



EVERY WOMAN KNOWS that it is important to take good care of your skin, especially in summer months. To be doubly sure, when you first don that playsuit this year, have adequate all-over protection from a good sun cream such as Shulton's Bronztan. Keep it handy all summer long, for it is a formula that is dandy for a fine, safe tan.

SARDINES

Sardine fritters are a delightful sea food treat and can be prepared in a jiffy with a minimum of fuss. As an appetizer, serve sardine fritters with tartar sauce or mayonnaise. When serving them as a luncheon or supper dish, serve hot with hot boiled or fried potatoes and a mixed green salad. Dill cucumber pickles are an excellent accompaniment.

SARDINE FRITTERS

1 (3 1/4 ounce) can Norway sardines
1 cup flour
1 egg, well beaten
1 teaspoon onion salt
1/2 teaspoon baking powder
1/2 cup milk
pinch of black pepper
pinch of nutmeg
Mix flour, baking powder, onion salt, pepper and nutmeg. Add milk and well beaten egg. Mix vigorously. Drain oil from can of Norway sardines and dry sardines. Dip sardines into batter and drop them individually into deep fat. Fry until golden brown. Yield 20 to 22 fritters.

For a really nourishing and novel

main dish, try scalloped potatoes and tangy Norway kippers. This kitchen tested recipe, created by one of New York's leading chefs to meet the demand for tasty Lenten dishes, is easy on the food budget and will make a hit with the entire family.

INGREDIENTS

3 (3 1/4 ounce) cans Norway kippers
3 cups sliced potatoes
1 ounce butter
1/2 cup minced onion
4 tablespoons flour
2 1/2 cups milk
salt, pepper, paprika
Butter a 1 1/2 or two quart casserole. Arrange in alternate layers thinly sliced potatoes and Norway kippers. On each layer sprinkle a tablespoon of flour, minced onion, salt and pepper. Repeat procedure until all ingredients but the milk have been used. Pour over 2 1/2 cups scalded milk to cover. Sprinkle with paprika. Bake in moderate oven (325-degree) for one hour, or until potatoes are browned and tender. Serve hot. (Yield: six generous portions at less than eleven cents per portion).

ROMANCE LANGUAGE

Christian Dior's perfumes in new quarter-ounce urns are adorable collector pieces. Miss Dior is a perfume which speaks of youth and springtime, of sweet innocence and happy promise. Diorama's message is more abstract, more puzzling. It suggests rather than declares. Dior's latest triumph, Diorissimo, is a flowery chant, richly cadenced, and stately in its purity of perfume language.

VOCABULARY

Kirsch is a flavoring liquor made from cherries, used with fruit and berries. Rissoles are croquettes enclosed in pastry. Croûtons are cubes of fried or toasted bread, accompanying any soup and sometimes used in tossed salads. Vol-au-cent is a light puff-paste patty.

SUNDAY BRUNCH

Fried chicken served with corn fritters and maple syrup plus crisp strips of bacon makes a wonderful brunch for family or guests.

"No thanks, Lady. Those aren't **SANTIAM BLUE LAKE** STRINGLESS GREEN BEANS!"



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A love letter to Westerners



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Westerners are sweet on Spreckels Sugar

BRONZTAN

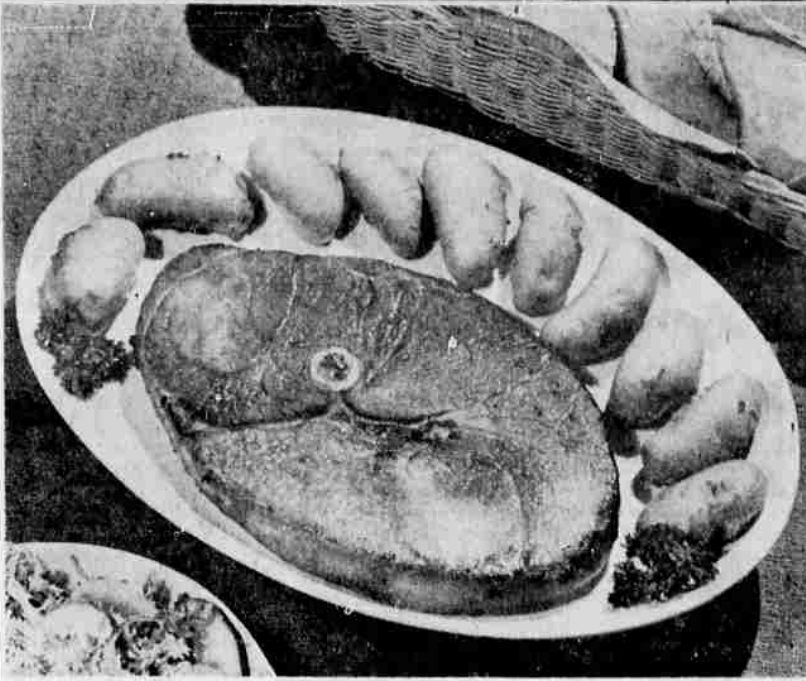
While scorching summer sun is just what the youngsters love to toast their hides to a golden brown, we adults who've been sporting city palor all winter long need to take a few extra precautions before old sol flips his thermostat up to "sizzle."

