

HOUSEHOLD MEMOS

by Lynn Chambers



Baked Stuffed Tomatoes Save Meat
(See Recipe below)

Meat Savers

Every now and then when we are called upon to save meat, it helps to have dishes with meat-like texture and flavor so appetites are satisfied. Fortunately there are certain combinations of vegetables which, when served with some cheese, are excellent just for such a purpose.

Tomatoes with a bit of bacon are satisfying for hearty appetites; so are squash and lima beans, with a bit of sausage. Au gratin combinations are interesting, too, from the point of view of satisfying appetites as well as the budget.

Use the recipes given today when you want to save on meat; these dishes are not meant to be used as a vegetable side-dish for the average family as they are just a bit too much on the hearty side for such a purpose.

*Baked Stuffed Tomatoes. (Serves 5)

- 5 tomatoes
- 5 slices of bacon
- 2 cups bread crumbs
- 2 tablespoons chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup grated cheese
- Sprigs of parsley

Cut tops off tomatoes and remove pulp. Cook bacon until crisp. Break into small pieces. Make a stuffing by mixing tomato pulp, bacon, bread crumbs, onion, salt and pepper. Fill cavities of tomatoes with the stuffing. Sprinkle tops with grated cheese. Place tomatoes in a heat-resistant glass dish. Bake in a moderately hot (400 degree) oven for 30 minutes. Serve garnished with parsley.

Squash, Sausage and Lima Bean Platter. (Serves 4)

- 2 1/2 cups cooked, mashed squash
- 1 1/2 cups cooked lima beans
- 1 tablespoon butter
- 8 sausages

Arrange squash in four nests on a heat resistant glass utility platter. Place lima beans in center of each squash nest. Dot lima beans with butter. Place sausages around squash nests. Bake in a moderate oven (350 degrees) for 30 minutes or until sausages are done.

Sausage Stuffed Eggplant. (Serves 4)

- 1 medium eggplant
- 1/2 pound pork sausage
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 green pepper, chopped
- 2 tablespoons chopped parsley
- 2 cups cooked brown rice
- 1/2 teaspoon poultry seasoning
- Salt and pepper
- 1/4 cup grated cheese

Cut eggplant in half lengthwise. Cook in boiling salted water for 10 minutes, or until it is almost tender. Cook sausage meat slowly in large skillet until lightly browned, stirring occasionally. Add onion, garlic, green pepper and parsley, and cook until vegetables are almost tender. Pour off some sausage fat, leaving about 1/4 cup in pan. Add rice. Scoop egg-



LYNN CHAMBERS' MENU

- Celery and Potato Soup
 - *Baked Stuffed Tomatoes
 - Hot Biscuits
 - *Baked String Beans with Mushrooms
 - Molded Pear Salad
 - Relishes
 - Chocolate Cake
 - Beverage
- *Recipes given.

plant pulp out of partly cooked halves, leaving a half-inch shell. Chop pulp and add to sausage mixture; add poultry seasoning and salt and pepper to taste. Fill eggplant shells with the mixture. Sprinkle with cheese. Bake in a moderate oven (350 degrees) until well browned.

*Baked String Beans with Mushrooms. (Serves 6)

- 1 pound string beans, sliced
- 1 pound mushrooms
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 1/4 cup buttered bread crumbs

Cook green beans in boiling salted water until tender. Drain well. Peel, slice and saute mushrooms in butter. Dredge mushrooms in flour and add the milk. Cook until thickened. Combine with beans and pour into a buttered baking dish. Over the top sprinkle the bread crumbs. Bake just long enough to heat through and brown the crumbs.

Onions with Potatoes.

- 8 bermuda onions
- 3 cups diced cooked potatoes
- Salt and pepper
- 3/4 cup milk
- 2 tablespoons butter
- 1/4 cup cheese, grated
- Paprika

Peel the onions and cut a slice from the top of each. Parboil in boiling salted water for 15 minutes. Drain and scoop out, leaving just a shell. Season potatoes with salt and pepper. Place in an iron skillet over a low flame, cover with milk and dot with butter. When all the milk is absorbed, all the onion shells with the potato mixture and cover with grated cheese. Dust with paprika and run under the broiler flame to melt the cheese and heat thoroughly.

