## Budgeting Calories

by Jane Rogers

### Cheap Cuts Can Be Converted Into Tasty Main Dishes. Wise Seasoning Plays Important Part



IN budgeting household expense money—so much for fresh vegetables, so much for fruits, and on down the line of every day necessities—the thrifty homemaker frequently finds a stumbling block in the selection of meats to round out the heavy meal of the day.

Steaks, chops and the finer cuts eat heavily into a weekly allowance. They are undoubtedly delicious, and father and the growing boys who have been burning up energy during the day, need this kind of food to supply them with stamina and build up muscle.

But it is not always necessary to select the finest offering from the butcher's counter. Especially at this time, when it is necessary to make the elusive dollar stretch farther than ever before, the housewife can still satisfy an appetite demand, and at the same time offer a tasty meat dish, without cutting too heavily into the budget items set aside for food.

Cheaper cuts can be turned into delicious bits by wise seasoning and a few variations in the method of preparation. Mutton, round steak, neck, and other cuts form the basis of some of the best recipes composed by leading dietitians.

One important rule for adding to the tastiness of these cheap cuts, a rule by the way that is almost a standard in many countries, is to add a touch of sugar along with salt, pepper, sage thyme and the other seasonings. Used much as you would use salt or pepper, the sugar does not call attention to itself but nevertheless blends and "points up" the other flavors.

A careful study of almost any cookbook will offer scores of suggestions to the housewife for ways in which the cheaper cuts can be used. Where they do not the housewife can benefit by this little seasoning trick which has been used by many chefs for years.

Here is one recipe that illustrates how an inexpensive cut can be turned into an appetite-appealing main dish.

**Mutton With Apples**

2 pound mutton steak
3 apples
2 onions
1 tablespoon sugar
salt and pepper
mint jelly

Cut the mutton into serving size pieces. Trim fat. Roll each piece in flour well seasoned with salt and pepper. Brown in a little fat in the frying pan. Arrange in baking dish. Place sliced apples and onions on top. Sprinkle with sugar, salt and pepper. Cover and bake in moderate oven for one and one half hours. Before serving spread with mint jelly.

## Women's Page

BY A WOMAN



### LEADERS OF SOCIETY STILL GO TO SCHOOL

There is much talk in these days of the idle rich, but there are very few idle women now. No matter how luxurious they could live if they wished to do so. We have just been reading a sketch of Mrs. Schall, wife of the senator from Michigan. When her husband lost his sight by an accident, she insisted that he keep on with his work, and has taken the post of secretary to him, and is with him until he reaches the door of the senate when a young boy leads him in to that august assemblage.

"School days; school days; dear old golden rule days," are not mere memories to many of the leading hostesses and belles of the older and younger sets in the National Capital. When the school bells ring out their summons to the thousands of Washington school children in public and private institutions in the great army of students going to the classes are to be found wives of United States senators, Congresswomen, society leaders and debutantes.

In fact, it is as chic to study as it is to work, and every society woman claims with fervent emphasis that she has a vocation or avocation in life.

Some of the socially important students at Washington institutions go in for more knowledge of the simple things in life, how to cook and sew and bake and make clothes from a scientific standpoint, while others delve deep into the inner mysteries of philosophy modern science or sociology. To most of these women their school is not merely a mere side issue to be sandwiched in between social engagements, but social engagements are often sandwiched in between the classes.

Even at smart functions and days at home most of these women doing their round of calls and the debutantes who are continuing their studies dance as enthusiastically until the dawn as do their sisters who are to appear at an early morning hour at office or shop, prepared to give honest work for honest wages.

**Mrs. Hoover Busy With Books.**

Of course, Mrs. Hoover attends no classes now. But the history of her career as a hostess of the official circles show many pages of Mrs. Hoover taking classes in this or that from Red Cross first aid and home care of the sick to welfare and advanced psychology at a local university.

It is said by a close friend of the First Lady of the Land that she is always studying something. While she can not swing her books under her arm and go to school as do many women of her acquaintance yet she can may out for herself a course of reading and study.

