



# HERE COMES THE BAND

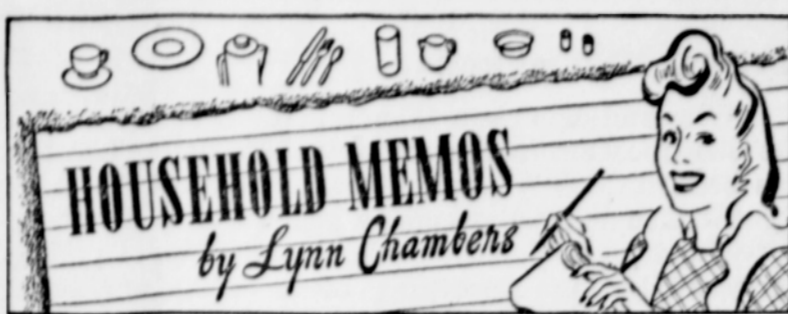
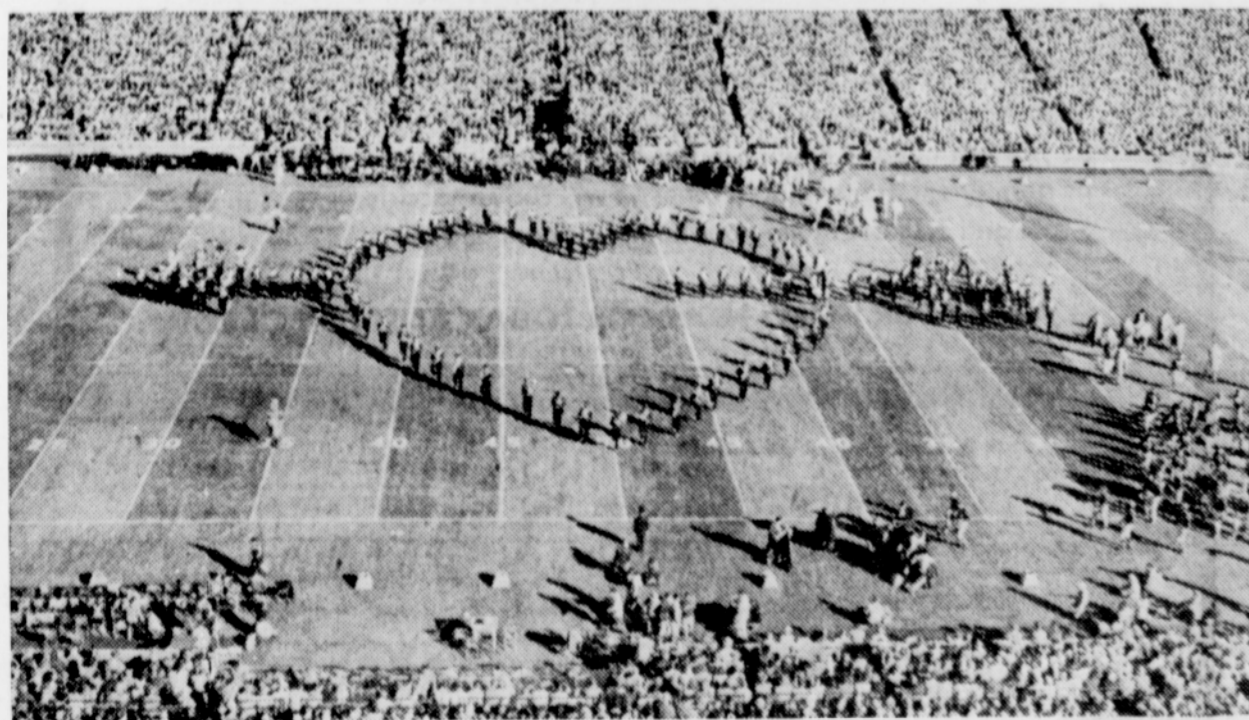
No matter what happens to the local football team on any Saturday afternoon this fall, one organization on the field is sure to come out on the right end of the score. That will be the band. A college bandsman is made, not born. His career usually starts in a grade-school class, like the one above, where he learns to play his instrument as part of his regular school work. By the time he reaches college age he is usually a good musician. At right a clarinetist and an oboist, members of the University of Michigan band, practice for a concert. The girl is a member of the school's concert band but not the marching unit.



## weekly Picture story

Today's college bands are big enterprises, often surpassing in manpower and equipment the football teams they consort with. But larger still are the concert bands. At left two members of the University of Michigan band go over the score for a performance. Football games draw much of their color and showmanship from the marching bands.

All is not music and marching for the college band. Trips with the football team are high points of their school year. At right the Michigan band attends a banquet in Chicago, puts on pseudo Northwestern helmets and joins in pre-game jibes at the morrow's gridiron opponent. Precision marching and thrilling formations go along with the stirring music of the college band in hundreds of college stadia every autumn week-end. Below the Michigan band denotes that love is in the air with an arrow-pierced heart. It is accuracy and timing like this that will provide half-time entertainment at games this fall.



