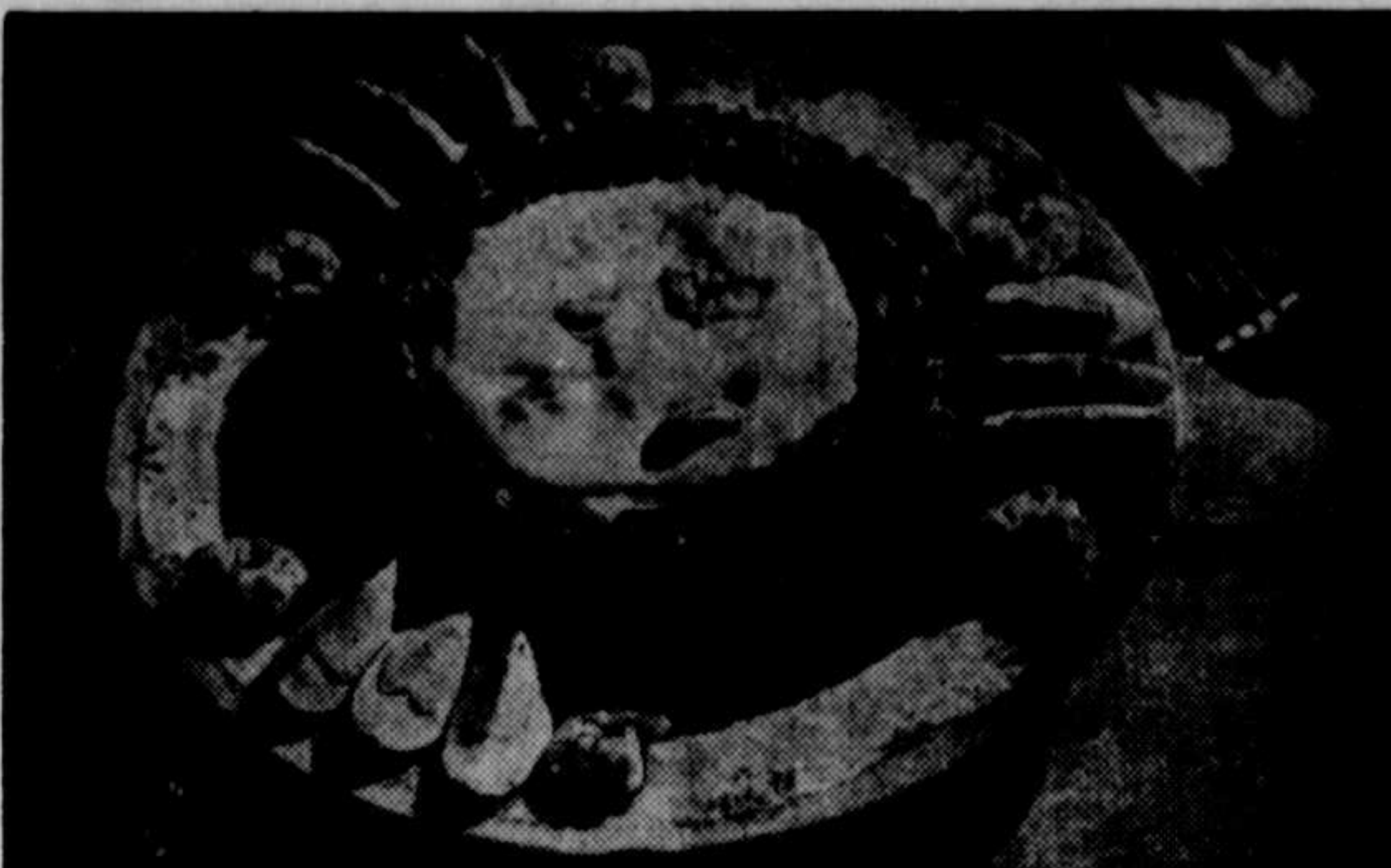


Household Hints

by Lynn Chambers



Make a Delicious Spinach Ring With Leftovers
(See Recipe Below)

Conserving Food

As the quotation "Food will win the war and write the peace" gains prominence, homemakers all over the country are beginning to realize that they must do their part in making the most of the food at hand.

