



Use of Green Color in Spring Food Menus Will Enhance Appeal

WHETHER IT'S a party you're planning or just a family menu you're preparing, take a tip from nature and use the delicate green colors of foods generously. They'll give the lilt of spring to your meals.

The green of vegetables may be combined with white or yellow to great advantage for appetizing meals as well as colorful tables. If you're cooking the green vegetable, it's important to remember that overcooking will make the delicate green look dull as well as lose important nutrients, so keep one eye on the clock.

This is the time, too, when you can use many of the green vegetables in salads in raw form. Keep them crisp so there's no wilting and you'll have foods as fresh as the season itself.

IF YOU'RE PLANNING a St. Patrick's day party for oldsters or youngsters, you'll like this salad.

Grapefruit-Lime Salad (Serves 8)

- 1 package lime-flavored gelatin
- 1 cup hot water
- 1 cup canned grapefruit syrup
- 1 cup drained, canned grapefruit
- ½ cup sliced stuffed olives
- Salad greens
- 1 avocado
- Mayonnaise or French dressing

Dissolve the gelatin in hot water. Add the grapefruit syrup then chill until mixture begins to thicken. Add the drained grapefruit and olives. Turn into small individual molds and chill until set. Unmold on salad greens, garnish with avocado slices and serve with mayonnaise or French dressing.



Begorra, if it doesn't look just like a party for the youngsters with perky lime gelatin shamrocks sitting prettily on slices of lime bavian cream. Feature this delicious Irish dessert on a green linen or paper tablecloth, and you have a picture table.

IF YOU'RE GIVING a party for the youngsters and want to give them just a snack, you'll find the next recipe answers your problem completely. Perky shamrocks are set on slices of Bavarian cream, and are guaranteed to be the hit of the party. As a matter of fact, it would be a good idea to hang onto the recipe as it offers all sorts of possibilities.

With little chick cutters you can use lemon-colored ones for Easter, red and pink flowers for May day, etc. Serve them on a base of lime Bavarian cream or on plain cake or ice cream. Jolly thought, isn't it? Try it soon.

*Lime Bavarian Cream (Serves 8 - 9)

- 1 package lime-flavored gelatin
- ¼ teaspoon salt
- 1 cup hot water
- 1 cup canned pineapple juice
- 1 cup cream, whipped
- 3 tablespoons sugar
- 1 cup canned crushed pineapple
- 1 package lime-flavored gelatin
- 1½ cup hot water

Dissolve 1 package gelatin and salt in 1 cup hot water. Add pine-

LYNN SAYS: Make the Most Of Vegetables

A dash of nutmeg and pickled onions added to new peas will lift this lovely vegetable out of the ordinary class.

Top asparagus served on toast points with cheese sauce and slices of broiled bacon if you want to make a complete vegetable luncheon.

Tomatoes may be stuffed with cooked corn kernels or those lovely baby lima beans. Bake just enough to cook the tomato.

LYNN CHAMBERS' MENU

- Minted Fruit Cocktail
- Braised Lamb Steaks
- Mashed Potatoes
- *Spring Vegetable Platter
- Date Muffins Beverage
- *Lime Bavarian Cream
- *Recipe Given

apple juice. Chill until slightly thickened. Then fold in whipped cream. Add sugar to pineapple and fold into gelatin mixture. Turn into 10x10x2-inch pan and chill until firm.

Meanwhile, dissolve the other package of gelatin in 1½ cups hot water. Turn into another pan of the same size as one used above. Chill until firm. Then cut 8 or 9 shamrock shapes with a shamrock cookie cutter. With spatula, carefully arrange shamrocks on first gelatin mixture, allowing one for each serving. Chill. Cut in squares.

If desired, cubed or sliced gelatin may be used for decorating instead of shamrocks.



Asparagus tips riding on toast points with smooth, well-flavored cheese sauce make a truly spring-like dish for luncheon or supper. The green and yellow color scheme which this combination makes will make a welcome sight for winter-weary appetites.

ASPARAGUS, that aristocratic vegetable, which comes into season early in Spring is sometimes called sparrow grass. But whatever you call it, this handsome, green-tipped vegetable is one of the true appetite treats of the season.

The vegetable can be changed from a supplementary to a main dish if you serve it on toast with a cheese sauce because cheese is a high grade protein food. The cheese sauce is also an excellent idea to remember if you want to add interest to leftover vegetables.

