



Keep Food Budget Down by Serving Lower-Priced Meats

IF YOU HAVE to shake your head sadly at the high price of food, remember that you can help trim the costs by serving some of the lower-priced cuts of meat.

Naturally there are many kitchen economies that can be practiced to help keep the food budget trimmed, if not exactly slender, such as using foods in season and wisely serving leftovers. But higher priced meats add to the cost of the table set more, probably, than any other single item.

As long as your meals remain savory and nutritious, the family will not mind eating less expensive meats.

Pork is economical and gives plenty of good eating. Here's a dish all under one lid that's bound to please:

Pork Skillet Supper
(Serves 6)

- 6 shoulder pork chops
 - 2 tablespoons chopped onion
 - 1 green pepper, sliced in rings
 - 1/2 cup rice
 - 1 No. 2 can (2 1/2 cups) tomatoes
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
- Brown chops in small amount of hot fat. Pour off extra fat and save for later use. Add onion and green pepper; sprinkle rice around the chops. Add tomatoes. Season with salt and pepper. Cover and cook over low heat until chops are tender, about 1 hour. Remove chops and arrange on a warm platter. Fill center with rice mixture.

Use one-half pound of meat and extend it with macaroni for this hearty dish that's flavorful, as well as economical:

Meat-Macaroni Casserole
(Serves 4-6)

- 3 cups elbow macaroni
- 1/2 pound lean beef, diced
- 1 tablespoon fat
- 1 clove garlic
- 1 onion, sliced
- 4 tomatoes, diced or 2 cups canned tomatoes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon chili powder
- 1/2 cup sliced, stuffed olives
- 1/2 cup grated cheese

Heat fat in heavy saucepan or skillet and brown

thoroughly. Add garlic, onion, tomatoes, salt and pepper and cook about half an hour or until a nice sauce is formed. In the meantime, cook the macaroni in boiling, salted water until tender. Drain. Layer in a greased casserole the macaroni, cheese, olives and meat sauce, having the meat sauce on the top layer. Bake in a moderately hot (375° F.) oven for 45 minutes.

The last of the pot roast or roast beef can be used in this delicious puff for a nourishing supper:

Beef Puff
(Serves 4)

- 3 cups diced leftover beef roast
- 1 medium onion, finely chopped
- 2 cups hot, mashed potatoes
- 1 tablespoon fresh horseradish
- 2 teaspoons salt
- Few grains cayenne



Hearty servings of corned beef hash with golden pineapple slices make mighty fine eating for cold evenings. Serve on the same platter with the hash some cooked wedges of cabbage with mustard sauce for a really old-fashioned meal prepared in the quick, modern manner.

LYNN SAYS: Please Family Palates With New Flavor Tricks

Mixed fruit cups make a wonderful dessert with some simple cookies on those busy days. Sliced bananas with cubed pineapple and dark cherries or grapes are colorful and delicious.

Another mixed fruit combination which takes honors includes grapefruit sections with bananas tinted a delicate pink with some maraschino cherry juice and a few of the cherries for color.



Any cook would be proud to serve this meal, but it doesn't take any time at all to prepare. Colorful green peppers are stuffed with well-seasoned corn served with pan-browned Vienna sausages and parsley buttered potatoes. Canned foods from the pantry shelf cut preparation time for this budget dinner.

LYNN CHAMBERS' MENU

- Chicken Broth
- *Stuffed Ham Slice
- Buttered Peas and Carrots
- Hot Muffins
- Jellied Cranberry Salad
- Devils' Food Cake
- Beverage

*Recipe Given

- 1/2 cup milk
- 1 egg, beaten
- 1/2 cup shredded cheese
- 1 tablespoon butter

Combine onion, potatoes, horse-radish, salt and cayenne. Combine milk with egg, then fold into potato mixture. Fold in diced beef. Turn into a 2-quart casserole. Dot with butter. Bake in a moderately hot (400° F.) oven for 25 minutes. Serve hot.

Ham slices extended with a savory fruit stuffing will make a memorable meal without putting the budget out of line:

***Stuffed Ham Slices**
(Serves 6)

- 2 ham slices, cut 1/2 inch thick
- 3 cups soft bread crumbs
- 1/2 cup seedless raisins
- 1/2 cup orange juice
- 1 cup diced apples
- 1/2 cup melted ham or bacon drippings
- 4 tablespoons sugar

Combine bread crumbs, raisins, orange juice, apples, drippings and sugar and mix lightly.