Your first step in conserving food will come when you plan your menus and shopping. If you are not in this habit, then start now to practice the true economy that comes only with this kind of planning. You will rarely have bits of leftovers that are difficult to fit into the menu if you provide a place for them.

Your second step in conserving food will come in proper storage. No matter how careful a shopper you are, if you do not provide the facilities that keep food from becoming decayed, wilted, or soiled, you will not have done your part.

Refrigerator Storage. Milk, eggs, butter, cheese, meat, opened canned food, or leftover food, require the cold of a refrigerator to keep them in good condition.

Fresh fruits and vegetables also retain their freshness and moistness in the icebox. Place them, after they are washed and carefully dried on the racks or in their special compartments. Lettuce and other greens keep best when stored in damp cloth bags.

Protein foods such as eggs, cheese and meat need the controlled cold of the refrigerator to keep their protein from decomposing. Uncooked meat may be left uncovered or covered lightly with waxed paper. Cooked meat should be covered. Cheese may be wrapped in a waxed paper or cloth, and covered with a thin film of butter if you expect to keep it for a long time. Keep eggs away from strong foods to prevent their porous shells from absorbing odors.

Leftover food remains usable if kept in covered containers. Canned foods will be perfectly safe to use even if left in the cans in which they come. Canned fruits keep best in their own liquid or syrup, olives best in their own brine, and pickles will not become molded if left in the oil in which they come.

The problem of keeping an egg yolk or two after the white has been used is easily solved if you just leave the yolk in a half of a shell and cover it with the other half. Several egg yolks or several whites can be placed in a glass jar and kept well covered.

Take stock of your refrigerator frequently so no food remains there for too long a time. Even though you are careful about storage, do not expect food to retain its good condition indefinitely.

Storing Cookies, Cakes, Bread. Crisp cookies will retain the crispness if you place them in a loosely covered tin or box to permit the free

Lynn Says:

You can be smart about the way you use leftovers. Here are a few ideas:

Save leftover vegetables from dinner, wash the butter off and use in salads combined with celery, lettuce and dressing. Use other vegetables for stews, meat pies, and casseroles.

Leftover roasts slice nicely so you can have them cold or serve hot with leftover gravy. Meats combine well in casseroles, croquettes, stews, soup and salads.

Meat juices and bones combined with a few vegetables make up nicely into soups.

Clarify fats (bacon drippings, lard, suet, or chicken fat) by heating and adding 1 peeled, sliced potato and cooking until fat stops bubbling. Strain through a double cheesecloth, and store. Substitute ½ cup clarified fat for 1 cup butter in recipes.

Pour cooked cereals leftover from breakfast into jars or pans. Slice, fry and serve with syrup.

Leftover egg yolks are good for custards, mayonnaise, sauces and frosting. Leftover egg whites are excellent for angel food cakes, frostings, meringues and sauces.



This Week's Menu

- Hot Consomme
- *Spinach Ring with Shrimp Sauce
- Grape, Peach, Banana Salad
- Whole Wheat Bread
- Butter Baked Apple Stuffed with Raisins
- Coffee
- Tea
- Milk
- *Recipe Given

circulation of air. Soft cookies remain moist if kept in a well-covered tin or jar with an apple or slice of lemon, orange, or grapefruit to provide additional moisture. Change the fruit every several days.

Tight containers which close out the air are recommended for keeping cakes at their best freshness. Cover them with waxed paper, too.

A bread box scrupulously cleaned at least once or twice a week with soap and water, and dried thoroughly contributes in large measure to the freshness of bread.

Keep in a Cool, Dry Place: Coffee, spices, flour and crackers need dry, cool storage in tightly covered containers since they are affected by air. Use metal or glass containers for them. When crackers get soggy, crisp them in the oven for a few minutes and they will be as good as when you bought them.

Fats which are so valuable at present should be treated with the best of care so they do not become rancid. Store them in a glass jar or crock and place in a cool, dark storeroom.

Storing in the Cellar. You are extremely fortunate if you have a cellar for storing purposes. Now with home and defense gardening gaining in popularity, you may have vegetables to keep for later use. If the cellar tends to become warm, leave the windows open at night, closed during the day.

