HOUSEHOLD MEMOS... by Lynn Chambers

Buy, Prepare Meats Wisely to Help Balance Budget

Now that the holidays are over, give your budget and appetites a rest by serving something simple, like good old-fashioned beef stew with dumplings. Complete the meal with a simple tossed salad and a custard pudding.

Buy economical cuts of meat, prepare them so as to reduce shrinkage to a minimum, and stretch them with dressing, stuffing, vegetables or whatever else goes well with them, and you will have gone a long way toward solving the difficult problem of balancing the food budget.

Fortunately, it doesn't matter much what cut of meat you buy, for they are all nutritious. The cheaper cuts, when prepared with care and properly seasoned, can be just as flavorful as the more expensive items.

Why not try these veal riblets soon? They come from the breast of veal with the breast bone removed and the breast separated into riblets by cutting between the ribs.

Barbecued Veal Riblets.
(Serves 6 to 8)

3 pounds veal riblets
¼ cup lard or drippings
Salt and pepper to season
1 medium onion, chopped
2 tablespoons vinegar
2 tablespoons brown sugar
¼ cup lemon juice
1 cup catsup
3 tablespoons Worcestershire sauce
1 cup water
1 teaspoon salt
⅛ teaspoon red pepper

Brown veal riblets on all sides in lard or drippings. Season with salt and pepper. Add chopped onion and brown lightly. Mix remaining ingredients and pour over riblets. Cover and simmer on top of range or cook in a slow oven (300 degrees) for 1½ hours or until tender.

Ham slices need not prove an expensive meal especially if you are using leftover ham. The fact that you can prepare them with a fruit stuffing helps extend the ham and makes it flavorful, too:

Fruit-Stuffed Ham Slices.
(Serves 6)

Have two ham slices cut ⅜ to ½ inch thick. Spread one slice with a thick layer of stuffing. Place the second slice on top; secure by sticking wooden toothpicks through one slice to the other. Spread surface of top ham slice with brown sugar or honey. Place on rack in roasting pan and roast in a slow (300 degree) oven for 1¼ hours. Garnish with orange slices.

Fruit Stuffing.

3 cups soft bread crumbs
1 cup diced apples
½ cup seedless raisins
⅔ cup orange juice
¼ cup melted ham or bacon drippings
4 tablespoons sugar

Combine all ingredients. Mix lightly.

***Old Fashioned Beef Stew with Dumplings.**
(Serves 6)

3 pounds beef shank, neck or flank
¼ cup flour
Salt and pepper
2 tablespoons fat
1 small onion, chopped
1 medium turnip, chopped
6 carrots, diced
5 potatoes, diced

LYNN CHAMBERS' MENU

*Old-Fashioned Beef Stew with Dumplings
Orange, Pineapple, Coconut Salad
Maple Custard Butter Cookies
Beverage
*Recipe given.

Cut beef into small pieces for stewing. Dredge with flour and seasonings and brown in melted fat. Add chopped onion. Cover meat and onion with water and allow to simmer 2 or 3 hours until meat is tender. Half an hour before serving, add the vegetables; 15 minutes before serving, add dumplings, being careful not to remove cover while dumplings are cooking. When done, thicken gravy with flour.

Dumplings.

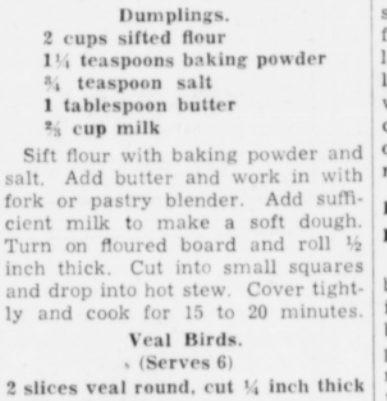
2 cups sifted flour
1¼ teaspoons baking powder
¾ teaspoon salt
1 tablespoon butter
⅔ cup milk

Sift flour with baking powder and salt. Add butter and work in with fork or pastry blender. Add sufficient milk to make a soft dough. Turn on floured board and roll ½ inch thick. Cut into small squares and drop into hot stew. Cover tightly and cook for 15 to 20 minutes.

Veal Birds.
(Serves 6)

2 slices veal round, cut ¼ inch thick
6 slices bacon
½ pound ground fresh pork
1½ cups bread crumbs
1 small onion, minced
Salt and pepper
1 cup rich milk

Cut veal into pieces for individual serving (6). Chop bacon and brown this with fresh, ground pork in a hot skillet. Combine with bread crumbs; season with onion, salt and pepper. Place a spoonful on each piece of veal. Roll and fasten with wooden toothpicks. Brown in hot lard. Add rich milk and cook in a slow (300 degree) oven until done.



