

HOUSEHOLD MEMOS

by Lynn Chambers



Salads Make Menus Sparkle!
(See Recipes Below)

Salad Ensembles

The warmer the weather, the more popular the salad becomes as a luncheon mainstay. Salads can be made from fruit or fish, fowl or vegetables—or from combinations of any of these classes as long as the foods go together.

If you want to give your salads a more than average nutritional boost plus distinction serve them with a cream cheese dressing. Then, if company drops in, you will not have to make apologies for what you're serving. For vegetables, use chive cream cheese blended with mayonnaise—a 6-ounce wedge with 4 tablespoons of mayonnaise is a good proportion.

Fruit salads are good with the pimiento cream cheese dressing blended with mayonnaise. Fish salads are best with the relish cream cheese. Use 6 ounces blended with 4 tablespoons of mayonnaise.

Save Used Fats!

Salads can be light or hearty, depending on their ingredients.

Savory Salad.

(Serves 6 to 8)

- 1½ cups macaroni
- ½ cup leftover ham or sausage
- ½ cup chopped sweet pickle
- ¾ cup finely diced celery
- 1 tablespoon chopped green pepper
- 2 cups chopped apple
- 3 tablespoons minced pimiento
- 2 tablespoons chopped parsley
- 2 tablespoons grated onion
- ¼ cup thinly sliced carrots
- 1 cup salted peanuts
- ¾ cup mayonnaise

Cook macaroni in boiling salted water until tender. Drain. Cool. Combine with remaining ingredients. Add mayonnaise and mix well. Chill. Serve in lettuce cups garnished with radish slices.

Save Used Fats!

As fresh as spring and just as enchanting is this lighter salad:

*Garden Salad.

(Serves 6)

- 1 head lettuce or Chinese cabbage
- 1 onion, grated
- 1 bunch chicory
- 1 bunch radishes
- 3 tomatoes, sliced
- 3 carrots, grated
- 1 cucumber, chopped
- 2 hard-cooked eggs

Lynn Says

Pretty, Pretty: All foods no matter how simple can be made more appetizing by attractive garnishes. And remember to eat the garnishes, for in most cases they're as nutritious as they are beautiful. This is especially true in the case of eggs.

Sieve hard-cooked yolks over top of creamed soups. Cut hard-cooked egg whites into attractive shapes for bouillon or consommé.

Baked custard can be cut into attractive shapes for clear soups. Make the custard using meat stock or bouillon cubes.

Daisy garnishes for vegetables are very effective. Cut whites of eggs lengthwise into five or more petals using a sharp knife, cutting from larger end to within ½ inch of the smaller end. Open petals, remove yolks and fill center of petals with sieved egg yolk.

Lynn Chambers' Point-Saving Menu

- Salmon Cutlets Egg Sauce
- *Garden Salad
- Peas with Onions
- Caramel Rolls Spread
- Citrus Chiffon Pie
- *Recipe Given

Combine ingredients. When ready to serve, toss with French dressing.

Jellied Chicken Salad.

(Serves 6)

- 3 cups cooked, diced chicken
- 1½ cups chicken broth
- 1 tablespoon gelatin
- ¼ cup cold water
- 1 teaspoon lemon juice
- ¼ teaspoon onion salt
- ½ cup peas

Heat well-seasoned chicken broth. Add gelatin, soaked in water, chicken, lemon juice, onion salt and peas. Mold in cups rubbed slightly with olive oil and allow to chill until firm. Serve with mayonnaise on crisp lettuce leaves. Clusters of grapes make an attractive garnish.

Save Used Fats!

Egg Salad Mold.

(Serves 6)

- 2 teaspoons unflavored gelatin
- ¼ cup cold water
- 1 cup mayonnaise or salad dressing
- 4 hard-cooked eggs, shredded
- ½ cup diced celery
- 2 tablespoons diced green pepper
- 2 tablespoons pickle relish
- 1 tablespoon diced pimiento
- 1 tablespoon lemon juice
- ¼ teaspoon salt

Soften gelatin in cold water for 5 minutes. Heat over boiling water until gelatin is dissolved. Cool. When thickened, add remaining ingredients. Pour into individual molds or one large mold and chill. Serve with additional mayonnaise and garnish with endive and carrot curls.

Save Used Fats!

If the salad is as good as its dressing, you will be able to use these suggestions:

Salad Bowl Dressing: Combine 2 tablespoons tarragon vinegar, ½ teaspoon salt, ½ teaspoon paprika, a dash of pepper, 1 to 2 drops liquid garlic and a dash of sugar. Mix until blended and then pour in 1 cup salad oil and ½ teaspoon gum arabic or gum tragacanth (obtainable at a druggist's, usually). Shake or beat well and chill before using.

