

Valentine Dinner Favorite Courses Will Please Him

Give Your Husband an Old-fashioned Surprise Party
—With a Table Set Just for Two

By VIRGINIA ROSS
Home Economics Editor

CULINARY Valentines, I call 'em, the food frills we put on our tables to say, "Love to my Valentine." Considering that it has long been known that the best paved, but none too heavily trafficked, road to a man's heart is through his stomach, perhaps it's all very well to let coconut cakes and cherry cobbles replace the lacy Valentines and sugary sentiment of our youth.

Women, I suspect, never outgrow their love for flowers, accompanied by notes scrawled, "With Love." But manhood wants to see Romance, instead of feeling it as a great burning, all-consuming ache in his heart.

And so for him, we put our sentiment on the table, his favorite meat dish—veal paprika, done up in a rich, sour cream sauce, baked potatoes with a foolish pimento heart or two atop the snowy crater. Asparagus tips, slipped through a tomato ring and baked with a sprinkle of cheese. Cheese biscuits, cut in heart shapes. Strawberry jam. Or homemade yeast rolls, that he thought only his mother could make.

HEART BEATS

Of course his favorite pie, no matter what it may do to his waistline. Coconut cream, perhaps, or those cheese tarts you used to serve him when he came a-courting. These are the Valentines that thrill him to the heart, and make his eyes glow with pride at the one whom he took for better or for worse. . . . Culinary Valentines.

Or maybe a fat steak, spread over with prepared mustard before broiling, served up with oven-baked "French-fried" potatoes, a green salad of his own choosing, prefaced by a glass of well-chilled tomato juice, a plate of appetizers, and his slippers waiting by his easy chair when he arrives home.

The table set for two, as it was in the old days when his Valentines took the form of long-stemmed red roses and dance programs, instead of a pay check handed over each week, and giving the baby its 2 o'clock feeding. Candle light, the company silver. Youngsters hustled off to bed or to Sister Jane's.

THE HAPPY ENDING

His favorite Devil's Food cake, coffee and a long black cigar. No mention of smoke in the curtains. No dashing around to do the dishes afterwards. Or calling up the Joneses for a hand of bridge. . . . Love to my Valentine!

The table itself may be as festive as any Valentine that ever went through the mails. Snowy linen, tall red or white candles. A centerpiece of a heart-shaped cake or pudding mold, filled with white carnations (the stems cut off near the blossoms), a single red flower in the center. Or even a few red geraniums in a white bowl.

If you've white dishes, of course you use 'em. But dishware is forgotten in the face of a steaming cup of clam broth, with a blob of paprika-topped whipped cream floating around on it. Cheese pastry, cut in heart shapes as an

accompaniment. Or even toast hearts.

Hot tomato juice with a beef cube slipped in for hearty flavor, a bit of sour cream atop, is equally good as a heart warmer. As a main course, if he likes hallbut, bake, broil or poach it in white wine, and top with shrimp in a rich white sauce. Serve with it steamed rice, buttered cauliflower with pimento, corn rolls made with white cornmeal, cabbage relish and strawberry-pineapple jam. Or the crabapple-loganberry jelly he adores, that you've been saving for company.

VALENTINE DESSERTS

Don't think for a minute you can pass up dessert. You shouldn't even want to, what with all his favorites, as well as those which do so well tie up with the season. Even your every-day gelatin can be glorified by molding it in a shallow pan. Cutting it out with a heart-shaped cutter and dressed up with whipped cream.

Sponge cake slices may be treated the same way, or made into sandwiches with ice cream as the filling, and a butterscotch sauce or strawberry preserves poured over. Your pet little plain cake may be baked in a heart-shaped pan, or even a square, frosted over with a powdered-sugar frosting made with hot maraschino cherry juice and melted butter.

Then it may be decorated with white frosting, made into an arrow or a heart. Or a cut-out heart of paper laid on top while the frosting is still a bit soft, then coconut sprinkled over the cake. When the cut-out is lifted off, there's a red heart in the center, surrounded by the coconut.

