



Meal Contrasts In Color, Texture Help Appetite



Cheese Souffle Sandwiches team up with ripe olives to give good flavor and color contrast to those quickie lunches.

How is your contrast IQ in meals? Do you serve whitefish, potatoes and cauliflower all at the same meal and expect the family to eat it? Do you put before them Bean Loaf, mashed squash and bread pudding and expect them to find the meal palatable?

Yes, the foods are all highly nutritious and may be well prepared, but there's an important element in meal planning missing in these suggestions. It is contrast. There's a lack of contrast in flavor, color and texture in these food combinations, and without that meals will often go uneaten.

Now, how would you like this combination? Mock drumsticks, lima beans and carrots. There's no sameness about texture or color there.

Mock Drumsticks.

(Serves 6)

- 1½ pounds veal, beef or pork steaks, cut thin
- 6 skewers
- 2 cups cornflakes
- 1 egg
- 2 tablespoons milk
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons fat
- ¼ cup water

Cut meat into strips and roll around skewers in the shape of a drumstick.

Roll cornflakes into fine crumbs. Cover drumsticks with crumbs, then dip in slightly beaten egg to which milk and seasonings have been added. Roll again in crumbs. Brown the drumsticks in fat, then add water, cover tightly and bake in a moderate (350 degree) oven about 1 hour or until tender.

Here's an easy dinner as good to the eye as to the palate:

- Cream of Tomato Soup
- Lamb Roll
- Baked Squash
- Hashed Brown Potatoes
- Cole Slaw
- Apple Sauce
- Chocolate Cookies

Lamb Roll.

(Serves 6)

- Boned Breast of Lamb
- ¾ pound bulk pork sausage
- 2 tablespoons lard
- 1 small onion, diced
- 2 tablespoons Worcestershire sauce
- 1 cup tomatoes

Have lamb breast boned, spread with sausage meat and tied into a roll. Brown on all sides in hot fat. Season with salt and pepper. Add all other ingredients. Cover closely and cook very slowly until done, about 1½ hours. Add more liquid, if needed.

Colorful vegetables in this menu are all cooked with the meat:

- Braised Liver with Vegetables
- Mashed Potatoes
- Orange-Watercress Salad
- Rye Bread — Butter
- Butterscotch Sundae

Lynn Says

Looking Mighty Pretty: Slice cucumbers thinly but not quite all the way through. Place slices of radish in between each slice of cucumber.

When serving carrots with lamb, roll the whole carrots in chopped mint.

Bananas and pineapple slices make a smart accompaniment to ground beef.

Braised Liver With Vegetables.

(Serves 6)

- 1½ pounds sliced liver
- Flour
- 2 tablespoons bacon drippings
- 6 carrots
- 2 green peppers
- 6 small onions
- Salt and pepper
- ½ cup water

Dredge liver with flour. Brown in hot drippings. Clean and dice vegetables. Arrange in piles on slices of liver. Season. Add water. Cover and cook slowly until liver and vegetables are done. Beef liver will take about 45 minutes. Pork, lamb and veal (or calves') liver will take about 30 minutes.

Now, for a luncheon dish that has unusual flavor and contrast. First, here's the menu I'd suggest:

Vegetable Broth

or

Grapefruit Juice

- Cheese Souffle Sandwich
- Jellied Fruit Salad
- Beverage
- Date Bars

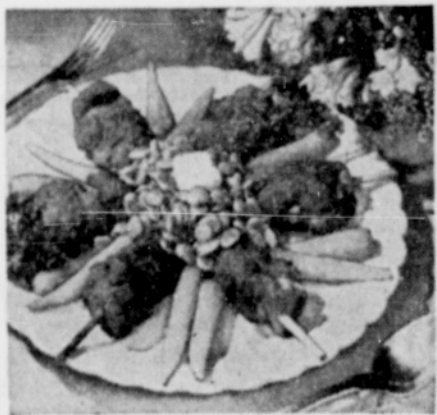
A double boiler will help the cook produce perfect souffle sandwiches:

Cheese Souffle Sandwich.

(Serves 6)

- 6 slices white bread
- ¼ pound processed cheddar cheese
- Dash of pepper
- Dash of paprika
- 3 eggs
- Ripe olives

Toast the bread (crusts trimmed) on both sides. Melt the cheese in the top of a double boiler. Add pepper and paprika to egg yolks. Beat until thick, then fold this mixture into egg whites which have been beaten until stiff but not dry. Pile on toast and bake in a moderate oven (350 degrees) until puffy and golden brown. Place on a chop plate and garnish with ripe olives.



Mock Drumsticks, crisply coated and fried to tenderness, are fine foil for whole cooked carrots and lima beans. Use a circular platter to carry out the pattern.

Date bars are a chewy contrast to the rest of the meal.

Date Bars.

(Makes 2 dozen)

- 1 cup sifted flour
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- ¼ cup bran or wheat germ
- 1 cup chopped dates
- 1 cup chopped walnuts
- 3 eggs
- 1 cup honey
- ¼ cup melted butter

Sift together flour, salt, cinnamon and baking powder. Add bran, dates and nuts. Beat egg until thick, add honey and butter. Mix well. Stir in flour mixture, blending thoroughly. Spread evenly on well-greased pan and bake in a moderate (350-degree) oven about 35 minutes. Cut in squares while warm, then remove from pan.