Cook to Save Food Values. Poor cooking may cause the biggest kind of waste in food. Perhaps you roast your meats at too high a temperature and cause them to shrink more than necessary. Be careful to watch temperatures and time in roasting or cooking meats. Meat, cheese, eggs and milk are all protein foods which should never be cooked too long or at too high temperature since this causes the protein fibers to become tough.

Measure water carefully when cooking vegetables so you do not have to throw any out and lose valuable minerals and vitamins into the kitchen drain. As soon as food is cooked serve it immediately as standing or overcooking causes loss in food value.

Cook with covers as much as possible except in the case of green vegetables which lose their coloring if covered. Starting the cooking of vegetables with boiling water will cut down cooking time.

Our recipe of the day is a good example of how you can combine several kinds of leftovers into one delicious main dish. The spinach may have been left over from yesterday's dinner, the shrimp from a luncheon you gave, and the bread crumbs rolled from stale bread.

***Spinach Ring With Shrimp Sauce.** (Serves 6 to 8)

3 cups cooked spinach
1 teaspoon grated onion
1 tablespoon butter
1 teaspoon salt
¼ teaspoon black pepper
½ teaspoon paprika
2 eggs
3 cups cream sauce
½ cup fine bread crumbs
1 to 2 cups whole canned shrimp

Chop spinach fine and add grated onion which has been browned in butter. Season with salt, black pepper, paprika and add the well beaten yolks. Mix the spinach with ½ cups cream sauce and fold in well beaten whites. Place in a buttered ring mold and dust with bread crumbs. Place in a pan of hot water and bake in a moderate (35-degree) oven for 20 minutes. Loosen by pressing spinach from side of mold. Heat shrimp with remaining white sauce and serve in center of spinach ring.

If you would like expert advice on your cooking and household problems, write to Lynn Chambers, Western Newspaper Union, 210 South Dearborn St., Chicago, Ill. Please enclose a stamped, self-addressed envelope for your reply.

(Released by Western Newspaper Union.)

GRASSROOTS

by WRIGHT A. PATTERSON

'CAISSONS ROLL ALONG' IN A NEW TEMPO

AS I SIT AT THE WINDOW of the room in which I write and watch "the caissons go rolling along" at some 40 miles an hour, it causes me to think of the changed tempo of war since the days in the 90s when I was engaged in and knew something of soldiering.

In those days and, in fact, on through much of World War I, the caissons went rolling along at about four miles per hour, the speed of a six-mule team when being urged by a husky "mule skinner."

In those days the cannoners rode the caissons with iron rimmed wheels and took all the jolts of the highways and battlefields. War in those days was a slow, leisurely operation that could be bloody when one really got into it, but you could not get in—or out—so quickly.

The doughboys walked, and their speed was not more than 10 miles a day. An enemy 100 miles away could not reasonably be expected to attack within less than 10 days, and that allowed time for preparation.

Yes, the doughboy walked and carried his equipment on his back. Aside from the field and staff officers, about the only things that enjoyed the luxury of transportation—other than shank's mares—were the company pots and pans in which were cooked the beans, the sow belly and coffee, which, together with hardtack, was what the commissary provided.

DEATH EVERYWHERE

SETTING-UP EXERCISES were not prescribed for troops on campaign. The soldier got all the exercise he could take care of without any of a prescribed kind. He did not need a lullaby or a crooner to put him to sleep at night. He seldom waited for "taps," but was asleep at the earliest opportunity, and awakened only to cuss the bugler for blowing reveille.

Washington, Napoleon, Wellington, Bismarck, Grant, Lee, Pershing, Foch and Haig commanded slow armies as compared with the speed of today. In those old days you looked for death only on the ground. You would get behind a shield, but you did not also have to get under one. Today death comes on the ground, from beneath the ground and from the skies.

As I watch the caissons go rolling along on rubber tires at 40 miles an hour, I realize the speed of war today and the need of youth to maintain that speed. I do not question the worthiness of our cause. I do question the necessity of war in general; I question the necessity of destruction as a means of attempting to settle disputes.

