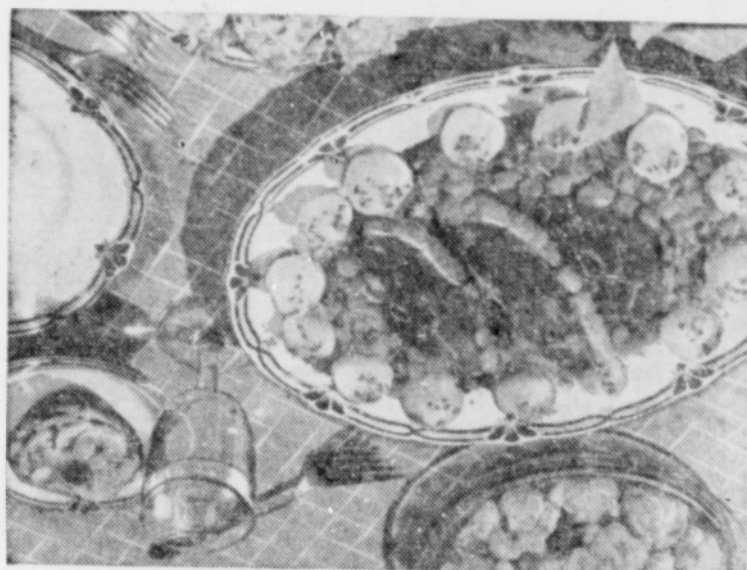


HOUSEHOLD MEMOS... by Lynn Chambers



Serve Simply; Keep Cool
(See recipe below.)

Refreshing Meals

One of the biggest problems which we homemakers will be facing these warm days is that of keeping cool and at the same time serving refreshing foods to the family.

My own rules for keeping cool on these hot days include the following which you might find it helpful to adopt: Select foods which may be served chilled, or those which cook quickly; and another, choose foods that are colorful as they stimulate wilted appetites.

Never choose foods which are fussy and that take long to prepare. Mother can exert much better influence at mealtime if she appears cool and collected, and this is possible only if she has used as many shortcuts as possible.

For your main dish select food to be either broiled or chilled. Two raw vegetables in a salad are preferred to two cooked ones if you want to keep cool. And, as for dessert, try ice cream or fresh fruit and berries, thus cutting preparation time to a minimum.

*Majestic Salmon Loaf. (Serves 6)

- 2 cups canned salmon
- 2 packages lime gelatin
- 1/4 cup vinegar
- 1 1/2 cups boiling water
- 1 1/4 cups cold water
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 2 cups finely shredded cabbage
- 3 hard-cooked eggs, sliced

Place flaked salmon in bottom of loaf pan or mold. Dissolve gelatin in boiling water. Add cold water, vinegar, lemon juice and salt. Pour half of the warm gelatin over the salmon and chill. When set, fill mold with alternating layers of shredded cabbage and sliced eggs. Cover with remaining gelatin, chill until set. Unmold on crisp lettuce; garnish with potato chips, sliced cucumbers and lemon.

These broiled lamb steaks don't take long to cook, so they will be a boon to the hot weather home-maker. The potatoes may be cooked ahead of time (or use leftovers) and broiled along with the meat to heat and become golden brown. Carrots are a colorful addition to the menu, and you may use the canned variety to save cooking time. Dress them up by melting butter and adding a small amount of mint jelly to it, and pour over the carrots before serving.

Broiled Lamb Steaks. (Serves 6)

- 6 shoulder lamb steaks, cut 1 inch thick
- 3 tablespoons olive oil
- 6 tablespoons lemon juice
- 1 minced onion
- 1 teaspoon salt

Mix olive oil and lemon juice. Add onion and salt and marinate lamb steaks in this mixture for two hours before broiling. Preheat broiling oven. Place steaks on rack three inches from heat. Turn oven regulator on high. When one side is nicely browned, season with salt and pepper and turn. When second side is browned, season and serve immediately. Allow 6 to 8 minutes for each side.

LYNN SAYS: Here are Tips For Picnics

Fried chicken which may be eaten with the fingers is an excellent food for picnics. Wrap each piece individually in waxed paper, place light meat on one side of the basket, dark meat on the other side, and then dole it out.

Meat loaf is another good main dish for picnic. It is easy to carry in the loaf pan in which it was baked

LYNN CHAMBERS' MENU

- *Majestic Salmon Loaf
- Potato Chips
- Lemon Cucumber Garnish
- Crisp Rolls with Butter
- Sliced Tomatoes
- Peach Shortcake
- Beverage
- *Recipe given.

Another quick, broiled entree which I know your family will enjoy is hamburger. This may be served with potato salad and tomato stuffed with cole slaw.

Toasted Deviled Hamburgers. (Serves 8)

- 1 pound ground round steak
- 2 tablespoons chili sauce
- 1 1/2 teaspoons prepared mustard
- 1 1/2 teaspoons prepared horseradish
- 1 teaspoon minced onion
- 1 1/2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 8 slices bread

Combine above ingredients and spread on slices of bread. Broil for 8 minutes at moderate heat and serve immediately.

