

Little Kitchen Tricks Will Break Monotony of Preparing Three-A-Day

These Clever Touches Will Add Zest to Your Life and Interest to Meals!

By VIRGINIA ROSS
Home Economics Editor

I've always felt that it isn't the drudgery attached to house-keeping that makes us women folk so often dislike our jobs so much as it's the everlasting monotony.

Of course it's to be expected that cooking three meals a day for 365 days of the year, for many years, and for the same individual, is bound to be monotonous. The Daily Three—cooking, serving and cleaning up. A never-ending round.

And yet, there are so many little tricks to the trade. Things like adding a good pinch, well then—½ teaspoon) of poultry seasoning to a biscuit mix, your own or the prepared, make and bake as for any biscuit. Serve them around the platter of stew. It livens your work—makes it interesting.

OR before adding the liquid to the biscuit mix that's to be a topping for meat pie, add ¼ cup grated carrot and 2 tablespoons minced parsley. Cut into biscuits and place on top of meat pie. Another little touch, while we're on the subject, is to roll biscuit dough into a rectangle, spread with melted butter, roll as for jelly roll, cut in slices and top the meat pie with these.

Serve with a simple salad and not much else. Fruit perhaps. Which reminds me of cheese. For cheese and fruit in combination form one of the grandest desserts yet. Just because fresh peaches aren't in season, don't let that stop you from serving these grand baked peaches in wine.

I'll give you first the recipe for fresh peaches, then show you how you can use the canned, a good emergency dessert idea. Here you are:

Peel 6 large peaches, put in a covered baking dish, add 1 tablespoon butter, 1 cup sugar, ½ cup water, ¼ cup any domestic white wine, ½ teaspoon mace, grated rind of 1 lemon. Cover and bake at 400 degrees, a slightly more than moderate oven, until the peaches are tender.

The pits favor the fruit so delicately that they should not be removed. Serve either hot or cold. Place a spoonful of whipped cream over the top of each peach. Garnish with a maraschino cherry.

Using canned peaches, pour syrup and all into baking dish. Add grated rind over the top of the peaches, sprinkle with mace, butter and wine and bake about ½ hour. Omit syrup and water. If desired, add 1 tablespoon muscatel wine to replace the fresh peach pit flavor.

MEATLESS meals will cause no qualms if you resort to such trickery as serving creamed tuna, salmon, eggs, shrimp, or

even creamed carrots in these cheese croustades.

Using a loaf of uncut bread, cut in slices 2 inches thick, and then, in two or three inch squares, rounds or triangles. Remove centers, leaving ¼ inch rims. Dip in warm melted butter, then roll in grated Parmesan cheese. Bake at 400 degrees, a quick oven, until golden brown. Serve hot, with the center filled with any creamed mixture.

"Cheese Johnnies," as a smart women's club dining room calls 'em, are such smart salad and cocktail accompaniments. For these, cut thick slices of bread in scant-inch squares, roll in butter and cheese as for the croustades. Bake until brown. Serve hot.

Speaking of fish, by the by, some of these days when you're having creamed shrimp, add to the white sauce a bit of Worcester sauce, and just before serving, 2 egg yolks, if you can spare them, and ¼ cup of mayonnaise. Cook only enough to heat through. Good also for creamed chicken.

A salad that has appetizer possibilities as well is made from a version of our old friend, stuffed celery. Cut the tops from a bunch of celery. Wash and dry each stalk separately. Stuff the smallest stalk with a nippy cheese creamed or left at room temperature until softened. Fill the next largest stalk and press it into the first.

Continue filling and pressing the stalks together until you have duplicated the original bunch of celery. Tie completed bunch with string; chill several hours. Cut in slices and serve on curly endive or watercress (shredded lettuce if you must) with French dressing. This is a good garnish for vegetable salad plates.

DO you make good cornbread? That's all I need to know. Use it as the main course of a luncheon or simple supper by baking in a shallow pan, cutting into squares while it's still hot. Split each. Spread with softened butter. Put a good cheese sauce, a slice of fried or grilled tomato and crisp bacon between layers and on top of each square as for any shortcake. Serve at once.

