

Simple Meals For Lent Will Not Be Tasteless If You Use Imagination

Eggs, Cheese and Fresh Vegetables Combine in
Delightful, Healthy Dishes

By VIRGINIA ROSS
Home Economics Editor

ALREADY I hear people sighing over Lenten meals. Why, I've never been able to figure out. To my way of thinking, regardless of whether a person has religious or personal reasons for observing the period, the fact that it permits one to cut down on the budget, the work and the meals themselves, without any explanation beyond the word Lent, is sufficient cause for all of us homemakers to welcome the season.

It offers a much needed excuse for simplicity in our meals and in our eating habits. Lent doesn't mean switching a well-laden table of flesh and fowl for one just as heavily loaded with fish, cheese and eggs. Instead, it means a return to simple living—and goodness knows THAT shouldn't be confined to 40 days for most of us!



NO ALIBIS

BE that a bit may, too many people use it as an excuse for slipshod planning and dull, flat meals. Fish, flavorless and anemic one day, disguised in a savorless sauce the next. Eggs in concoctions that would give the mother hen chills and fever to look upon. Cheese dishes so unattractive that one is tempted to forswear it altogether! Oh yes, folks do that.

I like to think that here is a chance to bring to our tables the long-neglected foods—cheese, fish, eggs, cereals, vegetables, to serve in a new role, as main dishes. To revive simple, overlooked desserts and fruits. Opportunity to work ourselves out of the rut of cold boiled ham and a can of beans. To find adventure in our kitchens, romance in our pantries. And more time to really live and enjoy life. Which, you will admit, is what the average homemaker needs.

ONE-PIECE MEALS
This is a grand time to get the family used to one-piece meals, with a salad often serving as a dessert as well. To bring a good rich soup to serve as a main course, then spotlighting the meal with a favorite dessert. By the way, it's a good time to plan on getting lean or gaining a pound. For the Easter parade is just around the corner.

A grand Lenten all-in-one (good the year around) is Eggs and Asparagus au Gratin, which is nothing more than alternate layers of cooked asparagus cut in inch lengths, with hard-cooked eggs. Take about 2 bunches of asparagus tips and 6 hard-cooked eggs, arranged in a baking dish, with 1½ cups of medium white sauce to which ½ cup grated American cheese has been added, poured over all. The top sprinkled with a dash of celery salt and covered with buttered bread crumbs. Bake in a quick oven until the mixture heated through.

SERVE IN A RING
Creamed Eggs and Asparagus served in a noodle or spaghetti ring is smart enough for a company dinner. You need a green salad and a simple fruit dessert to complete the meal. These same rings are pretty handy at housing creamed fish, both canned and leftover, cooked fresh fish. And incidentally, when mother goes fishing off the grocer's shelves, you'll be surprised (and so will she) at the catch she'll land. Canned tuna, salmon and clams know no season. My favorite is

tuna à la king in a noodle ring. Or is it minced clam pie? Dear, dear, I can't decide! Anyhow, this latter is something to write home about.

I combine a half cup each of cooked carrots, celery and potatoes cut in neat little cubes. Make a thin white sauce of milk and the liquor poured off two cans of minced clams. Then I add the clams and the vegetables, put 'em in a shallow baking dish (my glass pie dish more often than not), cover with a pastry crust as for deep-dish pie. Bake it in a 450-degree oven, and there you are.

CHEESE IS KING

So far as I'm concerned, cheese occupies the most prominent place in meal plans this time of year. Did you ever pile hot hominy in the center of a platter, surround it with scrambled eggs, pour a cheese sauce over the hominy? It's good from dawn till dusk. And not bad at midnight.

A cheese soufflé is something the average woman looks at with fear and trembling, yet it's as simple as this: melt over low heat, or in a double boiler, 3 tablespoons butter. Add three tablespoons flour, and stir until thickened. Add milk gradually and cook until thickened. Then add 1 cup of grated cheese and 3 egg yolks beaten. A half teaspoon salt, ¼ teaspoon prepared mustard, a dash of cayenne and a slip of Worcestershire sauce if you're daring.

