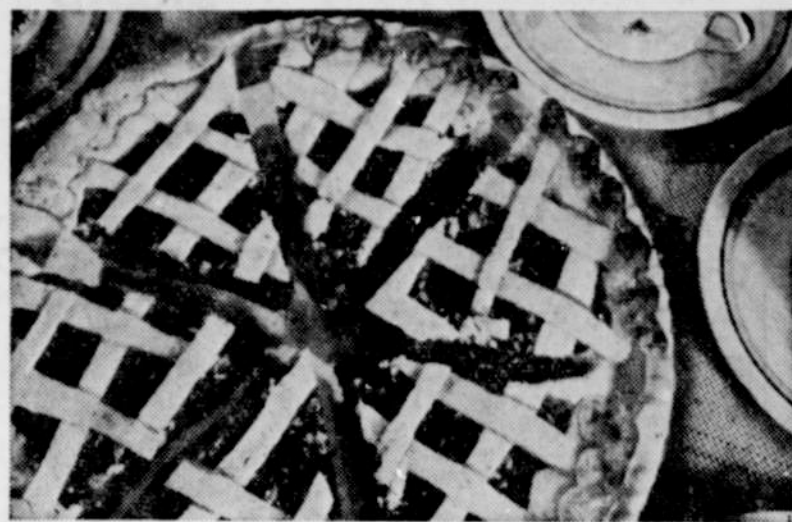


Household News

By Eleanor Howe



MID-WINTER MENUS

(See Recipes Below)

You may have a mental filing system for your menus, or you may jot down your meal ideas and slip them into a recipe box. Either way, the chances are that mid-winter finds you in the market for some fresh and workable ideas for what to feed the family.

First and foremost, you will want your winter menus to be warming and heartening. The calorie content may be a little higher because more energy is needed to supply heat and because the cold stimulates us to more activity. Vitamin suppliers need to be carefully watched. With your garden adrift with snow, not so many fresh vegetables and fruits will find their way to your table without a special effort on your part.

Even if fresh peas, green beans and vine-ripened tomatoes are out of reach, almost any market boasts whole bins filled with apples, sweet potatoes, cabbage and carrots—all of them potent sources of vitamins. Plenty of grapefruit, oranges and tomato juice will help to replace the fresh tomatoes.

But now for the menus! Two are dinners—one built around a fragrant, red-brown dish of Hungarian goulash served with plenty of hot buttered noodles; the other, sausages baked under a covering of Yorkshire pudding. The third meal is a hot soup luncheon.

Hungarian Goulash
Buttered Noodles
Salad Bowl
(spinach, carrot, raw cauliflower)
Brazil Nut Cherry Pie
Coffee Milk

Yorkshire Sausages
Canned Green Beans with Mustard Butter Sauce
Whole Carrots
Red Cabbage Salad
Honey Spice Cake
Coffee Milk

Tomato Chicken Soup
Swiss Cheese Sandwiches
Grapefruit and Apple Salad
Frosted Ginger Bars
Tea Milk
Red Cabbage Salad.
(Serves 5 to 6)

2 cups red cabbage (shredded fine)
3 tart, red cooking apples (unpeeled) (diced)
1 cup grated carrot
4 tablespoons brown sugar
3 tablespoons vinegar
2 tablespoons French dressing (prepared)

Buy a small, solid young head of red cabbage, one with thin, tender leaves. Remove core, and shred very fine. Place shredded cabbage in ice water for 30 minutes to crisp it. Combine cabbage, diced

apple and grated carrot. Mix brown sugar, vinegar and French dressing and pour over salad. Toss lightly, until dressing is thoroughly mixed with salad.

