



LEFT OVER MEAT can be glamorous. Here is a mighty appealing and nutritious meal featuring Bran Corn read with Meat a la King. The Bran Corn Bread is made with 40 per cent bran flakes and non-fat dry milk. Photo and recipe suggestions are courtesy of Post 40% Bran Flakes.

A NEW a la KING MENU COMBINATION

"When winter gales whistle mournfully about the rafters, housewives' signs keep sorrowful company!" And particularly in this old saying true on those budget-conscious days following the holiday season. Bleak and grey they can be for the wife aware of taste thrills just past and the unhappy task of offering less expensive fare ahead.

The problem then is... how to offer the greatest possible food "glamour" with nutritious value and yet retain a minimum cost. It's impossible, you say.

Well, not if you take leftover ham or meat of any kind and serve it a la King style over a slice of Bran Corn Bread. The Bran Corn Bread made with 40 per cent bran flakes, pins the meat — with the addition of non-fat dry milk to both — offers a hearty, nutritious, eye-appealing main dish. And the cost? It couldn't be lower.

This "royal" dish for the weary budget will prove unusually tasty served with a baked tomato and tossed green salad.

BRAN CORN BREAD
 1 cup sifted flour
 1/2 teaspoon double-acting baking powder
 1 teaspoon salt
 2 tablespoons sugar
 2 tablespoons nonfat dry milk

solids
 3/4 cup yellow or white corn meal
 1/2 cup shortening
 1 egg, well beaten
 1 cup water
 1 1/2 cups 40 per cent bran flakes

Sift flour once, measure, add baking powder, salt, sugar, and dry milk and sift again. Add corn meal. Cut in shortening. Combine egg and water. Add all at once to flour mixture and stir until all flour is dampened. Stir in cereal.
 Bake in greased 8x8x2-inch pan in hot oven (425 degrees) 25 to 30 minutes, or until done.

MEAT A LA KING
 2 cups water
 1 cup nonfat dry milk solids
 1 to 1 1/2 teaspoons salt
 1 teaspoon pepper
 1/2 teaspoon Worcestershire sauce
 2 cups (about 1 pound) diced cooked meat

Pour water into top of double boiler. Sprinkle dry milk, salt, pepper and flour over surface. Beat with egg beater until blended. Cook over hot water, stirring constantly, until slightly thickened, about 8 to 10 minutes. Stir in Worcestershire sauce and meat. Heat until meat is hot. Serve over corn bread.

KITCHEN DECOR

A favorite trend in kitchen decor is the use of cotton fabrics that feature the identical print of the wallpaper. Paint and wallpaper stores carry harmonizing papers in a wide variety of colors and patterns. Papering is easy to do and Klamath Falls stores have good assortments of all the needed tools. It is an easy way to brighten a wall of a dark hallway or add interest to one wall of a bedroom, den or kitchen.

BED SHEETS

Many homemakers are rediscovering the plain old bed sheet — which isn't very plain any more and which is no longer confined to the bed. Just open a double-bed size sheet, white or colored, and you will see an enormous expanse of seamless fabric that offers many decorating possibilities in draperies and other ways.



A CONTEMPORARY classic from any viewpoint, Kane-Weill designs a black and white striped shirtwaist dress with three-quarter sleeves, open V-neckline, topped by a white collar. The cotton, spiked with silk, by M. & W. Thomas, has a frosted-sheer appearance. Hat by John Fredericks.

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