



Don't Neglect Lunch If You Want to Stay Full of Pep, Health

ARE YOU ALONE at home for lunch so that you don't bother to prepare something for yourself? Or does the family come home, and you simply rummage around the refrigerator and don't know what to serve?

These are frequent situations in many homes throughout the country. Lunches of this type—or none at all for the homemaker alone at home—don't help pep, vitality and health. If you get a lag in the afternoon and wonder what's wrong with you, check your luncheon habits.

Physicians and nutritionists are of the opinion that if you skip a meal, it places too much of a load on another meal. Let's say you've skipped lunch and eat a very full and ample dinner. Do you feel like doing anything but flopping into bed and wasting the evening? And have



You may be busy, but you can prepare cottage cheese with oranges, grapefruit and berries in season with a buttered muffin and a glass of iced tea for a lunch that's healthful and balanced.

you ever thought of what it does to your digestive process to have it called upon suddenly to digest a big meal after having been lazy for many hours?

It's much better to try to distribute your calories evenly throughout three meals during the day. In between you won't feel an energy lag and you will keep your system in good working order.

Don't give the excuse that you think lunch unimportant and simply don't feel like bothering with it. Even if you're alone at noon, it doesn't take much effort to prepare a nice cottage cheese and fruit salad and a glass of milk with roll or toast. Or, if the youngsters are at home, it's simple enough to cream some leftover vegetables into a piecheese, serving it with fruit and cookies for dessert.

Planning will give you plenty of the right foods on hand from which to choose a nutritious and well-balanced lunch. And if you value your health and well-being, you'll certainly not count half an hour at noon much to give up to it.

HERE ARE SOME HOT DISHES from which to choose for lunch if there are several of you at home. They are made from "planned" leftovers and are quick and easy to prepare.

Corn Scramble (Serves 6)

1 cup cubed leftover ham
2 tablespoons fat
2 beaten eggs
Salt and pepper
1 No. 2 can cream style corn
1/4 cup green pepper, cubed
Brown ham in fat and then mix with other ingredients. Mix thoroughly. Cook over low heat, stirring constantly until the eggs are set.

Creamed Meat in Potato Nests (Serves 4 to 6)

Combine one 10½-ounce can of condensed cream of mushroom soup with ½ cup milk. Blend and heat. Add 1½ cups of diced, cooked turkey, chicken, roast veal or pork, ham, or fish and ½ cup of diced pimiento. Add some of this hot sauce to 1 egg yolk and stir into remaining sauce. Heat thoroughly and serve in nests of reheated, mashed potato.

Beef Rice Croquettes (Makes 12)

Combine 1 cup seasoned white sauce with 1 cup ground leftover roast beef, 1 cup cooked rice and

LYNN CHAMBERS' MENU

*Cheese-Vegetable Pie
Date Muffins with Butter
Wedge of Melon with Lime or
Bowl of Fresh Peaches or Berries
with Cream Cookies
Beverage
*Recipe Given

½ tablespoon chopped onion. Form into croquettes. Dip into beaten egg and water, then in bread crumbs. Fry in shallow fat.

*Cheese Vegetable Pie (Serves 6)

Pastry for 1 crust
1 cup freshly grated American cheese
1 cup milk, scalded
2 eggs
1 1/2 teaspoons salt
1/8 teaspoon paprika
1 teaspoon Worcestershire sauce
2 1/2 cups mixed, cooked vegetables
2 fresh tomatoes

Blend ½ cup of cheese with dry ingredients when making the pastry. Roll out and place in pastry tin. Bake in a hot oven for 10 minutes. Meanwhile, add milk to beaten eggs; add seasonings and vegetables, except the tomatoes. Pour into pie shell. Cut tomatoes into eighths and arrange on top. Sprinkle with remaining ½ cup of cheese. Bake in a moderate (350 degree) oven for about 30 minutes or until a knife inserted in the center comes out clean.

