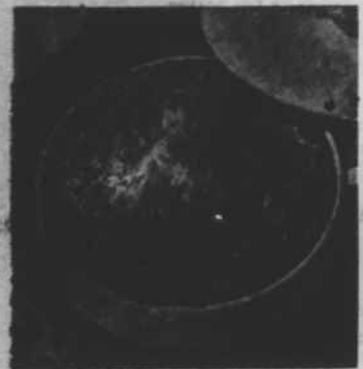


HOUSEHOLD HINTS... by Lynn Chambers

Brisk Winter Days Stimulate Appetite For Substantial Food



A fluffy, golden browned casserole is ideal supper fare for cold nights. This one combines protein foods such as dried beef and eggs with the vegetable, which is whole kernel corn.

Make Hearty Meals

When the family comes tramping home on cold nights with the appetites of woodmen, many a homemaker is put to the acid test of really filling them up with plenty of hearty, nourishing food. Sometimes appetites seem endless, especially when the food is not suited to weather or to work and play, but there's an answer to all this.



Hearty foods solve the puzzle best, as being out the stews so rich in vegetables and inexpensive cuts of meat, casseroles with sauces and gravy and top them off with hunger-satisfying desserts. Don't forget the vegetables and fruits as these are an important cog in balancing the meal and rounding it out.

Another easy trick to take the edge off sharp appetites is to serve a piping hot soup of some kind just before dinner. This may be light or hearty depending upon the type of family you have. This, too, is economical because you can use bones from roasts or the carcass of a fowl from dinner and toss in some vegetables, and have enough soup for several days.

A soup is nice to serve before the following casserole. Top it off with a fruit salad and an easy-to-make pudding dessert, and you have the meal complete.

Corn-Chipped Beef Souffle.

- (Serves 6)
- 4 tablespoons butter
- 1/2 cup flour
- 2 cup milk
- 4 eggs, separated
- 1 cup whole kernel corn
- 1 cup shredded chipped beef (about 3 ounces)

Melt butter, blend in flour and add milk. Cook over direct heat, stirring constantly until sauce thickens and boils. Stir hot sauce into well beaten egg yolks, add corn and shredded beef. Fold in stiffly beaten egg whites, lightly but thoroughly. Turn into a six-cup casserole and bake in a moderate (325-350-degree) oven for one hour until a knife inserted comes out clean.

Salmon-Lima Bean Casserole.

- (Serves 6)
- 2 tablespoons diced onion
- 2 tablespoons fat
- 4 tablespoons flour
- 2 cups milk
- 1 teaspoon salt
- 1 full can salmon
- 2 cups green lima beans, cooked
- 2 slices bread
- 2 teaspoons butter

Cook onion in fat until golden brown and tender. Add flour and blend. Stir in milk and salt. Cook, stirring constantly until thick and smooth. Alternate layers of flaked salmon, lima beans (which have been drained) and white sauce in a greased casserole, ending with white sauce. Butter bread and cut in cubes. Sprinkle over top of casserole and bake in a moderate oven for 35 minutes or until golden brown.

LYNN SAYS: Tips for Homemakers Save Time, Energy

The greatest lumping, store brown sugar in a moist place, such as a breadbox. Confectioners' and powdered sugar may be stored in tightly covered containers. The brownish color on the surface of used tin pans is tin oxide. This is a better conductor of heat than the tin, thus explaining why cakes brown so much more easily in used than new ones.

LYNN CHAMBERS' MENU

- Consomme with Rice
- *Lamb Stew with Parsley Dumplings
- Waldorf Salad Rye Bread Toast
- *Hasty Pudding Beverage
- *Recipe given.

*Lamb Stew, Parsley Dumplings.

(Serves 6)
Buy 2 1/2 pounds lamb shoulder, chuck or shank. Cut the meat in one-inch cubes, dredge with flour and brown in hot fat. Season with salt and pepper and cover tightly after adding two cups of broth or water. Simmer slowly for 30 minutes and then add whole small sliced onions or sliced onion rings, sliced carrots, diced potatoes and 1 1/2 cups drained peas. Cover tightly and cook until vegetables are tender, about 45 minutes, adding more water or stock if necessary.