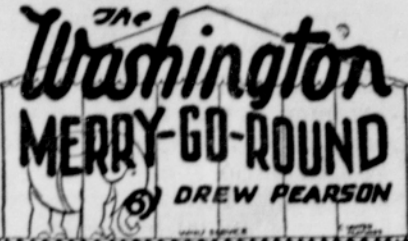
Butterscotch Rice Pudding.

(Serves Six)

- ¼ cup rice
- 2 cups milk
- ½ teaspoon salt
- ½ cup brown sugar
- 2 tablespoons butter
- 1 tablespoon lemon juice
- ½ teaspoon vanilla
- ½ cup chopped dates

Wash rice, then add rice and salt to milk. Bring to a boil and simmer 25 minutes. Meanwhile melt butter and add sugar. Cook slowly until mixture melts and turns dark brown. Add to rice-milk mixture and stir. Remove from heat and add lemon juice, vanilla and dates. Cool.

Do you have recipes or entertaining suggestions which you'd like to pass on to other readers? Send them to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Ill. Released by Western Newspaper Union.



Washington, D. C.

FEAR OF CASUALTIES

The inside story can now be told regarding one of the greatest worries of the Allied High Command in connection with the Normandy invasion—namely, casualties. It was feared they would be terrifically high.

In fact, Prime Minister Churchill, who had hung back from a cross-channel front for two years, feared the Allies might suffer losses comparable to the early days of the last war, when the cream of British manhood, then relatively untrained, was mowed down in Flanders fields. He frequently told FDR that he was worried about losing the "seed" of Britain.

This worry gives an insight into the sudden change between the type of slow fighting during the first few weeks in Normandy and the headlong onrush of today.

Allied orders during the early weeks in Normandy were to advance under a "curtain of steel." As a result, the greatest artillery barrage ever laid down in history was thrown at the Germans in advance of Allied infantry. It was an artillery barrage so heavy that it wiped out almost everything in its path.

However, it was slow. It took time to unload big guns on shallow beaches. It also took time to batter down German positions. But once these positions were battered down, and the rim of German defense was broken, the Allies found what General Eisenhower knew was the case—a complete military vacuum inside.

In other words, the Nazis had staked everything on holding the rim, had no defenses in the interior. That is the explanation for the headlong rush of Allied forces in recent weeks. The Nazis were gambling on their Atlantic wall, a wall which could not stand up under Bradley's "curtain of steel."

NOTE — General Montgomery's cautious advances in Normandy probably reflected in part Churchill's worry over casualties. However, he has been cautious in other areas also. Before the Battle of El Alamein, when the British army had been pushed back and back across the desert toward Cairo, Montgomery queried his chief, General Alexander: "What casualties can I take?" Alexander, with the fate of the Suez canal at stake, replied: "One hundred per cent." Caution, of course, is no reflection on courage.

SAILOR'S OUTMODED UNIFORM

Now that Adm. Ernie ("Clothes Horse") King has finally relented and will let naval officers shed their jackets under certain conditions in hot weather, a lot of sailors wish he would also examine the uniform of the enlisted man.

Most enlisted men would whoop with joy if their present, long-outdated uniform was discarded. What most people don't realize is that the sailor's uniform was designed by the British about 200 years ago and is now just as outmoded as the sailing ship.

Take, for instance, the broad collar worn over the shoulders. It was designed for vermin-infested ships of the 1700s, when sailors had to be deloused and a broad collar was practicable to catch the tar oils used in a sailor's hair.

Again, the bell-shaped trousers, which flap around the ankles and nearly trip the wearer when he runs, were designed for days when sailors rolled their trousers up over their legs to scrub decks. Today, dungarees are provided for this sort of work.

Again the drop front, 13-button trousers were designed for a day two centuries ago when tidiness was nothing like what it is today.

One thing which particularly grips the enlisted man is the tight-fitting waist of his blouse, which has to be slipped on and off over his head. If a sailor is dumped into the water and has to swim for any length of time, it is almost impossible to get this blouse off. It is tight, sticks to the body, and you can't very well swim and at the same time hold two arms above your head while you wriggle out of your middy.

Some of the boys wish that Admiral King would take off his new grey-green uniform, designed for him by His Majesty's tailor in London, long enough to experiment with a middy-blouse in the water. They think that, despite a century's delay, he would then design for them a new uniform overnight.



To clean berry stains from the teeth, bite into a cut lemon. (Hope your face straightens out.)

Should the cane seat of a chair sag, wash it with hot water, then set it out in the air (not in the sun) to dry. The cane tightens as it dries.

Clean stained bronze ornaments with hot vinegar or hot buttermilk rubbed on with a soft brush or cloth. Rinse in warm water and wash in hot water and soapsuds. Wipe dry with soft cloth.

If you have an old windshield wiper, it may be used when washing the windows of your home.

Keep a package of paper spoons in the medicine chest. Use for doling out fish-liver oil and medicines and you won't have to worry about ill-tasting or stained silver spoons.

When setting posts, dig the hole a foot deeper and fill the bottom with rocks. This gives ground water a chance to drain away from the post, thereby helping to preserve it.

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