

HOUSEHOLD MEMOS

by Lynn Chambers

Meal Contrasts In Color, Texture Help Appetite



Cheese Souffle Sandwiches team up with ripe olives to give good flavor and color contrast to those quickie lunches.

How is your contrast IQ in meals? Do you serve whitefish, potatoes and cauliflower all at the same meal and expect the family to eat it? Do you put before them Bean Loaf, mashed squash and bread pudding and expect them to find the meal palatable?



Yes, the foods are all highly nutritious and may be well prepared, but there's an important element in meal planning missing in these suggestions. It is contrast. There's a lack of contrast in flavor, color and texture in these food combinations, and without that meals will often go uneaten.

Real interest in foods is an interest in the way they look and how they feel in the mouth. If the meal is colorful, the family is immediately attracted. There is also a desire for different textures. That's why the family wants something crispy in a salad when they have a soft food like stew, spanish rice or spaghetti.

People are very fond of macaroni and corn or potatoes and parsnips, but they don't care for them at the same meal. If you're having macaroni, try serving it with something green like green beans, peas, broccoli or asparagus and watch the family go for it. The table will be more colorful, too, and we eat with our eyes, too, you know.

Now, how would you like this combination? Mock drumsticks, lima beans and carrots. There's no sameness about texture or color there.

Mock Drumsticks.

(Serves 6)

- 1 1/2 pounds veal, beef or pork steaks, cut thin
- 6 skewers
- 2 cups cornflakes
- 1 egg
- 2 tablespoons milk
- 1 teaspoon salt
- 3/4 teaspoon pepper
- 3 tablespoons fat
- 1/2 cup water

Cut meat into strips and roll around skewers in the shape of a drumstick.

Roll cornflakes into fine crumbs. Cover drumsticks with crumbs, then dip in slightly beaten egg to which milk and seasonings have been added. Roll again in crumbs. Brown the drumsticks in fat, then add water, cover tightly and bake in a moderate (350 degree) oven about 1 hour or until tender.

Here's an easy dinner as good to the eye as to the palate:

- Cream of Tomato Soup
- Lamb Roll
- Baked Squash
- Hashed Brown Potatoes
- Cole Slaw
- Chocolate Cookies
- Apple Sauce
- Lamb Roll.

(Serves 6)

- Boned Breast of Lamb
- 3/4 pound bulk pork sausage
- 2 tablespoons lard
- 1 small onion, diced
- 2 tablespoons Worcestershire sauce
- 1 cup tomatoes

Have lamb breast boned, spread with sausage meat and tied into a roll. Brown on all sides in hot fat. Season with salt and pepper. Add

Lynn Says

Looking Mighty Pretty: Slice cucumbers thinly but not quite all the way through. Place slices of radish in between each slice of cucumber.

Fill sliced beets with chopped spinach and serve around beef roast.

Break cauliflower into flower-lets, sprinkle with paprika and place around ham slice.

When serving carrots with lamb, roll the whole carrots in chopped mint.

Bananas and pineapple slices make a smart accompaniment to ground beef.

all other ingredients. Cover closely and cook very slowly until done, about 1 1/2 hours. Add more liquid, if needed.

Colorful vegetables in this menu are all cooked with the meat:

- Braised Liver with Vegetables
- Mashed Potatoes
- Orange-Watercress Salad
- Rye Bread - Butter
- Butterscotch Sundae

Braised Liver With Vegetables.

(Serves 6)

- 1 1/2 pounds sliced liver
- Flour
- 2 tablespoons bacon drippings
- 6 carrots
- 2 green peppers
- 6 small onions
- Salt and pepper
- 1/2 cup water

Dredge liver with flour. Brown in hot drippings. Clean and dice vegetables. Arrange in piles on slices of liver. Season.

Add water. Cover and cook slowly until liver and vegetables are done. Beef liver will take about 45 minutes. Pork, lamb and veal (or calves') liver will take about 30 minutes.