To make parsley dumplings, sift 2 cups of flour with 1 teaspoon salt, 4 teaspoons baking powder and 1/2 teaspoon pepper. Add 1 well beaten egg, 3 tablespoons melted butter and 1/2 cup milk. Mix to a moist stiff batter and add 3 tablespoons minced parsley. Drop by spoonfuls onto stew, cover closely and cook without lifting cover for 18 minutes. Remove dumplings to platter and arrange with meat and vegetables. Thicken gravy in pan with flour-water paste. Add a dash of Worcestershire sauce and pour over stew. Serve at once.

How do you plan your desserts? Well, naturally you want them to go with your main dish, but consider their planning from another point of view also. If you're using the oven, have a baked dessert to utilize heat to the fullest. If you're cooking a top-of-the-stove meal, make a refrigerator dessert so as not to use the oven for just one thing.

American Pudding.

- (Serves 6)
- 1/2 cup flour
- 1 teaspoon baking powder
- 4 tablespoons shortening
- 1/2 cup sugar
- 1/2 cup milk
- 4 tablespoons currants
- 1 1/2 teaspoons grated lemon rind
- 1 1/2 cup boiling water
- 1/2 cup honey
- 1/2 teaspoon salt

Sift flour, measure, then sift with baking powder. Cream one half of shortening, add sugar. Add milk and flour, alternately beating until smooth after each addition. Add currants and lemon rind. Turn into greased baking dish. Combine remaining shortening, honey, water and salt and pour over batter. Bake in a moderate (350-degree) oven for 40 to 45 minutes. Serve warm with cream.

This next recipe is truly a hasty pudding. It's quickly made and delicious, too, now that whipped cream and marshmallows, absent so long from our grocery shelves, are back with us again.



Make the most of your lamb stew by serving it in your prettiest deep platter with vegetables, parsley-flecked dumplings and tender morsels of lamb riding on top of the savory gravy.

*Hasty Pudding.

- (Serves 6)
- To one cup of whipped cream, add 1 cup brown sugar and 1 teaspoon vanilla extract. Blend thoroughly. Add 15 graham crackers which have been broken into small pieces; 4 bananas, quartered and sliced, and 16 marshmallows which have been snipped with scissors into small pieces. Mix lightly and chill well before serving.

This hasty pudding can be dressed up beautifully for a company dinner in tall glasses and topped with a garnish of whipped cream and a dab of red jelly or jam or a cherry.

Released by Western Newspaper Union.

To prevent cake icing from sticking to the knife, dip the knife in hot water before slicing.

Lettuce, string beans and other vegetables often are more easily cut with scissors than with a knife.

A good way to use old soap is to grate the scraps on a household grater or put them through a food chopper and use them for laundry.

Thickening for soups and gravies may be made quickly by beating equal amounts of flour and water to a smooth paste in a shallow bowl with an egg beater.

Kathleen Norris Says:

The Governess Wife

Bell Syndicate.—WNU Features.



"I asked to see his checkbook the other day and the young man had to explain quite a few details to me."

By KATHLEEN NORRIS

DON'T marry a man with the idea that it will be easy to change him. It never works; they don't change. They may develop qualities and tastes that surprise you—you may find the man you thought a stay-at-home likes to go out every night, or that the man you thought a night club favorite never wants to leave his own fireside. Such surprises as that are the very commonplaces of marriage.

But not changes. The jealous sweetheart will continue to be jealous, the lazy man who is always changing jobs will go on shifting, the lad who drinks too much and gambles away his money will go right on drinking and gambling.

The other day I had a talk with a bride-to-be. It struck me as extremely ominous, and I've been wondering ever since if the promised husband has any idea of the training in store for him. All the conditions of their marriage seem to be ideal, good social standing, old family friendships, comfortable income and a most attractive apartment ready and waiting. But the bride's attitude is not so promising.

She was buying gloves, with one of her bridesmaids as companion, and chattered quite freely of her plans.

Tom, it seems, has to make business trips to New York now and then and likes to make them by plane, but Sharon has stopped that. "I'm deathly afraid of planes," she explained, "and I put my foot down."

'Don't Let Precedents Start.'

It also appeared that she had been quite frank about Tom's mother. Tom wanted to stop off at Santa Barbara and see his mother, on his honeymoon trip to Mexico; Sharon said no. "Once you start that sort of thing it establishes a precedent," she told me. Duck shooting was mentioned; Tom is a famous shot. "I think that young man's duck hunting days are over," Sharon murmured confidently, eyeing a beautiful glove on her beautiful hand.

