

HOUSEHOLD MEMOS

by Lynn Chambers



Sweet Potatoes With Citrus Flavor
(See Recipes Below)

Winter Vegetables

The passing of summer is no good reason to neglect the serving of vegetables. We all need their precious vitamins and minerals in cooler weather and there are plenty of the winter variety to take their rightful place in our menus.

The yellow vegetables: carrots, turnips and squash are a good source of vitamin A, necessary for resisting infection, and essential for the health of eyes, ear, nose and throat. Serve these vegetables frequently, and test your ingenuity by trying new ways with them.

Green vegetables aplenty can be found, too, for cabbage, green pepper, lettuce, etc. are abundant.

And don't forget the canned variety, for canning cupboards are undoubtedly well-stocked with summer's produce. Use them up during the winter so you have space and jars for next year's produce.

Beets can be popular with your family if you prepare with flavor.

Stuffed Beets.

(Serves 6)

- 6 medium-sized beets
- 1/4 cup diced bacon or drippings
- 1/4 cup onion, chopped
- 1 tablespoon chili sauce
- 1 teaspoon lemon juice
- 1/2 cup cottage cheese
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Boil whole beets about 40 minutes or until almost tender. Rub off skin under cold water. Scoop out centers, then sprinkle sides of beet with a little salt. Chop the removed pulp fine, add remaining ingredients. Fill beet shells with this mixture. Place in a dish containing a small amount of hot water and bake in a moderate (375 degrees) oven until browned, about 30 minutes.

Any type of cabbage may be used in the following sweet-sour recipe. Use all the seasonings listed for that mouth-watering flavor.

Sweet-Sour Cabbage.

(Serves 6)

- 4 to 6 cups cabbage, shredded
- 8 strips of bacon, diced
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon dry mustard
- 3 tablespoons vinegar
- 1 tablespoon water

Boil cabbage until tender, drain and keep hot. Cook bacon until crisp, then add combined dry ingredients to it. Add vinegar and water and heat to boiling point. Pour over hot, cooked cabbage and serve at once.

Parsnip Patties.

(Makes 8)

- 4 cups pared, cored, thinly sliced parsnips
- 1/2 cup sliced onions
- 1 1/4 teaspoons salt
- 1 1/4 cups boiling water
- 1/4 cup minced parsley
- 1 egg, beaten
- 1/2 cup coarse bread crumbs
- 2 tablespoons fat or oil

When broiling vegetables, brush them with salad oil or melted butter to make them brown evenly.

To make delicious fried potatoes, melt enough cooking oil or bacon drippings in a pan. Add sliced potatoes which have been cooked for 10 minutes, then peeled, and chopped onions. Let potatoes brown before turning them with a spatula.

LYNN CHAMBERS' MENUS

- Stuffed Green Peppers
- Tomato Gravy
- *Squash De Luxe
- Banana-Apple Salad
- Peanut Butter Bread Beverage
- Apricot Mousse
- *Recipe Given

Cook the parsnips with the onions and salt in boiling water for 15 minutes or until tender. Drain and mash well. Add parsley, egg, coarse bread crumbs. Chill well and form into patties. Roll in finely sifted bread crumbs and saute on both sides in fat until golden brown. Sprinkle with paprika, garnish with parsley and serve as a luncheon dish or as a side dish with meat.

Sweet potatoes are one item you'll be serving often in the next few months. I'll guarantee you'll like this way of preparing them.

Orange Sweet Potatoes

(Serves 4 to 6)

- 6 medium-sized sweet potatoes
- 1 cup orange juice
- 2 teaspoons grated orange rind
- 1 tablespoon cornstarch
- 3 tablespoons melted butter or substitute
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1/2 teaspoon salt

Cook potatoes in their jackets until tender. Remove skins. Meanwhile, combine remaining ingredients in a saucepan and cook, stirring until thickened. Arrange sweet potatoes, either whole or cut in lengthwise slices, in a baking dish. Pour sauce over them. Cover and bake in a moderate (350 degrees) oven for 20 minutes. Uncover and bake 15 minutes longer. Cut-up pieces of marshmallow may be sprinkled over the potatoes during the last 15 minutes of baking.

*Squash De Luxe.

(Serves 6 to 8)

- 1 medium-sized squash
- 1 medium onion, minced
- 1/4 cup butter or substitute
- 2 tablespoons granulated sugar
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon mixed, powdered herbs
- Rich milk, scalded
- Melted butter or drippings

Cut squash into small pieces. Remove seeds and stringy portion. Place in steamer or colander over boiling water and cook on top of range for about 45 minutes or until tender. Scoop squash from shell, leaving each shell intact. Mash squash thoroughly, then cook onion until clear in butter. Add to squash with the next four ingredients. Add enough milk, if necessary to make a fluffy mixture. Pile lightly into shell sections. Brush with melted fat and broil for 10 minutes, or until squash is browned.

Turnips with Peas.

(Serves 6)

- 3 cups hot, diced cooked turnips
- 2 1/2 cups canned peas
- 1/4 cup rich milk
- 4 tablespoons canned, diced pimientos
- 1/2 teaspoon salt
- 2 tablespoons butter or substitute

Combine turnips with other ingredients in order given. Place in a saucepan and heat thoroughly before serving.

