

St. Patrick's Day Brings Chance To Glorify Plain Irish Stew and Potatoes

Gay Green and White Decorations Combine With
Traditional Symbols of Erin

By VIRGINIA ROSS
Home Economics Editor

For no other reason than that it adds a new note to tired dinner tables, St. Patrick's Day seems to me a fine opportunity for celebration!

There is a lilt, a sprightliness, a bit of the joy of living framing the day.

The available foods reflect the occasion better now than at any other season of the year. Some hold that the March 17 party should be an all-green affair. Others believe that using the symbols of the day will do the trick—sandwiches cut like harps, the salad molded as shamrocks, the ice cream in pipe form and all that sort of thing. Still others will make up a pot of good old Irish stew, than which there is no better. With true feminine perversity, I choose a bit of all three!

If it's a good homey affair, it's just as well to resort to the Irish dishes as much as possible. The table may be covered with oil cloth, white or green, or a gaily striped or plaid cloth. Nice, fat well-scrubbed Irish potatoes, hollowed out a bit, are grand candle holders for aquat white or green candles. A little pot of shamrocks may be the centerpiece.

Irish stew might well be the main dish, with not much else beyond a coarse bread, relishes and dessert. A simple steamed pudding of the duff family, perhaps. The foods we commonly associate with the Irish are pork and potatoes, with considerably more of the latter. Cabbage belongs in such a meal, alone or with its partner, corned beef. Vegetable greens are good. And I find myself thinking of potatoes stuffed with sausage, baked with cream of mushroom soup, by way of a modern note.

POTATO MOTIF
A meal built around the potato motif would be fun. Potato holders for the candles; small potatoes hollowed out to hold a paper nut cup, each potato being placed on a shamrock. For a simple centerpiece, punch a number of holes in a big Irish potato, and place a posy in each hole. Cut off the bottom slice of the potato to make a base and place the potato, flowers and all, in a low bowl of water.

Potatoes may be the main course or a part of it. I like to bake huge potatoes, hollow them out and mash the middles. Re-plate, with perhaps a creamed fish slipped into a hollow. Bake and serve piping hot. Spinach croquettes are good partners.

CORNED PORK
Corned pork is a good main dish, accompanied by potatoes dressed up as the Irish never did believe, but good. Try them escaloped, as usual, but use the canned cream of mushroom soup instead of milk. Buttered greens won't go astray with this meal.

Speaking of potatoes, how long has it been since you've had



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Kidneys Must Clean Out Acids
The only way your body can clean out acids and poisonous wastes from your blood is thru 8 million tiny, delicate kidney tubules or filters, but beware of cheap, drastic, irritating drugs. If functional kidney or bladder disorders make you suffer from Gravel, Urinary Inflammation, Leg Pains, Backache, Chronic Urinary Infection, Rheumatic Pains, Acidity, Burning, Smarting or Itching, don't take chances. Get the Doctor's guaranteed prescription called Cystex (Sul-Tex). Works fast, safe and sure. In 48 hours it must bring new vitality, and is guaranteed to do the work in one week or money back on return of empty package. Cystex costs only 36¢ a dose at drugstore and the guarantee protects you. Adv.

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Here's Way to A Man's Heart



For a St. Patrick's luncheon or Sunday night supper, this molded cheese ring takes the spotlight. It's as good as it is decorative. You'll enjoy this Five Star Dish of the Week.

Five Star "Dish of the Week" MOLDED CHEESE RING

Soak 1 tablespoon plain gelatin in 2 tablespoons cold water for 10 minutes. Dissolve over hot water.

Mash together
1 package cream cheese
2 cups cottage cheese
Add
2 tablespoons chopped green pepper
1/2 teaspoon salt
1/2 teaspoon grated onion
1/2 teaspoon Worcestershire sauce
Few grains cayenne

Add dissolved gelatin and pour into a ring mold which has been brushed lightly with salad oil. Set in refrigerator to congeal. A few minutes before serving time, invert mold on platter. When the mold comes to room temperature, the salad may be removed easily. Garnish with watercress. The center may be filled with mixed vegetables or with chicken or tuna salad. Serve with mayonnaise, thinned with a bit of lemon juice. Fruits may be used with this salad.

Pineapple juice may be used instead of the water, and bits of pineapple added to the cheese mixture. This is excellent with fruits or chicken.
(Clip and paste in your book of favorite recipes or on a three-by-five-inch card for your food files.)

Cooks' Kitchen Tours

Conducted by
Virginia Ross

SOMETHING different is this Pineapple-Cheese Dish, made by arranging a layer of cooked rice and cubed pineapple alternately. Sprinkle the top with cheese and seasonings. Add pineapple juice, bake in a moderate oven, about 1/2 hour. This is a good luncheon dish.

Boiled beef takes or airs when served with a horseradish sauce made by combining 1/4 cup horseradish, 1/2 cup whipped cream, 1/2 cup soft bread crumbs, 2 tablespoons vinegar, salt, pepper and prepared mustard to taste.

