

Monotony Banned in Resolutions for New Months of 1936

A New Spirit to Greet the Bright Calendar is Approved by Economic Expert

By VIRGINIA ROSS
Home Economics Editor

OFF on a New Year—new hopes, new resolutions and a new spirit! With a nice new calendar sheet before us, it seems such a shame to mar it with all the little worries and troubles of the year that's gone.

To me, it's so grand that at least once a year we can start out afresh. Maybe it's planning to remove some of our excess upholstery, or adding new things to our culinary collection. Seeing our friends a bit more, having them in for little informal suppers and such.



Virginia Ross

Whatever it is, a new year serves as a starting post, and somehow it's a lot easier to run the race with a definite goal in sight. And a fresh beginning.

So—how's for starting off with a new zest to our tables, a little of the joy of living injected into the dread three-a-day? After all—there's no reason for following the monotonous beefsteak, gravy and mashed potato path that many people have worn into a rut.

Not with all the recipes that are turned loose on this food loving continent by aspiring home economists and their ilk. All the exchange of methods over the backyard fence, the card table and the teacup. And the many new things that are constantly appearing on our grocer's shelves.

A most worthwhile resolution that every good homemaker might have would be that each day her table might carry some new little touch, a different recipe, an unusual flavor, a striking garnish, a new way of serving.

For, more than any other one thing can do, does this little trick add to homemaking that spark that takes away the curse of the profession—Monotony—and provides the so often buried-with-our-youth Adventure!

To that end I humbly aspire to take you along adventurous food trails, showing you new little tricks, unusual recipes, mouth-watering dishes, meals set with allure.

That's the way you'll find me saying it—that same old wish, yet ever new—Happy, Happy New Year, the whole year through!

Here's Adventure for You:
Prune Stuffed Meat Patties
(Grand enough for company dinner.)
12 cooked prunes
18 small wedges of peeled apple
3 pounds ground beef
1 pound ground pork
1 1/2 teaspoons salt

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Remove pits from prunes, leaving prunes as whole as possible and refill cavities with apple wedges. Combine meats, salt, pepper, bread crumbs, and slightly beaten egg and mix thoroughly. Form into 12 patties, make a hole in center of each and insert a filled prune. Wrap bacon around patties and pin together with toothpicks. Place in a greased baking pan and bake in a moderate oven, 325 degrees F., 1 to 1 1/4 hours. Serve on broiled tomato slices, garnished with mashed potatoes forced through a pastry gun. If tomatoes are not available, they may be omitted, using toast rounds instead and also omitting the potatoes. Serves 6, or 12, depending upon the appetites.

Italian Veal
Brown in 4 tablespoons olive oil 2 pounds veal shoulder or veal steaks
Remove from pan, add: 1 finely chopped onion 1 clove garlic, mashed 1 teaspoon rosemary, (1/2 teaspoon poultry seasoning may be used)
Cook about 5 minutes. Add veal, 1/2 can solid pack tomatoes, soaked 1/4 cup dried mushrooms, about 15 minutes in cold water. Cook very slowly about 1 1/2 hours. Tiny artichoke hearts may be added. Chicken may be used—young broiler chickens requiring about 1 hour.

Let this describe your resolution to your friends:
Lemon Filling
Cook together until thick. 1/2 cup sugar 3 tablespoons flour 1 egg yolk 1 cup rind 1 lemon 1/4 cup lemon juice 1/4 cup water
Use chilled

RECIPE OF THE WEEK
Clip and paste on card to include in your recipe file. This will be a feature each week, contributed from Virginia Ross' collection of "treasured recipes."

Lemon Pie
Mix together 1 cup sugar 5 tablespoons flour, level 1/4 teaspoon salt
Pour on 1 1/4 cups boiling water, stirring well
Cook in top of double boiler until thickened. Add 1 tablespoon butter 2 egg yolks 1 cup rind of 1 lemon 1/4 cup lemon juice
Cook two minutes only, for if it's cooked too long it will get thin. When cold, put in cold baked shell. Top with meringue made from the egg whites, and a rounded tablespoon of sugar to each white. I get extravagant and use four; the extra egg yolks may go into mayonnaise. Bake at 300 degrees for 20 minutes.

