



Appeal to Appetites With Novel Methods Of Food Preparation

IT ISN'T ALWAYS the elaborate meal that tastes the best, nor the most expensive food that makes the family call for more. When the



food, no matter what it may be, is cooked perfectly and served attractively, it's bound to please.

Certain foods should not be allowed to overcook, as they will lose their

appetite appeal because texture is destroyed. This is true of both fish and cheese, so popular in menus right now.

Fish is delicate and tender. To have it reach perfection, time its cooking to the minute. Then you'll have fish anyone can enjoy!

Cheese becomes stringy when cooked at too high temperatures. Cooked slowly and carefully, it's mouth-watering, creamy texture is preserved.

ADD A DELIGHTFUL garnish to foods if you find they aren't going over too well with the family and serve them as beautifully as you possibly can. You'll be surprised how much of a difference in their acceptance this little but thoughtful touch can make.

***Pan-Baked Perch (Serves 6)**

Place two one-pound packages of ocean perch fillets in a baking dish. Add salt and pepper to taste. Melt 1/2 cup butter and mix in 2 1/2 cups cracker crumbs. Cover the fillets with the butter-crumbs mixture. Sprinkle with chopped parsley, if desired. Bake 30 minutes in a moderate (350°) oven or until fish is done and the crumbs browned. Serve with pickled onions and beets.

HERE'S A RICH and spicy salmon casserole which will give you a complete meal when served with a fruit salad:

Spicy Salmon Casserole (Serves 4)

1 pound canned salmon
2 tablespoons butter
2 tablespoons flour
1 cup milk
1/2 cup catsup
1 teaspoon Worcestershire sauce
1/2 pound American cheese, grated
Toasted crackers

Flake the salmon and arrange in bottom or individual dishes. Melt butter in top of double boiler. Stir in flour and add milk. Cook slowly until smooth and slightly thickened. Add catsup, sauce and cheese; cook until cheese is melted. Arrange

toasted crackers around edge of baking dish. Heat thoroughly in a moderate (375°) oven for 20 minutes, or until cheese sauce bubbles. Serve at once.

OYSTERS have a rich mineral content and are especially delightful when prepared in this manner and served with rice:

Oysters Poquette (Serves 4)

1 pint oysters

Remove 10 choice tips about 2 1/2" long, split lengthwise and cook until tender; use for garnish. If using canned vegetable, set 10 tips aside, as above. Cut remainder of asparagus fine, cook until tender, then press through a coarse sieve. Measure puree and liquid; there should be about two cups. Melt butter, add onion and cook slightly. Add flour and blend, then add salt. Add milk, stirring constantly. Cook until smooth and thickened. Add puree. Just before serving, add grated cheese, stirring until melted. Add parsley and serve garnished with asparagus tips.

LYNN SAYS:
You Can Make Laundering Speedier and Easier

If you can't get to all the ironing after it's dampened, store in plastic cloth or cellophane bags in refrigerator to prevent mildew.

Lace tablecloths and bedspreads need no ironing if they are placed on a curtain stretcher for drying. They shape beautifully.

Never dry blankets in harsh sunlight. Shade is best for keeping their color as well as their texture as new as possible.

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Logical

The father lectured his young son on the evils of fistfuffs as a way of settling disputes.

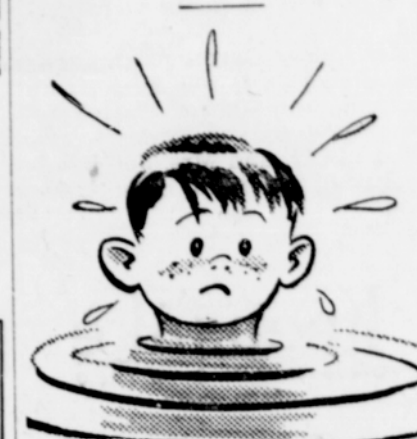
"Don't you know that when you grow up you can't use your fists to settle an argument?" the father began. "You must begin to use peaceful and amicable means of arriving at a decision. Try to reason things out. Try to discover by logic and evidence which is right, and abide by the right. Remember that might does not make right; though the strong may win over the weak, that still does not prove that the weak is wrong."