Hungarian Goulash
(Serves 4 to 5)
1½ pounds beef round (cubed)
3 tablespoons fat
3 beef bouillon cubes
3 cups hot water
½ clove garlic
½ bay leaf
½ teaspoon salt
Few grains cayenne pepper
2 cups cubed potatoes
1½ tablespoons butter
1½ tablespoons flour
1 tablespoon paprika
1 cup canned tomatoes (sieved)

Have beef cut in 1½-inch cubes. Brown on all sides in hot fat, then add bouillon cubes dissolved in hot water. Add garlic, bay leaf, salt and cayenne pepper and simmer the mixture for 2 hours. Remove garlic and bay leaf, and add potatoes cut in ½-inch cubes. Cook 30 minutes, then remove ¼ cup of broth from pan and cool. Combine with melted butter, flour, and paprika and blend into a smooth paste. Add to goulash, stirring constantly; cook until thick, about 5 minutes. Add

sieved tomato and cook 10 more minutes.

Brazil Nut Cherry Pie.
(Makes 1 9-inch pie)
2½ cups sour, red cherries (canned)
1 cup cherry juice
3 tablespoons cornstarch
1 cup sugar
1 tablespoon butter
½ cup sliced Brazil nuts

Drain cherries, and set aside the juice. Blend cornstarch and sugar in a saucepan; add cherry juice. Place over heat and cook, stirring constantly until thickened, about 3 minutes. Remove from the heat, add drained cherries, butter and Brazil nuts. Pour the filling into a 9-inch pie plate lined with pastry. Moisten the edge of the pie with cold water; arrange lattice of pastry strips across pie. Press down rim with fork. Bake in hot oven (450 degrees Fahrenheit) 15 minutes, then in moderate oven (350 degrees Fahrenheit) for 30 minutes.

Honey Spice Cake.
3 cups sifted cake flour
3 teaspoons baking powder
½ teaspoon salt
¼ teaspoon soda
1½ teaspoons cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
¾ cup butter or other shortening
½ cup sugar
¾ cup strained honey
2 egg yolks, well beaten
½ cup chopped nut meats
1 teaspoon vanilla
¾ cup water
2 egg whites (stiffly beaten)

Sift cake flour once, add baking powder, salt, soda, and spices and sift together three times. Cream butter thoroughly, add sugar, and cream together until light and fluffy. Add honey gradually. Beat after each addition. Add egg yolks, nuts, and vanilla; beat well. Add flour, alternately with water, a small amount at a time. Beat after each addition until smooth. Fold in stiffly beaten egg whites. Bake in a paper-lined greased loaf pan (9 by 13 by 2 inches) in moderate oven (350 degrees) for 50 minutes.

Tomato Chicken Soup.
(Serves 6)
2 tablespoons onion (finely chopped)
1 tablespoon butter
2 No. 1 cans condensed chicken soup
1 No. 1 can condensed tomato soup
1½ cups water
1¼ cups light cream or milk

¼ teaspoon salt
½ teaspoon white pepper
Sauté onion in butter until yellow and transparent. Add chicken soup, tomato soup, water, milk, salt and white pepper. Stir thoroughly and heat to serving temperature.

Apricot Sweet Potatoes.
(Serves 6)
6 medium-sized sweet potatoes
½ pound dried apricots
¾ cup water
¾ cup sugar
½ teaspoon salt

Peel sweet potatoes and cook in boiling salted water (1 teaspoon per quart) until tender, about 35 minutes. Mash with a potato masher. Cover apricots with water and let soak for 30 minutes. Then simmer until tender, about 25 minutes. Mash the fruit to a pulp and add sugar and salt. Whip apricot pulp with sweet potatoes until very well blended. Serve very hot. Apricot sweet potatoes are especially good with ham and broccoli.

WHEN DAUGHTER LEARNS TO COOK
Is your teen-age daughter learning to cook? Father will encourage her efforts if she learns to prepare the kind of good substantial food he likes. Eleanor Howe's Cook Book "Feeding Father" will tell her how in simple, easy-to-follow language. She'll even learn to bake his favorite chocolate cake without much supervision from you.

Simply send 10 cents in coin to "Feeding Father" care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois, to get her a copy.

(Released by Western Newspaper Union.)

Suede Apparel Is at New High In Both Chic and Wearableness

By CHERIE NICHOLAS



ALL over the country stores that set the fashion pace are displaying new and intriguing suede garments and accessories in tempting array. Modern science has performed miracles in leather processing until suedes nowadays are as supple and workable as any fabric, and their colors are incredibly beautiful.