### Help Family Health By Fortifying Meals With Nourishing Milk

AS EVERY MOTHER knows, children go through spells when they will not drink their quota of a quart of milk each day. It's smart of her at these times, especially, to get milk into foods that will be eaten. Since desserts are bound to appeal to the youngsters, make them extra nutritious with milk. If you're budget-conscious, you may use nonfat dry milk which has only water and fat removed, and all calcium, protein, riboflavin and lactose left in. If your source of fluid milk is readily available, there are many ways in which to use this in the diet, especially in milk desserts.

HERE'S A LEMON Fluff Pudding which gives you just the right milk-rich dessert you want for a hearty meal. Served with a creamy custard sauce, you'll have no problem serving seconds.

**\*Lemon Fluff Pudding (Serves 6-8)**  
1 tablespoon unflavored gelatin  
1/4 cup cold water  
1 cup boiling water  
1/2 cup sugar  
1/4 teaspoon salt  
1/2 cup lemon juice  
1/2 cup nonfat dry milk  
1/2 cup water

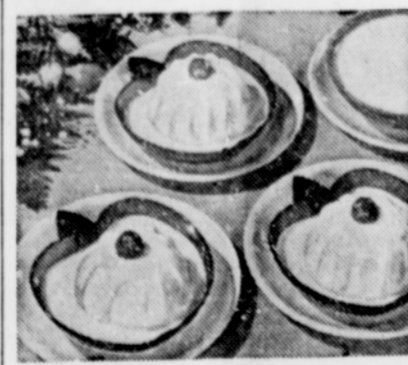
Soften gelatin in cold water for 5 minutes. Pour boiling water over softened gelatin; stir until dissolved. Mix in sugar and salt; stir until dissolved. Stir in lemon juice. Chill until mixture begins to thicken. Meanwhile, sprinkle nonfat dry milk over water and beat with rotary beater until stiff, about 10 minutes. Beat thickened gelatin mixture until frothy, about 1 minute. Fold in nonfat dry milk and beat until well-blended and fluffy, about 1 minute. Pour into individual molds or 1 1/2 quart mold. Chill in refrigerator until firm. Unmold and serve with Custard Sauce.

**\*Custard Sauce (Makes 1 1/2 cups)**  
6 tablespoons nonfat dry milk  
1 1/2 cups water  
2 eggs, slightly beaten  
3 tablespoons sugar  
1/4 teaspoon salt  
1 teaspoon vanilla

Sprinkle nonfat dry milk over water. Beat with rotary beater until just dissolved. Heat to scalding in double boiler. Combine eggs, sugar and salt. Stir scalded milk slowly into egg mixture. Return to top of double boiler. Cook over hot, not boiling, water, stirring constantly until mixture thickens and coats a silver spoon. Pour at once in bowl and cool quickly. Stir in vanilla. Chill until ready to use.

HOW NOURISHING and delicious is bread pudding, and how easy to bake right along with an oven dinner. Try yours with Lemon or Butterscotch sauce for a real treat in good, nourishing eating.

**Raisin Bread Pudding (Serves 5)**  
6 slices toasted white bread  
3 tablespoons butter  
1/2 cup raisins



Light, fluffy and delicious is this lemon fluff pudding made with nonfat dry milk which gives you a simple way of fortifying meals with milk which is occasionally not consumed in sufficient quantity as a beverage.

LYNN SAYS: Add Magic to Meat With these Seasonings. No time to make meat loaf? Pack two cans of corned beef hash into a square pan, made indentations for peach halves, top with the peaches filling their centers with chili sauce. Bake in a moderate oven for 45 minutes. Skewer nuggets of leftover ham or luncheon meat on sticks with pineapple chunks and banana circles. Drizzle with barbecue sauce and broil for a delicious luncheon.



Few would turn down a luscious dessert like Spiced Cottage Custard fortified with not only milk but also cottage cheese and cleverly flavored with lemon, vanilla, cinnamon and apricots. Swirls of meringue add a festive touch.

**LYNN CHAMBERS' MENU**  
Creamed Salmon in Noodle Ring  
Silvered Green Beans with Carrots  
Fresh Green Salad Bowl  
Cornbread Sticks  
\*Lemon Fluff Pudding  
\*Custard Sauce  
Beverage  
\*Recipe Given

1/2 teaspoon nutmeg  
3 eggs  
1/2 cup sugar  
1/4 teaspoon salt  
3 cups milk

Spread each slice of toast with butter. Arrange in shallow baking dish. Sprinkle with raisins and nutmeg. Beat eggs slightly, then stir in sugar, salt and milk. Pour over toast slices. Let stand 10 minutes, pressing toast down occasionally to absorb milk. Bake in a moderately slow (325° F.) oven for 45 to 50 minutes or until top is golden brown and custard is set. Serve with sauce.