"He's going to be the best-trained husband in town," she said happily. "His friends won't know him. I asked to see his checkbook the other day, and the young man had to explain quite a few details to me. Don't you think," she appealed to me, "that the time to train them is in the very beginning?"

I was too stunned to reply. If she had been talking of an airdale puppy it might have been intelligible, but Tom is six feet of husky, vital, assertive human being, with a fine mind, a fine education and a fine war record. She paid for her gloves and went her happy way, and I went mine with a feeling of intense pity for Tom.

There are ways, of course, in which wives can exert influence; the little ways of neatness and consideration and promptness and thrift. But those occasions when suggestions are in order come only now and then, and should be handled naturally, with affection and tact. Men change, and women do too, in a happy marriage, but they change without knowing it, the miracle of growing trust and companionship and improvement is never visible, and certainly never cut-and-dried before ever the marriage takes place.

So I have great fears for the marriage of Sharon and Tom, and feel reasonably sure that he will grow

MAKING HIM OVER

Women have tried many, many times to reform their husbands, to "make them over," but it has rarely been successful. Men cling stubbornly to their ways, resistant to appeals and pressures. This is especially true in regards to personal habits, likes and dislikes. Sometimes, where a man realizes in his heart that he is at fault, he will, with his wife's aid, struggle to change his ways. When he is convinced that he is right, however, he will seldom yield, at least not permanently.

Miss Norris in today's article tells about a bride who is starting off wrong and is heading for trouble. She is quite attractive and intelligent, but she is not keen enough to realize that trying to make over a big, successful, well-educated young man is fatal to happy married life.

She doesn't want him to travel by air, or go hunting, or visit his mother in California, and that's just a start; she intends to "train" him in her ways of thinking and acting. Sooner or later Tom is going to rebel and he is going to tell Sharon bluntly that he intends to have his own way in personal matters. Sharon may bristle up and the quarrel that leads to the divorce court will have begun. If she has learned anything of human nature by that time, however, she will give up trying to change her husband.

restless under this organized control, and break away from her. No girl should marry a man unless she likes him as he is. Sharon apparently likes Tom only for certain possibilities she sees in him, and if Tom ever suspects that he has married a governess and trainer rather than a wife, he will be infuriated.

Tactful Handling.

Sometimes after years of marriage this sense of smug superiority breaks out in a wife. "Why not have that gray paper in the halls?" the husband suggests. "Because it would be perfectly ridiculous, dear," says the wife. "Why would it be ridiculous? Wasn't our old room at home that way?" "Our old room was simply hideous," the wife returned smoothly, "and everyone knows you have no taste, darling."

One wife I know merely smiles and listens when her husband holds forth at breakfast about something he likes or doesn't like in domestic matters. She smiles, listens with faintly raised eyebrows, and very slightly shakes her head, for the benefit of her daughters.

"Just as soon as he goes," her expression tells them, "we'll fix it all our way."

Very few men, no matter how abrupt or absent-minded or absorbed, treat their wives to this sort of arrogant rudeness. Instead there appears to be a general impression that Mommy does know best about things. So some of them alienate their own families, give up old friends and comfortable habits, pay uncomplainingly for furniture and wallpaper they don't really like, for long years and years. But there comes a breaking point, and wives might as well be on the watch not to reach it. To try to change a man is usually to lose him entirely.

