

SALADS BASED ON PINEAPPLE

Pineapple is particularly suited to salads. Here are two salad ideas from the Safeway Stores Homemakers' bureau:

PINEAPPLE AND ORANGE SALAD
— Peel orange and remove sections free from membrane. Cut slices of pineapple into pieces and arrange sections of orange and pieces of pineapple on a leaf of lettuce. Serve with French dressing. A bit of fresh mint placed on the salad plate is attractive. Grapefruit may be served with the pineapple instead of orange sections, and possibly garnish the salad plate with two or three whole ripe strawberries.

PINEAPPLE MELON RING SALAD
— Cut a small cantaloupe into slices about 1/2 inch thick, and with a large cookie cutter, cut a ring that will remove melon from the rind. If no large cookie cutter is on hand, pare the outside rind off. Place a slice of melon on lettuce and lay a slice of pineapple on top. A mound of cottage cheese placed in the center and served with French dressing is good.

NO TROUBLE AND DELICIOUS

Doughnuts, fritters 'n French fried potatoes — all crusty and brown — how good they smell and taste! Food can be so appetizing when fried in deep fat — and don't be scared off by any old "bug-a-boo" of an idea that it is indigestible, for it is not true, though fried foods do take a little longer to digest.

You can make these at home with no trouble at all — just observe a few standard rules.

First, use suitable fat, preferably vegetable shortening; second, have the proper utensil; third, have the food properly prepared; and last, suit the temperature, the fat and the time of frying to the foods being used.

The temperature for frying must be exact and accurate as possible. The use of a deep fat frying thermometer gives exact temperatures, but if not obtainable, the old-fashioned test with a cube of bread may be used. A 1-inch square of bread should brown in 40 seconds in fat at 380 degrees F. (proper temperature for cooked foods), and in 60 seconds in fat at 360 degrees F. (proper temperature for uncooked foods).

Fritter Batter
1 cup flour.
1 tsp. baking powder.
1/2 tsp. salt.
2 cups sugar.
1-3 cup milk.
1 egg.
Flour for rolling.
Deep fat.
Pieces of fruit, vegetables or other food.

Sift flour and measure; sift again with other dry ingredients. Mix in the milk and egg beaten together. Lightly roll fruit in flour, dip in batter and fry in deep fat (375 degrees F.) until delicately browned. Drain on brown paper. Serve with or without sauce. For vegetable or meat fritters, omit sugar from batter. Note: For fruit fritters, roll fruit in flour.

Too much make-up is far worse than too little, particularly for those who are not the ingenue type. Make-up for the street should be used less freely than for evening.

"Junior," a white Angora cat, greets guests as they register at a Rankin, Tex., hotel, by extending his right paw.

All educational institutions in Georgia financed by the state are under direct control of a commission known as the university board of regents.

A King's Daughter

HORIZONTAL

- Who is the king's daughter in the picture?
- Beneficial.
- Abhorrence.
- To melt.
- Badgerlike animal.
- Roadside hotel.
- Fragrant oleoresin.
- Godly person.
- Helmet-shaped part.
- Preposition.
- Behold.
- Corpse.
- Road.
- Spigot.
- Aurora.
- Female hound.
- Slow (music).
- Wand.
- Ever (contr.).
- Neuter pronoun.
- Mother.
- Bone.

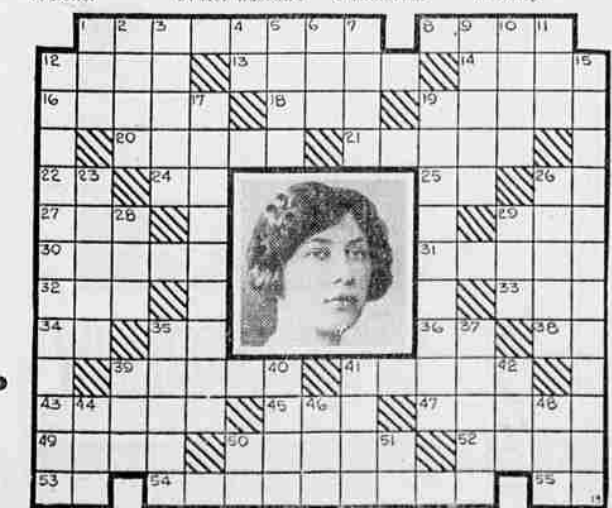
Answer to Previous Puzzle

1. RIP VAN WINKLE
2. SAROS MOON OTIS
3. CRISTA RODEL ELK
4. HISTORY DO
5. IT SORES DO
6. SID PALMER
7. MEAT SALTER
8. ISTOA SAGA
9. FHELO MELT MAGO
10. UMBRIS DUES DO
11. TOMBIAS MALE W
12. WASHINGTON TARA
13. ANTY KEY IN RAV

