

# Sister Mary's Kitchen

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Just at this time of year when appetites need tempting a fruit or vegetable combination often can be served to precede or wholly replace the soup course.

These so-called "cocktails" serve a two-fold purpose in that they act as appetizers as well as adding color and elaboration to otherwise simple meals.

There is one precaution to keep in mind when planning meals—do not repeat the flavor of the cocktail in some other course. The general rule for serving cold foods cold and thoroughly chilled should be observed and the cocktail left on ice until the last possible minute. Do not let a fruit cocktail be too sweet lest it defeat its own end and cloy, rather than whet the appetite.

## Blend Bland And Tart.

In making fruit cocktails it's well to include one bland fruit in combination with two or more tart ones. A dash of lemon juice improves all cocktails, fruit and vegetable alike. Fruit cocktails gain much if mixed

### Monday's Menu.

**BREAKFAST:** Stewed prunes, cereal, cream, waffles with creamed ham, milk, coffee.

**LUNCHEON:** Dried beef with rice, peanut butter and tomato catsup sandwiches, orange jelly with whipped cream, vanilla cookies, milk, tea.

**DINNER:** Fresh pineapple cocktail, broiled fresh cod steaks, new potatoes in cream sauce, stewed tomatoes with toast cubes, cucumber and lettuce salad, cream puffs garnished with strawberries, milk, coffee.

and placed on ice in a covered glass jar for at least four hours before serving. The flavors blend into a delightful mellow whole.

Fresh pineapple cocktail is particularly good as a starter for a fish dinner. Mint and orange suggest lamb or veal, but any piquant, well chilled cocktail, be it fruit or vegetable will prove acceptable preceding any meat course.

### Fresh Pineapple Cocktail.

One cup diced fresh pineapple, 2 tablespoons sugar, 2 tablespoons blanched and shredded almonds, 1 tablespoon lemon juice.

Cut fruit in neat dice. Sprinkle with sugar and let stand on ice over night. One hour before serving add almonds and lemon juice. Serve in chilled glasses, using the juice as well as the fruit. This rule will serve four to six persons.

### Cabbage And Carrot Cocktail.

Three-fourths cup finely shredded cabbage,  $\frac{1}{2}$  cup grated carrot,  $\frac{1}{4}$  cup minced celery,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon sugar, 2 tablespoons lemon juice.

Let cabbage stand for one hour in ice water which more than covers. Drain and dry between towels. Add carrot, celery, salt, sugar and lemon juice. Lift with a fork until thoroughly mixed. Chill well and serve garnished with threads of green pepper.