Spread one ham slice with a thick layer of stuffing. Place second ham slice on top. Put wooden toothpicks through one slice into the second one to hold slices together, sandwich fashion. Spread surface of top slice with brown sugar and stick with whole cloves. Place in rack in open roasting pan in a slow (300° F.) oven for 1 1/4 hours.

Corned Beef-Cabbage Supper
(Serves 4)

- 1 1-pound can corned beef hash
- 4 slices drained, canned pineapple
- Hot cooked cabbage wedges
- Mustard sauce

Open hash can from both ends and push contents out in one piece. Cut in four slices. Rough the top of each patty with the tines of a fork. Arrange hash slices on pineapple slices in a shallow pan. Bake in a moderate (350° F.) oven for about 20 minutes. Serve with wedges of cabbage, topped with hot mustard sauce; add 2 tablespoons prepared mustard and 1/4 teaspoon each of Worcestershire sauce and grated onion to one cup seasoned medium white sauce.

Vegetable-Sausage Platter
(Serves 4)

- 4 green peppers
- 1 7-ounce can whole kernel corn
- Salt, pepper and butter
- 1 No. 2 can small white potatoes
- Parsley butter
- 2 cans Vienna sausage

Cut off stem ends of pepper and remove seeds. Parboil until almost tender; drain. Season corn with salt, pepper and butter; fill peppers. Place in greased baking dish and bake in a moderate (350° F.) oven about 20 minutes. Heat potatoes and drain; dress with parsley butter. Arrange on platter with sausages which have been pan-browned and heated in butter.

Mix together some tart applesauce with mint jelly and serve with lamb for a wonderful relish.

You've heard of rice and chicken? Well, cook the rice and then without rinsing put into a shallow pan and let chill. Cut into squares, place on a greased shallow pan and dot with butter. Broil or bake and serve topped with creamed chicken.

Several canned soups can make one delicious one fit enough for guests. Heat together equal amounts of consommé or bouillon, chicken broth and tomato juice.

Business

Good in Small Towns
CHICAGO, Ill.—According to a recent survey, business in small towns during the past Christmas season was generally good, about 10 per cent better than last year by some estimates.

The hardware business boomed. Good gifts of utility, like tables and stoves moved well. Electrical appliances moved par-or-better. A little of everything went off the sporting goods shelves. More toboggans, skis, footballs and basketballs than last year were given. Furniture was very close to last year, but not up to the peak of 1947-48.

The cash register rang more often, but sales were not so big, was the general opinion. Shoppers were buying smaller practical gifts for cash. Credit buying, in most communities, was at a minimum.

Town Uses Resources To Build Industry For Slack Times

BRULE, Wis.—The village of Brule is the home of a new industry that appears to have a great future.

N. H. Adams of Minong, who had specialized in making and distributing evergreen garlands and roping, decided that Brule, because of its location, would be an ideal area for making Christmas wreaths. He took his idea to Brule and found a ready response.

Each day last year, from October 29 until Christmas, 24 women assembled in the community hall to fashion wreaths from balsam boughs under Adams' direction.

Adams reported wreath making took on the aspect of an old-time quilting bee. It enlivened the social life of the community which ordinarily slows down after the bustling tourist season. It also gave the town a new source of income.

Men, too, had a big part in the venture. They hauled in truckloads of boughs from their farms, receiving 2 cents a pound for them.

One man, however, worked in the main hall with the women. He was genial Wilbert Rann, who kept a warm fire going, carried boughs to the work tables and made the basic wires for the wreaths.

The industry was not set up on an assembly line basis. Each woman began and completed an individual wreath. The average production was five wreaths an hour. About 500 were completed each day.

The finished wreaths were hauled to Minong at the end of each day where they were packed for shipment to the far flung markets. One of the markets was a large grocery chain which ordered 6,000 for decorating store windows during the Yule season.

The Brule industry turned out over 12,000 wreaths last season. The workers selected hours most suitable for their home life. The schedules, however, had to fit in with the available working space in the hall.