As a relish to pork, serve 1 cupful of a spiced tart apple-sauce added to 1 package of lemon gelatin prepared according to the directions on the package. Good, too, as a salad, topped with a cream dressing.

After broiling beef, pour over the meat the liquid in the pan heated with 1/4 cup of sherry wine. Another good broiling trick is to spread the steak with prepared mustard before broiling.

To use up leftover sandwiches, pan-fry them until golden brown in butter, or drippings. Serve hot, with or without a sauce.

BAKE individual pie crust shells over inverted muffin tins, and serve hot, filled with any leftover creamed meat, fish, or vegetable. To hold the shape of the shell in baking, allow to stand before going into the oven, in a cold place for one hour.

To make biscuits that do not have to be spread at the table, roll the dough to fourth-inch thickness, and cut in small rounds. Brush over half the rounds with melted butter, top with remaining rounds, and bake. Call 'em Twin Biscuits.

Always make cake batter higher at the edges than in the center, to insure even rising.

Have you ever poached fried eggs, or perhaps you prefer to say fried poached eggs? It's a new-old cooking trick, and do the eggs taste good! Melt enough butter in a frying pan to barely cover the bottom. Then break in the eggs, one at a time. Dust them with a little salt and pepper. Cook slowly, so that they merely solidify throughout without browning. Serve on toast or a broiled tomato slice.

A good money maker, but very free with his earnings. Tremendous energy; an unusually resourceful nature. A business connected with liquids or ocean travel is favored.

A prophetic, philosophical mind. Many enjoyable travels abroad are shown. An original, creative and independent nature.

GUIDE of the STARS

By LAURIE PRATT

SUNDAY: The critical and analytical powers of judgment are strong today; write, read or study.

MONDAY: An energetic day when much may be accomplished, especially in cooperation with others, but avoid haste and quarrels.

TUESDAY: An unusually good day, harmonious and pleasurable. Give a party or enjoy the society of others. Affairs concerning marriage, friends, art, travel and finances are favored.

WEDNESDAY: Mentally constructive in the morning, with gain through social and cooperative activities. The afternoon, however, brings unexpected obstacles and change of plans.

THURSDAY: The only danger today is extravagance. Otherwise it is a most auspicious time, favoring dealings with elders, completion of hitherto delayed work, and inspirational "hunches."

FRIDAY: Still necessary to watch finances and avoid hasty expenditures. Social and love affairs are unsatisfactory or expensive. Very energetic vibrations will enable you to accomplish much work today.

SATURDAY: Desire for travel may crop out today and would afford a welcome change of scene. Your mind is alert and original, receptive to unusual ideas and plans.

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

SUNDAY: A child born today is endowed with excellent judgment, powers of concentration and command over detail work. A career as publisher, editor or critic is indicated.

MONDAY: A sociable, artistic child, capable of enthusiastic and effective activity, particularly in partnership. Friends and love affairs play a most important role in the life.

TUESDAY: All the good fairies attend this birth. A fortunate life, a lovable disposition and a gifted nature. Legal work is shown as most favored.

WEDNESDAY: This child will be successful in life in spite of many unexpected obstacles. Generally even tempered, but subject to occasional surprising moods. Work involving foreign travel and secrecy is shown.

THURSDAY: A child of enormous grit and tenacity. He will make his mark in any sphere of life. Older people influence his career advantageously. A mystical and inspirational side to the nature.

FRIDAY: A good money maker, but very free with his earnings. Tremendous energy; an unusually resourceful nature. A business connected with liquids or ocean travel is favored.

SATURDAY: A prophetic, philosophical mind. Many enjoyable travels abroad are shown. An original, creative and independent nature.

FASHION TIPS

BY MISCHA

International Authority on Women's Attire

STYLE—there's something every woman longs for! And Mischa, internationally known designer of individual clothes for women, deals with the subject most comprehensively in this article, written especially for the Five Star Weekly. Mischa's advice on clothes is a regular feature—you won't want to miss it.

THE well-dressed woman catches our attention. In a flash we single her out. She holds our admiration and approval until she has passed from view. We think of her later in the day—the stunning, smart picture she made. There was something definite about her. She imbued her clothes with her own special quality of style.

It is quite possible, and altogether probable, that the fashion of her garments is the common property of hundreds of other women. It is for this reason that style may best be defined as an ultimate quality imparted to dress by the ideas back of things. It is not a generalization but something definite and vital in its character.

JUNIOR GIRL: The "teens" are a period of great importance in the life of the young woman. From the standpoint of dress, this time has a double significance. First, proper attire may do much to help the young girl over the tedious paths of adolescence, and, second, she will, if she is at all astute, realize during this time just how valuable is the art of being fashionably attired and groomed. This knowledge will be a source of power which she can call upon all through the rest of her life.

