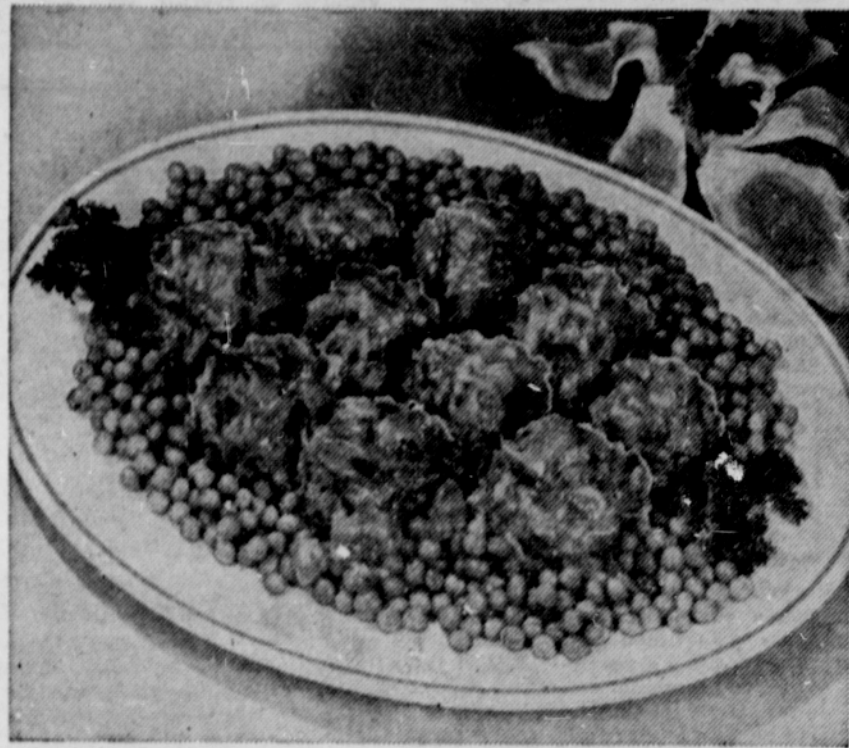


# HOUSEHOLD MEMOS... by Lynn Chambers



Meat Point Pointers . . . Rice Balls in Mushroom Sauce (See Recipes Below)

## Flavorful Meats

You'll be using more of the lower grades of beef as time goes by. Most of the AA and A, top grades of beef, are going to armed forces and utility or lower grade beef will be more available for civilian consumption.

That calls for pulling out the old-fashioned, flavorful recipes that will really make this beef taste good. We used to do, and can still do it as long as we pull the bunny of ingenuity out of the proverbial hat, or cookbook, as the case may be.

Inexpensive cuts of meat can be made tender by several methods.

Round steak can be pounded with a small hammer or mallet to break down the tissues, then braised with liquids and seasonings to savory goodness. Steaming is another good method for cooking this type of meat. Adding tomato juice, spices, mushroom soup and other liquids gives peak flavor.

Here are recipes which may be made with utility beef, but which will have just as much flavor as the more expensive cuts:

### Swiss Steak.

(Serves 6)

Round or Arm steak, cut 2 inches thick

- Flour**  
Salt and pepper  
1 onion, thinly sliced  
2 tablespoons lard  
2 cups tomatoes  
1 carrot, diced  
½ cup corn  
1 small green pepper, sliced  
½ cup water

Mix flour, salt and pepper; pound into steak. Brown steak in lard. Add vegetables and water. Cover pan and cook in slow oven (300 degrees) for 2½ hours. Add more water if needed. Serve with vegetables poured over steak.

### Short Ribs With Vegetables.

(Serves 6)

- 5 pounds short ribs of beef  
3 teaspoons salt  
¼ teaspoon pepper  
2 tablespoons lard  
8 medium-sized potatoes  
8 small onions  
4 parsnips  
4 carrots

Wipe meat with damp cloth, sprinkle with salt and pepper and brown in hot fat. Add water, cover and allow to simmer an hour. Prepare vegetables. Add whole potatoes, onions, parsnips and carrots cut in half. Season vegetables, cover and continue cooking until vegetables are tender. Serve meat on platter garnished with vegetables.

### Lynn Says

**Point Pointers:** Use low temperatures in cooking meat, regardless of the method. High temperatures shrink meat unnecessarily.

Save all the meat you buy. If a roast is boned at the butchers, bring the bones home and use them for soup.

