

Household News

by Lynn Chambers



BREAD TRICKS APLENTY!
(See Recipes Below)

'BREAD 'N' BUTTER'

Those new loaves of white bread featured on grocery store counters and in bakeries everywhere these days look just like the loaves of white bread you have been buying for years. But they're different—they've been "vitaminized."

"How?" you ask. Through the use of enriched flour—a wheat flour which contains added vitamins and minerals.

It was the Bureau of Home Economics of the United States department of agriculture which suggested, when flour standards here were under discussion, that fortified flour should contain a specified amount of vitamin B1 and of iron, and that nicotinic acid, riboflavin and calcium should be added.

Because American dietaries lack chiefly B-vitamins and iron, the accent was placed here. The law is that each pound of Enriched Flour must contain at least 1.66 milligrams of thiamin (B1); 6.15 milligrams of nicotinic acid (pellagra-preventing vitamin); and 6.15 milligrams of iron.

So, now in addition to being the most versatile and economical energy-yielding food, bread also provides, in economical form, additional nutrients essential to health.

And, since bread is the one food that probably appears more often than any other on the family menu, I'm going to give you a variety of new and interesting uses for this "health food."

A good sharp knife, a loaf of good baker's bread and your imagination will do wonders in developing, in your own kitchen, delicious creations that make your menus full of new life and interest.

Bread Buttercrusts.

Remove the crusts from a loaf of uncut bread. Cut lengthwise slices from the loaf. Trim the slices so that they are about 1½ inches wide and the ends pointed. Brush with an egg and milk mixture and arrange in baking cups. It is best to brush the tips with a little melted butter so that they will brown more readily. Bake the bread buttercrusts in a moderate oven until they are delicately browned.

Pinwheel Sandwiches.

Trim the crusts from a whole loaf of uncut bread; cut in lengthwise slices. Spread the slices with any desired spread of a creamy consistency. Roll the bread firmly the narrow way. Small stuffed olives, nut meats or hard cooked eggs make an attractive center for the roll. The rolls should be tightly wrapped in waxed paper and chilled in the refrigerator before slicing.

Croustades.

Trim crusts from two or three slices of bread, making even-size squares. Remove the centers from

LYNN SAYS:

Do your menus meet nutritive requirements, and appetite appeal, too? Careful, now. Here are 10 points on which to check your meals for appetite appeal:

1. Avoid repeating the same food in one meal.
2. Avoid serving more than one strongly flavored or highly seasoned food in a meal.
3. Avoid using too much of one type of food in a meal—such as spaghetti as a main dish and rice pudding for dessert.
4. Use as much texture contrast as possible—have some soft, some solid, and some crisp food in each meal.
5. Get flavor balance in your menus by serving some sweet, some bland, and some acid foods each meal.
6. Serve some hot and some cold foods each meal.
7. Serve foods whose colors look well together and avoid serving colorless foods in one meal.
8. Try to get contrast in size and shape in the foods served.
9. Serve leftovers in a new form.
10. Avoid serving the same food combinations too often. Serve some other tart fruit with your pork, instead of the stand-by applesauce.

It's Picnic Time

Has winter made you forget the wonderful, carefree afternoons spent along sparkling streams or in sunny meadows, munching hot dogs, dipping into baked beans and ice cream? It's time to plan Sunday excursions and be lazy by eating off paper plates, with paper forks. And next week Lynn Chambers will delve into picnic atmosphere. Watch for her recipes of good things to eat out-of-doors!

all but one slice. Dip in melted butter, and put together to form square cases for creamed food.

Bread Patty Cases.

Cut three rounds of sliced bread. Cut holes in two of them and place on the first slice. Brush with a mixture of egg and milk (1 egg slightly beaten plus ½ cup of milk) and bake in a moderate oven until brown.

Checkerboard Sandwiches.

Remove the crusts and spread the slices with soft butter, and any sandwich spread of paste consistency. Then, alternating the slices, make two stacks of three slices each—one with a whole wheat slice between two white slices and the other with a white slice between two whole wheat slices. Next, cut the two stacks into half-inch slices. Spread with soft butter and another flavor spread, and alternate them again, making stacks of three-layer slices each. Press the stacks together, wrap each in wax paper and place in icebox to harden the butter. When ready to serve, cut crosswise into thin slices to give the checkerboard effect.

Ribbon Sandwiches.

Remove the crusts from four slices of bread, two white and two whole wheat. Put them together with different fillings, wrap in waxed paper and chill. Cut down through the four layers in thin slices to form a ribbon sandwich.

