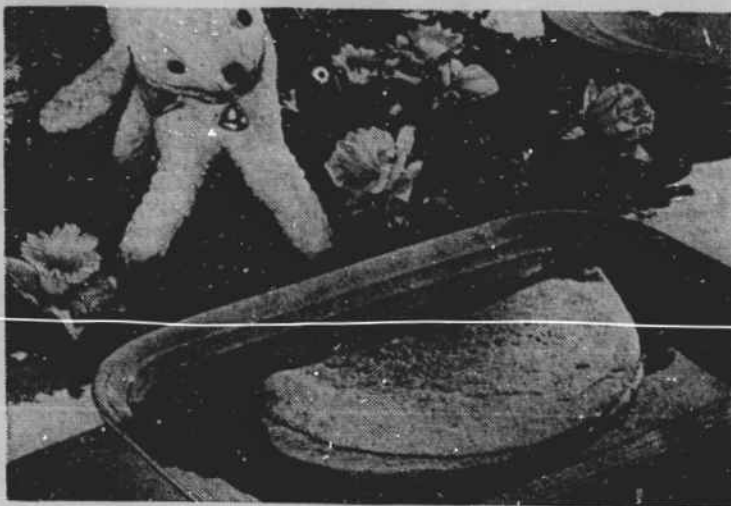


Household News

by Lynn Chambers



This Golden, Fluffy Omelet Captures Interest
(See Recipes Below)

Lenten Meals

Eggs, cheese, fish and vegetables—these are the foods that will be popular with the market basket during the next few weeks. If you are going to form the bases for your menu from these dishes cook them just as carefully as you do the meat that you use year 'round, for you can't take chances and let mealtime become dull or unattractive.

Point up fish and vegetables with lemon or other attractive sauces and flavorings. Serve your egg and macaroni dishes in attractive settings, with some carefully thought out garnish. Play up fruit and dessert numbers to lend interest to meals.

Now, for some concrete help, I've chosen foods to fit the season. They're vitamin, mineral and interest-laden.

Macaroni Cheese Custard.

- (Serves 6 to 8)
- 1 package macaroni, cooked
- 2 eggs, slightly beaten
- 2 cups grated cheese
- 2 tablespoons onion, chopped
- 2 tablespoons parsley, chopped
- 1 pimiento, chopped
- Salt and pepper
- 2 cups evaporated milk

Combine ingredients and pour into a buttered baking dish. Set in a pan of hot water and bake in a moderate (375-degree) oven for 45 minutes.

An appetite-satisfying omelet? You can't believe it? Well, this one is, because it's made with a cream cheese and chive mixture that makes the omelet heartier, and also keeps it from shrinking discouragingly the moment it comes from the oven.



*Cream Cheese Omelet.

- (Serves 6)
 - ¼ pound cream cheese with chives
 - 3 eggs
 - 2 tablespoons milk
 - Salt and pepper
- Soften the chive cream cheese, blend in egg yolks one at a time. Add milk and seasonings. Fold in stiffly beaten egg whites. Pour into a well-buttered, heavy frying pan and cook over low heat until bottom begins to brown. Then place in a moderate (325-degree) oven until the top is dry and the mixture firm. Fold and serve.

Spinach Ring With Goldenrod Eggs.

- (Serves 8)
 - 4 pounds spinach
 - ½ cup salad oil
 - 1 tablespoon salt
 - ¼ cup lemon juice
- Wash and pick over spinach carefully. Place in kettle without add-

Lynn Says:

Sauces that accent the best flavor in foods include these:
Lemon Butter: 2 parts butter to 1 part lemon juice. This is good on the leafy vegetables, cabbage, broccoli, cauliflower, Brussels sprouts and artichokes.
Mustard Butter: Add just a bit of dry mustard to melted butter before pouring on vegetables.
Tart Sauce: (also good on fish) Put in double boiler 2 egg yolks, ¼ cup cream, ½ teaspoon salt, 3 tablespoons lemon juice, flick of nutmeg. Cook until thick and creamy, stirring constantly about 2 minutes. Be careful not to overcook. Stir in slowly, 2 tablespoons butter and serve at once.

