

# TEMPTING MENUS FOR THE WEEK

A WATER COLOR.

by Jane Eddington Fedges

IF THE salmon pink—hardly more than a pinkly tinted white—of a Penobscot salmon is not a water color, what is? And so is that same shade when the salmon is of the Kennebec. There is the Restigouche, "a salmon river in the northwest part of New Brunswick," according to a convenient encyclopedia.

These are only a few of the beautiful geographical names—these the names of Atlantic coast rivers—linked with that great fish of marvelous flesh colors which has made no end of sporting and commercial history. Besides allying itself with the picturesque in scene, the salmon is also picturesque in its behavior, famous for its leaping falls, assembling in pools and altogether giving the sportsman a run for his money.

The Rev. Henry Van Dyke has a most ornate and long description of one species of salmon sport which begins thus: "But the prince of the pool was the fighting ouenaniche, the little salmon of St. John. Here let me chant thy praise, thou noblest and most high minded fish, the cleanest feeder, the merriest liver, the loftiest leaper, and the bravest warrior of all creatures that swim. Thy tail and fins by ceaseless conflict with the rapids have broadened and strengthened, so that they can flash thy slender body like a living arrow up the fall. As Lancelot among the knights, so art thou among the fish, the plain armored hero, the sunburnt champion of all the water folk."

Encomiums of this fish like this have been written ever since Pliny, eighteen hundred years ago wrote: "In Aquitania the river salmon surpasses all the fishes of the sea." And President Jordan, who with a collaborator wrote that authoritative book, "Fishes," says: "The luxurious Romans prized highly the salmon streams in their Gallic and British provinces, if we may trust Pliny and Ausonius, and that this fish was well known to the early English is evinced by the many Saxon names. . . . The Normans brought over the name of Latin origin, which they applied to the perfect adult fish, ready for the banquets of the conqueror. When Cabot discovered Newfoundland in 1497 he found salmon in its waters, but the Red men had long before this learned the art of killing them with torches and wooden spears."

And there are the Pacific varieties, perhaps not so prettily linked up geographically as the salmon of the eastern rivers mentioned, with the Saguenay, Lake Sebago, the Miramachi, but President Jordan says "there is no other species of fish in the world equaling the chinook salmon in commercial value." These Pacific salmon are more like blazing sunsets in color than a dainty water color.



We are so "sold" on the idea of fedges, that we are putting the recipe in each of our four departments, and reprinting it in each occasionally: One cup of ice cold water, one cup of whole wheat flour, beaten together and baked in a hot buttered iron roll pan at a temperature of 450 for 30 minutes. A bowl will do, but a mayonnaise crock is a good thing in which to beat these two ingredients together, if you have a rather long and strong egg beater—you know you need about three sorts of beaters. Put in the cold water, add two tablespoons of the flour, or about that, to the water, and beat. See the wealth of big bubbles! The more you have of these, and keep them to the end, the more like a popover your little roll will be.

Add the rest of the flour gradually and so as not to break down the bubbles any more than you can help. When baked the side next the pan should bake a nice golden brown, if these are to be supreme in flavor. You can toast the other side at once, if you do not get them baked so that the crust is brown and crisp.

When cold these may be toasted whole, or, if you get them thick enough, split and toast. They are health breads in earnest, no matter how.

We give no higher endorsement to any bread thing than to these, when at perfection stage. If we could give these to the wide, wide world we would be happy, and think we had gained one star for our crown. Do not fail with them! There is no need of it. Get gumption, and do them. It does not require much.

### Savoy Cabbage Greens.

The leaves of Savoy cabbage are so cupped or crimped and bloomy that they shelter live things readily. Therefore, it is more necessary to blanch this cabbage than that with the smooth leaves, which is also improved by blanching. Take off each leaf, wash, and drop all into boiling water for about five minutes, no more, and if there arises a smell of cabbage do not blanch it as long as that, but see that each leaf gets under the water.

Next, rinse it in cold water, and then put it to cook in about half a cup of water in addition to what clings to the leaves, and with a little salt. Too much salt will blind you to the sweetness of this green thing. It will cook quickly in a covered kettle, over a gentle heat.