Peanut Butter French Dressing: Combine the following: ¼ cup peanut oil, ½ cup salad oil, ½ cup pure cider vinegar, ½ teaspoon salt, 1 teaspoon sugar, and ½ teaspoon paprika. Beat thoroughly until blended. This is good for simple green salads.

Sour Cream Dressing: Mix together 1 teaspoon dry mustard, 1 teaspoon salt, 2 teaspoons flour, 2 teaspoons sugar and a dash of cayenne. Blend together 1 egg yolk beaten, 1 tablespoon oil and ½ cup vinegar and stir gradually into dry ingredients. Cook in top of double boiler until thick, remove from heat, then cool. Before serving, fold in ½ cup sour cream.

Get the most from your meat! Get your meat roasting chart from Miss Lynn Chambers by writing to her in care of Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Ill. Please send a stamped, self-addressed envelope for your reply.

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Gems of Thought

NEVER to tire, never to grow cold; to be patient, sympathetic, tender; to look for the budding flower and the opening heart; to hope always; like God, to love always—this is duty.—H. F. Amiel.

He that gets forgets, but he that wants thinks on.—Italian Proverb.

True Freedom is to share All the chains our brothers wear, And, with heart and hand, to be Earnest to make others free!

JAMES RUSSELL LOWELL

All ambitions are lawful except those which climb upward on the miseries or credulities of mankind.—Joseph Conrad.

ASK ME ANOTHER?

A quiz with answers offering information on various subjects

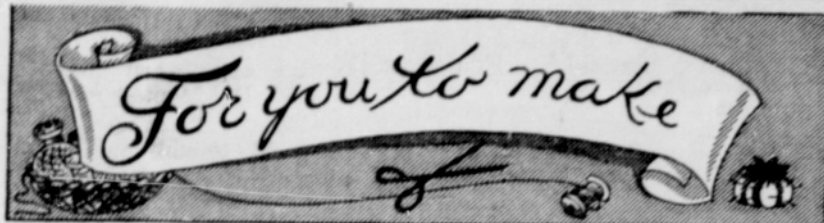
The Questions

1. What is the facial aspect for which the Cheshire cat is noted?
2. What are a ship's davits?
3. WAC officers and enlisted personnel wear replicas of the headgear of what warrior maiden?
4. Who were the first printers?
5. What is the supercargo on a ship?
6. How long has Turkey been a republic?
7. If a stirrup bar is that part of a saddle to which the strap is fastened, what is a stirrup cup?

8. The Battle of Brandywine was fought in what state?

The Answers

1. Grinning.
2. Cranes for the lifeboats.
3. Athena.
4. The Chinese.
5. The officer or person on a merchant ship in charge of the commercial details of the voyage.
6. Since 1923.
7. A cup of wine or the like taken by a rider about to depart; hence a farewell cup.
8. Pennsylvania.



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Oath on Bayonet

When a Nigerian native enlists in Britain's Royal West African Frontier Force, he is allowed to swear allegiance by touching his tongue to his bayonet, the age-old custom of such pagans who have no holy book, like the Bible or the Koran, on which to take an oath.

One thing a soldier is afraid of is a display of emotion. That's why his slang so often sounds derogatory. For example, he refers to the silver eagles on his colonel's shoulder straps as "buzzards." But when he speaks of his favorite cigarette, he says: "Camels." They're first with men in the Army as well as with Sailors, Marines, and Coast Guardsmen. (According to actual sales records in service men's stores.) And though there are Post Office restrictions on packages to overseas Army men, you can still send Camels to soldiers in the U. S., and to men in the Navy, Marines, and Coast Guard wherever they are.—Adv.

Wrap Overseas Supplies To Withstand All Climates

To the packaging industry goes the credit for wrappings which protect American food and supplies in shipment to the front lines through sub-zero temperatures, blazing heat, and penetrating humidity. Great quantities of war material are delivered in containers which can be immersed in water for days without damage.

Goods are often unloaded at remote points where there are no docks. It is simply dumped onto the surf to be carried ashore by the waves or the tide.

SNAPPY FACTS ABOUT RUBBER



Planes fly in supplies and bring out crude rubber from Central American plantations. Weeks are saved by this method of transportation.

In building a battleship it takes 150,000 pounds of rubber. This is equivalent to the rubber used in the manufacture of more than 12,000 small passenger-car tires.

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Jersey Shaw

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B.F. Goodrich

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