Now, for a luncheon dish that has unusual flavor and contrast. First, here's the menu I'd suggest:

- Vegetable Broth
- or
- Grapefruit Juice
- Cheese Souffle Sandwiches.
- Jellied Fruit Salad Beverage
- Date Bars

A double boiler will help the cook produce perfect souffle sandwiches:

- Cheese Souffle Sandwich.
- (Serves 6)
- 6 slices white bread
- 1/4 pound processed cheddar cheese
- Dash of pepper
- Dash of paprika
- 3 eggs
- Ripe olives

Toast the bread (crusts trimmed) on both sides. Melt the cheese in the top of a double boiler. Add pepper and paprika to egg yolks. Beat until thick, then fold this mixture into egg whites which have been beaten until stiff but not dry. Pile on toast and bake in a moderate oven (350 degrees) until puffy and golden brown. Place on a chop plate and garnish with ripe olives.

For the fruit salad suggestion, you may have cherry flavored gelatin with melon balls and dark grapes; lemon flavored gelatin with pineapple, white grapes, nutmeats, and cherries.

Pinwale corduroy, such as fashions the attractive frock to the left, has hosts of admirers among the campus set, because of its sturdiness and washability. Also it has the smart and attractive appearance which every well-dressed collegian and career girl covets. The popular pinafore styling is given to this pretty jumper-type dress which bespeaks youth in its every detail. The dress is made of dark blue pinwale corduroy enlivened with red peasant embroidery on the bob with a repeat trimming around the armholes, the same matching the edg-

ing on the peasant blouse sleeves. By way of diversion try a bright plaid blouse, for a touch of plaid is quite the thing this season. A fine white cashmere sweater blouse teams nicely with the corduroy pinafore and jumper dresses.

Cottons of the dressy sort, especially when they are rich and soft black velveteen like the Juillard fabric used for the handsome dress-up jumper pictured to the right, go to dinner and dancing with all the self-assurance in the world. This gown has a suspender back and looks right for evening wear worn without a sheer blouse, depending upon the formality of the occasion.

If you feel the urge for a touch of glitter, make a cunning little breast pocket in heart shape that is solid embroidered in multi-colored beads or sequins. This can be basted on so it can be detached at will. Clever too, are the pockets of hand crochet that are embellished with all sorts of tassels and yarn fantasies. Pretty as can be are the little baste-on pockets made of single crochet flowers.

It's fun to vary the jumper costume with varied blouses or light-weight pull-over sweater type. One of the highlights in the sweater collection is of striped jersey in vivid colors. The striped sleeves show off to perfection worn with a black velveteen jumper.

Pink accents on black is a favorite theme with fashion. A black velveteen jumper dress takes kindly to the idea when worn with one of the new peasant-sleeved sheer pink blouses.

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Mock Drumsticks, crisply coated and fried to tenderness, are fine foil for whole cooked carrots and lima beans. Use a circular platter to carry out the pattern.

Date bars are a chewy contrast to the rest of the meal.

Date Bars.

(Makes 2 dozen)

- 1 cup sifted flour
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 cup bran or wheat germ
- 1 cup chopped dates
- 1 cup chopped walnuts
- 3 eggs
- 1 cup honey
- 1/2 cup melted butter

Sift together flour, salt, cinnamon and baking powder. Add bran, dates and nuts. Beat egg until thick, add honey and butter. Mix well. Stir in flour mixture, blending thoroughly. Spread evenly on well-greased pan and bake in a moderate (350-degree) oven about 35 minutes. Cut in squares while warm, then remove from pan.

Butterscotch Rice Pudding.

(Serves 6)

- 1/2 cup rice
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 cup brown sugar
- 2 tablespoons butter
- 1 tablespoon lemon juice
- 1/2 teaspoon vanilla
- 1/2 cup chopped dates

Wash rice, then add rice and salt to milk. Bring to a boil and simmer 25 minutes. Meanwhile melt butter and add sugar. Cook slowly until mixture melts and turns dark brown. Add to rice-milk mixture and stir. Remove from heat and add lemon juice, vanilla and dates. Cool.