For it's wise to remember that your skin has been protected throughout the cold season by heavy winter clothing. It's been unexposed — perhaps it is dry and sensitive due to excessive room temperatures.

So before you shed those woollens for denims and sandals, remember to condition your skin — with lotion, with proper diet and good cleansing habits to bring life back to dry, scaly surfaces.

And, right from the start, especially in the early days of summer, be sure to protect your skin with a good, effective suntan lotion. Shulton manufactures their Bronztan lotion with a built-in moisturizer that prevents the sun from drying the skin. It comes in both lotion and cream form — whichever you prefer. Both insure a safe tan, without peeling.

And every member of the family, right down to the smallest papoose, can use Bronztan, for it is harmless even on the most delicate skin.



SUNDAY DINNER for the small family can be planned for leftovers for the early days of the week or it can be planned for just one day. Shown is a thick, juicy, broiled ham slice with orange fritters, served with a salad and warmed French bread.

Broiled Sandwiches

If your family mentions those wonderful "dipped" sandwiches popular at their favorite lunch spot, surprise them with "Golden Crust Sandwiches" at home. Ripe olives, ham or bologna and cheese, blended with a little mayonnaise and chili powder make the filling. Dip the sandwiches in a beaten egg-milk mixture, then toast under the broiler. Serve with a spiced peach and a few extra ripe olives.

GOLDEN CRUST SANDWICHES

2-3 cup chopped ripe olives
1 1/2 cups chopped cooked ham or bologna
1 cup grated American cheese
2 tablespoons mayonnaise
1 teaspoon chili powder
12 slices bread
2 eggs
1/4 cup milk
Combine olives, meat, cheese, mayonnaise and chili powder. Spread 6 slices of bread with cheese mixture. Cover with remaining bread and cut into triangles. Combine beaten eggs and milk. Dip each triangle into egg mixture. Place on cooky sheet. Toast under broiler until brown on one side, turn and brown other side.



SARDINE FRITTERS are an unusual seafood treat and highly recommended for unexpected company. They make a hearty appetizer course, permitting the menu for the meal to stretch and stretch. There are so many ways to use Norway sardines as appetizers, straight from the can, or dressed up as fritters and for entrees.

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HAM AND FRITTERS

Purchase a ham slice cut about an inch thick for a small size family. (Or, if you wish to buy a half of a big ham, ask your butcher to slice off two or three slices for broiling or pan-frying and then you can bake the remainder.) To broil, set the ham slice on a rack in the broiling pan and set two to three inches from the broiler heat. It will broil in 15 to 20 minutes total cooking time.

Make the orange fritters of individual sections of oranges, removing as much membrane as possible. Dip the sections into fritter batter and deep fat fry until golden brown.

For dessert for a simple dinner, why not cookies and ice cream?

DATE-NUT COOKIES

2 1/2 cups sifted flour
1/2 teaspoon salt
1 teaspoon soda
3 teaspoons cinnamon
1 cup lard
1 1/2 cups brown sugar, firmly packed
3 eggs
2 cups coarsely chopped walnuts

POT ROAST
Substitute canned onion soup for water in cooking a pot roast for a richer flavor. Slow cooking in a tight container makes for a tender, juicy pot roast.

1 1/2 cups chopped dates
1 teaspoon vanilla
Sift together flour, salt, soda and cinnamon. Cream lard with brown sugar. Beat in eggs. Add sifted ingredients to creamed mixture and mix well. Stir in walnuts, dates and vanilla. Shape into small balls and place on greased cooky sheet. Bake in 350 degree oven 10 to 12 minutes. Yield: 6 dozen cookies.

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