

HOUSEHOLD MEMOS... by Lynn Chambers

Brisk Winter Days Stimulate Appetite For Substantial Food



A fluffy, golden browned casserole is ideal supper fare for cold nights. This one combines protein foods such as dried beef and eggs with the vegetable, which is whole kernel corn.

Make Hearty Meals

When the family comes tramping home on cold nights with the appetites of woodsmen, many a homemaker is put to the acid test of really filling them up with plenty of hearty, nourishing food. Sometimes appetites seem endless, especially when the food is not suited to weather or to work and play, but there's an answer to all this.

Hearty foods solve the puzzle best, so bring out the stews so rich in vegetables and inexpensive cuts of meat, casseroles with sauces and gravy and top them off with hunger-satisfying desserts. Don't forget the vegetables and fruits as these are an important cog in balancing the meal and rounding it out.

Another easy trick to take the edge off sharp appetites is to serve a piping hot soup of some kind just before dinner. This may be light or hearty depending upon the type of family you have. This, too, is economical because you can use bones from roasts or the carcass of a fowl from dinner and toss in some vegetables, and have enough soup for several days.

A soup is nice to serve before the following casserole. Top it off with a fruit salad and an easy-to-make pudding dessert, and you have the meal complete.

Corn-Chipped Beef Souffle.

(Serves 6)
4 tablespoons butter
1/2 cup flour
1 cup milk
4 eggs, separated
1 cup whole kernel corn
1 cup shredded chipped beef (about 3 ounces)

Melt butter, blend in flour and add milk. Cook over direct heat, stirring constantly until sauce thickens and boils. Stir hot sauce into well beaten egg yolks, add corn and shredded beef. Fold in stiffly beaten egg whites, lightly but thoroughly. Turn into a six-cup casserole and bake in a moderate (325-350-degree) oven for one hour until a knife inserted comes out clean.

Salmon-Lima Bean Casserole.

(Serves 6)
2 tablespoons diced onion
2 tablespoons fat
4 tablespoons flour
2 cups milk
1 teaspoon salt
1 tall can salmon
2 cups green lima beans, cooked
2 slices bread
2 teaspoons butter

Cook onion in fat until golden brown and tender. Add flour and blend. Stir in milk and salt. Cook, stirring constantly until thick and smooth. Alternate layers of flaked salmon, lima beans (which have been drained) and white sauce in a greased casserole, ending with white sauce. Butter bread and cut in cubes. Sprinkle over top of casserole and bake in a moderate oven for 35 minutes or until golden brown.



LYNN SAYS: Tricks for Homemakers Save Time, Energy

To prevent lumping, store brown sugar in a moist place, such as a breadbox. Confectioners' and powdered sugar may be stored in tightly covered containers. The brownish color on the surface of used tin pans is tin oxide. This is a better conductor of heat than the tin, thus explaining why cakes brown so much more easily in used tins than in new ones.

LYNN CHAMBERS' MENU

Consomme with Rice
*Lamb Stew with Parsley Dumplings
Waldorf Salad Rye Bread Toast
*Hasty Pudding Beverage
*Recipe given.

*Lamb Stew, Parsley Dumplings.

(Serves 6)
Buy 2 1/2 pounds lamb shoulder, chuck or shank. Cut the meat in one-inch cubes, dredge with flour and brown in hot fat. Season with salt and pepper and cover tightly after adding two cups of broth or water. Simmer slowly for 30 minutes and then add whole small sliced onions or sliced onion rings, sliced carrots, diced potatoes and 1 1/2 cups drained peas. Cover tightly and cook until vegetables are tender, about 45 minutes, adding more water or stock if necessary.

To make parsley dumplings, sift 2 cups of flour with 1 teaspoon salt, 4 teaspoons baking powder and 1/4 teaspoon pepper. Add 1 well beaten egg, 3 tablespoons melted butter and 3/4 cup milk. Mix to a moist stiff batter and add 3 tablespoons minced parsley. Drop by spoonfuls into stew, cover closely and cook without lifting cover for 18 minutes.

Remove dumplings to platter and arrange with meat and vegetables. Thicken gravy in pan with flour-water paste. Add a dash of Worcestershire sauce and pour over stew. Serve at once.

How do you plan your desserts? Well, naturally you want them to go with your main dish, but consider their planning from another point of view also. If you're using the oven, have a baked dessert to utilize heat to the fullest. If you're cooking a top-of-the-stove meal, make a refrigerator dessert so as not to use the oven for just one thing.

