

# HOUSEHOLD MEMOS

by Lynn Chambers



Here's Meat for Your Table  
(See Recipes Below)

### Choice Ways with Meat

The large amounts of cattle butchered recently mean more meat on your table and for many of us, it will mean rounding up those delectable, mouth-watering recipes that make meat so good to eat.

There's not meat to waste, but you'll be able to find a variety of cuts with which I'd suggest you do your very best. Cook it carefully so as not to shrink it or dry it out. Season it well and you'll give the family something to cheer about.

First we'll start off with some very flavorful beef recipes. One uses sour cream which will make rich, delicious gravy along with the meat, and the other uses good seasonings which will do the most for the cut of meat.

#### \*Swiss Steak in Sour Cream. (Serves 6 to 8)

- 3 pounds round steak (2 inches thick)
- Flour, salt, pepper, fat
- 2 onions, sliced
- 1/2 cup water
- 1/2 cup sour cream
- 2 tablespoons grated cheese
- 3/4 teaspoon paprika

Dredge steak with flour and season with salt and pepper. Brown on both sides in hot fat. Add remaining ingredients, cover pan closely and simmer slowly until meat is tender, about 2 1/2 hours.

#### Beef a la Mode. (Serves 10)

- 5 pounds beef rump roast
- 4 pound fat salt pork
- Pepper
- 1 clove garlic, chopped
- Salt, cayenne, flour
- 2 onions, sliced
- 4 tablespoons bacon drippings
- 1 bay leaf
- 1 sprig parsley
- 3 carrots sliced
- 1 turnip, sliced
- 1/4 cup boiling water

Cut deep gashes in beef. Slice salt pork very thin, rub with pepper and place in gashes of meat.



Rub meat with garlic, salt and cayenne and dredge with flour. Brown onions in bacon drippings, remove onions and place meat in kettle. Place onions, bay leaf and parsley over the meat. Cover and cook slowly until well browned on one side. Turn and brown on other sides. Add vegetables and cook until well browned. Add boiling water, cover closely and simmer for 3 hours or longer, adding more water if necessary. Serve meat with vegetables and gravy.

You should be able to find plenty of pork on the market, and there's no more tempting way of preparing pork chops than with apple stuffing. Here's how it's done:

#### LYNN SAYS:

**Pan-Broiling Meat:** If you don't have a broiler and want to broil meats, use a heavy, pre-heated frying pan. Do not use any fat in the pan, except when broiling ground meat. Brown meat in the hot pan on both sides. Season only after it is browned, otherwise the salt will draw out the rich juices.

Never add water or cover the pan for pan broiling. The idea is to make it as close to oven broiling as possible.

When meat is browned, turn down the heat to finish cooking. Turn occasionally to cook evenly, and keep pouring off the fat as it accumulates so that the meat will broil rather than fry.

Lamb chops, small steaks, chops and meat patties are excellent when prepared by this method.

### LYNN CHAMBERS' MENUS

- \*Swiss Steak in Sour Cream
  - Green Beans with Slivered Carrots
  - Browned Potatoes
  - Head Lettuce Salad
  - Fresh Cantaloupe with Berries
  - Bread Beverage
- \*Recipe given.

#### Pork Chops With Apple Stuffing. (Serves 6)

- 6 thick pork chops
- 1 slice salt pork, diced
- 1/2 cup bread or cracker crumbs
- 2 teaspoons finely chopped parsley
- 3 tart apples, diced
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup sugar
- Salt and pepper

Have pork chops cut one to two inches thick, with a pocket cut from the inside. Fry salt pork until crisp, then add celery, and onion and cook until tender. Add diced apples, sprinkle with sugar and cover. Cook slowly until they have a glazed appearance. Add bread crumbs and season. Stuff into pocket of pork chops. Season chops with salt and pepper and brown on both sides in hot skillet. Reduce heat, add a few tablespoons water, cover and cook slowly until done, for about 1 1/2 hours.

#### Braised Veal Steak. (Serves 4)

- 2 pounds veal steak
- 1 egg, slightly beaten
- 2 tablespoons milk
- 2 cups crushed cereal flakes
- 4 tablespoons fat
- 1 small can mushrooms

Have steak cut one inch thick. Cut into pieces for serving. Dip into mixture of egg and milk, then in cereal flakes. Brown in hot fat and cover with mushrooms and their liquid. Cover tightly and cook slowly until tender, about 45 minutes. Thicken the liquid for gravy and serve over the veal steaks.

If you've been lucky enough to get your share of lamb, then you will want ideas for preparing the different cuts. Because of its delicate flavor, lamb takes a different type of seasoning than other meats.

