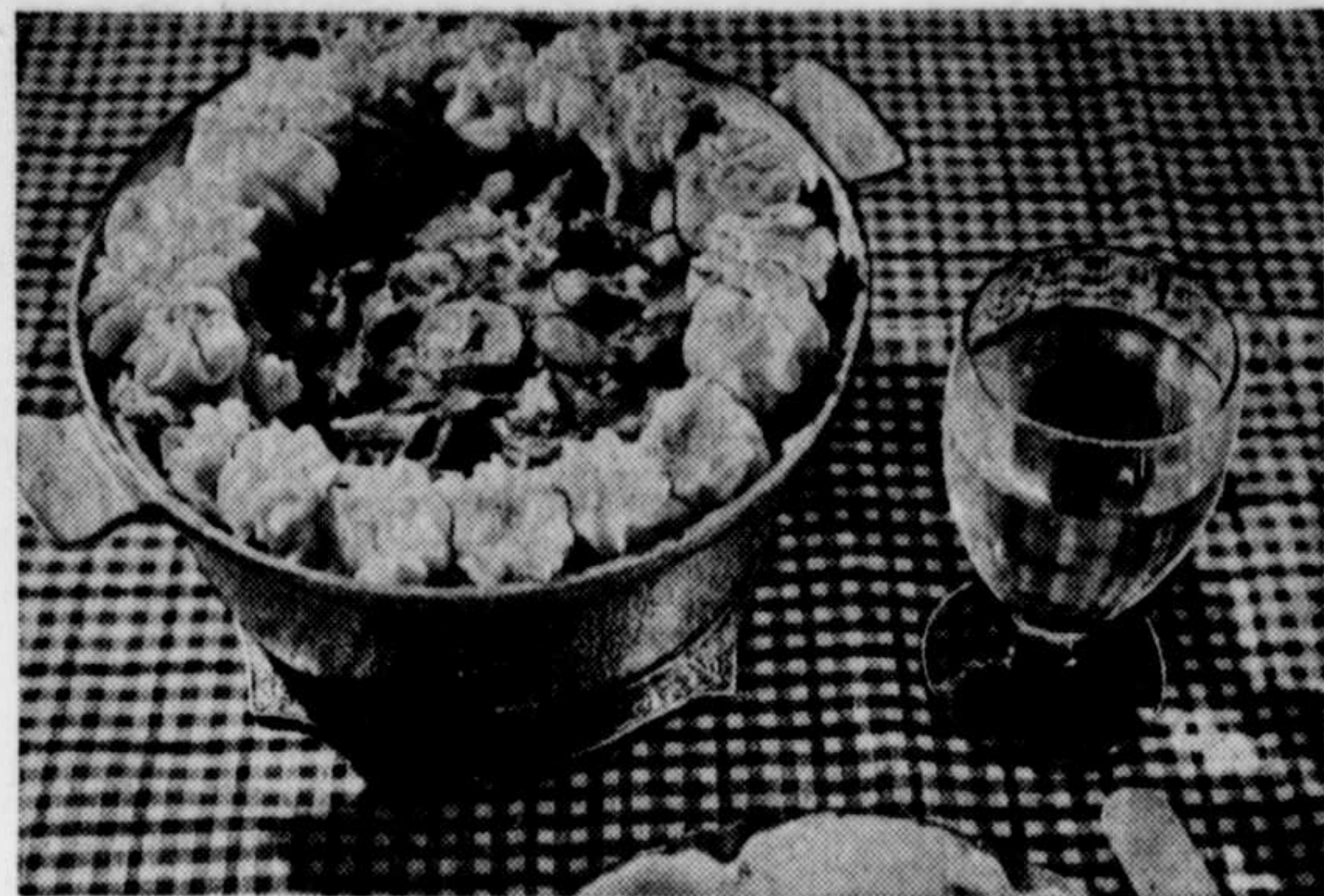


Household Hints

by Lynn Chambers



MAKE THE MOST OF YOUR LEFTOVERS!
(See Recipes Below)

TRIMMED TO TEMPT . . .

Leftovers on purpose! There are so many delicious ways of using leftovers, why not call them "planned aheads"? Casseroles, meat loaves, salads, soups and so on will do much to turn the tag ends of day-before-yesterday's dinner into mealtime "come-ons."



The trick is not to serve the same old hash or stew in the same old way, but to give leftover foods fresh faces with fresh recipes. Like many thrifty homemakers, you, too, can discover the economy, both in time and money, of buying and preparing a large roast, or more than enough vegetables, with leftovers in mind.