Miss Lenore L. Landry, Douglas county home agent, described the enterprise as a "profitable small industry in the heart of the evergreen country, making good use of one of the many resources of the county."

Arkansas and Missouri communities got into the wreath making act, too. Cones which were wired on most of the wreaths in clusters of three were imported from those states.

Small Town Banker Sponsors Beef Special

AUDUBON, Iowa—A banker's idea to sell the world on Audubon county cattle has paid off in the form of 50 carloads sent to Chicago aboard the "Audubon Beef Special." The idea also paid off in publicity for the community and financial return.

Vice President A. A. Kruse of the First State bank of Audubon was the man who felt the nation ought to know that Audubon raises "some of the world's best beef." And it was largely through Kruse's efforts that his idea reached reality.

Originally he planned to begin the "Beef Special" in 1952. Then he decided there is no time like the present and decided to run the train in 1951.

He arranged with the Chicago and Northwestern railway for 30 cars for Audubon cattle. Before the project was through snowballing, Kruse had to ask for 20 more cars to hold the flood of 1,050 Audubon steers.

Thirty-two Audubon cattlemen supplied the beef. Kruse's bank furnished food for the 60-man party which boarded the special for Chicago. The bank even furnished a chef. One of its employees cooked for the group on the way to Chicago. In the big city the bank entertained all 60 at a special banquet.

Publicity-wise the trip was an overwhelming success for the banker and the community he was working for. Radio station and Chicago papers carried stories about the "Beef Special."

Financially it was a success, too. One load of 21 Angus steers brought the top price of 38 1/4 cents a pound and paid at the stockyards that day.

But Banker Kruse is not a man to rest on his laurels. Already he is planning next year's "Beef Special."



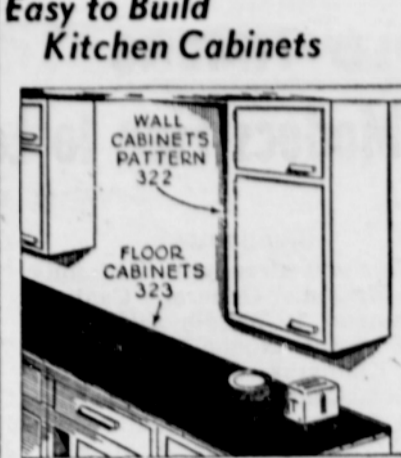
Now You Know

The barn owl is often called "the feathered cat" because it is a great foe to mice. . . . The black bear has the peculiar habit of treading in the same path, which becomes in time an easily recognizable trail, often leading to its destruction. . . . Fires take a terrific toll in green and growing forests. This year forest fires in the nation probably will burn over an area as large as the State of Indiana and destroy the potential lumber for at least eighty-six thousand one-family houses. In the average year forest fires in the United States burn timberland at the rate of seventy thousand acres a day, destroying enough potential newsprint to publish every newspaper in the country for a twelve month period. . . . The young dolphin is about one-fourth the size of its parent when born. . . . The polar bear is an exceedingly strong swimmer, having been known to cross a strait 40 miles wide. . . . The goat-sucker, or nightjar, is a bird around which a number of old legends have been woven. The ancients believed it sucked goats at night, that the goats immediately "dried up" and lost their sight. . . . The narwhal is called the sea unicorn because of the long, spiral and tapered tusk that grows from its upper jaw. This is sometimes as long as ten feet. Its purpose has never been determined. Ironically, the tusk is often fashioned into a harpoon used in the hunting of these sea animals. . . . In laying in its supply of food for the winter, the chipping squirrel, or hickiee, always carries four nuts in the pouches of its jaws on each journey to its storehouse. . . . The yak's white bushy tail is in great demand for various ornamental purposes. Mounted in a silver handle it is used as a fly-flapper in India and is called a chowrie. . . . In Australia the bald eagle will follow white men hunting kangaroos, hoping for the refuse from the kill. It will pay no attention to the black natives hunting the same animal, as it knows the black native will make personal use of all portions of the prey. . . . The cuckoo, which places its eggs in the nests of other and smaller birds, does this through necessity. The largest of the insectivorous birds, it requires a large quantity of food, keeping it constantly on the search. If it sat on its eggs, it could not obtain this food; if it left its eggs, they would become chilled. . . . Dispersion of young spiders is accomplished by "ballooning." The young spiders throw out streams of silk and rise on warm currents of ascending air. They rise as high as 14,000 feet or better and travel hundreds and even thousands of miles. . . . Although the lion is called the "King of the Beasts" he is not the largest, strongest or even the bravest member of the animal world. . . . The number of rattles on the end of a rattlesnake's tail does not indicate the age of the snake as is commonly believed. A new rattle is formed each time the snake sheds its skin.

