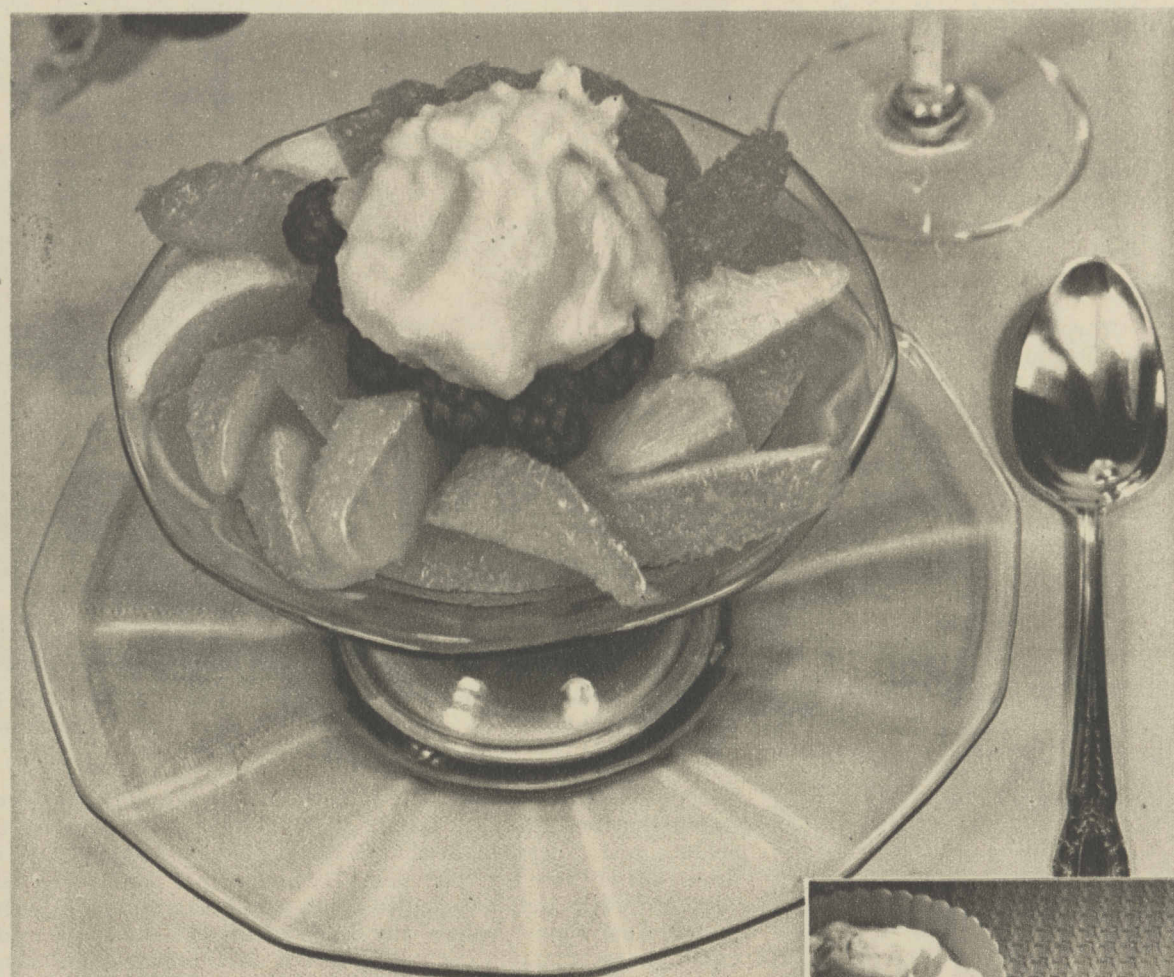


# Hot Days — Cool Food



A scoop of lemon sherbet atop chilled fresh fruit, such as orange segments and red raspberries, is one of summer's most delightful coolers.

## Light Dishes Are Suited to August

By MARY MEADE

**H**OT MINCE pie is a luscious treat at Christmas time, but who can stomach such heavy dessert with August coming on? Better a fruit cup with lemon sherbet topping or a chill raspberry cream pie just out of the refrigerator. These are desserts worth even leaving the bathing beach for.

Lemon sherbet may be made either in a freezer or in the refrigerator tray. And whether you serve it on a bed of fresh fruit as dessert or atop glasses of chilled orange juice, you may be sure it will be received with glee.