Veal is one of the more economical cuts of meat these days. You can make it go even further by stuffing it with a savory filling. Try candied sweet potatoes for a perfect flavor complement.

Creole Kidney.
(Serves 6)

1 pound beef or lamb kidney
Flour
6 slices bacon or smoked jowl square
2 small chopped onions
Water
1 chopped green pepper
1 cup tomato juice
½ teaspoon salt
¼ teaspoon pepper
Bit of bay leaf
1 tablespoon flour

Remove tubes from kidney and cut into ½ inch slices. Dredge with flour and brown in diced bacon. Combine kidneys and bacon. Add onions and green pepper. Stir until meat is well browned. Add tomato juice, salt, pepper and bay leaf. Cover closely and simmer for about ½ hour. Mix flour and water into a paste. Add small portions at a time to hot mixture to prevent lumping.

Tongue a la Maryland.

1 tongue
Water
¼ cup butter or drippings
½ teaspoon salt
Bay leaf
¾ cup brown sugar
1½ cups canned or cooked cherries
1 cup liquid in which tongue was cooked
½ slice lemon

Wash tongue and cover with water. If using a fresh tongue, add 2 teaspoons salt. Cover and simmer until tender. Trim and remove skin. Place in a pan with the remaining ingredients. Let simmer until liquid thickens.

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LYNN SAYS:

Meat Pointers Help You Save Money

If it's stew you are having, extend those precious bits of meat with gravy as well as dumplings, noodles, macaroni, spaghetti or biscuits. Add nourishing vegetables for color and flavor interest.

Vegetables should be as uniform in size as possible. If one vegetable takes a little longer to cook than another in the combination, add it sooner.

When vegetables are added to meat dishes, they should be added just long enough before the meat is done to cook them.

Good combinations of vegetables for meat dishes are as follows: Carrots, onions, potatoes and peas; turnips or parsnips with celery, and green peppers; lima beans with green beans and corn.

Large cuts of meats are nice served the second or third day, sliced and swimming in barbecue sauce.

Woman's World

Keeping Your Accessories Neat Is 'Must' For Good Grooming

By Ertta Haley

IN SUMMER, most women wouldn't think of wearing their gloves a second time. Yet, in winter, they wear a black or brown pair day after day and week after week. The same is true of their skirts and dresses.

It's widely known that our standards of cleanliness are higher in summer than in winter because most of the things are light and show dirt more readily. But don't things get just as dirty even if they are dark?

The best way I know to keep yourself well groomed is to make a schedule for the whole week's cleaning, and then stick to it, no matter what happens. If you want to wash all your things every evening, well and good; if you want to devote one night to your gloves and handkerchiefs, another one to undies, another to blouses, etc., do that, but plan to go through with it.

If you have ever had the unfortunate experience of waiting until something became really soiled before you washed it, then you have learned an exceedingly important lesson in daily care. Frequent, quick washings are much easier on all accessories and fine clothing than the occasional prolonged washing which may all but ruin the material.

Double Stocking Wear By Correct Washing

Hosiery is something that should be washed daily. It's hard on stockings to let them become too soiled because the fibers are delicate and prolonged washing to get them really clean undoubtedly will reduce the wear. Make it a habit to put on

Give your accessories . . .

clean hose every time you change them; they'll look smarter and wear longer.

Remove rings and other jewelry before removing hose. Mend any holes before laundering.

Rich lukewarm suds made with a very mild soap are best. If the water is too warm, it has a tendency to fade hosiery dye. Always have suds ready, as rubbing with a cake of soap frequently causes holes.

Squeeze the suds through the stockings without soaking or rubbing to prevent weakening the threads.

If the hose have stubborn spots, lay the wet hose in the palm of the hand and dip the finger tips in the suds. Work the tips of the fingers gently over the spots and continue squeezing.

Rinse thoroughly, here again in lukewarm water. Roll in a turkish

Their proper cleaning treatment.

towel to get out the excess moisture and hang them where there is no tendency for the hose to snag.

Correct washing will save the elasticity of the hose and give you more attractive and comfortable wear. Besides, isn't it a pleasure to have freshly clean, well-laundered hose to put on every time you dress? And once you have a favorite pair of hose that is a color you really like, as well as length and fit, don't you want to keep them as long as possible?