Fold in carefully the stiffly beaten whites of 3 eggs. Pour into a buttered casserole and bake in a slow oven (275 to 300 degrees) for 35 minutes or until firm. If you haven't an insulated oven with a good temperature control, you'd better set the dish in a pan of water. This is a dish fit for the gods and—husbands.

CAMOUFLAGE
Sometimes I add a few chopped shrimps or a fourth cup of shredded crabmeat. Finely chopped spinach may be folded in before the egg whites are added. The top may be striped with bacon, or not. This is a good way to get a disliked vegetable down the family painlessly.

Seasonings are as necessary as the ingredients for most of these Lenten dishes. Cheese needs prepared mustard, cayenne or Worcestershire sauce, almost always. Eggs can take garlic salt. Celery salt and minced onion, parsley and lemon are all necessities, so far as fish dishes are concerned. Cereals and macaroni products need to be used in combination with foods of definite flavor.

All of them need garnishing, a light hand, courage, an adventurous spirit. But after all, isn't that a recipe for living itself? . . . We welcome Lenten season to our kitchens!

Kitchen Technique

By Virginia Ross

Canned pineapple juice is grand as an eye-opener any day of the week. Good in punches, sherbets, cocktails. Garnish with mint for luncheon or dinner. Children love it. Try it half and half with milk or 3 parts to 1 of evaporated milk, chilled, of course. Fine in pastry, biscuit dough, and muffin batters and for basting roasts.

Cracker and cheese pudding is a good emergency dish. Fill a shallow baking dish with alternate layers of broken soda crackers and a good nippy cheese cut in small pieces. Season with a little salt, white pepper and a bit of prepared mustard. Dot with butter. Pour over milk to cover. Bake at 325 degrees, slightly under a moderate oven, about a half hour.

Chopped dates in waffles are different. Good in cereal and muffins, too. Add ½ cup chopped dates to 2 cups of any of these things.

Leftover baked potatoes may be creamed, hash-browned or scalloped. Never warm over. From that standpoint three things are out, a broiled steak, a baked potato and a wornout romance!

For a change, cut dough for individual shortcakes with a doughnut cutter. Then fill center with crushed fruit and whipped cream.

A rubber band placed around a cook book will hold the pages, and will keep them from turning when in use.

For Lent—and Tasty, Too



A new kind of stuffed bell pepper, meatless for the Lenten season, but delicious and easy to fix, is the Five Star Dish of the Week—and if the illustration tempts you, wait till you taste 'em.

Five Star Dish of the Week

BAKED CHEESE PEPPERS

- 6 green peppers
- 1½ cups grated American cheese
- 1 cup drained canned tomatoes
- 1 can tomato soup
- 3 cups bread crumbs
- 1 teaspoon Worcestershire sauce, salt, pepper, paprika

Remove tops and seeds from peppers and boil five minutes in salted water. Mix 1 cup cheese, tomatoes, crumbs, Worcestershire sauce and seasonings to taste. Drain the peppers and stuff with the cheese mixture. Stand upright in a baking dish, sprinkle remaining cheese on top and pour around them the tomato soup slightly diluted with water. Bake in a moderate oven, 350 degrees, 30 to 40 minutes.

(Clip this and paste in your scrapbook of "tried and trues," or on 3 x 5 card for your file.)

What To Do, And How To Do It— About That Smart Cocktail Party!

COMES a 4 o'clock pause in the day's occupation that is known in America as the cocktail hour! In England it is "tea," in gay Vienna by the Danube it is called the "jause."

Since the repeal of prohibition, the cocktail hour has become a feature of American social life and an afternoon institution of the smart hotel and club.

Questions regarding the etiquette of this new, entertaining form do come in.

For example, how long is the cocktail party, what is the correct dress, the proper hour to arrive, the right thing to serve?

The cocktail hour is really two hours, between four and six or five and seven.