While her husband struggles with all kinds of issues in the Senate, Mrs. Burton K. Wheeler, wife of the senator from Montana, is looking after her six children most efficiently, running her house and entertaining and at the same time taking a university course of four years at the George Washington University.

Mrs. Nicholas Longworth, while she has not matriculated at any school can often be found in the lectures or constitutional law which her friend Representative Ruth Hanna McCormick, seems to be able to "sandwich" in between the sessions of Congress and for the proper treatment of women in industry ad a whirl of social engagements.

When Mrs. Cecil the former Gladys Vanderbilt and owner of Biltmore, N. C., went on a trip with her husband, the former attache of the British Embassy to little known isles in the southern seas, they went on a cattle boat and took very little equipment with them. Mrs. Cecil did take her paint boxes, however, and brought back such creditable work that she was accepted as a student in the atelier of one of the leading artists of the Capital. She is an indefatigable student and is seldom marked tardy or absent. Mrs. Peter Goelet Gerry, wife of the former senator from Rhode Island, Mrs. Cecil's mother, has also taken up the study of art. She hurries to her classes with as much enthusiasm and faithfulness as her daughter.

### HEALTH

**ARE HOT LUNCHES WORTH WHILE?**

The theory is not that it makes very little difference whether food is cold or hot, as when hot food reaches the stomach it is sufficiently cooled to the bodily temperature.

On the other hand, when ice cream gets there enough heat is switched on locally to melt the cream and warm it to body heat in, say, five mintues, probably much less. The old predictions that eating frozen foods would throw one into a speedy decline had no foundation and have been discredited.

There is no scientific basis for the opinion that warm foods are any harder to digest than cold ones. When warm foods are put into the mouth the cooling process begins. By the end of chewing and swallowing digestion is nearly complete. If there remains any task of adjusting temperatures, the heat regulating apparatus takes care of that in a very few minutes.

The palate may call for bread that is cold or warm, but let the decision be on the basis of taste rather than digestion. Often it is far more convenient for the cook to serve cold bread, but again, let the decision be based on the real urge and not on a false one. It is even more convenient to bake once a month or a season, as some of our European relatives do. If we wish to follow their example let us not be diverted by any red herring of health.

The warm school lunch is an example of a fetish in another direction. A warm lunch is just as wholesome for a school child as is a cold one, but not more so. The advantage of serving a warm lunch to school children is that it makes something of a function of the meal. On the other hand, many schools that could afford to serve a cold lunch and many children that could afford a cold lunch can not afford kitchens warm food and such.

Nothing said in this article applies to eating or drinking scalding hot foods.

### LA MODE

Suits are offered for every possible occasion from morn till midnight. For morning they are apt to be like O'Rossen's, so we will describe his. They have short jackets fitted in back but not flaring, or three-quarter skirted coats or nearly long coats with a low flare by means of stitched pleats. Skirts are invariably false wrap-arounds which means that they have a flat trouser seam on the right side and on the left a generous low stitched pleat. Inside blouses may be very feminine in lace or lace trimmed georgette, or semi-dressy in checked printed mousseline or faconne tub silk, or they may be quite masculine in plain cotton with plastron, collar and wash tie of checked cotton.

ONE COLOR SUITS RARE.

Color contrasts are rampant, and a plain one-color suit or dress is rare. Lyolene makes very gay, youthful suits with checked or striped flannel skirt, cotton tunic or waistcoat and plain wool jacket ,very short and fitted. Tunic blouses have the loose, easy fitting of peasant blouses, but they are so short they barely cover the hip bones. They are worn with string or leather belts tied in back by a bow of the skirt fabric.

All smart belts, by the way, seem to fasten at the back, whether they be tied or buckled. Some show sashes tied in back and with ends like our old-fashioned party sashes.

Elbow-sleeved jackets are shown by every one, and so are short-sleeved dresses. Even the very boyish, double-breasted jackets of their flannel tailored suits have short sleeves, which, of course, instantly feminizes them. They show cotton inside blouses and waistcoat and tunic blouses, and they also how dressier blouses of lace or paillettes.

