

TEMPTING MENUS FOR THE WEEK

by Jane Eddington

SUNDAY DINNERS.

THE "hausfrau" rampant gives much attention to her Sunday dinners. I say hausfrau instead of housewife because it is the international word which best expresses the idea of a woman who gives rather supreme devotion to kitchen matters. But excesses in one thing or another are common with humanity, and if she represents exaggeration in these matters there is a very good side to this for her family is adequately fed, perhaps too well or unwisely, but it is fed.

When one has become highly trained in observing the results in people which show whether they are well or badly nourished, it is easy to see that an exceedingly small proportion of the world has that efficiency of mind and body and soul which comes from being truly well fed. But a mention of the signs might seem like preaching. At any rate, here's to the hausfrau who gives her family an entertaining and adequate Sunday dinner!

Let us grant, then, that one phase of correct Sunday living is the good meals we get or, better, the correctly adequate meals—not gross stuffings. We do know that in well-bred families the Sunday meals do have a certain significance, and we think it well. Sundays are significant days, anyway, and some of them are greatly so, as Easter. Next Sunday, too, the seventh after Easter, is significant in some homely ways among certain nationalities. It is Whit Sunday, a word we find over and over in reading books written by English men and women.

Only lately has it begun to dawn on my mind that there have been special foods for Whit Sunday, but now I have found a bit and my bit of knowledge will certainly be added unto. In homely living it seems that this is the day that brings "the treat" of asparagus from the home garden, and now, with Whit Monday or Whit week, come the first family picnics.

But suppose we, who have great interest in the significance of foods, take Whit Sunday as the one day of asparagus. It is, at any rate, usually at its prime then. And there are some things in its history that may justify this apotheosis. It is pleasant, for instance, to read that the poet Swinburne ate asparagus "with peculiar distinction." Upon discovering this a literary woman wrote: "Now, how would one go about doing that? Flip it up in the air deftly and bite off the edible end as it came down? We can eat cherries with a certain intensity and continuity that few authors attain, but asparagus has always been merely a vegetable to us, though an admirable one." We intended to write the lady telling her that an eminent man once died of a surfeit of cherries.



Freshening Asparagus.
 WITH gentle cooking asparagus stems should not be withered and shrunk. There are recipes which say to use freshly cut asparagus, but that is a counsel of perfection which only those who have their own garden can follow. Asparagus, well washed, is in some degree freshened, but the best way to revive it wonderfully is to pare the cut ends so as to give fresh surfaces, then stand them in water just off the boil. The steam which rises from the water seems to have influence in reviving the stalk. If a tight elastic has been around the asparagus—too bad—the part squeezed by that will not swell up again.

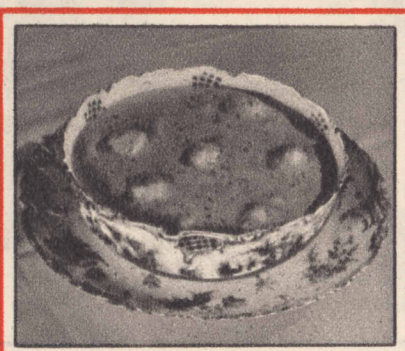
Blanching Asparagus.
 Blanching the asparagus after washing it in cold water may freshen it enough, but we advocate the blanching because cultivated asparagus comes up through heavy compost—used to rush its growth—and since the tips are peculiarly fitted to carry up that compost, and retain it within the mass of scales at the tips, this vegetable always needs sterilizing in boiling water. Prepare the stems by washing and scraping off the hard scales that have separated from the spear, but not the soft ones. Then pour boiling water over the whole, let it stand three or four minutes, pour it off, rinse the asparagus thoroughly in cold water, then cook—always in some gentle way. It is always safest to take off a tiny bit of a tip that does not look exceedingly fresh to see that all is safe and green behind the scales.

Dry Steaming Asparagus
 Choose a double boiler, the inner kettle of which holds a little over two and a half quarts when it is even full of water. After all the preliminary work of preparing the asparagus has been done, cut off enough of the stump ends of the spears so that each can stand straight in the inner kettle without touching the cover. Gather up the spears in a bunch, stand them in the boiler, and steam for three-fourths of an hour, or until tender.

