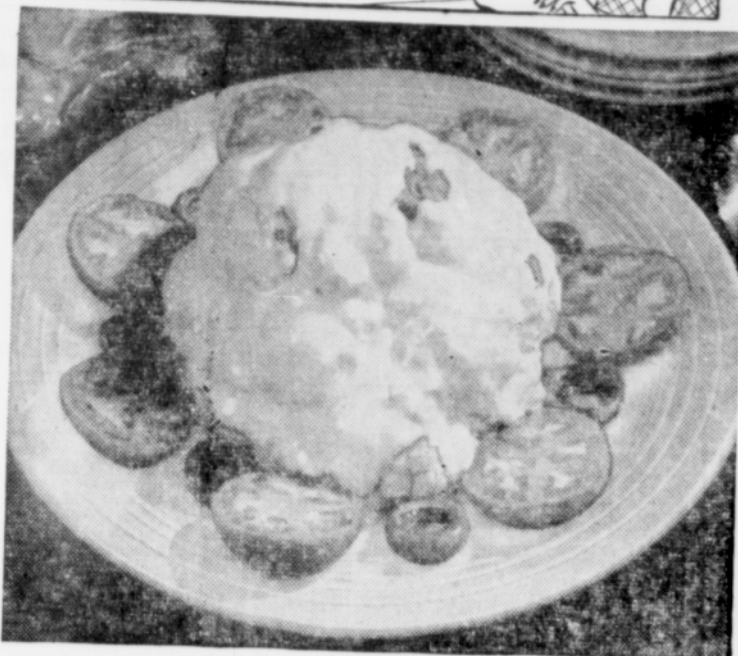




Serve Stuffed Cauliflower for Dinner
(See recipes below)

Meat-Shy Meals

IF YOU CAN'T GET the meat variety you want for meals, or if you just want to serve something different, glance over the main dish ideas I've planned for you today.

These are all protein-rich foods and will do nicely for a main course either for a luncheon or simple supper. All recipes have flavor-value plus, and many of them will teach you new cooking tricks with foods that are real treats when properly prepared.

If you are serving heavy eaters with these dishes, plan a calorie-rich dessert that will completely satisfy the appetite. These dishes go well with rich, tasty pies, cakes and whipped cream desserts.

THIS CAULIFLOWER DISH makes a complete meal and turns out pretty on a platter when served with broiled tomato halves and choice mushroom caps, also broiled.

Stuffed Cauliflower (Serves 4 to 6)

- 1 large head cauliflower
- 5 tablespoons butter or substitute
- 3 tablespoons flour
- 1 1/2 cups hot milk
- 1 tablespoon prepared mustard
- 1/2 cup shredded American cheese
- Salt, pepper
- 2/3 cup chopped mushrooms
- 1/2 cup soft bread crumbs
- Broiled mushroom caps
- Broiled tomato halves

Cook the cauliflower in boiling, salted water until tender. Melt three tablespoons butter in top of double boiler, blend in flour, then milk, gradually, stirring constantly. When thickened, add mustard, cheese, salt and pepper to taste. Sauté the chopped mushrooms in two tablespoons butter. Add the crumbs and two tablespoons of the cheese sauce. Place the cooked cauliflower on a round platter, spread the flowerets apart and fill with stuffing. Pour remaining sauce on top of cauliflower and garnish the plate with the broiled tomatoes and mushrooms.

Tamale Loaf (Serves 8)

- 1 large onion, chopped
- 2 clove garlic, minced
- 2 tablespoons salad oil
- 1 quart canned tomatoes
- 1 1/2 cups corn kernels
- 1 tablespoon butter
- 1 tablespoon chili powder
- 1 tablespoon salt
- 2 cups milk
- 1 1/2 cups yellow cornmeal
- 3 eggs
- 1 cup ripe olives, seeded and chopped.

Brown onions and garlic in oil. Place in large, heavy pot with tomatoes, corn, chili powder, butter and salt. Mix milk and cornmeal and add. Cook until very thick, about 20 minutes, but stir occasionally being careful not to scorch. Then beat in whole eggs, one at a time. Turn half the mixture into a loaf pan or baking dish. Top evenly with chopped olives and cover with remaining cornmeal mixture. Cover and bake in a moderate (350 degree) oven for 45 minutes. Cool slightly in pan. Cut into thick slices and serve with a well-flavored tomato sauce.

The tamale loaf will make a complete meal when served with a tossed green or tossed citrus salad with Roquefort cheese dressing.

LYNN SAYS:

Enjoy Garden Vegetables Most
By Cooking Them Properly

All cooking of vegetables reduces the Vitamin C content, but tomatoes and potatoes, when baked, manage to retain most of theirs. To insure an adequate supply of this vitamin, it's best to use some fresh fruit, especially citrus, every day.

Use an uncovered kettle for cooking vegetables, and cook only until fork tender.

