

AUGUST 16, 1935.

# Let The Wind Pump His Water

For electrification of a small place when one can have a windmill with a pump, a generator, and a refrigerator? mused Mr. Morrisette.

And so Mr. Morrisette, who has a summer cottage at Kitty Hawk Beach is going to let the sea winds light his cottage and pump his water. Mr. Morrisette will not use the old farm type windmill, but the new airplane propeller type, which is much less expensive, easy to install and quite as efficient.

It is an idea that many cottage owners up and down the coast can profit by.

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## PLANNING EASY MEALS FOR HOT SUMMER DAYS

The easiest meals are those which are partially prepared in advance—left-overs, if you please. Now if there happen to be no left-overs, make some by cooking a large piece of meat during the cool morning. Then you have only to re-heat and serve at dinner time.

If your refrigerator is adequate, you may cook several days' meat supply at one time. There are so many different ways to prepare and serve already cooked meat that you never need worry about monotony. Sliced cold for sandwiches, re-heated in tomato sauce, diced for salad, jellied for a salad, creamed with vegetables for a casserole dish—any of these are easy hot-weather dishes.

As to the meats suitable for these dishes, practically any kind of meat may be used. A baked whole or half ham, a rib roast of beef, a chuck or rump pot-roast, shoulder of pork, leg or shoulder of lamb—in fact, you will find that any chunky piece of meat whether it is roasted or braised as a pot-roast has many possibilities for use in this way. Following are two receipts for using these so-called left-overs. They are suggested by Inez S. Willson, home economist.

**Mexican Barbecue Beef**  
Slice cooked beef very thin. Make a sauce by cooking a medium-sized onion, thinly sliced, in 2 tablespoons butter until brown. Add 1 chopped green pepper and cook for five minutes longer. Add 2 cups stewed or canned tomatoes, a few drops of Worcestershire sauce and let simmer for about ten minutes. Re-heat the thinly sliced beef in this sauce.

**Oven Hash**  
2 cups ground left-over meat  
4 medium-sized potatoes, raw  
1 cup stewed tomatoes  
2 stalks celery  
1 cup gravy  
1 egg  
1 medium-sized onion  
Salt and pepper  
Put meat, raw potatoes, celery and onion through the food chopper, or else chop every fine by hand. Mix into this the beat egg gravy, and tomatoes. Season with salt and pepper and put into a well-greased baking dish. Bake in a moderate oven (350 deg. F.) until the potatoes are done, about thirty minutes.

## Corn Off The Cob Affords Many A Tempting Dish

Long before Columbus came to America, corn was growing in a wild state on the plateau of tropical America, and was cultivated by the natives who not only roasted it on the ear, but ground it into a primitive form of what we, today, call corn meal. It is said that Columbus carried the first grains of corn into Europe on the return from his first trip to America, but although it was introduced into Spain at that time it was not until the late sixteenth century that France became acquainted with the sweet American corn.

There can never be too much said about corn. Here, then, are a few corn recipes, guaranteed to make the family more enamored with their favorite than ever before.

**Baked Corn Venezia**  
Scrape 6 ears of corn (2 cups). Beat 2 eggs. Add corn to eggs. Remove the seeds from 1 green pepper and chop it finely. Add 1 onion grated. Cook in 3 tablespoons butter for three minutes. Stir in 3 tablespoons flour gradually add 3 cups milk and 1 cup mild cheese grated. Add salt and pepper to season and dash of granulated sugar. Add to the corn mixture. Turn into a buttered dish and sprinkle with bread crumbs. Bake in a moderate oven until firm.

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### Corn Fritters

Beat 2 eggs. Add 1 cup corn 1 cup milk 1 tablespoon butter 1 teaspoon salt 1 teaspoon sugar  
Pepper to taste. Put all into double boiler and cook until thick. A little flour may be added to bring this thickness. When thick, pour out onto a large buttered plate and cool. Cut into strips, roll in egg, then in cracker crumbs, and fry in deep fat. Drain and serve hot. These are very delicious, and if made correctly, very light.

### Corn Stew

Combine 3 cups of corn, either white or yellow, with 1 tablespoon flour and 2 cups scalded milk and put in double boiler. Cook until the corn loses the raw taste. Then season sparingly with salt and sugar to add to the sweetness.

### Corn Sauté

Scrape the corn from the cob until there are 3 cups kernels. Add 1 tablespoon flour. Few grains of pepper. Salt, and sauté all together gently in butter until brown and tender, 15 minutes is the usual cooking time. A bit of onion, grated, adds to the piquancy.