American Pudding.

(Serves 6)
1/2 cup flour
1 teaspoon baking powder
4 tablespoons shortening
1/2 cup sugar
1/2 cup milk
4 tablespoons currants
1 1/2 teaspoons grated lemon rind
1 1/4 cups boiling water
1/2 cup honey
1/2 teaspoon salt

Sift flour, measure, then sift with baking powder. Cream one half of shortening, add sugar. Add milk and flour, alternately beating until smooth after each addition. Add currants and lemon rind. Turn into greased baking dish. Combine remaining shortening, honey, water and salt and pour over batter. Bake in a moderate (350-degree) oven for 40 to 45 minutes. Serve warm with cream.

This next recipe is truly a hasty pudding. It's quickly made and delicious, too, now that whipped cream and marshmallows, absent so long from our grocery shelves, are back with us again.



Make the most of your lamb stew by serving it in your prettiest deep platter with vegetables, parsley-flecked dumplings and tender morsels of lamb riding on top of the savory gravy.

*Hasty Pudding.

(Serves 6)
To one cup of whipped cream, add 1 cup brown sugar and 1 teaspoon vanilla extract. Blend thoroughly. Add 15 graham crackers which have been broken into small pieces; 4 bananas, quartered and sliced, and 16 marshmallows which have been snipped with scissors into small pieces. Mix lightly and chill well before serving.

This hasty pudding can be dressed up beautifully for a company dinner in tall glasses and topped with a garnish of whipped cream and a dab of red jelly or jam or a cherry.

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To prevent cake icing from sticking to the knife, dip the knife in hot water before slicing.

Lettuce, string beans and other vegetables often are more easily cut with scissors than with a knife.

A good way to use old soap is to grate the scraps on a household grater or put them through a food chopper and use them for laundry. Thickening for soups and gravies may be made quickly by beating equal amounts of flour and water to a smooth paste in a shallow bowl with an egg beater.

Woman's World

Careful Dress Fitting Required To Minimize All Figure Faults

By Ertta Haley

Crepe Jerkin



A white crepe dress is used with a navy crepe jerkin stitched in white from Sondheim's collection. The gold kid belt has a gold metal and kid medallion fob.

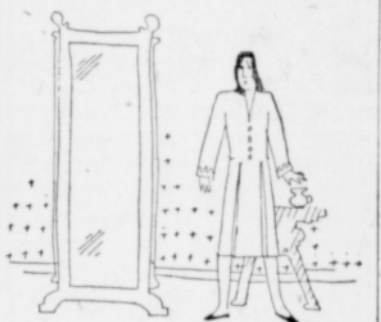
Next time you are shopping or riding in a public conveyance, look about you. Yes, do it critically, too. One thing I can guarantee you is that very few people will look perfect as far as their figures are concerned.

Now look again and try to find the most attractive woman around you and look at her critically. At first glance she may look perfect, which is as it should be, but on careful inspection you may notice that one shoulder is a little higher than the other or that her proportions aren't quite as perfect as they first appeared. However, you say, she does look nice.

Well, that's the way we all should like to measure up when inspected either by others or ourselves. And it can be done, as you have seen for yourself, if we dress so as to point up our good points and minimize those about which we are not so proud.

Fortunately there are many tricks that can be applied to clothing and many disguises to be employed which will do just that for us. We play up our eyes and features if they are good, then carefully add more padding to one shoulder, lift or lower the waistline, nip it in or make it one inch more loose, and hide our figure faults very successfully.

Whether you do your own fitting or have someone do it for you is not the question. It is simply a matter of doing it. When we first buy or make a dress, we may be so taken with the pattern or color of the fab-



Let your clothes...

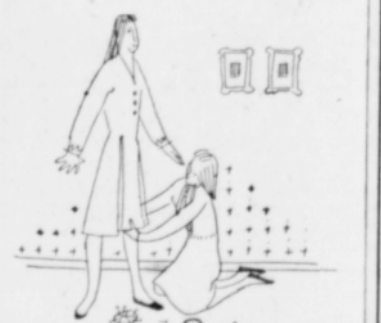
ric that these other considerations do not come into active being. But after you have worn the dress for some time and suddenly catch a glimpse of yourself in a mirror, you'll notice how much could have been done to make the garment personally yours.

