

Household News

by Lynn Chambers



Serve One-Dish Meals as Smart Budget-Stretchers
(See Recipes Below)

Appetite Appeal Plus

Dents in the budget? Appetites wilted after the rich foods as a result of the double holidays? Well, you can smooth out those dents and at the same time perk up the jaded appetites by smart, simple, easy-to-manage one-dish meals. Here's a parade of palate-thrilling recipes with which you can sprint right along even with the slimmest of budgets.

To stretch that food dollar, you can use leftover meats and vegetables that are called for in these casseroles. Yes, and what's especially nice about them is that they're tops in vitamins and minerals because they're fortified with those perfect foods, milk and butter. As you're pouring out the milk from the bottle, remember it's just grimming and bursting with health-giving qualities.

Here's a meal-in-a-dish which has a luscious butter and bread crumb topping to recommend it:

*One-Dish-Meal.

- (Serves 6)
- 2 cups diced carrots (6 medium carrots)
 - 1 1/2 cups diced celery
 - 6 medium potatoes, pared and sliced
 - 3 tablespoons butter
 - 2 tablespoons flour
 - 2 cups milk
 - 1 cup meat stock or 1 bouillon cube in 1 cup hot water
 - 1 teaspoon salt
 - 3 to 6 tablespoons grated onion
 - 1 cup peas (canned or fresh)
 - 2 cups diced leftover meat
 - 1/2 cup sifted bread crumbs
 - 3 tablespoons melted butter
- Cook carrots, celery and potatoes separately in boiling salted water until tender. Melt butter, blend in flour, add milk and meat stock. Cook over direct heat, stirring constantly until sauce boils and thickens. Add salt. Combine sauce with remaining ingredients, except crumbs and melted butter, and turn into a buttered casserole or baking dish. Combine crumbs and melted butter, sprinkle over surface. Bake in a moderate (350 degrees) oven 35 to 40 minutes.

Cabbage, one of winter's best vegetables, is featured in this casserole of tuna or salmon:

Scalloped Tuna and Cabbage.

- (Serves 8)
- 2 cups boiling water
 - 2 quarts chopped cabbage
 - 2 cups rich milk
 - 1/4 pound American cheese
 - 1/4 cup flour
 - 1 teaspoon salt
 - 1 can tuna or salmon, flaked
 - 2 cups buttered bread crumbs
- Pour boiling water over cabbage, heat to boiling, add 1 cup milk and cheese, cut in pieces. Cook over hot water until cheese is melted. Blend flour, salt and remaining milk and add to cabbage. Add tuna or

LYNN SAYS:

Can you name the one food that does most for your body's health, most cheaply? Milk, of course! Why? Because milk does all of the following:

- Promotes growth and maintains the body's resistance to infection through vitamin A.
- Stimulates appetites and keeps the nerves in top-notch condition through vitamin B1; promotes growth and keeps the skin healthy through vitamin B2(G).
- Helps through vitamin B2(G) C to develop teeth and bones properly if fortified with vitamin D.
- As an excellent source of phosphorus, it also works to keep the teeth and bones in class A.
- Milk's proteins come to the fore in repairing worn-down tissues and muscles and boosting growth.

THIS WEEK'S MENU

- Cream of Mushroom Soup
 - *One Dish Meal
 - Green Bean Salad
 - Bran Muffins
 - Apple Betty with Foamy Sauce
 - Milk
 - Tea
 - Coffee
- *Recipe Given.

salmon and put in buttered casserole. Top with crumbs and bake in moderate (350-degree) oven 20 minutes.

Beef Pie.

- (Serves 5)
- 1 pound ground beef
 - 1 onion, chopped
 - Salt and pepper
 - 2 1/2 cups green beans, cooked or canned
 - 1 can tomato soup
 - 4 large potatoes, cooked
 - 1/2 cup warmed milk
 - 1 beaten egg

Brown onion in hot fat, add meat and seasonings. Brown and add green beans and soup. Pour in greased casserole. Mash potatoes, add egg, milk and seasonings. Scoop over meat and bake in a moderate oven.

Baked potatoes and salmon are a favorite cold weather combination, but have you ever thought of blending the two together as one dish? No? Then you have a real treat coming if you try:

Salmon Stuffed Potatoes.

