

Use Sour Cream in Many Dishes

It Is Especially Effective in Cooking Fish.

By EDITH M. BARBER

IN SUMMER time there is quite likely to be a supply of sour cream on hand even in these days of good household refrigerators. That interval between the time the milk and cream leave the dairy and the time they get into the household refrigerator, especially if the milkman happens to set them in a sunny place, will sometimes affect these products in such a way that they may sour more quickly than usual.

I usually save the cream for salad dressing or for cooking meat and fish. The best way I know to cook fish is with sour cream.

veal cutlets or minute steak are also delicious prepared with sour cream.

Western Champion



Miss Marion Milley of Lexington, Ky., won the western women's golf championship at the tournament played recently at Cleveland, Ohio.

cream. A pliancy of flavor is developed which is accomplished in no other way.

Sour cream is always an addition to cottage cheese, whether bought from the dairy or home made from sour milk. There is a real art in making cottage cheese. You have noticed the difference yourself between one kind and another. Perhaps the most important thing is to make the cheese of milk which has been soured quickly, as a bitter taste will then be avoided.

In griddle-cakes, waffles, muffins, cakes and cookies we find that sour milk with the proper amount of soda gives a tender texture which is delicious. Soda is always used with either sour milk or cream when it is necessary to have the mixture rise. Because we cannot be sure of the amount of acid in the sour milk, it is well to use a little baking powder as well. Just don't let the milk stand too long after souring, as it is inclined to get bitter.

Recipes containing either molasses or chocolate, which, as well as sour milk, contain acid, need soda also. Perhaps that is the reason a molasses and a chocolate cake are more likely to be tender when made with sour milk.

Practically any recipe which calls for milk and baking powder can be made as well with sour milk and soda plus a little baking powder, perhaps. The best proportion for combining sour milk and soda is one cup of milk and one-half teaspoon of soda. In modern cooking the soda is usually sifted with

the flour to delay the rising action until the batter of whatever is being made is mixed. This means that modern recipes call for less soda than the old ones, which call for mixing the soda with the milk. Molasses has a stronger acid than sour milk and we use one teaspoon of soda to the cup. Chocolate's slightly acid, and a recipe containing chocolate may call for a seemingly larger proportion of soda. I like a chocolate cake made with soda and sour milk, as it is so rich in texture and dark in color. If you prefer a "red" chocolate cake, use baking powder.

Whatever happens, be sure to use the sour milk and cream in some way. Do not throw away these assets to cookery. Butter milk has the same results as skimmed sour milk in almost any recipe.

Chocolate Drop Cookies.

- 2 squares chocolate
 - 1/2 cup butter
 - 1 cup brown sugar
 - 1 teaspoon soda
 - 1 egg
 - 2 cups flour
 - 1/2 cup sour milk
- Mix sugar, egg, milk and soda and flour sifted together. Add melted fat and chocolate. Batter should

Car With Eight Wheels Makes Debut



Herr Gotthardt Rimmeck, Berlin automobile engineer, is shown here with the new eight-wheeled passenger car which he has designed. He claims that the car offers greater security and is better equipped to take bumps. He explains this by the fact that the wheels of the car do not go through the depressions, but pass over them. Furthermore, a breaking of the axles or a blow-out of a tire will have no serious effect since the car will continue on seven wheels.

be stiff enough to drop from spoon. Drop by spoonfuls on greased pans and bake in a moderate oven (375 degrees F).

Sour Cream Nut Drops.

- 1/2 cup shortening
- 1 cup sugar
- 1 egg
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1/2 teaspoon nutmeg
- 2 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon soda

1 cup sour cream
1/2 cup chopped nuts
Cream the shortening and sugar together. Add the well-beaten egg and salt. Measure and sift together the flour, soda, baking powder and nutmeg. Add alternately with sour cream, beating constantly. Add vanilla and nuts. Drop by spoonfuls on greased baking sheet and bake in a moderate oven (375 degrees F.) until brown, from twelve to fifteen minutes.

© Bell Syndicate.—WNU Service.

EXPERT OFFERS TIPS ON SAUCES

What They Are and How to Make Them Explained by Leading Expert.

The word sauce has, in culinary matters, diverse meanings. It may be fruit cooked with sugar, until it is of the consistency of a white sauce, or it may have the pieces of the fruit, or whole berries, unbroken in a rich liquid of delectable flavor. It may be a mellow, smooth, thin paste highly seasoned and variously colored, a rich sauce for meat or fish or fowl. Or it may be a sweet creamy liquid for puddings and desserts.

The time for discrimination in the significance of the word has come, however. Some sauces are in reality, compotes. This is when the berries or cut fruits remain unbroken, or as nearly so as the kind permits. For example applesauce is not a sauce but a compote when pieces are unbroken. It is a much more epicurean dish among cooked fruits, than the sauce, which is of strained fruit, and is used much as is a relish. Applesauce is a side dish for pork, and other meats. A compote of apples may be so served, but it may be served for a dessert with cake or rich cookies. Each has its place and is a favorite dish.