- Asparagus on Toast with Cheese Sauce
- 2 tablespoons butter
- 4 tablespoons flour
- 2 cups milk
- ½ pound American cheese, shredded
- Salt, pepper
- Hot, cooked asparagus tips
- Toast, points

Make cream sauce with the butter, flour and milk. When thick and smooth, add the shredded cheese and stir until it is melted. Season to taste. Place each serving of asparagus on 2 toast points and cover with a generous amount of hot cheese sauce.

If you want to make a spring vegetable platter that looks pretty as well as one which interests winter-jaded appetites, this next recipe is just the thing:

- *Spring Vegetable Platter (Serves 6)
- 1 pound green beans
- 4 medium carrots, cut in strips
- 1 box frozen asparagus
- 1 hard-cooked egg, chopped
- ¼ cup butter
- 2 tablespoons lemon juice

Cook green beans in boiling, salted water for 30 minutes. Cook carrots in boiling, salted water for 15 minutes. Cook spinach without water 5 - 8 minutes. Arrange spinach in center of platter and garnish with egg. Arrange drained green beans and carrots in spoke fashion around the spinach. Pour over them a sauce of the butter melted and mixed with lemon juice. Garnish the platter with the following: Roll slices of luncheon meat spread with salad dressing around tiny sweet pickles. Fasten with toothpick.

Like creamed cauliflower? Stick ½ cup of salted almond meats in the white sauce after pouring it over the vegetable for appetite appeal.

Young cabbage cooked in milk rather than water is delicious to taste.

Melted butter mixed with lemon juice and chopped parsley makes an excellent sauce for whole cooked carrots.

Cup of corn added to 3 cups of cabbage and seasoned with crisp, crumbled bacon and a bit of sugar is delicious!

WOMAN'S WORLD

Busy Hands Require Daily Care To Prevent Their Losing Beauty

By Ertta Haley

HOW OFTEN WOMEN have stretched out horny, unattractive hands to me after they finish a hard session at housework and said in dismay, "What can I do to them? They feel so awful."

It's difficult to undo the damage in a single treatment. The hands will remain not only unattractive but also uncomfortable as well, until the natural oils return to the skin. If you do no hard work, the oils will return more quickly, but most women have to keep using their hands for washing, scrubbing and dishes and this, of course, is not conducive to healing.

Does this have to happen? No, believe it or not, no matter how busy your hands may be they can be kept soft, well-groomed and pretty if you will schedule some hand care in the daily routine. It need not be elaborate but you must be faithful to the beauty practice.

First of all, check the diet. This may seem far-fetched but hand health as well as anything else depends upon internal health. Certain vitamins, particularly vitamin A, keep the skin soft and pliable, and you must be getting the vitamin so the skin on the hands or anywhere else will keep soft and pliable.

Vitamin A is found plentifully in common foods such as the yellow vegetables. It's stored in the liver and is not easily destroyed by cook-



Daily hand care pays . . . ing the vegetable, so naturally it's easy to get enough of the nutrient.

As far as hand care is concerned, the old saying about "an ounce of prevention is worth a pound of cure," holds exceptionally true.

How to Protect Hands, Nails

A few, simple precautions faithfully observed will do worlds of good for the hands. If looks are im-



portant to you, then you must do something for your hands. However, many homemakers who are not concerned with looks so much as with comfort, feel perfectly miserable when their hands are ravaged by household duties. Hands can hurt as badly as feet that have been walking in ill-fitting shoes.

For most of us, it's impossible to wear some sort of protection for every household task, but protection should be used on the hands when they get after the really rough jobs like scouring pots and pans, laundry, silver polishing, dish washing, polishing furniture, painting the window sills or kitchen chairs.

Be Smart!



For resort wear or for a grand pick-up for your winter wardrobe, take a look at the new soft wool suits. They're made of very lightweight, beautifully soft weaves in delicate colors that have a positively luscious, good-enough-to-eat look. Designs are distinctly on the feminine side, too, with details to give a dramatic touch, such as the loose front panels and the flared cuffs sketched here. Self-covered buttons add decorative value, yet heighten the impression of softness and beautiful color. Simple skirts are teamed with ultra-feminine jackets.