GUESTS come and leave as at a tea, when they please. The cocktail hour, however, is more apt to extend late into the evening if the guests begin to enjoy themselves quite thoroughly.

The difference between a cocktail party and a buffet supper is sometimes asked. At the cocktail party, guests are free to come and go between the appointed hours, as they please, while the buffet supper begins at a stated hour and guests remain until the party is over.

No entertainment but conversation and congenial company is provided, and one is expected to go on for dinner somewhere else. The only type of food served with the cocktails is canapés, chilled, crisp, and provided in great variety. At the buffet supper, a hot dish, salad, sandwiches or rolls and a dessert are usually served.

THERE is no need to dress for this informal cocktail hour. Guests arrive from playing bridge, from golf, tennis, shopping or from the office. Street clothes are proper even for the

hostess, although the picturesque, floor-sweeping hostess gown makes her that much more charming.

Suggested canapé spreads are sardine and egg; pineapple and chicken; crabmeat and onion; minced ham and egg; deviled ham and mushroom; fresh shrimp with mayonnaise, parsley and capers; Roquefort and cream cheese; boned anchovies with sliced, hard-cooked eggs.

All is not the high-priced pate de foie gras that seems to be. A harmless way of deceiving your guests is with "mock pate de foie gras" canapés.

Use the finest knife on your meat chopper and grind a cupful of boiled calves liver and a quarter cupful of cooked mushrooms. Combine with three tablespoons of mayonnaise and salt and pepper to taste. Blend thoroughly and spread on canapé biscuits. Serve these sophisticated tid-bits with slices of lemon.

CREAMED OYSTERS

- 1 pint oysters
- salt
- sauce:
- 2 tablespoons butter
- 3 tablespoons flour
- 1 cup rich milk or cream
- ½ teaspoon salt
- dash of pepper and celery seed
- ½ teaspoon Worcestershire sauce

In a saucepan broil oysters slowly, reserving the liquor. Cook until the edges begin to curl. Sprinkle lightly with salt. Add to the following sauce: melt butter in a saucepan, blend with flour and cook until slightly brown, stirring constantly. Add milk or cream, the liquor from the oysters, salt, pepper, celery seed and Worcestershire sauce. Serve in hot patty shells and garnish with sprigs of parsley and slices of stuffed olives.

GUIDE of the STARS

By LAURIE PRATT

SUNDAY, MARCH 1: Much traveling about today; matters requiring correspondence come to the fore. Guard against accidents or hasty actions in the home during the evening.

MONDAY: Affairs concerning parents, elders and authorities in general are prominent today and very much favored.

TUESDAY: Hard work is indicated. An attitude of caution plus cheerfulness is necessary.

WEDNESDAY: An optimistic and pleasurable day; love and social affairs and sports are favored.

THURSDAY: Friendships and love affairs are prominent but require great care; your mind is unlikely to be clear in matters concerning letters or contracts. Travel and finances are favored.

FRIDAY: A very good day for business initiative and general progress. You will contact those above your own station in life. Fortunate for activities requiring publicity. In spite of generally favorable vibrations, there is an element of confusing misunderstanding abroad today, so be definite and practical in all matters.

SATURDAY: A difficult and depressing day, when many details must be looked after. Postpone important ventures. Mysterious and disappointing conditions surround this day; avoid secrecy.

Children's Prospects

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

MARCH 1, 1936: A child born today will be compassionate, humanitarian, much interested in the study of human nature. Educational work for the unfortunate of this world is indicated as a career.

MARCH 2: A quiet, gifted, home-loving nature. Affairs of parents and elders are extremely important in the life, and large opportunities come to this child through such persons.

MARCH 3: This child will be a very hard worker, capable of discharging heavy responsibilities. Many journeys by water. A sensitive, clannish and courageous nature.

MARCH 4: A gay and pleasure-loving child, enthusiastic and impulsive. Partnerships are unfavorable. A career connected with motion pictures is by all means to be chosen.

MARCH 5: An extraordinary life, romantic and colorful. Deeply religious; great faith. Church or legal work will be fortunate. Many opportunities from abroad.

