

HOUSEHOLD MEMOS... by Lynn Chambers



Keep Vegetable Interest High
(See Recipes Below)

Vary Your Vegetables

VEGETABLES appear on the menu so often, homemakers often find themselves at a loss as to how variety may be introduced in their service.



If you're doing some baking, why not bake the vegetable, too? If your menu plans include a meal prepared on top of the range, why not pan-fry the vegetables, or make a sauce to add sparkle to them?

Sauces do excellent things to vegetables which you've been used to serving in the same, old, boiled way with just salt and pepper as seasonings.

Then, too, there are combinations of vegetables that can be pleasing, like lima beans with corn, carrots and parsnips, green pepper and onions with limas and zucchini squash with tomatoes.

Vegetables can be varied simply by their treatment: carrots in timbales, potatoes in pancakes, molded espagnols.

IF YOU'RE serving two vegetables, pick them for flavor and color contrasts, like this combination of potatoes and green beans:

*Green Beans, Butter Herb Sauce (Serves 6)

1½ pounds beans
¼ cup butter
½ cup finely minced onion
2 tablespoons minced parsley
½ teaspoon thyme
3 tablespoons lemon juice
1 teaspoon salt
¼ teaspoon paprika

Cook beans in boiling salted water until tender. Fry onions in melted butter until tender but not brown, about 5 minutes. Add remaining ingredients and pour over hot, cooked beans.

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Cheesed Potatoes
(Serves 6)
8 medium new potatoes
¼ cup butter
½ cup minced chives
1 teaspoon salt
¼ teaspoon paprika
½ cup grated American cheese

Cook potatoes in jackets; drain and return to low heat, for 2 to 3 minutes, shaking gently until they are hot and mealy. Turn into a hot serving dish. Meanwhile, melt butter, add minced chives, seasonings and cheese. Pour hot cheese mixture over potatoes. Sprinkle with extra chives and a dash of paprika.

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Baked Succotash
(Serves 8)
2 cups dried lima beans
4 cups water
2½ teaspoons salt
¼ cup dark molasses
½ teaspoon dry mustard
½ teaspoon black pepper
1 teaspoon Worcestershire sauce
2 tablespoons minced onion
1½ cups cooked (12-ounce can) whole kernel corn
4 strips bacon

Soak beans in water overnight. Add 1 teaspoon salt; bring to boiling point; simmer but do not boil about 45 minutes. Drain; save water

LYNN SAYS:
Here's How to Get Most out of Vegetables

Baking is one of the best methods for preserving vitamins and minerals in vegetables. Simple baking until the skin can be pierced easily with a fork works best on the following: potatoes, sweet potatoes, squash, turnips, carrots, onions and parsnips.

Many cooked vegetables when served the second time can be more palatable if sautéed in butter and bread crumbs.

LYNN CHAMBERS' MENU

Oven Barbecued Chicken
Corn Pudding *Green Beans,
Butter Herb Sauce
Cucumber-Tomato Salad
Blueberry Pie Beverage
*Recipe Given

and measure; add water from corn to make ¾ cup liquid. Mix liquid, molasses, mustard, Worcestershire sauce, onion, and remaining 1½ teaspoons salt. Combine beans and corn. Pour into a 2-quart bean pot or casserole dish. Arrange strips of bacon over top. Cover and bake in a moderately slow oven (325° F.) 1 hour. Uncover and bake 30 minutes.

Lima Bean Casserole
(Serves 6)
1 pound large lima beans
½ cup chopped green pepper
½ cup chopped onions
½ cup fat
3 tablespoons light corn syrup
1 can tomato soup
½ cup water

Soak clean beans several hours or overnight in water to cover. Simmer slowly until tender. Brown chopped peppers and onions in the fat and add the light corn syrup, tomato soup and half cup of water. Place drained limas in greased casserole and pour other mixture over them. Bake two hours in moderate oven.

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Potato Pancakes
(Serves 4-6)
6 medium-sized raw potatoes
2 tablespoons flour
2 eggs, beaten
1½ teaspoons salt
2 teaspoons melted fat
1 tablespoon milk
1 teaspoon grated onion
4 tablespoons fat

Pare potatoes. Grate. Add flour, eggs, salt, 2 teaspoons melted fat, milk and onion and mix well. Heat remaining fat in heavy frying pan. Drop tablespoons of potato mixture into it. Fry, turning to brown on both sides.