#### Lamb Hash in Cabbage Leaves. (Serves 6)

- 1 head of cabbage
- 1 pound lamb, minced
- 2 onions, chopped
- 1 cup uncooked rice
- Salt and pepper
- 3 or 4 tomatoes, sliced
- 1/2 cup water
- Meat stock

Cook cabbage until tender; drain and separate leaves carefully. Combine lamb, onions, rice, salt and pepper and mix well. On each cabbage leaf place a tablespoon of the mixture and roll, turning ends of the cabbage in to secure the roll. Place the rolls in a greased pan, add tomatoes, water and sufficient stock to half cover the rolls. Cook in a moderate (350 degree) oven or until rice is tender.

#### Lamb en Brochette. (Serves 6)

- 2 pounds lamb steak
- 3 tablespoons cooking oil
- 6 tablespoons lemon juice
- 1 onion, minced
- 1 teaspoon salt
- 1/2 pound mushrooms

Cut lamb into 1-inch squares. Combine oil, lemon juice, onion and salt and pour over lamb and let stand several hours. Drain lamb and place meat on skewers alternately with mushroom caps. Place 4 inches below moderate broiler heat and broil 12 to 15 minutes, turning several times.

Remember that uncooked meat will keep safely only a few hours unless you put it in a refrigerator or very cold place. Ground meat needs colder storage and keeps a shorter time than unground meat. Leftover cooked meat also needs storing in a cold place.

Released by Western Newspaper Union

## WOMAN'S WORLD

# Old Coats Make Nice Toppers If Tailoring Is Well Handled

By Ertta Haley

Designed for School

THE most popular coat for the younger set for the present appears to be the short toppler that fits well over all kinds of dresses and even suits. It's sort of a casual affair that slips on and off easily but still makes the girls look well turned out.

It's surprising how many old coats can be converted easily into attractive topplers for school. Perhaps last year's coat looks just a bit shabby for wear this year, or is a bit outmoded by the abundance of shorter coats the others are wearing. If the coat is plaid or tweed or a nice solid color, then it is perfect material for the popular toppler.

Look for a coat whose material is firmly woven with enough body to tailor nicely. If the coat has a nice top, such as a lapel style or even a collarless one that sets well on the girl, you will have to do little to the coat except, perhaps, to change the padding in the shoulders, and make a present of a new lining that will carry it through the present school season.

You will probably not use a pattern for the coat, but in cutting it down it is perhaps best to fit it on the girl so as to be sure that you get the right length to it. This should be folded up and pinned first so that you will know exactly how it looks before going to work with the shears.

#### When Changing Sizes Use New Pattern

If, however, you are making a large coat into a smaller one, the best plan to follow is to rip the coat apart and use a pattern. Have the coat cleaned, ripped carefully, and pressed very flat so that pinning and cutting can be easily done.

When working with woolens, you can't have the ironing board too handy. All seams on such heavy material should be pressed open



Remodel last year's coat.

carefully as soon as they are stitched. This pressing may sound like a lot of nonsense, but it's absolutely essential so that you work along carefully planned lines and get the stitching as even as possible.

The seam allowance on woolens should be ample as the fabric will pull out unless you've taken care of this carefully. It's also necessary to allow plenty for seams so that the garment can be pressed well and have the seams lie flat once they are put together.

In some woolens which do not ravel easily, or those which are not too heavy, the seams may be finished with pinking shears, but should the fabric be heavy at all it's best to overcast the edges to give a nice finish to the garment.

If you are remodeling an old coat, and particularly if shortening to a toppler style, you will have to remove the pockets. Fit the pockets onto the coat after it has been shortened because in most cases they will have to be lifted, and they should fit the wearer.

Pin the pockets in place, with the sides of the pockets on a true lengthwise grain of fabric. Then stitch up to the top of the pocket, then turn down and stitch to the bottom, across, up to the top of the opposite side, and down the width of the hem. Pivot squarely at each corner. Keep stitching within 1/8 inch of the edge, which will make



For this year's football games.

### Fashion Forecast

Accessories are an important wardrobe brightener. Look for flowers, jewelry and interesting stitches in gloves if you want to be in fashion.

The romantic influence is still predominant in many fashions. You'll see it in suits with flared tails, in those colorful apron effects for dresses and skirts, and in very, very feminine hats.

the stitching less conspicuous than if you stitched 1/8 or 1/4 of an inch from the edge.

#### Easy Guide Offered For Lining Coat

If you're remodeling a coat, chances are that the lining will have to be replaced. Select a fabric that slips easily—a type always desirable for lining any garment—and choose a color that is harmonious. Some of the somber colors may be lined with gay plaid or contrasting brighter colors. An inconspicuous dark color, or a color a shade darker than the coat itself, is always a good guide.

