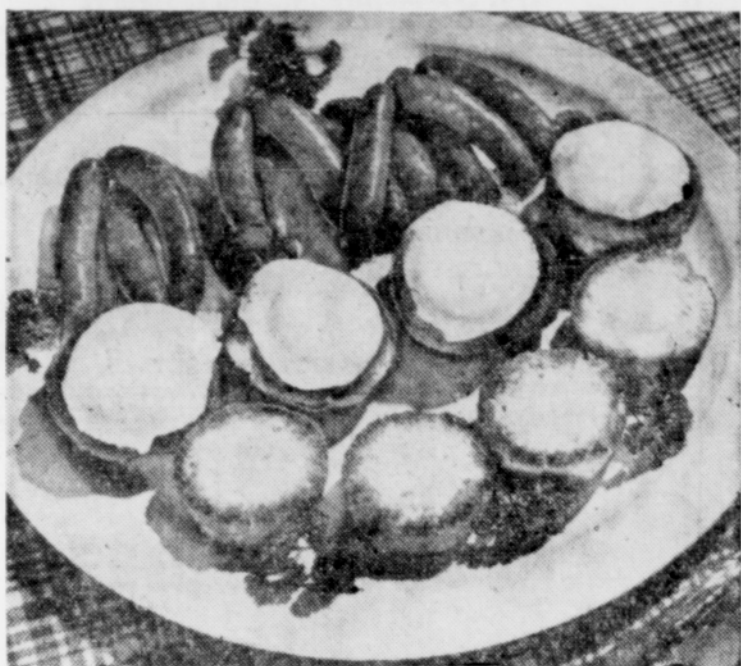


HOUSEHOLD MEMOS...

by Lynn Chambers



Eggs Add a Thrifty Note to Menus
(See Recipes Below)

Economy Pointers

When you feel that you want to be economical in the midst of rising living costs, a good idea to follow is to serve an inexpensive main dish every other day. In this way, you won't feel that you are working any hardship on the family, and at the same time, there will be plenty of good eating in the economy dishes.

Eggs are plentiful and economical, so are fresh fruits and vegetables. Fish is also a mighty good food that lends nice variety to the menu.

Vegetables can be combined with other vegetables or with fish and eggs to add color as well as flavor to the food. Consider for example, these egg cutlets that are served with peas:

Egg Cutlets with Creamed Peas.

- (Serves 6)
- 2 tablespoons fat
 - 4 tablespoons flour
 - 1 cup milk
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 6 diced, hard-cooked eggs
 - 1 egg, beaten
 - 1/2 cup dry bread crumbs
 - 2 cups cooked green peas
 - 2 cups well-seasoned white sauce

Melt fat, add flour, then milk and seasonings. Cook, stirring constantly until thick and smooth. Add hard-cooked eggs and chill thoroughly. Shape into cutlets or patties, dip in egg, then bread crumbs. Brown on both sides in shallow fat. Heat and top each cutlet with green pea sauce.

Stuffed Baked Potatoes.

- 6 baked potatoes
- 2 cups milk
 - 2 tablespoons butter
 - 1/2 cup deviled ham
 - 1/2 teaspoon salt

Cut a slice from top of each potato, and scoop out the potato carefully. Mash potatoes free from lumps, then heat milk and salt and add to potatoes. Beat until light and fluffy. Add butter and deviled ham. Beat well. Pile lightly in potato shells, place on a shallow pan and bake in a very hot oven (450 degrees) for 10 minutes or until lightly browned.

Here's an easy dish that can be made with an inexpensive meat and a favorite vegetable:

Meat 'n Corn Cakes.

- (Serves 6)
- 1 pound ground beef
 - 1/2 cup dry bread crumbs
 - 1/2 cup milk
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 egg, slightly beaten

LYNN SAYS:

Garnish Your Salads: Add to their appeal by making them pretty enough to eat, but always use an edible garnish.

Slice carrots paper thin, roll around your finger and chill in ice water.

Shape cream or cottage cheese in balls, dust lightly with paprika or roll in finely chopped nuts or olives.

Pare a cucumber as you would an apple, in a continuous strip. Chill in ice water.

Slice crisp green peppers and Bermuda onions very thin, separate rings and chill in ice water. Toss over vegetable or meat salad.

Cut sweet pickles almost to the stem. Spread apart to look like a fan.

