

Household Hints

by Lynn Chambers



This Golden, Fluffy Omelet Captures Interest (See Recipes Below)

Lenten Meals

Eggs, cheese, fish and vegetables—these are the foods that will be popular with the market basket during the next few weeks. If you are going to form the bases for your menu from these dishes cook them just as carefully as you do the meat that you use year 'round, for you can't take chances and let mealtime become dull or unattractive.

Point up fish and vegetables with lemon or other attractive sauces and flavorings. Serve your egg and macaroni dishes in attractive settings, with some carefully thought out garnish. Play up fruit and dessert numbers to lend interest to meals. If you heed these simple rules, I'm sure they'll make Lent especially attractive for you and your family.

Now, for some concrete help, I've chosen foods to fit the season. They're vitamin, mineral and interest-laden.

Macaroni Cheese Custard.

(Serves 6 to 8)
 1 package macaroni, cooked
 2 eggs, slightly beaten
 2 cups grated cheese
 2 tablespoons onion, chopped
 2 tablespoons parsley, chopped
 1 pimiento, chopped
 Salt and pepper
 2 cups evaporated milk
 Combine ingredients and pour into a buttered baking dish. Set in a pan of hot water and bake in a moderate (375-degree) oven for 45 minutes.

An appetite-satisfying omelet? You can't believe it? Well, this one is, because it's made with a cream cheese and chive mixture that makes the omelet heartier, and also keeps it from shrinking discouragingly the moment it comes from the oven. A slow oven is essential to a fluffy, orange-gold omelet.

*Cream Cheese Omelet.

(Serves 6)
 1/4 pound cream cheese with chives
 3 eggs
 2 tablespoons milk
 Salt and pepper
 Soften the chive cream cheese, blend in egg yolks one at a time. Add milk and seasonings. Fold in stiffly beaten egg whites. Pour into a well-buttered, heavy frying pan and cook over low heat until bottom begins to brown. Then place in a moderate (325-degree) oven until the top is dry and the mixture firm. Fold and serve.

The name is goldenrod because the dish bears a close resemblance to a flower of that name. Just combine the goldenrod eggs with a tempting green spinach ring and you have a real Lenten treat:

Spinach Ring With Goldenrod Eggs.

(Serves 8)
 4 pounds spinach
 1/2 cup salad oil

Lynn Says:

Sauces that accent the best flavor in foods include these:
Lemon Butter: 2 parts butter to 1 part lemon juice. This is good on the leafy vegetables, cabbage, broccoli, cauliflower, Brussels sprouts and artichokes.
Vinegar Butter: Melt 1/2 cup butter, add 2 tablespoons vinegar and heat thoroughly. This is good on green beans.
Mustard Butter: Add just a bit of dry mustard to melted butter before pouring on vegetables. With this, onions, greens or broccoli are indicated.
Parsley Butter: Chop 3 to 4 tablespoons parsley fine, add to 1/2 cup melted butter.
Tart Sauce: (also good on fish) Put in double boiler 2 egg yolks, 1/4 cup cream, 1/2 teaspoon salt, 3 tablespoons lemon juice, flick of nutmeg. Cook until thick and creamy, stirring constantly about 2 minutes. Be careful not to overcook. Stir in slowly, 2 tablespoons butter and serve at once.

This Week's Menu:

Cream of Asparagus Soup
 *Cream Cheese Omelet
 Green Peas
 Baked Potatoes
 *Carrot, Pineapple and Raisin Salad
 Popovers Butter
 Fruit Cup Cookies
 Coffee Tea Milk
 *Recipes Given.

