

WEEKLY WOMAN'S PAGE OF THE HERALD

Sister Mary's Kitchen

By SISTER MARY
NEA Service Writer

During Lent, when meat is off the menu occasionally through the week, the cook must look for other sources of protein.

Although some protein food is necessary to maintain a balanced diet, meat is only one of the growth-promoting and muscle-building foods. There are at least five other groups which, if properly used, are two equivalents of meat in nutrition and general excellence. Eggs, milk and milk products, fish, nuts—particularly peanuts—legumes, and macaroni and spaghetti made from durum wheat are the sources of protein that are at every woman's hand.

It should be kept in mind when planning meatless meals for children that the protein of dried peas, beans and lentils is of a poor quality and plenty of milk must be supplied.

Eggs and fish are ideal for children's meals, for they are easily digested and furnish "complete" proteins in abundance. Eggs are a concentrated food to the highest degree, because there is absolutely no bulk in the way of connecting tissue. Although they contain many substances the body needs

Poached Eggs With Tomatoes

Two cups canned tomatoes, 1 sweet green pepper, 4 rounds of toast, 4 eggs, 2 tablespoons butter, 2 tablespoons lemon juice, 1/2 teaspoon salt, few grains pepper.

Dip pepper in boiling water for five minutes. Dip in cold water and rub off thin outer coating. Remove seeds and white pith and cut flesh in shreds. Combine with tomatoes and simmer until thick. Pour onto a hot platter and arrange rounds of toast on the tomato. On each piece of toast put a poached egg. Melt butter and cook until slightly brown. Add lemon juice slowly and bring to the boiling point. Pour over eggs, sprinkle with salt and pepper and serve at once.

for its development, meals in which eggs figure as the main source must be carefully planned.

A Perfect Combination

Milk and fresh vegetables combine with eggs to make a perfect meal. Milk supplies the lime lacking in eggs, and fresh vegetables furnish bulk as well as their vitamin and mineral content.

Much has been learned in the last few years about the vitamin content of eggs and their protective foods, along with cod liver oil, spinach and orange juice.

Properly cooked eggs are easily digested and can be served to an entire family from the 2-year-old up. Poached eggs, eggs soft cooked in the shell, eggs hard cooked in the shell, carefully scrambled eggs, baked omelets and shirred eggs are excellent ways of cooking eggs for children. A rich sauce can be served separately to adults if the eggs alone are too bland. Hollandaise sauce poured over a poached egg on a split and toasted English muffin results in "eggs Benedict," a delicious and smart dish.

Mushrooms combine appetizingly with eggs. Anchovy paste and sardines add piquancy and interest to the mildly flavored egg.

Poached eggs are good with creamed vegetables on toast. This makes an excellent two-in-one main dish. Creamed celery, spinach, asparagus or tomatoes are especially appealing.

You can make old fashioned Brown Betty with pineapple instead of apple, for a change. Serve hot, with hard sauce, and see if your family doesn't approve.

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SUMMER GARB IS RIGHT ON THE DOT

Polka Dots Are Sponsored in Chic Apparel for All Hours of the Day

By Henri Bendel

Written for NEA Service

NEW YORK, May 15.—Women gifted with a sartorial sixth sense put their stamp of approval in that costume that has both dot and dash. There is such wide range now in fabrics that one may find apparel for all hours of the day sponsoring these polka dots.

Dots range from the pin-point to disks big as a silver dollar, or even larger in some of the chiffons. Some of them are all of a size in a dress, others of different sizes form showers of dots in all-over design. Still others form a stripe of dots. The newest dot this spring is the large polka dotted chiffon, excellent for dinner wear and evening gowns. Patou's pink on black and black on pink are prime favorites.

Probably no single motif of design ever inspired such varied treatment as the polka dot. While it is clearly defined in most prints, others use a dotted background, with a figure in the foreground. Others have alternating colored dots in pastel colors against dark backgrounds. These blended colors usually come in the chiffons and other evening prints, with daytime things quite obvious in their dots, with black and white and navy blue and white and either black or blue with pink quite the favorites.

Augustabernard beautifully illustrates the new polka dot concept in the evening gown sketched. The material is chiffon. The background is that soft new pastel shade known as opaline rose. It reminds one of the last glow of a fading sunset—that soft pink flush seen nowhere else. Scattered over it is the polka dot theme in disks of pale blue which overlap in many places. They look a good deal like soft bubbles and are a charming illustration of the possibilities of the polka dot theme for evening wear. The slim silhouette of this frock is very simple, which but adds to its charm. It has no trimming except the shoulder flaps which pick up the colors of the material. From a deep printed yoke which circles the hips, the skirt cascades in points which sweep about the feet. The whole idea epitomizes a summer evening.

For summer travel the polka dot furnishes a smart theme. Martini and Armand are responsible for one of the most successful suits for summer travel.