LYNN CHAMBER'S MENUS

- *Stuffed Squash Bacon
- Cottage Cheese and Fruit Salad
- Carrot and Celery Strip
- Muffins and Butter
- Chocolate Cake Beverage
- *Recipe given.

- 1/4 cup diced onion
- 1 cup canned whole kernel corn
- 1 1/2 cup tomato soup or tomato sauce

Mix ingredients in order given. Form into patties and fry in two tablespoons of fat until golden brown. Place in a greased casserole and top with tomato soup or sauce. Bake in a moderate oven (350 degrees) for 45 minutes.

Sausage and Oyster Loaf.

- (Serves 6)
- 1 pound bulk pork sausage
 - 1 pint oysters ground white raw
 - 2 cups soft bread crumbs
 - 2 eggs, slightly beaten
- Mix all ingredients together and place in an ungreased loaf pan. Bake in a slow (325 degree) oven until loaf leaves edges of the pan. Drain excess fat off occasionally. Serve with hot hollandaise sauce and green vegetables.

Before you start using your newly canned vegetables, make sure all the old ones are gone from the shelf. Here is fine supper dish that will use many home-canned vegetables easily:

Country Style Vegetables.

- (Serves 6)
- 1/2 pound bacon or salt pork
 - 1/2 cups onions, sliced
 - 1/2 cups canned carrots
 - 1/2 cups canned string beans
 - 1/2 cups canned kernel corn
 - 1/2 cups potatoes, sliced
 - 1 cup medium white sauce
 - 1 cup buttered crumbs

Cook bacon or salt pork slightly, then add onion and cook until crisp and brown. Arrange vegetables in layers in a buttered casserole and sprinkle each layer with bacon or salt pork. Pour white sauce over all. Top with buttered crumbs and add a dash of paprika. Bake in a moderate oven 20 to 25 minutes until casserole is browned.

Cream vegetables — any vegetable that will hold its shape, and serve with bits of diced leftover chicken or ham. This makes a nourishing, week-night supper.

The long yellow squash are delicious when properly prepared. You'll need any meat with this one:

*Stuffed Cymling Squash.

- (Serves 6)
- 3 medium sized cymling squash
 - 1/2 cup thick white sauce
 - 1 tablespoon grated onion
 - 2 tablespoons chopped green pepper
 - 3 chopped hard-cooked eggs
 - 1 cup grated cheese
 - 1/2 cup buttered crumbs
- Boil squash 10 minutes. Drain and scoop out center. Mash pulp, add white sauce, onion, green pepper, cheese and eggs. Fill shells with mixture, sprinkle with crumbs and paprika. Place in a shallow pan containing a little water. Bake in a moderate oven 20 to 25 minutes.

Veal Rice Loaf

- (Serves 7)
- 2 pounds ground veal shoulder
 - 1 pound ground pork
 - 1 cup cooked rice
 - 4 eggs, well beaten
 - 1/2 cup milk
 - 1/2 cup chopped pimiento
 - 1/2 teaspoon paprika
 - Salt and pepper

Have meats ground together. Combine with rice. Season with salt and pepper, paprika and pimiento. Moisten with eggs and milk. Pack into a greased loaf pan or ring mold and bake in 350 degree oven for 1 1/2 hours. Serve with mushroom sauce. Released by Western Newspaper Union.

Woman's World

Economize on Clothing Budget By Making Kiddies' Garments

By Ertta Haley

Popular Jumper



Any girl who is handy with a needle can make this jumper, a perennial favorite, for less than five dollars. The fabric recommended for it is a rayon and aralac with a wool finish.

Materials for both jumpers and blouses. Remember that these will have to be washed constantly, and they should be easy to iron.

Another must for the younger wardrobe is a skirt, or preferably several skirts to be worn with blouses and sweaters and even contrasting jackets when the weather becomes cool. Plaids are very popular with the younger set and these are easy to run off on the sewing machine.

If you are considering a suit for the young girl, make it very sporty for everyday wear. By that I mean have a loose jacket with a pleated skirt. Work in soft woolsens or all wool or part wool plaids. Both the jacket and skirt in such a suit may be worn separately with other things, of course.

Another good idea for a suit is the ever popular bolero style. This can be worked out attractively for the younger girl if you trim the hem of the skirt and the edges of the jacket in bright wool binding of a contrasting color, or even a decorative braided wool.