1 tablespoon salt
 1/4 cup lemon juice
 Wash and pick over spinach carefully. Place in kettle without adding water. Pour oil over spinach and mix thoroughly. Add salt and cook 8 to 10 minutes. Stir occasionally. Drain and chop. Add lemon juice and pack into an oiled 9-inch ring mold. Unmold on serving platter and fill with:
Goldenrod Eggs.
 1/4 cup melted butter
 1/4 cup flour
 1/2 teaspoon salt
 Pepper to taste
 2 cups milk
 4 hard-cooked eggs

Blend butter and flour, salt and pepper. Heat mixture and add milk gradually. Stir after each addition of milk to make a smooth sauce. Separate egg yolks and whites. Slice whites and add to prepared sauce. Pour sauce into unmolded spinach ring. Press yolks through a sieve to top sauce. Garnish with paprika, parsley and lemon quarters.
***Carrot, Pineapple, Raisin Salad.**
 Wash, scrape, and grate carrots finely, allow 2 carrots per person. Add cut pineapple, and either white or muscatel raisins and enough mayonnaise to hold mixture together.
 A soufflé is a properly dramatic Lenten dish, but one which must be baked carefully if it is to come to the dining room at the peak of goodness. Select a cheese that will cook readily and smoothly, a dish that is in good proportion to the soufflé, and cook the mixture at a very low temperature so it can rise to its height slowly.

Cheese Soufflé.

(Serves 6)
 4 tablespoons butter
 4 tablespoons flour
 1 1/2 cups milk
 1 teaspoon salt
 Dash of cayenne
 1/2 pound processed cheddar cheese
 6 eggs
 Make a sauce of the butter, flour, milk and seasonings. When thick and smooth, remove from fire and add sliced cheese. Stir until cheese is melted. Add beaten egg yolks and mix well. Cool mixture, fold in stiffly beaten whites. Pour into a 2-quart casserole, bake 1 1/2 hours in a slow (300-degree) oven. Serve at once.
 Cookies spell cheer to menus, especially if there's fruit to go with them. Made in two layers, these are a delightful variation of drop and "cut-in-squares" cookies:
Cornflake Dream Bars.
 (Makes 40 bars)

First part:

1/4 cup butter
 1/2 cup brown sugar
 1 cup flour
Second part:
 1 cup brown sugar
 2 eggs
 1 teaspoon vanilla
 1/4 teaspoon salt
 1 cup shredded coconut
 1 cup cornflakes
 1 cup chopped nuts

Blend butter and sugar thoroughly. Add flour and blend with fork or dough blender. Press mixture evenly and firmly into bottom of a shallow pan (9 by 13-inch pan). Bake in a moderate (350-degree) oven about 15 minutes or until delicately browned.

Beat eggs well, add sugar gradually and beat until light and fluffy. Add remaining ingredients and mix well. Drop by spoonfuls on top of previously baked crust and spread evenly. Bake in a moderate (350-degree) oven about 25 minutes. Cut into squares while still warm.
 (Released by Western Newspaper Union.)

Star Dust

STAGE SCREEN-RADIO
 By VIRGINIA VALE
 (Released by Western Newspaper Union.)

PRACTICALLY all motion picture and radio stars are doing everything they can to help in this time of national crisis. Dorothy Lamour sold more bonds on that recent trip of hers than anyone else in the country has so far; men like Bob Hope and Bing Crosby are giving much of their free time to playing benefits. Constance Moore was all set for a tour of army camps, singing songs from her various films, when an impacted wisdom tooth kept her home. Recovering from that, she acquired an infected toe, but went ahead anyway.

Fred Waring has succeeded in keeping his contribution to the armed forces' entertainment out of the newspapers—but if you've a man in the service who's in or near New York pass this news along to him. Twice a month Fred gives a party at the club rooms which he maintains for the men in his band. He gets his guests from the service clubs, taking the army, navy and marines in turn. Wives of the bandmen whip up marvelous refreshments, the band's camera fiends take pictures, pretty girls are on hand as dancing partners.

The other day Joel McCrea donned five different sets of makeup to make tests for five different roles which he plays in the brief prologue



JOEL MCCREA

of "I Married a Witch," in which he appears opposite Veronica Lake. But for the main role he needs practically none!

Franchot Tone goes very, very athletic for the first time in "Highly Irregular," in which he co-stars with Joan Bennett. He has a rousing fight with a pair of Gestapo men, also hurdles over tables and benches. Result so far—one sprained tendon.