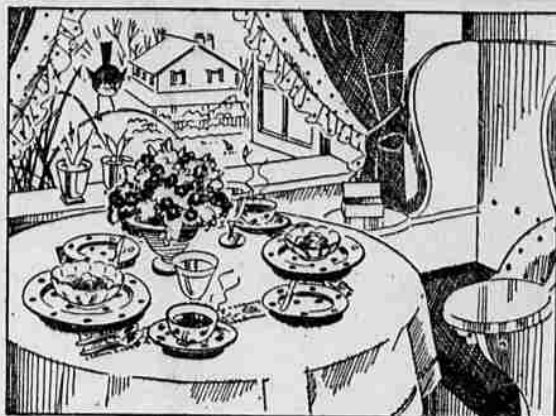
VERTICAL

- Genus of ostriches.
- Sweet potato.
- Her father is ruler of.
- To what family line does she belong?
- Lion-headed person.
- Corpuscles.
- Playing card.
- Round-up.
- Small tablet.
- Sooner than.
- Ethical.
- Wounds with a dagger.
- Encountered.
- Containing to an ode.
- All com. partment.
- An oasis.
- Card game.
- To possess.
- Like.
- Delity.

35 Negative.
36 Her husband.



Better Breakfasts



THE sun is back on its gold standard. The robin's cheery voice chimes in with the alarm clock. And even in city apartments, breakfast celebrates our reunion with a world that every day is growing warmer and greener. Put a gay cloth on the breakfast table—and how about this for tomorrow's menu?

Raspberry and Apple Compote
Cereal with Cream
Fritters with Maple Syrup
Sausages
Coffee

Raspberry and Apple Compote:
Put a third of a cup of sugar, two-thirds of a cup of water, two tablespoons of lemon juice and the syrup from one 8-ounce can of red raspberries into a sauce pan and bring to boiling. Core, pare, and cut two medium apples into thick rings. Cook these slices gently in the syrup until tender but not broken. Remove the slices into six serving dishes, put a spoonful of the raspberries in the center of each slice and pour the syrup over. Let cool. Set in the refrigerator over night. This serves six.

LIGHT OMELET FOR EPICURES

For a fluffy omelet that will win "oh's" and "ah's" from epicures try this recipe:
Allow two eggs for each person, or three for two, but do not use more than six eggs at a time. Separate the egg whites and yolks carefully. Beat the whites until stiff. Then beat the yolks until thick and lemon colored. Add one tablespoon of milk for each egg, to the yolks, season and beat thoroughly. Then fold in the whites carefully. Meanwhile have a heavy frying pan heating with bacon drippings or shortening.
Pour the egg mixture into the pan and allow it to cook slowly until the surface is full of breaking bubbles and the under side is brown. This takes about five minutes.

Plans for a world's fair in San Francisco upon the completion of the Golden Gate and the San Francisco-Oakland bay bridges about 1938 are being considered.

A bantam hen which fell into a 74-foot well near Durant, Okla., was rescued after floundering around in the deep water for two days.

A survey of the Modoc lava beds national monument in Northern California disclosed more than 224 caves measuring from 10 feet to 100 feet in diameter.

Oklahoma City police found the loss of numerous automobile radiator caps was due to a collection fad among certain youths.

Ninety per cent of the 200 airplanes purchased by residents of China last year were imported from the United States.

DO THIS BUT DON'T DO THAT — SUGGESTIONS FOR KITCHENS

Don't
Guess at the amounts used in any recipe—measure accurately for successful and uniform results and combine ingredients as instructed.

Have appetizers too hearty, just something to tease the appetite. Soups come under this heading, too. Cook mild flavored vegetables in too much water. Use just enough water to keep them from burning.

Serve a meat or sea food salad with an entrée. Use rather as a main course for lunch or supper.

Overcrowd the plates or platters or the dining room table. A simple garnish of parsley, ripe or stuffed olives, sections of hard cooked eggs, tomatoes or green pepper, or a dash of paprika make an every-day dash "supreme."

Do
Buy vegetables and fruits in season if you are concerned with a budget. And don't buy perishables in larger quantities than you can use up immediately.

Consider the method of cooking when planning meals, and as nearly as possible have dishes that can all be cooked in the oven, or all on top of the stove.

Cook eggs and cheese at a low temperature.

Chill cookie dough several hours or over night before rolling. Suit all meal planning to the season, from the standpoint of weather, and consider foods that are in season.

Have all salad ingredients well drained, well chilled and always very crisp.

Sale of the old Chinese calendar by which time was reckoned in accordance with changes of the moon is forbidden by law in the republic of China and police recently confiscated many thousands.

