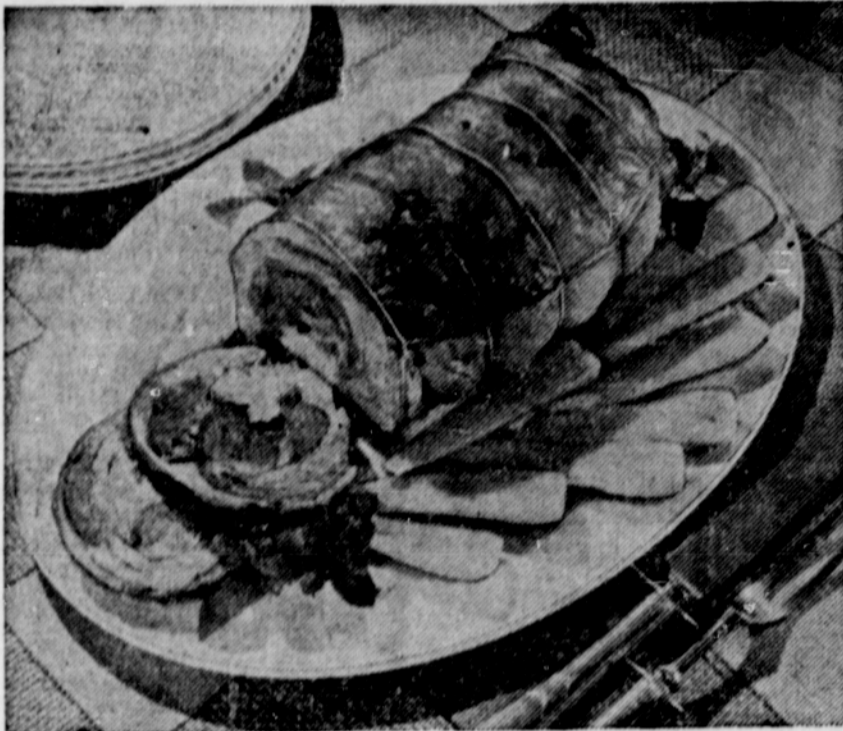


HOUSEHOLD MEMOS

by Lynn Chambers



Braise the Meat to Make It Tender
(See Recipes Below)

Braise the Meat

If you're making the most of your red points these days, you're buying the less expensive cuts of meat. And how do you prepare them?

The answer is in braising, long, slow, moist heat cooking which tenderizes the meat, browns it perfectly, and gives the meat tenderness and flavor. Pot roasts, short ribs, swiss steaks, and meats cooked slowly with vegetables—all these come under the head of braising.

There's plenty of good eating in this type of cooking, but your meats are low in point value. Too, they have the same high quality protein as the more expensive cuts, and just as many of the precious B vitamins (riboflavin, thiamine and niacin), and the minerals, iron, copper and phosphorus.

Now, here are delicious ways of preparing those inexpensive cuts of meat.

Swiss Steak (Serves 6)

- Round or arm steak, cut 2 inches thick
- Flour, salt, pepper
- 1 onion, thinly sliced
- 2 tablespoons lard
- 2 cups tomatoes
- 1 carrot, diced
- 1 small green pepper, sliced
- 1/2 cup water

Mix flour, salt and pepper. Pound into steak. Brown steak in lard, add vegetables and water. Cover pan and cook in slow (300-degree) oven for 2 1/2 hours. Add more water if needed. Serve with vegetables poured over the steak.

Pork Shoulder Steaks (Serves 3 to 4)

- 3 shoulder steaks
- 2 tablespoons flour
- 2 tablespoons lard
- 1 small onion
- 1 cup tomatoes
- 1 tablespoon Worcestershire sauce
- Salt and pepper.

Dredge the shoulder steaks in flour and brown in hot lard. Slice onions over them, add tomatoes and seasonings. Cover and cook slowly until steaks are done, about 45 to 60 minutes, according to the thickness of the steaks.

Braised Oxtail or Neck Bones. (Serves 5 or 6)

- 1 oxtail (2 pounds) or 2 pounds neck bones
- Flour
- 1 small onion, sliced
- 1/2 cup flour for gravy

Lynn Says:

Definition of Terms: Braising means to dredge meat with flour, salt and pepper, then brown in hot fat, add water or vegetable juices and cook slowly until meat is tender. The cooking may be done either on top of the range or in the oven. This method is frequently referred to as pot roasting.

Stewing means to brown meat in hot fat, add water (more than in braising) and vegetables, and simmer meat until it is thoroughly done.

Roasting means to bake in the oven to degree of doneness and is a method used for more expensive, tender cuts of meat.

Pan-broiling is cooking in a skillet on top of the range. Fat is not added except to meat patties.