This Week's Menu:

- Cream of Asparagus Soup
 - *Cream Cheese Omelet
 - Green Peas
 - Baked Potatoes
 - Carrot, Pineapple and Raisin Salad
 - Popovers
 - Fruit Cup
 - Coffee
 - Tea
 - Butter Cookies
 - Milk
- *Recipes Given.

ing water. Pour oil over spinach and mix thoroughly. Add salt and cook 8 to 10 minutes. Stir occasionally. Drain and chop. Add lemon juice and pack into an oiled 9-inch ring mold. Unmold on serving platter and fill with:

Goldenrod Eggs.

- ¼ cup melted butter
 - ¼ cup flour
 - ½ teaspoon salt
 - Pepper to taste
 - 2 cups milk
 - 4 hard-cooked eggs
- Blend butter and flour, salt and pepper. Heat mixture and add milk gradually. Stir after each addition of milk to make a smooth sauce. Separate egg yolks and whites. Slice whites and add to prepared sauce. Pour sauce into unmolded spinach ring. Press yolks through a sieve to top sauce. Garnish with paprika, parsley and lemon quarters.

A souffle is a properly dramatic Lenten dish, but one which must be baked carefully if it is to come to the dining room at the peak of goodness. Select a cheese that will cook readily and smoothly, a dish that is in good proportion to the souffle, and cook the mixture at a very low temperature so it can rise to its height slowly.

Cheese Souffle.

- (Serves 6)
- 4 tablespoons butter
- 4 tablespoons flour
- 1½ cups milk
- 1 teaspoon salt
- Dash of cayenne
- ½ pound processed cheddar cheese
- 6 eggs

Make a sauce of the butter, flour, milk and seasonings. When thick and smooth, remove from fire and add sliced cheese. Stir until cheese is melted. Add beaten egg yolks and mix well. Cool mixture, fold in stiffly beaten whites. Pour into a 2-quart casserole, bake 1½ hours in a slow (300-degree) oven. Serve at once.

Cornflake Dream Bars.

- (Makes 40 bars)
- First part:
 - ¼ cup butter
 - ½ cup brown sugar
 - 1 cup flour
- Second part:
 - 1 cup brown sugar
 - 2 eggs
 - 1 teaspoon vanilla
 - ¼ teaspoon salt
 - 1 cup shredded coconut
 - 1 cup cornflakes
 - 1 cup chopped nutmeats

Blend butter and sugar thoroughly. Add flour and blend with fork or dough blender. Press mixture evenly and firmly into bottom of a shallow pan (9 by 13-inch pan). Bake in a moderate (350-degree) oven about 15 minutes or until delicately browned.

Beat eggs well, add sugar gradually and beat until light and fluffy. Add remaining ingredients and mix well. Drop by spoonfuls on top of previously baked crust and spread evenly. Bake in a moderate (350-degree) oven about 25 minutes. Cut into squares while still warm.
(Released by Western Newspaper Union.)

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL Lesson

By HAROLD L. LUNDQUIST, D. D., Of the Moody Bible Institute of Chicago. Released by Western Newspaper Union.

Lesson for March 8

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DISCOVERING WHY PEOPLE DRINK BEVERAGE ALCOHOL

LESSON TEXT—Genesis 43:34; Psalm 104:14, 15; Proverbs 31:4-7; Ecclesiastes 2:1-3, 10, 11; Isaiah 56:12; 1 Corinthians 10:6, 7.
GOLDEN TEXT—Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise.—Proverbs 20:1.

The alcohol problem receives attention in four lessons of each year. This is the first one for 1942 and brings before us a number of scriptures not often used, to suggest the drinker's reasons for drinking.

Why do men drink?

I. To Be Sociable (Gen. 43:34).

At the banquet prepared by Joseph the allowance for Benjamin was greatly increased, and they "drank and were merry." How often that has been the plea which has led into drinking and into drunkenness. The "social glass" has often led to the drunkard's grave.

Well, surely God wants us to be sociable. Yes, He does, and the perfect provision for man's social nature is found in Christian fellowship.

II. To Be Happy (Ps. 104:14, 15).

Wine is supposed to bring happiness, and we may admit that it does bring a temporary lift which some call happiness. But who is satisfied with happiness? It depends entirely on what "happens." If the wrong thing happens we are unhappy. We need a deep abiding joy, and only a right relationship to God can give that.

III. To Evade Responsibility (Prov. 31:4, 5).

When life's burdens become too much for him the weakling seeks relief and evades his responsibilities in the deadening power of alcohol. But that doesn't solve the problem. It is still there when sobriety returns, and usually more serious than ever. What can a man do? The answer is, turn to God. He gives wisdom, grace and strength.