STRAWBERRY SHORTCAKE

You saw strawberries in the market this morning? Yes, yes, I know, they do knock the budget into a cocked hat. But live on beans and codfish for a day, or three, and do make him a strawberry shortcake. That is, if he's as silly about it as some men I know. Your heart-cutter can again do duty. There can never be too many hearts in this old world, hearts overflowing with goodness as are these—Culinary Valentines!

Kitchen Technique

—by Virginia Ross—

Garnishes are an important part of any dish. Most of them may be made well in advance of the meal, and do add greatly to its appearance. For example, lemon slices, sprinkled with chopped parsley, fried apple rings, chilled, with a stuffed green olive in the center where the core was removed, celery curls, thin strips of raw carrots dropped in ice water to curl, etc.

An excellent home-made mixture for cleaning marble may be made by mixing equal parts of soft soap and whiting with water; stir until creamy and then add one-half gill of ammonia.

A piece of linoleum on top of the refrigerator saves much wear as articles are often placed there which mar the surface.

Tasty dishes can be made using oatmeal, cornmeal, hominy, etc., and we need not tire the family with these excellent cereal foods by serving them in the same way all the time.

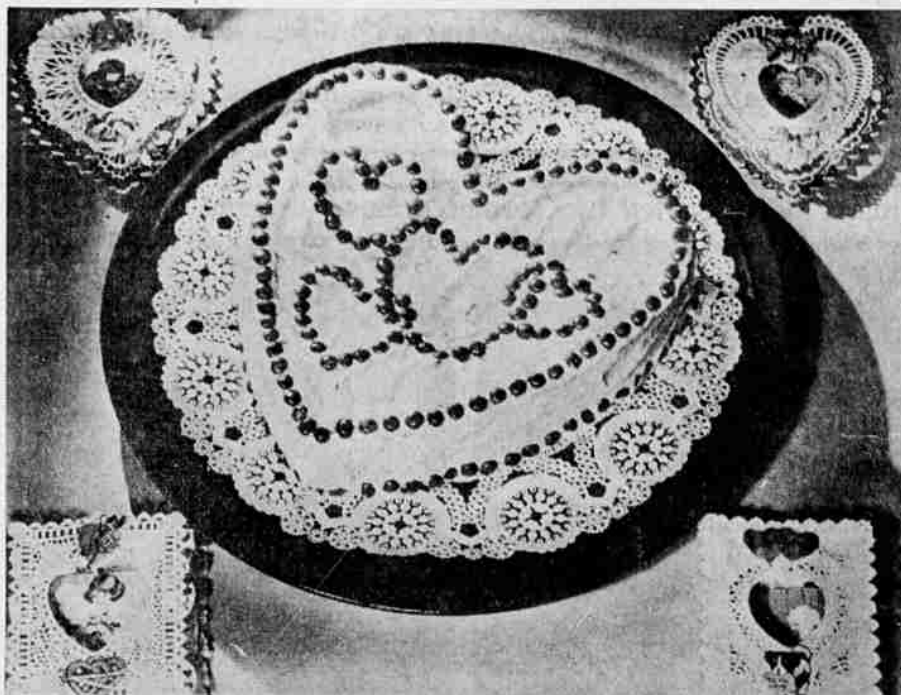
A quick way to toast a sandwich is to fry it. Use butter in the frying pan. When done, the sandwich is both buttered and toasted.

Lay a white rubber mat, the top surface slightly corded, in the bottom of the bathtub to prevent slipping.

For an innovation that will be the last word as a first course for dinner, cut balls of avocados with a small French ball cutter and serve, chilled, in cocktail glasses with the juice of orange or tangerine and a dash of lemon. Sweeten if desired, to suit individual taste.

Invest in a few rubber-headed tacks and press them into the wooden hangers about an inch from each end and keep your best dresses from falling on the closet floor.

Create A Culinary Valentine!



What husband wouldn't be pleased to top off a perfect Valentine dinner with this attractive cake? Simple to decorate—and well worth the effort, as you can see.