Two different piles of ruins in Babylon are diversely credited with being remnants of the tower whose building caused the confusion of tongues, the Tower of Babel.

Chats With Parents

THEFT AS A SYMPTOM
By Brooke Peters Church

Sam had appropriated two dollars from his teacher's purse. The theft would never have been discovered save for the fact that the boy was heard bragging of it openly.

His teachers and parents alike were shocked at such a barefaced misdemeanor, and yet were puzzled at Sam's inexplicable behavior in telling.

Had they probed the matter thoroughly they would probably have discovered an explanation, for the stealing was merely the outward and actual dishonesty is concerned.

visible sign of a warped point of view on Sam's part. Possibly he was paying the teacher back for some real or imagined injustice, or he may have wished to show himself to the other boys as a "regular fellow" afraid of nothing.

Honesty is often an acquired virtue, and the difference between "mine" and "thine" is borne in on some children only after years of careful training.

In dealing with such children it is generally more important to regard the ends than the very questionable means. To punish the dishonesty in itself leads nowhere. Often the wrongdoing carries its own punishment in the form of contempt and distrust from the very people whose applause the child is seeking.

If the parents point this out to the child, and furthermore insist that the theft be made good, replacing the money from their own pockets, if necessary, and letting the child repay them as he is able, they have done all that is possible as far as the stealing was merely the outward and actual dishonesty is concerned.

"NO!" IS ANSWER TO RUMOR CONCERNING USE ALUMINUM

Frequently Mrs. Spencer, home economics authority, is asked whether there is any danger to health from cooking with aluminum utensils or from scraping foods closely from them. The answer is an emphatic "no."

There has been considerable propaganda about aluminum, but exhaustive tests have shown that there is no harm from cooking with aluminum utensils. Mrs. Wright points out, in fact, if the housewife neatly and conscientiously scrubs her discolored aluminum she is really depriving her family of healthful salts of iron which have been deposited from foods such as cereals and certain vegetables previously cooked in the utensil, the bureau adds.

Tomatoes, appleauce and other such acid foods will remove the dis-

coloration and thus give the family the benefit of these minerals.

And finally, says Mrs. Wright, many diet kitchens and hospitals use aluminum utensils for cooking purposes.

PASTOR HANS THIEVES
IN POLISH COURT ROOM

LODZ, Poland (AP) — A gang of thieves who robbed Christ church here were excommunicated by the pastor at the conclusion of their trial in the Court of Lodz.

The pastor, who appeared at the trial as a witness, asked the judge for permission to excommunicate the seven men and one woman after their guilt had been established.

After this ceremony the thieves received prison sentences of from six months to 5 years each.

Loud Cheers

Greet Any Menu Which Includes These Popular Specialties by

Van Camp's

They Tempt the Family's Appetite
Save You Time and Trouble!

BEAN HOLE BEANS

The Bean Lover's Choice

Bean Hole Beans taste better than the beans you bake at home because they're the best of plump, white beans, prepared with prime sugar-cured pork, molasses, brown sugar and mustard—cooked by a secret process which gives them their tempting appearance, more delicious flavor—and makes them easier to digest. Bean Hole Beans are ready-to-serve, just as they come from the can. But if you want to know how really grand they can be—try them this easy way. Heat the contents of one can in a covered casserole for about fifteen minutes in a moderate oven. This will bring out all their full, wholesome flavor. If you like a crisp top layer, heat them a few minutes longer. They're wonderful that way—a welcome, economical food for all the family!

VAN CAMP'S TOMATO SOUP

With a tantalizing true tomato flavor!

You've never tasted Tomato Soup with such rich, tempting color, such true, sun-ripened tomato flavor! You've never known how good tomato soup can be until you've tasted Van Camp's—made from the finest plump, sun-ripened tomatoes—skillfully blended with savory spices and seasoning to make it velvet-smooth, delicately fragrant and delicious! Serve it piping hot!

VAN CAMP'S VEGETABLE SOUP

The real, old-fashioned kind!

There's a flavor thrill, and a whole meal, too, in every tempting bowlful! Healthful, satisfying and full of real, old-fashioned flavor—Van Camp's Vegetable Soup is made with celery, carrots, peas, potatoes, lima beans, rutabagas and rich red tomatoes—seasoned with a little onion and blended with savory beef broth and alphabet macaroni. Ready-to-serve—and marvelously good to eat!

for these 3 approved methods of brewing

Try this choice quality coffee...made your favorite way

Edwards' DEPENDABLE Coffee

★ Featured in the Safeway Cooking School ★

Edwards' DEPENDABLE COFFEE
Dwight Edwards Company
San Francisco, Portland, Los Angeles, Denver

Van Camp's

INDIANAPOLIS, INDIANA