Household News

by Lynn Chambers

YOUR SUNDAY DINNER
(See Recipes Below)

ESPECIALLY FOR DAD

Sunday, June the fifteenth, is the day you want to especially prepare DAD's favorite foods—for it's Father's day—and don't forget it. The favorite of all men is a good tasty meat pie—so the suggestion for the main course is a delicious individual meat pie. Dad doesn't like to bother much with side dishes of salad, so place his salad right on the plate with the rest of the meal. He likes a cole slaw stuffed tomato. Buttered carrots and peas are the vegetables. Because he is so fond of blueberries, it's blueberry muffins to go with the meal, and blueberry ice cream cake for dessert.

This week's menu is properly balanced for nutritional value. It supplies:

The appetizer: Carbohydrates, minerals, Vitamins A, B, C, and G.

The Meat: Proteins, phosphorus, Vitamins B, B-1; fats, carbohydrates in crust.

The Vegetables: Minerals, Carbohydrates, Vitamins A, B, C, and G.

Muffins and butter: Vitamins A, B, C, and G, minerals, carbohydrates.

Salad: Minerals, Vitamins A, B, C, and G, carbohydrates and fats.

Dessert: Carbohydrates, minerals, fats, Vitamins A, B, C, D, and G.

To Serve 6 You Need:

- 1 can apricot nectar
- 1 can pineapple juice
- 2 lbs. lamb shoulder
- 2 bunches carrots
- 1 No. 2 can peas
- 6 tomatoes
- 1 small head cabbage
- 2 pints blueberries
- 1 pint ice cream

(Balance of materials among staples)

***Individual Lamb Pies.**

- 2 lbs. shoulder of lamb
- 2 small onions
- 3 tablespoons flour
- 1¼ teaspoons salt
- 2½ cups milk
- Butter Pastry

Trim the lamb, cut in small cubes and brown in a hot frying pan. Add the chopped onion and cook until light brown, stirring constantly. Add the flour and salt and mix well. Stir in the milk gradually. Cover and cook over low heat for about 45 minutes or until the lamb is tender. Roll out pastry and place in individual pie tins or cut in six five-inch rounds and place in large cupcake pans. Fill with the lamb mixture and brush the rims of the pastry with milk. Top each pie with another round of pastry. Crimp the edges and cut slits in the top for the steam to escape through. Brush each pie with milk or cream. Bake in a 425-degree F. oven for 25 to 30 minutes or until the crust is evenly browned. Lift gently from the pan and serve.

LYNN SAYS:

Dad's day might be the one day when Dad would really like to try his hand in the kitchen. How about some feathery light biscuits to go with dinner? They're an easy trick if you just put out the ingredients for Dad, along with one of those big bowls and a spoon. Now sift 2 cups of flour, 2 teaspoons of baking powder, and ½ teaspoon of salt. Cut in 4 tablespoons of shortening, and then add about ¾ of a cup of milk gradually. Stir until a soft dough is formed, not too long, though, or the biscuits will be tough. Turn the dough on a slightly floured board, pat to a ½-inch thickness, and cut with a floured biscuit cutter. Pop them into a hot oven (450 degrees) on an ungreased baking sheet for 10-15 minutes. Dad will probably like the large biscuits, so better give him the large cutter. The recipe will make about 12 biscuits of that size, or 16 of the smaller ones. Can't you just see him beaming over a plate of hot, flaky biscuits he made all by himself?

THIS WEEK'S MENU

Chilled Mixed Fruit Juices
*Individual Lamb Pies
Buttered Carrots and Peas
*Blueberry Muffins Butter
Tomato and Cole Slaw Salad
French Dressing
*Blueberry Ice Cream Cake
*Recipes given.

Butter Pastry.

- 1¾ cups flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- ⅔ cup butter
- 3 to 5 tablespoons milk

Mix and sift the flour, salt and baking powder. Cut in the butter with two knives or rub in with the fingertips. Add milk slowly, tossing the mixture together lightly and use only enough milk to hold the ingredients together.

