

HOUSEHOLD MEMOS

by Lynn Chambers



Potatoes are plentiful in supply and will spoil if you don't use them. Use them in place of scarce wheat products as the starchy food for dinner, as stuffing or even in baking.

Wheatless Meals

If you want to have fun, and at the same time, test your ingenuity, do what some of the public eating places are doing during the wheat shortage: On one day of the week, serve completely wheat-free meals.

You may even learn to like it so well, that you can stretch this to two days of the week and thereby help feed the famine-stricken countries. Why not try it?

What are some of the foods to use in a partial bread to help you? Here is a partial list: cornmeal, corn cereals, hominy, oatmeal, rice and other wheat-free cereals.

You might start off breakfast with cornmeal muffins or potato pancakes in place of the customary rolls, coffee-cake or toast. Use potatoes plentifully for both luncheon and dinner, and if you want bread, make some oatmeal gems, 100 per cent rye bread, or corn sticks. The family will appreciate them as a welcome change.

Non-wheat cereals like cornmeal and oatmeal can be used for stuffing and crumbing in place of bread or flour. Only in a very few cases will you be able to tell the difference, and even if you can, you won't find that difference unpleasant.

Now that the vegetable and fruit season is here in earnest, fill the family on salads and fruity desserts. Everyone yearns for in-season produce and large quantities of fruits and vegetables will spell both health and pleasant eating to the family.

Look over these recipes which I've dashed up for you today. Perhaps they will start you thinking about how you can help in serving some wheat-free meals every week and still give the family complete satisfaction at the family table.

*Potato Cups With Tuna Fish.

(Serves 4)

- 1½ pounds potatoes
- 1 cup water
- 1 teaspoon salt
- ½ cup mayonnaise
- 2 tablespoons vinegar
- ¼ teaspoon grated onion
- ½ cup diced celery
- ½ cup diced chopped olives
- ½ cup grated American cheese
- Lettuce

Wash and peel potatoes and cut into pieces. Cook until done in salted water. (Water should be evaporated by the end of the cooking time.) Press through a ricer, add milk, ½ of the mayonnaise, 4 teaspoons of the vinegar and ¼ teaspoon of the grated onion. Beat until well blended, then spoon and shape into nests or cups and chill.

Add remaining ingredients to one 7-ounce can of flaked tuna fish, chill and then serve into potato cups. Sprinkle top with cheese and garnish with crisp greens.

LYNN SAYS:

Save flour when you bake: You can stretch your flour supply by adding fruits, meats and vegetables to your hot breads and dinner dishes.

For example, when you make pancakes or waffles, any of the following may be used to give you more from your recipe, without additional flour: chopped apples, mashed bananas, blueberries, diced ham and cheese, sausage meat partially cooked and drained, canned or cooked corn, and nuts.

When making home-baked breads, use dried fruits and oatmeal whenever possible, in muffins, bread and biscuits. Prunes, raisins and figs are fine for flavor and texture.

In place of bread, occasionally use leftover cereals for breakfast. Add one cup of ground leftover meat to cereal and chill, then slice and fry. Or, add chopped apples to cereal, fry as for french toast and serve with syrup or honey. Sweeten and flavor cereal and bake with eggs and milk and serve as a dessert.

LYNN CHAMBERS' MENUS

- *Potato Cups with Tuna Fish
- Tossed Vegetable Salad:
- Green Beans, Celery, Onions,
- Radishes, Spinach Leaves
- Corn Sticks
- *Peach Melba
- *Apple Butter
- *Recipes given.

Here is a vegetable dish that is substantial enough to fill in for both bread and meat on some day:

Corn Cutlets.

(Serves 6)

- ¾ cup thick white sauce
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- 2 hard-cooked eggs finely diced
- 1 cup cream-style corn

Combine ingredients in order given. Divide into six equal parts and shape into cutlets or patties. Roll in crushed cereal crumbs and brown in a small amount of drippings or fat, turning once. Serve with melted cheese, if desired.

Corn Sticks.

(Makes 14 corn sticks)

- 1 cup corn meal or water-ground corn meal
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 1 teaspoon baking powder
- ½ teaspoon soda
- 1 cup buttermilk or sour milk
- 2 tablespoons melted fat
- 1 egg, slightly beaten

Sift corn meal, salt, sugar, baking powder and soda together. Add buttermilk and fat to beaten egg. Add to the corn meal mixture all at once, stirring quickly and vigorously until just mixed. Place in cornstick pans. Bake in a hot (425-degree) oven for 20 minutes or until done.

If you're looking for a hearty supper with a stick-to-the-ribs main dish and a light, summery dessert, you'll want to clip the following recipes to have on hand.

