Fruit Cocktails to Start a Dinner Are Recommended by Mrs. Wilson

This Appetizer Is a Great Aid to Digestion as Well as a Delicious Innovation to the Meal

By MRS. M. A. WILSON

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MANY families like to begin a meal with a relish, and the popular trend today seems to be toward fruit and vegetable cocktails in place of the highly seasoned oyster, clam, crabmeat, fish and lobster cocktails of yesterday.

The placing of the fruit and vegetable cocktail in the menu is along the line of newer nutrition, and makes for an easy digestion. The fruit cocktail is composed of fruits, and it is well known to the dietitian, that fruits are composed of fruit flavors, fruit sugars, water and cellulose.

When taken at the beginning of a meal, the water and fruit sugar is immediately available and is carried to the blood stream without entering a process of digestion, the bulk or cellulose mixing with the food, thus aiding digestion.

Grapefruit Cocktail

Cut a grapefruit in half and then remove the sections whole. Save all the juice and strain; add

Two pared and diced apples to each grapefruit,

Five maraschino cherries, cut in small bits.

Place in cocktail glasses, now add one-half cup of powdered sugar to the strained juice and pour over the cocktail in the glasses. Serve ice cold. This amount will serve four persons.

Pineapple Cocktail

Place in bowl

One and one-half cups of crushed pineapple,

Two apples pared and cut in fine dice,

Ten maraschino cherries, cut in tiny bits,

Juice of one lemon.

Blend and serve ice cold in chilled cocktail glasses.

Cider Cocktail

Place two and one-half cups of cider in bowl and add

Juice of one lemon,

Juice of one orange,

Three-quarters cup of finely crushed ice,

Two tablespoons of powdered sugar.

Sprinkle over the ice, blend and serve in chilled cocktail glasses.

Brazilian Cocktail

Place in bowl

Juice from four oranges,

Juice of two lemons,

The pulp cut in sections from two grapefruit,

One and one-half cups of crushed pineapple,

Two apples, pared and diced.

Toss to blend and serve ice cold in cocktail glasses, garnished with maraschino cherry.

Cranberry and Grape Juice Cocktail

Place in bowl or pitcher

One and one-half cups of strained and sweetened cranberry juice,

One cup of grapejuice,

Juice of one lemon,

One cup of crushed ice.

Blend well and serve.

Canned Fruit Cocktails

Every variety of canned fruit is splendid for these dainty little appetizers. Remove the label from the can of fruit selected and pack in crushed ice and ice-cream salt for one and a half hours, then open the can, just as the family sit down to the table, and fill the frozen mixture into the cocktail glasses. Serve at once.

Windsor Cocktail

Shred very fine

Two branches of celery,

One pimento,

One small onion,

One-half cup of well-drained canned tomatoes,

Three-quarters cup of well-drained canned peas,

One-half teaspoon of salt,

One-quarter teaspoon of white pepper and paprika,

Juice of one lemon,

Two tablespoons of French dressing.

Toss well to blend, and serve with teaspoonful of chilli sauce over each cocktail.

Asparagus Cocktail

Open a can of asparagus and drain, cut off the tips about one inch, place eight of the tips in the cocktail and sprinkle over the tips

One teaspoon of finely chopped celery,

One-quarter teaspoon of finely minced onion,

One teaspoon of finely minced pimento,

Two teaspoons of highly seasoned French dressing,

One teaspoon of lemon juice.

Now sprinkle with finely chopped parsley and garnish with little dot of mayonnaise.

MRS. WILSON'S ANSWERS

My Dear Mrs. Wilson—Will you please give recipe for pickled white onions—the crispy small ones; also for crispy pickled red cabbage? MRS. E. F.

Crisp Pickled Onions

To make the crisp pickled onions they must be made as needed, as they become soft when stored in jars.

Pour scalding water over one pint of small white pickling onions and let stand until cold. Remove the skins and place in jar. Add

One-half cup of pickling spices,

and cover with scalding hot white malt vinegar. Seal and stand aside for two days. They are ready to use.

To make the crisp pickled cabbage, shred red cabbage fine and place in mixing bowl, and add to three cups of the shredded cabage

One-half cup of finely chopped onions,

Two green peppers, chopped fine,

One-half cup of pickling spices, and sufficient sharp cider vinegar to cover.

This cabbage is now ready to serve. The use of alum in making crisp pickles is dangerous and prohibited by law when these goods are made up for sale.

My Dear Mrs. Wilson—I am very fond of mushrooms, cooked most any way, and while I have been successful in results, I have been unable to prepare them as served in the hotels as an Hors d'Oeuvres. Have looked in several books, and while I have tried the pickled recipe, they do not taste the same. That and the spices are too sharp, while the ones I have tasted are mellow, if I might use that term. If you will give this recipe I will be very grateful. MARY T.

Open a can of fancy mushrooms, draining well. Prepare a well-seasoned French dressing, having about three-quarters of a cup, and add

Tiny bit of garlic,

Two tablespoons of Worcestershire sauce,

One-quarter teaspoon of mace,

One-eighth teaspoon of allspice,

Two tablespoons of grated onion,

One-half cup of the liquid from the mushroom can,

Two tablespoons of finely minced green pepper.

Place in jar to blend for twenty-four hours.

Drain the mushroom before serving and the mushroom will not have oily appearance; often the chef turns the mushroom on a piece of cheese cloth before serving.

Fresh mushrooms may be used in place of the canned if desired.

Wash mushrooms and turn in dish; sprinkle lightly with salt and let stand for ten minutes; wash again and then cover with boiling water; cook for five minutes and drain, and they are now ready to pickle.

My dear Mrs. Wilson—Will you please give recipe for cooking dried mushrooms and also how they are used? C. R.

Wash mushrooms in warm water and then cover with warm water for ten minutes, simmer gently for ten minutes, drain, and they are then ready to serve in any number of ways.

As, for example, mushrooms in cream sauce, mushrooms, with steak, or chops, heat in little melted butter and serve with the steak.

In stews and goulashed, and also in macaroni.

My dear Mrs. Wilson—Will you please give recipe how to make the sticky top of cinnamon buns? I want them very sticky. E. H.

Place in saucepan

One cup of sugar,

One cup of sirup.

Cook in 235 degrees Fahr., cool and pour over the buns after baking.

My dear Mrs. Wilson—Will you kindly advise me how you prepare the white sauce (thick cream sauce) mentioned in the nut and vegetable loaf recipe? E. A.

Cream Sauce

This sauce is intended to act as a binder in the nut and vegetable loaf.

Place in saucepan

One and one-quarter cups of milk,

Seven level tablespoons of flour.

Stir to blend in the flour and bring to boiling point, cook for three minutes, turn from the saucepan.

Mrs. A. M. Randall, if you will look in the Sunday, November the 11th, paper for the pumpkin pie recipe, you will find just what you want.

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