Different seasonings add interest to meats. Try onion gravy with beef. Mushroom soup, diluted and heated, goes well with lamb. Horseradish adds pep to pot roast or short ribs gravy.

Pork gravy is good with a dash of sage, lamb gravy with a bit of curry.

Leftover vegetables such as peas, carrots, celery, lima beans and green beans added to gravy make it colorful, different and more nourishing.

## Lynn Chambers' Point Saving Menu

- \*Rice Balls with Mushroom Sauce
- Baked Squash
- Green Lima Beans
- Jellied Fruit Salad
- Bread
- Butter
- Lemon Souffle
- Beverage
- \*Recipe given.

### Spiced Beef.

- 3 pounds chuck steak  
½ teaspoon cloves  
6 medium-sized onions  
½ teaspoon peppercorns  
2 tablespoons salt  
1 teaspoon allspice  
6 bay leaves  
12 gingersnaps

Wipe meat with damp cloth. Place in a saucepan and cover with a mixture of half water and half vinegar. Add 2 tablespoons salt, sliced onions, bay leaves and spices. Let stand at least 24 hours. Place on stove and simmer gently until meat is tender. Take meat out and let drain. Strain broth through a sieve and let it come to a boil. Then add gingersnaps which have been softened into a paste with cold water. This will thicken broth so that it will have to be stirred about 3 minutes. Return meat to gravy and let stand for about 15 minutes before serving.

The favorite combination of ham and sweet potatoes takes a new turn in this following recipe:

### Ham and Sweet Potato Roll.

(Serves 6)

- ½ pound ground ham  
½ pound ground pork  
½ cup cracker crumbs  
1 egg  
¾ cup milk  
Pepper  
2 cups mashed sweet potatoes

Combine all ingredients except potatoes. Spread on waxed paper to ½-inch thickness, making a rectangle about 8 by 10 inches. Spread with seasoned potatoes and roll like a jelly roll. Place in dripping pan and bake 1½ hours in a moderate (350 degree) oven.

### Potted Veal With Dumplings.

- 2 pounds veal shoulder  
1 onion  
1 quart water  
2 teaspoons salt  
¼ teaspoon pepper  
½ teaspoon Worcestershire sauce  
2 cups diced potatoes  
6 carrots  
4 tablespoons flour  
¼ cup cold water

Remove fat and cut meat into 1-inch cubes. Simmer veal and sliced onion for 1 hour. Add salt, pepper, sauce, potatoes and sliced carrots. Continue cooking for 15 minutes longer. Thicken mixture with flour and water. Prepare dumplings and drop by spoonfuls on top of meat. Cover closely and steam 12 minutes.

Dumplings: 1½ cups flour, 3 teaspoons baking powder, ¼ teaspoon salt, 2 tablespoons lard, ¼ cup milk. Sift flour, measure and sift again with baking powder and salt. Cut in fat and mix to a fine crumb. Add milk and mix to a soft dough.

Many dishes are made better by the addition of mushrooms, or by a mushroom soup that combines both the goodness of the mushroom and a well-blended white sauce. Try:

### \*Rice Balls With Mushroom Sauce.

(Serves 6)

- 1 pound hamburger  
½ cup rice  
1 10½-ounce can condensed mushroom soup  
1 teaspoon salt

Mix together meat, salt and rice which has been washed and drained. Shape into small balls. Brown them in hot fat. Add mushroom soup which has been diluted with an equal amount of water. Cover. Simmer for 1 hour.

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. Released by Western Newspaper Union.

# Fall-Winter 1944 Silhouette Calls for Peplums and Tunics

By CHERIE NICHOLAS



liants that calls attention to a smartly slender waistline.

A whole book could be written on the subject of peplums for designers are giving them most diversified and dramatic interpretation. An eminently becoming and practical version of the popular peplum frock is shown to the right. It is especially notable in that it uses its peplum fullness at the front only, so that it can be becomingly worn under a fitted topcoat. An ornamental clip adds over-the-table interest to the softly tailored open vee neckline. Trim bracelet-length sleeves harmonize with the nicely fitted shoulder line. A narrow self-belt encircles the fitted waistline and fullness is released at the skirt front to stress the peplum folds. It is just this sort of refined looking black frock that will be beloved the entire season through.