You can't always make mealtime foods come out even. So, let's be practical about the situation. If you serve roast chicken or baked salmon for Sunday dinner, plan to do all sorts of things with the leftover portions for weekday meals.

Here's a roll call of leftovers and how to fix them—proof that "day-after" foods can be not only good, but delicious!

Summer Meat Pie.

(Serves 6)
2 pounds beef neck or shank or
2½ cups leftover meat, cubed
3 tablespoons flour
2 tablespoons lard
1 small onion, sliced
1 green pepper, chopped
1 cup carrot slices
Sliced mushrooms
Salt and pepper

Have the beef neck or shank cut into 1-inch cubes. Dredge in flour, seasoned with salt and pepper. Brown meat in hot lard with onion and green pepper. Cover with hot water and let simmer 1 hour, with kettle tightly covered. Transfer to baking dish, add carrots and mushrooms. Thicken meat liquid, pour over meat and vegetables. Cook in moderate oven (350 degrees) about 40 minutes, then pipe a border of mashed potatoes around the edge, and bake till potatoes brown.

*Salmon a la Ring.

4 tablespoons butter
½ cup milk
½ cup pimiento
½ small green pepper
2 cups flaked salmon
2 egg yolks
½ cup mayonnaise
Salt and pepper to taste

Melt the butter, blend in flour, add the milk and cook slowly, stirring constantly until thickened and smooth. Add green pepper and pimiento cut into strips. Add flaked salmon. When hot, add egg yolks which have been beaten, cook a moment, then fold in mayonnaise and seasonings. Heat again and blend thoroughly. Serve this mixture in the center of a rice ring which has been turned out on a serving platter or chop plate. Garnish with the buttered peas and sprinkle with paprika.

LYNN SAYS:

When brown sugar hardens so that it cannot be measured accurately, spread it in a shallow pan and heat it slowly in a 275-degree F. oven. If too high a heat is used, the sugar caramelizes. Stir and mash it with a fork. Only enough sugar to be used at one time should be softened, as it hardens again as soon as it is cold.

To sour one cup of milk, put one tablespoon of vinegar in a cup and fill the cup with sweet milk. Stir well.

To clean silverware, mix one tablespoon soda and one tablespoon salt with one quart of water. Boil the silverware in this in an aluminum kettle until the tarnish is removed. Rinse and rub dry.

Give the baby his cod liver oil in the bath tub to avoid the brown stains on blankets and clothes that are so hard to remove.

THIS WEEK'S MENU

- *Salmon a la Ring
- Buttered Peas
- Head Lettuce Salad
- French Dressing
- Apple Tarts, Cream Beverage
- *Recipe given

Rice Ring.

Cook 1 cup of rice in 8 cups of boiling salted water. Cook rice until tender and fluffy. Remove from boiling water and rinse well with cold water. Drain thoroughly.

1 cup parsley, chopped fine
1 onion
½ green pepper
1 cup whole milk
2 tablespoons any well-flavored cheese
4 eggs
Salt and pepper to taste

Beat egg yolks until thick, then add the milk, rice and other ingredients. Fold in stiffly beaten egg whites last. Pour into a well-greased ring mold. Set in a pan of hot water and bake from 30 to 40 minutes in a 350 to 375-degree F. oven. Or you may want to add leftover meat or fish to your rice foundation. Try one or all—you'll find the combinations tempting.

Romantic Meat Pie.

(Serves 6)
A very nutritious kind of pie is this one, with crescent biscuits riding a sea of meat, vegetables and gravy. And it's an excellent way to serve left-over meat. Almost any of the thrift cuts can be used. You'll need:

4 tablespoons fat
3 tablespoons chopped onion
2 tablespoons green pepper
½ cup diced celery
1 cup diced cooked meat
4 tablespoons flour
2 cups milk or meat stock
½ cup diced cooked carrots

Slowly brown onions, pepper, celery and cooked meat in cooking fat, stirring often. Add flour slowly, stirring constantly until brown. Add remaining ingredients. Heat thoroughly. Pour into well-greased baking pan and cover with baking powder biscuits which have been cut in crescent shapes. Bake in a hot oven (450 degrees F.) about 15 minutes, or until biscuits are browned.

