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...OF...

## Interest To Women

## FOR ST. PATRICK'S DAY BRIDGE PARTY

**Emerald Salad**  
Pears moulded in green lime jelly  
Open-faced Shamrock Sandwiches  
Shamrocks of white bread, spread with green pickle relish and bordered with a fluting of cream cheese.  
Little frosted cakes  
Green snow  
Coffee

**'Emerald Salad'**  
Juice of two oranges  
Juice of one lemon  
1 heaping tablespoon gelatin  
¾ cup granulated sugar  
Mayonnaise dressing  
½ cup cold water  
2 cups boiling water  
¼ cup walnut meats  
4 cups celery  
Green vegetable coloring.  
Soak gelatin in cold water, dissolve in boiling water. Let cool, then add fruit juice and a very little green coloring. Add sugar, when dissolved add nut meats and celery, chopped fine. Turn into mould wet with ice water. Chill for several hours. Turn out and serve with mayonnaise dressing.

**Green Tree Layer Cake**  
¾ cup butter  
1½ cups sugar  
4 eggs  
3 cups pastry or cake flour  
3 teaspoons baking powder  
1 teaspoon salt  
¾ cup milk  
2 teaspoons vanilla  
Cream shortening and sugar together; add beaten eggs slowly and mix well. Mix and sift flour, baking powder and salt together and add alternately with the milk to the first mixture. Add vanilla and beat thoroughly. Pour into three greased round layer cake pans. Bake in a hot oven 400 F. 25 minutes. When cool, ice with the following:  
½ cup butter  
3 cups icing sugar  
1 teaspoon vanilla  
1½ cups green-colored almonds.  
A little cream.  
Cream the butter and icing sugar together; add cream a little at a time until icing is right consistency for spreading. Add vanilla and mix well. To ¾ cup of frosting add four tablespoons cocoa; mix well. Spread the rest of white frosting between layers and on top and sides of cake. Around the sides of cake, make trunks of trees with chocolate frosting put through pastry tube. Then make tops of trees with the chopped green almonds to extend in points to top of the cake.

SARDINES OFFER A HANDY WAY  
TO PEP UP YOUR FOODS

Good With Cocktails or Salad; They Take  
Tomatoes Out of the 'Every Day' Class

(By Frances Blackwood)

One of the tiniest fish may be transformed into the mainstay and support of any hostess who enjoys adding unusual touches of flavor to her foods.

Smoked sardines in oil from the clear cold waters of far off Norway have an appetizing flavor that 'does something' for food when used in any course from soup to salad.

For instance even your imagination can tell you, as you read, how good these little 'Sardine Swifties' will taste served either with cocktails or with the salad. And they are such a simple tid-bit you will wonder why the trick has never occurred to you before. Just make a good pie crust and roll it very thin. Cut it into strips 1½x3 inches.

Lay one sardine on half of each strip and fold the other half over it. Season it with a sprinkling of lemon juice, a grating of onion juice, cayenne and a spot of mustard.

Fold the other half of the crust over this and press edges tightly with a fork. Brush top with milk, sprinkle with a little coarse salt and pop into a hot oven to brown. Serve hot. If

you wish, make them up and keep in refrigerator until ready to bake—refrigerator with milk and salt at the last minute.

Baked tomatoes leap right out of the 'every-day' class when you snugle a few sardines down in their centres. To do it, scoop pulp from 6 medium sized tomatoes and turn shells up to drain. Drain the oil from a can of smoked sardines and in this oil lightly brown ¾ cup of grated bread crumbs or tiny bread cubes.

Chop the sardines up a bit and add them to the browned crumbs with ¼ cup of ground green pepper and about ¼ cup of minced onion and the drained chopped up centre portion cut from the tomatoes.

Mix well and stuff into the tomato shells. Sprinkle the top with a mixture of equal parts grated cheese and grated bread crumbs. Put in oven and bake until tomatoes are tender.

And for two other quick ideas on the subject before we leave it! mix some mashed sardines in with mashed potato the next time you make potato cakes. And pep up the morning scrambled eggs by beating some sardines into them just before you cook them.

## HASTE MAKES FOR WASTE ENERGY

(By Ruth Cameron)

A woman I know is filling up her depleted energy reservoirs under a doctor's direction, while still counting to earn her daily bread.

One of the things he told her was this: "Yes, you may walk to school if you want to, on one condition. That you won't hurry. It isn't the walking that hurts you. That's good for you when you are normal, and all right even now if you don't overdo it. But it's the rushing that takes it out of you."

And again and again in his counsel he has stressed this same note: Don't hurry.

Don't cram your life with things to be done one on top of another just as fast as you can do them.

Don't have so many engagements that you are nervously watching the clock.

