

A JULY LUNCHEON

PREPARED BY
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FOR the July luncheon, lay the table on the lawn, against a background of trees and flowers, or on the porch, where some pretty decorative scheme has been carried out. This may consist simply in placing at intervals great jardinières of some seasonable flower, or it may be an elaborate effect, showing groups of lovely blossoms twined about a stout wire framing that has been arched to within a foot of the porch roof, and extended along the outer side between the porch supports. Such a decoration is wonderfully attractive, and with the abundance of flowers procurable at this season at small cost is comparatively inexpensive.

The dainty sweet pea, at this time in the zenith of its beauty, affords an admirable decoration for the July luncheon table. Its wide range of coloring makes it adaptable to any number of pretty schemes, and the delicate fragrance of its lovely blossoms argues strongly in its selection.

One scheme that shows an effective use of this flower is arranged as follows: Here the coloring is rose pink, and the

scheme of which it is a part depicts a sport, yachting, much in vogue during July. The central arrangement is a large, deep bowl massed with sweet peas. This rests on a round mirror. In the centre of the blossoms is a miniature yacht, and outlining the mirror are tiny yachts corresponding in number to the number of guests. Between every two of these little boats is a small crystal holder equipped with a taper matching in coloring the sweet peas. Flanking the central theme are nautical candlesticks of silver. Small glass bowls filled with sweet peas serve as place cards, the blossoms to be worn by each guest, and tiny boats, filled with confections, are used as bon bon dishes. The completed scheme is striking and attractive, and the cost of its arrangement is small, the large boat and crystal holders being purchased for ten cents each, and the small boats for five cents apiece.

As to the menu suitable for a July luncheon, the following is offered as a suggestion:

Cream of Corn Soup
Radishes Nuts
Lobster Loaf
Potato Rolls Peas
Chicken in Ambush
Nasturtium Salad
Cherry Cakes
Coffee

CREAM OF CORN SOUP: Take 1 can of corn, 1 pint of hot water, 1 quart of milk, 1 heaping tablespoonful of flour, 2 tablespoons butter, 1 sliced onion, salt and pepper to taste. Crush the corn in a potato ricer. To the liquid add the milk and hot water with the onion, letting this come to a boil. Stir into this boiling mixture the flour and butter which have been mixed together until smooth. Strain and season to taste.

LOBSTER LOAF: Cut into cubes sufficient boiled lobster to make a pint. Add to this two tablespoons of finely chopped mushrooms, season to taste with salt and pepper, and heat thoroughly in white sauce. Cut the top crust off French rolls, and hollow out. Fill with the lobster mixture, place crust removed on, and serve on lettuce leaves, with garnish of small gherkins.

CHICKEN IN AMBUSH: Pack hot boiled rice in buttered moulds, turn out, and after scooping out the centres, fill the cavities with coarsely chopped chicken. Arrange on a dish with buttered peas, garnish with stuffed olives and lemon, and serve hot with cream sauce.

NASTURTIUM SALAD: This salad is both unusual and pretty. Wash thoroughly in ice water a sufficient quantity of leaves and blossoms. With a silver fork lightly stir the blossoms into a dressing made of four tablespoons of olive oil, two tablespoons of vinegar, half a tablespoon of Worcestershire sauce, a level teaspoon of sugar and a pinch of celery salt. Arrange at once on nasturtium leaves and serve surrounded with stiff mayonnaise.

CHERRY CAKES: Plain iced cookies may be transformed into most inviting little cakes by decorating them with candied cherries and leaves cut from citron arranged in clusters.

HODGEPODGE PUDDING: Two cupfuls of apples chopped fine, 1 cupful of chopped English walnuts, ½ cupful of raisins seeded and chopped, ¼ cupful of orange juice, ½ teaspoonful of ground cinnamon, 3 tablespoonfuls of sugar. Mix the ingredients, turn into a buttered baking dish, dot the top with bits of butter, and bake (covered) until the apples are tender. Moisten with a little water if the apples are not sufficiently juicy. Serve hot with a sauce made as follows: Cream half a cupful of butter, add gradually one cupful of brown sugar, heat in a double boiler, adding gradually and very slowly half a cupful of cream. Stir constantly to prevent curdling. Add one teaspoonful of vanilla extract after removing the sauce from the fire.