When movie folks say "See Eddie about it," they refer to Edward Arnold, the busiest actor in Hollywood. President of the Screen Actors' guild, chairman of the Hollywood Permanent Critics committee, head of the U.S.O. for the screen industry, representative of the National Defense committee, active in Red Cross and Community Chest drives—he still finds time to do fine work in pictures.

Glady's Swarthout's radio and concert engagements for the next six months have been insured for \$2,000 each by Lloyds of London, the American insurance company which sponsors those Sunday afternoon Family Hour Broadcasts can't insure its own star—American companies aren't allowed to assume this type of risk. Not that it's such a risk—Miss Swarthout has missed only one radio engagement in 10 years of broadcasting.

A year and a half ago Major Bowes introduced Walter Williams, 64-year-old singer of Irish folk tunes, on the air. In a lonely cabin in Alaska, Arthur Williams heard his brother's voice. Arthur had left home in 1907, had been declared legally dead in 1917. He packed up and started East, finally got to New York and was reunited with his brother—thanks to the major.

That popular air show, "Duffy's Tavern," will celebrate St. Patrick's day by moving to the Tuesday evening spot that's been occupied by "We, the People."

"The Aldrich Family," one of radio's youngest among top ranking shows, has been named the outstanding commercial radio program in the Annual Advertising awards recently announced—an honor that has been held in recent years by Jack Benny, Information Please and Fibber McGee and Molly. A jury composed of leading advertising men decides upon the awards.

ODDS AND ENDS—Jean Arthur's back on her home lot, Columbia, for the first time since "Arizona," to make "The Gentlemen Misbehaved" with Cary Grant and Ronald Colman. Kay Kyser's lost his trumpeter, Tommy Jones, who has joined the U. S. army air force. Betty Field will star in "Triumph Over Pain" as the wife of the dentist who discovered anaesthesia; Joel McCrea will portray the dentist. Charles Boyer recently and very proudly became an American citizen. Regis Toomey's screen career began at Paramount; he's back there again now, to play an important role in "The Forest Rangers."

PATTERNS

SEWING CIRCLE



so easy to make! And either of them will add decided charm to your home attire.

One pattern, No. 1538-B gives complete directions, for making both styles. You'll like the pinafore for day-long duty. Slip it on over your head, tie it in back—and there it is, firmly adjusted, neatly in place no matter how active you may be. The wide gracefully shaped belt actually slims your figure at the waistline. The full skirt is generously cut to give your dress complete protection.

You'll certainly want several versions of the smaller apron! They can be so decorative in bright checked gingham, striped chambrays and plain broadcloth.

Barbara Bell Pattern No. 1538-B is designed for sizes 14, 16, 18, 20, 40 and 42. Corresponding bust measurements 32, 34, 36, 38, 40 and 42. Size 16 (34) pinafore apron requires 2 1/2 yards 35-inch material, 4 1/2 yards tie-rac. Small apron, size 16, 2 yards 32-inch material. Send order to:

SEWING CIRCLE PATTERN DEPT.
 106 Seventh Ave. New York

Enclose 20 cents in coins for Pattern No. Size.....
 Name
 Address

Married to a Tree

The Hindu believes it is unlucky to marry a third time. Therefore a man who has had two wives, and wants to marry again, first goes through the ceremony of being married to a tree, which becomes his third wife. Then he marries his chosen bride. The tree is draped in yellow cotton and a sari (the principal robe of a Hindu woman) is placed beside it. Water is then poured round it three times. The customary screen is erected between the "bride" and bridegroom, and the usual bridal necklace is placed round a branch of the tree. Immediately after the ceremony the tree is cut down and burned.

DOESN'T this picture of our two attractive aprons inspire you to start a sewing bee at once? Both are so pleasing in style and

1538-B

ASK ME ?

A quiz with answers offering information on various subjects

The Questions

1. How many mints does the United States have for making coins?
2. Fleet street in London is famous for what?
3. What proportion of Americans have blue eyes?
4. The bouquet of a wine refers to what?
5. What was the greatest attraction of the World's fair of 1893?
6. Who knighted Francis Drake for sailing around the world?
7. What is made from flax—sweater yarn, linen or rayon?
8. Tempus fugit means what—Storm rages, time flies or weather is good?
9. Who was the sweetheart of Maid Marian?
10. Are there any stars which do not give off enough light to be seen?