But at soldier age I saw glory and romance and adventure in the tramp, tramp, tramp of the doughboy, in the clatter of the iron-shod wheels of the caissons, in the pounding of hoofs of the cavalry horses. The young men of today see the same things in the roll of the rubber-tired wheels of the great guns and trucks in which they ride, in the clank of the tanks and the whirr of the airplane propellers. We can be thankful that when we must fight—as in this case we must—we have youth that sees these things in the same way their fathers, grandfathers and great-grandfathers saw them in days that are gone.

The caissons are rolling along to eventual victory because of the valor of our American youth.

AN AMERICAN LEADER—AND A SOD HOUSE

IN THE EARLY 1890s sod houses were not unusual on the plains of western Nebraska. They were houses with dirt floors, dirt walls and dirt ceilings.

In one such house a man child was born of a pioneer mother. I cannot tell you his name, for to do so would be breaking a confidence. Today he is one of America's leading economists, occupying an important place in American life.

At the age of six he began attending school for five months each year. His school was a one-room affair, presided over by a young woman, who taught only the three R's. He wanted knowledge and he purchased it for himself, working his way through college and majoring in economics that he might find out what made America tick. He improved the opportunity America offered, and today is making every possible effort to maintain that opportunity for America's boys and girls—the American way of life.

SIXTY MILES AN HOUR and burn them up! We will never miss the rubber until our tires wear out.

—Buy Defense Bonds—

DEBTS, BORROWING, AND BANKRUPTCY

ON DECEMBER 15, 1941, the federal government debt was \$56,731,000,000. On December 12, the federal government's gold borrowings—an obligation of the government—amounted to \$20,551,000,000. The bonded indebtedness of the local and state governments of all states was \$20,246,000,000. That adds up to \$97,528,000,000.

To that will be added new bonds to pay for war expenses, amounting to 125 billion dollars, bringing the total to \$222,528,000,000.

PATTERNS SEWING CIRCLE



dart fitted to reveal the slimmness of the waistline—and it's tied in back, too! And to complete this sophisticated silhouette skirt has the new dirndl fullness! Top it off with a winsome, round white collar and contrasting white cuffs!

Pattern No. 8117 is for sizes 4 to 12 years. Size 6, short sleeves, takes 2 yards 35-inch material, contrast collar and cuffs, ½ yard. Send your order to:

SEWING CIRCLE PATTERN DEPT.
106 Seventh Ave. New York
Enclose 20 cents in coins for each pattern desired.
Pattern No. Size.....
Name

Address

More Raleigh Jingles
Raleigh Cigarettes are again offering liberal prizes in a big jingle contest to be run in this paper. One hundred and thirty-three prizes will be awarded each week.—Adv.

As We Think

Life is beautiful to whomsoever will think beautiful thoughts. There are no common people but they who think commonly and without imagination or beauty. Such are dull enough.—Kirkham.

FOR the little angel in your family—what about this frock? Yes, there is a new look about it—it has that long torso top which grown-up frocks make so much of,

CALLUSES

To relieve painful calluses, burning or tenderness on bottom of feet and remove callouses—get them thin, soothing, cushioning pads.

D. Scholls Zino pads

Do You Like Jingle Contests?

Raleigh Cigarettes are now running another series of weekly contests for those who can supply the best last line to a jingle. Over 100 liberal prizes each week. Watch this paper for details.—Adv.

YOUR EYES TELL how you feel inside

Look in your mirror. See if temporary congestion is telling on your face. In your eyes, if they're gritty, it's a sign of sinusitis. It's the mild, pleasant way to relieve sinusitis—without drastic drugs. Feel better, look better, work better, 10c—25c at drugstores.

For liberal trial samples of Garfield Tea and Garfield Headache Powders, write GARFIELD TEA CO., Inc. 41 St. & 3rd Ave., Brooklyn, N.Y.

GARFIELD TEA

Take A Tip-From A WHITE-TIPPED CAPSULE

For Relief From Pain of HEADACHES

WHITE CAPS

30 and 50c sizes at all Drug Stores By Mail, Send 25c in Stamps or Coins to THE WHITE CAPS CO., Baltimore, Md.

SMOKE RALEIGHS



HERE IS an outstanding blend of 31 selected grades of choice Turkish and Domestic tobaccos—made from the more expensive, more golden colored leaves that bring top prices at the great tobacco sales. This finer quality gives you a milder, finer-tasting smoke, yet Raleighs cost no more than any other popular-priced cigarette.