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Carrot Timbales
(Serves 6)
2 tablespoons shortening
2 tablespoons flour
¼ teaspoon salt
1 cup milk
5 large carrots, cut in pieces
2 tablespoons butter
2 cups soft bread cubes (¾-inch size)
3 eggs, slightly beaten
1 tablespoon chopped onion
1 tablespoon chopped parsley
½ teaspoon nutmeg
1½ teaspoons salt

Melt shortening in a small saucepan. Blend in flour and salt. Add milk and cook until thick. Clean and scrape carrots. Cut carrots in pieces and cook them in small amount of water until tender. Drain off remaining liquid. Add butter to carrots and mash them together. Combine mashed carrots and butter with bread cubes, beaten eggs, onion, parsley, nutmeg, salt and white sauce. Place mixture in 6 well-greased individual custard cups. Place cups in a shallow baking dish, partially filled with hot water. Bake in a moderate oven (350° F.) 35 minutes. Unmold and serve with sauce.

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To freshen vegetables and remove insects, soak bud head and fruit group vegetables in cold water to which salt has been added. Yellow vegetables are among the most stable as to color and vitamin content. Use them often to get Vitamin A which will help you resist infections.

Cream sauce, either plain or with cheese added, will glorify many a vegetable when it's served as a leftover. Use this idea, too, when combining two small amounts of leftover vegetables.

SPORTSMAN'S HORIZON

By JIM RHODY

New Duck Stamp

A PICTURE of two trumpeter swans flying over Red Rock Lakes National Wildlife Refuge in Montana was chosen in January for the 17th duck stamp in the U.S. Fish and Wildlife Service's annual duck stamp competition in Washington, D.C. The artist of the winning design is Walter A. Weber, of Washington, D.C.

Walter Weber is the first former duck stamp artist to win the competition a second time. His first design was used for the 1944-45 duck stamp. That design showed three white-fronted geese. This year's winner—of trumpeter swans—is the first design to show a species of waterfowl completely protected by law. There were only 73 trumpeters in the U.S. in 1935, and they were thought to be approaching extinction. Under the protection of the Fish and Wildlife Service—principally at Red Rock Lake Refuge—the swans have reached a population of 451 in 1949.

Runner-up in the competition was A. H. Shortt, of St. Vital, Manitoba, Canada. Mr. Shortt's picture of two blue-winged teal marks the first time that an artist from outside the U.S. has entered the competition. Receiving honorable mention was J. Laurence Murray, of Compton, California, with his picture of three pintail ducks.

A total of 68 designs were sent in by 65 contestants. Of these, a number were from children, and at least a dozen were from women. Only a few women have submitted entries in former competitions. Twenty-five states, the District of Columbia, and Canada were represented among the entries.

Measuring Up



Commodore Ralph Hackney, of the Atlantic City Tuna Club, finds that even a six-foot rule is too short to do justice to his fish. The tuna measured 8 feet, 6 inches from nose to tail. It weighed 612 pounds and was the first big prize catch of the 1950 tuna season in Atlantic City.

Yellow Perch Run Deep

While most pan fish prefer the shallows, yellow perch in particular are hardy adventurers. They explore the deepest areas of lakes, especially the spring-holes in the summer months, and have been caught at depths of 100 feet.

On bright sunny days it is fun to watch a school of perch or sunfish huddle in the shade of your boat, swim leisurely around the worm-covered hook, and then see a fish grab the wriggling end of the bait. As the energetic fellow is played, his schoolmates scamper off in every direction.

In the evenings, an hour or two before sundown, it is best to anchor a few yards from a rocky shore and cast the worm into the deeper water bordering the rocks. Pan fish are generally sharp-eyed and will see your lure from a considerable distance away. A timely twitch of the bait, however, is helpful in gaining attention.

In streams, or while evening fishing on lakes, tiny minnows often make good bait. They should be allowed to move about freely in quiet areas near the bottom.

Tips To Anglers

Too many anglers miss the enjoyment of tasting the result of a pleasant day of fishing. Stones make a good cook stove. Take two large flat stones and four smaller ones. Use the four smaller stones as supports for one of the larger ones and lay the other large one on the ground. Build a fire around the stones which should be heated until quite hot. Permit the fire to die down, clean out coals and ashes and slip the fish inside the unit.

Farm Topics

Practical Farmers Anticipate Science

Many Fed Milk Product Long Before Vitamin B12

Practical dirt farmers, with little knowledge of nutritional theories, may prove to have again anticipated the latest findings of research scientists who have been turning their attention to hog and poultry rations.

About a year ago, when discovery of the growth promoting vitamin B12 created a stir in feed and farm circles, many farm editors were quick to point out that practical



Many practical dirt farmers in the United States fed skim milk and milk products long before they ever heard of vitamin B12. Above a farmer feeds skim milk.

farmers who fed milk and milk products to hogs and poultry had actually anticipated the scientists.

Because, after the new vitamin was first isolated from liver extracts, it was found that milk and milk-by-products, like skim milk and buttermilk, are particularly good natural sources of this growth vitamin. Generations of farmers, who had never heard of vitamin B12, had taken advantage of its growth promoting values when they fed milk and milk products.