Cheese Hamburgers. (Serves 4 to 5)

- 1/2 pound chuck or round steak, ground
- 1/2 cup corn flakes
- 1 1/4 cups milk
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 cup catsup
- 2 tablespoons fat
- 3 tablespoons flour
- 1 tablespoon prepared mustard
- 1/4 pound grated American cheese

Combine beef, 1/4 cup milk, 1/4 teaspoon salt and the pepper and catsup. Form into six patties and saute in 1 tablespoon of fat. Melt remaining fat in saucepan. Stir in flour and mustard, then remaining milk and salt. When smooth, add cheese and cook until it has melted. Arrange hamburgers in a baking dish and pour sauce over them. Bake in a slow oven for 15 to 20 minutes.

If your choice of main dish is a salad, select a good protein food like eggs or chicken. Here are suggestions:

Egg Salad Bowl. (Serves 6)

- 1 clove garlic, optional
- 1 small head of lettuce
- 1 bunch watercress
- 1 cucumber, sliced
- 1 bunch radishes, sliced
- 1/2 cup celery, diced
- 6 hard-cooked eggs

French Dressing.

Rub inside of large bowl with garlic. Break lettuce into chunks. Add all other ingredients to bowl and toss together lightly with French dressing (just enough to hold together). If a more hearty salad is desired, serve topped with strips of cheese, cold tongue or ham.

Chicken Salad I. Mix together the following: 1 cup diced, cooked chicken, 1 cup diced, cooked tongue, 1/2 cup chopped celery, 1/2 cup sliced, stuffed olives, and 3/4 cup salad dressing or mayonnaise.

Chicken Salad II. Toss together the following: 2 cups diced, cooked chicken, 1 cup minced celery, 1 chopped green pepper. Marinate in French dressing. Drain and mix with mayonnaise. Serve in lettuce cups with pineapple spears.

Released by Western Newspaper Union.

Good accompaniments for the fried chicken lunch: Pineapple cole slaw, small cherry tomatoes, pickles or olives, fruit salad made of large pieces of fruit, or ambrosia.

Make hamburgers of a larger size when going on a picnic as appetites are bound to be big. To make cheeseburgers, take along some wrapped slices of American cheese, and when the "burgers" are almost done, place cheese on top and remove from fire just after it has melted

Woman's World Skirts Require Expert Fitting To Solve Your Figure Problems

By Ertta Haley

Slender Lines



"AS LONG as I can have skirts and blouses, I can manage my wardrobe very sensibly," one hears women say. It's true, provided those skirts you wear are so fitted as to overcome your individual figure problems, and that means they should look good on you.

There's little to hide the natural hipline in most of the skirts—even in those that have draping—and the cut-off at the waistline draws attention to the hips. That's why a skirt is demanding of the figure, and must be expertly fitted so as to suit the wearer perfectly.

If yours is the ideal figure, and by that I mean one that is well proportioned, especially through the hips, you may wear skirts that are somewhat full. You also may wear the more tailored type that gives the pencil-slim-hipped look.

On the other hand, the woman with the full hipped figure must choose her skirt with considerable more care. This type of skirt must be built on slim lines, but should never be too tight, as this will only emphasize the fullness. The waistline will have to be carefully adjusted, and so will the length, and in many cases you will need the help of an expert to assist you in the fitting problem.

Color is naturally very important in the choice of a skirt, as it must be both flattering to the wearer as well as most compatible with her figure type. If you are concentrating on skirts, choose colors from which you will get the most wear, and those which fit well into your wardrobe.

Inner Belt Useful For Firm Waist

There are many ways of finishing a waistline on the skirt so that it hangs smoothly. The waist may be finished with a binding, which is fine if you have a slender waist line minus bulging. You also may use a stitched on fabric belt, or what is



Skirts are suitable only if they . . .

even better in the case of a problem waistline, is the inner belt which will keep waistlines firm.

Inside belts are made of a stiff material which you can purchase at a notions counter. If this is not available, you may cut a straight strip of buckram and fit it with darts to go over the natural waistline. This may even be boned at intervals if you want a particular kind of stiffness with which to help keep the waistline narrow.

The skirt edge is stitched to the belting, and then the belting is turned under so that it does not show above the skirt.

Another way of attaching the belting is to turn in the ends of the inner belt and attach hooks and eyes close together. The skirt edge is turned over this belt and it is held in place by catch stitches so no stitching shows on the outside.

The belting should never be fitted tightly so that flesh bulges over it. This will only make the wearer look larger.

Use Care in Sewing Pleated Skirts

Now that more fabric is available and pleats are back in a big way, you may want to choose a pleated skirt for the wardrobe. If you are slender and well proportioned, you



Fit the wearer perfectly.

may choose a skirt with pleating all around. If you are on the heavy-hipped side, use pleating conservatively, with a deeply set in pleat at front or in back and front.

For kick pleats you will need piecing to make them lie flat. It's best to use a pattern for this particular type so that you will have just the right amount of material.