Broiling means placing meat on an open rack in the broiler and cooking the meat quickly, without water or fat.

Lynn Chambers' Point-Saving Menu

- * Braised Short Ribs of Beef
- Gravy
- Vegetables
- Cabbage Cole Slaw
- Toasted Rusk
- Grape Jelly
- Spice Cake
- * Recipe Given

- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup carrots, diced
- Sprig of parsley
- Half of bay leaf
- Clove of garlic
- 1 cup tomatoes
- Bacon drippings

Rub skillet with clove of garlic. Wash oxtail, chop at each joint or cut neck bones apart. Roll each piece in seasoned flour, then brown meat evenly on all sides in bacon drippings.

Add onions, carrots, parsley, bay leaf, tomatoes, salt and pepper. Cover tightly, simmer 3 1/2 hours. Add more liquid during cooking, if necessary. If desired, thicken the gravy with flour mixed with cold water.

Braised cuts are not only appetizingly browned but they can be dressed up prettily for serving with a colorful array of vegetables. Take these next two suggestions, for example:

* Braised Short Ribs of Beef. (Serves 6)

- 2 pounds short ribs of beef
- Flour, salt, pepper
- 5 potatoes, peeled
- 5 carrots, scraped
- 5 onions, peeled
- 2 stalks celery
- 1/2 cup green pepper, diced
- Shortening

Mix flour, salt and pepper. Rub into meat. Brown in shortening on all sides. Add 1/2 cup water and cover meat. Simmer for 2 hours or until tender. During last 45 minutes of cooking time, add vegetables. Remove meat and vegetables to platter, thicken gravy with flour and pour over meat and vegetables.

Braised Stuffed Breast. (Serves 6)

- Lamb Breast
- 2 tablespoons lard
- Salt and pepper
- 3 tablespoons chopped celery
- 1 1/2 tablespoons chopped onion
- 6 tablespoons butter
- 2 cups fine bread crumbs
- 1/4 cup mint leaves, fresh or dried
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Have pocket cut into lamb breast from the large end. Sprinkle inside and out with salt and pepper. To make stuffing, brown celery and onions in the melted butter. Add bread crumbs, mint leaves and seasonings. Stir until thoroughly mixed and place into pocket of roast. Fasten edges together with skewers. Brown breast on all sides in hot lard, add 1/2 cup hot water, cover tightly and cook slowly until done, from 1 1/2 to 2 hours.

Stuffed Veal Steak.

The same stuffing as used in the lamb breast may be used for veal steak, if mint leaves are omitted. Have two pounds of veal steak cut 1/4 inch thick. Spread the stuffing over the meat and roll. Fasten with skewers, and braise as directed for lamb breast.

Most braised meats are hearty and should have light accompaniments. Try a green vegetable or crisp salad and very light dessert such as chiffon pudding, custard or stewed fruit and berries with cookies. As garnishes for the main dish use parsley, watercress, sliced raw onions, carrot tops or spiced fruit.

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 Fabrics Place Emphasis On Color and Serviceability

By CHERIE NICHOLAS



WHAT this year's fabrics lack in variety and novelty is made up for in color, serviceability and pattern interest, to which add the clever self-fabric manipulation by designers, who are displaying utmost resourcefulness in creating stunning fashions out of simple dependably wearable materials.

Not all fabrics are available these days. Silk is about out of the picture and supplies of velvet are limited. So it is up to wools, rayons and cottons to rise to occasion, which they have most gallantly, taking care of the situation beautifully throughout every phase of fashion. Especially noteworthy is this year's output of rayon fabrics which includes weaves that tune to every fashion demand from sturdy made-for-hard-wear types to dressy and glamour types.

An early fall star is spun rayon gabardine. This fabric is being used for intriguingly tailored sports dresses and suits, in soft pastels and bright shades. Spun rayon flannel is also a popular fall and winter fabric for dresses and soft tailored suits. It is especially chic in chalk stripes and plaids. Incidentally light-background plaids are newest and are preferred this year.

Blends of spun rayon and wool in dress weights are being used for those warm dresses done in pastels and high shades, which so definitely fill a winter need. Another interesting fabric for warm dresses is brushed jersey. This looks like duvetyne and has lovely drape and comfort.

The outstanding dressier rayons are mossy crepe, rayon faille, moire and jersey. Strictly in the running as to style are the drape dresses, which make striking color contrast their theme. The attractive model to the left in the illustration brings the jumper frock of your school days up-to-date in that it boldly contrasts one color against another. Dark

green with lime is a delight to the eye. Black used with Cherbourg blue is ever so smart and you will like Parma blue with deep purple.

