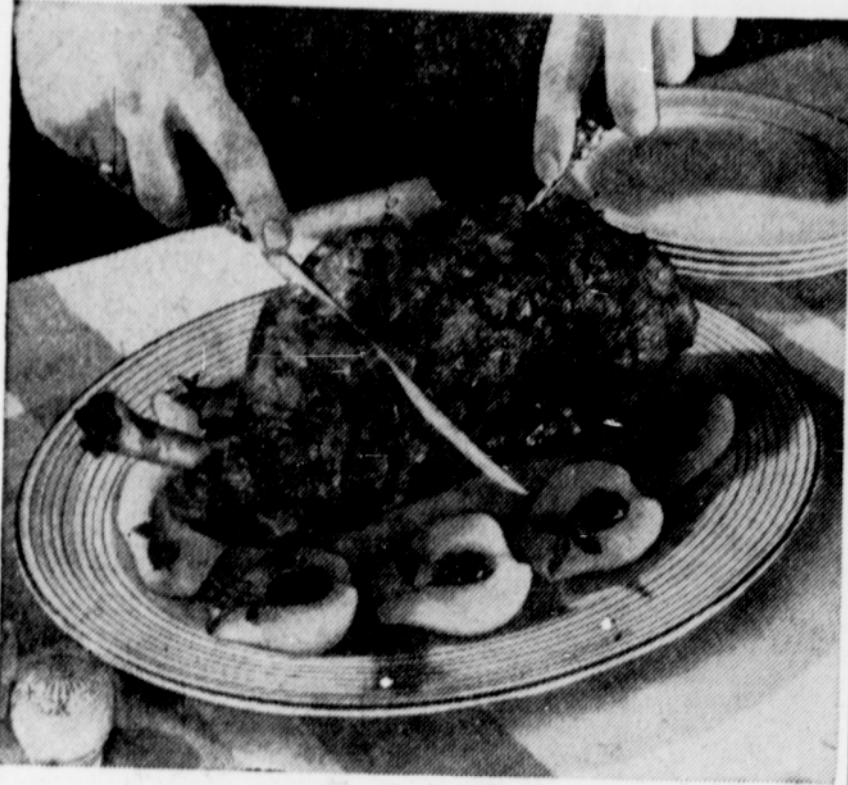


# HOUSEHOLD MEMOS... by Lynn Chambers



You Eat Well When You Roast With Care  
(See Recipes Below)

## Flavorful Meats

There's not much choice of meat in the markets today, but if you are fortunate enough to get any at all, consider yourself supremely lucky. Just in case you've forgotten some of the fine points in preparing meat, I'm going to review some of the rules of good cooking today.

For years, we've been telling you about cooking meats at low temperature. Rationing and the meat scarcity have probably shown you more dramatically than anything else how important low temperature cooking is to getting the most of the meat. There's less shrinkage and more juicy meat to your credit if you'll keep the oven at 325 to 350 degrees Fahrenheit when roasting.

Another point to bear in mind is that no browning is necessary before roasting cuts of meat. Don't worry about their not browning—they will get well browned even at moderate temperature.

If you are pot roasting, that is cooking meat with moisture and seasonings, you'll want to brown the meat after it's dredged with flour, but this is because the meat is cooked covered with liquid.

Here are some recipes for all types of meats which you may be able to find at least once a week these days. Cook and season carefully so that you will really be able to enjoy the meat to the fullest.

**Barbecued Lamb Breast.**  
(Serves 4)  
2 pounds breast of lamb  
1 medium onion  
½ cup chili sauce  
1 teaspoon salt  
Pepper  
¼ teaspoon red pepper  
1 tablespoon vinegar  
1 cup water

Cut lamb into pieces. Season with salt and pepper. Place in a hot skillet and let fatty sides brown. Mix chili sauce, red pepper, vinegar and water and pour over lamb. Slice onion and add to the mixture. Cover. Simmer 1½ hours, then remove lid and let cook slowly for 20 minutes or until barbecue sauce is almost absorbed.

**Pork Chops and Rice.**  
(Serves 5 to 6)  
6 pork chops  
½ cup uncooked rice  
2½ cups strained tomatoes  
3 tablespoons green pepper, chopped

## Lynn Says:

**Learn Meat Magic:** If you want a super delicious leg of lamb, baste it with buttermilk while roasting. For lamb loaf, made with fresh meat, add ¼ teaspoon caraway seed for flavor.

If you're shy on meat for meat loaf, make up part of the meat with diced American cheese. Delicious!

Pork chops baked with chili sauce or catsup mixed with prepared mustard make grand and tender eating.

If you want a bread saver cooking stuffing for breast of veal, cook your noodles until tender and use them for stuffing.

Marjoram or parsley makes a good seasoning for veal prepared in any way.

Bake a slice of ham and baste with honey and orange juice for a real flavor treat.

Mix Roquefort cheese with Worcestershire sauce and beat until fluffy. Spread on top of hamburgers just before broiling.