- (Serves 6)
- 6 potatoes, baked
 - 1/2 cup hot milk
 - 1 beaten egg
 - Salt and pepper
 - 1 tablespoon lemon juice
 - 2 cups flaked salmon
 - 1/4 cup minced onion, sauteed
 - 2 tablespoons butter

Buttered crumbs. Split baked potatoes and scoop out. Mash the potatoes, add milk, egg, salt. Fold in salmon, lemon juice and onions. Refill shells and sprinkle with buttered crumbs. Bake in a moderate oven 20 minutes.

Whisk away your problems with leftover chicken or turkey by serving the meat creamed with vegetables in the center of a rice ring, adding mushrooms, sauteed, if desired. Serve it also cut up in croquettes, in chicken tamale pie, curried with rice, scalloped with noodles, in chop suey, or as a pie like this one here:

Chicken Pie.

- (Serves 6 to 8)
- 3 cups diced, cooked chicken
 - 1 cup diced, cooked carrots
 - 6 cooked, small white onions
 - 1 tablespoon chopped parsley
 - 1 cup milk
 - 1 cup chicken stock
 - 2 tablespoons flour
 - Salt and pepper

Arrange chicken and vegetables in layers in casserole. Combine milk and chicken stock, add flour, blending in slowly. Cook until thick, stirring constantly, then season. Pour over chicken and vegetables. Cover with a sweet potato crust and bake in a moderate oven 40 minutes.

Sweet Potato Crust.

This crust is the distinctive part of the chicken pie and a wonderful way to use up those few potatoes that are left over from the holiday dinner along with the chicken. It's a crust de luxe, a crisp, golden brown topping well worthy of chicken pie:

- 1 cup sifted flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1 cup cold mashed sweet potato
 - 1/2 cup fat, melted
 - 1 beaten egg
- Sift dry ingredients. Work in mashed potato, milk and egg. Roll 1/4 inch thick, cover pie and flute edges.

(Released by Western Newspaper Union.)

Defense Uniforms Can Be as Smart as They Are Practical

By CHERIE NICHOLAS



NOW that thousands of women are engaged in defense service that takes them into factories and plants, or that keeps them busy on the farm, designers are confronted with a new challenge to create practical clothes that are primarily functional but are also chic and becoming.

In this program of clothes that are able to resist wear and tear, the first problem to be considered is necessarily that of finding materials that will give satisfaction from the standpoint of wearability plus launderability. Since sturdy cottons can "take it," they naturally are first in fabric choice. Denim holds forth at the top of the list in either solid colors or stripes (often combined for contrast). Then come coverts, manish tweed cotton suitings and that favorite of favorites—corduroy.

White duck, which holds an enviable record for perfect laundering, is particularly smart for young girls who like snappy fashions and who are stationed in surroundings that demand they look immaculate. This fabric is suitable not only for overalls, but also for overseas caps, to keep straying locks from the eyes. To the left in the illustration above is a costume especially designed for American women at work in defense industries, on farms, or in the air. This "civilian defense suit" is cut on a pattern of simplicity that any woman can make for herself, even if she is a novice at sewing. Note that this suit of washable white duck is one-piece. This garment has convertible trousers which may be worn full or snugged in to insure protection from possible entanglement in machinery.

Uniforms for women must have certain basic protective details such as those mentioned above, and they must also be designed for freedom of movement.

They must be easy to take off and on, with straps caught at the back so that overalls will not slip off at the shoulders, with snap fasteners at the ankles for comfort and protection.

Corduroy mix-mates give opportunity for bright color, style and service and all in one. They meet the farm girl's needs to perfection, and they are equally as useful and smart in the factory. Not only is the never-wear-out quality of corduroy a convincing argument in its favor, but corduroy has that something attractive about it that measures up to any wear required of it from work to play. It goes about town or trudges along country roads with equal adaptability.

The attractiveness of corduroy is shown in the illustration above by the culotte ensemble centered in the group. In this instance, a bright plaid cotton shirt is teamed with a corduroy culotte and vest. Corduroy shoes and cotton stockings complete a perfect outfit for all sorts of active wear. In this smart, good-looking ensemble one can confidently go about town on a shopping tour, feeling suitably dressed for the occasion.