Select Washable Gloves For Economy

Your gloves always will look crisp and neat if they are washed frequently to prevent dirt from becoming imbedded in them. And don't ever believe that washing will shorten the life of gloves. Actually it makes them last longer.

It is possible to wash almost all American-made leather gloves if you do so with care, but first look at the label to make certain it is marked washable.

Cool and rich suds are necessary, but they should be made with a mild soap that gives a nice lather. The best way is to wash gloves on the hands (with the exception of chamois and doeskin) just as though you actually were washing your hands. If you are doing several pairs of gloves, use fresh water for each color glove.

The rubbing always should be gentle, as hard rubbing will remove natural oils. Light suds in the rinse water will restore oil which washing has removed from the leather. Be sure water is the same temperature as that used for washing.

When removing from the hands, roll or slide the gloves off, starting at the wrist. Do not tug at the fingers or the cuff, as this weakens the stitching and stretches the leather. Express the moisture by rolling in a turkish towel.

Unroll immediately and blow in the gloves to puff into shape. Dry indoors, away from excessive heat. Finger-press gloves while slightly damp. This means gently but firmly working the leather between your fingers to restore the original softness and appearance.

Safe Care Adds Beauty To Blouses and Sweaters

Many blouses can be laundered at home, but check the label so you can be certain. Here again, rich, mild suds are indicated, made with just barely warm water.

Wash with a series of squeezings, never twisting or wringing hard, whether it is knitwear, lingerie, blouse, slip or another fine fabric accessory.

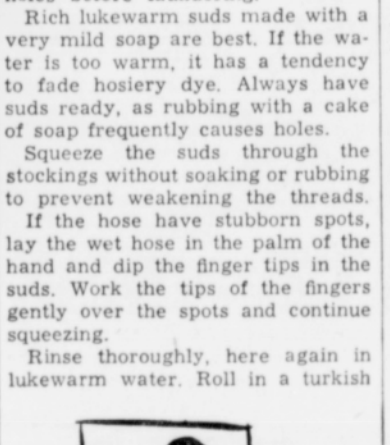
Rinse in lukewarm water several times. How many times is often a question, so I think it is safe to say the garment is thoroughly rinsed when the water comes out clear.

You may knead out the excess moisture by rolling in a turkish towel, but never leave anything rolled that is colored, as the garment may streak. Ease the garment back to original measurements. Press according to directions — some garments are ironed when dry, others while damp and all require different ironing temperatures.

Sweaters are cleaned as described above, with a big emphasis on "no rubbing." Squeezing is the important thing if you want to preserve the softness and prevent shrinkage.

After a thorough rinsing, knead out the excess moisture, then lay on another turkish towel, easing out to original measurements (take these before washing!) and pin out to the wrong side of something firm. Keep sweaters away from excessive heat while drying.

Be Smart!



Linings of the more dramatically marked furs, especially for handsome ensembles, are a particularly important style and one that's gaining recognition in the new short coats. The short coat length is certain to give you long fashion service because it's not dated.

Leather Glove Care

After washing leather gloves, blow into each glove to restore its original shape. Then, as a final touch, stuff tissue paper into gloves and let them dry, perfectly flat, preferably on a turkish towel, away from heat. When all but dry, slip them onto hands and finger-press them.

SEWING CIRCLE PATTERNS

Complete Wardrobe for Tots
Daytime Dress Has Nice Detail

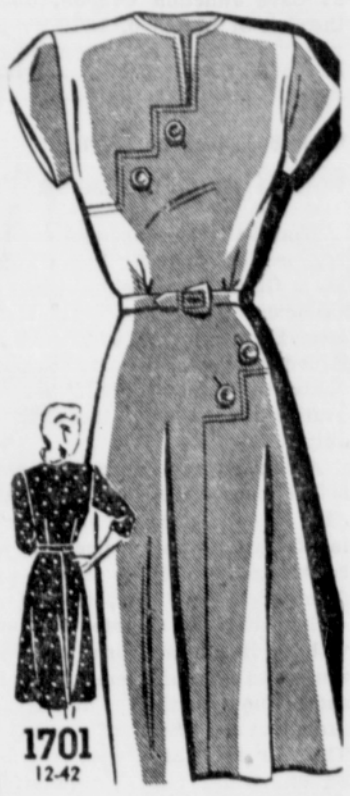
Tot's Wardrobe.

