

WOMAN'S PAGE

Edited By Vivian McCauley

TRIPE COOKED IN MANY WAYS

Beef tripe is an appetizing meat product that is easily digested and very nourishing. It also is quite cheap and can be prepared in a variety of ways.

Tripe is available in the market fresh or pickled and may be plain or honeycombed. Honeycomb is considered the more delicate.

Fresh tripe is ready to use at once after careful washing, but pickled tripe must be simmered until tender before using in any recipe. The water in which pickled tripe is simmered should be thrown away, for it contains the excess acid absorbed by the meat during the pickling process.

Broiled tripe makes an excellent winter breakfast dish. Served in well seasoned sauce, it makes a good main dish for many different meals. While fresh honeycomb tripe is best for broiling, the pickled tripe can be used if simmered and drained.

Tripe boiled until tender, cut in neat dice and added to a well-made cream sauce is often called "mock sweetbreads" and is a truly delicious and economical dish.

Onions are the traditional vegetable to serve with tripe. Mashed potatoes or cooked rice often are used as a border for tripe in a sauce.

Many cooks prefer to cook fresh tripe several hours in salted, acidulated water before using it in any way. This makes the meat very tender and particularly delicate.

A round of tripe will serve six persons, for there is no waste in bone or gristle.

Radio Engineer Victim of Plant Built by Himself

EL PASO, Tex., Jan. 1. (AP)—Victim of a product of his own mind and hands, Dean H. W. Goddard, of the Engineering School of New Mexico agricultural and mechanical college was killed last night by a charge of 12,000 volts of electricity received while he was preparing equipment at radio station KOB for a New Year's eve broadcast.

Dean Goddard, widely known radio engineer, designed and built the station, operated by the college, which is 35 miles west of here.

A resuscitation crew from El Paso was unable to revive him. The scheduled broadcast program was cancelled.

AGAIN THE AIRPLANE
BERLIN—Airplanes are getting to be more and more useful. One recently frustrated attempt at blackmail here. A pigeon was sent to the intended victim with a note warning him to send a certain sum of money back tied to the pigeon. The pigeon was released in the air, and a fast airplane followed it. Noting where it landed, the pilot of the plane notified police and the criminal was caught.

Eighteen years were required to make the huge gates of Henry VIII's Chapel in Westminster Abbey.

Sister Mary's Kitchen

By SISTER MARY
NEA Service Writer

Baking is the ideal method of getting the full value from vegetables.

When vegetables are cooked in water, some of the mineral salts are dissolved and are lost if the water is thrown away. The small amount of water used in baking often is entirely taken up by the vegetables or can be very palatably served with them.

The simplicity of the process makes it most practicable for the busy woman. Little or no watching is necessary, and there is almost no danger of scorching as is so often the case when vegetables are boiled and the water must be cooked away.

No special equipment is needed. An ordinary sauce pan with a tight cover can be used. Glass or earthenware casseroles are excellent, since the vegetable can be sent to the table in the dish in which it is baked.

Use Sauce Pan or Casserole
Prepare vegetables as for boiling and put in sauce pan or casserole. Add enough water to provide about one-fourth inch in the bottom of the pan. Milk may be used in place of water and salt may be added before or after cooking. The utensil must be closely covered.

White and sweet potatoes, turnips, beets, squash, parsnips, onions and carrots are baked satisfactorily in their skins without water. Squash should be cut in half or pieces suitable for serving. Beets are extraordinarily sweet and the other vegetables particularly full-flavored. In the case of turnips and onions, this should be

kept in mind if a mild flavor is preferred.

If the vegetables are baked in the oven at the same time, the meat is roasting, a saving in fuel is effected. The temperature for baking may vary from a low oven to a very hot one. This, of course, influences the length of time required for baking. A hot oven shortens the baking period and a cool oven lengthens it.

Baked combinations of either fresh or canned vegetables are good. When canned vegetables are used, the cooking period is shortened.

Almost all vegetables can be baked. The strong flavored ones, like cauliflower, brussels sprouts and cabbage, are better flavored

if more water is used. The same rule holds for baking these vegetables that is followed in boiling, as far as the amount of water is concerned. Cover with boiling water, but cover closely.

Once upon a time

Mrs. Herbert Hoover moved out of her sorority house at Leland Stanford when the other girls objected to her laundry collector sweetheart, "Bert." He is now the president.

Consider the Christmas toy: its life is brief, but it certainly does get the breaks.

Corra Harris, the author, who always has something interesting to say before she takes the floor, announces in the Ladies Home Journal that she has found the solution.

Says she: "When I have guests these days, I invariably serve with the meal wholesome, but unpopular vegetables such as spinach and carrots, bran bread, and some kind of innocuous salad."

"In addition to these provisions, I go ahead and serve rich and appetizing dishes for the sake of my own vanity. If the visitors yield to temptation, the sin, the pain and the anxiety are theirs, not mine, for I have done my whole duty by them and by my reputation as a hostess."

It is her opinion that this anguished scrupulousness about food has not improved the mind, health or the morals of this generation and that there is no particular reason why grown people should adopt a formula of food suitable for babies.