Corn and Bean Pudding. (Serves 6)

- 1/2 cup butter
- 2 eggs, separated
- 2 tablespoons flour
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- Paprika
- 1 cup soup stock
- 1 cup cream
- 1 quart cooked and shredded green beans
- 2 cups corn
- 1 chopped green pepper
- 1 chopped pimiento
- 1 teaspoon chopped parsley

Melt butter; add yolks, then flour, sugar, salt, pepper and paprika. Add soup stock and cream. Fold in egg whites and vegetables. Pour into a greased baking dish and bake in a moderate oven (350 degrees) for 30 minutes.

Released by WNU Features.

Patent leather is best cleaned with a clean, lint-free cloth dipped in vinegar.

To keep seldom-used kettles from acquiring a musty odor, store without covers.

An easy way to scour pots and pans is to use a cork dipped in scouring powder.

Iodine stains from a rug are best removed by sponging with denatured alcohol, followed by a wash with mild soapsuds made in lukewarm water.

Woman's World

Protective Covers for Bedding Save Cleaning Time and Wear

By Ertla Haley

THERE was a time when you thought that only the finicky housekeepers made protective coverings for their bedding, but that's not so any more. Any woman who is interested in saving on the cleaning as well as the budget, as far as new bedding is concerned, will either buy or make the coverings for bed blankets, mattresses and pillows.

Why aren't sheets and pillow cases enough? Because, not only does a certain amount of soiling go through this type of bedding, but there is a steady accumulation of dust which eventually will mean that you have to try to clean the bedding itself — a difficult feat indeed.

There's no doubt about the wear and tear on the bedding, too, when you don't protect it, as it gets steady use. There's apt to be more pulling on pillow cases, for example, as you change and use them, if they don't have covers, and the same is true of mattresses.

If you're interested in real cleanliness, of course, it's much easier to get it by frequent launderings of the mattress cover, pillow covers, mattress covers and blanket shields. Protective measures such as I've just mentioned are absolute essentials in dusty and sooty communi-



Same your mattresses...

ties. And for the woman with active children who like to engage in pillow fights occasionally, they're a must!

Blanket Covers, Cuffs May be Decorative

During the last few years there has been more of a tendency to bring out the light-colored blankets. Naturally, these soil more readily than the old dark-colored ones, but they can be protected fairly well by what are known as blanket covers.

Blanket covers are made as sheets and used on the bed while it is in a state of undress — early in the morning, and when in use. Choose a fabric that does not slip off during the night — washable silk, cotton, challis, rayon, crepe, sheer or muslin.

Blanket covers do not take the place of a daytime spread, although some are lace trimmed or elaborately monogrammed, but they are nice when the room is used in-



with quilted pads.

formally, especially when you want to use the bed for laying things on. They are an excellent blanket protector.

If you do not want to go to the expense of having blanket covers,

Be Smart!



Practical and prettier than ever — that annual fall blossoming of fur-lined jackets and coats! Often they'll be accompanied by their own headgear — part of their very warp and woof. Other new touches: Three-quarter lengths, much use of high colors, white lamb a favorite fur, and the appearance of wide wale corduroy with fur trims.

Campus Casual



Date bait or campus casual, it's all the same to the school-girl's favorite costume — cotton velvet skirt plus a smartly tailored blouse. Hope Skillman's "hot house" cotton — satin striped chambray — goes into the blouse with fine tucking treatment. Padded hips give the coed the rounded silhouette.

at least save your blankets by making cuffs for them. The cuff is intended for protecting the binding, which, as you know, usually wears out before the blanket. These cuffs are made 12 to 24 inches wide; they are attached to the blanket, but are easy to remove for frequent laundering.

You may want to use the cuffs if the blanket binding is worn. Remove the binding at the bottom and finish with a blanket stitch. For the top, use a cuff which matches the color of the blanket and stitch on with the same yarn as was used at the bottom.

If you want to get fancy, make your cuffs of curtain material, and have it match those which you used on the bedroom windows.

Select Mattress Pads For Smooth Fit

You may make your own mattress pads out of bleached or unbleached muslin with a soft material inside for the padding. The important thing about them is the sleeping comfort they yield, as well as the soiling they keep off the mattress itself.

Mattress pads should fit very smoothly over the bed, and should be quilted flat and even so they do not roll up under the mattress. As to size, they should cover the whole bed and meet with the end of the mattress. Most of those you buy are about two inches smaller all the way around. This works out all right, provided the pad does not shrink too much in the washing.