Suede is comfortably wearable at any season of the year, but for mid-season and early spring it is simply ideal. Light in weight yet dependably protective, no wonder that suede has become the "darling" of fashion. Women are coming to know more and more that there is no type of garment that fits better into all year-round wear than beautiful soft suede with its persuasive colors and its caressing "feel."

There's luxury, there's chic, there's practicality in a coat with turban, gloves and bag made all of suede as worn by Dorothy Lamour (to left in the picture). One cannot do justice to the superb coloring of the new suede costumes in mere words. In this instance the coat shown is of stone blue (smartly in fashion this season). Note the interesting double belt treatment. The turban, gloves and bag are in luscious wine red. Yet indeed, leather is a fashion favorite in Hollywood.

Can you imagine anything more appealing for town wear than a dress of wine-berry colored suede with a long suede coat in identical color? Positively brainstorming both to the observed and the observer especially when accompanied with beret, envelope bag and gloves done in a lighter tone of red, is the ensemble pictured to the right in the trio. She carries the coat over her arm, as you see.

Ardent golfers count their suede two-piece suits as shown centered in the picture among favorite sport ensembles. The skirt of this most attractive outfit is in chardreuse, gored to give plenty of freedom. It is worn with a loose fitting jacket

of burnt orange suede with buttons high at the neckline. To keep her curls in place this athletic young modern wears a suede flower "beanie" in the bright chardreuse.

Other fetching leather novelties include nail studded boleros and belts that show a decided trend toward the Western theme. Waist-length sleeveless jackets with bright bindings and a touch of embroidery are inspired by the South American vests. Jerkins in unlimited style variations, side-buttoned and in bright colors, are grand for wear with skirts, suits or slacks and over countless dresses. Waistcoats with suede fronts, knitted back and sleeves and casual collarless cardigans with slide closings are stressed with matching or contrasting tweed skirts.

Classic one-piece suede dresses button from neckline to waist or feature the slide fastener fly-front closing. Boxy knuckle or slightly longer coats are important as well as the mannish notched collar model with three patch pockets. Stunning two-piece suede suits with fitted jackets are extremely smart. Long coats range from the bulky belted country coat to the dress-maker type for avenue wear.

"Beanies" and drawstring mittens or the new "sockem mit" in colors are suede "finds" for the college girl. Snapbrim suede classics and berets are still favorites. A new Pixie cap has been designed for winter sportswear.

Clever sporty leather jewelry is new looking with tweed suits and sports clothes. Fringed and saddle-stitched collars and gauntlets reflect the cowboy influence.

(Released by Western Newspaper Union.)

Glitter Accents



Nothing glitters like a diamond! This pretty girl with vanity mirror in hand is examining her unusual diamond clips. One clip is a lotus blossom, the other the lotus leaves. Clips that take apart make interesting news. In the picture this young modern wears her clips separately, with striped jersey jacket and cap to match in keeping with the new vogue for dramatic jewels with simple dress. On her evening gown she will wear them together to form a complete jeweled flower. Her bracelet is in the new diamond "lace" design, like a band of lace with invisible closing. And she is a bride! Her ring finger wears one of the new oblong solitaires and the narrowest possible diamond band.

Gas Mask Filter Used in Footwear

A gas mask and a woman's shoes are two very different themes we admit and it has been left to science to relate them. And here's how! Since the war and the necessity for personal protection came experiments and improvements on the gas mask of 1914-1918. Inventors took old gas masks apart, put new ones together, substituting, adding and perfecting with the result a new filter has been developed.

Since then it has been discovered that when specially treated this filter was found to have the qualities which make an ideal medium for innersoles. So now you can get shoes, by making known your wants to your salesperson, with "insolated" innersoles that actually do relieve "burning feet," the ailment generally conceded to be the cause of foot fatigue and the many foot ills following it.

Something that would establish a normal foot temperature would accomplish the cure, doctors said, and onco-insolated does just that. This new comfort-giving sole which newest smartly styled shoes have also acts as a shock absorber and is molded with first wearing to the individual contours of the foot.

