

In the Kitchen With Molly Gavin

- #### A FRIDAY MENU
- Roast Turkey
 - Fruit Omelette with Cream
 - Buttered Toast
 - Coffee
 - Luncheon
 - Spanish Omelet
 - Bran Muffins
 - Raspberry Jam
 - Cocoa Cake

HOW and WHAT to SERVE

Salt codfish is one of the oldest American foods. The Pilgrim Fathers subsisted largely on it and to them is given the credit of discovering the method of preserving it.

As cold weather approached, with its necessity of storing up food, they caught, cleaned and packed away hundreds of codfish carefully preserved with salt. This food, however, is now a favorite national food.

Today we can buy salt codfish either in a large piece, small bits or in the usual "fragments" which are sold in a tin.

The whole fish or small bits require the usual "fragments" process, by allowing the fish to soak overnight or for several hours in cold water so as to remove the surplus salt.

Salt codfish can be made up into delicious dishes to serve for breakfast, luncheon or dinner. There is no end to the recipes at hand for making tasty codfish dishes. It is one of the most economical foods on the market and will keep for an indefinite time.

Creamed Codfish
Soak codfish in cold water. Let it come to a boil. Change water three times, then let it boil fifteen to twenty minutes slowly. Pour off all water. Put two tablespoons butter and two tablespoons cream in a pan. Brown and add one quart milk. Cool until thick and stir in two well-beaten eggs. Pour over codfish; do not let it curdle. Serve at once on buttered toast or boiled potatoes.

Codfish Fritters
1 lb. Salt Codfish
1 pint mashed potatoes
2 eggs
1/2 cup milk
1/2 tsp. salt
1/4 tsp. pepper
Pepper to taste

Pick the fish into flakes and freshen in cold water several hours. Soak, drain and dry. Add potatoes, eggs and milk. Beat thoroughly. Add salt and pepper to taste. Fry in deep fat until brown.

Codfish Balls
1 cup codfish
1/2 tsp. pepper
2 cups sliced potatoes
1/2 tsp. butter
1 egg

Soak salt codfish overnight in cold water, drain and tear into shreds. Cover potatoes and fish with boiling water and cook until potatoes are soft. Drain. Mash thoroughly in the dish in which they were cooked, adding butter, pepper, and salt. Mix into a stiff paste. Form into cakes and roll in flour. Fry in deep fat until brown.

Stuffed Codfish Peppers
1 cup salt codfish
6 green peppers
2 tbs. butter
paprika
3 tbs. flour
1/2 cup milk

Soak codfish in cold water overnight. Drain and mash. Chop peppers and fill with codfish. Bake in oven. Top with sauce.

Cocoa Cake
1-3 cup butter
1/2 cup powdered sugar
1 1/2 cups sugar
3 eggs
2-3 cup milk
1-3 cup cocoa
1/2 tsp salt
2 tsp baking powder
1/2 tsp vanilla
1 1/2 cups flour

Cream shortening. Add sugar and salt gradually. Mix until well blended. Add the eggs. Beat thoroughly. Mix cocoa and baking powder with the flour. Add vanilla. Add ingredients alternately to first mixture. Mix until smooth. Pour into a greased and flour-dusted cake tin. Bake thirty-five minutes in a moderate oven. Turn out of pan. Cool. Ice with orange-flavored icing.

Salads for Health
By BETTY HARTLEY

There is considerable belief held today about salads as they relate to health. More is being written. Still more is going out over the air via the radio.

A public that has learned to follow the advice of writers and lecturers has taken to the salad to such an extent that many organizations of one kind and another are sitting up and taking close notice. One might be tempted to say that the salad means that more of its particular food will be used. But the salad is now an institution—at least in Canada and the United States. Other countries are probably trailing along, and possibly here and there one may be leading.

Lettuce, once the most humble of greens, is now in great demand. Oranges, once Christmas dainties, are eaten by the carload three hundred and thirty-five days a year. Raw cabbage is consumed in quantities that our grandfathers would never have believed possible. Water cress, celery, pineapples, cheese, hard-boiled eggs, cooked fish, apples, peppers and a host of other foods are much of their popularity to the salad craze.

