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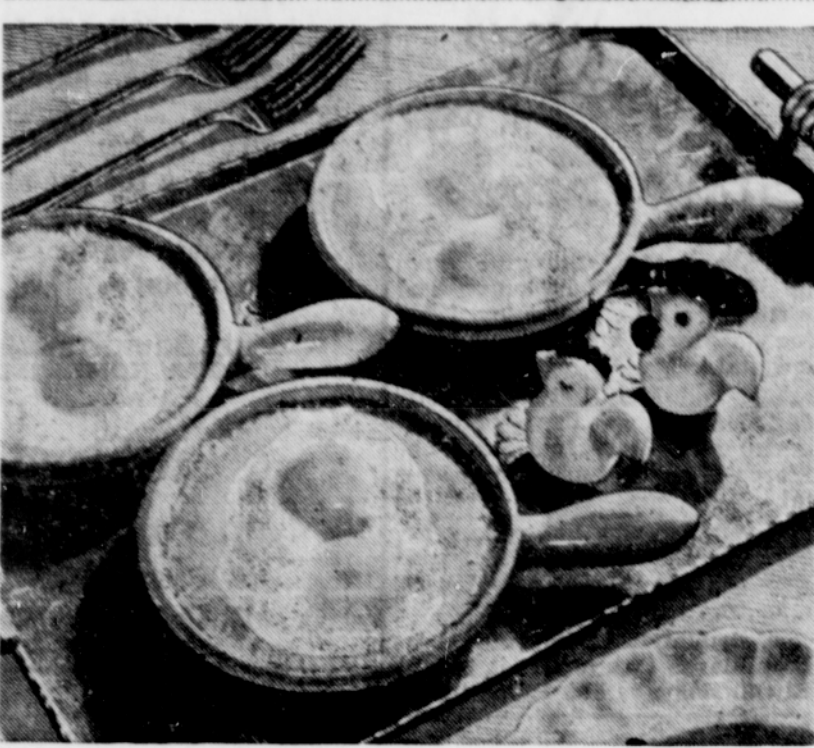
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HOUSEHOLD MEMOS... by Lynn Chambers



Serve Protein-Rich Foods for Lent (See Recipes Below)

Lenten Main Dishes

LENTEN MEALS need an extra spark to keep them interesting and appealing since they are meatless. They should, however, be substantial and nourishing, and with plenty of cheese, fish, eggs and vegetables they will have plenty of stick-to-the-ribs quality.

Don't get into a rut with one or two dishes each season. There's plenty of variety and interest available in Lenten dishes if you'll just try new recipes and plan sparkling menus.

Vegetable combinations can give plenty of texture, color and menu interest. Cheese as a main ingredient snaps many a main dish from the doldrums. Add fish to macaroni or spaghetti and you'll never miss meat. Try new ways with eggs, and the family will cheer you to new culinary accomplishments.

Eggs Mornay (Serves 2 to 3)

4-6 eggs
2 cups thin white sauce
½ teaspoon paprika
½ cup grated cheese
2 egg yolks

Add paprika and cheese (reserve about 2 tablespoons for top) to hot well-seasoned sauce. Beat in yolks. Pour layer of sauce into well-greased shallow baking dishes. Slip eggs into sauce, one at a time. Pour remaining sauce around edge, leaving yolks partially exposed. Sprinkle with remaining cheese. Bake in moderately hot oven (375°) 15 to 20 minutes, depending upon doneness of eggs desired.

Fresh Vegetable Casserole (Serves 6)

2 cups cooked carrots, sliced
2 cups cooked string beans
2 cups cooked peas
2 cups cooked lima beans
1 cup vegetable stock
1 cup cooked creamed celery
6 broiled mushrooms
¼ cup vegetable glaze

Have all vegetables cooked and seasoned separately. Grease shallow individual casseroles and place sliced carrots around the sides of each dish. Place a spoonful of each of string beans, peas and lima beans in the dishes in the order given; add a little vegetable stock; then top with a small spoonful of creamed celery and a broiled mushroom. Put a spoonful of vegetable glaze over the mushroom and when all dishes are filled bake in a moderately hot oven (375°) for 10 minutes.

Maine Casserole (Serves 6)

3 onions, sliced
2 cups kernel corn
½ teaspoon salt
Dash of pepper
1 1-pound can baked beans without pork
½ cup ketchup
½ cup dry bread crumbs
2 tablespoons butter

Cook onions in boiling water 20 minutes and drain. Arrange corn in casserole. Cover with a layer of

LYNN CHAMBERS' MENU Consomme

*Baked Beans and Onions au Gratin
Tossed Vegetable Salad
Baked Apples with Raisins Beverage
Custody Bread
*Recipe Given

onions, season with salt and pepper. Add a layer of beans and add ketchup. Cover and place in moderate oven (350°) for 20 minutes. Saute crumbs lightly in butter and sprinkle over top of casserole. Return to oven for 10 minutes or until brown.

*Baked Beans and Onions Au Gratin (Serves 8)

2 cups dried marrowfat beans
5 cups water
2½ teaspoons salt
12 medium-sized onions
¼ cup old-fashioned molasses
¼ teaspoon dry mustard
¼ teaspoon black pepper
1 teaspoon Worcestershire sauce
1½ cups grated cheddar cheese
1 cup soft bread crumbs
2 tablespoons butter, melted

Soak beans in water overnight. Add 1 teaspoon of the salt and onions. Simmer but do not boil until onions are tender but still retain their shape (about 15 minutes). Remove onions from pot, continue cooking beans until tender (about 45 minutes). Drain. Save water. Combine liquid, molasses, mustard, pepper and Worcestershire sauce. Place half the beans in two-quart casserole. Sprinkle with ¼ cup cheese. Add remaining beans and arrange onions over top of beans. Add liquid. Bake uncovered in moderately hot oven (325°) for 45 minutes. Butter bread crumbs and sprinkle over top of casserole. Return to oven and cook until crumbs are brown (about 15 minutes).