Guest Shelf ★ ★ ★ ★ ★ Fishing In Kitchen

MOST people who possess a home wish they could keep perpetual "open house." Though people of moderate and small incomes can seldom enjoy this luxury, a well-stocked refrigerator and a "guest shelf" for emergency meals will carry anyone a long way toward easy, informal hospitality.

The "guest shelf" is a shelf or part of a shelf in the refrigerator, and one in the cupboard based on the proposition that all guests, expected or unexpected, can be prevailed upon to eat if the hostess can provide food without sign of anxiety, "fussing" or spending too much time away from her guests.

Some hostesses are gifted with a magic sense of knowing what people like to eat, how they like to eat it, and how to prepare it speedily, as suits an occasion.

For instance, they keep sandwich spreads on hand, varieties which taste delicious on any kind of bread that happens to be in the house, so that there are always good sandwiches to serve with hot coffee, if nothing else.

Or they have wafers which enhance the serving of hot chocolate, canape crackers and spreads to serve with cocktails, or crackers and mellow cheese to harmonize with a glass of beer.

The guest shelf should contain an assortment of packaged foods which make it easy to prepare a

"snack" or late, impromptu supper, with speed and dispatch. Foods that will take the tension out of last-minute entertaining are canned seafood, such as crab-meat, shrimp, tuna fish, salmon; chicken, chicken loaf, tomato soup, spiced meat and sausages, deviled ham, chop suey, fried noodles, fruit juices, relish and pickles, stuffed olives, maraschino cherries, jelly, preserves. A tube of anchovy paste and a tiny jar of caviar will go a long way because they are used in such small quantities, for the merest "wisp" of flavor.

The modern hostess keeps a few tall bottles of beverage on hand for mixing cocktails and other refreshers.

FISHING IN KITCHEN

FISHING out of a tin can is my idea of fishing de luxe—absolute certainty that there will be fish for supper, and no baiting of the hook, no cleaning of fish, and no cleaning up of fishing tackle afterwards.

Canned fish is always certain to be tender, well flavored, and ready to be used in no end of ways. One of the delightful methods of service is an assorted fish plate. It makes an ideal opening course for dinner or for luncheon. As the main dish for luncheon, serve it with hot melba toast or some toasted French rolls, and then with a Light dessert and favorite beverage; that is sufficient.

When it comes to selecting the kinds of canned fish to combine, that depends upon taste, but one of my favorites is cubes, or real pieces of salmon; the rich red color does add beauty to the dish, as well as flavor. Then a couple of sardines in oil. Sometimes the ones prepared with mustard touch the spot; other times use the large ones, remove the skin, split in halves, and serve a half spread with a mixture of cream cheese blended with a little horseradish, finely chopped chives, if you have them, otherwise a little of the faithful onion, and a very little finely chopped celery. Then a colorful big shrimp with a nest of black caviar in the center of the curl, and of course a couple of whole anchovies, left curled up. Such delicacies!

As a garnish it is a good idea to always include a quarter of lemon, possibly an olive or two in a lettuce cup, and frequently a little highly seasoned old-fashioned cole slaw. Other times include some julienne strips of cold crisp raw carrots. And does this go over big . . . yes, indeed!

Caviar is made delicious with a touch of lime juice rather than lemon. To the red caviar, which is less salty than the black or "buckshot" variety, a garnish of sliced limes and parsley adds materially to the appearance. Both make delicious hors d'oeuvres.

FASHION TIPS

BY MISCHA

International Authority on Women's Attire

Mischa, well-known stylist and designer of women's attire, realizes the importance of authentic fashion advice. In this following discussion, the fourth in the series, he continues the analysis of certain rules and phases which have a very definite importance to the woman who is interested in the betterment of her personal expression through the medium of dress.

within each separate color, each is able to excite certain positive thoughts and feelings in the human mind. This effect is attained in the majority of cases through association of ideas by way of color.

Red-Haired

THE RED-HAIRED woman with clear, transparent skin is at her very best in green, blue or

THE DESIRE to stand out, to be different is, generally speaking, decidedly a feminine quality. Through a gradual process of transitory development, women have come to the realization that in the realm of dress they have an unparalleled opportunity to express their urge to be individual. Women today have definitely become clothes conscious.