### RECIPES

**Nut Cheese Relish for 12 Sandwiches**

1-2 cup white cream cheese
1-2 cup broken pecans
1-3 cup chopped pimento
Stuffed Olives
4 tablespoons mayonnaise

Mix ingredients and spread on thinly-cut, buttered slices of white bread. Arrange sandwich fashion and cut off crusts with sharp knife.

**Marmalade Filling, for Sandwiches.**

1-2 cup orange marmalade
1-2 cup almonds, shredded
1-2 cup yellow cheese
2 tablespoons cream
1-8 teaspoon salt

Mix ingredients. Spread on buttered slices of thinly-cut graham bread.

**Long Island Cake**

1 cup butter
1 1-2 cups confectioner's sugar
5 egg yolks
1 teaspoon vanilla
1-2 teaspoon lemon extract
1-4 teaspoon mace
1-4 teaspoon salt
1 1-2 cups flour
1 teaspoon baking powder
5 egg whites, beaten.

Cream buter until soft. Add sugar and beat until creamy. Add egg yolks, vanilla and lemon extract. Beat three minutes. Fold in rest of ingredients. Pour into loaf pan lined with waxed paper. Bake one hour in slow oven. When cold, cut in thin slices and arrange on tray or platter.

**Nut Drops**

1-2 cup fat
1 cup sugar
2 eggs
1 teaspoon vanilla
1-2 teaspoon lemon extract
1-4 teaspoon salt
3 tablespoons cream
1-2 cup nuts
2 cups flour
1 teaspoon baking powder

Cream fat and sugar. Add eggs and beat two minutes. Add rest of ingredients. Chill dough. Break off bits of dough and flatten down three inches apart on greased baking sheets. Bake 10 minutes in moderate oven.

**Chocolate Squares**

1-2 cup fat
1 cup sugar
4 tablespoons milk
1 teaspoon vanilla
2 squares chocolate, melted
2 cups flour
1 teaspoon baking powder

Cream fat and add sugar. Add rest of ingredients. Spread to thickness of 1-4 inch on greased baking sheet. Bake 15 minutes in moderate oven. Cut in 1 1-2 inch squares.

**Too Prolonged an Experiment**

Somerset Maugham, playwright and novelist, says that the wittiest after-dinner speech he has ever heard was made by an American at a London dinner party. To the visitor had been allotted the toast of "The Ladies." He began by saying that a distinguished man of letters had suggested that marriage should be on the basis of a seven years' lease, renewable at the option of both parties.

Followed a pause. Then—with sad deliberation:

"Now, gentlemen, seven years is a very long time."—Kansas City Times.

**Reversing the Route**

Two workmen were having a quiet chat.

"Who's that chap over there in the blue overalls?" asked Ted of his companion.

"That's the boss' son. He's working as a laborer," came the reply.

"I see," ventured Ted; "starting at the bottom and working his way up."

"No," replied his companion. "He started at the top and they pushed him down!"

**Trusting Mothers**

When a woman says, "My daughter tells me everything," you know that the little girl is putting something over on mother, because no human soul ever entirely discloses itself to another, unless it is mentally defective. —Woman's Home Companion.

### PAINLESS WORKER

"I am sorry," said the dentist, "but you can not have an appointment with me this afternoon. I have eighteen cavities to fill." And he picked up his golf bag and went out.

## AN "INSPIRATION

AT NEW LYCEUM THEATRE

Greta Garbo will be seen at the New Lyceum Theatre on Monday and Tuesday, March 23 and 24 in "Inspiration," an original story written for her by Gene Markey and directed by Clarence Brown.

Robert Montgomery has the leading male role and an imposing supporting cast includes Lewis Stone, Marjorie Rambeau, Judith Vosselli, Beryl Mercer, John Miljan, Edwin Maxwell, Oscar Apfel, Jorn Marsh, Zelda Sears, Karen Morley, Gwen Lee, Paul McAllister, Arthur Hoyt, and Richard Tucker.

It seems that in her latest vehicle Miss Garbo returns to the exotic type of role which made her famous in silent films. She is seen as an artist's model who becomes the toast of Paris as a result of her amorous fascination. Surfeited with the admiration of weathly admirers, she falls in love with a young, provincial student who is already engaged to be married. The desperate strategies by which the impassioned model attempts to win over the young student, together with a subsequent unexpected turn of events, make up the plot.