### Corn in Tomato

Left over corn is excellent when put into the center of tomatoes, which have been scooped out. Mix the corn with the tomato that has been removed. Add salt and pepper. A bit of finely chopped

green pepper gives a spicy touch. Fill the tomato cup with the corn mixture. Top with butter and a sprinkling of bread crumbs. Bake in a moderate oven until the tomatoes are done.

## New and Unusual Frozen Dessert

When you tire of your old formula for ice cream or sherbert and hunger for something new, here is a wholesome novelty that should hit the spot. It is called "Tropical Delight."

Carefully combine and freeze thoroughly 2 cups crushed pineapple 2 cups crushed ripe bananas 2 cups whipped cream 2 oranges (juice and grated rind) 2 limes or 1 lemon (juice and grated rind) 2 eggs whites, whipped light 2 cups powdered sugar 2 tablespoons vanilla. Serve with grated cocoanut. This serves 15.

## The Right Way Is Easy Way to Broil

There is a right way and a wrong way to broil meat, says Inez S. Willson, home economist, and as is usually the case, the right way is much easier than the wrong. Instead of having to stand close-by and turn the meat every few seconds during broiling, a single turn is all that is needed.

The secret of this simplified method is in placing the meat far enough from the flame or heating element that by the time one side is nicely browned, it is about half done. It is turned once, and by the time the

## Culinary Jingles by Marcia Camp

Long she pondered o'er the question  
Till her soul was sorely tried,  
And the moments sped by swiftly  
Toward the time she must decide.

Each proposal she weighed carefully,  
Each suggestion was decided.  
How to solve this vexatious problem  
She alone could now decide!

When at length no time was left her  
For musing to decide,  
All triumphant she leaned forward—  
"A CHOCOLATE sundae, please!" she cried.

**A HOME MADE CHOCOLATE SUNDAE**  
THE most popular of all American desserts—ice cream—and the most popular of all American flavors—chocolate—when combined, should make a hit with practically every American palate. And when served as a sundae with a sticky cascade of snowy marshmallow sauce they are unrivaled in their appeal to all ages.

This particular chocolate ice cream is home-made with campfire marshmallows, so it is sure to be flavored just to your own taste and textured like the finest ice cream you ever bought. Besides this virtue it is eas-

ily made and easily frozen in your refrigerator, requiring no stirring and in fact no other attention from the moment it goes into the freezing tray.

**CHOCOLATE MARLOW**  
16 campfire marshmallows 1 square bitter chocolate 1 cup milk 3 tablespoons cream  
Put marshmallows, chocolate and milk into top of double boiler and steam until marshmallows and chocolate are melted. Add sugar, vanilla and salt; cool. When cold and slightly stiffened, fold in the stiffly beaten cream. Turn into freezing trays of mechanical refrigerator and freeze without stirring. Serves 5 to 6.

**MARSHMALLOW SAUCE**  
20 campfire marshmallows 3 tablespoons cream 1 cup sugar 1 teaspoon vanilla 1/2 cup water  
Melt marshmallows with cream in top of double boiler. Meanwhile boil sugar and water together until syrup spins a thread. Add vanilla and serve hot, on chocolate marlow.

Served with a good home-made cake, this makes one of the best possible hot weather desserts.



CAMPFIRE MARSHMALLOW KITCHEN PHOTO

### HELPFUL HINTS

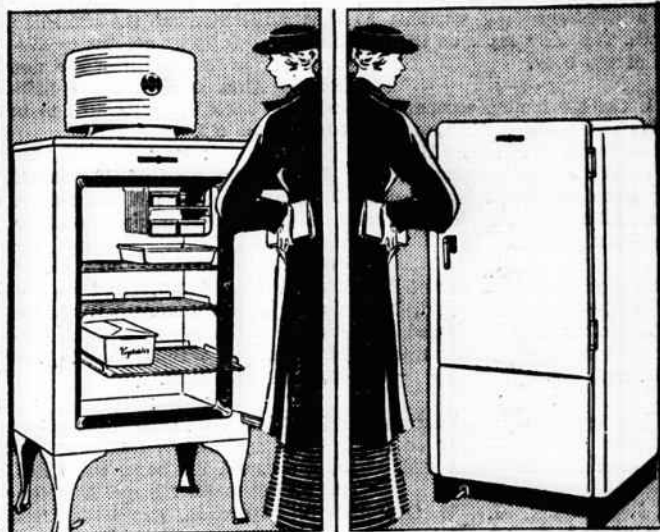
Sift together through flour sifter one-half cup flour, one-half cup of powdered alum; put pint of water and 15 drops of oil of cloves in white sugar and one-half teaspoon water.

double boiler beat in the flour mixture and cook until clear and you have a library paste.

Fresh fruit stains can be removed from table linen by sponging with lemon juice and washing with hot water.

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