The Answers

1. Three (Philadelphia, Denver and San Francisco).
2. Its newspaper offices.
3. For every 100 Americans who have blue eyes, 70 have gray eyes, 49 have hazel eyes, 46 have brown eyes.
4. Its aroma.
5. The Ferris wheel.
6. Queen Elizabeth.
7. Linen.
8. Time flies.
9. Robin Hood.

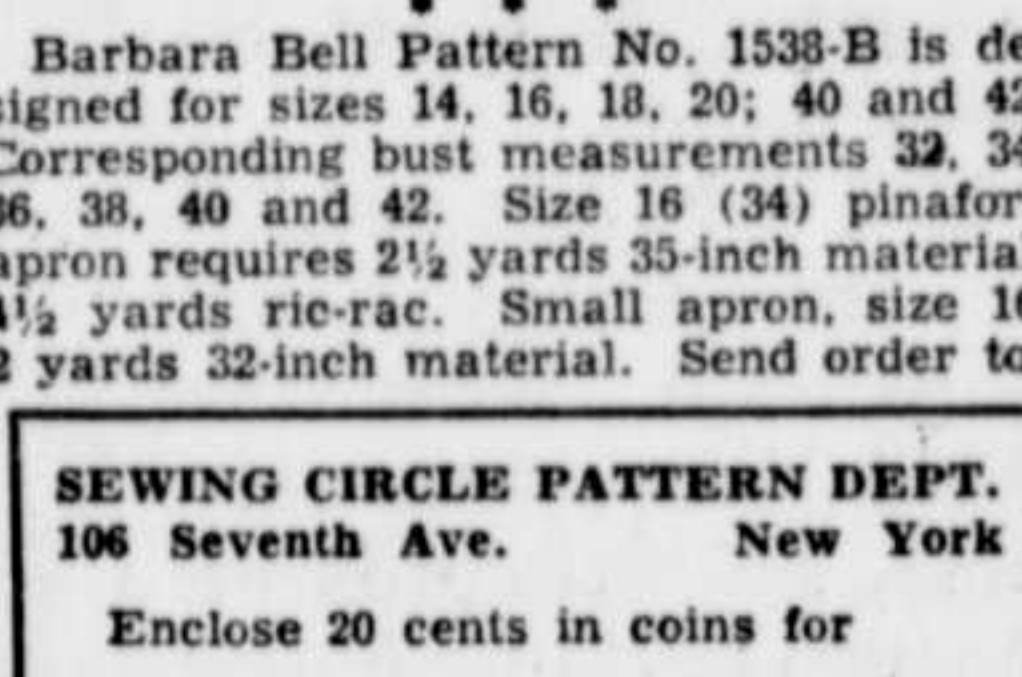
Household Hints

When using a double boiler, the food will cook more quickly if the water in the outer vessel is salted in the proportion of a fourth of a cup of salt to one quart of water.

Salt meat requires longer boiling than fresh. Put it into cold water, quickly bring it to a boil, then let it simmer.

Always keep perfume in a dark place. Daylight will affect every odor differently, according to its formula. In extreme cases perfume turns bright red as soon as it has been exposed to the sun.

To bring out the full flavor of raisins, dates, currants or figs, soak them in a little boiling water for five minutes. Two tablespoons of boiling water for each half cup of fruit will be satisfactory.



MOTHERS...

For over 40 years have been using this mild laxative and carminative to relieve Headache and Stomach Discomforts—to loosen the bowels of these symptoms when they accompany a cold. Equally good for adults. All drug stores. For Free Sample and Writing Card write Mother Gray Co., Le Roy, N.Y.

MOTHER GRAY'S SWEET POWDERS

'Best' Man

Best man at a wedding in Greece is, in one way, the lucky man. He gets the bride's first kiss!