Inasmuch as the story is laid in modern times, Miss Garbo will again be seen in luxurious present-day fashions. M-G-M even promises a number of new Garbo coiffures without which no Garbo picture would be complete.

The picture, incidentally, is conceded to be staged with unusual splendor, the scenes ranging from a dazzling bohemian studio champagne party to sequences in a number of colorful cafes and garden restaurants.

**Pisa of Pisano**

So many people make flying visits to Pisa attracted alone by the leaning tower as a phenomenal structure, forgetting that the group monuments—cathedral, baptistry and tower—are the finest possible examples of Romanesque architecture in Italy, built 800 years ago by Nicola Pisano and his son, Giovanni—both such masterpieces of sculpture that every artist for the last 500 or 600 years with aspirations to carve in stone or wood has studied them.


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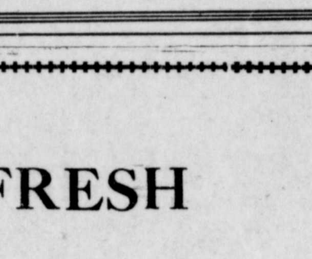
PERHAPS you have seen the Harvester Company's announcement of their new McCormick-Deering Spreader. We now have one of these 1928 models on display at our store, all set up and in readiness for your inspection

The new McCormick-Deering is NEW—with new Features—new Design—new Conveniences—all this for the purpose of providing you with low-cost, time-saving spreading performance over a long period of years. It is the kind and type of spreader you have always wanted to own—a simple, practical, sturdy machine.

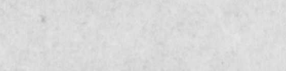
There is no guesswork about its ability to perform satisfactorily under the most adverse conditions. We know what it can do and will be glad to tell you about it and show you what it will do in actual operation.

The new McCormick-Deering is so light in draft—due to roller bearings—that only two horses are required. The box is low, making it easy to load; and the spreading it does—well it would be better for you to see this remarkable spreader and then judge for yourself.

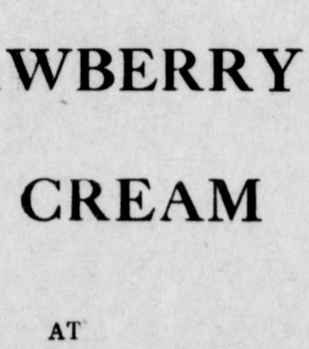
An hour or so spent with us in learning more about this new product may assist you in solving the important problem of increasing soil fertility and crop yields, and doing it easier and in less time than before. Phone us if you cannot call—we can, that's our business.



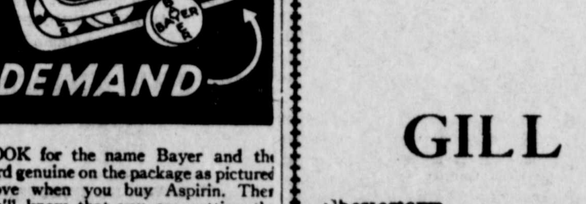
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*Here are the roller bearings used in the McCormick-Deering. (A) Rear axle bearing. (B) Upper and lower beater bearing. (C) Widespread shaft bearing.*



*The new McCormick-Deering will easily turn so short as to pivot on the rear wheels.*



*The easy-to-load, light-draft McCormick-Deering spreader is a valuable asset on any farm. Note the low box, shielded mechanism, and convenient operating levers.*

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**JAMBOREE IN THE JAM**

Two little boys were talking. One said to the other: "Aren't ants funny litle things? They work and work, and never play."

"Oh, I don't know about that," replied the other. "Every time I go on a picnic they are there."

**MUST HAVE HAD WINGS**

Foreman: "Well, everything all right?"

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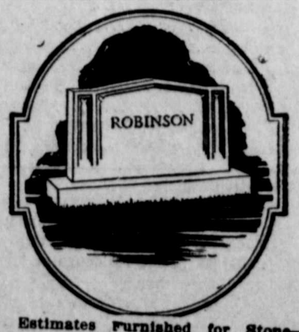
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