Incidentally, discarded pads are nice to use for making a good foundation for the headboard of a bed, for valances or for foundations for slip-covered wooden chairs which have no upholstery.

Old blankets are good to use for the inside of a pad if you plan to make them yourself. Cotton blankets — three or four used in a layer — make an excellent inside of a pad when combined with a good quality, durable muslin.

An easy way to do the quilting is with an attachment for the sewing machine.

Mattress Covers, Pillow Cases Of Muslin or Plastic

Pillow cases and mattresses are difficult to clean, and for that reason it's important to take care of both with removable covers. Then these can be laundered several times a year, or once a month if your locality is a particularly sooty one.

Fit and durability are the prime requisites for pillow covers and mattresses. Use material which is strong enough to withstand pulling on and off the mattress or the pillow. A good grade of muslin is a wise choice, some of the unbleached types being particularly wear-resistant. Or, you may use some strong sheets as these will enable you to solve the problem of fitting easily.

Sheeting also may be used for covering the pillows, but it should be durable as that used for the mattress.

In cases where there is a definite allergy to feathers or other materials used in the bedding, plastic is a good choice. The plastic material should be of the heavier grade as it is important to have durability. Whether you buy them or make them, be sure that they fit well, as they give better wear as well as comfort.

Zippers make the best closings for both the pillows and mattresses, but if they prove too expensive, try a snap-on type of closing or even ties placed at regular intervals.

SEWING CIRCLE PATTERNS

Pretty Yoked Gown for Winter Popular Lumber Jack Outfit



8086 34-48

8109 12-42

Warm and Comfortable
FOR cold winter nights — this pretty yoked nightdress will be cozy and warm made up in a flower sprinkled flannelette. If you like, it can have short sleeves and be tied with a narrow belt.

Pattern No. 8086 is for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36, long sleeves, 5 1/4 yards of 35 or 39-inch; 1 yard purchased ruffling.

Let Winter Come

A COMFORTABLE, well tailored lumber jacket outfit that's destined for a busy winter. Armholes are deep, cuffs snug,

skirt smooth and free. Choose a soft grey woolen in solid tone or striped.

Pattern No. 8109 comes in sizes 12, 14, 16, 18, 20; 40 and 42. Size 14, 2 1/4 yards of 34 inch. Send an additional twenty-five cents for your copy of the Fall and Winter FASHION — our complete pattern magazine. Free gift pattern printed inside the book. Send your order to:

SEWING CIRCLE PATTERN DEPT.
828 Mission St., San Francisco, Calif.
Enclose 25 cents in coins for each pattern desired. _____ Size _____
Name _____
Address _____

Roger Bacon Jailed for Prophecy in His Day

Poor Roger Bacon! The citizens of his time didn't recognize him as the father of scientific research so he served term after term in jail.

And all because he preached of miracles like airplanes, automobiles, steamships, and "the everlasting lamp," known now as electric lights. Sometimes the life of a genius is not pleasant, you can see.

How To Relieve Bronchitis

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION for Coughs, Chest Colds, Bronchitis

MOTHER, MOTHER, WHAT'S YOUR SECRET, WHAT MAKES ALL YOUR CAKES SO FINE, TELL ME, WON'T YOU, HOW YOU DO IT, SO I CAN BE PROUD OF MINE.

BAKE THE CLABBER GIRL WAY, MY DEAR, WITH CLABBER GIRL BAKING POWDER

Ask Mother, She Knows... Clabber Girl is the baking powder with the balanced double action... Right, in the mixing bowl; Light, from the oven.

CLABBER GIRL Baking Powder

IF PETER PAIN HITS YOU WITH NEURALGIC PAIN



● Rub in Ben-Gay for fast-acting, gently soothing relief from neuralgic pain. Ben-Gay contains up to 2 1/2 times more methyl salicylate and menthol—two famous pain-relieving agents your doctor knows about—than five other widely offered rub-ins. Insist on genuine Ben-Gay, the original Baume Analgesique. It acts fast!

Also for Pain due to RHEUMATISM, MUSCLE ACHE, and COLDS. Ask for Mild Ben-Gay for Children.

QUICK... RUB IN Ben-Gay