IV. To Forget Sorrow (Prov. 31:6).

"Drown your sorrows" is the deceptive promise of liquor; but they stand right there beside man, and when his poor befuddled head begins to clear they present themselves more persistently than ever. What's the answer? The God of all comfort is ready to bear man's sorrows or to give him grace to bear them and to lead him out into a place of peace and victory.

V. To Forget Poverty (Prov. 31:7).

Heavy is the affliction of poverty in a world of plenty. Sometimes it is the result of carelessness or of sin, but often it is the lot of those who are innocently caught in its grip. Men have tried to forget, to "drown" even this problem in drink and have only made their poverty worse and more unbearable.

VI. To Find Satisfaction (Ecc. 2:1-3, 10, 11).

The book of Ecclesiastes gives the account of a man "under the sun," that is, apart from God's guidance and blessing, seeking to satisfy the cravings of his heart in many ways. All of them prove vain, including the effort to find it in wine and in pleasure.

Frustrated souls often seek release through intoxicants. They gain a measure of liberty and a sense of masterful power, but it is all as delusive as the dreams of grandeur of the insane.

VII. To Stimulate Hope (Isa. 56:12).

A certain fearful looking forward to the time of judgment tends to dampen the drinker's enthusiasm. So he drinks more to reawaken in his heart the "hope" that tomorrow will not bring reckoning, but will be another "good" day. The world has no real hope, in fact, the word itself has lost its true meaning and indicates only a sort of wishful thinking. Is there any real hope? Oh, yes, and the Christian has it.

VIII. To Encourage Play (1 Cor. 10:6, 7).

Paul warns against the folly of the "eat, drink, and be merry" philosophy. That road ends in disaster. Does not God want us to play? Indeed He does. He gave us the instinct for recreation. We need pleasant relaxation, and He has provided for us all the beauties of nature, all the pleasures of wholesome play, and all in the finest of fellowship with His people and with Himself. Thus we find real recreation not just fun that leaves us empty and dissatisfied.

ASK ME ? ANOTHER ?

A quiz with answers offering information on various subjects

The Questions

1. How many mints does the United States have for making coins?
2. Fleet street in London is famous for what?
3. What proportion of Americans have blue eyes?
4. The bouquet of a wine refers to what?
5. What was the greatest attraction of the World's fair of 1893?
6. Who knighted Francis Drake for sailing around the world?

7. What is made from flax-sweater yarn, linen or rayon?

The Answers

1. Three (Philadelphia, Denver and San Francisco).
2. Its newspaper offices.
3. For every 100 Americans who have blue eyes, 70 have gray eyes, 49 have hazel eyes, 46 have brown eyes.
4. Its aroma.
5. The Ferris wheel.
6. Queen Elizabeth.
7. Linen.

Crocheted Dinner Cloth



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Belled the Amazons

The most ferocious female warriors in history were the 5,000 Amazons who formed a part of the army of Behanzin, the Negro king of Dahomey, West Africa, in the 1880s, says Collier's. Eventually, they grew to be so tough and quarrelsome that the king had to make them wear bells so that civilians would be warned of their approach.

POOR GRANDMA

Her children grown up; she has time to enjoy things, but she's worn out from years of work. Old folks often have finicky appetites and may not get the Vitamin B1 and Iron they need; Pleasant-tasting VINOL, the modern tonic, combines these and other valuable ingredients. Your druggist has VINOL.

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ENTERTAINING'S a joy when you've a beautiful crocheted dinner cloth to set off your fine china! Make this heirloom cloth in string. It's flet crochet that has a clear chart to follow.

LADY, IF YOU BAKE AT HOME, REMEMBER, THE ONLY YEAST WITH ALL THESE* VITAMINS IS FLEISCHMANN'S

*Per Cake: Vitamin A—2000 Units (Int.) Vitamin B₁—150 Units (Int.) Vitamin B₂—400 Units (Int.) Vitamin C—40-50 Units (Sb. Bour.) All of these vitamins go right into your bread; they are not appreciably lost in the oven. Ask for Fleischmann's Fresh Yeast—with the yellow label.

★ ★ ★ Bonds or Bondage—It's Up to You! Buying U. S. Defense Bonds Will Tell

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