The polka dot craze covers every hour of the day and a great variety of size and treatment. The sketch on the left illustrates a charming breakfast pajama suit created by Henri Bendel. It combines red and white in wide Dutch trousers and a long blouse coat. In the center frame, Henri Bendel imports a swank little jersey ensemble in red and beige created by Martini and Armand, effectively utilizing a small polka dot theme. The other suit combines a dark blue wool homespun with a blue and white polka dot silk, the blouse being of the silk as well as the revers and cuffs of the coat. Yvonne Carrette is responsible for this smart combination and Bendel for its importation. Augustabernard shows a charming concept of the polka dot theme in a printed chiffon for evening wear on the right. Large blue disks resembling bubbles are strewn over a background of opaline rose representing one of the most effective importations of the summer season.

I have imported this season. The material is light weight jersey in red and beige, with a small polka dot theme. The frock is in one-piece with a printed skirt yoke, a round collar of white plus a matching tie. The fulcrum of the skirt is achieved with tucked gures. The smart little coat is lined with red silk matching in color the red in the jersey and the belt worn at the normal waistline of the frock. A charming bow-knot in the back of the coat somewhat resembles a pointed yoke and is extremely smart. With it is worn a rough straw hat created by Agnes.

Another most effective utilization of the polka dot theme is in combination with a plain material.

Yvonne Carrette has created a stunning suit combining a very light weight dark blue wool homespun and polka dot silk crepe. The blouse is a tuck-in of the crepe and the coat is lined with it. The revers and cuffs of the coat are of silk crepe with the polka dot theme which is in dark blue and white. A dark blue grosgrain hat created by Descat is worn with the ensemble.

Of course the pajama suits have not escaped the polka dot craze. Illustrated is a swank suit created by Molyneux. It is a combination of red silk with white polka dot combined with white pussy-willow silk. The wide Dutch trousers end in a fold of white. The tuck-in blouse is white, and the bottom of the coat and sleeves are white. This pajama suit strikes a gay color note for breakfast and admirably illustrates the effectiveness of the polka dot theme for early morning wear.

But neither the dress nor the trousers need to yell their defeat from the rooftops. I'd try to do the job so "that it will not attract attention." Oh, how important this is. It isn't false pride, it is merely to obviate that dangerous and agonizing thing in childish breasts—humiliation and the resulting inferiority feeling.

On the other hand I don't think it good to subject a child to a continuous dose of old things simply for a matter of principle. It is absolutely not fair to buy the tops and then year after year to hand them down to the other steps. I know, economy and necessity usually write the plot of that story, but I would sit up nights trying to connive how I could get the new coat for Cora this year and fix up Alice's so she can wear it again, if Cora has been getting all the hand-me-downs, or how George might for once get the new suit, even if

older Donald's old one will have to do for the trip to Aunt Mary's. But to go back to the "odd" children. It doesn't happen often but it does occur occasionally, that a mother takes it into her head to make her child outstanding by dressing him, or her, differently from other children he knows. The result is too frequently some peculiar or outlandish get-up that either reduces the child to an agony of shame, or if his disposition is such, makes him a pugnacious little scrapper who seeks to down his true feelings and his critics by his fists. The "Lord Fauntleroy" period of velvet suits, lace collars, and long curls was vividly colored by bloody noses.

Again one has to be careful here. We don't want to lose all sight of individuality in dressing children. And I'd begin early to allow them to have a vote when the clothes are bought.

If a popular craze comes along for a certain kind of cap or shoe and "all the kids are wearing them, Mom!" I don't see why we shouldn't give in, if it is buying or shoe-buying time anyway. Let them belong to the group, and do what the others are doing, if you can afford it. Anything, anything to ward off that monster complex!

GOOSEBERRY TARTS

Gooseberry tarts are unusual and therefore welcome. Make your tart molds over the backs of muffin tins. Drop fresh gooseberries into a sugar and water syrup and cook only a few minutes. Fill the tarts and serve with a dash of whipped cream on top.

CLEANING TIME

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YOUR CHILDREN

by OLIVE ROBERTS BARTON
As told by NEA SERVICE WRITER

One of the causes of inferiority complex not recognized by a large number of parents is the humiliation the child endures if he is made to dress or behave differently from other children in his group. This is particularly true if he is under six or seven, but the truth is that he never does outgrow it—quite.

Probably this is responsible for own own flair for standardization. Grown-ups dress as much alike as beans on a vine rather than go through the mortification of being thought "odd." Who has the independence to be different? Practically none of us.

But under six the psychology of the child is such that he pays more attention to "group" standards than he will at any other subsequent period of his life. He is extremely sensitive to the judgment of others at this time, and goes through very real suffering if for any reason he has to go against the "group" with which he associates.



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Now when I speak of clothes I don't mean that children should not wear old clothes. I think they should. The discipline is good to begin with—to teach them that things must give service, not merely a thrill. There isn't any reason why a little girl should be sensitive about a let-down dress or a boy about a pair of patched trousers.

Avoiding Humiliation

But neither the dress nor the trousers need to yell their defeat from the rooftops. I'd try to do the job so "that it will not attract attention." Oh, how important this is. It isn't false pride, it is merely to obviate that dangerous and agonizing thing in childish breasts—humiliation and the resulting inferiority feeling.

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DRYING CURTAINS

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