

Foods and cooking

Book offers 'carefree' tips

By LAURENA PRINGLE

Reading Ilka Chase's new book on "The Care and Feeding of Friends" led me to do some kitchen snooping on my own this week.

The witty writer, actress and world traveler has compiled a guide to carefree entertaining with some 80 recipes and 20 menus culled from parties, trips and friends. These are laced with personal reminiscences and comments in the typical light-hearted Chase style.

One recipe was impressive because of the unusual combination of three ingredients: melon, white

grapes and cherry tomatoes. It is used as a first course.

Melon balls (either cantaloupe or honeydew)

White grapes

Cherry tomatoes

Oil and vinegar

Salt and pepper

Mix the three fruits together with a simple French dressing of the oil, vinegar and condiments. You can add some chopped fresh mint or tarragon if available. Serve in the cantaloupe shells. If the shells seem too large portions, serve in cups or small saucers.

BETTY WARNER'S graham

bread, for which she is famous, has gone through many recipe alterations since she first found it on a graham flour bag.

"I did a few experiments of my own and now everyone is very complimentary about the results," she said.

WARNER GRAHAM BREAD

2 packages of dry yeast

2 tablespoons molasses

1 cup lukewarm water

2 1/2 cups scalded milk

4 1/2 cups graham flour

1 tablespoon salt

2 tablespoons corn or sunflower oil

1 1/2 cup All Bran

3 cups sifted white flour

1 well beaten egg

1/2 cup sunflower seeds

Dissolve yeast and molasses in lukewarm water. Cool scalded milk to lukewarm and add to yeast

mixture. Add graham flour and beat until smooth. Add salt, bran, white flour, shortening and egg to form a soft dough. Knead well and let rise until light. Mold into two loaves and allow to rise again. Bake at 375 degrees for 45 minutes.

Maja (Mrs. Hans) Schjolin, who is well known for wild flower culture is not unhandy in the kitchen. She has sent along a recipe for date cookies that require no baking.

DATE COOKIES

Melt a stick of margarine. Beat two eggs and add 1 1/2 cup of cut-up dates. Add one cup of sugar and stir. Add to melted shortening, stir and cook for six minutes. Cool one-half hour. Add 1 and a half cups Rice Krispies plus one cup of chopped nuts. Form into rolls and then roll in shredded coconut. Chill.



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You and your pet

New pup needs time to adjust

The transition from kennel to new home can be bewildering for your new puppy.

There are several things you can do to help him adjust.

Once you have brought your pup home, allow him time to get used to things. He will probably want to sniff around the house and parade before everyone.



By
RAYMOND A.
MINOR
D.V.M.

IF THERE are young children around, caution them about being over-zealous in getting their new friend. Encourage them not to shriek-out or make sudden grabs at him. Sudden movements and unaccustomed loud noises frighten small dogs. Remember, your role is to gain his confidence.

After your puppy has had a chance to relax, give him a pan of warm milk or water. This will comfort him and make him feel that you are a friend.

During the first few nights in its new home, your pet may whine because it misses its mother and the warmth of former littermates.

THERE ARE several things you can do to relieve his loneliness and your own anxiety. Be compassionate, but be firm. You cannot run to comfort him each time he whimpers or you will spoil him.

Make a comfortable bed from an orange crate or carton. Make sure you line the carton with a removable material like a newspaper—the puppy has little control over his bladder and bowels. Also, you can help calm his fears with something warm like a hot water bottle. It may make him feel that he is back at his mother's side.

After a few nights in its new home, your pup should have adjusted. Then you can make a permanent bed for him. The bed should be big enough to accommodate growth. It should be placed out of the line of household traffic to permit undisturbed naps.

AND, MAKE sure you keep the sleeping quarters very clean. Be certain the surface material is soft and not abrasive.

Regular examinations for your new pet are a matter of common sense. Find out from your pet-owning neighbors where the nearest veterinarian is located. Then if your new companion develops problems, you'll know where to go for help.

Show presents clothes to sew

Spring things to sew is the theme of a one-girl fashion show to be held Friday at Crowley's Birmingham store.

Butterick Patterns will feature new silhouettes including cardigans, suits and dresses; plus hats, bags and belts sewn to match clothing. Among the Cohama Fabrics will be denim blues, naturals with brights, striped knits and others.

Mary Holtman, fashion representative for Vogue and Butterick patterns, will act as both commentator and model. Shows are slated for 10:30 a.m., 1:30 and 3:30 p.m.

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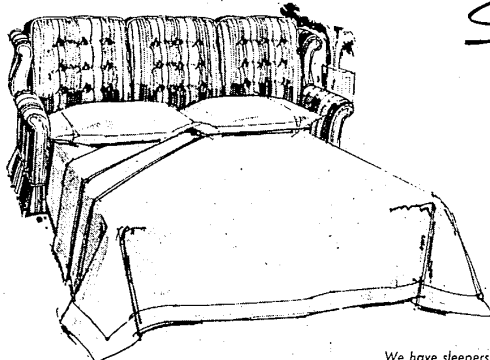
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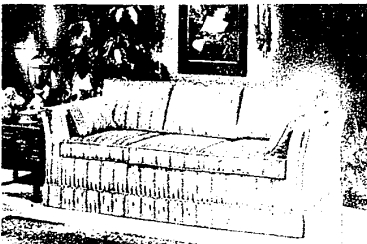
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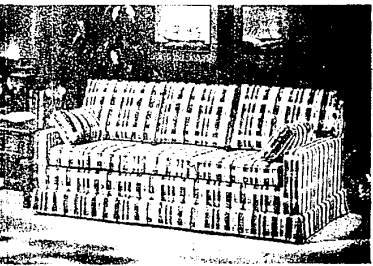


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QUEEN SIZE SLEEPER displayed in beautiful blue & green quilted print of 100% nylon (different than pictured). It is 75" long and has reversible back cushions and bolsters with a full queen size (60") foam mattress. COMPARE AT \$569. Sale \$359.

AND LOOK AT SOME OF THESE OTHER VALUES

67" Modern sleeper by SIMMONS in orange and green nylon tweed. Two cushion seat with attached back. Full size innerspring mattress. Reg. \$434. Sale \$299.

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