**Butterscotch Sauce (Makes 1 cup)**  
1 cup brown sugar, firmly packed  
1/2 cup corn syrup  
2 tablespoons water  
1 tablespoon butter  
1/2 teaspoon vanilla  
1/4 cup cream

Combine all ingredients except vanilla and cream and cook to soft ball stage (235° F.). Do not stir. Remove from heat; add vanilla. Cool and add cream gradually.

**SPICED COTTAGE custard** is appealing to look at and good to eat with its cottage cheese, apricots and meringue topping.

**Spiced Cottage Custard (Serves 6)**  
2 cups milk  
3 eggs  
6 tablespoons sugar  
1 cup sieved cottage cheese  
1/4 teaspoon salt  
1 teaspoon grated lemon rind  
1 teaspoon vanilla  
1/2 teaspoon cinnamon  
Cooked, drained apricot halves.

Heat milk in top of double boiler. Beat 2 eggs and 1 yolk, reserving extra white for meringue. Add 1/4 cup (4 tablespoons) sugar, cheese, salt, lemon rind, vanilla and cinnamon, stirring to blend. Slowly add hot milk, while stirring. Place 2 or 3 apricot halves in each of 6 buttered custard cups and pour custard over them. Place in a pan of warm water and bake in a slow (300° F.) oven for 35 to 40 minutes or until custards are completely set and lightly browned.

Beat egg white until stiff and add remaining 2 tablespoons sugar, slowly, beating after each addition. Top each custard with meringue and place in broiler for about 3 minutes or until meringues are lightly browned.

**Maple Custard (Serves 10)**  
4 eggs, separated  
1/2 cup maple syrup  
1 tall can evaporated milk  
1/2 cup water  
1 teaspoon vanilla  
1/4 teaspoon salt

Beat egg yolks with maple syrup. Add evaporated milk, water and vanilla. Stir until mixed well. Beat egg whites with salt until stiff and fold into custard. Pour into individual cups and place in a pan of hot water. Bake in a slow (325° F.) oven for about 45 minutes until custard is set.

Try these hearty open-faced sandwiches for lunch: spread baked beans on buns or bread, top with a thin film of chili sauce and a strip or two of bacon. Broil until bacon is crisp. Serve with cole slaw.

Processed cheese melts quickly in the double boiler if a little milk is added, and can be used as a rarebit. Top roast or rusk with the rarebit and serve with small slices of smoked butt or Canadian bacon which are pan-broiling as the cheese melts.

### This Shirtwaist Style Is Perennially Popular



THE MOST popular style season after season—the carefully tailored shirtwaist dress that flatters every size. Button trimmed pockets are optional.

Well Tailored

Pattern No. 8525 is a sew-rite perforated pattern in sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, short sleeve, 4 1/2 yards of 39-inch.

**SEWING CIRCLE PATTERN DEPT.**  
536 South Wells St., Chicago 7, Ill.  
Enclose 25 cents in coins for each pattern desired.

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### Household Hints

The name, "Journeyman Painter" comes from the painters who, at the time of the Renaissance, journeyed from country to country with their brushes, palettes, and secretly blended paints. In today's parlance, a journeyman painter is one who has had at least three years' experience and schooling as an apprentice.

To add to the eye appeal of gravy when it isn't brown enough, add a little leftover coffee.

### SPEEDY LONG-LASTING relief for RHEUMATISM ACHES-PAINS

Don't 'dose' yourself. Rub the aching part well with **MUSTEROLE**. Its great pain-relieving medication speeds fresh blood to the painful area, bringing amazing relief. If pain is intense—buy Extra Strong **MUSTEROLE**. **RUB ON! MUSTEROLE.**

### IF YOU CAN'T GAIN WEIGHT

If you are skinny, thin, underweight, due to no organic cause, read these facts. To help you gain weight—nature usually requires two things. One—a good hearty appetite. Second—better digestion to change food into flesh. Thousands who recognize these medical facts have tried a great medicine—developed by a doctor—often with amazing results. It's Dr. Pierce's Golden Medical Discovery. Instantly, it starts its wonderful stomachic tonic action. First, makes you really want to eat. Second, helps you get more good out of food... helps turn it into pounds of added flesh. Try it. Get Dr. Pierce's Golden Medical Discovery today. Recommended by druggists everywhere. (Cut this ad out—it means extra pounds.)



### 38% brighter teeth

When you thicken gravy with flour, you can avoid lumpiness by mixing a little cornstarch with the flour.



**CLABBER GIRL** THE BAKING POWDER WITH THE Balanced DOUBLE ACTION

### IF PETER PAIN KNOTS YOU UP WITH Muscle Aches



FOR FAST RELIEF, rub in Ben-Gay. Contains up to 2 1/2 times more of those two famous pain-relieving agents, methyl salicylate and menthol, than five other widely offered rub-ins! Also for Pain due to RHEUMATISM, NEURALGIA, HEADACHES and COLDS. Ask for Mild Ben-Gay for Children.

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