MARCH 6: A child born today will be associated with many famous personages. An inspirational nature, proud, generous, interested in very large plans or world-wide projects.

MARCH 7: A careful, methodical child. The mind is profoundly analytical, subtle and introspective. As critic, editor or scientist, this child would succeed in coming to public notice.

SUPPER SNACK

THICK slices of tomato, marinated in French dressing and covered with a very thin slice of onion upon which are arranged shrimps dressed with mayonnaise in any variation or plain, garnished with cream and served with a hot bread, are an ideal Sunday night supper-snack.

FASHION TIPS

BY MISCHA

International Authority on Women's Attire

Mischa's advice on the matter of clothes and their characteristics as fitted to the various types, this week reaches into the oft-times puzzling effect of color harmonies as applied to the individual and into the effect of additional height that can be obtained by correct design. Widely known for his authoritative designs, Mischa is a regular contributor to this magazine. Watch for his articles.

It is the task of the wearer to choose clothes in shades which will harmonize with her own particular expression of color.

It is within the bounds of propriety to vie with nature in the matter of color. However, this applies in the main to sports or out-of-doors clothes. Nature's foliage is our inspiration for lavish use of vivid greens.

Color to be becoming must harmonize with the personal color

WE find in feminine clothes of today definite suggestions of the qualities which spelled demure charm in our grandmother's day. Off-the-shoulder basques and the full skirts of the modern dancing frocks are striking examples of these elusively quaint styles, borrowed from a past mode of dress.

Too many people consider clothes merely in the light of a covering. Or at best a decorative medium, much in the same class as the ornaments we place on our Christmas trees.

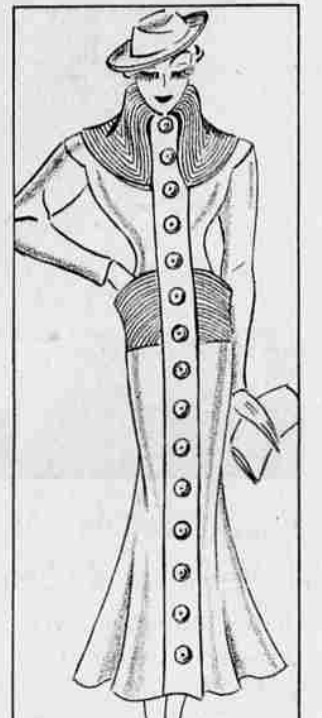
Clothes are certainly meant to be decorative, but not in a "passed-on" sense. It is the task of the wearer to express, through the garments worn, definite characteristics. Our attire is the most valuable asset we possess in the art of presenting ourselves as we desire to appear.

Heightening the Figure: Emphasizing the up-and-down or vertical line will make the figure appear taller. This use of vertical lines employs the cause-and-effect relationship in the attainment of desired results.

A panel or train from neck to hem tends to increase height by leading the eye up and down the figure. This use of vertical line has a variety of applications. Use of a striking trimming at the neck and repeating it again at the bottom of the center panel emphasizes the distance between the two points, thus imparting a lengthening effect.

Panel possessing many fine, horizontal lines will also be a great aid in adding height.

Harmony of Colors: Each individual has a definite color. In the color scheme of the costume the individual hue is always considered as a part of the entire plan.



The braided collar and pockets make this chic tweed coat (with buttons made from nuts), something for the college girl or young matron "to write home about." It's the height of something different!

scheme. Its use should intensify, not neutralize the color of the hair and eyes. The skin of the wearer should be made to look clear and healthy by the color worn.

Some TIPS on FOOD

THIS is the season of the Cheeses! Several varieties of cheese arranged together with assorted crackers that suit them make a splendid addition to, or substitute for, the hors d'oeuvres served with cocktails. Plan to serve a nicely graded variety of cheeses, ranging from the mildest of cream cheese up to the more pungent sort.