It's the sense of being pushed and rushed that tires you far more than what you actually do. It has been a hard schedule for this woman to follow. For she was one of those people who love to fill every second with strenuous living. Work, friends, good deeds, exercise, study have filled her days absolutely to bursting. Every moment was planned for days ahead and there were no gaps between moments.

She lived on the stimulus of that excitement and didn't realize what it was taking out of her.

Lots of us really enjoy rushing, there is a sense of importance and excitement and accomplishment about it. Just catching a train, just making an engagement, having three or four things to be fitted into an afternoon like those cute little boxes that

fit into each other. Rushing home to dinner and off again.

We do not realize how much nervous strain there also is.

I think one can do twice as much in an afternoon with no more exhaustion if one does it with no sense of push and tension. Ten errands done in a leisurely way will not tire any more than five that we try to crowd into an hour; tensely waiting for our turn when clerks are busy; tensely pushing the elevator bell and peering down the elevator well when the elevator comes too slowly; tensely weaving our way in and out of a crowd that we must move as fast as we think we have to.

Kipling has a line:

If you can fill the unforgiving minute  
With 60 seconds worth of distance run.

He meant of course, that the minute is unforgiving in the sense that it is ir retrievable. It passes and you cannot get it back to make better and fuller use of it.

That's all right. But don't forget that if you cram every minute too full, it can be unforgiving for that offense, too.

## Plain Facts

The drier the cheese, the better it is for cooking.  
A little grated lemon rind adds zest to the meat or fish loaf.

Butter the kitchen scissors well before cutting up the marshmallows.  
One or two broiled mushrooms make an attractive garnish on top of English mutton chops.

Grate a little sharp cheese over the potato salad for a garnish and see if you do not like the change in flavor.

Orange Pekoe Blend  
"SALADA"  
TEA

## WOMEN ASK ABOUT STAG DINNERS

Pepper Pot, Planked Hamburg and Baked.  
Tomatoes Suggested

(By Marjorie Mills)

We don't know whether it's because so many men have spent too many evenings (according to them!) during the winter at mixed parties, or whether the ladies want to give them a really masculine party along about this time of year in return for all their good times, but the mail has been full of questions about stag dinners, and refreshments for men only.

How about starting a stag dinner with a pepper pot soup, a planked hamburger steak, duchess potatoes, baked tomatoes, stuffed mushroom caps, French bread and sweet butter, lettuce with a Roquefort dressing, and deep dish cherry pie with cream and, of course, plenty of coffee?

Tray of Cold Cuts  
Or, if the men are gathering for

cards, try a great platter of Italian spaghetti with meat balls, a green salad, hot biscuits and gingerbread topped with plenty of whipped cream and coffee? It's a real meal and they'll love it. For simpler refreshments, you could serve a tray of cold cuts, rye bread and butter, relishes (plenty of pickles) and crackers and cheese.

Planked Hamburg Steak

1½ pounds beef, round  
¼ pound fresh pork  
½ cup stale bread crumbs  
½ cup canned tomatoes  
Celery salt  
Minced parsley  
Red pepper  
Grated onion  
Run the beef and pork through the meat chopper, twice, add the bread

## PEPPER AND SALT

The French Housewife Knows How to Use Them

Frenchwomen never cease to wonder at the indifference with which housewives of other countries choose their simple condiments. Any old pepper and any old salt are good enough for most cooks, but for all culinary purposes the French woman insists upon having black pepper-corns fresh ly ground and rock salt ground with equal freshness. These are no dearer than the other varieties, but their use makes a considerable difference in the taste of the finished dish.

For their easy and proper use small wooden grinders are required. The pepper grinder contains the pepper-corns, and when in use is held over the pot or basin while the top is given a turn or two. The salt-grinder has

a small handle attached for the same purpose, but has to be turned upside down before the ground salt will come out. No more trouble is involved than when salt or pepper is shaken out through holes pierced in the tops of glass containers in the more usual fashion. Indeed, the wooden containers, which are pleasant at table, have the advantage of never becoming either clogged or damp, nor can the contents become solidified, while they remain always perfectly fresh. It has been said that the best potatoes served are those which have been boiled in sea water. Undoubtedly vegetables and stews for which rock salt and ground pepper-corns have been used are markedly better in flavor.

crumbs soaked in stock or milk, canned tomatoes, celery salt, minced parsley, salt, red pepper and grated onion to season. Mix thoroughly and shape into a flat loaf on a hot, well-greased plank. Brush with beaten egg sprinkle with crumbs and bake in a 350 degree F. or moderate oven one hour, basting with melted butter and water. Remove plank from oven, garnish with any preferred vegetables. Return to oven to reheat vegetables. Sprinkle with chopped parsley and serve on plank.



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