Centered in the group is a rayon faille frock that's one of those sophisticated - simplicity types that young girls adore. It's the sort that will make your GI Joe's heart go double time. The lowcut square neckline is the very essence of flattery. Its flared skirt is grace itself and the three-quarter sleeves call attention to your pretty hands. It is perhaps smartest in black but you'll love it in a delectable color, too. Rayon failles are also important for dressmaker suits made eye-appealing with sparkling jeweled buttons. While limited in quantity there are some dressier rayons shown with "pattern interest." These include jacquards especially smart for dressy blouses and evening wraps also very lovely pastel brocades for waistcoats.

A dressy junior style done in young and gay jersey is pictured to the right. It is starred with gold nail-heads for glamour. The fashion moguls predict this will be a favorite for those moments when you want to dress up—yet be not too dressy. To make the most of a limited supply of rayon satins and rayon velvets, designers are using these fabrics as trimmings in way of bows, insets and midriff yokes to highlight plain wool and crepe dresses. This year's rayons are especially designed for good service. Many of the fabrics are washable and have been tested for color and other qualities. The best way of finding out about washability and other service qualities is to look for informative labels on dresses and fabrics. Released by Western Newspaper Union.

Young, Smart Princess Frock Slip, Panty Set Designed to Fit



It Has Everything

A PRINCESS frock has everything it takes to make you look your prettiest! An exceptionally smart and practical version is shown here—one that will be good for school, office, or good times afterward! Fabrics of warm colors and good weight will produce just the effect you want.

Pattern No. 8674 comes in sizes 11, 12, 13, 14, 15 and 18. Size 12, three-quarter sleeves, requires 2 1/4 yards of 39-inch material. For trimming, 3 1/2 yards of braid.

Well-Fitting Underwear

YOUR new fall suit deserves well-made underwear. Make up this slip and panty set—it's nicely tucked waist assures a good figure line under your costume. It may be left plain or trimmed with lace. We're sure you'll want more than one set!

Pattern No. 8560 comes in sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, slip with built-up shoulder and pantie requires 4 1/4 yards of 39-inch material. For this pattern, send 25 cents in coins, your name, address, size desired, and the pattern number.

SEWING CIRCLE PATTERN DEPT.
149 New Montgomery St.
San Francisco, Calif.

Enclose 25 cents in coins for each pattern desired.
Pattern No. Size.....
Name
Address

To Relieve Bad Cough, Mix This Recipe, at Home

Big Saving. No Cooking. So Easy.

You'll be surprised how quickly and easily you can relieve coughs due to colds, when you try this splendid recipe. It gives you about four times as much cough medicine for your money, and you'll find it truly wonderful.

Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. No cooking needed—it's no trouble at all. (Or you can use corn syrup or liquid honey, instead of sugar syrup.) Then put 3/4 ounces of Finex (obtained from any druggist) into a pint bottle. Add your syrup and you have a full pint of medicine that will amaze you by its quick action. It never spoils, and tastes fine.

This simple mixture takes right hold of a cough. For real results, you've never seen anything better. It loosens the phlegm, soothes the irritated membranes, and eases the soreness.

Finex is a special compound of proven ingredients, in concentrated form, well-known for its prompt action in coughs and bronchial irritations. Money refunded if it doesn't please you in every way.

New Silhouette



This drama coat for evening designed by Pauline Triger gives something new in way of both fabric and silhouette. Fashioned of Ducharme brocade in midnight blue, it takes on the new "tunic lines" which this year appear in coats, suits and two-piece dresses. Very ultra also are the new blouses made of brocade.

Belts of Medieval Splendor Stylish

Belts have become a theme of high importance. They are being so richly bejeweled and embroidered they reflect a look of medieval splendor. When you wear one of these luxury belts with your simple black dress you need not another trimming accent. In the new collections you will come across such eye-intriguing types as the belt of purple velvet that is embroidered with gold thread and tiny white pearls, a scroll work being applied in gold kid. Colorful stones with gilt embroidery give to a black suede belt a precious antique look. Beauvais embroidery is a young way of adding dressiness to colored suede belts. A cummerbund style in bright green has a pink and green floral motif. Of course these belts come in the luxury class but any woman or girl who can sew and has creative talent can buy a simple velvet, ribbon or suede belt and enrich it with intriguing embroidery and various artful accents.

Sweater Dress New

A fashion that is eminently practical and goodlooking and is heralded as carrying an air of style prestige is found in the new sweater dress which just recently made its appearance in the fashion scene. From all signs the sweater dress is going to prove a winner because it is so smartly wearable about town and through the day's round of activities. A successful model that has captured feminine fancy, tops a black skirt with a long-torso jacket sweater done in gray and white knit. Throw a handsome fox stole over one shoulder.

So Crisp—So Tasty

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"The Grains are Great Foods"—K. Kellogg

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