

Feminine News-Views

The Kitchen Corner

Maybe you could cook a meal by candlelight if you had to. Not so very long ago, standard lighting equipment was a kerosene lamp. Personally, I wouldn't recommend either method of illumination. In fact, even one central electric fixture is now regarded as entirely inadequate. In addition, fixtures are needed at the range, refrigerator, sink and work counter. The general idea is to keep you from working in your own shadow, no matter where you stand.

For general illumination a central fixture is still required. It may be semi-direct, semi-indirect, or entirely indirect type of fixture. The bulb should never be less than 100 watts, and for a kitchen of about 10x12 feet a 150 watt lamp is recommended.

If you are going to remodel your kitchen, wall-bracket type of fixture may be installed at the sink and range, but in your new streamlined kitchen the lights will be built-in at these places as well as over the work areas.

Tricks To Shorten Working Hours

1. The most important trick is to develop a schedule that will reduce the amount of time you spend in housekeeping, as well as the amount of effort.

2. You've probably thought of this before: to cut hours spent at the ironing board, buy clothes that don't need ironing, such as knitted shirts and underwear, denims and corduroys.

3. If you are lucky enough to have one of the new automatic washing machines, you can use it to do your "hand washing." Watch the temperature of the water and use care in selecting the proper soap. Even rayon hose can be done safely this way.

4. Some clothes can be hung on hangers to dry and then placed in the closet without being ironed. In this category are flannel shirts and seersucker dresses.

5. Use paper napkins and place mats to reduce your weekly wash considerably.

6. Learn how to use all the attachments to your vacuum cleaner. The soft brush, for example, can be used on the insides of windows and frames, thereby cutting down the number of times it is necessary to wash the windows.

7. Tired of laundering and stretching those frilly curtains in your kitchen? Take 'em down.

8. Instead of spending endless hours in polishing silver salt and pepper shakers, and candlesticks, put them away and use easily-washed heavy glass ones.

9. Find out from your grocer about ready-mixed and packaged foods that require a minimum of cooking. A pressure cooker and other modern equipment will save you many hours of cooking time.

10. Don't dry your washed dishes with a cloth. Just pour boiling water over them and let them dry. Health officials say this method is far more sanitary.

BAND AND CHORUS

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vice guild. Recently a drive was launched by the guild for the construction of a recreation hall for the young people of that section. The concert was attended by a large and enthusiastic audience.

Twin Sweater Set For The Young Fry



This young miss fancies herself a college girl type—and why not? She is wearing a miniature replica of a schoolgirls' sweater set. The long-sleeved pullover paired with a woolen skirt makes a fine outfit for playtime. For extra warmth during the cold winter months and for coatless days in spring, nothing is handier than this smooth cardigan. Make one of these warm sets for a kiddie's Christmas stocking). A direction leaflet for knitting TOT'S TWIN SWEATER SET, Leaflet No. 503, is available to you free at the Library).

TESTED RECIPES

For a delightful variation of our favorite—waffles—these two recipes should give you new "special" dishes for the family.

Peach Waffle Shortcake

1½ cups flour
2½ tsp. baking powder
½ tsp. salt
1 tsp. sugar
2 egg yolks
1 cup milk
1-3 cup shortening or salad oil
2 egg whites

Sift together flour, baking powder, salt and sugar. Beat egg yolks; add milk. Combine with dry ingredients. Add shortening or salad oil. Beat egg whites stiff; fold in. Bake in pre-heated waffle iron. Serve with sliced peaches. Serves four.

Potato Waffles

1 cup sifted flour
2 tsp. baking powder
1 tsp. salt
2 eggs, beaten
1 cup milk
5 tbs. melted fat
1½ cups, cooked, riced potatoes
¼ cup minced onions

Sift flour, baking powder and salt together. Combine eggs, milk, fat, riced potatoes and onion. Add to dry ingredients and beat with rotary beater 30 seconds. All ¾ cup of batter for each waffle. Bake in hot waffle iron until steaming stops, 3 to 4 minutes. Yields 4 four-sectioned waffles.

Serve as a base for well-seasoned creamed meat or fish mixtures, freshly cooked asparagus or broccoli topped with cheese sauce.

OATMEAL AND MOLASSES

A new team is oatmeal served with milk, sweetened and flavored with a few glups from the molasses pitcher. To 1 cup milk, add 1 tablespoon of the syrup, or more as you please.

TEMPTING WITH TOAST

Endless are the ways of presenting the toast. And toast is a fine user-upper of stale bread—something to keep in mind today. Cut the toast into triangles, into sticks, into fingers. Make TOAST WAFFLETTES: Put together two thin slices of buttered bread lightly spread with jam. Place in heated waffle iron and bake to a crisp perfection.

MAKE JELLY-TOAST ROLLS: Cut crusts from bread, spread lightly with jelly. Roll each slice as for jelly roll. Hook with toothpicks, place on a baking sheet, seam down. Toast under medium broiler heat, turning evenly browned.

Eat your toast spread thickly with a highly spiced deviled ham, a poached egg nested tiptop. Toast is a cozy couch for creamed foods such as dried beef or those eggs a la Suisse.

Another little stunt: Cut whole-wheat bread into one-inch thick

OUR TEETH

There is nothing more pleasant to see than a smile—and especially if that smile displays bright, white, well cared-for teeth.

Many a plain girl has become pretty when she smiles, for we see a bright flash of well cared-for teeth.

Our teeth have often been referred to as "pearls" and rightly so; the dentist will tell you that your teeth are like jewels, as like all precious and beautiful jewels, they must have continued care, or we lose them. Unfortunately nature does not give us all dazzling white teeth. She shades them from white to a yellow. But it does not matter what shade, brushing will polish them and add to your charm. We brush our teeth daily, morning and bedtime and after meals, if possible. Our dentist tells us to see him twice a year. Many dentists have taken the responsibility off our shoulders. He reserves appointments for us months in advance. A card reminds us in time to keep this appointment. If unable to, notify him at once, as courtesy pays large dividends.

If a toothache develops, a drop of oil of cloves may relieve it and make your more comfortable for the time being. But do go to your dentist as quickly as possible and do not think because it has stopped, it will not return or grow worse. Let us remember that an infected tooth is as dangerous as a cut finger, only the infection may take longer to get started. The infection shows plainly in our finger, but with our teeth, a toxic condition may exist which can settle in our joints, etc., causing considerable pain and discomfort.

We like to look at pretty teeth, but we have them for a definite purpose. The chief function of the teeth is to chew our food. If our teeth are poor, they cannot work properly. Therefore, we may have intestinal ailments that are traced directly to poor teeth. Enough has been said as to "halitosis" or bad breath and its unpleasant effects upon others.

Dr. Floris Van Minden writes in an article that it is an established fact that far more women than men obtain dental treatment and have more dental work done. Why? What is the reason? Do men have less patience or care less for their looks? Dr. Van Minden states that women have more courage and can adjust themselves to physical inconvenience better than men do. Dr. Van Minden also states that women take far greater interest not only in their health but in their appearance, because of which they are willing to inconvenience themselves, where men in general won't. This lesson is meant to appeal to men not to neglect their teeth, but to take every measure to save them before extensive dental work is necessary and probably the necessity of dental plates.

Some people go through life with perfect teeth, while others are supplied with care. Teeth, which need constant attention. When in doubt, consult your dentist . . . he knows your teeth better than you do.

Let's keep smiling, as smiles mean happiness and happy people are healthy people.

He: What would I have to give you for just one kiss?
She: Chloroform!

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