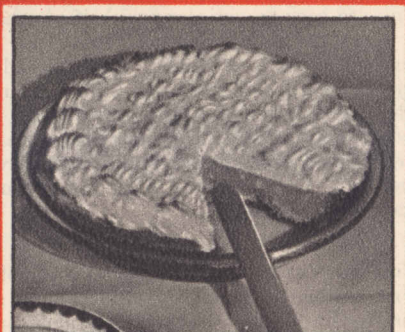
Simple Hollandaise Sauce
 Melt two ounces of butter carefully over the fire or, better and safer, in the double boiler. Whip up the yolks of two eggs or use but one and pour the hot butter into them slowly, stirring all the time. Add a few drops of lemon juice, put all back into the double boiler over a gentle heat and stir until the sauce thickens, but do not boil. If it becomes too thick, add cold water in drops. Serve hot. This should have the consistency of mayonnaise. It splits easily when one is inexperienced in its making.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Breakfast</i> Orange Juice White Cornmeal Mush Toast Dried Apricot Marmalade Coffee	<i>Breakfast</i> Strawberries and Cream Prepared Cereal Hot Gems Coffee	<i>Breakfast</i> Cooked Prunes Oatmeal Porridge Fadges Honey Coffee	<i>Breakfast</i> Fresh Fruit Barley Porridge Graham Toast Jam Coffee	<i>Breakfast</i> Cereal with Dates Toast Marmalade Coffee	<i>Breakfast</i> Crisp Bacon Waffles with Strawberries Coffee	<i>Breakfast</i> Pineapple Cones, Powdered Sugar Cones Bacon Popovers Coffee
<i>Luncheon</i> Golden Rod Eggs Raw Carrot Salad French Endive Cake Beverage	<i>Luncheon</i> Macaroni and Cheese Radishes Gingerbread with Whipped Cream Beverage	<i>Luncheon</i> Cold Meat Loaf, Garnished Delmonico Potatoes Fruit Compote Cookies Ginger Ale	<i>Luncheon</i> Cold Roast Pork, Potato Salad Hot Boston Brown Bread Individual Butterscotch Pies Beverage	<i>Luncheon</i> Filled Omelet Melba Toast Dessert Salad Wafers Beverage	<i>Luncheon</i> Lean Sausages Stuffed Baked Potato Coffee Jelly with Whipped Cream Beverage	<i>Dinner</i> Fresh Relishes Cream of Mushroom Soup Roast Capon Creamed New Potatoes Hollandaise Asparagus Cress and French Endive Salad Ice Cream Cake Petit Gruyere Cheese Coffee
<i>Dinner</i> Radishes Cream of Corn Soup Veal Daube with Sweet Peppers Stewed Mushrooms Boiled Rice Dandelion Salad Rhubarb and Strawberry Pie Small Coffee	<i>Dinner</i> Olives Cream of Spinach Soup Meat Loaf Mashed Potatoes Buttered Onions Tomato Salad Sago Pudding Black Coffee	<i>Dinner</i> Chilled Relishes Vegetable Soup Lean Roast Pork Baked Sweet Potatoes Buttered Beets Lettuce Salad Pineapple Pie Coffee	<i>Dinner</i> Chilled Relishes Pea Soup Brolled Ham Farsley Potatoes Fried Eggplant Cold Slaw with Pimento Rice Pudding Big Coffee	<i>Dinner</i> Cucumber Relish Baked Salmon, Hollandaise Boiled Potatoes Cooked Lettuce Lemon Cream Pie Cream Cheese Wafers Coffee	<i>Dinner</i> Tomato Soup, Toast Fingers Roast Lamb, Mint Sauce Duchess Potatoes Green Peas Cauliflower Salad Strawberry Shortcake Coffee	<i>Supper</i> Cold Meat and Salad Hot Corn Puffs Chocolate Layer Cake Beverage