But even the salad must be prepared carefully if results in mind rather than merely a delicious dish. Although most salads contain ingredients which are alkaline in their reaction, a few of the old stand-bys are not—and if these are used in salad form, care should be taken to include alkaline reaction foods in the same dish, or to serve the salad in conjunction with some alkaline-reaction dish so that the meal as a whole will be well-balanced.

To be more explicit, meat, bread, eggs and fish are the four principal acid-reaction foods. Fruit, vegetables and milk are the main alkaline-reaction foods. There are a few exceptions to these in general rules, but very few. They are hardly worth noting unless one wishes to study foods very thoroughly.

Thus, when the salad served is a salmon salad, a cold meat salad, or an egg salad, see that such ingredients as oranges, lemons, celery, and cabbage are used. By the way, both the lemon and the orange are strongly alkaline in their reaction, so that the liberal use of orange slices, or the heavy sprinkling of lemon juice over fish, are in perfect order.

Here are a few summer salads that will be found delicious, healthful and easy to prepare:

Orange—Strawberry
1 cup orange
6 slices pineapple
1 cup strawberries
3 marshmallows
Lettuce
Peel and slice oranges, cutting slices in half. Quarter pineapple

New Books Worth Reading Recommended by Committee Appointed by Cardinal Hayes

One-Hundred New Publications Are on Fourth List Made Public by the Literature Committee—Biography, History, Drama, Poetry, Etc.

New York, April 8.—The fourth list of recommended books just issued by the Cardinal Hayes Literature Committee in compact pamphlet form, contains 100 titles.

Each of the listings, made under the various divisions of literature, is accompanied by a brief comment explaining the reason, or reasons, for the committee's selection of the books.

In its prefatory comment, the committee takes occasion to emphasize that the list is not in any sense a negative or even exclusively "atonic." As a matter of fact, it stated, "the Catholic titles are robustly in the minority, although here is occasion for a certain judicious balance in the fact that so many Catholic books 'can' be so highly recommended on purely literary and intellectual grounds."

The following are, according to classification, the titles of recommended books on the committee's fourth list.

Biography
Biography of the Late Marshal Foch, by Major-General Sir George Aston (Macmillan).
Ludovic, Empress of the French, by Ulric Aubry (Lippincott).
The Master of Chaucer, by Irving Bachiler (Bobbs-Merrill).
The Blossom of Youth, by Miss Edith Don Bosco, by Nell Baynton, S.J. (Macmillan).
Time Stood Still, by Paul Cohen (Dutton).
Cleopatra, by Gaston Delany (Dutton).
Daughter of Molokai, by Irene Caldwell (Macmillan).
St. Anthony of Padua, by Alicia Curtayne (Francis & Taylor).
The Life of Ven. Marguerite Bourgeois (Kenedy).
Stallin: The Career of a Fanatic, by Edward Bay (Viking Press).
La Salle, by L. V. Jaaks (Scribner).
Abandoned Orchard, by Eleanor de Verge Rialy (Little Brown).
Blaine of Maine, by Charles Russell (Farrar & Rinehart).
St. Francis Xavier, by Margaret Yeo (Macmillan).
Marie Louise: Napoleon's Nemesis, by J. Alexander Mahan (Crowell).
Seventy Years in Archaeology, by Sir Flinders Petrie (Holt).
Three Houses, by Angus Thirkell (Oxford University Press).
Kublak of the Eskimos, by L. G. Thomas (Little, Brown).
Christina Georgina Rossetti, by Eleanor Walter Thomas (Columbia University Press).

History
The Story of the Confederacy, by Robert Selig Henry (Thomas, Merritt).
Eulogy of George Washington, delivered in St. Peter's Church, Baltimore, February 22, 1800, by John Carroll, First Bishop and Archbishop of Baltimore (Kenedy).
History of the Councils of Baltimore, by Dr. Peter Gutday (Macmillan).
The United States in World Affairs, by Walter Lippmann in collaboration with William O. Scroggs (Harper).
The Black Death and Men of Learning, by Anna Montgomery Sawyer (Columbia University Press).
Greater America, by Wallace Thompson (Dutton).
The Pageant of Civilization, by Arthur G. Brodeur, Ph.D. (McBride).
What is Fascism and Why? edited by Tomaso Sillani (Macmillan).
The Germans, by George N. Shuster (Dial Press).
The Mission of San Antonio de Padua (California), by Frances Rand Smith (Stanford University Press).