Mixmate this vest of corduroy with slacks, shown to the right in the picture above, and you have a suit that gives the answer to a gay young farmerette as to "what to wear" about home during busy hours. Wear a corduroy beret with this suit if you must go into town on an errand, or whatever the call of duty may happen to be.

(Released by Western Newspaper Union.)

PATTERNS SEWING CIRCLE



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Winnie Apparently Had Been So Reproved Herself

"Come upstairs and let me wash your hands," said the mother when she arrived with her little daughter for a tea at grandmother's.

"I don't want to go up," wailed Winnie, aged four.

"Let her wash them in the kitchen," called grandmother. "She can do it there just as well, I am sure."

"No," her mother said, firmly. "I insist that she come up with me."

Winnie went upstairs slowly. Turning to her mother, she asked: "Why don't you obey your mother?"

A Long War

The question arises, what is a long war? A long war is regarded as spanning a decade or more. If this war lasts 10 years, it will be the longest war in the past three centuries. The Thirty Years' war lasted from 1618 to 1648. Several Greek and Roman wars extended well over 20 years, and the Hundred Years' war, between France and England, lasted from 1337 to 1453.

Wars in which America has engaged since it became a nation have lasted, on an average, less than four years, although the Revolution officially lasted eight years.

Household Hints

Toast water is simple to make and appeals to those, especially invalids, who like toast. Toast stale bread and cut into squares. Powder into crumbs and add a pinch of salt and a cup of boiling water. Let it stand an hour. Rub through a sieve and serve hot or cold with a little cream and powdered sugar.

Don't sprinkle mustard loosely into water when preparing a foot bath for a patient. It will not dissolve quickly and may adhere to the skin and blister it. First mix mustard to a paste. One tablespoon of mustard to a gallon of water is the proportion used.

One teaspoon of onion juice or half a sliced raw onion added to mashed potatoes gives them a different flavor.

When setting the table for guests, allow from 24 to 30 inches of space to a person. This makes for comfortable seating and serving. A crowded table is uncomfortable and somewhat confusing to both hostess and guests.

When grinding dry bread, tie a paper bag over the outlet of the grinder to prevent crumbs from going over the table and floor.

Bright Wool



What with all the glitter of sequin and spangle, it is a relief to turn to the lovely color-bright soft wool classics that fashion elects for style supremacy this winter.

Undoubtedly these flattering little wools, fashioned as they are with studied simplicity, will be "stealing the show" during the weeks to come. These lovely classic wools make color their theme, and worn under winter furs, they lead the first-in-fashion group. Pictured is a charming model of Forstmann wool in a subtle green that goes beautifully with any fur. There is a restrained accent of sparkling gilt on the belt and front closing. Wear a flaring hat and carry a beaver muff.

Dutch Bonnets and Hoods Have Peasant Embroidery

A charming new fashion that is going the rounds this winter, to the delight of high school and college girls, is that of cunning little hoods or bonnets cut in the manner of Dutch bonnets or baby caps and made of bright felt. Or, if you prefer, they can be gaily crocheted. These are adorned with appliques of felt flowers in peasant colorings or trimmed in crocheted flowers. They tie under the chin, and they lend a most attractive dash of color to a wintry landscape. They're perfect with skating outfits, or to wear to and from dances, or to school.

Here's the Latest Style: Dresses With Apron Front

Here's the latest bit of fashion gossip. It's all about the dresses with cleverly designed apron fronts. This new fashion calls for a pencil-skirt, at the front of which there is a tie-on apron effect. Sometimes it is achieved with a cascade drape of material. Again it is a pleated tie-on that makes the apron. However, the cleverest of all, because it introduces the right print accent, is the applique of cut out floral prints. The effect is just about as charming as fancy can picture, especially if a corresponding touch of the print appears on the sleeves.

Evening Capes Sparkle With Beads and Sequins

Just as new as the coming New Year are the new evening capes, some long and some short, that are made of bright colored woollens handsomely and elaborately embroidered with sparkling stones or sequins or vivid yarns. A favorite color for these gay little capes is magenta. Jet beading on black or white wool also ranks high in chic.

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