### LEMON SHERBET

(Serves ten)

2 cups sugar  
1 cup water  
2 stiffly beaten egg whites  
1 cup lemon juice  
1 cup water

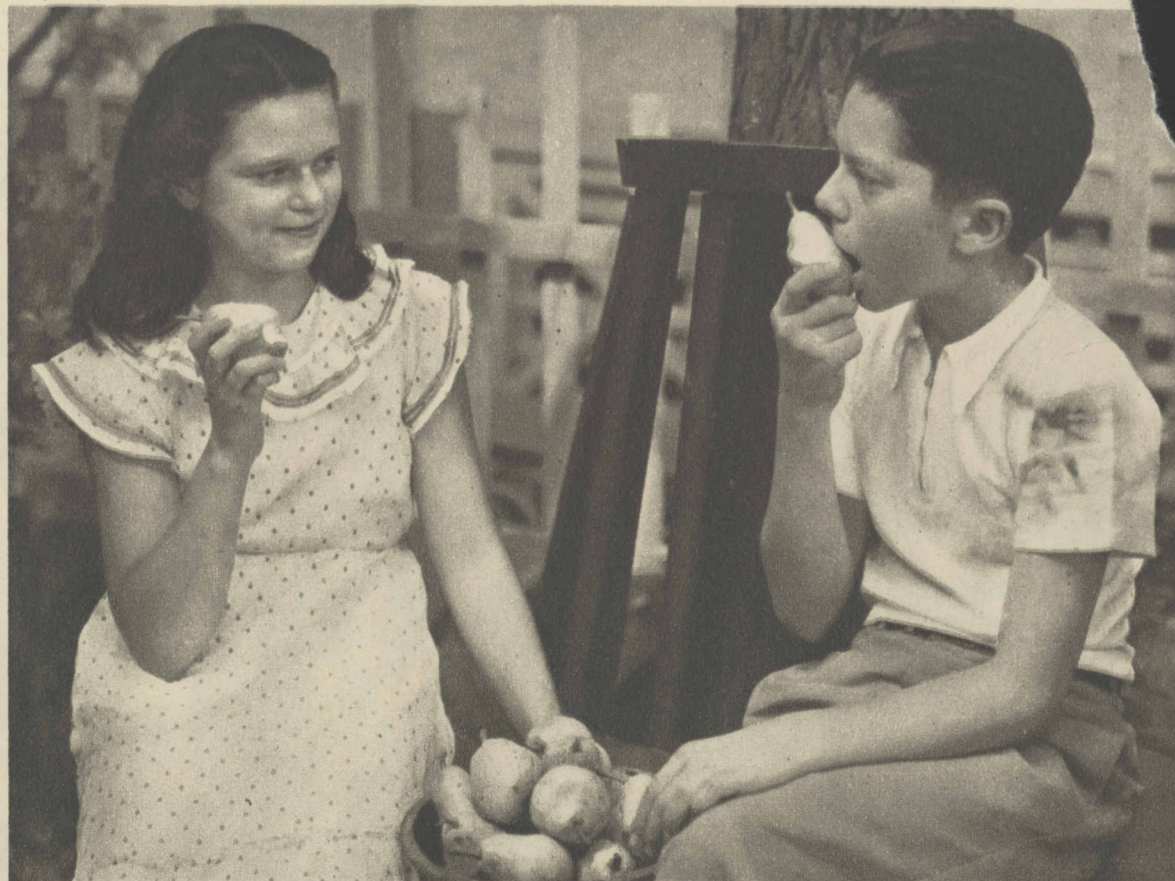
Boil together for five minutes the two cups sugar and cup of water. Beat this sirup a little at a time into the beaten egg whites and add lemon juice and



Chilled orange custard with whipped cream and frosted cakes cut from a white cake layer are cooling, too.



A more quickly made raspberry pie is this one, which contains only sweetened condensed milk, lemon juice, and fruit, topped with whipped cream.



The simplest and one of the most refreshing of all summery foods—fresh fruit. These youngsters are eating chilled pears, not as dessert, but as a midafternoon lunch. Wise is the mother who keeps fresh fruits available during hot summer days and who serves them often at meal time.

water, beating in well. Freeze in refrigerator at coldest possible temperature, beating the mixture thoroughly after the first half hour. Or freeze in a crank type freezer.