Drama
Three Plays, by Charles Williams (Oxford University Press).
Poetry
Our Lady's Choir, An Anthology of Verses by Catholic Sisters, edited by William Stanley Braithwaite (Harcourt, Brace).
Harecourt Medleys, by T. A. Daly (Harcourt, Brace).
A Treasury of Irish Poetry, edited by Stopford A. Brooke and T. W. Rolleston (Macmillan).
Minnie Maylowe—Story, by John Masfield (Macmillan).
The Road to Downberry and Other Poems, by Margaret Widdener (Farrar & Rinehart).
Songs Before the Blessed Sacrament, by Mary Dixon Thayer (Macmillan).
The Collected Poems of G. K. Chesterton (Dodd, Mead).
Harvest of Time, by Harold Trumbull Pulisier (Houghton Mifflin).
O-World Invisible, by Edward Thompson (Dutton).
Signals from the Stars, by George Elery Hale (Scribner).
Mendelism and Evolution, by E. B. Ford (Dial Press).
Evolution and Theology, by Dr. Ernest C. Messenger (Macmillan).
Fiction
Russia in the Name of God, by Vladimir Breiner (Appleton).
Weather Tree, by Marston Chapman (Viking Press).
The Golden Years, by Philip Gibbs (Doubleday, Doran).
The Swiss Family Manhattan, by Christopher Morley (Doubleday, Doran).
Classics Is Come Again, by Claude Houghton (Doubleday, Doran).
Albatross, by John Frestland (Appleton).
Mary's Neck, by Booth Tarkington.

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Girl Scout Training Course Taken By 16 Girls at Nazareth College

Under the sponsorship of Sister Teresa Marie, Dean, 16 students of Nazareth College completed an intensive training course in Girl Scout leadership given March 21 to 25 by Miss Mabel Shannon of New York and New Jersey, and Mrs. William I. Dean. Other guests included Miss Alice Little, local director of the Rochester Girl Scouts, and Miss Emma Kenning, captain of the troop at St. Joseph's Home for Girls.

Following the investiture Mrs. Theodore Steinhausen, Dean of the Washington Junior High School, and a member of the Rochester Girl Scout Council, gave an inspiring talk to members of the training class on the opportunities for service through Girl Scout leadership.

The course closed on Friday morning with an investiture ceremony for those students who passed the Tenderfoot test. The Rochester Girl Scout Council was well represented at the ceremony by two council members, Mrs. Richard T. Ford, who is also a member of the Girl Scout Committee for the Hendrick Hudson Region, which includes New York and New Jersey, and Mrs. William I. Dean. Other guests included Miss Alice Little, local director of the Rochester Girl Scouts, and Miss Emma Kenning, captain of the troop at St. Joseph's Home for Girls.

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LIMA
MRS. MARTIN CUMMINGS
Lima, April 8.—Mrs. Mary Ann Cummings, 70, wife of Martin Cummings, died Friday at her home in Rochester Street. She was survived by her husband, one daughter, Mrs. Anna G. Cummings of White Plains; three sons, Charles F. Cummings of Syracuse, George W. and Raymond H. Cummings of St. Petersburg, Fla.; a sister, Mrs. Patrick Mahar of Homolock; a brother, Mark C. Meagher of Bridgport, Conn.; and four grandchildren. Her funeral was held on Monday morning in St. Rose's Church, and the services were attended by many friends.

For Time and for Eternity Invest
Contributors under the Conditional Gift Plan of the Society for the Propagation of the Faith are given a legally-executed contract guaranteeing payment of interest—from four to six per cent—as long as they may live.

This assures them of a dependable income for life, without any risk of depreciation or failure. Interest is remitted punctually on the date due.

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Benefactors under this plan have the countless good works and merits of the missionary priests, brothers and Sisters who are spending themselves to spread God's Kingdom on earth. This constitutes a partnership that lasts throughout life and into eternity. Inquiries cheerfully answered by REV. LEO O. MOONEY, Diocesan Director, Society for the Propagation of the Faith, COLUMBUS CIVIC CENTER, 50 Chestnut Street, Stone 1499.

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