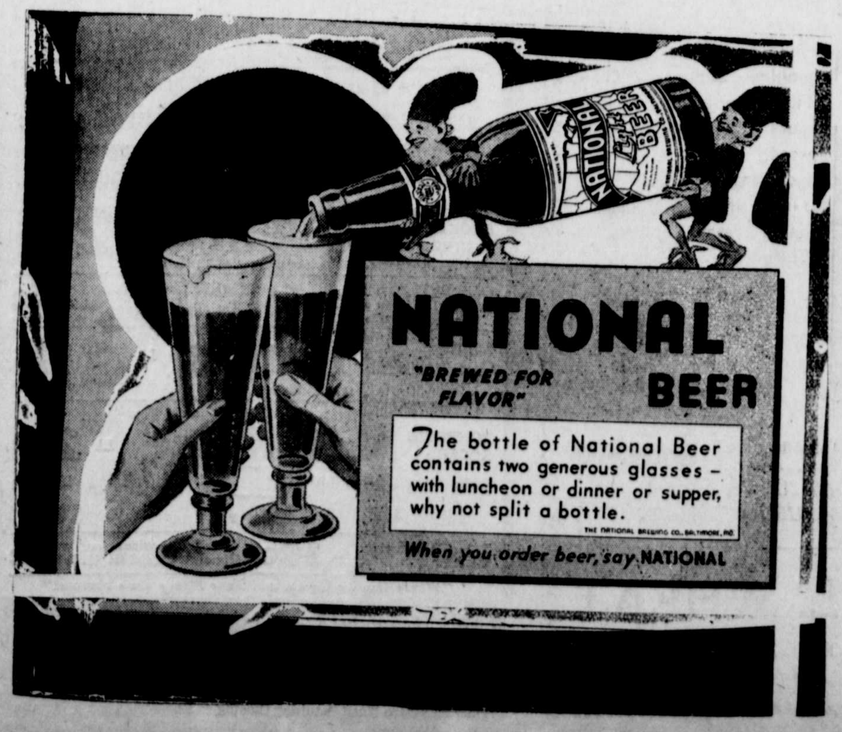

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