Many of the dishes once termed sauces have evolved into relishes, for example, speed fruits are accounted relishes today, while mashed ripe fruits, or slightly cooked and lavishly sweetened fruits become sauces well liked for ice creams and other desserts. It is the sweet sauce that is featured for desserts. The sauce with zest is for meat or fish, entrees of like kind, and for poultry and birds, etc.

For the group of sauces with zest there is one foundation, a roux which may be white or brown according to whether the flour has been browned in the butter or not. A rich roux has equal parts butter and flour, which is thinned with stock, or with milk. The French chefs use stock, and scorn a sauce of this kind that is otherwise made creamy. Water can be used for thinning a foundation of one tablespoonful of butter and one of flour—or two of flour, but such a sauce is scarcely worthy the name. It is so inferior. Roux of either kind is a basic sauce, from which many others can be made.

Another group of sauces with zest

have nothing in common with the roux group. Mint sauce for mutton and lamb is one. This has vinegar and mint as principal ingredients with sugar to mellow it. Then there are various kinds with mayonnaise, as a base, or the mayonnaise itself, a very rich sauce for salads, meats, and fish. Tartar sauce chiefly for fish has mayonnaise for a foundation, with other ingredients added, such as a little onion, parsley, olives, capers, and pickles all minced.

There are endless kinds of salad sauces with mayonnaise as the base such as Russian dressing, Creole sauce, Thousand Island dressing. Or a boiled dressing may be substituted for the olive oil mayonnaise.

© Bell Syndicate.—WNU Service.

Spank Images of Gods

After a typhoon at Hongkong, China, many Chinese took images of their gods down to the wrecked waterfront and spanked them.

Always Simoniz a New Car!

MAKES THE FINISH LAST LONGER



Simoniz your car! New or old, the sooner you do it the better. If dull, first use the wonderful Simoniz Kleener . . . restores the lustre quickly and safely. Then Simoniz. It, too, is easy to apply, but hard to wear off . . . perfect protection for the finish which makes it stay beautiful for years.

MOTORISTS WISE
SIMONIZ

The Household

By Lydia Le Baron Walker

A FORTUNATE element in household work is its adaptability. The twin routine tasks and those which woman who lays stress on its monotony should not close her eyes to the other side of the matter. There is a pleasant balance to be done at the convenience of the homemaker. It is these latter tasks that should be tackled when the person feels in the mood for them. Sometimes they appeal, and then it is that the labor sinks into its minimum. These times come unexpectedly as a general rule.

seem inopportune. Sometimes they are. Nevertheless when the spirit is strong for accomplishment, the body rises to meet its demands. The strain is eased, and as it is this strain, in large measure that saps energy, the proper adjustment releases it, and work slips away on light wings.

To combat the worker, to reason

with her, to prove it is not time to do the task she sets out to perform, is often as draining to mind and physique as the actual labor of performance—and nothing is accomplished. Should she insist on doing what she started out to do, the joy of getting the thing done has cooled away, and with it has gone the atmosphere of ease. The reaction is apt to be what the critic prophesied, because the task is done under fire of rebuke. This may not be verbal, after the first protest, but the spirit of reproach is felt. This does not loose its grip.

© Bell Syndicate.—WNU Service.

My Neighbor Says:

When the bristles of the carpet sweeper become soft from use, put a little common baking soda in some hot water, take the brush from the sweeper, dip it up and down in this solution and let it dry in the sun.

Dust is most successfully removed from reed furniture when a hose is used. Set furniture on the lawn when the sun is shining and play the hose on it.

Use eggshells to wash bottles or vinegar cruets. Crush them fine, put into the cruets with warm, soapy water and shake well. This will clean the finest glass without scratching it.

© Associated Newspapers. WNU Service.

Fashion on the Campus



A suit that combines three fabrics—the mannish coat is gray tweed to match a line in the clan plaid skirt of green, blue and gray. The skirt is soft white flannel with a cravat on the plaid.

lake. This old motto, upon which many people have gazed, is important in the development of human character. Obedience to this law means happiness and friends. Disobedience will doubtless result in a miserable and friendless world. The star of destiny must first be in our own heart.

Life is what we make it but the power which makes it comes not so much from without as from within. Thoughts mold character and ideals develop destiny, for, "As a man thinketh in his heart so is he."

© Western Newspaper Union.