The raspberry coconut cream pie pictured was made according to this recipe:

### RASPBERRY COCONUT CREAM PIE

1/2 cup sugar  
5 tablespoons cake flour  
1/2 teaspoon salt  
2 cups milk  
3 egg yolks, slightly beaten  
1 cup shredded coconut  
2 teaspoons vanilla  
1 pint raspberries  
Baked 9-inch pie shell

**Meringue:** 2 unbeaten egg whites, 1/2 cup sugar, 1/2 teaspoon salt, 2 tablespoons water, 1/2 teaspoon vanilla.

Combine sugar, flour, and salt in top of double boiler. Add milk and egg yolks, mixing well. Cook ten minutes over boiling water, stirring constantly. Remove from heat and add 1/2 cup coconut and vanilla. Cool. Place one cup berries in pie shell, then fill with cooled filling. Put egg whites, sugar, salt, and water for meringue in the top of a double boiler and beat with rotary beater until well mixed. Place over boiling water and beat for one minute. Remove from heat and beat until mixture will stand in peaks. Add flavoring. Pile lightly on pie filling. Arrange the remaining berries around meringue; sprinkle with shredded coconut.

The second raspberry pie pictured is one of the make-in-a-hurry kind. Its base is a can of sweetened condensed milk.



Cold orange juice fills these glasses. On top of each floats a dipperful of lemon sherbet. Lemonade or other fruity summer beverage may be made into a "float" in the same way.

### QUICK RASPBERRY PIE

1 can sweetened condensed milk (1 1/2 cups)  
1/2 cup lemon juice  
1 cup raspberries or other fruit  
1/2 cup whipping cream, sweetened  
Baked pie shell

Blend condensed milk and lemon juice, stirring until the mixture thickens. Fold in berries. Fill shell and cover with whipped cream. Chill.

My department has two splendid new booklets filled with recipes for cold summery foods. The titles are "Freeze the Salad" and "Thirty-three Refrigerator Cakes." If you'd like a copy of either, send 5 cents in stamps with your request to Mary Meade, Chicago Tribune. Ten cents in stamps will bring them both.



This is raspberry coconut cream pie, an excellent cool finish to a summer meal. The recipe will be found elsewhere on this page.



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## Beauty Cycle—Pedaling Your Way to Good Health

By ANTOINETTE DONNELLY

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**W**ELL, WE DO go back to the old joys when we want to renew health and have a riotously good time. In no period in history have so many women joined the outdoor groups in pursuit of health, sunshine, and general welfare.

We were surprised, returning home through the park in a cab one night not long ago, to see the numbers of cyclists out in groups. And more power to the movement, say we. We have become such a leg-useless nation, jumping on cars or into cars if duty beckons us only a quarter of a mile away.

Perhaps the driving force that will get women on wheels is the old silhouette cause. And a grand exercise it is for keeping line and muscle trim and neat. We do that indoor bicycle figure exercise to take the weight off hips and thighs and so on. As compared to the real thing outdoors—well, there isn't any comparison. The former is a grind, a duty; the outdoor cycling rare good sport and a first-rate reducer. For those already slacks, shorts, and cycle equipped we would offer a few rules on cycling the right way, offered by one of the greatest American racing men, A. A. Zimmerman:

"The correct way to ride: When you start riding, either as a beginner or at the start of the season, ride slowly until you become accustomed to the exercise and your muscles are limbered. Pedal evenly; don't use more



(Acme photo.)

British young men and women appreciate the value of the bicycle as an aid to health and beauty. This group is going it afoot—no small part of the exercise in cycling—to see the view of this noted scenic spot near London.

drive with one leg than you do with the other. Rhythm is what counts in all athletics.

"Pedal straight; don't throw your knees out away from the frame of the bicycle. Keep your leg parallel with it. The knee is a hinge joint and should flex straight forward either in riding or walking. Nothing looks more awkward than a rider's knees bending out away from the bicycle, unless it is riding with the arch of the foot on the pedal. Both errors sacrifice power.

"Ankling technique: This is the term applied to proper pedal action. Place the ball of the foot on the pedal and flex the ankle at the top and bottom of the stroke. Keep the tension of the chain even throughout the entire revolution of the sprocket, which is the secret of smooth, speedy, effortless riding.

"There are a few don'ts to register: Don't let your shoulders wobble, as that makes your bicycle unsteady. Look straight ahead. Hold your head still and your handlebars naturally. Don't have your saddle too high or too low. It tends to cramp the legs. The best position is to adjust the saddle so that the heels rest lightly on the pedals at the bottom of the stroke."

It is claimed for bicycle riding that it not only stimulates the action of heart and lungs, thereby supplying pure blood to the muscles, but it aids the digestive tracts, stimulates the action of kidneys and liver. Also the exercise obtained from bicycle riding affects directly the point where obesity starts.