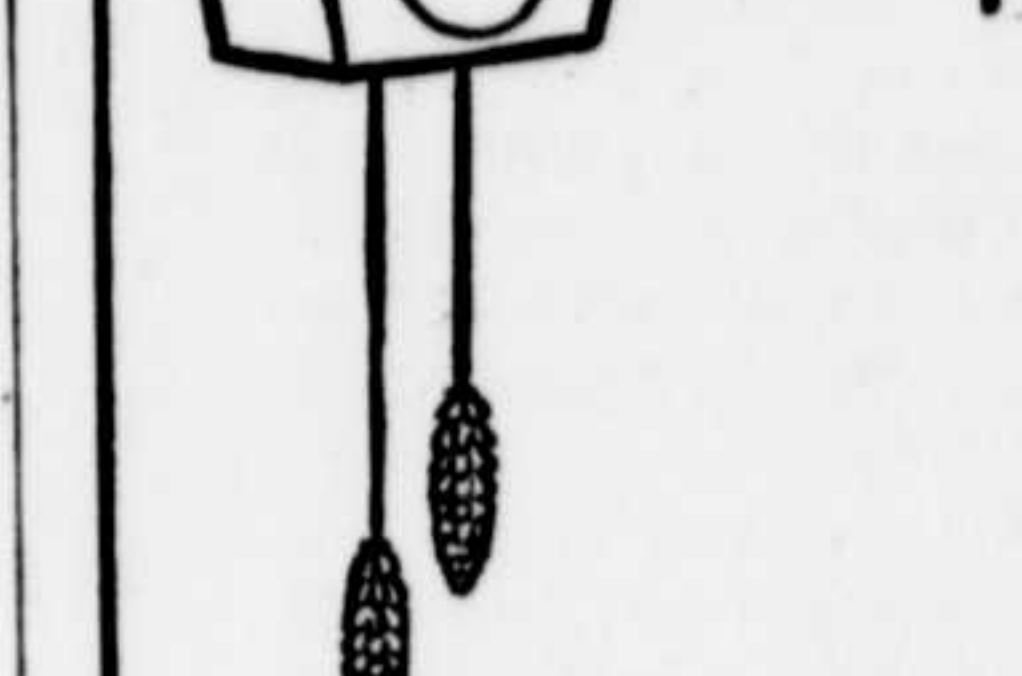
FREE BIG CANNON DISH TOWEL

when you buy a box of SILVER DUST

I'M THE WHITE SOAP... THE RIGHT SOAP... FOR A SNOW WHITE WASH, SPARKLING DISHES. BIG 17 X 30 DISH TOWEL WORTH 10¢ OR MORE PACKED INSIDE

Ruined by Servants
 More have been ruined by their servants than by their masters.—C. C. Colton.

LADY, IF YOU BAKE AT HOME, REMEMBER, THE ONLY YEAST WITH ALL THESE VITAMINS IS FLEISCHMANN'S



O. SOGLOW

*Per Cake: Vitamin A—2000 Units (Int.) Vitamin B₁—150 Units (Int.) Vitamin D—400 Units (Int.) Vitamin C—40-50 Units (Sb. Bour.) All of these vitamins go right into your bread; they are not appreciably lost in the oven. Ask for Fleischmann's Fresh Yeast—with the yellow label.

★ YOU CAN VOLUNTEER ★

Help defend your country by buying U. S. Defense Bonds



THANKS FOR THE CARTON OF CAMELS, DAD. THEY WERE THE ARMY MAN'S SMOKE IN YOUR DAY, TOO, WEREN'T THEY?

YOU BET THEY WERE. AND I'D STILL WALK A MILE FOR A CAMEL!

Actual sales records in Post Exchanges and Canteens show Camels are the favorite with men in the Army, Navy, Marines, and Coast Guard.

THE SMOKE OF SLOWER-BURNING CAMELS CONTAINS 28% LESS NICOTINE than the average of the 4 other largest-selling cigarettes tested—less than any of them—according to independent scientific tests of the smoke itself!

CAMEL — THE CIGARETTE OF COSTLIER TOBACCOS