Youngsters

PROPER construction, is the vitally important phase in the problem of children's dress. Garments for the child must always be large enough to allow freedom of movement and eliminate any possibility of strain. Simplicity and comfort are the fundamentals in children's attire. Clothes for the young child should be dainty with colors clear and bright. They may be quaint but never old looking.

The child of school age may wear clothes which are brilliant or even slightly extreme, providing they are becoming to the wearer as well as being beautiful or conspicuous.

Dress Technique

PERHAPS the most interesting and important element in nature is color. Our eyes, the organ through which is manifest one of the five senses, see nothing but color.

Color, to those who understand it, has a very specific meaning.

Each separate tone has in itself a specific effect all its own. Yellow expresses an atmosphere or idea which could not be achieved by any other hue in existence. Black could not express the same feeling as could yellow, nor could blue or green. By this quality



This suit, designed for spring, has a definite flare as to collar and sleeves and is suitable either for matron or college girl.

blue-green. Black and white are also stunning colors on this type. She has quite a wide range of other colors and hues at her command. Among them light blue, light purple, cool brown, light tan, dark tan and blue-grey. She will do well to avoid as much as possible, red, orange, yellow, yellow-green, warm brown and red purple.

RECIPE OF THE WEEK

(Clip and paste this weekly feature on 3 x 5 cards and file in your recipe card cabinet for ready use.)

OYSTERS CASINO

1 pint oysters
1 cup finely minced green pepper
1 tablespoon lemon juice
1/2 cup finely minced bacon
Pepper

Drain oysters and arrange on a greased, oven-proof platter. Sprinkle with green pepper, minced bacon, lemon juice and pepper. Bake in a hot oven 450 degrees F. for about ten minutes. Garnish with parsley and lemon slices, and serve at once with buttered broccoli or string beans, cauliflower in cheese sauce and corn sticks.

STUFFING

The variation in lamb roast comes in the little touches you give to its cooking. A well-seasoned bread stuffing, with a bit of crushed mint, a tablespoon of chopped parsley or a few mushrooms, makes a breast of lamb into a deliciously different roast. A leg of lamb roasted in a mild barbecue sauce, made by melting mint jelly and mixing it with a little vinegar, takes on a rich glaze and a flavor hard to beat.

BRAN IN DIET

The fact that bran supplies iron and vitamin B, in addition to the bulk needed for proper elimination, provides additional reasons for including it in the diet. Two tablespoons of bran yield as much iron as one egg and as much vitamin B as is found in a half glass of orange juice.

WITH PORK

With pork or ham, serve sautéed pineapple, fried bananas, minted apples, fried apple rings, prunes stuffed with grated pineapple, molded applesauce, pickled orange slices.

ADD TO LAMB

It may be the combination of foods served with the lamb that gives it the right touch. Mint jelly, broiled halves of pears, peaches or minted pineapple, may be your finishing touch to the leg of lamb roast—or you might elect to combine it with baked stuffed onions, creamed cauliflower or Brussels sprouts.

LAMB CHOPS

For the family of meager size, lamb chops in their many shapes are the perfect selection. Frenched and dressed with paper frills, they are highly decorative; boned and rolled into thick meat circles, they

provide a most substantial masculine appeal. Chops should be broiled or pan broiled, using a bit of fat from the edges to oil the pan or broiler rack. Chops cut the width of one rib need only six minutes to each side of broiling. The thicker chops will need 15 minutes in all, and are delicious with broiled kidneys, broiled mushrooms, and thick tomato slices prepared on the same broiler rack, and served as a mixed grill.

DIETING TO REDUCE

Cut out fat meats—you don't need them—eat sensibly of lamb, lean beef, fish and fowl. Go light on butter, cream and sugary sweets—eat fruit and vegetables in variety. Gain in physical charm—look younger—feel younger. Maryland lady writes: "I've lost exactly 21 lbs. and am so happy to get rid of that bulky fat. My skin is clearer and I feel so much better." Mrs. N. S.

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