"Not," she explains, "that I am opposed to a rational censorship of food, even my own if it is palatable disagrees with me, but I do think too many of us are making a dangerous plety of our diet."

Peanut oil is one of the necessities of the average Chinese of south China and means to him what lard does to the Americans.

A professor says the radio should help to cut down divorce. It puts marriage on a sound basis

NEW CHOWDERS LUNCHEON BOON

Vegetable chowders are a boon to the busy mother whose children come home at different hours for their luncheon. The chowder can be kept hot almost indefinitely without hurting it, is easily and quickly served, and good for both older children and small "first-graders."

There is a large amount of nourishment in a vegetable chowder and it is easily digested. The food is not heavy or rich enough to produce the lousy feeling that makes afternoon work so trying, but is nourishing and stimulating to tired young brains and growing bodies.

Crisp crackers or toast sticks are excellent to serve with a chowder, for they add the necessary hard food which requires chewing.

Radishes or celery, egg and lettuce salad or head lettuce with French dressing and a dessert such as ginger bread and applesauce, crisp cookies and canned fruit, or sliced bananas or fruit served with hard sauce, round out a chowder luncheon satisfactorily.

When eggs are used in the salad, a simple dessert without eggs should be chosen. But if a plain salad green is planned, the dessert should make up the lacking calories.

Finely minced parsley sprinkled over the top of each serving adds to the flavor as well as the attractiveness of the dish. "Color" of paprika also adds color. Grated cheese stirred into the hot soup after serving increases its food value and enriches the taste for older children.

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THE WOMAN'S DAY

Many a woman, with plenty of the old-fashioned desire to dispense hospitality, particularly during the holiday season, would just love to give a swell, bang-up dinner, but—

There's Julia—we'd want her—but she is eating nothing these days but celery and consommé—

And there's Mrs. X, who looks so marvelous she is an ornament to any table—but she's anemic and eats nothing but calves' liver—

And there's Gertrude—she eats only vegetables—and raw ones at that, so she isn't accepting any invitations for a while that include dinners—

And so it goes.

Dieting is almost as much of a menace to hospitality as prohibition. For if every person you know is dieting, but none of those two play the same system—what are you going to do?

A dinner of raw vegetables might satisfy one guest, and no others. And who is going to get out the best plate for liver?

FOODLESS AGE?
For the past year, waiters have wrung their hands over the situation.

They say the art of eating elegantly and with the discrimination of an epicure, was never so developed in this country as it should have been, is dying, and that good food is simply on its last legs. Why, so on with the preparation of rich sauces and artistic desserts. If no one appreciates anything but sauer kraut juice and spinach?

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How to Play BRIDGE

Series 1929-30 by Wynne Ferguson

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What are some of the important points about auction that the average player should remember? Here are three pointers from three different players that are well worth remembering:

First: "An important thing for an auction player to learn and remember is that he cannot always be at his best. That sounds fairly obvious, yet some times a player goes a long way before he realizes it. Until he does, he will fret too much over a session of bad play or bad bidding. When he does realize it, however, he will sit down calmly and figure out why he made so many mistakes. Having figured it out, he will come to the conclusion that none of his mistakes are fatal and that, like so not, he will have a good day on the morrow."

Second: "The first and most vital thing that an auction player should learn is not to take the card game home with him. Have your troubles at the card table and in the post mortem after, if you must, but when you leave the card table shut the door on them. If you don't they will rob you of your sleep, make you an irritable figure around your home and eventually take years of your life. That is simple enough, it seems to me, yet a lot of players must learn it."

Third: "A young player who learns that it sometimes will pay him to play the boob, has learned something of great value. This applies both to the bidding and to play. There are certain rules as to when it is smart to make this bid or that play, and when it isn't. I soon discovered that opposing players were prepared to break up or properly defend certain bids or plays only when

they were the proper thing to do, so I began to bid and play in such a way that, theoretically, at times I was all wrong. Even my partners called me a boob but that didn't stop me as long as my apparently illogical bids and plays upset my opponents and kept winning for me."

The foregoing advice can be taken for what it is worth, but it certainly should make all players think and by starting them to think, cannot help but improve their games.

End Plays
One of the usual statements heard at a card table is "That was a pretty end play" or "Partner, you missed a chance for an end play."

What is an end play, and is there any way for the average player to learn how to make one? There are thirteen tricks in every hand and by the time the first eight or nine tricks are won or lost, every player should either know exactly or have a good idea as to the location of the remaining cards held by each player. Very frequently such knowledge can be put to good use and tricks can be won that would be impossible if the location of the remaining cards were not known. Such plays are the so-called "End Plays" and the best way to master their principles is by a study of numerous examples.

Here are four simple cases. Study them over carefully and decide what you would do. Your results should make an interesting comparison with the analysis that will be given in the next Article.

Problem No. 6
Hearts—Q
Clubs—none
Diamonds—Q, 8
Spades—7

Hearts—J, 8
Clubs—7
Diamonds—2
Spades—none

Hearts—A, 10, 4, 3
Clubs—none
Diamonds—none
Spades—none

Hearts—J, 8
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