Side Seams, Back and Front Lines Must Be Straight

Always check the long lines of the garment first. Don't try to stand unnaturally straight so they will look right, but see if the side seams and front and back lines look straight when you stand normally. They should just fit and fall in place easily, for one rarely thinks of straightening up or walking in an unnatural way.

Naturally, if you have a noticeable slouch, correct it, but if your posture is fairly good, then the garment should do the rest.

The lengthwise threads of the fabric, both in the back and front, should hang straight. If you are sewing at home, the best way to make sure your fabric will hang properly is not to neglect the bastings threads that help guide us in sewing and help us in keeping the



Be personalized to fit you.

material properly aligned. A small thing, this, but it will save time and effort in fitting later.

Always check horizontal lines before you stitch. Armholes, sleeves, neckline and shoulders should be examined critically to see if they balance on you when you fit the garment. Check before putting in your final stitching. Press before stitching to help guide you in this.

Many Alterations Involve Only Simple Adjustments

If your dresses seem too loose and bulky, or if they are too tight to feel comfortable, the natural thing

is to look to the underarm seam. If the garment is too loose and hangs in a baggy fashion, pin wider seams in the dress, and baste and stitch them. But wait, just a moment, you're not quite finished yet. Seams should be equal on both sides, or the garment will feel off balance and eventually acquire that look.

If you have taken the garment in a great deal, it's best to trim the seams down. Do your pinning and fitting on the right side of the garment first, then transfer the pins and turn to the wrong side after you are certain the garment is fitted properly.

On the other hand, your dress may fit too tightly to feel really comfortable. Then let out as much material as possible from the seams to relieve the strain.

If you are adding a piece of material, it must taper off down to the waist so the garment will hang properly. If you do not need much at the waist, taper the piece of material off to nothing, but do taper it.

Contrasting colored material often is used to give extra room at the sides of the garment, and will be effective if you have to extend it below the waist to allow more room at the hips. Be sure bands of contrasting material are well balanced in size.

The neckline is pinned in much the same fashion as above the waist if it is too loose. Do not make the dress too tight, and here again see that both sides are even.

In making a garment more roomy at the hips, let out all seams to give yourself as much material as possible. If this does not give you enough room, have a trimming band running on either side.

In some dresses, it is possible to remake the skirt so as to give you more room. This can be done when the skirt is pleated, and you can cut down the number of pleats and make a simple straight skirt out of it.

Sewing Hints

There are many things you can learn to do with a sewing machine if you will take the time to find out how it's done.

The beginner must, first of all, learn how to sew straight, and this is best done by watching the stitching and seeing that the same distance is kept from the edge to the stitching, rather than looking to the other side of the garment. Chalked lines also may be used as a guide.

Gathering, ruffling and even pleating may be done with a sewing machine attachment. Even buttonholes, the bane of many a woman's existence, are made easy with an attachment.

Shirring and quilting also can be made by hand or machine to add more decorative features to your home sewing. This takes only a little time to do, but is very effective.

You'll find that contrasting colored threads for many of the decorative stitches made either by hand or machine will help immeasurably in making your garments more attractive. Select these when you pick out your fabrics.

SEWING CIRCLE PATTERNS

Flattering All-Occasion Frock Make Bib Apron From One Yard



Graceful Daytimer

A VERY graceful and flattering daytime dress for the more mature figure. The diagonal scalloped closing s edged in narrow ruffling, and see how the gathers soften the slim skirt. Pattern provides short or three-quarter sleeves. Add two flower shaped buttons for trim.

Pattern No. 1589 comes in sizes 32, 34, 36, 38, 40, 42, 44 and 46. Size 34, 4 3/4 yards of 35-inch fabric; 1/2 yard purchased ruffling.

Valuable Library Brought Nearly 3 Million at Sale

The largest sum of money ever received from the sale of a private library in the United States was the \$1,932,000 brought by the 14,588 lots of books and manuscripts of Robert Hoe auctioned in New York in 1911-1912, reports Collier's.

But the world's record sum was the \$2,975,000 received for the collection of Samuel Christie-Miller which, in 13,707 lots, was sold in London between 1916 and 1927.

YOU'LL need very little fabric for this pretty and oh so practical bib apron. It requires just one yard of colorful material in the smaller sizes. Three rows of bright braid finish the bodice top and nice sized pocket.

Pattern No. 1586 is designed for sizes 14, 16, 18, 20; 40, 42 and 44. Size 16, one yard of 35 or 39-inch; 6 yards binding. 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 _____

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