Leftover cornbread may be used by toasting the cornbread halves before using. Creamed ham or dried beef may be used in this fashion. If you're using cornbread for your bread course, omit the shortening and after the batter is in the pan, sprinkle the top with diced, uncooked bacon. Good with the Thursday vegetable plate.

And so it goes. Little things to be sure. But after all, in Homemaking above all else it's the little things that count!

SALAD

A MOST effective yet simple salad consists of three or four stalks of the tender green vegetable strung through a ring of avocado. Prepare the avocado ring by first removing the skin of the fruit. Cut lengthwise of the fruit, through the skin only. It will remove easily in halves. Then cut around the fruit to form circles. A slight twist will loosen from the seed. Serve with some variation of French dressing.

A Baby For You?

If you are desirous of the blessing of a baby all your own and want for a baby's name and a baby's smile, do not miss the opportunity to write in confidence to Mrs. Mildred Owens, Dept. P, 510 Hanan Bldg., Kansas City, Mo., and she will tell you about a simple home method that helped her to become blessed with 13 years. Many others say this has helped bless their lives. Write now and try for this wonderful happiness. Adv.

TO LOSE FAT—EAT SENSIBLY

Go light on fatty meat, butter, cream, and sugary sweets—eat fresh vegetables, fruits, fowl and fish (except salmon and mackerel).

Be sure to eliminate excess waste accumulations by taking a half teaspoonful of Kruschen Salts with the juice of half a lemon in a glass of hot water before breakfast every morning. Betty Nye of Lancaster, Pa., writes: "I took off 14 lbs.—I could hardly believe my eyes."

Pay no attention to gossipers who say there's no safe way to reduce. Millions the world over take the little daily dose of Kruschen and follow our suggestions with respect to diet. Adv.

Five Star Dish Of The Week



This pineapple cream meringue pie is a perennial favorite among desserts so far as men are concerned, and not to be scorned by the gentler sex! Virginia Ross offers it in her Five Star Dish of the Week as bait for Leap Year aspirants to use in "getting their man."

And Here's How It's Made!

Pineapple Cream Meringue Pie

Blend together
1½ cups (1 can) sweetened condensed milk (not evaporated)
½ cup lemon juice
grated rind of one lemon
1 cup crushed pineapple, drained
2 egg yolks

Stir until the mixture thickens. Pour into a baked pie shell. Cover with a meringue made by beating the two egg whites stiff and

adding 2 tablespoons granulated sugar. (For a better looking pie get extravagant and use 4 egg whites and 4 tablespoons sugar. The yolks may be used for mayonnaise, in sauces or added to the mashed potatoes.) Bake in a slow oven (300 degrees) about 20 minutes. Chill before serving, or it will be thin.

(Clip and paste in your scrap book of "treasured recipes" or on a 3 by 5 inch card to slip into your recipe file.)

Sandwiches for Gay Days!

SANDWICHES have become a symbol of entertaining. They are found wherever people gather socially, whether the hearty, crusty affairs that fill picnic hamper with the hundreds, or the sophisticated little sandwiches at afternoon teas and bridge parties.

The charming feature for entertaining is that they may be prepared in advance and stored in the refrigerator, giving the hostess just that much more freedom from last-minute rush, by the opportunity to prepare refreshments early, at her convenience. Made-up sandwiches need only be folded in a damp towel and wrapped in waxed paper, to keep perfectly moist and fresh for hours in the refrigerator.

There is an astounding variety of sandwiches for the dainty afternoon occasions; open-faced or canape type, layer sandwiches, ribbon sandwiches, rolled sandwiches and the spectacular sandwich loaves frosted in cream cheese.

A layer sandwich made with tinted cream cheese filling looks for all the world like a slice of angel food cake. Sandwich loaves look like cakes with bridal frosting. Open-faced sandwiches on a plate look like small, brightly-colored tiles.

Open-faced sandwiches may be

cut to a variety of shapes with cookie cutters, and garnished with cream cheese piped through a pastry tube, pimiento, olives, candied peel, candied fruit or ginger and nuts.

