



YOUTHFUL ZEST and care-free spirit inspire this Jester's Fling Swirlwave coiffure designed by the official hair fashion committee of the National Hairdressers and Cosmetologists Association. The sweeping wings flung upwards from the temples recall the pennants and streamers of a jester's collar and scepter in a theme of gayety especially suited for the winter season's party fun.

CHESS TARTS

This recipe, from the Oregon Dairy Council, serves six. Everyone has his own special pastry recipe, but whatever you bake, make it the very best by using butter, the Oregon Dairy Council advises.

FILLING

1/2 lb. cottage cheese
1 cup sugar
4 egg yolks
1/4 teaspoon salt
Juice and grated rind of 1 lemon

TART SHELLS

1 cup flour, sifted
1/2 teaspoon salt
1-3 cup butter
3 to 4 tablespoons cold water
For the filling, drain cottage cheese and press through sieve. Blend in sugar gradually. Stir in remaining ingredients. Pour into six unbaked tart shells.
For the tart shells, sift together flour and salt. Cut in butter until texture of coarse cornmeal. Add water gradually, mixing lightly. Lightly roll dough to 1/8 inch thickness. Divide into six parts and press loosely into six 3 1/2-inch fluted tart tins, pressing out any air pockets. Trim dough. Fill with cheese mixture and bake at 400 degrees for 30 minutes.

Take it from me...



By Bessy, the Basin Bossy

As the saying goes, "...now is the time to stop, take a quick look back to see where we've been and then a long look forward to see just where we're going."

Looking back, I feel very satisfied with what I've been telling you... drink at least three glasses of milk each day... you never out grow your need for milk.

Drinking three glasses of milk every day is your best and cheapest health habit. Milk's value to you is far greater than its cost. Here's how milk helps you live better five ways...

1. Milk protects you with "Armored Calories." There is a difference in calories. "Naked" calories—found in sweet, starchy foods—supply only body fuel. With "Armored" calories you get proteins, vitamins and calcium in addition to body fuel or energy. Milk contains more highly "Armored" calories than any other food—makes you feel better, more energetic.

2. Milk prevents loss of pep when dieting. Milk is your best source of digestible, low-cost protein, vitamins and calcium which you need for vitality and a sense of well-being. Milk builds strength, not fat. High protein reducing diets built around milk are comfortable and safe... help you feel better, live better.

3. Milk keeps you feeling young. Calcium starvation makes you feel old before your time. Most Americans suffer from this dietary lack. Without calcium, you tend to become nervous and irritable, to have poor teeth and bones. Milk is the only practical source of calcium. Drink at least three glasses every day to get the calcium you need to keep feeling young, vital and strong.

4. Milk eases nervous tension. Tests on nervous children and adults prove that drinking three glasses of milk every day helps reduce fatigue and strain. Milk is good for you, and refreshing. It contains no stimulants that may increase your nervousness. Instead, it regulates the heart and nervous system to tone the muscles.

5. Milk makes you sleep better. Scientific tests definitely show that a glass of milk before bedtime relaxes you, makes sleep come more quickly, helps you sleep soundly all night through. Milk relaxes the blood vessels, aids circulation, eases the hunger pangs that sometimes cause wakefulness. If you like milk warm, that's even more relaxing.

So take it from me. Plan now to drink at least three glasses of milk every single day in 1956.

Bessy.



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Beef Roast

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