Savory Baked Beans and Hamburger.

(Serves 4)

- 2 tablespoons fat or drippings
- ½ cup sliced onions
- ½ cup diced celery
- ½ pound chuck, ground
- 2½ cups baked beans or cooked kidney beans
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon powdered sage
- ½ cup water or canned tomato juice

Heat fat in skillet, then add onions, celery and ground meat. Cook uncovered for 10 minutes. Add remaining ingredients and heat thoroughly.



You don't need bread when you make meat loaf. In its place you can substitute oatmeal, chopped nuts, ground leftover vegetables or leftover mashed potatoes.

*Peach Melba.

(Serves 8)

- 2 cups fresh raspberries
- ½ cup currant jelly
- ½ cup granulated sugar
- 1½ tablespoons cornstarch
- 1 tablespoon cold water
- 8 canned peach halves
- 1 quart vanilla ice cream

Mash raspberries, add currant jelly and sugar and bring to a boil. Add cornstarch mixed to a smooth paste with cold water and cook, while stirring, until thick and clear. Strain and cool. Place one peach half, cut side up, in each sherbet glass, fill with ice cream and serve with sauce poured over the ice cream.

This sauce Melba may also be served over orange ice cream or lemon sherbet for delicious effect.

Mocha Peach Shake.

(Serves 4)

- 4 canned cling peach halves
- 2 teaspoons soluble powdered coffee
- ¼ cup hot water
- 1 cup vanilla ice cream
- 1 cup light cream

Mash peaches and press through sieve. Dissolve coffee with hot water. Combine peaches, dissolved coffee, ice cream and cream, and beat with a rotary beater until smooth.

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Woman's World

Protection, Comfort Important In Infant or Toddler Garments

By Ertta Haley

WHEN we think of clothes for babies, most of us make the mistake of clothing them, at least in our thoughts, with ruffles and billowy dresses. Actually, though, the most important considerations in making baby's clothes sensible are comfort, protection, room for rapid growth and room for plenty of movement.

So, when you plan a layette, or do some sewing for a friend with a baby, don't get too sentimental. The gift-type garment may bring most Ahs and Ohs from friends, but the mother will appreciate simplicity and ease of placing the garment on the baby most of all, and this should be your main aim. It certainly will be your main theme if you've ever tried to dress a squirming, wriggling youngster.

The garments you'll want to avoid are those with tiny collars that wrinkle and crush easily, garments that have to be slipped over the head, and tight, gathered sleeves. Whenever you can, make clothing for baby with wide, raglan sleeves because these slip on so easily. Show a definite preference for garments that open and close in front, particularly nightgowns and the like that can be folded over and tied.

Fabrics may be just a little difficult to find, but remember to choose those that are soft and fine: batiste, soft muslin, voile, extra-soft flannel and crepe. The seams may be French fell, flat hand-rolled or bound.

Special Care Needed For Toddler's Clothes

Have you ever watched a baby learning to crawl or reach? Notice this next opportunity you have and see how much leeway the garment has to have to accommodate all this activity. The sleeves should be loose and free so as not to put any strain on the youngster. The little seat of the pants comes in for its share of the strain too. Little rompers or panties for the baby at the creeping stage need extra fullness at the back, and should be shorter in the front because of the positions they get themselves into.

Because toddler's garments come in for their share of buttoning and



If you're sewing for baby...

unbuttoning, you will want to make these as secure as possible. Top tips which you will want to follow for sewing on buttons are these: first, use only a single thread; second, do not make the mistake of sewing on the buttons too tight. There is pull and strain on the button that easily gives way if it hugs the garment too tightly.

Save the Sentiment, Lean Toward Practical

All mothers want their youngsters to have lovely pastel coats of soft wool with silk linings. This is a nice sentimental gesture, but actually this type of coat is more practical if made with flannel or challis that is unlined. Then the coat is more easily made, simply washed and more durable.

Another good idea is to spend time making rompers in several sizes for the toddler. Boys, of course, use rompers as soon as they begin to crawl, but it isn't such a bad idea to make rompers for little



Make them sensible and practical.

girls, too. Dresses may be lovelier, but if you will notice, they easily get in the baby's way, and she may trip and fall more often than necessary. Dress the child as if she

Figure-Hugging



This duotone wool suit from Gunth sports a figure-hugging jacket and turn back collar and cuffs. The blouse is matching African marigold rayon crepe and the belt is ginger pigskin. The halo hat is made of straw, banded in velvet.

were an active youngster instead of just a pretty doll, and the baby will be much better off.

Always make little girl's dresses with large hems. Then as the child grows, the hems can be let out and more wear achieved from the garment.