Hot Pineapple Juice
Makes Pleasing Drink
Since pineapple juice has passed from the luxury stage to a staple product we do many more things with it than we used to think possible. For instance, there is mullied pineapple juice; have you ever had any? Of course mulling over anything means thinking it over, and with this delightful beverage it means that selected spices have mullied their flavor with that of the pineapple ready to be served.

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KONDON'S NASAL JELLY



From Paris comes this fashion of shoulder, arm and neck which Mischa declares is equally becoming on maid or matron, giving charm to each alike.

War Is Echoed In Styles for Western Women

ECHOES of the Ethiopian war are being heard in the smart shops and department stores of Western cities now since American women have decided to adopt the styles of native footwear.

The Abyssinian sandal is becoming much in demand, especially with evening gowns, since it lends itself to lavish design and much jewel trimming.

One style has a thong attached to the sole similar to the style worn by primitive natives. This strip of leather is passed between the big toe and the second, ends in a decorative buckle which is fastened to a broad strip of decorated leather or satin, extending to both sides of the sole at a point forward of the heel. The effect of this is to give a high arch despite the flat heel.

Another style, more comfortable has a band of leather or metal fastened to the sole at a point toward the front so as to pass over the joints of the toes. Then there is a broader band attached near the heel of the sole, which holds it to the foot.

These bands may be of almost any material and lend themselves to excessive decoration and even to being jeweled, lending a decidedly primitive touch of beauty to the woman of today.

FASHION TIPS

By MISCHA

Pacific Coast Fashion Designer FASHION is a reflection of the contemporary life—a sensitive barometer of ever changing phase and influence. We must change clothes as we change our minds and moods. Different seasons bring different fashions, not simply due to climatic changes, but rather because a season is as long as any woman can afford to present the same picture. You must be in fashion to be intensively alive. With each change of fashion comes a new personality—a new woman.

With the New Year are opened new pages of history. From these, Paris takes its inspiration. Curves are in—soft, simple, flowing curves that hum subtle sophistication and give rhythm to the frock.

The French corsage is slender, arm, and neck conspicuous this year, and especially complimentary are the new necklines with jabots, bibs, bows, drapery, fichus, collars and ruffles leading the way. Dress body lines are almost universally simple, and molded at the waistline. Skirts are also plain, having some fullness below the knees.

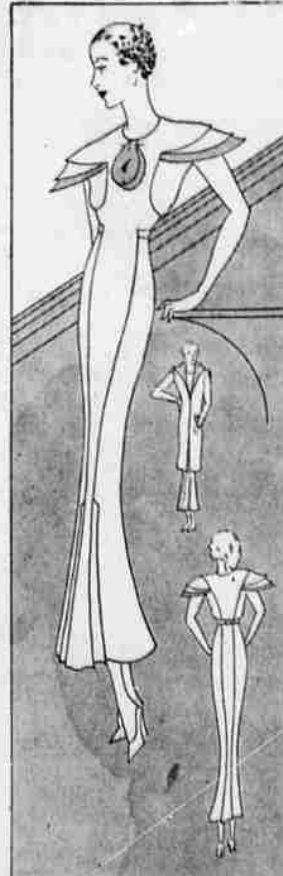
Of outstanding importance in the chic early Spring styles is color. They are rich or bright, according to the color of Milady's coat. A tawny yellow frock goes well with a smoky gray coat. Other combinations are a dark red frock with a taupe or gray coat; a dark blue coat or a plum colored coat with a chartreuse frock, or a brown coat over a dress of warm almond green.

A clever idea now in vogue among smart women is that of making the hat and bag of the same material as the dress.

CARAMEL CUSTARD

The Caramel Custard Recipe
1 envelope of gelatine 1/2 cup cold water—1 1/2 cup milk 1/2 cup sugar (white, brown or maple) 2 egg yolks slightly beaten 1/4 teaspoon of salt—1/4 teaspoon vanilla 2 egg whites beaten stiff and dry

Caramelize the sugar by cooking it in a shallow pan until dark brown and then add scalded milk. Add to slightly beaten egg yolks and salt. Cook over boiling water until of custard consistency. Pour cold water in the bowl and sprinkle gelatine on top of water. Add to the custard and stir thoroughly. Cool, and when mixture begins to congeal fold in egg whites, beaten stiff and dry, and vanilla. Pour into molds that have been rinsed in cold water.