Now research scientists have been testing the effect of "wonder drugs" in animal feeding. They have reported startling growth gains when streptomycin and aureomycin are added to hog and poultry rations. There are indications that farm editors have another opportunity to point out that practical farmers anticipated the scientists in this case too.

Not that there is any indication that milk or milk-by-products actually contain these wonder drugs, but it appears that to some extent, they have a similar effect.

War to Have Strong Influence on Markets

L. H. Simerl of the University of Illinois predicts unsettled markets during the months ahead. He gives four reasons:

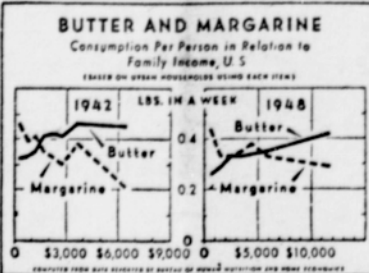
First, the all-important corn crop is made largely during July and August. Yield depends mainly on rainfall and borer damage.

Second, military operations always have a strong influence on market activities.

Third, needs for price control and rationing will be discussed by the public and probably debated in congress.

Fourth, even before recent international developments, many people had little confidence in prevailing price levels. Now most people are even more uncertain about probable price behavior.

Margarine Tax



Repeal of taxes on colored margarine July 1 is expected to increase consumption of that product. Whether this will decrease butter consumption still is unknown. Most of the increase in margarine consumption between 1942 and 1948 was the result of more families using it rather than increased consumption per family.

U.S. Steel Lists Farm Tools in Top Category

Steel products for use in agriculture are listed by U. S. Steel as one of its eight major manufacturing categories.

Among the company's products, as pointed out in the annual 1949 report, are carbon and alloy bars, shapes, plates, sheet and strip, pipe and tubing for agricultural machinery, grain bins, brooder houses, wire, gates, and formed roofing and siding sheet among others.

SEWING CIRCLE PATTERNS

Just One Yard for This Apron School Frock Has Button Trim



Bib Style

A HANDY bib style apron that's so easy to sew and it requires just one yard of fabric in the smaller sizes. Use work basket scraps for the gay pocket.

Pattern No. 8602 is a new-style perforated pattern for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36, 1 yard of 39-inch fabric. Send 25 cents today for your copy of the Fall and Winter STYLIST. It's filled with ideas for a smart winter wardrobe; free pattern printed inside the book.

When you want bread crumbs to use for frying, put stale slices of bread through the meat grinder and mix the crumbs with equal parts of flour. In grinding the bread crumbs, you can avoid a lot of mess if, instead of catching them in a bowl as they come out, you tie a paper bag securely over the end of the grinder.

If you have trouble getting the shell to separate from hard-boiled eggs, run cold water over the eggs as soon as you take them out of the boiling water.

Waxed cardboard milk containers, washed and thoroughly dried, make handy receptacles for bread crumbs. Especially if you give the outside of the carton a coat of paint to make it last longer and look better.

To improve the flavor of roast lamb and get rid of that "sheepish" taste, pour molasses over the meat while it's roasting.

Vinegar in the water used to boil or poach eggs will keep the eggs firm. Also, in the case of an aluminum pot, the vinegar will help to prevent the pot from turning color.

Light, high, fluffy omelettes can be managed if you beat the whites and the yolks separately. Mix them together just before you put the eggs in the skillet, and the large amount of air in the mixture will bring about the desired result.

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What cigarette do doctors themselves smoke?



Three nationally known independent research organizations put the question to 113,597 doctors. Doctors in every field of medicine were asked, "What cigarette do you smoke, Doctor?" The answers from this nationwide survey revealed that

MORE DOCTORS SMOKE CAMELS
than any other cigarette!

JUST ONE YARD

Improvement
"Why did you stop singing in the choir, Thomas?"
"Well, one Sunday I was sick and didn't sing, and a lot of people asked if the organ had been fixed."

Gun Is Faster

A New Jersey man, who is one of those auto cowboys, crashed through a red light at a busy intersection in New York City. The officer on duty waved the driver to a stop, stepped up to the car and handed him his revolver. "Hey, Bud," he said, "use this. It's quicker."

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PLASTI-LINER COMPANY, Buffalo 11, New York

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DOAN'S PILLS

As we get older, strain, over-exertion, excessive smoking or exposure to cold sometimes slows down kidney function. This may lead many folks to complain of sagging backache, loss of pep and energy, headaches and dizziness. Getting up nights or frequent passages may result from minor bladder irritations due to cold, dampness or dietary indiscretions.

If your discomforts are due to these causes, don't wait, try Doan's Pills, a mild diuretic. Used successfully by millions for over 50 years. While these symptoms may often otherwise occur, it's amazing how many times Doan's give happy relief—help the 15 miles of kidney tubes and filters flush out waste. Get Doan's Pills today!

DOAN'S PILLS