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LYNN SAYS:

Unless you have your own vegetables, choose those you buy with extreme care. Look for freshness, since most vegetables lose their crispness and flavor as soon as they are picked.

When using frozen vegetables, it's best not to let them defrost before cooking as they deteriorate rapidly after thawing. Experts say they should be placed in boiling water in their frozen form.

Woman's World

Semi-Formals Need Variety If You Want Balanced Taste

By Ertta Haley

Smart Striped Suits



A FRIEND of mine confided to me recently that she never seemed to dress as smart looking clothing as her friends, although she spent as much as they did. After checking her wardrobe, we found that she made one error from season to season.

It's an easy error to fall into, and one you may be guilty of without perhaps realizing it. This friend of mine had found one basic dress that she liked and she bought a similar one every year, even though in a slightly different color. Although the basic design was becoming to her, it finally became so monotonous that she felt she was not having any variety in her wardrobe, as were her friends.

Every woman should realize that every season requires something entirely different in the way of color and design if she is to be completely happy about her clothes. I certainly don't suggest that you go in for bizarre experiments in clothing, hats or accessories, but there are many attractive colors and styles from which to choose.

Before you choose your afternoon or semi-formal dress or your going-out, dress-up dress, whatever name you give it, make a list of the kind of interests and dates you're planning to have. Then select a dress that will fit all these purposes as well as possible.

Even though black is smart, don't repeat it every time you buy a dress. See what navy blue can do for you or royal blue or a deep bright red or perhaps the new gray-beige tone with jeweled touches about the throat or belt. You'll have a nice surprise!

Select Dress to Fit

Your Type

If you are sewing the dress at home, you can't do justice to either material or pattern unless you realize your limitations with the needle. Unless you are experienced in working with material, don't choose draped styles that may be hard to handle. The soft, simple dress is designed just for you, and it need never lack variety.



Study your type . . .

Then, too, you have your choice of a soft trimmed dress that is easy to cut and put together. The trimming on this type of dress may be something added to the dress which is easy to put on, or it may show up in such easy-to-make details as softness in the shoulders or gathers and tucks in the skirt.

Only if you are experienced with sewing should you choose the sophisticated, subtle dresses, and then only if you are the type to wear them. These dresses usually have many different pieces and they must be pinned together when cut so they don't get mixed. They also require painstaking work in sewing as seams must be very carefully finished. Outside stitching is taboo, and every corner and curve must be perfectly molded to the figure.

Select your pattern first and then the material, as patterns will guide you to correct materials for the particular style which you have chosen. Always have matching thread to make the sewing neat.

I'm sure you've all seen dresses without being aware of the dress to any great extent, but rather more



Then make your own semi-formal dress.

Walters plain and striped suiting was used for this smart suit by Stefan. French gray in pencil striped wool is used with a lemon yellow and white for a semi-swallow-tailed jacket. The latter has inlaid bands and a deeply notched collar.

aware of what the woman used with the dress to make it an extremely attractive costume. Such accessories as hats, gloves, jewelry or lingerie touches can either make or break a dress.

Choose Accessories

To Enhance Dress

If you've received some particularly attractive jewelry recently and have nothing which really goes with it, there's nothing better than an attractive afternoon dress to set it off properly. If the jewelry is large and glittery, select something simple and classic to show it off.

Or, if you have a very attractive lacy dickey, make a dress that will truly show it off well. On dresses such as these, use a very good quality material, simply but well made. Small tucks or pleats in the bodice or skirt may be used effectively, but they should be well tailored.

Laundering Shirts

Washing and ironing a shirt is not the contrary job it's reputed to be, even though there are many older homemakers who hate the thought of doing the shirts. There's a trick, or perhaps several of them, to doing the job properly.

First of all, make sure the shirt is clean. Put it through two washings to make sure it is immaculate. Use a soft but firm brush for scrubbing collars and cuffs, as they soil most easily. Never rub the two together as this simply paves the way for fraying.

Turn the pockets out and make sure there is no dirt, grime or tobacco resting at the bottom of the pocket. If you don't do this, there's bound to be trouble during ironing.

If it is a cotton shirt you are washing, make the first rinse water warm, the second cool. Rinse twice. Starch while wet but consult the man as to how he likes his shirt starched.

When you hang the shirt to dry, try to get most of the wrinkles out of it by shaking them out. This makes the ironing easier. When dry, dampen slightly and roll in a towel, but do not wad the shirt too tightly as this will create wrinkles that just need to be ironed.

Start ironing with the wrong side of the collar, then go to the right side. Yoke and sleeves are next. Then iron down the front of the shirt so as to shape the shirt properly.

If you make an addition to the ironing board about the size of a bread board, but quite a bit lighter and pad this, it can be slipped over the regular board and used for shirts.

Fashion Forecast

If you select a suit for sportswear, select one of the nice tweeds now available. If it is pleated, make sure the pleats are deep enough to allow for easy movement.

Peplums and drapery accent both suits and dresses this season and give lovely, graceful lines to clothing. Select whichever one looks best on you and give your wardrobe a lift.

The new pockets have horizontal flaps with tiny vertical flanges. If you have to dash to work in the morning, select your daytime clothes with an eye to easy dressing. Dresses that button or zip from neck to hem are very popular. Get blouses that button in from rather than back if you want to subtract minutes from your dressing schedule.

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12-42

8080
11-18

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