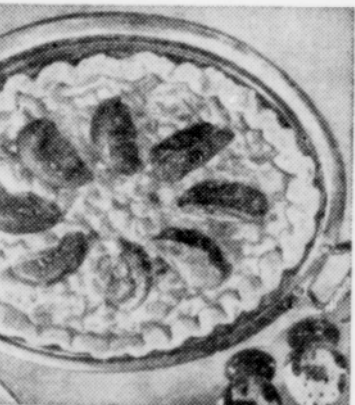
Salmon Macaroni Salad (Serves 6)

1 8-ounce can of salmon
2 cups canned peas, drained
1 cup shell macaroni, cooked
1/3 cup mayonnaise

Drain salmon, removing bones and skin. Combine with remaining ingredients and season to taste. Serve on crisp lettuce. Garnish with slices of hard-cooked eggs.

Asparagus-Ham Luncheon (Serves 6 to 8)

20 stalks of canned or cooked asparagus
6 slices of cooked or cold ham
1 can of mushroom soup
1/2 cup cream
6 slices buttered toast
Mix mushroom soup with cream. Heat thoroughly. Place ham slices over toast, top with a few stalks of asparagus. Pour soup over all and run under the broiler for a few minutes.



If the family is home for lunch, it doesn't take long to prepare delicious and nutritious cheese, vegetable pie and serve it along with fresh fruit and berries for a vitamin-rich lunch.

Stuffed Onions (Serves 6)

Cook 6 large Bermuda onions in boiling salted water for 30 minutes. Remove center and stuff with following: Combine 1 can of pork and beans with ½ teaspoon dry mustard, ½ teaspoon salt, 2 tablespoons chopped onion centers. Stuff onions. Sprinkle each with 1 teaspoon brown sugar and heat through.

Stuffed Baked Tomatoes (Serves 6)

Scoop out center of six large tomatoes. Brown 1 tablespoon of chopped onion, 2 tablespoons chopped green pepper in 2 tablespoons of butter. Add 1½ cups corn cut off the cob, 2 beaten eggs and ½ cup bread crumbs and season to taste. Stuff tomatoes and sprinkle with grated American cheese. Bake in a moderate oven for 25 minutes. Chopped leftover ham or crumbled bacon or cubed sausage may be added to the corn if so desired.

Another good stuffing is canned macaroni or spaghetti. Stuff the tomato and bake until the tomato is done.

Released by WNU Features

Fillings for dainty sandwiches can be prepared ahead of time and the sandwiches made finger or triangle style at a minute's notice. These will keep well: Deviled ham and cream cheese; peanut butter moistened with honey and orange juice; cream cheese and chopped nuts; liver sausage with chili sauce; dried fruits, honey and nuts.

If you have room, store small cakes in the refrigerator to serve for guests. They'll keep better when chilled.

LYNN SAYS:

How to Be Ready For Summer Entertaining

When guests drop in unexpectedly during the warm weather keep cool by being ready for them by having special foods ready in your refrigerator.

No refrigerator should be without a platter of chilled fruits for warm weather. They're excellent as snacks, and they can be even more festive when served with quickly baked ice-box cookies.

Woman's World

Amateur Can Sew With Ease If She Selects Right Fabrics

By Ertta Haley

ALL of us cannot be expert seamstresses without some practice, and we must all take the first few steps in sewing carefully. Of course, there are lots of aids, and even an amateur can turn to professional, practically, in just a few lessons.

If you have sewed little or none at all, select only simple, straight line patterns without too much intricate detail. There is no sense in tackling a job too hard because it will only discourage you.

The choice of fabric is another important point for the beginner to bear in mind. The type of construction, rather than the kind of fiber, determines the easy handling of a fabric.

Spun rayons and cottons are good choices for the beginner. However, she does not have to feel the dresses will not look professional just because she is sewing on simply constructed fabrics. If the garment is well finished, it will look attractive, and no one need know it was her first project.