Cheese makes a perfect accompaniment to salad. It gives the perfect contrast in flavors which epicures find so fascinating. Serve as cheese straws, cheese biscuits, celery stuffed with cheese or cheese balls—soft mild cheese seasoned, rolled into balls and then in chopped nuts or minced parsley.

The colorful Edam cheese makes a gay centerpiece for your cheese plate or board. Surround it with several portions of gruyere, a wedge of roquefort, a brick of cream cheese, camembert, and some of our many forms of American cheese. Serve this, accompanied by fruit and crackers, as a substitute for dessert.

Tawny Liederkranz has a special affinity for beer and pumpernickel. Remember it when planning a gay buffet spread.

Liederkranz is the only American-invented cheese to achieve international fame among epicures. About 40 years ago a young apprentice in a New York State cheese factory was trying to imitate Bismark Schosskaese, a favorite German cheese that spoiled in transit across the Atlantic. He produced, instead, this unique, high-flavored cheese which was first served at the Liederkranz society in New York, from which it received its name.

American cheese is really a variation of English Cheddar. It is the grand, all-purpose cheese.

Camembert cheese, rich and ripe in flavor, should be served with crackers or toasted rolls. It has a special affinity for a highly polished apple. Allow to soften at room temperature before serving.

Roquefort cheese, rich and tangy, is particularly good with crackers following highly flavored foods. It's a delicious ingredient of salad dressing and a favorite appetizer.

Edam cheese is a most versa-

tile kind of cheese. It can be melted, baked or grated for any kind of cheese cookery. If your four-pound Edam is only half consumed at your dinner party, you can serve the scrappy remains melted into a smooth covering for toast strips at next Sunday night's supper.

The Edam cheese comes from Holland. It is pressed in spherical shape, the skin usually being dyed crimson. Serve it in its bright red jacket with the top cut off, jack o' lantern fashion, making a lid. Scoop the cheese from inside with a spoon, as you need it.

The lid serves as a cover and the cheese itself will keep unharmed for a long time.

DIZZY SPELLS

Here's a fair offer—get a jar of Kruschen Salts—and a boon to those whose business case-crowded lives trouble and a torturing bulge to the shoes. It stops pain almost instantly and with the inflammation and swelling reduced so quickly you will be able to wear smaller, neater shoes with ease and comfort. Prove it by actual test on your own bunions. Just write and say, "I want to Try Kruschen." There's no obligation. Address—Fiedler's Company, Dept. A 23, 180 North Wacker Drive, Chicago, Illinois.

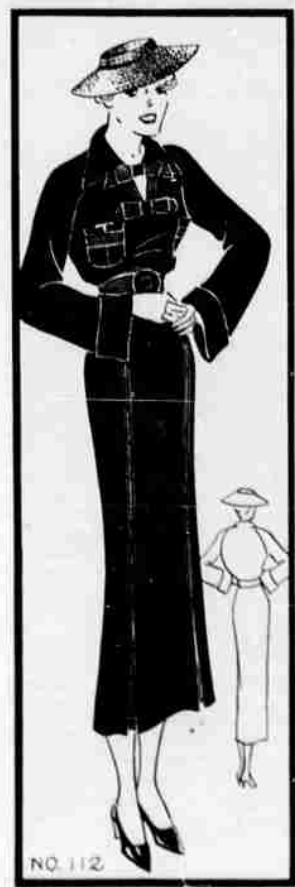
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THIS frock, No. 112, is unsurpassed for charm and dignity with its individual sleeves, pockets and bows. The stunning lines, so slenderizing, are most flattering to the silhouette, particularly when they are accented by a large flashing buckle. Sizes 14 to 42. Adaptable materials: travel prints, Canton crepe, novelty rib wool and faille. Size 16 requires 3½ yards of 39-inch material.

Look slim and chic in this easy-to-make frock, No. 113. It is designed especially to fit and flatter the large woman. Rows of clever stitching on the vestee and the clever peplum lend an air of youthfulness. In sizes 34 to 44; adaptable materials: Canton crepe, faille novelty tweed and satin.

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