Vegetable Varieties—Anybody who complains this summer about not being able to get as much meat as the family would like is a woman of little imagination—a woman, in fact, who fails to recognize good things right under her nose! For years more meat than was nutritionally necessary has been eaten. Vegetable dinners? Why not? Plan them with an eye to appearance and to their filling qualities and a thought to their nutritional balance and there will be very little complaint from the family.

Mushrooms make up for lack of meat in a meal—flavorwise and in appearance, though not nutritionally. There are other ways to get protein, though. Try this summer dish, with a green salad and some good hunks of French bread.

Vegetable Mushroom Shortcake
(Illustrated)
2 cups flour
3 teaspoons baking powder
1 teaspoon onion salt
3 tablespoons fortified margarine
½ cup minced watercress
1 tablespoon fortified margarine, melted
¾ cup milk (approximately)

Sift together flour, baking powder, onion salt. Add watercress. Cut in the 3 tablespoons of shortening, until it looks like peas through the dry ingredients. Add milk sufficient to make a soft, but not sticky dough. Roll out on floured board to ¼ inch thickness. Cut 12 rounds. Brush tops with melted margarine. Put together in pairs and bake in hot oven (400 degrees) 20-25 minutes. Over the hot short cakes and between the layers serve the Mushroom Vegetable Sauce. Sprinkle a bit of paprika over the top of each. Garnish the platter with fresh watercress. Serves six.

Mushroom Vegetable Sauce
1 cup mushrooms, fresh or canned, sliced
4 tablespoons margarine
3 tablespoons flour
1 cup milk
½ pound snap beans
2 carrots
1 teaspoon salt

If mushrooms are canned, drain and reserve liquid. If fresh, wash and slice. Cut beans into match-stick pieces and cook. Cut carrots into thin slices and cook separately. Keep beans and carrots warm until sauce is made. Brown mushrooms in margarine. Remove mushrooms. Add flour to mushroom drippings. Mix to a smooth paste. Add milk and canned mushroom liquor. Stir until creamy. Add salt. Add mushrooms, beans and carrots. Serve as directed above.

A little cheese goes a long way in dressing up a vegetable meal and adding protein value. Serve it with breadcrumbs over a baked vegetable dish.

Bacon adds snap to a vegetable meal, too. Fry it crisp and brown and use it as a garnish on a beautifully arranged vegetable plate. Or bake eggplant slices with strips of bacon across top.

Give Meat Points a Rest
Shrimp Balmoral
Browned Rice
Snap Beans with Crumb Topping
Baked Banana Halves

Shrimp Balmoral
1 cup shrimp
2½ cups corn, cream style or whole kernel
¼ pound mushrooms
3 eggs
¼ pound grated American cheese
1 pint milk, scalded
Salt and pepper to taste
Paprika

If fresh shrimps are used, boil and shell them and remove the sand vein. Peel and quarter mushrooms. Add to corn and stir in the well beaten eggs. Add the grated cheese and finally add the milk and seasonings. Pour into greased casserole or glass baking dish and bake for one-half hour at 350 degrees.

Baked Banana Halves
2 large or 4 small bananas
¼ cup sugar
½ teaspoon allspice
Pie crust

Peel the bananas and cut in two crosswise if large ones; use whole if small. Mix the sugar and all-spice together and roll the bananas in this mixture. Place in the center of oblongs of pie crust. Fold up corners to meet and press edges together. Bake at 450 degrees 15 minutes and serve with light cream.

A Good Squash Pie
Dried Lime Bean Casserole
Hearts of Lettuce
with
Russian Dressing
Melba Toast
Squash Pie

Dried Lima Bean Casserole
1 cup lima beans
3 strips of bacon
¾ pound ground beef (or leftover roast)
1 clove garlic, minced
½ cup sliced onion
1½ cups condensed tomato soup
½ teaspoon salt
1teaspoon Worcestershire sauce

Cook bacon until brown. Pour off fat, leaving two tablespoons in pan. In this brown garlic and onion. Add ground meat and stir with a fork until meat is lightly browned. Then add tomato soup, salt, Worcestershire sauce and the lima beans which have been soaked overnight and simmered until tender. Mix well and simmer ½ hour. This improves with age and may be prepared for guests the day before. It may be simmered indefinitely, moistening with a little vegetable stock if it appears too dry.

Squash Pie
1 box (16 ounces) quick-frozen cooked squash, thawed
¾ cup brown sugar, firmly packed
¼ cup granulated sugar
1teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
½ teaspoon salt
2 eggs, slightly beaten
1½ cups milk
2 teaspoons melted butter
½ recipe pie crust

Combine squash with remaining ingredients in order given. Strain. Line a 9-inch pie plate with pastry to extend 1 inch beyond edge. Fold edge back to form standing rim and flute with fingers. Fill with squash mixture. Bake in hot oven (450 degrees) 20 minutes; then decrease heat to moderate (350 degrees) and bake ½ longer.

Chic Look Achieved By Good Grooming

Interest in good grooming skyrockets to importance among girls who want that chic, bandbox look in warmer weather.

The sparkle and spice of good grooming is no mere accident. It comes from sticking to a schedule, never skimping, never skipping. When at home, there's a program of careful bathing, creaming, brushing, dieting and exercise to be followed. Attention to make-up and clothes while in public, too, contribute to the impression of perfect freshness that every girl wants.

When home care is carefully attended to, it is not difficult to keep looking smooth in public. Make-up, well applied in the morning, for example, needs but little retouching during intervals.

Diet, too, is an important factor in producing the effect of good grooming. Salads can slim the figure to nice proportions, while the fruit and vegetables in them with their precious store of vitamins and minerals make for vitality, so important to beauty.

