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Hot Weather---Cool Food

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Hot Weather---Cool Food

By Louise Corsaut

AS HOT weather arrives it brings with it another phase of the ever present question, "What shall we have to eat?" Now we ask—What can we have that's cool and appetizing? Ice creams and ices are easily prepared and if packed well can be prepared ahead of time and are ready to serve when we need them. For breakfast in hot weather try ripe fruit, either alone or combined, sweetened and chilled in the freezer, without using the beaters. Surround the can with one part salt and three parts ice and let stand about an hour. Berries, for example, may be sprinkled with powdered sugar, mashed to fine pulp, chilled in the freezer and served with cream. This may be served for breakfast or as dessert.

Other desserts which add variety and attractiveness to the summer menu are:

Bisque Glace

Yolks of 8 eggs
1 qt. whipping cream
½ lb. sugar
Vanilla

Beat the egg yolks, add the sugar and vanilla. Whip a quart of rich sweet cream until light and add egg and sugar to mixture. Pour into mould or box with a cover, putting a piece of paper over mould before putting on the lid to make the box as tight as possible. Pack this in a pan with very fine ice (using plenty of salt). Cover with a thick cloth and let stand three hours, when it should come out perfectly frozen.

Grape Tapioca

1 c. tapioca
1 qt. grape juice
½ c. sugar
2 eggs
1 tsp. vanilla

Soak tapioca in cold water over night. In the morning put the grape juice and tapioca into a double boiler and cook

until clear. Beat the egg yolks and sugar together until light; beat the whites to a soft froth and add to the yolks. Add this to the tapioca and cook for a minute. Remove from fire, add vanilla and pour into wet mould. Chill. Serve with whipped cream.

Ceylon Ice With Gelatin

1 qt. water
2 c. sugar
2 cloves
1. tbsp. gelatin
¼ tsp. cinnamon
Juice of 1 lemon
Grated rind of 1 lemon
1 qt. raspberries or other small fruit
Boil the water, sugar, cloves, cinnamon and lemon rind for ten minutes. Add the gelatin, which has been soaked in cold water, and strain the mixture over the raspberries. Add lemon juice and mash. Strain and freeze until of the desired consistency.

Frozen Compote

1 pt. boiling water
1 c. sugar
¼ c. karo
1 shredded orange
1 c. shredded pineapple
1 c. mashed strawberries
1 large banana, mashed
Juice of 1 lemon

Dissolve the sugar in water and add karo. Pour over fruit and freeze as ice cream.

Ices which are merely water flavored with fruit juices, sweetened to taste and frozen as ice cream with undiluted fruit juice mixture made the same way offer a pleasing variety to the meals. These may be served with the meat course at a dinner or luncheon or as dessert.

The hostess for the afternoon party must find some substitute for the conventional tea to refresh her guests. There are many cool, easily prepared fruit drinks which, when served with wafers or dainty sandwiches, make a most attractive party refreshment. Some possibilities are:

Drinks

1 pt. boiling water
½ c. crushed mint
3 tsp. tea
1 c. pineapple
Juice of 1 can of pineapple
Juice of 1 lemon

Pour water over the tea and crushed mint leaves, steep, strain and sweeten to taste. When cool add the fruit and chill.

Currant Cooler

Infuse tea as above. Whip a glass of jell, add a pint of boiling water and stir until dissolved. Add this to the juice of two oranges, and a sugar sirup to the infused tea.

Lemonade

Lemonade may be quickly made from lemon sirup prepared and kept ready for use. To make the sirup, dissolve 1½ cups of sugar in a little hot water and, when cold, add lemon juice. Put in jar and set in cold place. When needed add the sirup to water until desired acidity is obtained. Variations may be had by substitution of dissolved jelly, ginger ale, grape juice or carbonated water for part of the water.

Sandwich suggestions for the party are:

Rolled Sandwiches

Take a fresh loaf of bread, wrap in a cloth rung out of cold water, then in a dry cloth and set away for several hours. Remove crust; cut in thin slices. Spread with anchovy or checkea paste and roll the slices small to serve with salads.

Fudge Sandwiches

Make a chocolate fudge and beat until creamy. Spread this on whole wheat or graham bread, putting the slices together before the fudge hardens. If fudge hardens in pan, set it in hot water while spreading it. As these are very rich the sandwiches may be cut small.

Other suggestions for fillings are:

Swiss cheese and mustard.
Cream cheese and orange marmalade.
Chopped dates, figs, raisins moistened with lemon juice.
Minced chicken with mayonnaise or celery.

Minced ham and mustard.
Mayonnaise and shredded lettuce or water cress.

Neufchatel cheese with finely minced orange peel and preserved ginger.

The salad to serve for the party or family meal is always a burning subject in hot weather. But with the coming of fresh vegetables and fruits there is a greater variety. Stuffed tomatoes—stuffed with either chopped chicken, celery or vegetable combination and served with mayonnaise, French or sour cream dressing always make a delicious salad.

A combination vegetable salad is very refreshing and easily prepared.

Other suggestions are:

Cucumber Salad

Grate enough cucumber to fill one cup. Add 1 tablespoon vinegar and pinch of salt. Dissolve a package of lemon gelatin in a pint of boiling water. When cool and beginning to thicken add the cucumber mixture and press through sieve. Add a drop or two of green coloring and turn into molds or shallow pan. When firm serve on sliced cucumber or lettuce leaf.

Fruit Salad

Mix 1-4 cup nut meats, 1-4 cup celery, 1 cup finely chopped fruit and 1 tablespoon chopped preserved ginger with boiled dressing in which fruit juice has been substituted for vinegar and whipped cream has been added. Marshmallows or gum drops may also be added.

Fresh fruits and vegetables are so plentiful and are so delicious used uncooked the housewife may easily eliminate much of the problem of "What shall we eat" by serving as many as possible in frozen dishes or salads.

The Demonstration Team

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comes only thru real and repeated practice. It is not difficult to attend to two things at once, so it is better practice for the girl who is actually doing the work to do the talking. The other team member assists her in every possible way, doing so in a quiet, unobtrusive way.

Team Work

Good team work means that the girls work together smoothly, helping one another in turn. The assistant should be always watchful to see that necessary material and equipment are on hand when needed. The work should be so carefully

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