## LYNN CHAMBERS' MENUS

\*Summer Meat Loaf  
Potato Salad Wilted Lettuce  
Molded Fruit Salad  
Wheat Muffins Beverage  
Apricots Cookies  
\*Recipe given.

3 tablespoons chopped onion  
2 teaspoons salt  
¼ teaspoon pepper  
2 tablespoons shortening  
Flour

Salt and pepper pork chops and dredge in flour. Melt shortening in skillet and brown chops on both sides. Mix together uncooked rice, tomatoes, salt, pepper, onion and green pepper and pour over chops. Place lid on skillet and cook slowly for one hour.

If you've been looking around for ways to use those leftover pieces of bread, then here's just the recipe for you. It uses both bread crumbs and oatmeal for the stuffing and is truly delicious.

## Oatmeal Veal Birds.

(Serves 6)

1½ pounds veal steak, sliced thin  
2 cups bread crumbs  
1 cup raw oatmeal  
1 teaspoon salt  
½ teaspoon sage  
2 tablespoons bacon drippings  
¾ cup water  
¼ cup catsup

Cut the veal into six squares. Pound it, season with salt and pepper. Combine the other ingredients, except catsup, and place a little of the stuffing on each piece of veal. Roll and fasten with toothpicks. Brown in hot bacon drippings. Add 1½ cups of water with the catsup to the meat and simmer for 45 to 60 minutes until meat is tender. Thicken gravy with a flour and water mixture just before serving.

## \*Summer Meat Loaf

(Serves 8)

1 envelope unflavored gelatin  
¼ cup cold water  
1½ cups tomato juice  
1 tablespoon sugar  
1 teaspoon salt  
½ teaspoon pepper  
2 tablespoons lemon juice  
1 pound liverwurst  
½ cup mayonnaise  
½ teaspoon dry mustard  
½ cup chopped celery  
¼ cup chopped green pepper  
1 tablespoon minced onion  
¼ cup sliced stuffed olives

Soften gelatin in cold water. Add hot tomato juice and stir in sugar and salt, pepper and lemon juice. Allow the mixture to cool and thicken. Remove casing from liverwurst and mash. Add mayonnaise and mustard, green pepper, celery, onion and olives. Then fold the meat-vegetable mixture into the tomato juice and pour into a mold that has been rinsed with cold water. Allow to chill until set. Unmold on platter, garnish and serve.

## South American Goulash.

(Serves 5)

¾ pound beef liver  
¼ cup chopped onion  
½ cup chopped green pepper  
3 tablespoons shortening  
2 cups canned tomatoes  
½ cup chopped celery  
1 small clove garlic, if desired  
2 teaspoons salt  
¼ teaspoon pepper  
3 tablespoons flour  
2 cups uncooked noodles

Cut liver into one inch cubes and brown with onion and green pepper in hot shortening. Add tomatoes, celery, garlic and seasoning and cook slowly for 30 minutes. Mix flour with water and thicken the above mixture. In the meantime, cook noodles in boiling, salted water for 10 minutes. Drain. Serve goulash over hot noodles.

Released by Western Newspaper Union.

## Women's World

# Tight Dress Can Be Altered To Fit Wearer Comfortably

By Etta Haley

A DRESS that fits you, and you alone, is good value. It will give you real pleasure every time you wear it, no matter how inexpensive or expensive it may be. But just what is meant by perfect fit, as we know it today?

A dress that fits easily at the shoulders without straining when you bend or stretch is just right for you. The shoulder seam should lie about one-quarter inch back of the center of the shoulder and be absolutely straight from neckline to sleeve. The sleeve seam should lie at the extreme edge of the shoulder.

Now, how should shoulders be padded? If you are square in the shoulders, little or no padding may be necessary. If, however, you are rounded or sloping in the shoulders, one or even two sets of pads may be necessary.

Collars should lie flat without pulling or wrinkling. If there is any tightness in sewing the collar, you can bet on its wrinkling sooner or later, particularly when the dress is washed.

That taut look around the bustline means the dress is too small, and chances are you do not look your best in it. I'll tell you how this can be remedied a little later, but in the meantime, when you buy a dress or pattern, get one that fits well across the bust. It's possible, too, that another style might be more becoming — one with fuller shoulders or more fullness in the bodice.

**Waistlines, Skirts**  
**Sleeves Important.**

Most dresses you buy will not nestle down on your natural waistline because most of us vary slightly from the average. But just where is the natural waistline? Tie a tape measure or belt around the waistline and you will find out easily. Bend slightly to the front and the "ape measure will settle at the correct line.

You can also determine the size of the waistline accurately if the zip-



If your dress is too tight . . .

per slides open and shut easily without straining. Don't try to gather in a too-large waistline with a belt. It looks untidy and you're uncomfortable. It's far better to refit the waistline.

An easy fit over the hips is a big comfort. Sit down when trying on a dress and it it doesn't ride up, you have a well fitting hipline. Length is also important. Most women are wearing their dresses just below the kneecap, but this can be varied slightly as looks best on you. Full skirts should be slightly shorter and snugly fitted skirts can be a trifle shorter than average.

