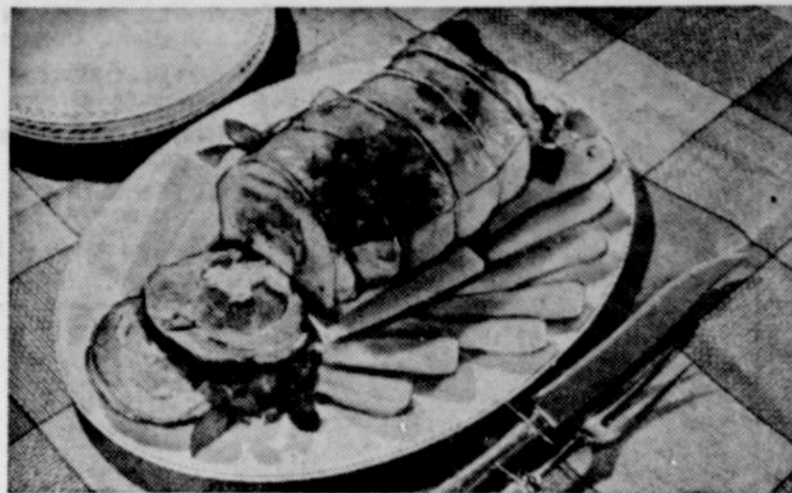


Household News

by Lynn Chambers



THRIFT CUTS—MORE MEAT FOR YOUR MONEY
(See Recipes Below)

MEATS FOR BUDGET MEALS

If you're meat-wise, then you're budget-wise! For the less expensive cuts of meat have a way of making food dollars really s-t-r-e-t-c-h.

What's more, the thrift cuts of meat are equally as chock full of flavor, health-giving vitamins, body-building proteins and minerals as the more expensive ones. When you buy a chuck roast instead of chops; hamburger instead of steak; or baby beef liver instead of calves liver, your economy isn't depriving your family or guests of even a teeny, weeny bit of food value. That's the verdict of nutrition experts. And they know.

Economy in purchasing meat comes from knowing the wide variety of different meat cuts available, and from purchasing some of the cuts which are not in greatest demand. For example, a pot roast of beef, delicious as it is and as much as it is enjoyed by everyone, sells for considerably less per pound than a rib roast of beef. The reason, of course, is that there is a greater demand for rib roast.

You will be pleased, and surprised, too, at the way you can save money on your food budget, at the same time adding variety to both your family and company meals, by following today's penny-pincher recipes.

*Stuffed Shoulder of Lamb.

How to Buy: Good quality lamb is pinkish and well-marbled with fat. Outside fat is smooth, hard, glossy and cream-white. Look for both government inspection stamp and packer's private grade stamp. Find the grade that suits you, then always buy it. Ask your meat man to bone the shoulder, leaving a cavity to fill with stuffing. (You can use the bones for broth, soup or gravy stock.)

How to Cook: Prepare a well-seasoned stuffing; fill cavity, then sew up edges or skewer in place. Weigh meat after stuffing to compute cooking time. Place fat side up on rack in open pan, rub with salt and pepper. Cook in slow oven (325 degrees F.), allowing about 35 minutes per pound. Garnish with mint leaves and a vegetable; serve. Delicious!

Dressing for Lamb.

2 slices bacon
2 cups bread crumbs
1 cup sour apples, chopped
1 cup raisins
½ cup celery, chopped

Fry bacon until crisp and add to bread crumbs, raisins, diced apples and celery. Season with salt and pepper and pile lightly into cavity in lamb shoulder.

Eye-of-Round Roast.

How to Buy: The lean of beef should be well-marbled with fat, firm, smooth, glossy; soon after the meat is cut, the surface should turn bright red. The outer fat should be fairly thick, firm, flaky, cream-white. In lower grades fat is softer, yellower. Though price per pound will perhaps exceed that of rib roast, it is all solid meat—no bones, no fat, no waste of any kind.

LYNN SAYS:

Spread apple or crabapple jelly over the top of roasting ham, veal or pork for the last 30 minutes. The jelly gives an appetizing flavor and a glossy brown top. Crumbled bacon adds a wonderful new flavor to cooked green beans, yellow or white squash, browned navy beans or spinach. Add the bacon in the last 5 minutes.

Long, slow cooking at a low heat is the general rule for cooking the thrifty cuts of meat.

Ranking low on the butcher's price list but high in nutrition are such meats as kidney, brains, heart and liver. They make delicious dishes when properly cooked.

THIS WEEK'S MENU

- Cream of Pea Soup
- *Stuffed Shoulder of Lamb
- Parsley Buttered Potatoes
- Buttered Carrot Strips
- Sweet Cabbage Relish
- Peppermint Ice Cream
- Chocolate Cup Cakes
- *Recipe Given

It goes a long way. For best results, slice very thin.