Try these tricks very soon, won't you? You'll receive no end of compliments on your ability to prepare these tasty and attractive "bread delights." They are pictured at the top of the column.

If you're weary of serving the usual type of sandwiches when you entertain, here are "fillers" that will bring such phrases as "May I have your recipe?" from fascinated guests.

Egg Filling.

4 hard cooked eggs
½ cu chopped cooked bacon or
½ cup stuffed olives
Few drops Worcestershire sauce
Cream or salad dressing
Chop eggs, add bacon and Worcestershire sauce. Add enough cream or dressing to give a spreading consistency.

Ripe Olive Filling.

Use one cup ripe olives, minced; one cup finely diced celery; ½ cup minced nut meats, and salad dressing to taste. Combine olives, celery and nutmeats and moisten with dressing, then spread on bread.

Sandwich Loaf.

Trim crusts from a sandwich loaf of bread and cut in four lengthwise slices. Spread each slice with softened butter. For the three different fillings necessary, use any good combinations of flavor and color, such as minced ham and pickle, a yellow cheese mixed with finely-chopped green pepper, chives, parsley or watercress, and chopped tomatoes and cucumbers, or a tuna or salmon mixture. Each of these fillings should be mixed with mayonnaise or softened butter so that it spreads easily. The loaf may be made several hours ahead of time if wrapped in waxed paper and kept in a cool place. Prior to serving, it is iced on top, sides and ends with cream cheese softened to spreading consistency with water, milk or mayonnaise. Garnish with slices of stuffed olive, sprigs of parsley or endive. For serving, cut in thick slices. This loaf will serve 10 to 12 persons.
(Released by Western Newspaper Union.)



Variety of Laces Introduced Into Summer Fashion Picture

By CHERIE NICHOLAS



LACE, a favorite material down through the centuries, is this season soaring to new heights in the fashion domain. Lace nowadays is being used in more ways than was thought possible in yesteryears. It is entering into every phase of fashion.

This could not be so were it not for the amazing variety of laces now being manufactured—laces so versatile that they can be used as dependably and satisfactorily as any fabric.

It challenges the imagination to realize that the usefulness and adaptability of lace has been made to cover such vast scope. Today this fabric is being fashioned into every kind of apparel—bathing suits, redingotes, hats, gloves, and most significant of all, stunning tailored jacket suits. Lace used for suits looks as if it might be a choicely patterned open weave mesh, but it isn't. It's sturdy. Next time you go on a shopping tour, look at these new meticulously tailored suits. You will see them in white or colors, and in navy and black.

There seems to be no end to the enchanting fashions that are being made of lace. Citing a few of the newest lace entries, there is the long evening coat of pastel Alencon lace over a matching sheer dress, also the practical-to-wear daytime redingote of fabriclike cotton lace, and lace capelets and stoles that are newer than jackets to wear with sheer summery dresses.

To look your radiant best at daytime summer occasions wear a simple frock of lace in a delectable color. The two frocks shown in the foreground of today's photograph illustrate this idea. The fact that the skirt of each model is pleated means

that lace and pleats are continuing to play a charming duet in the new summer style picture.

The model to the left is a slimming dress in a sheer lace. The bodice has a low V-neck in a flattering line. Shirring at the waistline gives it easy fullness. The skirt whittles the figure into slimmest with its stitched pleats. Imagine this lovely model in any color you like, for it is available in all the newest shades.

To the right in the picture a lace dress for the fashionwise woman is shown. It is a type that may be worn to bridge parties, afternoons at the club and so on. It is a classic for the woman who would dress becomingly and tastefully. The skirt is knife pleated. The bodice is detailed with a grosgrain cord bow tie at the neckline. The dress is made of a delicate looking lace, softly feminine and very practical.

Centered in the picture is a jacket dress in lace. The dress with a jacket can be worn on formal or less gala occasions. It is always a welcome fashion, especially if it is lace. This model, in a dainty flower-patterned lace, has a mite of a tuck entirely scalloped with a tiny collar and puffed sleeves. The cunning jacket is wearable with other gowns. It would be especially effective worn with a black net evening gown or with a flower print that repeats the jacket color.
(Released by Western Newspaper Union.)

Middy-Type Dress



For you who sew it is easy to keep in style by using good fabrics and simple patterns. Just now midy type two-piece dresses are very much in the fashion picture. It is dresses of this sort that require dependable materials. One of the perfect "finds" this season in the white goods collections is serg-a-hed. It launders beautifully, is amazingly inexpensive and is wearable. It is just such simple frocks as this that young girls want most this season.

