

HOUSEHOLD MEMOS... by Lynn Chambers



Fish for Dinner... Have It Often (See Recipes Below)

Fish Foods

Those red point problems won't iron out by themselves. They need the expert guidance of the home-maker who makes a hobby of working out her point budget to suit her own particular needs.

We've discovered lots of delicious foods since food rationing began, and not the least of these is fish. It's a fairly inexpensive food and gives you a wealth of protein, vitamins and minerals.

Fish may be purchased whole or as fillet or steaks. Steaks may be left on when the fish is cooked for they usually soften in the cooking process. The methods usually employed for preparing fish are the same as used for meat—broiling, frying, baking and even boiling. If well cooked and seasoned, fish can be a welcome addition to your table.

Broiling Fish

When using a whole fish for broiling, clean thoroughly, then wipe dry and sprinkle with salt and pepper. Brush the broiler pan with fat and place fish on heated rack, about two inches from broiling unit. Broil until fish is well browned and flakes when tried with a fork. It will take from 6 to 12 minutes to broil the fish, depending upon its size.

If you are broiling fish fillets, brush them first with melted fat and sprinkle lightly with flour to give them a crispy surface after broiling.

Baked Haddock with Dressing

(Serves 4)

- 2 haddock steaks (about 1 1/4 pounds)
- 3/4 cup chopped mushrooms
- 2 tablespoons butter
- 3 tablespoons chopped parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon water
- 3/4 cup fine bread crumbs

Place steaks in shallow, buttered baking dish. Sprinkle with salt and pepper. Sauté onion and mushrooms in butter for 5 minutes. Add all remaining ingredients. Spread over fish. Bake in a moderate oven for 30 to 35 minutes. Serve plain or with celery sauce. Strips of bacon may be placed on top of dressing before baking.

Tartar Sauce for Fish

- 1 teaspoon minced onion
- 2 teaspoons chopped sweet pickle
- 1 teaspoon chopped green olives
- 1/2 teaspoon minced capers
- 1 tablespoon minced parsley
- 1/2 cup mayonnaise
- 1 tablespoon tarragon vinegar

Drain first five ingredients and add into mayonnaise. Add vinegar. Bass, halibut, perch, pickerel, pike or trout may be substituted for the haddock in the above recipe.

Mackerel with Bacon and Onions

(Serves 4)

- 2 pound fillet of mackerel
- Salt and pepper
- 1 cup sliced onions
- 2 tablespoons butter
- 1/2 cup fine, soft bread crumbs
- 2 slices crisp, broiled bacon

LYNN SAYS

Fish Sauces: For white sauce variations, you'll enjoy the following: Add 1 tablespoon chopped shallots to 1 cup medium white sauce; or 1/4 pound sliced, blanched almonds toasted with butter; 2 chopped hard-cooked eggs; 1/2 cup cooked shrimp with 1 hard-cooked egg; or 1/2 cup grated cheese.

Fish Stuffings: To 1 recipe plain bread stuffing, may be added: any one of the following: 1/2 to 1 cup sliced, sautéed mushrooms; 2 tablespoons chopped green pepper, 1/2 teaspoon mace; 1/2 cup ground onion, 1/4 cup grated raw carrots; 2 tablespoons minced parsley, 1/4 teaspoon savory seasoning and 1/4 teaspoon celery seed.

Lynn Chambers' Point-Saving Menu

- Tomato Juice
- *Baked Haddock with Dressing
- Chopped Spinach with Egg Garnish
- Baked Potatoes
- Grated Carrot Salad
- Muffins
- Stewed Dried Apricots
- Cookies
- Beverage
- *Recipe Given

Arrange fillets in shallow, greased baking dish. Sprinkle with salt and pepper. Sauté onions gently in butter until tender but not browned. Turn out on fish, sprinkle with crumbs and top with bacon. Bake in a hot oven (400 degrees) until fish is done, about 15 minutes.

Salmon and Vegetables

(Serves 6)

- 2 tablespoons diced onion
- 2 tablespoons butter
- 2 cups cooked peas
- 1 pound salmon, cooked or canned
- 2 cups diced, cooked potatoes
- Dash of pepper
- 1/2 cup sour cream

Cook onion in butter until tender but not browned. Add liquid from cooked or canned peas and cook until reduced to 1/2 cup. Place potatoes in shallow baking dish, add peas and sprinkle with pepper. Break salmon into large pieces and arrange on top of vegetables. Combine reduced liquid mixture with sour cream and pour over vegetables and fish. Bake in a moderate oven (350 degrees) 40 minutes until vegetables have absorbed most of the liquid.