A fabric that feels firm and has very little lengthwise stretch will be easy to cut and sew. Check the fabric where the yardage was cut and see how it frays. If it has frayed much, don't pick it as a first project, because you'll get too tangled in thread.

Sheer fabrics are a problem to the inexperienced because they pull and slip easily. The stitching, too, must be well finished so that no raw edges show through the fabric. Fabrics such as these are best left to



An amateur sewer should choose . . .

those who have sewed more because they handle the material deftly and quickly with nimble fingers.

Heavy fabrics are just a bit too bulky for the amateur to tackle. They worry too much about the difficulty of cutting and of sewing, so these, too, should be left to the more experienced.

Medium Weight Is Guide For Amateur Seamstress

Even though sheer and heavy fabrics are out of the question for the beginner, there is still a wide field of textiles available. Look for medium weight fabrics like gabardines, broadcloths, shantung (rayon), faille, flat crepe prints, novelty dress weight rayons, twill, et cetera. They are easy to cut and your fingers seem to work magic with them.

If you worry about the stitching, choose materials that will show little of the actual sewing. Of course, you can avoid such details as tucks and pleats, but if you find a mate-



Easy-to-sew fabrics.

rial that hides stitching, little errors of technique will not show.

Fabrics such as faille, broadcloth and gabardine are easy to sew because they have a definite texture and they do not slip while cutting and sewing. Smooth fabrics with glossy surfaces, such as satin and taffeta, slip easily and are hard to guide while stitching.

Stitching Flaws Are Lost on Prints

All-over prints which are so wearable during the warmer weather are a good starting fabric for beginners because stitching flaws are inconspicuous. These prints usually do not have up and down sides so that you have to use special care in cutting and fitting the pieces.

Large prints, stripes and plaids, and even checks have to be matched in cutting and should be avoided by the amateur.

Luxurious fabrics with nap such as velvet and some of the fancy wools are to be avoided because this type of fabric slips and slides during cutting and sewing. In cutting fabrics with pile, you must be certain that a gored skirt is all cut the same way or it will look as though one part of the skirt had pile running up it while another portion may have pile running down it.

Smart Cotton



A dress that will keep you feeling cool and looking crisp is this cotton with a sophisticated embroidered bodice. Trigrere plunges the neckline to the waist, adds an insert of mulberry cotton to avoid the too-bare look, concentrates skirt fullness in the rippling front.

Pile fabrics, too, are rather bulky, and this is another feature which makes them somewhat difficult for the amateur to handle.

Select Suitable Material For Different Articles

Broadcloth is a practical cloth and is wonderful for slips, blouses, dummies, children's playclothing and dollies.

If you want a simple suit or jumper, tailored dresses, skirts, pads or cushions for chairs, choose gabardine or twill.

Linen textured materials of rayon or cotton are excellent for simple sport dresses and useful household articles such as luncheon cloths, chair-back sets, guest towels, place mats, samplers and pot holders.

The novelty dress-weight rayons offer excellent serviceability when used for dirndl skirts, collar and cuff sets, plain and fancy aprons, beach clothes, placemats or pillows.

The flat crepe prints are suitable for wearing apparel such as simple summer dresses, blouses, bedjackets, handkerchiefs and lingerie cases as well as scarves.

Easy-to-sew rayon shantung has many uses as youngsters' sun suits, bedspreads, crib spreads, children's aprons and bibs, and slip covers for hand bags.

Rayon faille is a popular fabric right now and may be used for two-piece dresses as well as belts, cosmetic bags, knitting-needle cases and card table covers.

Look for Service Quality In Household Fabrics

In addition to the easy handling qualities, there are other features to check when selecting household materials.

Curtains, for example, have to have shrinkage resistance. The curtains in any household require frequent laundering, and, unless they are to be a total loss, they must launder easily and not shrink.