Why not try this sweet potato left-over which is sure to be a hit with either fish, fowl or meat: Mash the potatoes and shape into ½-inch cakes. Sprinkle with flour and brown quickly in hot fat. Then serve.

Sure, it's a big problem to figure ways of using assorted flakes and bits of yesterday's meal. But, don't eye them coldly—show them the heat again. Your family will love you for it!

Ham Souffle.

2 cups scalded milk
3 tablespoons butter or other fat
3 tablespoons flour
½ cup bread crumbs
½ teaspoon salt
Buttered bread crumbs
2 cups ground cooked ham
3 eggs
Grated cheese

Make a cream sauce of milk, fat, flour and salt. Add bread crumbs and cook 3 minutes. Add ham and egg yolks and carefully fold in whites beaten until stiff. Turn into well-greased baking pan or casserole, spread top with buttered crumbs and sprinkle with grated cheese. Bake about 30 minutes in moderate oven (350 degrees F.). Serve at once.

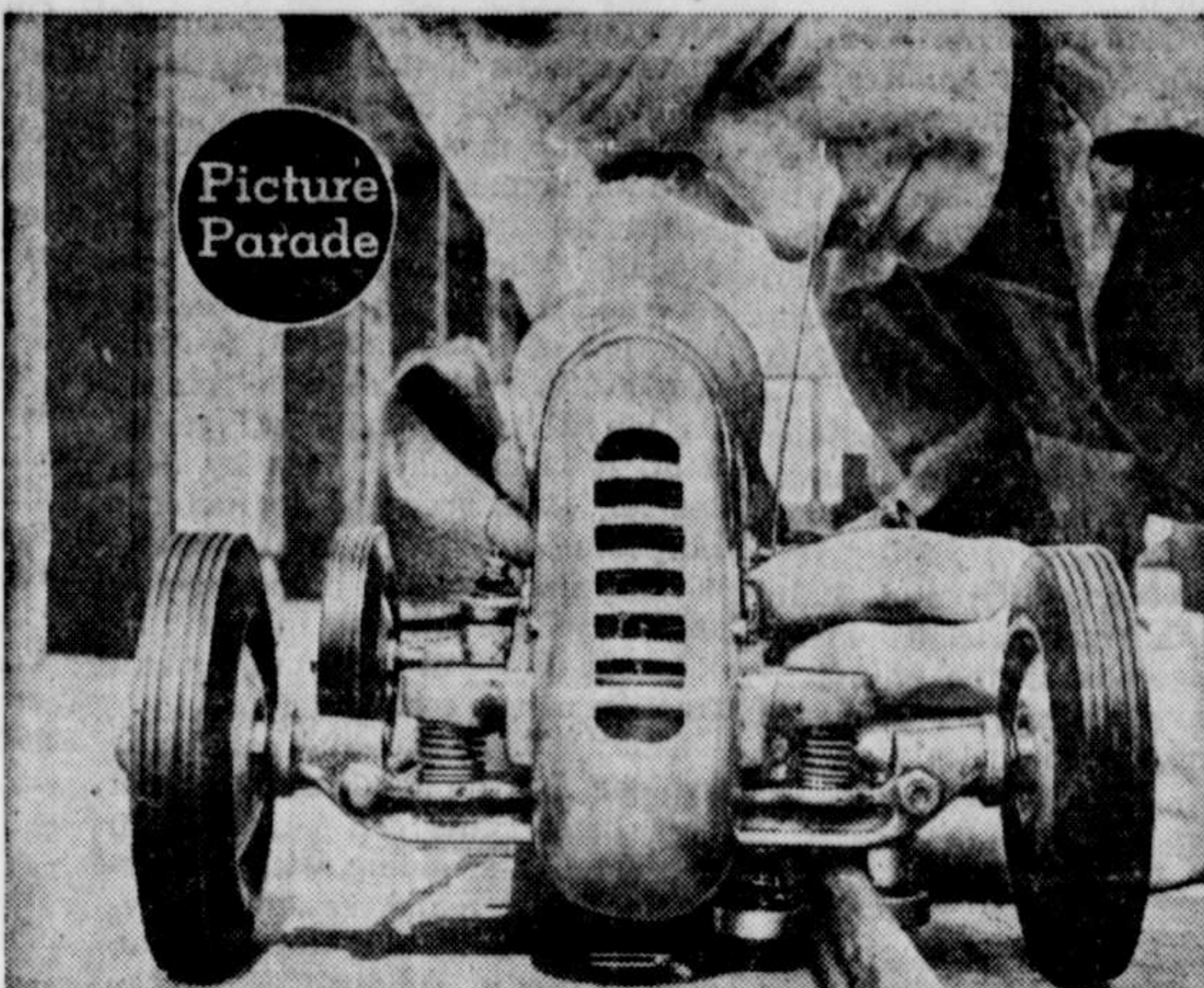
Meals that follow holiday feasts can be made beguiling by clever use of foods left from the feasts themselves.