Easy to Build Kitchen Cabinets

THESE kitchen cabinets have many special features such as graduated shelves for dishes of different sizes, tray slot and partitioned drawers. Build them yourself or save hours of a carpenter's time with patterns 322 and 323. Price of patterns is 25c each.

WORKSHOP PATTERN SERVICE
Drawer 19
Bedford Hills, New York



These kitchen cabinets have many special features such as graduated shelves for dishes of different sizes, tray slot and partitioned drawers. Build them yourself or save hours of a carpenter's time with patterns 322 and 323. Price of patterns is 25c each.

WORKSHOP PATTERN SERVICE
Drawer 19
Bedford Hills, New York

Sinus Trouble Aided Star to Radio Fame

Sinus trouble is not usually a stepping stone to success, but it was in the case of radio's fabulous "Lonesome Gal."

Jean King had been a smash hit over Dayton's WING for two years as the purveyor of a frankly sentimental style designed to appeal to lonesome listeners. She acquired a large listening audience with a honey-voiced approach that goes something like this:

"Hi, baby. This is your Lonesome Gal who loves you better than anyone else in the whole world. . . . Gee, I missed you over the weekend. . . ."

But after two years in the east, Jean's sinuses were taking a beating from the weather and she packed up and headed for Hollywood. Although stations there were skeptical about her possibilities, she "packaged" her shows by tape recording for subscribing sponsors and then put it on KHJ, Los Angeles. It was then heard on four stations and grossed \$185 a week. Today, it has more than 50 outlets in major cities in the U.S. and Canada and stands to gross a cool \$150,000 to \$200,000 in 1951!

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Here's the secret millions of folks have discovered about FEEN-A-MINT, the modern chewing-gum laxative. Yes, here is why FEEN-A-MINT's action is so wonderfully different! Doctors say that many other laxatives start their "flushing" action too soon. . . . right in the stomach where food is being digested. Large doses of such laxatives upset digestion, flush away nourishing food you need for health and energy. You feel weak, worn out. . . . But gentle FEEN-A-MINT, taken as recommended, works chiefly in the lower bowel where it removes mostly waste, not food! You avoid that typical weak, tired, run-down feeling. Use FEEN-A-MINT and feel your "peppy," energetic self—full of life! Get FEEN-A-MINT! No increase in price—still 25c, 50c or only 10c.

FEEN-A-MINT
FAMOUS CHEWING-GUM LAXATIVE

Save Money On This Home Mixed Cough Syrup

Big Saving. No Cooking. So Easy. You'll be surprised how quickly and easily you can relieve coughs due to colds, when you try this splendid recipe. It gives you about four times as much cough medicine for your money, and you'll find it truly wonderful for real relief.

Make a syrup with 2 cups of granulated sugar and one cup of water. No cooking needed. (Or you can use corn syrup or liquid honey, instead of sugar syrup.) Then put 2 1/2 ounces of Pinex (obtained from any drugist) in a pint bottle, and fill up with your syrup. This makes a full pint of medicine that will please you by its quick action. It never spoils, and tastes fine—children love it.

This simple mixture takes right hold of a cough. It loosens the phlegm, soothes the irritated membranes, quickly eases soreness and difficult breathing. Pinex is a special compound of proven ingredients, in concentrated form, well-known for its quick action in coughs and bronchial irritations. Money refunded if it doesn't please you in every way.

FOR EXTRA CONVENIENCE GET NEW READY-MIXED, READY-TO-USE PINEX!



IF PETER PAIN HAS YOU ALL TIED UP WITH CHEST COLD

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, MUSCULAR ACHES, HEADACHES and STRAINS. Ask for Mild Ben-Gay for Children.

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