The fact that insulation is put to good use in shoe as well as gas mask construction is just one more indication of American ingenuity. It gives us one more reason for being glad to be Americans in that our women are buying shoes for the protection of feet instead of gas masks for the protection of life.

PATTERN DEPARTMENT

SEWING CIRCLE



NO WONDER she looks sweet as pie and decidedly pleased with herself! This little miss, with the bows in her curls and her doll by the arm, is wearing the newest and best of pinafore-jumper fashions, and one that you should make up immediately for your own small daughter. The pinafore-jumper is so deliciously full, below that down-scooped cut in the front, and the sash bow in the back accents its saucy flare. The little guimpe is plain and tailored, as it should be for school and kindergarten, with a round, tailored collar and a little neck bow.

Send for the pattern right away (the number is 8860). Make the pinafore-jumper of checked ging-

ham, printed calico or plain chambray, and trim with braid or bias binding. Repeat the guimpe several times in batiste, lawn, dimity or linen.

Pattern No. 8860 is designed for sizes 2, 4, 6 and 8 years. Size 4 requires 2½ yards of 35-inch material for pinafore-jumper; 1½ yards trimming; ¼ yard for blouse. Send order to:

SEWING CIRCLE PATTERN DEPT.
149 New Montgomery Ave.
San Francisco Calif.

Enclose 15 cents for each pattern.
Pattern No. Size

Name

Address

HOUSEHOLD QUESTIONS

To remove mustard stains from linen, soak the linen as quickly as possible in cold water to cover. This loosens the mustard so that it will come out when laundered in the usual way—in plenty of warm water and soap suds.

Be careful not to season meat gravies so much that they lose their characteristic flavors. Usually salt and pepper or paprika are enough. If you like a prepared meat sauce add only a dash. Better yet, pass the sauce and let the family use what they please.

Cookies should be cooled completely before storing in a covered jar or box.

Save left-over griddle batter and use it for dipping chops, cutlets and so on.

Best time to clean the egg beater is immediately after using it—before the egg dries and makes washing difficult.

To get the best results from electric light bulbs, remove them and dust the glass part occasionally. At long intervals they may be given a bath with a damp cloth, but be sure the bulbs are dry before replacing them and keep the damp cloth away from all sockets.

Ask Me Another

A General Quiz

The Questions

1. In what country is the stone a unit of weight?
2. How many Presidents of the United States have been elected by the house of representatives?
3. Friday is named after what goddess?
4. How long is the Grand Canyon of the Colorado river?
5. Who was the first to hit upon the theory that the earth moves around the sun?
6. Are any state universities non-coeducational?
7. How many battles of the Civil war were fought off the coast of France?
8. Have all large American cities gained in population in the last 10 years?

The Answers

1. Great Britain. The legal English stone is 14 pounds.
2. Two (Thomas Jefferson and John Quincy Adams).
3. The Norse goddess Frigg, wife of Odin and goddess of the sky.
4. It is 280 miles long.
5. Aristarchus.
6. The University of Florida is the only non-coeducational state university in the United States.
7. One. (When the Kearsarge sank the Confederate cruiser Alabama on July 16, 1864, off Cherbourg.)
8. No. Some of the large cities that have less population than they had 10 years ago are Akron, Boston, Cleveland, Jersey City, Newark, Philadelphia, Pittsburgh, Rochester, St. Louis, and San Francisco.

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WUSTEROLE MILD

Plans Regulated
Men's plans should be regulated by the circumstances, not circumstances by the plans.—Livy.

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When you feel gassy, headachy, lousy due to clogged-up bowels, do as millions do—take Feen-A-Mint at bedtime. Next morning—thorough, comfortable relief, helping you start the day full of your normal energy and pep, feeling like a million! Feen-A-Mint doesn't disturb your night's rest or interfere with work the next day. Try Feen-A-Mint, the chewing gum laxative, yourself. It tastes good, it's handy and economical... a family supply costs only

FEEN-A-MINT 10¢

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