To make layer sandwiches, remove crusts from a whole loaf of sandwich bread and slice the loaf lengthwise in half-inch slices. Spread the filling over each slice or "layer," put slices together again, wrap the loaf in a damp cloth or towel, then in waxed paper, and place in the refrigerator. Slice loaf for serving.

WHEN alternate slices of brown and white bread are used in building up this loaf, you have "ribbon sandwiches" when the loaf is sliced.

To make rolled sandwiches, cut a loaf lengthwise in half-inch slices, and spread with the desired filling. Roll each slice separately and fasten rolls with toothpicks. Wrap in a damp towel and waxed paper and place in refrigerator until ready to serve.

The sliced bread for the rolled sandwiches will split when rolled, if it is too dry. To keep it from splitting, place between damp towels for a while and remove, one slice at a time, when you are ready to spread and roll them.

GUIDE of the STARS

By LAURIE PRATT

NEXT WEEK

SUNDAY: An indefinite and mysterious day. You cannot trust any decisions you may reach. Watch out for extravagant impulses.

Monday: Headstrong, but very active. You will start something new. Romance is in the air, but charming strangers are unreliable.

Tuesday: A fortunate day. Opportunities with great promise will open for you. Financial matters prosper.

Wednesday: Unexpected events come about today. Push all affairs except those connected with friends, love and social life.

Thursday: Your intuitions are reliable. A constructive day. Avoid dealings with older people for the rest of this week.

Friday: You will feel very energetic. Trips and correspondence are favored.

Saturday: A better day for rest or routine work than for starting any new venture. Indecision and treacherous vibrations are indicated.

Children Born This Week

CHILDREN born this week (this year only) have the following life prospects, according to astrology:

Sunday: An impressive, artistic and inspirational nature. Many mysterious events in the life. A martial or pioneering career is favored.

Monday: A child with great charm and a forceful personality. The brain is keen and exceedingly active. A peculiar blend of caution and impulse in the nature.

Tuesday: A fortunate child who will travel far. Gain is shown through enterprise and daring. A legal career is favored.

Wednesday: Great originality and independence, with power to bring undertakings through delays to a successful conclusion. Expensive love affairs.

Thursday: A child born today will be practical and reliable. There is talent for finance or engineering work. The influence of the father is paramount in the life.

Friday: A versatile and very active child. A literary career is indicated. Love of travel and adventure.

Saturday: An imaginative child, restless, eager for knowledge of all kinds. The nature is dual and difficult to understand. Writing detective or romantic novels is definitely the most favored life work.

OYSTERS

IF YOU like fried oysters, try these. Wash selected large oysters; then dip each oyster in slightly beaten egg and roll in finely crumbled cracker crumbs which have been well seasoned with salt and pepper. Put in a wire frying basket and fry in hot deep fat 360 degrees F. until golden brown. Drain and serve with lemon. Panfry if you prefer.

Oyster cocktails begin the feast in many homes, hostesses serving them with a piquant sauce and little crisp crackers. Others, perhaps, prefer a fruit cup of grapes, grapefruit segments, orange sections and sliced dates, while some think the dinner should begin with soup. The answer is choose, according to your likes.

FASHION TIPS

BY MISCHA

International Authority on Women's Attire

Mischa, women's fashion authority, knows well the value of correctly styled apparel for women of all ages and types. Following is authentic advice for the women of more advanced years and also the woman whose problem it is to modify certain features of her build which may not be constructed quite in correct proportion.

ceased to exist; it has merely undergone a change, and in this time of life beauty quite often expresses a deeper, more subtle loveliness than ever before.

MODIFYING LARGE BUST

THERE are many devices which may be used to modify the large bust. Perhaps one of the most effective is proper use of line.

The appearance will be greatly benefited if the figure is molded into unbroken lines by well-fitted, restraining garments.

The neck is another place where care should be taken. Close-fit-

MANY women who are not successful in the art of being well dressed are apt to retreat behind the attitude of indifference. However, though she



Nothing, probably, makes a girl feel as happy as knowing that she looks "just right" at the spring formal! This is a gown that is guaranteed to give this satisfaction, with its new square neckline, with the roses set in. Youth, of course, is in the satin sash, and grace in the long sweeping skirt.

may seek to pretend that she is not interested or does not care, she knows sincerely the value and importance in her life of being well and smartly dressed.