GET THESE FREE

THERE'S A VALUABLE COUPON on the back of every pack of Raleighs. Coupons are good in the U. S. A. for your choice of many beautiful and practical premiums. Write for the catalog that describes them.



Table Clock guaranteed by Hammond. Rare wood panel. Marquetry inlay. 11½-v. AC only. 7 inches high.



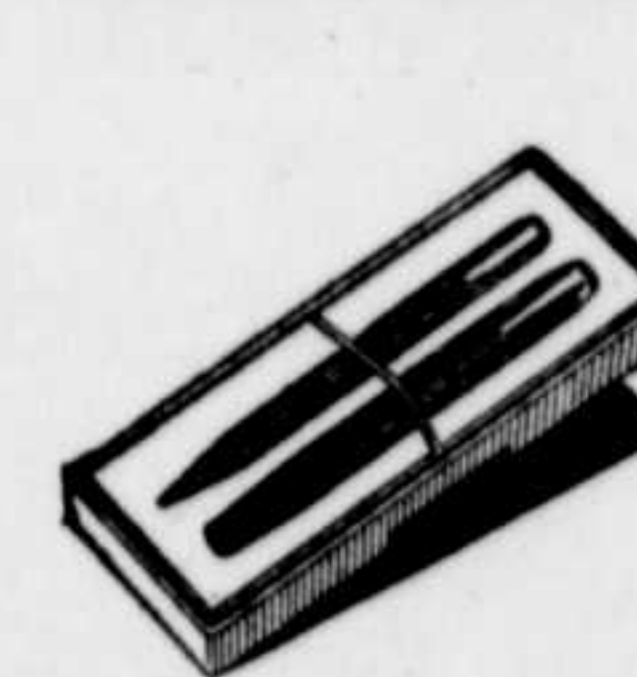
\$100 Defense Savings Stamps may now be obtained through Brown & Williamson. Send 133 Raleigh coupons for each dollar stamp. Defense Stamp Album, shown above, free on request.



Zippo Pocket Lighter of satin chromium. Wind guard. Plain or three-initial monogram.



Tilt-top Table. Matched butternut center. Walnut borders. Marquetry inlay.



Pen and Pencil Set. Balanced and streamlined. Smart-pearl and black striped effect.



Clothes Hamper with Pearl Pyralis lid. Airy. Removable laundry bag liner.

B & W coupons are also packed with Koal Cigarettes

TUNE IN Red Skelton and Ozzie Nelson every Tuesday night, NBC Red Network

\$500 THIS WEEK IN PRIZES

WRITE A LAST LINE TO THIS JINGLE

HERE'S WHAT YOU DO

It's simple. It's fun. Just think up a last line to this jingle. Make sure it rhymes with the word "save."

Write your last line of the jingle on the reverse side of a Raleigh package wrapper (or a facsimile thereof), sign it with your full name and address, and mail it to Brown & Williamson Tobacco Corp., P. O. Box 1799, Louisville, Kentucky, post-marked not later than midnight, April 4, 1942.

You may enter as many last lines as you wish, if they are all written on separate Raleigh package wrappers (or facsimiles). Prizes will be awarded on the

"Raleigh is the brand to get! Mild and tasty you can bet! And the coupons help you save"

originality and aptness of the line you write. Judges' decisions must be accepted as final. In case of ties, duplicate prizes will be awarded. Winners will be notified by mail. Anyone may enter (except employees of Brown & Williamson Tobacco Corp., their advertising agents, or their families). All entries and ideas therein become the property of Brown & Williamson Tobacco Corporation.

HERE'S WHAT YOU WIN

You have 133 chances to win. If you send in more than one entry, your chances of winning will be that much better. Don't delay. Start thinking right now.

- First prize . . . \$100.00 cash
- Second prize . . . 50.00 cash
- Third prize . . . 25.00 cash
- 5 prizes of \$10.00 . . . 50.00 cash
- 25 prizes of \$5.00 . . . 125.00 cash
- 100 prizes of a carton of Raleighs . . . 150.00
- 133 PRIZES \$900.00