Draperies must be resistant to sun-fading because they are expected to last long and look well. Draperies also should be reasonably color-fast to washing and cleaning, as well as shrinkage.

Be Smart!



Boleros, ever the delight of the slender young figure, can achieve individuality. Witness this lovely design that makes the most of the cutaway front. This is repeated in the skirt pockets with parallel lines, the pockets being slightly pegged for the sake of today's emphasis at the hip line. Many a blouse can be worn, but if you have a pique one, it will go beautifully with the bolero.

YOUNG FROCK WITH SCOOPED NECK BE-RUFFLED PETTICOAT AND SLIP



Be-ruffled Petticoat
Give your lingerie wardrobe a fresh, new look with a well fitting tailored slip, and fashion's pet, the be-ruffled petticoat! Both are easy to sew, have few pattern pieces.

Pattern No. 1768 comes in sizes 32, 34, 36, 38, 40, 42, 44, 46. Size 34, slip, 3¼ yards of 35 or 39-inch; petticoat, 2¼ yards.

The Spring and Summer FASHION gives you lots of ideas for a smart wardrobe. Special features, fashion tips, free pattern printed inside the book, 25 cents.

SEWING CIRCLE PATTERN DEPT.
539 South Wells St. Chicago 7, Ill.
Enclose 25 cents in coins for each pattern desired.
Pattern No. _____ Size _____
Name _____
Address _____

FIRST AID TO AILING HOUSES By Roger Whitman

QUESTION: I am going to insulate the upstairs of my home and would like information on this subject. Can you give me any advice?

ANSWER: Get top-quality products and, whichever type you select ask for instruction sheets on the correct method of installation. Wall insulation that requires "blowing-in" usually is handled by special companies who have the equipment for this work. Batt or blanket-type insulation can be put in by a home owner who is handy with tools. When insulation is placed in between the rafters, the attic space can be utilized for living quarters.

QUESTION: We are planning to build a recreation room in our basement. Can you give me any plans or suggestions on how to build and arrange it?

ANSWER: Booklets on this subject are published by the manufacturers of asphalt floor tile and wallboards suitable for such rooms. Your first consideration should be to see that all traces of dampness are eliminated.



Dress-up Frock
Youthful and completely fascinating — a dress-up frock for juniors with a pretty scooped neckline and shaped peplum that's longer in back. Try a gay flowered fabric or dark sheer, and add your favorite jewelry.

Pattern No. 8254 is for sizes 11, 12, 13, 14, 16 and 18. Size 12, 4¼ yards of 35-inch.

The Courting Mirror

In colonial days a small hand mirror was used by bashful swains to help them propose. The young man would place the mirror face up on a table before the girl of his choice. The young lady would answer yes by smiling at his image in the mirror. If the answer were "no," she would turn the mirror.

YOUR IRON FAIRLY



PILES TROUBLE? For Quick Relief

DON'T DELAY ANY LONGER! Now, a doctor's formula you can use at home to relieve distressing discomfort of piles—itch—irritation due to piles. Tends to soften and shrink swelling. Use this proven doctor's formula. You'll be amazed at its speedy action relief. Ask your druggist today for Thornton & Minor's Rectal Ointment or Suppositories. Follow label instructions. For sale at all drug stores.



Shop smartly! For sound feeding, give your dog tasty Gro-Pup, only Ribbon-type dog food. . . has 23 nourishing ingredients. Thirty, too! Gro-Pup is 92% food by dry weight (many canned foods are 70% water).

Dogs Go For GRO-PUP

Here's Your CHECK CHART for FINE BISCUITS

Fairly Uniform Shape	Yes
Evenly Browned Crust	Yes
Tender Crust	Yes
Tender, Creamy Color Crumb	Yes
Good Flavor	Yes

"Yes" on every count when you bake the Clabber Girl way with Clabber Girl, the baking powder with balanced double action... Ask Mother, She Knows.

CLABBER GIRL Baking Powder