It is precisely this type of woman that Mischa desires to help to a fuller, more adequate expression—to aid these women to a more radiant, happy expression of their own individuality through correct attire.

MATURITY

TOO many women, when they reach middle age, are prone to think of beauty as a lost quality. They take the attitude that it has passed beyond recall, rather than realizing that it is but changed. They forget that beauty is a creature of many aspects.

In maturity, beauty has not

ting, severe lines at the neck will create an unflattering contrast, causing the large bust to appear still larger. A flowing effect, which balances the upper part of the figure, can be attained by using soft, loose collars.

Height is lengthened by sleeveless dresses. The entire length of the exposed, bared arm emphasizes to the height of the wearer. Centering the attention on the shoulders breaks the length of the figure, and this effect may be attained by the use of short sleeves.

GRAYING HAIR

B LACK will be attractive on this type, but it definitely must be relieved by a touch of color near the face. Yellow, tan or pongee shades are not recommended, but beyond this, colors which were flattering in youth will continue to be pleasing in neutralized tones.

FISH NUTRITIOUS

FISH has high dietetic value. It is a rich source of proteins, which are needed to maintain life. Fish provides iodine, iron, copper, manganese, calcium, and phosphorus. It is rich in vitamins. Besides these advantages its delicate flesh is easily digested by the ill or the robust. Fish can be eaten by those desiring to keep slender and by those needing fats or resistance against disease, or by the healthy man, woman or child in order "to keep fit."



At the first sign of a cold, stop it where it starts—the nose! Kondon's Nasal Jelly brings immediate relief, loosens congestion, makes breathing free. Unlike drops, Kondon's doesn't evaporate—stays at work for hours. Forty-six years of success treating colds.

KONDON'S NASAL JELLY

NO DANDRUFF

She Uses Glover's! She used to be a victim of Dandruff. But no more! Her secret is regular use of Glover's Mange Medication and Glover's Medicated Soap for the shampoo. That's what YOU should be doing for YOUR hair. Ask your Hairdresser—she knows.



GLOVER'S MANGE MEDICINE

HINTS for the KITCHEN

SUCCESS in preparing pork cuts depends on regulating the heat so as to cook the meat well done to the center of the piece and at the same time keep the outside from becoming hard and dry. After the surface has been seared it is best to cook pork at a moderate temperature and until it is very well done. For this reason, pan broiling or even oven broiling is not a desirable way of cooking pork. And it is neither necessary nor desirable to add water to pork while cooking.

Most loaves of quick breads have a slight crack in the top crust which is unavoidable and not considered objectionable.

To quickly remove skins from tomatoes hold tomato on fork over low gas flame. Turn to avoid burning, and when skin breaks, the tomato can be easily peeled.

With boiled beef, serve horseradish sauce. Whip cream stiff (either sweet or sour), season well and fold in grated horseradish to flavor.

Biscuit dough may be patted out, spread with jam, orange juice and sugar, ground dried fruits and nuts, or cinnamon anise sugar, and rolled like a jelly roll. Slices of this, cut an inch thick are baked like separate biscuits and make perfect breakfast breads.

Mischa Fashions

Slenderizing and sophisticated is this No. 110 with its cleverly manipulated collar and front piece of silk pique. It is simple to make, and comes in sizes 16 to 42. Size 16 requires 4½ yards of 39-inch material and ¾ yard of pique contrast.

Youthful in line is No. 111, a smart coat with novelty stitched collar and cuffs. It comes in sizes 16 to 44 and is adaptable in light weight wool. Size 36 requires 4½ yards of 54-inch material with a nap and 3¼ yards without a nap.

Mischa fashions are accurately cut to size and are made of strong paper. A simplified cutting chart and a practical, step-by-step sewing guide are included.

Mischa Fashions.

FIVE STAR WEEKLY, 450 Mills Tower, San Francisco, Calif.

Enclose 25 cents for each pattern wanted.

Pattern No.
Size
Name
Street
City
State