Salvage leftovers from the relish tray, grind or chop them, moisten with a little salad dressing and out comes a brand new sandwich filler. Spread some between hot toasted rolls or bread slices at snack time.

(Released by Western Newspaper Union.)

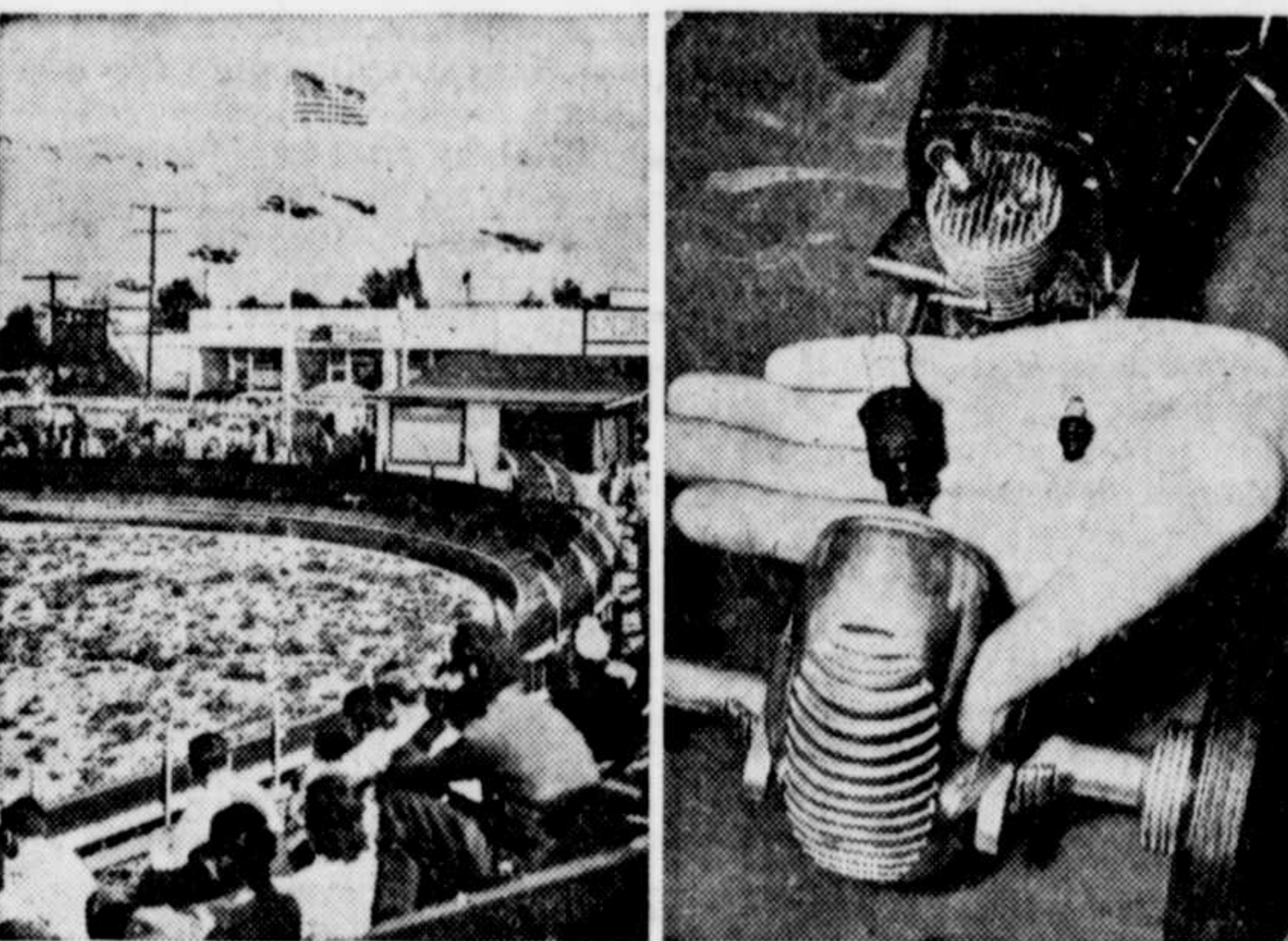
Lilliput Putt-Putts

As full-size auto racing brought on midget auto racing, the latter has brought forth miniature auto racing. At Culver City, Calif., they have one of the finest miniature auto racing tracks in the world, where followers of the lilliput putt-putts root like maniacs for their favorite peanut-size racing car. Current speed record is 67.085 miles per hour. These photos introduce you to this strange sport.