When tender you will have a green that is hardly surpassed in delicacy. This variety of cabbage is rich in sugar, and when properly cooked may seem as sweet as sweet potato, though so different in flavor. It makes a handsome green and when in perfection you will agree that the Savoy is the finest of all the cabbages.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Breakfast</i> Orange Juice Oatmeal Porridge Fadges Honey Coffee	<i>Breakfast</i> Baked Prunes Corn Flakes Fadges Marmalade Coffee	<i>Breakfast</i> Crushed Strawberries with Cereal Toast Coffee	<i>Breakfast</i> Fried Bananas Farina Porridge Toast Jam Coffee	<i>Breakfast</i> Fresh Pineapple Barley Cereal Graham Toast Coffee	<i>Breakfast</i> Sliced Oranges Big Hominy Fadges Honey Coffee	<i>Breakfast</i> Sliced Bananas and Strawberries Crumpets Coffee
<i>Luncheon</i> Cold Lamb with Egg and Lettuce Salad Garnish Corn Puffs Fruit Beverage	<i>Luncheon</i> Cold Sliced Pot Roast with Salad Garnish Hot Muffins Hot Rhubarb Sauce Cake	<i>Luncheon</i> Thick Chicken Broth Melba Toast Fruit Salad Sweet Wafers Cheese Beverage	<i>Luncheon</i> Scrambled Eggs, Jelly Garnish Cheese Biscuit Fruit Compote Sugar Cookies Beverage	<i>Luncheon</i> Hot Cheese Sandwiches Cold Slaw Spice Cake Ginger Ale	<i>Luncheon</i> Vegetable Plate Nut Bread Dish of Fruit Beverage	<i>Luncheon</i> Fancy Beet Relish, French Dressing Fresh Pea Soup Roast Duck Apple and Prune Stuffing Salad of Endives Kiss Torte with Strawberries Coffee
<i>Dinner</i> Olives and Radishes Spring Vegetable Soup Beef Pot Roast Noodles Boiled Potatoes New Savoy Cabbage Greens Boston Cream Pie Coffee	<i>Dinner</i> Young Onions Jellied Chicken Creamed New Potatoes Plain Baked Tomatoes Hot Dinner Rolls Strawberry Mousse Wafers Coffee	<i>Dinner</i> Radishes Barley Broth Broiled Lamb Chops Baked Potatoes Buttered New Peas Green Salad Frozen Rice Coffee	<i>Dinner</i> Crisp Celery Oyster Plant Soup Hamburg Steak Cakes Mashed Potato Dandelion Greens Pineapple Tapioca Coffee	<i>Dinner</i> Fresh Cucumber Relish Cream of Carrot Soup Salmon Steaks French Fried Potatoes Cooked Endives, Hollandaise Sauce Cream Puffs Coffee	<i>Dinner</i> Ripe Olives Cream of Mushroom Soup Broiled Sweetbreads Parsley Potatoes Buttered Asparagus Graham Cracker Cake, Whipped Cream Coffee	<i>Dinner</i> Stuffed Eggs in Lettuce Cups Plain Bread and Butter Sandwiches Guava Jelly Hot Gingerbread Beverage



**CAMPFIRE CREME COLLEGE SANDWICHES**  
For spread, chop up 15 steamed prunes. Mix with 1/2 cup chopped pecans. Add 1 1/2 tablespoons Campfire Creme to make soft paste. Season with salt and lemon juice to taste.



**CAMPFIRE CREME CANDIED CARROTS**  
Melt 2 tablespoons butter. Add 1 tablespoon sugar and 2 tablespoons Campfire Creme. Drain 2 cups sliced, cooked carrots. Arrange in shallow baking dish. Sprinkle with salt and pepper. Pour marshmallow mixture on top. Bake in moderate oven.



**CAMPFIRE PEAR SALAD**  
Arrange halved pears on crisp lettuce. Place a whole Campfire in each cavity. Cut up 20 Campfires, add 1/4 cup chopped candied ginger. Place this around the pears, and sprinkle with 1/4 cup nut meats. Chill.

*Clever women,  
whose dinners are always a success,  
add this elusive touch called "flavor"*

LIKE an artist selecting and blending colors, the clever woman chooses among the products on her pantry staple shelf. She is to create a meal that in flavor and color and nourishment is a work of art. No wonder she uses Campfire marshmallows frequently.

These great, fluffy, pure-white marshmallows bring welcome variety to the "everyday" looks and taste of things. Their wholesome, pure-food base adds extra richness and food value.

#### A flavor that blends with other foods

No one needs to acquire a taste for Campfire flavor. Delicate and subtle, it is a special combination of the finest Mexican and Bourbon vanilla beans. It is not oversweet, but blends perfectly with all other foods.

When you plan your menus for the week, think of the many new things you can do if you have Campfires on hand. You can even invent your own dishes. With fresh fruit and Campfires you can make salads and desserts that are prize-winners, yet easy to

prepare. For 4c in stamps we will send you our booklet, which contains over a hundred new recipes.

#### Modern packages keep them fresh

Get Campfires from your grocer, druggist or confectioner. With Campfires in your kitchen the success of dinners you plan will take care of itself. Campfires come in convenient-sized, modern packages and 10-oz. and 5-lb. air-tight tins. The Campfire Corporation, Cambridge, Mass.; Milwaukee, Wis.; Los Angeles, Calif.; Montreal, Canada.

#### Have you tried the new Campfire Creme— as pure and delicious as the marshmallows

This new Campfire product is made of the finest ingredients. Fresh egg whites are used—not dehydrated albumen. Campfire Marshmallow Creme will hold its rich, smooth consistency indefinitely without separating, without shrinking in the can, without ever fermenting. Like Campfire marshmallows, it has a special, delicious flavor all its own.

Use Campfire Creme to enrich sauces, salad dressings, fillings and uncooked frostings for cakes; as a delicious sandwich spread, combined with jam or peanut butter. It will not pull on the finest cake, but spreads easily and sets quickly. Get it in a 12-oz. air-tight tin, where you buy your marshmallows.

12 oz. tin Marshmallows 35 cents each  
5 lb. tin Marshmallows \$1.75 each

Campfires retain their smooth surface without a crust or wrinkle. This is because all ingredients are properly blended, moulded and set in starch, conditioned at an even required temperature.

Mrs. Gladys Williams, Domestic Science Department C-3  
THE CAMPFIRE CORPORATION  
804 Main Street, Cambridge, Mass.  
Enclosed find  
 4c in stamps for Campfire recipe booklet by Mrs. Gladys Williams.  
 10c in stamps for regular 10c package of marshmallows and recipe booklet.

Name \_\_\_\_\_  
Address \_\_\_\_\_

Notice the modern Campfire packages. They are air-tight tins that keep them fresher than ordinary marshmallows, with sanitary linings and cardboard partitions that keep them whole, dainty and fluffy.



## CAMPFIRE MARSHMALLOWS

## CAMPFIRE CREME