

# Your Kitchen Counsellor

by HARRIETT SMITH

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## FIRST-COURSE COCKTAILS

You'll serve sea food, fruit or vegetable juice, or fruit combinations for first-course cocktails. It's a very excellent way to get a holiday meal off to a fine start or to make a festive occasion of a family meal.



## SEA FOOD COCKTAIL

Allow about 1/2 C. of cooked shrimp, crab meat or lobster for each serving. (Combinations are good, too.) Or plan on 6 small chilled raw oysters or clams per person.

Place sea food in cocktail glasses and pour about 2 Tbsp. of your preferred cocktail sauce over each serving.

## EASY COCKTAIL SAUCE

1/2 C. catsup or chili sauce  
3 Tbsp. lemon juice  
2 Tbsp. Worcestershire sauce  
1 Tbsp. prepared horseradish  
1 tsp. onion juice  
Salt to taste  
Mix all ingredients and chill thoroughly.

## DELUX COCKTAIL SAUCE

1/2 C. catsup  
3 Tbsp. lemon juice  
2 green onions, chopped very fine  
1 Tbsp. minced celery  
1 Tbsp. minced pickle  
1 Tbsp. prepared horseradish  
1 Tbsp. Worcestershire sauce  
1/2 C. mayonnaise  
Salt and pepper to taste  
Mix first seven ingredients and fold into mayonnaise. Season with salt and pepper. Chill thoroughly.

## CRANBERRY COCKTAIL

1 lb. cranberries  
1/2 C. water  
1 C. sugar  
1 grapefruit, sectioned  
1 Tbsp. lemon juice  
1 small can crushed pineapple  
1 banana, diced  
Pick over and wash cranberries. Cook cranberries, water and sugar together for 10 minutes. Put through a sieve. Cool. Add grapefruit and orange sections, lemon and pineapple. Chill in refrigerator.

## FROZEN TOMATO JUICE COCKTAIL

3 C. tomato juice  
3 Tbsp. mild vinegar  
2 Tbsp. sugar  
2 tsp. seasoning sauce  
1 garlic clove  
1 Tbsp. chopped onion  
2 Tbsp. lemon juice  
2 stalks celery, chopped  
Bay leaf  
1/4 tsp. salt  
Set cold control of refrigerator at coldest position. Combine all ingredients. Allow to stand for 15 minutes. Strain through cheese-cloth into freezing tray. Freeze until mushy. Return cold control to normal position.

## AVOCADO COCKTAIL

1 1/2 C. avocado cubes  
1/4 C. diced celery  
2 Tbsp. cream  
1/2 Tbsp. tomato catsup  
2 tsp. lemon juice  
Dash of tabasco sauce  
1/4 tsp. salt  
1/4 C. mayonnaise  
Combine avocado cubes and diced celery. Add remaining ingredients to mayonnaise. Place avocado mixture in cocktail glasses. Pour a small amount of dressing over each serving. Chill in refrigerator until serving time.

## ORANGE MINT COCKTAIL

3 large or 4 medium oranges  
Confectioners' sugar  
3 Tbsp. pineapple juice  
3 Tbsp. lemon juice  
Fresh mint  
Peel and section oranges. Remove all membrane from sections. Sprinkle with confectioners' sugar. Combine with fruit juices. Chill until serving time. Arrange sections in cocktail glasses. Sprinkle with finely minced mint leaves. Place a sprig of mint in center of each glass.

## CHERRY COCKTAIL

1/2 C. pineapple cubes  
1/2 C. orange sections  
1/2 C. peach cubes  
1/2 C. maraschino cherries  
1/2 C. lemon juice  
1/2 C. cherry juice  
1/2 C. sugar  
1/4 C. ginger ale  
Sprinkle fruit with lemon juice, cherry juice and sugar. Chill. Just before serving, pour ginger ale over fruit arranged in cocktail glasses.

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## Racial, Religious Prejudice Acquired by Tots in Rompers

It has been the tendency of many experts in the past few years to assume that very young children are not prejudiced. This theory has been shown to bits recently by a survey of thousands of little children in Philadelphia.

The shocking fact of prejudice in children, based on the findings of the Philadelphia Early Childhood Project, are revealed in an article "Is Prejudice Poisoning our Kids" in the November Woman's Home Companion.

"No child was ever born with racial or religious prejudice," notes the magazine. But this study shows that they acquire it while they're still wearing rompers.

Since children absorb these unhealthy attitudes from various sources, experts in the field offer these suggestions for inoculations against prejudice year by year.

When your child is three that is a good age for him to begin playing in mixed groups. At four and five, a child should be told about the world. He should know that there are red and black people, Eskimos, Indians and Orientals.

Age nine is a good time for concrete democratic action. It is a good age to visit churches and temples in order to teach your child to have a healthy attitude toward other religions.

The intellectual approach can come at ten. The child is then ready for facts about minorities, about color lines and about scapegoating.

If you help your child through these various ages, you will help him to understand prejudice and be free from it, say leading child psychologists.



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