A little girl's dress should have an opening sufficiently large around the neck to permit easy getting in and out. Only one button is used for this opening.

Very large or small buttons or snaps and hooks are considered poor choice for youngster's garments. Child authorities say that it is easy for the child learning to dress to use the medium-sized flat button, but he is lost with the outsize or small size. Teach him self reliance by making it easy for him to dress himself.

For boys' one-piece garments, use a drop seat controlled by a belt. This is easy for the boy to manage even at an early age and looks neat. The drop seat can have an elastic run through a casing so that it snaps back into place easily after being stretched.

Laundering Tips

Study the directions that come with your garments when you wash them. It's no longer true that everything must be washed in the hottest water possible.

Sort clothing so that all similar colors are washed at one time with light clothes first.

Bluing follows the final rinse, and is usually given to all white clothes to prevent them from turning yellowish after age. Starching follows the bluing process, but in many cases these two are combined when you use a ready-made starch that has the bluing already added to it. This mixture is ready to use and is just diluted as directed. Select a ready-made starch that is smooth, otherwise you will have difficulty mixing it with the water.

Clothes should be properly hung to save ironing time. A garment hung on the "off grain" will not iron well and will not set properly when worn. Hang dresses by the skirts or at the shoulder seams; hang socks by the top so as not to put unnecessary wear on the foot, etc.

Iron rayons and synthetic fabrics according to instructions that come with them. Your heating guide on the iron will be an invaluable aid in applying the correct amount of heat to each type of fabric.

Summer Fashion Notes

For beach and sports wear, these are the fabrics found most suitable: shantung, calico and chintz. Select them in their brightest, gayest colors.

Brown and white spectator sports dresses will, I think, always be popular during the summer. When they match shoes and bags they give the impression of neatness and trim.

You'll find few sleeves on dresses for sportswear of this type, the idea being that you want as much sun as you can get, and also, no sleeves will offer more freedom for playing.

Felts are scheduled to be made in a tempting array of colors, and you'll find many of them made for easy traveling because a big boost in this department is expected in the coming months.

SEWING CIRCLE PATTERNS

Youthful, Versatile Two-Piece Make This Slim Princess Dress



Smart Two-Piece

POPULAR with every teenager is the attractive two-piece frock that makes up so handsomely in a variety of fabrics. This exciting version has a pretty square neck and yoke edged in ric rac, and two bows perched atop pleated skirts. Straight smooth skirt.

Pattern No. 8033 comes in sizes 10, 11, 12, 13, 14, 15 and 16. Size 11, blouse, 2 yards of 35 or 39-inch; skirt, 1½ yards; 2½ yards ric rac.

Pattern No. 8056 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36, 4 yards of 36-inch fabric; 3½ yards of 39-inch.

SEWING CIRCLE PATTERN DEPT.

709 Mission St., San Francisco, Calif.

Enclose 25 cents in coins for each pattern desired.

Pattern No. _____ Size _____

Name _____

Address _____

AROUND THE HOUSE

To avoid cloudy iced tea never pour hot tea over ice or place it in the refrigerator. Let the tea cool in room temperature first.

Colored chenille spreads should never be washed with other cottons even if they are color-fast. It is important, too, that the machine or tub be well washed first, for lint from other cotton clings to the chenille tufts and gives them a dull look you won't like.

To prevent ugly marks on your floors prevent wax to the casters on your furniture.

When washing hollow handled knives do not allow them to remain too long in water as this might loosen them.

The stems of roses and other cut flowers should be cut regularly and slantwise with a sharp knife under warm, running water. Keep the bottom stem under water while the cut is being made.

Use old shower curtains to make aprons, bibs, place mats, or sack curtains for the bathroom.

To clean a soured sponge, rub fresh lemon into it thoroughly. Rinse several times in lukewarm water.

Hang up towels to dry immediately after using them to prevent mildew. Never put a damp towel in the laundry bag or leave it in a heap on the bathroom floor.

KID O'SULLIVAN SAYS

"Get O'Sullivan SOLES as well as Heels next time you have your shoes repaired."

EASY DOES IT
UP HILL
OR DOWN."



Now I can bake at a moment's notice!



Keeps for weeks on your pantry shelf ... ready for quick action

IF YOU BAKE AT HOME—New Fleischmann's Fast Rising Dry Yeast lets you make all the delicious bread your family loves, quickly...any time you want to. Easy-to-use...fast-acting...New Fleischmann's Fast Rising stays full-strength for weeks on your pantry shelf—always ready for quick action whenever you need it. Get New Fleischmann's Fast Rising Dry Yeast today. At your grocer's.