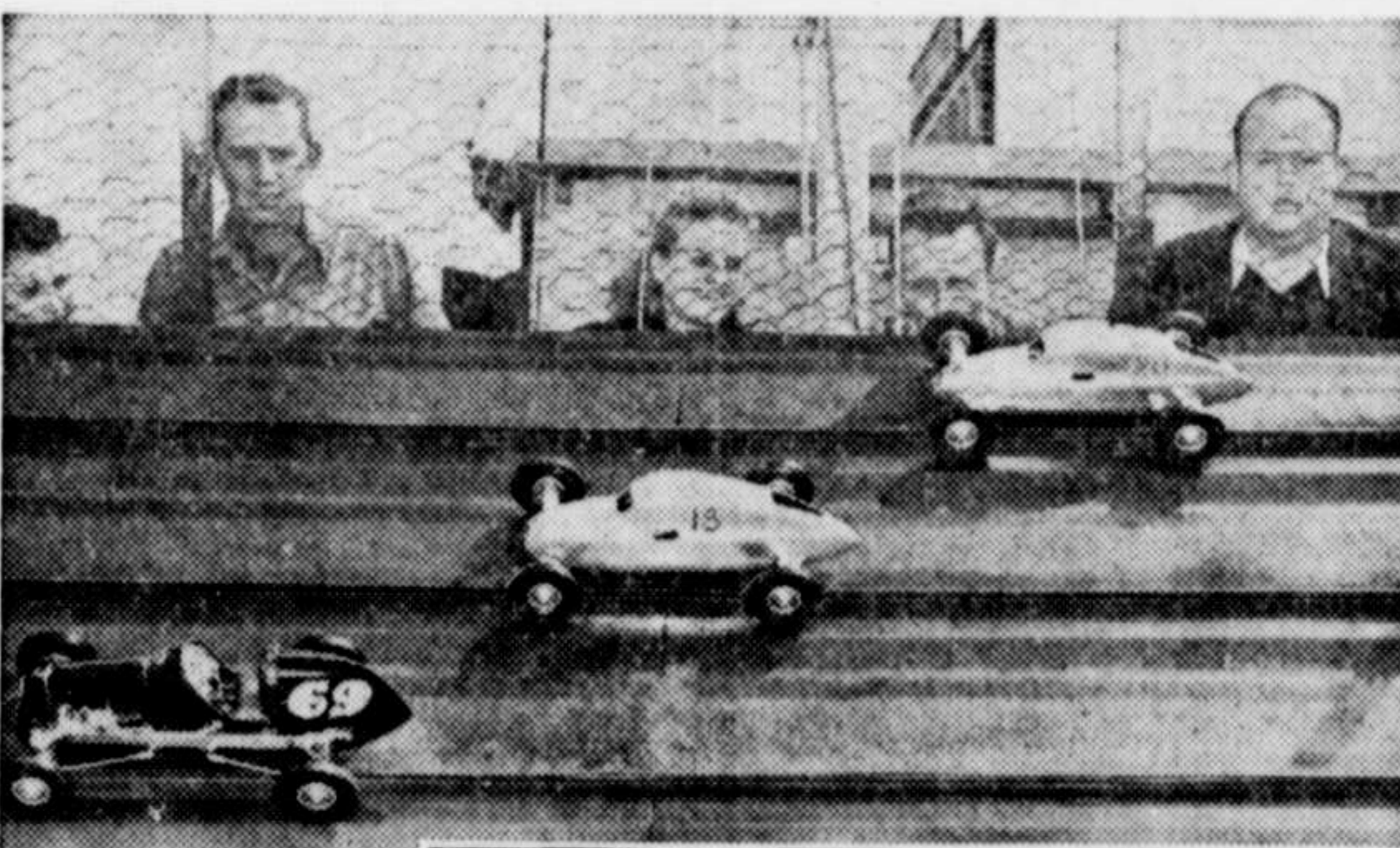
Picture Parade

Above: This little racer is undergoing a final overhaul at the pits before going to the starting line. Note manner in which car is held to track. Below: The starters are lining up entrants in a race here. Note the judges' stand.