STRAWBERRY CHARLOTTES: Line a mold with sponge lady fingers. Mash up a pint of strawberries, adding three

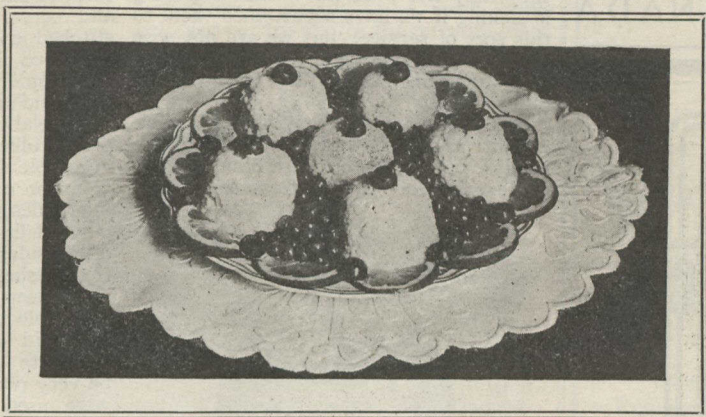
ounces of sugar. Mix well and bring to a boil when you add to it one ounce of gelatine which has been dissolved in a little cold water. Rub it all through a sieve. Whip a little less than half a pint of cream, sweeten it and add to the strained pulp. When this is cool fill the interior of the lined mold with it, and set on the ice or a very cool place till required. When serving, turn out on a square of sponge cake and decorate with whipped cream and whole strawberries.

ASPARAGUS TIPS: There are very many ways of serving these tips when you have utilized the stalks for a cream soup. Boiled in salted water for ten or twelve minutes they may be used as a garnish for boiled salmon salad; may be well seasoned and served in patties with or without a cream sauce. They may be seasoned with salt, pepper, butter, have a little cream added, then eaten from individual sauce dishes after the method of serving green peas, or they may be added to an omelet just before doubling over, or to an egg scramble, allowing one-half cupful of tips to every three eggs.

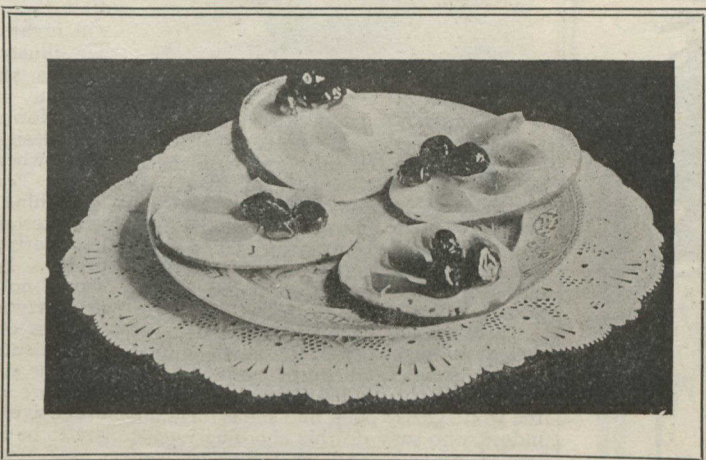
CANTALOUPE WITH NUT ICE CREAM: Put one cupful of sugar into a saucepan, add one tablespoonful of flour, one beaten egg, two cupfuls of scalded milk, a pinch of salt, a quart of cream and one tablespoonful of vanilla extract. Cook twenty minutes over hot water. Cool, add one cupful of chopped nuts, and freeze. Remove the seeds from the cantaloupes, fill with nut ice cream and decorate with a few chopped nuts.

COLD ROAST LAMB: Pick over, wash and boil one-half peck of spinach. Drain thoroughly and chop finely. Add one tablespoonful of melted butter and season with salt, pepper and lemon juice. Pack solidly into slightly buttered small individual tin molds and chill thoroughly. Cut cold roast lamb in very thin slices and arrange slices overlapping one another around a cold platter. Remove spinach from molds and arrange in centre of platter. Pile on top of each tartare sauce; garnish with water cress.

RHUBARB WITH CUSTARD: One pound of rhubarb, one-half pound of bread crumbs, two eggs, one pint of milk, nutmeg, sugar, butter. Cut the rhubarb into small pieces and stew till tender. Strain. Mix with the bread crumbs, sweeten with sugar, and season with nutmeg. Add the beaten eggs separately, then mix all together with the milk. Pour into a buttered pie dish, and bake in a moderate oven until the top is very slightly browned.



CHICKEN IN AMBUSH



CHERRY CAKES



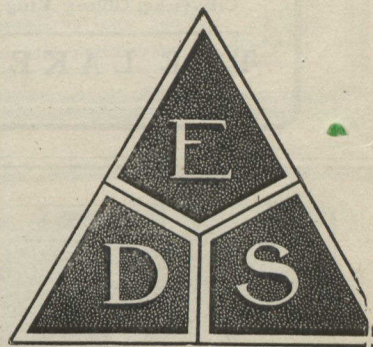
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