LYNN CHAMBERS' MENU

- Chilled Tomato Juice
- *Baked Crab Salad
- Molded Pineapple-Carrot Salad
- Bran Muffins Honey
- Chocolate Cream Pie
- Beverage
- *Recipe Given

Add 1/4 cup of the crumbled cheese to each 3/4 cup of well seasoned French dressing.

HERE IS A PERFECTLY DELICIOUS way to prepare that delicacy, egg plant. The tomatoes and cheese add a rich, meaty flavor making this suitable for a main dish.

Egg Plant Parmesan (Serves 6)

- 1 medium-sized egg plant
- Cracker crumbs
- 1 egg, beaten, diluted with
- 2 tablespoons water
- 1 pound ground beef
- 1 onion, chopped
- 2 1/2 cups tomatoes
- 1 teaspoon sugar
- 1 cup grated Parmesan cheese

Slice the egg plant into quarter-inch pieces. Peel. Dip in crumbs, diluted egg and in crumbs again. Fry on both sides in a little fat until browned. Season ground meat with salt and pepper. Form into small balls and fry. Cook onions in fat until browned. Add well-drained tomatoes and sugar. Season to taste with salt and pepper.

Place a layer of egg plant into a buttered casserole, then the meat balls. Sprinkle with half the cheese, and pour over half of the tomato mixture. Cover with remaining egg plant, cheese and tomato mixture. Bake in a moderate (350 degree) oven for one hour.

Spinach Luncheon Dish (Serves 2)

- 2 strips bacon, chopped
- 1 cup cooked, drained spinach, chopped
- 2 eggs, slightly beaten
- 1/2 teaspoon salt
- 1 tablespoon grated American cheese.

Cook bacon until crisp, drain off fat. Arrange spinach evenly in skillet over the bacon. Add salt to eggs and pour over spinach. Sprinkle with grated cheese, cover and cook slowly over low heat for five to seven minutes. Serve at once.

*Baked Crab Salad (Serves 6)

- 1 large green pepper, chopped
- 1 small onion, chopped
- 1 cup finely cut celery
- 1 can crabmeat, shredded
- 1 can shrimp, cleaned
- 1 cup mayonnaise
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 cup bread crumbs, mixed with
- 2 tablespoons butter

Combine green pepper, onion and celery. Remove all tendons from crabmeat and shred or flake. Remove black line from shrimp and cut in small pieces. Mix fish with vegetables. Add mayonnaise and season with salt, pepper and Worcestershire sauce. Place in buttered ramekins or in greased baking dish. Cover top with buttered crumbs. Bake in a moderate (350 degree) oven until top is nicely browned, about 30 minutes.

Released by WNU Features

The red color of vegetables is due to their acid, and needs to be kept that way. Tomatoes have enough acid to keep their color, but beets and red cabbage may need a bit of lemon juice or white vinegar in their water to keep red.

Sauces and toppings enhance most vegetables. Cheese and white sauce are old favorites, but you might try mustard sauce with green beans, crumbled bacon and bread crumbs over spinach and hollandaise sauce over asparagus.

Woman's World

Rise Above Sweltering Heat By Keeping Crisp and Cool

By Ertta Haley

HAVE you been in such a dither lately over the new clothes that you've forgotten just how important a good tubbing and scrubbing can be?

Or have you been unable to put yourself into new clothes and decided that since you can't have new things it's just foolish to worry about personal care?

If you belong in either class, give this matter a bit of thought because it's more important than new clothes or old. Good grooming or what it really amounts to—personal care—is the outer covering which we show people. Real cleanliness, that fresh scrubbed look, will make people ignore clothes that are not the latest in fashion; or, if you have new clothes and are careless about true good grooming, new clothing does not have its full desired effect.

Grooming Is Key To the Real Person

You may not judge a book by the covers, but lots of people do. Nowadays we meet so many people that unless their first impression really attracts or impresses us favorably we simply don't bother with them.

So much for how people are impressed with good grooming. But how does it make you feel? Basically it builds self confidence. It also gives a real sense of well being. Think how wonderful you feel, freshly tubbed, hair brushed, shining and trim, seams of your hose



Keep yourself well groomed . . .

straight, white shoes spotless and neat, clothes pressed and well fitted. The joy other people sense in you looking like that will make you feel better too.

Warm weather is a real challenge to keeping yourself neat, but it can be done if you give yourself regular care. Outline a program, then stick to it. Once you've established the routine, most items will take little time, and you won't feel right about skipping even the smallest of them.

Fourteen Points Given For Daily Care

1. Give yourself a daily bath or shower with a thick lather to remove all traces of dead skin.
2. Use a deodorant regularly, after the bath, as well as in the morning and evening before going out.
3. Brush your teeth and massage the gums at least twice a day. This



From tip to toe.

Is in the best interest of health as well as attractiveness.