Remove the old lining from the coat, rip it apart and use this as a pattern for cutting a new lining. Since most lining fabrics are of a slippery material, such as rayons and taffeta, it is perhaps best to baste them before sewing.

Remember that the linings are sewed on the outside, as the inside of the lining is actually the outside when it is placed in the coat. You will have to attach the lining with hand stitching and this is done with small stitches so that the material will not slip loose.

While you are sewing on the coat, you will press it on the wrong side making sure all the seams are flat. However, when the coat is completely finished, the final pressing job will have to be done on the outside. Have a fairly heavy cloth well dampened, and lay this over the right side of the material before you run the iron over it. Hang carefully and the coat will be ready to wear.

#### Handling Materials

Labels on ready-made garments and fabrics are an important guide to their care and will repay you well in the long run. These directions will tell you what temperature to use for pressing, as well as tips on the types of cleaning necessary.

If your label tells you wool is preshrunk, you won't have to shrink it yourself. If not shrunk, do it thus: Wet a three-yard piece of muslin, wring it out and lay over the wool. Roll both fabrics together smoothly and allow to stand for 12 hours. Then remove wool, hang to dry. You may then be sure there will not be shrinkage after the garment is cut and sewed.

If you are an inexperienced seamstress, select only small prints and checks so that they can be matched easily to other pieces during the sewing.

Look for velvet and ruffles—feathers, too—in dressy costumes for the fall. This is a romantic era, and fashion is using that theme, particularly for evening wear.

Beach coats are here in full force this year. Some of them look like robes for the home, except for the material, and others are pert and crisp, about knee-length. Others are made to match the bathing suit.

## SEWING CIRCLE PATTERNS

# Trim Waisted School Frocks Side-Button Dress for Juniors



8871  
6-14 yrs.

8049  
11-18

#### Wide-Girdled Dress

AN ideal school frock for the lass of six to fourteen. The pretty square neckline is outlined in bright ric rac, which also trims the full skirt. She'll love the grown-up look of the popular wide girdle. Use a colorful checked or dotted fabric in her favorite shade.

Pattern No. 8871 comes in sizes 6, 8, 10, 12 and 14 years. Size 8, 2 1/4 yards of 35 or 39-inch, 5 yards ric rac.

#### Wide Shoulders, Narrow Waist

HERE'S a smart frock that's sure to win you a wealth of compliments. The clever side swept closing is novel and very

charming—buttons are repeated on the skirt and pocket. Notice how the wide extended shoulders accent a tiny junior waistline.

Pattern No. 8049 is designed for sizes 11, 12, 13, 14, 16 and 18. Size 12 requires 3 1/2 yards of 35 or 39-inch.

New—Exciting—Different—the summer issue of FASHION, Send twenty-five cents for your copy of this 52-page book of ideas and patterns for all home sewers... suggestions by nationally known fashion colorists... special patterns by top-flight American designers... contest designs by America's talented juniors... free shoulder pad pattern printed in book.

Send your order to:

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

Never put a dress away immediately after wearing it. Air it to get the wrinkles out.

When through sewing, use Junior's magnet to pick up the stray pins.

Inexpensive towels can be made at home from white terry toweling 22 inches wide. Allow 3/4 yard for a face towel or a small child's bath towel; for an average bath towel, one yard; for an extra large bath towel, 1 1/4 yards.

To prevent mold or rot, spread out oranges or lemons—do not pile them together.

Like pretty dishes? Then make wall decorations of your pretty plates. Run a wire around the back of the plate, attach a drapery hook, and place on the wall. You'll know which ones of your favorites will be suitable.

If you have a weakness for buttons, but despise making buttonholes, here's what you do. Use the buttons to make attractive lapel ornaments or to trim the edge of a pocket.

When handles break off teacups, let them do duty as flower pots. With hammer and nail drill a hole in the center of cup for plant drainage. Easy on the drilling through, to keep the brittle china from breaking.

Never buy more than six months' supply of spices. Keeping the quality depends on the retention of natural oils, so spices should be stored in air-tight containers.

Moths and beetles breed in a warm place, but if you must choose between a damp closet or basement or a hot attic, choose the attic.



## Tastier CINNAMON BUNS



Hot, luscious Cinnamon Buns at a moment's notice! Fleischmann's Fast Rising Dry Yeast is always ready for quick action... keeps fresh for weeks on your pantry shelf. IF YOU BAKE AT HOME—just dissolve according to directions on the package, then use as fresh yeast. At your grocer's.

Stays fresh—on your pantry shelf