"I know, dad," said the boy kicking at the grass. "But this was different."

"Different? How different? What were you and Johnny arguing about that you had to fight over it?"

"Well, he said he could whip me and I said I could whip him, and there was only one way to find out which of us was right."

IN DEEP



Four-year-old Johnny came running into the house.

"Mumsey, do you know Jacky Brown's neck?"

His mother did not answer this apparently irrelevant question.

"Mumsey, I said—you know Jacky Brown's neck?"

"Well, yes," his mother capitulated. "I suppose I do know Jacky's neck. Why?"

"Well, just now he fell into the pond up to it."

Matter of Streets

Josephine was getting on in the twenties and she was beginning to despair of Pete's proposal.

He had been meeting at Hope Street for their dates for almost a year and a half. One night she suggested:

"We always meet on Hope Street, don't we?"

"That's right," he said.

"Well," she suggested slyly, "why don't we try Union Street for a change?"

SENSE OF VALUES

The mother went shopping with her small boy. In the store, the grocer invited sonny to help himself to a handful of cherries. But the boy seemed very backward.

"Don't you like cherries?" the grocer asked.

"Yes," said the boy.

The grocer put his hand in and dumped a generous portion into the little fellow's cap, which he promptly held out. Afterward his mother asked him why he had not taken the cherries when first invited.

"'Cause his hand was bigger'n mine," was the answer.

HE MEANT IT

She had insisted on taking along every garment she owned.

They arrived at the station loaded with baggage. "I wish," said the husband thoughtfully, "that we'd brought your piano."

"Now, let's not try to be funny," came the frigid reply. "I'm not trying to be funny," he sadly explained. "I left the tickets on it."

Contagious

Joe Stokes was telling his friend about the dream that his wife had the night before. "Yes," he chuckled. "She said she dreamt that she married a millionaire."

"Uh-huh," said the friend in an understanding tone, "my wife suffers from that delusion, too."

He'd Get It

Only an embittered and vengeful mind would have thought up anything like that. She was just angry enough to do it. She wrapped the engagement ring very carefully in wads of wadding, tucked it in the box, and addressed it to the one she had severed relations with.

Right next to the address she pasted a label upon which was inscribed in large red letters, "Glass—Handle With Care."

MIRROR Of Your MIND

Primary Grades Need Kindness

By Lawrence Gould



Do small children need picked teachers?

Answer: Yes. Teachers of preschool and primary grades should be chosen more carefully than any others, not so much for formal training as for kindly attitudes and well-adjusted personalities. To be separated from his mother for the first time is a real emotional shock for the small child, and if along with this he finds himself faced with an exacting, unsympathetic teacher, he may be too frightened to learn or make friends with other children and become what the uncomprehending teacher will call mischievous and lazy.



Does strict discipline help soldiers' morale?

Answer: No, says Dr. Joost A. M. Meerloo, Dutch psychiatrist with wide war experience, in his fascinating "Patterns of Panic." "Too strong discipline weakens morale," as witness the collapse of German resistance in the Tunisian campaign. "Rigid saluting, a too rigid drill, lack of humor,

lack of understanding from commanders do NOT prepare the soldiers for their fearful future task." Discipline based on fear masks mutual hostility between leaders and men, and tensions resulting from this tend to produce mutiny or panic.



Is shock treatment useful in depression?

Answer: Yes, writes Dr. William P. Beckman, Director of Mental Hygiene at the South Carolina State Hospital. The type of severe mental depression once called "melancholia"—especially when associated with the menopause in women or with involution in men—responds better to this treatment than to any other. It should be used in all such cases, with the patient staying in the hospital, unless there are complications like delusions or arteriosclerosis. Perhaps the shock satisfies the "need to suffer" that is characteristic of this illness.

LOOKING AT RELIGION

By DON MOORE



THE WORLD'S LARGEST BIBLE CARRYING THE WORDS OF THE LORD'S PRAYER IS IN CHICAGO. THE PAGES ARE 14 FEET ACROSS AND 9 FEET HIGH. THE BIBLE, CARVED OF STONE, WEIGHS 37 TONS.