In pleating a skirt, mark the pleats carefully, using a gauge, and don't spare the basting thread if

Soft, curving lines are typical of this year's silhouette. They are illustrated in this cool dress by Herbert Sondheim, in dusty pink cotton with big, shiny buttons set in diagonal lines at the shoulder and hip. An unusual feature is the diagonal seam across the waistline. Hope Skillman chambray is used.

you want them to look well tailored. After you have marked the pleats, fit the skirt and check it carefully. You also will have to decide where the placket will be before the job of laying out the pleats is finished.

After you have fitted the pleats, turn your attention to the hem. Turn it to the correct length. This is also the time to decide how far down from the waist you want the pleats stitched as this will make some difference in the length of the skirt.

Only after the hem has been stitched will you want to press the pleats. Before they are pressed it is best to baste them part of the way down from the waist. Some people stitch them all the way down, but this makes it difficult to estimate the fullness and appearance of the skirt.

Fabric Determines Width On Gathered Skirts

Gathered skirts are still very popular, especially with the younger set, and they are currently being featured in black with a fetching trim of eyelet at the skirt to simulate a petticoat. These are very simple to make as they involve only a simple gathering of the material, an easy-to-make waistband and hem.

Only very soft fabrics may be used for gathered skirts, and the width cannot be determined except by the fabric which you use. If the fabric is heavier, the material must be shaped and cut before gathering so that it will look best.

Now, as to hems. These may be marked by someone else, after measuring from the floor. Or you can do it yourself with a skirt marker.

Hems should always be basted before they are stitched permanently so that you are certain they hang correctly.

Before turning the hem—especially on a tailored skirt—finish the edge with seam binding. This may be wide or narrow length as desired and best suited to your needs. Or, if you are not using seam binding, use a stitched turn, or turn the hem under. Once the edge has been finished the hem can be basted and pressed in place and then finished. Press carefully after stitching in place so that it is perfectly smooth and hangs properly.

Curved Silhouette

A notable postwar change in fashion is in the silhouette, which also is partially due to the amount of material designers now have an opportunity to play with. The silhouette is curvaceous and emphasizes natural loveliness. They are gently curved, lithe and supple. The features that are gone are the pinched look, the nipped in waist and the exaggerated bulk.

New wools are soft and misty light. They come in the most perfect jewel-like colors and handle perfectly under expert designers' fingers.

Plan your new coats to go with everything you wear and don't let your coat dominate your personality. Youthful freedom is the keynote in selection of your summer coat.

Lowered waistlines are being stressed with wide belts in some fashions while tiered skirts stress them in other modes.

Little tots are attractive in a new corduroy velvet, a particularly wearable fabric. It can be worn round the clock.

SEWING CIRCLE PATTERNS

Tailored Frock Is Versatile Cool, Flattering Afternoon Dress



8019
36-52

8116
12-20

Feminine Frock

A COOL, delightfully simple afternoon dress to flatter the more mature figure. Soft shirring at the shoulders adds a feminine touch, the bored skirt is as graceful as can be.

Pattern No. 8019 is for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, 4 1/2 yards of 36-inch.

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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Raglan-Sleeved Frock

TRIMLY tailored frock with a flair for versatility and smart good looks. Raglan sleeves are accented with button trim, which is repeated on the handy pockets. Perfect for classroom, office, general wear.

Pattern No. 8116 comes in sizes 12, 14, 16, 18 and 20. Size 16, 3 1/4 yards of 39-inch; 1/4 yard of 35 or 39-inch for collar.

AROUND THE HOUSE

Grind small pieces of toilet soap in a food grinder for use in your dish pan. It makes lots of suds and is easy on your hands too.

The proper height for most lawn mowers is one and one-half inches. Let the clippings fall back on the lawn to furnish food for the roots.

A sure cure for a child's absent-mindedness is to have him repeat after you simple directions you expect him to follow.

An effective method for cleaning copper, brass or pewter is making a paste of equal parts of salt, flour and vinegar. Apply the paste, let stand for an hour, rub off, wash with water, and polish.

It is time to change your mind if you're one of those who think all furniture in your best room should match piece for piece. The smartest and most comfortable rooms we've seen were rooms with mixed furniture—mixed with taste. You need not have all "period pieces" or all modern to get a good effect. Blend and dark pieces go together very well and you may, for example, have a practical, functional table next to your old wing chair.

Word to the Wise

Once when the popular wit and after-dinner speaker, Chauncey M. Depew, was president of the New York Central railroad he began to receive numerous and vociferous complaints concerning the sadly deteriorated quality of the station restaurant at Utica. But more important matters kept him from remedying the situation. That was, until he received the following letter:

"Dear Mr. President: You are the finest after-dinner speaker in the world. I would give a great deal to hear the speech you would make after you had dined in the restaurant in your station in Utica."

Depew had the station fixed up pronto!

Dogs I've Known...

by Post Day



Lazybones Nothing seems to stir him to life. What can his master expect if the dog isn't fed right? Gro-Pup Ribbon would give him every vitamin and mineral dogs are known to need. It's a money-saver, too! Each box supplies as much food by dry weight as five 1-lb. cans of dog food! Gro-Pup also comes in Meal and in Pel-Etts. For variety, feed all three.



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