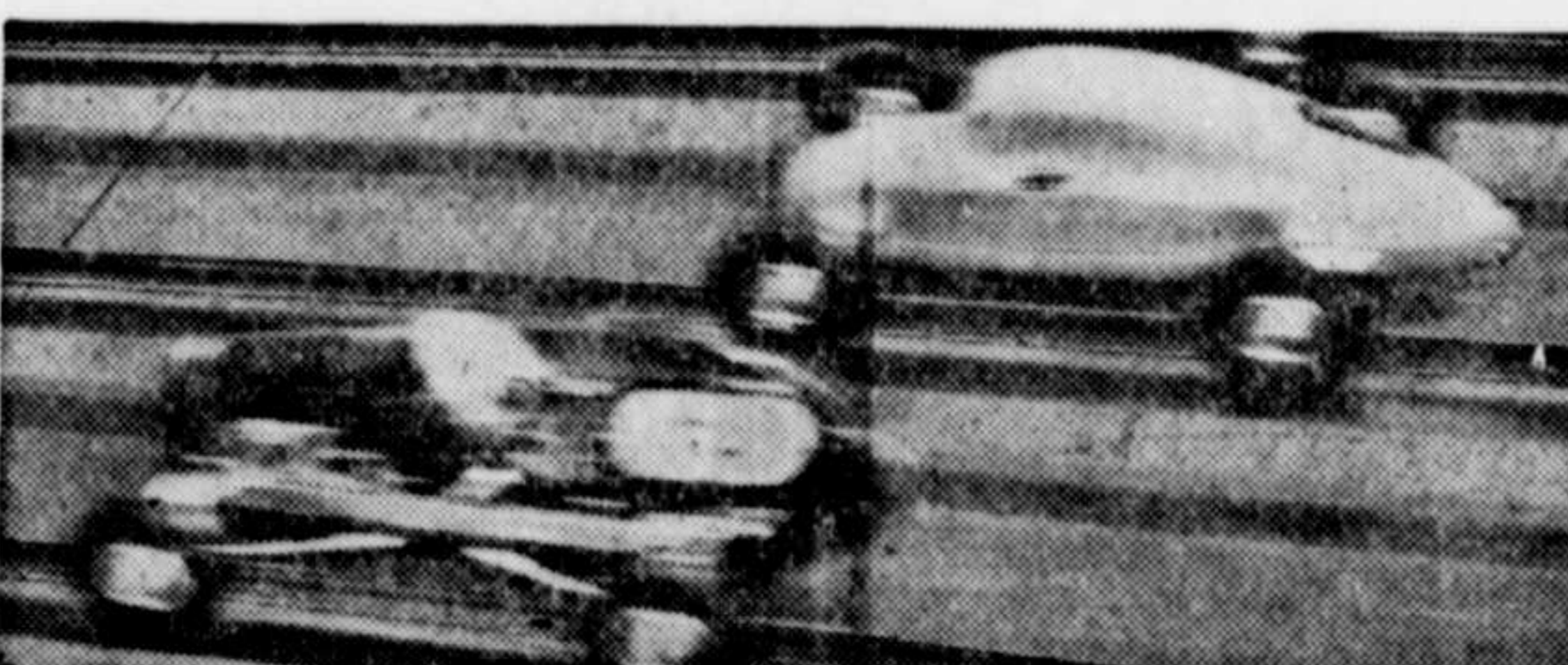
General view of the miniature auto racing track at Culver City. Observe how turns are banked.

Sparkplug from a miniature auto is shown beside a regular-size spark plug here. Note radiator design.



Above: Three miniature racers are coming out of a turn here. The chicken wire is there for the protection of spectators.

Right: A pulley-driven drum revolves in the bed of the various tracks, or courses. When the wheels of the racer are placed on the revolving drum the motor is cranked.



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Household Hints

After picking chickens, ducks or geese, rub them with a damp cloth dipped in cornmeal and see how well it cleans them.

Ground nutmeg on fresh peaches with your breakfast cereal is a palate tickler.

Chicken fricassee does a lot better with a pinch of ground ginger cooked with the chicken.

Dry salt sprinkled immediately on new fruit stains will prevent them from being permanent.

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