Whenever you sew with woolsens, remember these three pointers: Cut larger than average seams so that the material will not ravel. If the woolen does not tend to run and ravel, pinkish shears may be used. Secondly, always press out the seams after they are sewed, and have them lie flat.

The third has to do with finishing the seam. Most woolen seams should be overcast and finished with a binding tape so there is no opportunity for raveling and loose yarns.

Know-How on Fabrics

A number of chemical processes are now used on fabrics which give certain types of finishes. It is essential to know them because care of the garment differs with its finish.

A resin process makes certain fabrics — cottons and rayons — crease-resistant, but not crease-proof. This is helpful in making skirts and dresses and suits.

Some fabrics contain permanent stiffening and as such will require no starching. Look for washing directions on this type to come with the material. Some stiffening will last only through a few washings, but others will last the life of the garment.

There are some stain-proof fabrics which resist certain stains and dirt. When you buy the material, ask which has a wax finish and which a chemical finish as this information will be important when you wash the garment.

Fashion Forecast

For warm school days there's no neater trick than the striped chambray dress that is so easy to launder. They will look especially youthful on the teen-age girl if they're made with touches of ric rac, saucy shoulder tucks and full gathered skirts.

A three-piece suit offers infinite possibilities for mixing and matching costumes.

What's new in color for the school girl? First of all there are the three basic types to choose from—black, brown and gray. For those who want something a little more vivid, there's bright red and brilliant blue. You'll see these colors appearing constantly in fall plaids.

For dressy dresses, select velvet—often combined with plaid taffeta—or velveteen with wool.

SEWING CIRCLE PATTERNS

Look Fresh, Pretty All Day Long Juniors Like Two-Piece Frocks



8046
34 50

1531
11-18

Teen Age Two-Piece

GOOD season after season is the becoming two-piece dress. Right for every occasion, and not difficult for the teen-age sewer to whip up. This attractive version has a button-front blouse with youthful slit neckline and gently flared peplum to accent a doll-like waist.

Pattern No. 1531 comes in sizes 11, 12, 13, 14, 16 and 18. Size 12, blouse, 1 1/2 yards of 35 or 39-inch; skirt, 1 1/2 yards.

SEWING CIRCLE PATTERN DEPT.
709 Mission St., San Francisco, Calif.
Enclose 25 cents in coins for each pattern desired.
Pattern No. _____ Size _____
Name _____
Address _____

HOUSEHOLD HINTS

Fasten all usable snap fasteners taken from all garments back together on a snap card. This saves time and tempers while looking through a drawer for them.

Gone are the days when a woman bought an extra quarter or half yard of material to allow for careless cutting. Figure exactly how much fabric you need for a garment and then buy to the inch.

When planning the location of a new building for the farm, keep in mind the possibilities in labor-saving arrangement as well as appearance.

Instead of buying assorted colored socks for the children in the summer, buy several pairs of identical white socks. If any become lost or worn out, the remaining socks can be matched.

SUMMER COLD?
Help shake it off with
HIGH ENERGY TONIC

If you are run down—because you're not getting all the A&D Vitamins you need—start taking Scott's Emulsion to promptly help bring back energy and stamina and build resistance. Good-tasting Scott's is rich in natural A&D Vitamins and energy-building, natural oil. Buy today! All druggists.

SCOTT'S EMULSION
YEAR-ROUND TONIC

Planning for the Future?
Buy U. S. Savings Bonds!



NEW
Keeps for weeks on your pantry shelf
... You can bake at a moment's notice

If you bake at home—you'll cheer wonderful New Fleischmann's Fast Rising Dry Yeast. Easy-to-use... extra-fast, New Fleischmann's Fast Rising stays fresh, potent for weeks on your pantry shelf... lets you turn out delicious bread quickly... at any time. No more being "caught short" without yeast in the house... no spoiled dough because yeast weakened before you could use it. With New Fleischmann's Fast Rising you can start baking any time... finish baking in "jig-time." It's ready for action when you need it. Get New Fleischmann's Fast Rising Dry Yeast at your grocer's.

FOR QUICK RELIEF FROM TIRED, ACHY MUSCLES
SPRAINS • STRAINS • BRUISES • STIFF JOINTS

What you NEED is
SLOAN'S LINIMENT