Drinking plenty of liquids, whether one is dieting or just eating her regular meals, is a "must." Not only will liquids help you keep cool, but they will help rid the body of wastes.

Baked Stuffed Calf Heart
Baked Stuffed Calf Heart
Noodles & Brown Cabbage
Cucumbers in Sour Cream
Stewed Rhubarb

Baked Stuffed Calf Heart

Wash a calf heart and remove veins, arteries and clotted blood. Stuff with the following:
2 cups bread crumbs
½ teaspoon salt
Pepper and sage
¼ cup savory fat (bacon, sausage or chicken)

Sew heart. Sprinkle with salt and pepper, roll in flour and brown in hot fat. Place in small deep baking pan, half cover with boiling water. Cover firmly and bake 2 hours in slow oven (250 degrees) basting every 15 minutes. Remove heart from pan. Thicken liquor with flour diluted with small quantity of cold water and season. Pour around heart.

Cucumbers in Sour Cream
2 medium-sized cucumbers
½ teaspoon salt
⅛ teaspoon paprika

Pare and slice the cucumbers and mix into the sour cream and seasonings.

Teen-Ager's Enthusiasm for Sewing Solves Summer Recreation Problem—If there's a teen-ager in your family, you may find the bobby-sox brigade's new enthusiasm for sewing the perfect solution for her stay-at-home vacation program. The junior recruits to the seamstress ranks are quick to master the art of converting piece goods remnants and the family closet discards into jive jumpers, plaid skirts and other "sharp" outfits. They get their hands on a family sewing machine and get in the grove as style-wise dressmakers in a few lessons.

Matching big and little sister dresses are a favorite project with teen-age seamstresses. Blue and white striped chambray or checked gingham in bright colors are good, cool fabrics to beat the heat. There's a variety of styles from which to choose—but the simple, dirndl-type will win the heart of any young miss from six to sixteen. Its low, oval neckline is bound with self-fabric and trimmed with narrow eyelet-embroidered cotton ruffling. The same trimming is repeated in the concealed, money-bag pockets. The back-button closing descends to the waist, and the precise little buttonholes are made in jig-time with the sewing machine's button holer attachment. Skirt flattery is achieved with full-gathered effect below the snug-fitting bodice, and the even shirring becomes a jiffy job with the aid of the gathering foot attachment.

Rub flypaper stains with benzine applied on a soft cloth.

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Tall, Frosty Thirst Quencher For Hot Days

When the mercury soars, there's nothing like a tall, frosty thirst-quencher to keep one cool as an ice cube, the perfect way to keep cool and contented. In the summer, the body loses is liquid so much more rapidly than at other seasons that it is a good idea to keep replenishing the liquid intake to maintain body comfort at a high level.

Making sure that you have a large quantity of fruit juices on hand will assure you of a cool and comfortable summer. For special occasion cool drinks try these suggestions:

Raspberry Float
(Serves 1)
1 egg, well beaten
½ cup crushed raspberries
1 tablespoon lemon juice
2 tablespoons sugar

Combine all ingredients and shake with chipped ice until thoroughly blended. Serve with mint leaves and drinking straws.

Lime-Orange Frost
(Serves 5)
6 sprigs mint
1 cup hot water
½ cup granulated sugar
3 cups fresh orange juice
¼ cup lime juice
½ cup lemon juice
Ice

Cut mint into small pieces and cover with hot water. Add sugar and stir until dissolved. Cover; let stand 1 hour. Strain. Add fruit juice and serve with ice and drinking straws.

Ring the Dinner Bell!
Veal in Sour Cream
Broad Noodles
Tossed Green Salad
Pineapple Ice

Veal in Sour Cream
1 pound cubed veal (shoulder or leg)
Flour seasoned with salt, pepper, paprika
2 tablespoon margarine
Water
2 tablespoons sour cream
2 large onions

Saute finely cut onions in margarine to a golden brown. Dip cubed veal into seasoned flour. Sear on both sides in browned onions, add more paprika, water to cover. Simmer for one to one and one-half hours. Just before serving add sour cream. Stir well, cook five minutes longer. Serve over broad noodles.

When cooking fresh vegetables use little or no water and avoid the loss of water-soluble vitamins and minerals.

Linen Savers

Unused linens turn yellow from age. Wrap them in black paper and keep them in a cool place to avoid this danger. Do this with best table cloths and "hope chest" linens.

APRICOT JAM RECIPE SAVES SUGAR, FRUIT

Make it This Quick, Easy Way

4 Cups Ground Fruit
6 Cups Sugar
¼ Cup Lemon Juice
1 Package M.C.P. Pectin

Wash and pit 4 pounds fully ripe apricots, grind. Do not peel. Measure exactly 4 level cups of the ground fruit (add water to fill last cup, if necessary) into a large kettle. Add the M.C.P. Pectin and lemon juice, stir well and bring to a boil, stirring constantly. NOW, add the sugar (which has been previously measured), continue stirring, and bring to a full rolling boil. BOIL EXACTLY 4 MINUTES. Remove from fire, let the boil subside, stir and skim by turns for 5 minutes. Pour into sterilized jars, allowing ½-inch space for sealing with fresh paraffin.

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the big "buy" in oranges:
SMALL SIZES!
This summer small size oranges are plentiful—*and good!* They are loaded with delicious, healthful juice. Make the most of this big health value. Buy at least two dozen at a time.

Use these thrifty small size oranges in other ways. Put two in the lunch box for health and freshness. Let the children enjoy them for a healthful between-meal snack.
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Something to remember these war-busy days—and nights

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