Lamp Sterilizes Milk

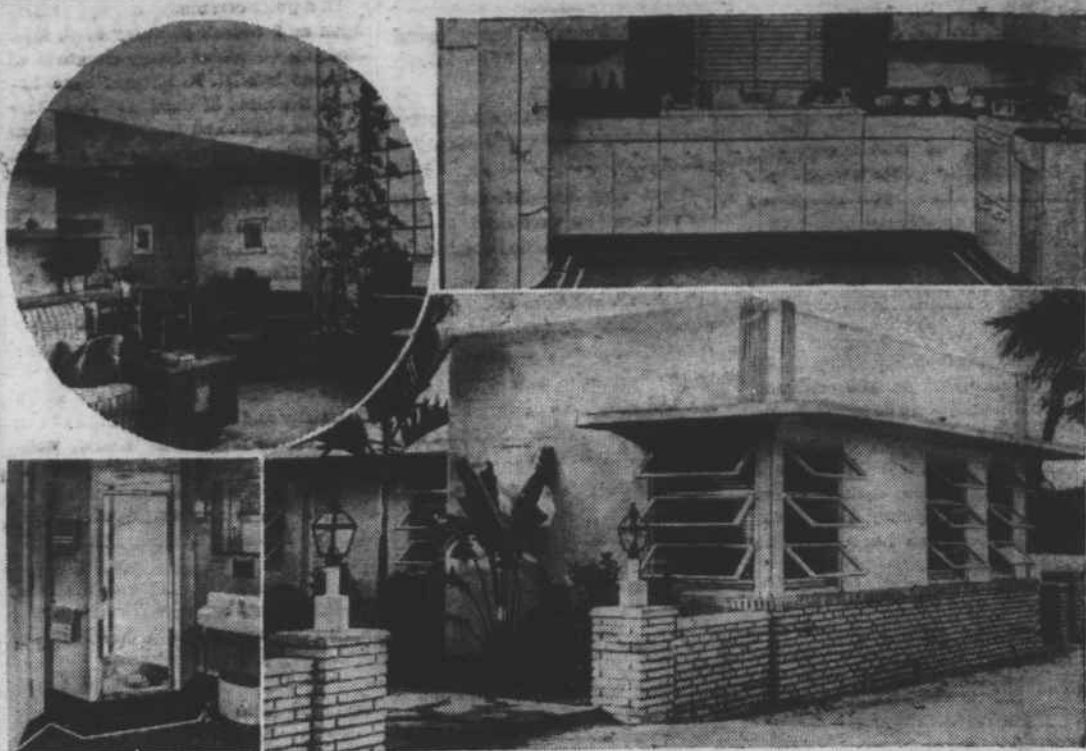
An ultra violet ray lamp capable of killing airborne bacteria has been produced by the Westinghouse Electric Corp. for use in dairy barns.

The new device, known as steril-lamp, can reduce the amount of such bacteria by 90 per cent, Allen Desautel, lamp allocation engineer for the company said.

"Milk in healthy cows is uncontaminated, but as soon as it leaves the cow it is on its own," he said. "Few foods provide such an excellent medium for bacterial growth."



"He may never leave his fireside."



HOME OF TOMORROW FOR TODAY . . . How awning windows lend distinction to the modern home is shown in this attractive example of the modern home. Originally favored in the South, use of awning windows has spread rapidly to all parts of the country. Interior views of the modern home, as shown above, are part of display of the Association of Home Builders exposition at Chicago. Prospective homeowners are demanding cabinet showers in the house of tomorrow for today.



LARGEST IRRIGATION DEVELOPMENT . . . Columbia Basin project in Eastern Washington is taking shape. This is an artist's impression of how some of the structures in the vicinity of Coulee City will appear when completed. Stretching for nearly two miles across the famed Upper Grand Coulee is the South Coulee dam, which will help form a 27-mile reservoir for the million-acre irrigation development. The dam will carry U. S. Highway 10-A across its top. The land will be farmed by 12,000 to 15,000 families, veterans and others.



SAVES SISTER . . . Running out of her home in Orange, N. J., when she heard her mother scream, "Fire," Margaret Bocchino, 7, realized that her sister, Angelina, 14 months, was still inside. Margaret rushed back to the first floor, where the flames were spreading, saved the baby. She is demonstrating here how she saved her sister—who apparently does not appreciate either the demonstration or the photographer.



ANGEL OF BELSEN . . . Mrs. Sucher Frydrych, the former Luba Tryszynska, who won the title of "Angel of Belsen," when she nursed 65 Dutch children back to health after they had been stricken with typhus at Nazi concentration camp, shown on arrival in the United States. The heroic girl was decorated by the Netherlands government and others.



THEY LABOR FOR LOVE . . . Two lovely ladies, Ethel Hester, left, Washington, D. C., and Mary Haddox, Moundsville, W. Va., labor for love each and every day at the capitol and are being paid for it. The girls, by the way, are secretaries to new Republican congressman, Francis J. Love, center, of West Virginia. Both girls plan to make their jobs career jobs and are hard at work discovering—or trying to—what makes politicians.



MOST POPULAR . . . For the third consecutive year, Bing Crosby has been voted the screen's most popular actor by the film audiences of the nation. The selection was made largely upon his work in "The Bells of St. Mary's."