ABOUT 1/2 THE PEOPLE OF RHODE ISLAND NOW BELONG TO THE ROMAN CATHOLIC CHURCH.

KEEPING HEALTHY Movements Assist Body Processes

By Dr. James W. Barton

NOW THAT PATIENTS who have undergone operation are allowed up on their feet the same day or a few days afterwards, we are all getting used to the idea of early rising after operation or illness.

The idea behind early rising and moving about the room within such a short time is to keep all the organs of the body—heart, lungs, organs of digestion and movement of wastes from the body—active. Not only do all the organs and body processes work better when we are up and around but we feel better mentally when we are a part of our surroundings instead of remaining motionless in bed.

As there are a number of cases in which it would be unwise, even unsafe, to have the patient up and around, a means was sought by which the patient could receive the benefit of motion or movement of his body without danger. Thus, in "The Journal of Medicine," New York, Drs. G. D. Whedon, J. E. Deitrick, and E. Short report their investigation as to the favorable influence of a specially designed oscillating bed on the body processes of individuals who had to remain in bed for long periods of time.

Three healthy young men were studied on a constant food intake before, during and after a five-week period lying motionless in plaster casts in oscillating beds. These three young men had all taken part in the immobilization experiment (on standard hospital or fixed beds) previously reported. Data on nitrogen, calcium, phosphorus, total sulfur, sodium and potassium balances, together with other measurements of interest, carried out under rigidly controlled conditions, are given in detail.

The results show that the oscillating bed may be useful in the management of disorders in which the individual has to lie motionless. Research workers on sleep state that a healthy individual moves his body from 30 to 50 times during a normal night's sleep. We can see that any movement of the body, whether we move ourselves or are moved, stimulates safe and healthful action of all the body processes.

HEALTH NOTES

The individual with a wide body and jovial disposition seldom suffers with peptic ulcer.

Cutting the vagus nerve gives relief from pain from cancer or ulcer of the stomach.

Getting rid of infection and acquiring calmness of spirit prevents many cases of high blood pressure.

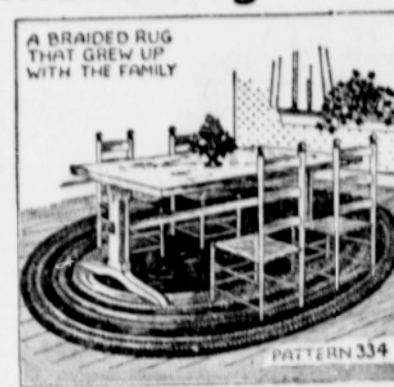
There has been a decrease of gall bladder ailments since women stopped wearing tight corsets.

The exact cause of Meniere's disease—dizziness, head noises, nausea—is unknown.

There are three types of feeble-mindedness—the idiot, the imbecile and the moron.

The Home Workshop

Make Rugs From Castoff Goods



Learn To Make Braided Rugs
BRAIDED rugs may be made from castoff clothing, and such materials as faded draperies, worn bedspreads and blankets, or from remnants and mill ends.

Pattern 334 shows many new as well as old tricks and gives modern dyeing and color harmonizing directions. Price of pattern is 25c. Order from:
WORKSHOP PATTERN SERVICE
Drawer 10
Bedford Hills, New York.

God helps those who help themselves. Uncle Sam is different; he helps anybody.

If you estimate it will take two days to paint a lattice fence, you should be able to do the job in about a week.

In many cases it is with an itching palm that a person slaps you on the back.

KIDS AND GROWNUPS CAN'T RESIST WHEN CRISP RICE KRISPIES DO THE COAXING!



2 convenient packages now: Regular and Large. CRISP, CRISPER, CRISPEST!

FOR A QUICK AND TASTY MEAL

Van Camp's

CHILI CON CARNE

with beans

Here is good eating and lots of it. Choose lean beef... plump, meaty red beans and a just-right sauce that is truly Mexican, yet not too hot. Like all Van Camp's fine foods, this delicious chili is ready to—

HEAT • EAT • ENJOY

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