Deviled Tuna and Macaroni
(Serves 4)
4 ounces shell macaroni
2 tablespoons butter
1 tablespoon enriched flour
1 teaspoon salt
½ teaspoon paprika
2 teaspoons Worcestershire sauce
1½ cups milk
1 tablespoon lemon juice
1 cup flaked tuna (1 7-ounce can)
2 hard cooked eggs
1 tablespoon chopped pimiento
Sliced stuffed olives

Cook macaroni in boiling salted water until tender (about eight minutes). Drain and rinse. While macaroni is cooking, melt butter in saucepan. Stir in flour, salt, paprika and Worcestershire sauce. Gradually add milk, stirring constantly until slightly thickened. Add lemon juice and tuna. Dice hard cooked eggs, reserving one yolk for garnish. Fold eggs and macaroni into deviled sauce. Mix thoroughly. Pour into four greased individual baking dishes. Bake in moderate oven (350°) 20 minutes. Garnish with sliced egg yolk, pimiento and olives.

Do not have large meals nor so-called heavy foods in the evening if it can be avoided. They interfere seriously with sleep. This is one of the common mistakes made by most people, especially in city life. The evening meal should ordinarily be finished by seven, not begun at that time. If dinner is served in the evening, adults should take a walk or some similar exercise before retiring. Do not eat when hurried, irritable or nervously or physically tired.

SERVICE IN PEACE AND WAR

American Red Cross Plays Important Role In Vital Job of Maintaining Soldiers' Morale By Giving Aid in All Kinds of Emergencies

By General George C. Marshall

THE ARMED FORCES agree upon one factor that ranks high in the list of essentials for military personnel. And that is morale—that combination of zeal, spirit, hope, and confidence which spurs the soldier, airmen, sailor, marine or coast guardsman to give his best for his country, his service, and himself. The man who has it, whether in peace or war, is a match for a dozen without it.

The maintenance of good morale is a primary military responsibility. All commanding officers recognize the importance of such factors as pay, food, shelter, clothing, religious facilities, training, sanitation, medical care, proper discipline, leave of absence, recreation, and welfare activities. They recognize also another factor which, in my judgment, affects the serviceman's morale profoundly. That is the man's deep personal concern as to the well-being of his home folks.

And that is where the American Red Cross comes into the picture. Its importance to the well-being of the servicemen of our democracy was one of the compelling reasons for my leaving private life to

MARSHALL

Shortly after Gen. George C. Marshall was appointed head of the American Red Cross he made a personal nationwide tour of key local chapters to "look inside" the organization. The information he gathered during that inspection tour has been set down in this series of challenging articles. Watch for another report on the Red Cross by General Marshall next week.

assume leadership of this great organization.

A young married man, ordered to overseas duty, was aboard a transport about to sail when the Red Cross field director at the port received a wire from a Red Cross chapter in a distant city. It stated the man's wife had been rushed to a hospital, gave the doctor's diagnosis, and urged the man's immediate presence. The field director phoned the commanding officer of the replacement center.

The CO cleared with his post surgeon as to the seriousness of the diagnosis, had leave papers prepared, and approved a Red Cross loan for the trip home. But when the field director arrived at the dock, the ship's gangplank had already been drawn in and it seemed impossible to get the serviceman off. An alert crane operator on the dock offered to help, swung the long arm of his crane up over the rail, and lowered the man to the dock.

In another instance, a 20 year old soldier, seriously burned by an explosion, was flown from Japan



The good right arm that is making it possible for this patient in the veterans' hospital at Columbia, S. C., to answer the letters of the folks back home belongs to Mrs. Theo. Ravanel, Gray Lady chairman at the hospital for the Richland county Red Cross chapter.

Marshall on Red Cross Volunteers

"Volunteers—and we are very short of them—are the very life-blood of the Red Cross. They are the bases of all of its efforts. They work long hours. Usually their efforts are recognized only at the chapter level and not by the general public. Without ready volunteers, the Red Cross would be unable to perform the essential services it now provides for the people of America and to the world at large in some instances.

SEWING CIRCLE PATTERNS

Junior Glamour for Date Wear Pretty Dress-Bolero Ensemble



3037

11-18

TIERED SKIRT

A TINY waisted junior frock for parties and special dates. The tiered skirt is youthfully full, too puffed sleeve versions are provided. Try a small all-over printed fabric or rich solid tone.

Pattern No. 3037 comes in sizes 11, 12, 13, 14, 16 and 18. Size 12, 5½ yards of 35 or 39-inch.

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SUN CHARMER

THIS charming sun dress is delightfully easy to sew, comes in a wide range of sizes for women. Crisp contrast trims the dress top and is used to finish the brief collared jacket.

Pattern No. 8441 is a new-rite perforated pattern for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, dress, 3½ yards of 39-inch; bolero, 1½ yards, 1½ yards contrast.

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The Questions

1. Where do most of the men in the Navy sleep?
2. What do we call a native of Wales?
3. What is a meteorologist?
4. How can the President of the United States be removed from office?
5. Where are the Catskill Mountains located?

The Answers

1. In canvas hammocks.
2. A Welshman.
3. A weather prophet.
4. By successful impeachment proceedings only.
5. New York State.

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