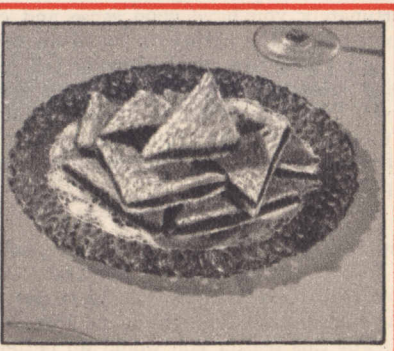
New flavors,
 new fashions in cooking...
 for those who are tired
 of doing things in the every-day way



CAMPFIRE RASPBERRY FLUFF
 Cut 30 Campfire marshmallows in quarters and soften over hot water. Fold in 1 cup raspberry jam and add 2 tablespoons lemon juice. Mix thoroughly. Fold in unsweetened whipped cream gently, and chill. This is an easy and very attractive dessert to serve when company comes. It gives an added note of color, too, as a party dish, when your decorations are in deep pink and white.



CAMPFIRE BUTTERSCOTCH PIE
 Scald 2 cups milk in double boiler. Mix 1 cup brown sugar and 4 tablespoons cornstarch. Add to milk. Stir until thick. Cover and cook 15 minutes. Add 3 tablespoons butter and ¼ teaspoon salt. Pour over 2 egg yolks slightly beaten. Return to pan. Stir and cook 1 minute. Remove and cool. Add vanilla. Pour into baked pastry crust. Cut 30 Campfires in pieces and soften in warm place. Beat 2 egg whites stiff, beat in marshmallows and spread on top.



CAMPFIRE CREME NUT SANDWICHES
 Cut medium thin slices of either white or whole wheat bread for the required number of sandwiches. Spread Campfire Creme thickly on the bottom slice, and peanut butter, creamed with a small amount of dairy butter, on the other. Press together firmly, trim and serve on a sandwich plate with an attractive garnish of cress and radish. Another good spread is to combine Campfire Creme with jam.

BUTTER, eggs, flour... of course you would be lost without these basic ingredients of cookery. Salt, pepper, spices... these, too, belong on the "pantry staple" shelf. But successful cooks are using another product that is at the same time a food, a seasoner, a garnish—Campfire marshmallows.

Prepared especially for cookery use
 Campfires have the perfect marshmallow flavor—a delicate mingling of the finest Mexican and Bourbon vanilla beans. They are not oversweet. They blend with any other food.
 Because of their wholesome, pure-food base, Campfires add food value and richness to everything they are combined with. Cut them up with fruit in salads and desserts. Drop them in hot chocolate or tomato soup. Use them in vegetable dishes, such as corn soufflé, where you would ordinarily add sugar. You have no idea what an improvement it makes! You can even create dishes of your own, using Campfire marshmallows—dishes with an entirely new flavor, new attractiveness for your table.

Here are over a hundred new recipes
 Try the recipes on this page as a starter. We know very well that once you use Campfires no ordinary marshmallow will ever suit you again. The flavor and fluffiness you find in Campfires are unsurpassed. We know, too, you will want Mrs. Williams' booklet that contains over one hundred Campfire recipes. Send 4c in stamps for it today.

Get Campfires from your grocer, druggist or confectioner. These marshmallows come in convenient-sized, modern packages and 10-oz. and 5-lb. air-tight tins. The Campfire Corporation, Cambridge, Mass.; Milwaukee, Wis.; Los Angeles, Cal.; Montreal, Canada.
 The new Campfire Creme—as helpful in its way as Campfire marshmallows are in theirs
 Campfire's newest product is possessed of the same pure-white color and fine flavor as Campfire marshmallows. If you open a can of it you will find it is smooth, and full to the brim. We use it in the whites of fresh eggs—not dehydrated albumen. Campfire Creme keeps a rich, even consistency without fermenting or separating.
 Use Campfire Marshmallow Creme for unusual desserts that must be made in a hurry; for delicious sandwich spreads, combined with peanut butter or jam; for home-made sundaes and milk-shakes. It does not become lumpy when blended with other foods, but stirs in smoothly, giving the mixture a new, rich texture.

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

CAMPFIRE MARSHMALLOWS
 CAMPFIRE CREME

Mrs. Gladys Williams, Domestic Science Department C-4
 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 _____

In the Campfire Kitchens cleanliness is one of the outstanding features. Every kettle, every beater, every conveyor is sterilized, acidified and scoured every eight hours.