AN OLD MOTTO

By LEONARD A. BARRETT

Life is a series of consequences. Given a cause, a definite result occurs. Nothing happens by mere chance. The universe is controlled by law. Were this not so this world could not long exist. In truth it never would have been evolved. Some people believe in "luck"; however, the affairs of life which appear most risky are governed by

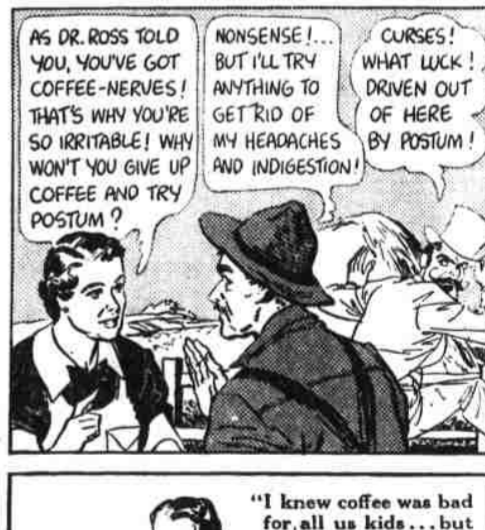
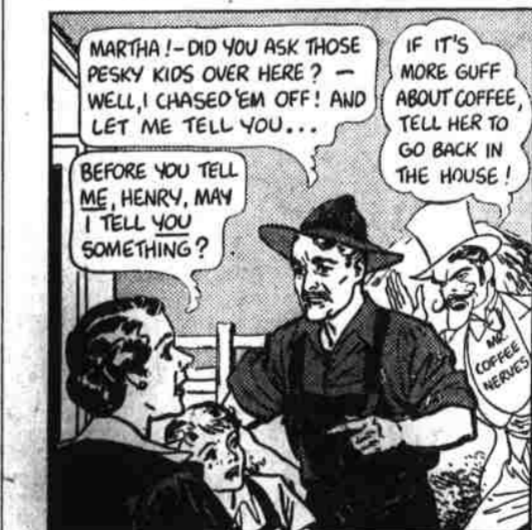
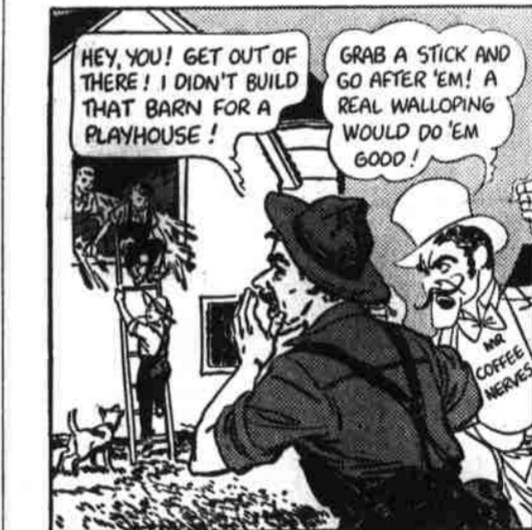
law. The practice of gambling is controlled, so we are informed, by the law of averages. Any person who thoroughly understands this law may win any game. We frequently hear the remark: "I was lucky today." Perhaps the remark "I was fortunate" would have better expressed the truth. One is very fortunate, indeed, if upon all occasions, he competes successfully with all the workings of nature's laws. "Let mercy be seasoned with justice" is not written into the universe of nature. Obedience is not easy at any time, and yet obedience is always liberty, and disobedience is slavery.

Fortunately we are not ignorant of these laws. We should know what they are and especially how they operate. Nowhere is this knowledge more important than in the world of moral and spiritual values. One of these laws was recently found by the writer upon the wall of an old priory and which read as follows: "If we would gaze on the star of our destiny, we must look for it in our own hearts." This priory is located on the ground of the Lafayette Hotel, one of the authenticated historic places of the state of New York. The priory is at Geneva, N. Y., and overlooks the beautiful Seneca

POTPOURRI

Harp Played by Wind
The aeolian harp is a long box-like instrument with eight to fifteen strings stretched from one end to the other. These are harmoniously tuned. When hung where wind may blow through them, the strings vibrate, thus creating harmonious sounds. The volume depends, of course, on the amount of air flow.

HENRY SCORES A RINGER!



AMAZE A MINUTE

SCIENTIFACTS ~ BY ARNOLD

REACHING THE SUN'S HEAT
AN INSTRUMENT WHICH WILL CONCENTRATE THE SUN'S ENERGY 200,000 TIMES AND WILL GIVE TEMPERATURES EQUAL TO THE SUN'S 10,000° IS BEING INSTALLED IN CALIFORNIA.

ISLANDS OF THE HIBISCUS
HAWAII HAS 2,500 VARIETIES OF HIBISCUS.

A LANGUAGE FROM A LANGUAGE
AN 850-WORD BASIC VOCABULARY OF ENGLISH ADAPTED FOR BREVITY COMMUNICATION HAS BEEN DEVELOPED BY THE U. S. ARMY.

FREE! Let us send you your first week's supply of Postum free! Simply mail the coupon.

GENERAL FOODS, Battle Creek, Mich. W. N. U. 9-12-35

Send me, without obligation, a week's supply of Postum.

Name _____

Street _____

City _____ State _____

Fill in completely—print name and address
This offer expires December 31, 1935