Armholes must be big enough so that you feel at ease in them. When trying a dress, move the arms up and down. There should be no straining.

On long sleeves, look for the elbow easing to come right. This is at the crook of the arm.

If you have chubby arms, do not wear tight short sleeves with cuffs.



Here's how to make it fit.

These will not only make the arm look larger, but will not be comfortable.

If just the bustline is off, pieces may be added underneath the sleeves to ease the fitting, and a bolero can be made or purchased to go with the dress.

If you have a two-piece dress in

which you cannot make the skirt fit, you might make a darker skirt to go with the jacket. Dark skirts are very slimming with lighter colored jackets if you are full in the hips.

If you have a princess type dress or a button-front dress, try contrasting panels down the center or on the sides to add fullness. This is a good way to adjust the dress for the short, full figure.

If the waistline is too tight, and the dress too short, with no hemline to let out, consider placing a piece of contrasting colored material at the waistline. This may be set in wide or narrow as necessitated by your problem.

If the neckline is too tight, let the shoulder seam out enough to ease the strain on it. There is usually enough in the seam allowance to take care of this minor problem.

If your sleeves are too short, add crosswise bands below the elbow. Add this detail somewhere else in the dress, too, so that it will look as if it belonged.

If your skirt has stretched from wear, adjust the bagginess at the waistline.

If the skirt is too short, add a band of ruching or ruffles or braid around the hem. Several rows of gay ribbon will also do the trick. Add this detail to the sleeves, too.

## Torso Jacket



Hattie Carnegie's cosmopolitan suit is made of gray sharkskin and favors the longer torso jacket. Saddle pockets around the hips accentuate the small waist.

## SEWING CIRCLE PATTERNS

# Smoothly Fitting Daytime Frock

## Brother and Sister Play Clothes



8979  
1444

## Graceful Frock

FOR delightful summer afternoons, a simple graceful frock designed in a wide size range. Wide extended shoulders accent a slim waistline, the panelled skirt falls smooth and straight. Use novelty buttons for a pretty finish.

Pattern No. 8979 comes in sizes 14, 16, 18, 20, 40, 42 and 44. Size 16 requires 3½ yards of 35-inch material.

## Japan's Biggest Loafer

From a friend in the occupying forces in Japan comes an amusing account of the odd signs displayed by Japanese tradesmen in what they evidently consider to be idiomatic English. One of the funniest is that displayed by a baker. It reads: "A. Kashinuru, Biggest Loafer in Japan."

# Kellogg's CORN FLAKES

America's Favorite Cereal!

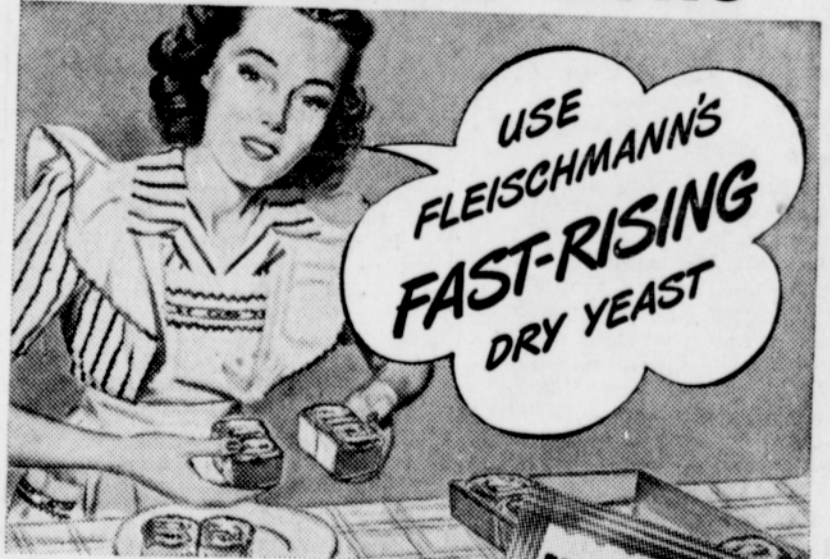


FRESH

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Hot, luscious Cinnamon Buns at a moment's notice! Fleischmann's Fast Rising Dry Yeast is always ready for quick action . . . keeps fresh for weeks on your pantry shelf. IF YOU BAKE AT HOME—just dissolve according to directions on the package, then use as fresh yeast. At your grocer's.



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What you NEED is  
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## Summer Fashion Notes

Long full peplums and skirt draperies are a high fashion note these days as the fullness over the abdomen movement gathers strength.

It's often been said that most women can wear blue. So, no matter what your type, you'll be seeing plenty of all types of blues, but particularly blues that match the color of skies and seas.

Look for the South American influence in play clothes and gay cottons. They have a real south-of-the-border flavor.

If you have any lace tucked away in the attic, now is the time to take it out. Lace is appearing at the neckline, on sleeve cuffs, pocket trimmings and even hems. This is one of dips fashion is taking into prewar era of the first war.