4. Use a depilatory or other means, as necessary.
5. Use makeup carefully, but use it only on a clean skin which is readily acquired through plain soap and water.
6. Fresh hose daily or twice a day if you are going out in the evening are essential.
7. Change underwear daily. It's easily tubbed and, when knitted, needs no pressing.
8. Brush hair daily; shampoo every 10 days to two weeks. Brush shoulders after each combing.
9. Keep nails trim, polished or not. Use a brush for cleaning thoroughly.
10. Brush clothes before each wearing. Everything must be free from wrinkles when put on.
11. Air dresses overnight before hanging in the closet.
12. Wash dresses often or have them cleaned frequently.
13. Don't let yourself slip on accessories. Collars, gloves and handkerchiefs should be crisply clean. Buttons, snaps and seams should be in perfect order.
14. Shoes must be cleaned, brushed or polished daily. Check heels frequently.

Picture Hat



For sheer femininity, Etta Leen designs a summer picture hat of filmy white horsehair and fine white straw. It has a simple, head-fitting crown and is trimmed with soft loops of moss green taffeta ribbon with ends extended across the top of the wide brim.

Freshness, Daintiness Are Summer Requisites

The tubbed and scrubbed impression is being emphasized these days because everyone knows it adds so much to the personality. If you step out clean and scrubbed into clean, fresh-air smelling clothing, you'll be able to keep above the warm temperatures that come your way, as they most certainly will.

If you can have clothing that can be tubbed, get it by all means as soap-and-water freshness will keep you impeccably groomed all during warm weather.

If you do all your own work, choose things that are less frilly so you can cut down on corners. Simple dresses are easier to do than beruffled ones. A slick and smooth hairdress, with hair worn short is easier to brush-shape than a complicated hairdress piled on top of the head and pinned to within an inch of your skin.

Rinse With Warm Water After Bath

There's lots of value in the cold rinse during cool weather after a bath, but the warm rinse will leave you more refreshed after a bath during summer.

The bath itself, or shower or sponge bath, should be thoroughly relaxing. Take your time and make certain you remove dirt as well as skin oil (excess) and dead skin.

Hair Care Easy If You Know How

Brushing hair will give it shine and brilliance, and every head of hair can use that. If you have a lot of new hairs coming in all the time, get a stiff-bristled brush to train the new short hairs into the rest of the hair.

If you don't fix your hair every night, wear a casual style that is easily manageable. Combs are excellent for keeping the hair in place where pins fail, but they should match the hair as well as possible.

Quick Tips for Good Grooming

Hang stockings to dry by the toe, never folding them over a hanger. Shape gloves after rinsing so they'll be ready to wear. Keep dress and suit pockets from collecting too many things.

Be Smart!



Headed for fashion success is this happy combination of the flattering and ever so pretty bit idea with that Victorian touch in the off-the-shoulder line and suggestion of a bertha in the bias fold that borders the yoke. The design has ample double duty possibilities, a dress-up touch for a suit, and it still is interesting enough to wear alone. It's presented in tissue faille crepe, another refreshingly new touch.

Summery Party Dress for Tots Versatile, Smart Shirtwaister



8037
14-46

8307
1-5 yrs.

Party Dress

Delightfully easy to make — and such fun to wear! An adorable little party dress for warm weather with crisp wing sleeves and tiny ruffling to edge the round yoke. To match, dainty be-ruffled panties.

Pattern No. 8307 is for sizes 1, 2, 3, 4 and 5 years. Size 2, dress, 1 1/4 yards of 35 or 39-inch; panties, 1/2 yard.

Shirtwaister Style

The most wearable frock in your wardrobe—the neatly tailored shirtwaister style. This cool looking version has brief sleeves, set-in belt and a graceful panelled skirt. Suitable to almost any fabric.

Pattern No. 8037 comes in sizes 14, 16, 18, 20; 40, 42, 44 and 46. Size 16, 3 1/2 yards of 35 or 39-inch.

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Enclose 25 cents in coins for each pattern desired.

Pattern No. _____ Size _____
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Teach your puppy to stand still and have his feet wiped before he comes in the house. This takes time and patience, but eventually pays dividends by minimizing muddy tracks on a clean kitchen floor; children can sometimes be taught to wipe their own feet, too.

Corn meal will soak up oil or grease on basement or garage floors if spread over grease and allowed to stand for a day or two. Then sweep up corn meal; repeat, if necessary.

Do not remove the paperlike covering known as the "fell" from a leg of lamb before roasting. This covering keeps the meat juicier, helps to hold its shape, and permits the meat to roast in less time.

When sewing by hand, thread several needles before starting to sew and you will save time and patience by not having to stop and thread a needle every few minutes.

SAVES CRACKLE! TO SNAP! AND POP!—

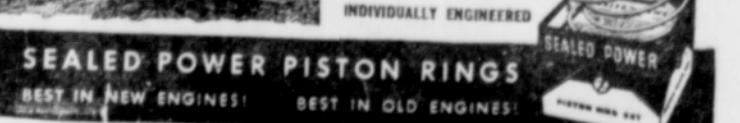


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