How to Cook: Put meat, well covered with fat, on rack in open roasting pan. Sprinkle with salt and pepper. Place in moderate oven (325 degrees F.) and allow about 25 minutes per pound for rare beef, 28 to 30 for medium and about 35 for well done. Do not baste. Potatoes may be cooked in same pan with roast.

Swedish Meat Balls.

(Serves 6)
2 pounds finely ground beef
1 cup mashed potato
½ cup apple sauce
1½ teaspoons salt
½ teaspoon pepper
¼ teaspoon nutmeg
Shortening
1 can vegetable soup
½ cup milk

Combine beef, potato, apple sauce and seasonings. Roll into small balls the size of a walnut. Brown well in hot shortening, in baking dish. Pour on soup and milk and bake in moderate oven (375 degrees F.). Thicken gravy; serve.

Cubed Steak With Vegetables.
Cube 1 pound of thrifty cut of steak, such as round or chuck. Brown in hot fat. Add 1 cup boiling water and 1 teaspoon cornstarch, mixed with a little cold water, and salt and pepper to taste. Stir until mixture is boiling. Add 1 large green pepper cut into squares, and 2 large sweet onions cut into eighths. Cover and simmer until steak is tender. Add 2 large tomatoes cut in eighths and cook 2 minutes longer. The gravy may be seasoned with a few drops of seasoning sauce. Serve at once. Boiled rice is an excellent accompaniment.

Stuffed Flank Steak.

(Serves 6)
1 flank steak (about 1½ to 2 lbs.)
4 cups dry bread
½ cup milk
½ cup boiling water
¼ cup butter
½ cup finely chopped onion
¼ cup finely chopped parsley
1 egg
1½ teaspoons salt
Pepper

Have your butcher score the steak and cut a pocket in it. Break the bread into small pieces. Mix milk and boiling water. Pour over bread and let soak until soft. Melt the butter, add onion and cook without browning, about 5 minutes. Add to bread-milk mixture the parsley, beaten egg, salt and pepper. Press this stuffing into the pocket of the steak. Bake in a shallow pan, uncovered, in a moderate oven (350 degrees) two hours. Slice it generously and garnish with sprigs of crisp parsley.

There's plenty of good, substantial eating in stuffed flank steak, so the rest of the meal can be simple. A vegetable (stewed tomatoes, beans or cauliflower, perhaps); dessert and beverage would round out a satisfying, appealing menu.

Veal Birds With Mushroom Sauce.
2 pounds veal round
bread stuffing
3 tablespoons flour
3 tablespoons lard
salt and pepper
1 small can mushroom soup

Have veal round cut into one-half inch slices. Cut into pieces for individual servings as nearly 2 by 4 inches in size as possible. Place a spoonful of stuffing on each piece, roll and fasten edge with toothpicks. Dredge with flour and brown on all sides in hot lard. Season. Pour mushroom soup over veal birds, cover and cook very slowly until done, about 45 minutes.

For variety, instead of using a bread stuffing, spread finely chopped onion over the meat, place a partially cooked carrot in the center, roll and fasten.

(Released by Western Newspaper Union.)

Prints Teamed With Plain Wools Tell Fascinating Fashion Story

By CHERIE NICHOLAS



DESIGNERS are in a mood to play with prints this season. Never in the history of fashion have prints been put to such different and fascinating uses. Anything and everything that can be made of printed fabric is being made. Perhaps the biggest splurge prints are making at present is their teaming up with monotone wools.

This teaming of print with plain is dramatically interpreted throughout all costume design but most notably in jacket suits, redingote ensembles and in capes. While splashy huge-patterned prints play an important role in formal evening apparel and play clothes, neat, small prints are featured in smart daytime ensembles.

However, what these prints of tiny motifs and checks lack in size is made up in color. For instance, the latest fashion is to top red prints of neat design with red wool coats, jackets or capes—a fashion that is being used to a great extent in teenage frocks.

Red prints are the rage this season. Made up in dresses, they are variously teamed with black, navy, or as mentioned above, red. This trend is illustrated in the model shown to the right in the photograph. This dress featured by the Style Creators of Chicago in a recent display, is topped by a flower print red crepe with a thin black wool jacket, tailored to perfection. The pleated skirt and the hat that repeats the print of the dress are smart accents.

The youthful cape coat in dark wool, centered in the group, is made outstanding by the introduction of a silk print lining in the newly im-

portant fine check print, repeating the silk print check of the slim, pleated dress with which it is worn.

A youthful interpretation of the print with plain vogue is pictured to the left. This ingenue dress is of delft blue and white print crepe. The jacket, wearable over other things, is of blue rabbit's hair. Note that the sleeves are short, in keeping with the girlishness of the ensemble. There is a cunning little handkerchief of the print. This is one of those casual, intriguingly styled dress-plus-jacket outfits that is so universally likeable for general wear.