A new fashion is developing in peplums in that they are being made of materials other than the fabric of the dress. Smart looking wool frocks take on peplums done in fur. Also the peplum made of lace adds charm to a simple black crepe gown. In fact, in some few shops they are selling tie-on peplums with the frock, and it would give infinite variety to one's basic dress, made of a fine rayon crepe to get together a collection of detachable peplums.

The dressy fall frock of dull black rayon crepe centered in the group is noteworthy in that it features the distinctly new wide and handsome shoulder line. Something to talk about are the new shoulder lines for this season; they are so different they date your dress. Flat tucks in a smoothly rounded line provide smart hip line interest. The princess cut of the fitted midriff is decidedly flattering to the figure. Brilliant studded question-mark pins demonstrate as to the effectiveness of dramatic jewelry with the black gown of sophisticated simplicity.

Released by Western Newspaper Union.

## Leopard Spots



A winter coat with a leopard spotted lining is the dream of youth this season. The good news to young folks who have set their hearts on having a coat with the fashionable spotted lining is that one doesn't have to buy a fur lining to get the desired spotted effect. For the coat pictured the leopard spots are printed on sturdy cotton twill. This type lining is very popular. It really looks like a real fur lining and is ever so comfortable. Her red corduroy princess dress with its white collar and silver buttons is cotton too, for cotton, you know, has come to be a year-round favorite.

## Millinery Trend Is to Imposing Turbans

Something's happened to bring new glamour to the millinery picture. That something is turbans of the most imposing type, so out of the ordinary they almost startle at first glance. They declare a complete change in millinery trends. The "more hat" idea is interpreted in that they are sometimes almost bulky looking, but you will find them wonderfully flattering on the head. Already "coming events cast their shadows before" as to the spectacular use of furs milliners are making. Prepare to see superb fur hatband muff sets. Also boas and matching hats of marabou will be worn. There is a revival of ostrich in promise. So if you have treasured ostrich plumage until it would "come in style again" now is the psychological moment to bring it out from its secret hiding place. There are also fancy feather trimmings galore on the millinery program this autumn.

## Bright Checked Woolens For New Dinner Jackets

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## This Man Just Didn't Appreciate Her First Aid

She was on her way home from a first aid course when she saw a man lying prone in the middle of the sidewalk. His face was cradled in one arm; the other arm was twisted under him in a peculiar position. All alert she was, and without a moment's hesitation got down on her knees and went to work. Here was her opportunity to prove herself.

For a few minutes there was no response, then the victim spoke up. "Lady," he said, "I don't know what you're doing, but I wish you'd quit tickling me. I'm trying to hold a lantern for this fellow down in the manhole, and he's got a fiery temper."

Preserve the "pop" in popcorn by keeping the corn moist in a tightly closed container.

To prevent loss of stitches when you lay your knitting down, put corks on the ends of the needles.

Liquid should be drained from fruit used in salad dressing. Save it for use instead of water in making gelatin salads and desserts.

Sweet peas planted the last of October or first of November, before frost gets into ground, will come up early in the spring and should blossom in June. Plant six inches deep.

## ASK ME ANOTHER?

A General Quiz

### The Questions

1. A ubiquitous person seems to be what?
2. Of what famous Revolutionary general was Gen. Robert E. Lee the son?
3. In what country do the boys sit in school with their backs to the teacher?
4. What name is given the aurora borealis in the southern hemisphere?
5. How long is the measure known as a hand?
6. In what opera does the most famous operatic sextet occur?
7. What is a behemoth?
8. On bombing raids, what function does "Elmer" perform?

### The Answers

1. Everywhere at the same time.
2. "Light Horse Harry" Lee.
3. China.
4. Aurora Australis.
5. Four inches.
6. "Lucia Di Lammermoor."
7. A very large and strong animal.
8. The automatic pilot is called "Elmer" by U. S. bomber crew members. He flies the plane and holds it steady over the target while the bombs are dropped.

Doctor—And this is your diet. Patient—Yes, doctor, do I take it before or after meals?

Popular Girl She—The only men I kiss are my brothers. He—What lodge do you belong to?

Now Girls! Jane—Is Mabel trying to reduce? Joan—Yes, but she's a poor loser!

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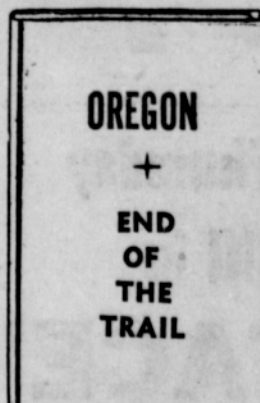


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