Protect Hands



Do you find kitchen gloves so clumsy that you'd rather get along without them and let your nail polish chip where it may? New, long-wearing flexible mitts of vinylite plastic that fit on either hand with equal ease offer a long-awaited solution to this daily problem. The mitts are unaffected by grease, acids or stains and give hands the freedom of action so desirable so there's no excuse for not wearing them every time you have a chore that threatens the hands or manicure.

gardening, or washing the family auto.

Just out are some very pliable plastic mitts which go on easily and come off without pulling or prodding. They do not fit the hands closely, thus allowing for a great deal of freedom. They're so lightweight, that you actually feel you're working without anything on the hands, and that's a very desirable thing, as any pair of busy hands, if they could tell you, would say.

It's also a good idea to keep your hand cream in the kitchen or laundry room—on an open shelf—if possible just to remind you to use it. When the cream is tucked away in the bathroom which is not as easily accessible when you're busy in another part of the house, it's too easy to forget to use it.

There's Proper Way To Use Cream

No matter on what part of the body you use cream for lubricating, softening and making skin smooth, never use anything but the most gentle action. A soft, round-and-round motion in massaging the hand cream is best. Beauty experts maintain that skin will stretch with any other motion.

For those of you who have an extra dry skin, it's wise to use a hand cream which has been fortified with lanolin, the fat of which is so beneficial to skin. For ordinary purposes a regular type of hand cream is best.

Even though you have protected hands during working time, it's smart to apply a bit of cream after finishing your work, to help smooth the hands. In case of chapping, or if you are going to be out-of-doors, apply hand cream for protection against the weather. Also, it's not only the well-dressed woman but the wise one who protects her hands with gloves.

It's Easy to Keep Nails Conditioned

Any care that you give the hands in general will help out your nails, too, but they need a bit of extra care to keep them in good condition. Here, again, it's a good idea to check the diet if your nails are breaking and cracking for no apparent reason. Nails require calcium and phosphorus as well as vitamins C and D to grow properly.

A well balanced diet including sufficient amounts of milk, eggs, meats, fish, cheese, fruits and vegetables will supply these, and in some cases the diet will have to be supplemented with vitamins to keep you healthy.

Plan to give yourself a manicure once a week if you cannot or do not have professional care available. Cut your cuticle if it needs trimming; otherwise just push it back with a gentle motion with the orange stick. Oil the nails while you work on the other hand, then wash in gentle soapy suds and dry the hand carefully.

Now, file the nail into the shape desired; trim off any rough edges and make repairs as needed. Apply more oil to the nails and then after standing a bit, the hands are washed and creamed.

When Using Polish, Do it Correctly

If you want to polish the nails, the polish will last longer if you apply a base coat to the perfectly dry nails. Usually two coats of nail enamel are applied, and this is topped with a protective coating that helps the nail enamel to harden as well as to last longer.

Keep an orange stick handy and have the tip of it wrapped in a bit of cotton which you keep dipping in polish remover to help remove polish from anything but the nail itself.

SEWING CIRCLE PATTERNS

Trimly Tailored Shirtwaister Toddlers' Set Is Easy to Sew



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Pillows that are aired frequently will last longer. It isn't necessary to hang them out of doors; just pin the pillow on a line in the house so that the air can circulate around it. This fluffs it up and dries out possible perspiration dampness.

To remove liquid fat from hot broth, pour it through a clean cotton cloth which has been wrung out in cold water.

Wallpaper cleaner can be used to clean paper or parchment lamp shades successfully.

Water stained bottles can be cleaned by partially filling them with hot water, adding some small pebbles, BB shot or broken egg shells and then shaking vigorously.

When pressing velveteen or corduroy place a bath towel under the part to be steamed. Dampen slightly and press on the wrong side with an iron. The nap will have a fresh, steam-cleaned look.

When using a plunger to open a clogged drainpipe, it will prove more efficient if you rub a thick coat of petroleum jelly along the flat bottom edge of the cap: this will provide a tighter seal.

Gift wrapping paper from Christmas, birthdays, etc., makes a gay lining for dresser drawers.

Why Geese Fly In V-Formation

"A goose," according to Oliver Wendell Holmes, "flies by a chart which the Royal Geographical society could not improve."

Wild geese and ducks often fly in a V-shaped formation, but naturalists have discounted the popular notion that the leader of the flock, flying at the apex of the triangle, breaks the wind for the entire group. A certain amount of wind is believed advantageous to the sustained flight of birds; however, by advancing in wedge formation each bird avoids the wake of the bird preceding and is able to see the leader more clearly than would be possible in any other formation.

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