There is a new use of prints this season that is challenging the creative genius of designers. It is the idea of trimming with gay prints. You will see it carried out in pipings, bindings, appliques of print motifs, also bow trims of print bands. There is, for example, the dress with pleated skirt that is topped with a monotone jacket that is bound with an inch bordering of print, or possibly a mere binding—just enough to relate it to the dress with which it is worn. Another way of arriving at a "touch of print" for your costume is to have a hat and bag of print that will enliven monotone dresses and coats to the nth degree.

(Released by Western Newspaper Union.)

PATTERNS SEWING CIRCLE



Make it of light, inconspicuous prints, flat crepe or spun rayon for street wear, with plain neckline, softened by a narrow touch of contrast.

The detailing is perfectly planned to create the high-busted, slim-hipped line most becoming to large figures. The skirt has a gradual flare. It's one of those utterly simple dresses that has loads of distinction.

Pattern No. 1333-B is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires, with short sleeves, 5½ yards of 39-inch material without nap; long sleeves, 5¼ yards. 1¼ yards braid or ¾ yard contrast for neck fold. Detailed sew chart included. Send order to:

SEWING CIRCLE PATTERN DEPT.
149 New Montgomery Ave.
San Francisco Call.
Enclose 15 cents in coins for
Pattern No. Size.....
Name
Address

Household Hints

Cream cheese mixed with a little chili sauce or catsup makes a piquant filling for sandwiches. They are especially appealing with a hot beverage.

If you do not have a special board for pressing sleeves, here is a convenient substitute: Roll up a large magazine, fasten it with rubber bands and tuck it into the sleeve.

To clean stained brass ash trays, cover them with a paste made of salt and vinegar. Let stand half an hour and then rub well with a cloth and wash the trays in hot water and soapsuds. Wipe dry with a clean soft cloth.

Remove seeds from dates with a sharp-bladed paring knife. Keep your fingers moistened with cold water to prevent dates from sticking. Store dates in covered jar in a cupboard.

SPECIAL - BIG 11-OUNCE BOTTLE OF

HINDS

HONEY & ALMOND CREAM
Regular \$1 size
limited time only - **49¢**

Misused Necessity
Necessity is the plea for every infringement of human freedom.

It is the argument of tyrants; it is the creed of slaves.—Pitt, the Elder.

Plaid Accents



Here's how to add a note of gaiety to a navy suit that boasts an extreme mannish cut. Wear a plaid taffeta hat and carry matching accessories! Choose a wide-brimmed hat of plaid taffeta in red and soft blues. Over your shoulder, sling a matching pouch bag. Climax the plaid program with a handkerchief of matching plaid. It is the better part of wisdom to buy a simple one-color suit or coat, then depend on accessories to give it eye-dazzling chic.

Hair Styles Reveal

New Flower Motifs

A new vogue that probably will spread like wildfire is a cluster of flowers worn at each side of the head, balanced symmetrically. The flowers are caught to a ribbon band or to one of the new hairbands that fit to the head.

Roses Take Spotlight In Fabric Designs

It's rosetime in fashionland. The most featured flower in fabric design, in hat trimmings and in smart corsages is the rose.

It is going to be a particularly "rosy" summer in cottons, because cottons this year are reminiscent of weaves that were favorites in the early 1900s. You will find roses blooming on waffle piques, on unbleached muslins, in mezzotint, on glazed chintz and on lawns and percales.

For party frocks, the newest materials are hand-painted sheers. A huge American Beauty rose, one painted on the bodice, one on the skirt, enhances the beauty of these sheers.

Don't overlook the cunning little sailor hats that are made to wear with the new tailored suits or cape costumes. You will be charmed with single rose trim that mounts right from the very front of the crown.

The latest evening corsage is a single long-stem rose.

Cotton Fabrics Essential To Wardrobes, Supplies

A surplus commodity without which homemakers would be lost is cotton.

There are probably more cotton fabrics suited for more varied uses than fabrics made from any other fiber or combination of fibers. Cottons make up into at least 30 different fabrics suitable for dresses for women, girls and infants.

Without cotton, sheets, pillowcases, ticking and linings of comforters, curtains, draperies, upholstery materials, bath towels, hand towels and dish towels would disappear.

Frilly Accents

Everybody's doing it! Wear the frillest frilly-frilly neckwear ever. Regency frills, jabots, big sailor collars with frilled edges, yokes that are frilled.

"On a 75-mile-an-hour run, I like this

Self-Starters Breakfast

under my belt!"

says JACK SIMMONS
Railroad Engineer

THE "Self-Starters" BREAKFAST

A big bowlful of Kellogg's Corn Flakes with some fruit and lots of milk and sugar.

It gives you - FOOD ENERGY! VITAMINS! MINERALS! PROTEINS!

Plus the famous FLAVOR of Kellogg's Corn Flakes that fastens so good it sharpens your appetite, makes you want to eat.

Benefits to Our Readers

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