Vegetable Jewelry

Out California way vegetable jewelry is quite the rage. CBS Star Helen Wood strikes a new style note with a necklace of corn kernels. Almost the only item that hasn't as yet made its appearance on milady's neck is a string of potatoes. These necklaces are made of various gaily colored seeds and pods, with alternate brass beads and coral chips. Best of all, they're both light on the neck and pocketbook.

Paris Fashions Turn Masculine in Style

New suits in today's Paris fashion parade are finished with masculine precision, but a saving feminine touch is introduced by organdy blouses with frilled fronts and field flower bouquets for mannish lapels.

Closely fitted redingotes in patterned wools and silks, fine-striped wools and pencil-striped dark fabrics are among the collections. One house features tailored silk suits in checked surah and double-breasted models with horizontal stripes.

Loose backs in plain and printed crepes have full skirts shirred to hip yokes. Some are trimmed with linen, while others have linen boleros, with paillettes.

White pique trims frocks and coats, and sailor hats.

For young girls there are checked silk dresses to be worn with linen redingotes and bolero suits of checked wools embroidered with white soutache.

Silhouettes reflect the masculine line above the hips. Shoulders are natural and waists slim, and slim hips are emphasized.

Lace-Trimmed Blouses Worn With Cotton Skirts

From all indications the cotton evening skirt worn with a lingerie blouse is going to be a leading summer fashion. The one liked best is the full peasant type, made of a bizarre flower print topped with a wispy lace-trimmed snowy white blouse. Very attractive skirts are being made of gay plaid gingham, also of colorful sheer, crinkled cottons. Skirts of cotton lace, with dark jersey fitted bodices, or long-torso middies of jersey seem to please the smart set. The 'teen age also has a yen for skirts made of flowered glazed chintz.

Lower Heels

Good news! It is interesting to know that shoes are being built for comfort as well as smartness. The latest models are made of indescribably soft leather, and the heels are much lower.

AROUND THE HOUSE

When buying tea, before putting it in the caddy, spread it on a sheet of strong paper and place in a warm (not hot) oven for 10 to 15 minutes. The tea will go much farther and the flavor will be greatly improved.

To remove chocolate stains from table linen, sprinkle the spot with borax and then pour boiling water through the cloth.

Most silk lamp shades may be successfully washed with lukewarm soapsuds. Dissolve soap flakes thoroughly before adding them to the water and use a very soft brush to apply the suds to the shade.

Out-of-door pillows, used for the canoe or porch swing, should have an inner covering of oilcloth and an outer one of some attractive cretonne. These will remain uninjured through a rain.

Make an oilcloth cover for your ironing board. Put over cover on ironing board when brushing and sponging garments.

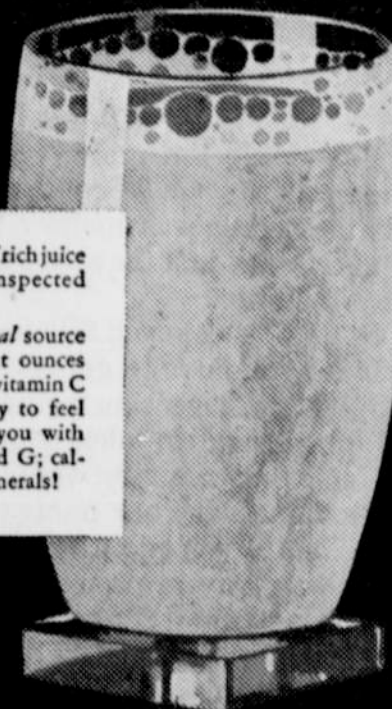
Always use bread crumbs to cover articles to be fried. Cracker crumbs absorb the grease.

Heat spots on table tops and other furniture will disappear if rubbed with linseed oil and later polished.

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CALIFORNIA ORANGES

Hedda Hopper's Hollywood—CBS, 6:15 P.M., E.D.S.T.—Mon., Wed., Fri.

Great Thoughts

What makes a great thought is when a thing is said which reveals a great number of others, and which enables us to discover suddenly that for which we could not hope except after long study.—Montesquieu.

Two Escapes

At each minute we are obliterated by the idea and the sensation of time. And there are only two ways of escape from this nightmare, of forgetting it: pleasure and work. Pleasure amuses us. Work fortifies us. Let us choose.

FOR SAFETY IN BAKING—USE



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