The junior girl, upon reaching

Canned Soup Is Excellent When Used For Sauce

ONE of the grandest ideas I've met up with is using canned soups for sauces. Of course, one soup won't work for everything.

But manufacturers of fine soups have laddled them out in great variety, and we have soups for every occasion and sauces likewise.

Read the label on the can to know how to use them (as is, or diluted), then substitute an equal quantity of soup for the milk, tomato or what the recipe calls for. Dishes with soup-sauces:

Eggs With Mushroom Sauce
Melt 2 tablespoons butter in a saucepan, add 3 tablespoons flour and blend well. Pour in 1 1/2 cups cream of mushroom soup and cook until thick. Add six sliced hard-cooked eggs and heat just long enough to heat eggs through. Salt and pepper to taste. Serve on crackers or toast.

Shrimp With Mushroom Sauce
Melt 2 tablespoons butter in a saucepan, add 3 tablespoons flour and blend well. Add 1 1/2 cups cream of mushroom soup and cook until the consistency of thick, white sauce. Stir in 1 1/2 cups shredded shrimp and continue cooking just until it is heated through. Salt and pepper to taste. Serve on patty shells.

Leftover Meat and Tomato Sauce
Melt 2 tablespoons butter in a frying pan, add six medium sized onion, finely sliced, and cook over a low flame until slightly brown, stirring frequently. Add 2 cups cream of tomato soup, 1 teaspoon salt, 1/2 teaspoon pepper and 1/2 teaspoon celery salt, and cook slowly until thick and rich, about 1/2 hour. Add 2 cups cold cooked beef, or veal cut in small pieces, or an equal amount of cold sliced meat, heat thoroughly and serve. Serves six.

SOME NEW TRICKS

CCHEESE puffs are also an excellent accompaniment. Make tiny little cream puff shells (cream puff making is no trick at all. We'll make some one of these days.) Sit and fill them with a mixture of American cheese, a little cream, whipped, and chopped nuts. Celery if desired.

Jellied Heart Reliefs are good the year around. All you do is to bake any good white or angel cake in large muffin pans, or in a square layer pan, and cut in three-inch squares. From the center of each cake cut a small heart; with a heart cutter, cut through the center of the cake to one inch in depth. With a paring knife left the shape out of the center.

Fill the well with a custard filling spread over the top and let drip down on the sides. Spread the heart cut out from the center with currant or other red jelly. Place lightly on top of the custard. Edge the cake with coconut. Serve on a lace paper doily on a dessert plate. Better cold, of course.

the age when she desires to accentuate her individuality through the medium of dress, is apt to make many errors.

In searching for garments befitting her type, she often chooses costumes too important and mature. Or she may err in the opposite direction by wearing clothes too youthful. In the case of the choice of garments which are too mature, the fault arises from a perfectly sincere wish to appear more dignified.

It is not necessary to avoid straight lines entirely. On the contrary, they are most essential in many types of practical costumes for the young girl. However, it is best, when used for the junior dress, to combine straight lines with rounded or curved lines. Soft folds, which produce rounded contours, may be substituted for actual roundness of line.

RUDDY BLOND: The ruddy blond with fair, ruddy skin, brown hair or hair with golden glints, should avoid yellow, mustard,



This smart two-in-one is assuredly in for a lot of comment. Contrast is important to reveal the dual aspects of this charming frock, with the vestee so tricky under a like front, fastened by one of the several alluring buttons.

blue-purple and red-purple, warm brown and reddish tans. She will look her best in blue, cool brown, green, dark red, grayed-orange, beige pink and, of course, black, which is always flattering.

ECZEMA

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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.
Take one half teaspoonful of Kruschen Salts in a glass of hot water before breakfast every morning for elimination of excess waste—add juice of half a lemon.
Kruschen costs but a trifle and is sold the world over—try one jar—if not joyfully satisfied—money back. Adv.

Mischa Fashions

If you haven't seen the little tailored frock, No. 114, that makes the little miss look too grown up, you just haven't seen the right dress, for the collar and cuffs so daintily embroidered in brilliant wool or silk set off the clever seaming running right down to the pleats. Sizes 8 to 16 years. Adaptable materials: crepe de chine, Canton crepe, silk faille, novelty wool or ribbed silk. Size 12 requires 2 1/2 yards of 39-inch material, or 2 yards of 54-inch material.

This Eton Cocktail Dress, No. 115, is the pace setter for all occasions. Made of rich, dull crepe in one of the new jewel shades; set off by the flattering contrasting blouse and tie collar that fits so snugly about the throat. In sizes 14 to 40. Adaptable materials: Canton crepe, faille, novelty woolsens and dull satin. Size 16 requires 3 1/2 yards of 39-inch material and 1 1/4 yards of contrasting 39-inch material for the blouse.

Mischa Fashions,
c/o Mary Cullen,
The Journal,
Portland, Oregon.
Enclose 25 cents for each pattern wanted.
Pattern No.
Size
Name
Street
City
State