***Blueberry Muffins.**

- 2 cups sifted flour
- 4 teaspoons baking powder
- 2 tablespoons sugar
- ½ teaspoon salt
- 2 eggs, beaten
- 1½ cups milk
- 3 tablespoons melted butter
- 1 cup blueberries.

Sift dry ingredients together. Combine eggs, milk and shortening and add to dry ingredients, stirring only until moistened. Fold in blueberries. Pour into greased muffin pans and bake in moderately hot oven (425 degrees F.) for 25 minutes. Makes 18 muffins.

***Blueberry Ice Cream Cake.**

- ¼ cup butter
- ¼ cup sugar
- 1 egg
- 1 cup flour
- ⅛ teaspoon salt
- 1½ teaspoons baking powder
- ¼ cup milk
- ¼ teaspoon vanilla
- 1½ cups blueberries
- Vanilla ice cream

Cream the butter, add the sugar gradually and cream thoroughly. Add the egg and beat well. Mix and sift the flour, salt and baking powder and add to the first mixture alternately with the milk. Add the vanilla and pour into a buttered cake pan about 8 inches square. Sprinkle blueberries over the batter and bake in 375 degree F. oven for 30 minutes. Cut in squares and serve warm with ice cream and warm blueberry sauce.

Blueberry Sauce.

- ⅓ cup sugar
- 1½ tablespoons flour
- ¼ teaspoon salt
- ¾ cup water
- 1 cup blueberries
- 1 tablespoon lemon juice
- 2 teaspoons butter

Mix the sugar, flour and salt in a saucepan, and add water and blueberries. Cook over low heat, stirring constantly until thickened. Stir in lemon juice and butter.

SERVING HINTS:

Place individual pies right on the serving plate. The tomato cole slaw salads may be arranged on lettuce leaves on a platter and each person can serve himself from this platter. Peas and carrots always offer a good color combination. Arrange them in a bowl tossed together or separately arranged with carrots in the center and peas surrounding the carrots.

The dessert had better be served in a rather deep dessert dish. Place a square of cake in each dish, then top with a ball of ice cream. Over all pour the rich looking blueberry sauce. Prepare this dessert just before it is to be served. The whole family will love it.

USE OF LEFTOVERS:

Here's what to do with that bowl of leftover vegetables. Say you have peas, carrots and mashed potatoes. This a fine combination for Vegetable Puffs. Mix 1 cup leftover mashed potatoes with 2 eggs, 3 tablespoons milk, 1 teaspoon baking powder, 1½ cups peas, carrots, mashed, ½ cup flour and 1 tablespoon chopped parsley. Mix thoroughly together and drop by teaspoons into hot deep fat —350 degrees F. Cook until brown. Drain on absorbent paper. Makes 8 to 10 puffs.

(Released by Western Newspaper Union.)

My Week

by Eleanor Roosevelt

WNU Service United Features

RESPONSIBILITY

The flags of all the Americas decorated one end of the East Room of the White House and were draped over the room's main door. It gave me a curious feeling to sit there and watch the President at his desk, faced by all the microphones.

I felt as though all the newspaper photographers in the world were grinding and clicking in front of him. The atmosphere in the room was one of suppressed and intense excitement. Diplomats are trained to observe the amenities, no matter what they feel, but everybody's face showed some emotion as the evening progressed.

I felt strangely detached, as though I were outside, a part of the general public. I represented no nation, I carried no responsibility, except the responsibility of being a citizen of the United States of America. Then I looked at the President, facing representatives of all the Central and South American countries, Mexico and Canada. Like an incoming wave, the thought rolled over me:

"What a weight of responsibility this one man at the desk facing the rest of the people, has to carry. Not just for this hemisphere alone, but for the world as a whole! Great Britain can be gallant beyond belief, China can suffer and defend herself in equally heroic fashion, but in the end, the decisive factor in this whole business may perhaps be the solidarity of the hemisphere and, of necessity, the President of the United States must give that solidarity its leadership!"