"Curves are in," declares Mischa, who has sketched here an exclusive dinner frock showing soft graceful lines, "but," he warns, "Milady must still be slender."

Sport and Evening Clothes Needed by Travelers Abroad

The woman traveler will find sport clothes popular in all parts of the world for morning and afternoon wear, both ashore and on board ship.

If a trip abroad is planned, sport and evening clothes might well make up the entire wardrobe. Moving about from one foreign country and city to another, sport clothes are comfortable and practical. Evening clothes are essential to every traveler abroad and must be a part of the wardrobe.

Exclusive fashions, in both sport and evening wear, are designed by Mischa, famous European designer, who will tell Five Star readers each week what is being worn.

Between Us Girls

by Virginia Ross

A very practical, inexpensive, and satisfying hot entree for luncheon guests is creamed asparagus on the avocado half shell. Cream the asparagus by preparing a little heavier than standard white sauce (3 tablespoons flour and three tablespoons butter to one cup of milk). Heat the cooked asparagus, cut in short lengths, with strips of pimento, in the white sauce. Fill the seed cavities of the halved, unpeeled avocados, cover with a slice of broiled bacon and place in a shallow pan for four minutes in a quick oven 400 degrees. It is not intended to bake the avocado, merely to warm slightly. Serve immediately.

Sweet potatoes may also be French fried and are very good with chops. Pare and slice potatoes, parboil for two minutes in boiling water and then fry in deep fat heated to 400 degrees F.

Chopped fresh mint on glazed carrots is supposed to lend them a new flavor. To glaze carrots, cook them with corn syrup and butter in a casserole.

Use your leftover coffee as a base for coffee jelly, coffee spanish cream or mocha sponge.

Sandwiches are easiest to eat when cut crosswise into quarters, or diagonally into halves.

If ginger snaps need to be crisped, place in moderate oven, four minutes. Cool and roll at once.

Think of cheese, especially cheddar, when you think of afternoon tea sandwiches. Goes so well with jam for the sweet ones too.

To make cinnamon-honey toast, for each slice mix 1/4 teaspoon cinnamon with one tablespoon strained honey. Spread on buttered toast.

When the filling of a pie is very juicy, set the crust briefly in a hot oven for ten minutes and it will do the trick. This pre-baking prevents the crumbs from taking up the juice.

When not used for cooking, allow bananas to ripen in average room temperature—not too hot nor too cold.

Instead of adding chocolate direct to the milk, stir chocolate in a cup with an equal amount of warm milk, into a paste, and add the paste to the milk.

Homemakers have learned to buy bananas by the "hand" or cluster and let them ripen right at home at comfortable room temperature, 65 to 75 degrees F.

When baking apples, try grating a little lemon peel into the syrup which you use for basting the apples while baking.

An easy way to crumble graham crackers for use in making crumb pastry, is to put them into a large paper bag and roll with rolling pin.

A slice of dried beef stuffed with hot mashed potatoes, hominy, rice or leftover cereal just hits the spot. Seasoned with mustard and broiled to a perfect doneness, it makes a successful debut to an equally successful career.

Soup as a base for sauces and gravies is an idea that will be found practical.

Never add water to chocolate when melting it. Shave or shred the chocolate into small pieces and put in the top of a double boiler over hot water. Do not allow water to boil while chocolate is melting, as high temperature destroys flavor of chocolate.

Take the last helping of any dish if it is passed to you and you desire it. To refuse it is to doubt the supply. Accept a second helping of a dish if it is offered at an informal meal, if you like. At a formal meal a second helping is never offered or asked for.

A cheese custard baked like a plain unseasoned bread pudding, with layers of grated cheese and bread cubes is a fine supplement to a meatless dish.

The success of dried vegetable cookery depends on generous seasoning—fat in some form—and the long slow heat of a small gas flame.

Place fish to bake on slices of salt pork in shallow pan. Cover with chopped onion, green pepper and tomato, season well and bake while baking.

Sour or buttermilk in quick breads produce a texture and tenderness different from sweet milk; they are preferable for pancakes and cornbread.

Roll thick slices of pork tenderloin in seasoned flour and brown slowly in little fat. When done, make a milk gravy in the pan and pour around the meat.

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By VIRGINIA ROSS HOME ECONOMICS EDITOR