AN ADORABLE little outfit for your darling — a dainty puff sleeved dress, slip and panties and practical rompers. It's complete and so easy to sew—a nice gift for a new mother.

* * *

Pattern No. 1684 is for sizes 6 months, 1, 2 and 3 years. Size 1, dress, 1¼ yards of 35 or 39-inch; slip and panties, 1¾ yards; rompers, ⅞ yard.

Send today for your copy of the Fall and Winter FASHION—our complete pattern magazine. Free pattern printed inside the book. 25 cents.



Daytime Frock.

THIS smart daytime dress will see you handsomely through the winter. You'll like the diagonal treatment on bodice and hip, accented with large novelty buttons.

* * *

Pattern No. 1701 is for sizes 12, 14, 16, 18, 20; 40 and 42. Size 14, cap sleeves, 3¼ yards of 35 or 39-inch.

Send your order to:

SEWING CIRCLE PATTERN DEPT.
828 Mission St., San Francisco, Calif.
Enclose 25 cents in coins for each pattern desired.
Pattern No._____ Size____
Name_____
Address_____

AROUND THE HOUSE

A spicy cooky put into the cooky jar with a plain vanilla wafer will ruin both. Fill the jar with one kind and use another jar for other cookies.

A brilliant polish can be given to cleaned glass such as mirrors, picture glass or door glass by rubbing with a lintless cloth which has been dampened with cold vinegar.

When duck or goose is being prepared for roasting, place fowl on its breast.

To make ripe olives shiny and bright, roll them in a few drops of olive oil or salad oil and cover until ready to use.

A noted authority on flowers and flower arrangement advises the use of glass or white pottery vases or bowls as these go well with the colors of all flowers and the decorative colors in all rooms. Vases of decided color, unless bought especially to go with a particular color scheme or period room, distract attention from their contents.

After washing your face with warm water and rinsing with cold, pat on witch hazel. This will close pores and make your skin smooth and soft.

Sagging floors often are caused by wood shrinkage or the warping of a joist. A fairly satisfactory correction can be made by driving wedges between the top of the joist and the floor. Rubber wedges cut from an old automobile tire often will reduce the creaking.

When removing a frock, place it on a hanger immediately and hang it in the air so that it may be thoroughly dried out. A fragrantly scented sachet hung inside the dress will leave its essence with your garment as it dries.

It isn't necessary to soak clothes for more than 30 minutes. Longer soakings will open the fibers.

For a flash of color with your skirt and blouse or wool dress try the new vogue—a thin wool scarf with fringed ends used as a sash.

Streamlined Skiers Do 90 MPH Down Icy Hill

In the past decade, champion skiers entered in Flying Kilometer events, in which the object is to cover the distance of 3,281 feet down an iced hill in the least time, have hit speeds as high as 90 miles an hour when wearing a streamlined metal hood that materially lessens wind resistance.

For Joyful Cough Relief, Try This Home Mixture

This splendid recipe is used by millions every year, because it makes such a dependable, effective medicine for coughs due to colds. It is so easy to mix—a child could do it.

From any druggist, get 2½ ounces of Pinex, a special compound of proven ingredients, in concentrated form, well-known for its soothing effect on throat and bronchial irritations.

Then make a syrup by stirring two cups of granulated sugar and one cup of water a few moments, until dissolved. No cooking needed. Or you can use corn syrup or liquid honey, instead of sugar syrup.

Put the Pinex into a pint bottle and fill up with your syrup. This gives you a full pint of cough medicine, very effective and quick-acting, and you get about four times as much for your money. It never spoils, and is very pleasant—children love it.

You'll be surprised by the way it takes hold of coughs, giving quick relief. It loosens the phlegm, soothes the irritated membranes, and helps clear the air passages. Money refunded if it doesn't please you in every way.

Pinex Saves You Money!

Let's go to town —at home!

NO TELLING what tomorrow's weather may be. It fools the best forecaster. But we *do* want chintz for the windows. We *do* need a carpet sweeper, a new percolator, and a new end-table in the living-room. And we *don't* want to slosh around rainy streets to hunt them. Problem: How to thwart the weather man. Simple enough! Let's sit down by the fireplace and read the advertisements. Here it's comfortable and snug. We'll take the newspaper page by page, compare prices, qualities, brand-names. Tomorrow, rain or shine, we'll head for the store that has what we want, and home again in a jiffy.

● "Buying at Home"—through the advertising columns—gives you wide selection, more time to decide, and satisfaction when you decide.

● MAKE IT ONE OF YOUR PLEASANT HABITS!