Do you have recipes or entertaining suggestions which you'd like to pass on to other readers? Send them to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois.

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Velveteen Jumper-Type Dress Rates High With College Girls

By CHERIE NICHOLAS



THIS year registers a decided change in college-girl fashions. No longer is the careless happy-go-lucky type of dress accepted as good form. This season it's farewell to the casual type of dress that has been carried even to the point of looking untidy and it's "in" for the well-groomed ladylike look.

Of all the campus fashions that are getting the spotlight this fall, it's the jumper-type dress that stands out as everybody's favorite. It takes class honors not only because it has the "looks" that win but the fact that it is so thoroughly practical because of the interchangeable sweaters and blouses that can be worn with it. Since it is adapted to many-purpose wear, the jumper frock is the ideal choice of the college, school and career girl.

Time was when the jumper frock was regarded as being more or less in the casual and informal class. Today, however, jumper and pinafore frocks are being made of soft and lovely velveteens and corduroys fashioned, as you see in the illustration, to look as dressy as you please. Which goes to show what's doing in way of smart cottons these days, for the big fabric news is that handsome cottons, notably velveteen and corduroy, have gone quite formal. The attractive models shown here have just that eye appeal college girls want.

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Dramatic Scarfs



This season you'll be wanting not one scarf but a collection of scarfs for the new displays show them to be more beautiful and more versatile than ever for fall and winter. You'll be amazed at the dramatic role that has been assigned to the scarf. There's romance and loveliness in a sheer scarf that is starred all over with gleaming sequins as shown above in the picture. The scarf below features an exotic type that will impart outstanding glamour to even the simplest costume. Its brilliant coloring is enhanced with the gleam of multi-colored sequins that scintillates throughout the printed design.

Fashion Emphasizes Idea of 'Separates'

Style creators are showing utmost enthusiasm in regard to the idea of creating separates to mix and match with this and that in your wardrobe. It's a grand feeling to know you can buy as many items of dress as you want, from slacks to party frocks, each item of this or that costume designed on same color or key and of identical fabric. In fact, so closely family related are they that you can team this and that so as to have a unified costume that shows you are fashion alert as to what's what for fall. We have grown accustomed to sports outfits that are mixed and matched, and the items of which you can buy separately, but there is a new style angle developing that does the same thing for formal dinner and party dress as in utilitarian clothes.

For instance, you can buy a stunning two-piece black frock with two skirts—the one of street length, the other a formal. The new long-torso blouse in black is a favorite top to either skirt. Another item is a sequined crepe bolero which will top a light satin blouse attractively. A long-waistline blouse of metallic satin brocade, enhanced with jeweled buttons, will achieve a most outstanding evening costume.

Colored Shoes by Spring

The changes in leather conservation will bring back colored shoes in time for the spring season, when they are normally most popular. Leather bows—of scrap leather—only—will also reappear then. Two-toned shoes can still be made only in black and white or brown and white, but the War Labor board says that new designs, lasts and patterns may be introduced provided a manufacturer can do so without employing additional workers.

SEWING CIRCLE PATTERNS

Flared Peplum Softly Feminine Sports Jerkin Has Dozen Uses



1219 12-20

Straight Skirt, Peplum Blouse

A SOFT, utterly feminine dress which consists of straight skirt and a peplum blouse. It's perfect to make up in pastel eyelet-embroidery cottons, in colorful print cottons. Nice, too, in flowered rayon crepes and sheers. Good for afternoon and date wear.

Barbara Bell Pattern No. 1219 is designed for sizes 12, 14, 16, 18 and 20. Size 14, short sleeves, requires 3 1/2 yards of 39-inch material.

Maori Boys Are Skilled Canoists From Infancy

The Maori boys of New Zealand are skilled canoe-users as soon as they can walk. Apart from actual races with one another, they improvise all sorts of stunts with their canoes.

To see them make their canoes jump hurdles one foot high in the water is a grand sight, but the effect is heightened when a few of them, each in his own craft, hurdle-race down a river. There's nothing effeminate about these hardy, sun-bronzed lads.

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