If we all preserve our freedom, it must be accomplished because we believe in each other, because we want to go forward with the democratic processes, no matter how far short we may be today of perfection. We can only do this if we trip to Washington, D. C.

Then the President began to speak. For three-quarters of an hour he told us what conditions existed, what obligations lay before us and, finally, what his present step to meet those obligations was to be. More must follow, and day by day each one of us is going to realize that his life is changing, that he has an obligation to perform.

In my capacity of objective citizen, sitting in the gathering, I felt that I wanted to accept my responsibility and do my particular job, whatever it might be, to the extent of my ability. I think that will be the answer of every individual citizen of the United States, for when all is said and done, it is our freedom to progress that makes us all want to live and to go on.

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NUTRITION CONFERENCE

The closing session of the National Nutrition Conference for Defense was most interesting to me. I heard Dr. Thomas Parran, of the United States public health service, speak, and Mr. M. L. Wilson, director of extension work in the department of agriculture, present the recommendations which came as a result of the various group meetings and from the conference as a whole.

This seems to me to have been a very valuable meeting. It brought together not only the people, like the home economic experts who have studied nutrition for years, but the educators, doctors, parent-teacher groups, business and professional women etcetera. All possible groups must be interested if a program of education is really to be carried on throughout the country.

I returned to the White House to see a number of people at tea, and to shake hands with the little Girl Scout, Beatrice Vlach, and another very charming young girl, Dorothea Bock, both of them winners in contests which provided as a prize a trip to Washingtonton, D. C.

In the evening, I went to my local Newspaper guild meeting. Then I found a basket of mail awaiting me, but even with this to do, I did not have to sit up very late. It is becoming easier to get through the work, though I must say the days seem to be filled. I don't believe that the time will ever come in Washington when we can sit down and say: "There is nothing left which we ought to do."

We arrived in Hyde Park the next night just 15 minutes after my husband reached home, which shows that there are some advantages to flying, for I left Washington three hours later than he did! He insists, however, that he accomplished a great deal more work on the way, and I haven't a doubt that is true.

Miss Thompson and I motored up from LaGuardia field, and it was quite evident that a holiday crowd was wending its way up the Parkway. We passed one accident, but no one seemed to be seriously hurt.

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GASLESS SUNDAYS

I see that Secretary Ickes is suggesting that we have gasless Sundays and universal daylight saving, thereby saving power. The gasless Sundays and less rapid driving might not only save gas and rubber, but a considerable number of human lives. The power, however, if it means fewer lights, will be hard on me, because I have acquired the bad habit of working late at night. When I don't do that, the temptation to read is hard to resist.

NEW IDEAS for Home-makers

By RUTH WYETH SPEARS

RUBBER-COVERED wire such as is used around garages serves to make this smart lamp; which also requires a tin candy box for the base; three large and six small spools for the standard; a plug and chain socket and a brass nipple that screws into the bottom of the socket. The spools and box may be painted before they are put together according to the directions in the sketch. You will find complete directions for making this fabric-covered bristol board lamp shade on page 12 of your copy of Book 1.

And now, here is news for all of you who have enjoyed making things for your homes described in the first six of the series of little books that have been offered with these articles. Book 7 is ready. On every one of its 32 pages is a substantial money-saving idea, and not a useless dust catcher among them. That is true of all of the books of the series. They have been planned as a service to you and every day letters testify that they are solving your home-making problems.

* * *

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You Would Hardly Know The Old Joints Now!

Hand-painted knees are the latest feminine fad in Hollywood. Which rather suggests that in the future the lessons taught at mother's knee are going to be illustrated.

A man charged with throwing his wife down the stairs two days after their wedding, pleaded with the judge not to send him to prison on the ground that it would break up their honeymoon.

Mussolini doesn't seem to be doing so well as a Modern Seizer as he thought he could.

FIRESTONE TIRES WIN AGAIN IN 500-MILE INDIANAPOLIS RACE

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