Fish Fritters

(Serves 4)

- 1 pound small fish
- 3 eggs, separated
- 3 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon minced garlic
- 1 tablespoon minced parsley

Cook fish, remove skin and bones; mash. Beat egg yolks light and thick, then add remaining ingredients. Fold in whites of eggs which have been stiffly beaten. Drop by spoonfuls into hot fat and fry until brown. Serve with tomato catchup, tartar sauce, or egg sauce.

Scallops are another excellent fish to serve when you want something different for a meal. They lack fishy taste and smell and are boneless and easy to fix:

Fricassee of Scallops

(Serves 6)

- 2 pounds scallops
- 2 tablespoons butter
- 1 onion, sliced
- 1 tablespoon flour
- 1 cup stock from scallops
- 1 tablespoon minced parsley
- Salt and pepper
- 1 egg yolk
- 1 teaspoon lemon juice

Simmer scallops 5 to 6 minutes. Melt butter, add onion and cook about 3 minutes. Stir in flour until well blended, add stock and cook until mixture thickens. Add parsley, salt and pepper. Beat egg yolk, and add to hot sauce gradually. Cook for 2 minutes, then add scallops and lemon. Serve at once.

Do you have recipes or entertaining suggestions which you'd like to pass on to other readers? Send them to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois.

Released by Western Newspaper Union.

Hedda Hopper: Looking at HOLLYWOOD

THIS is the story of three actresses who brought the home front right into your home. Primarily, however, it's the tale of one star who had the courage to depart from ingenue leads—who took a chance at a mother role and then found herself mothering two other stars in real life as well.

This is the behind-the-scenes story of Claudette Colbert, Jennifer Jones, and Shirley Temple in "Since You Went Away"—a combination that is smashing box office records across the land. Every time a

like going up to David Selznick and giving him a pat on the back—not alone for the picture, but for taking my advice and casting Claudette as mother.

It all started one day while David was scouting around for a top star to play the heroine of the home front—mother.

"Why don't you get Claudette Colbert for it?" I asked.

"She wouldn't consent," he countered.

Subtle, Wot?

"Let me run a little yarn that you want her for it and we'll get her reaction," I said.

D. O. S. agreed.

Next day I came out with a story. At 8:30 a. m. sharp Claudette had me on the phone. She wanted to know where in the devil I had gotten such an idea—what ever gave me the notion that she would consider playing the mother of a couple of girls that old?

Then I went to work on her. "David Selznick doesn't make anything but good pictures, does he?" I asked.

"Well, no."

"You don't expect to be an ingenue all your life, do you?"

"Well, no."

"You're an actress, aren't you?"

"I've been accused of it."

"Well, why don't you think it over?"

"All right, but Selznick hasn't asked me yet."

"He will," I replied.

She was receptive and asked to see a script. Naturally, at that stage of the game there was none.

Claudette called me. "I've never taken or accepted a part without reading the script first. What if it isn't suitable for me?"

"Listen, Claudette," I said. "This is going to be a big picture. Selznick doesn't make failures. He can't afford to make anything but a success—and to do that it's got to be just right for you as well as the others."

Claudette agreed, and the deal was set.

Another Problem

From the first Jennifer was worried. She didn't feel she was photographing quite as well as she might in certain scenes.

Selznick went to Claudette with his problem, and Claudette took over the mother reins in real life as well as on the screen.

"You're a great actress, Jennifer," Claudette told her, "and you're going to be greater. Why don't you just concentrate on doing a good job and let the cameraman take care of his?"

Jennifer did just that.

Then we have the case of Claudette's other "daughter"—Shirley Temple.

Here was a girl who had been No. 1 star of her previous pictures, also No. 1 at the box office. In this one she had to share that billing with six other performers.

Shirley did a sweet job of adjusting herself to this new condition. But the mothering she received on the set from Claudette had a lot to do with making Shirley a better actress.

Claudette Colbert, Jennifer Jones and Shirley Temple make a fine trio on the screen. You get a feeling that there is real unity in the Hilton home. The kind of unity the boys overseas want to come home to.

Sol Has Right Idea

Sol Lesser is signing up Agnes De Mille for his next, "Crazy to Dance." The story is woven about a couple of kids who start dancing in school and grow up to become as famous as Velox and Yolanda. He's trying to get a big name for it, and has already talked to several big band leaders. . . . I'm happy to report that Martha Scott is achieving something like a personal triumph as a comedienne (for a change) in "Soldier's Wife" on Broadway.

There's Many a Way of Wearing These Chic and Lovely Scarfs

By CHERIE NICHOLAS



IT'S a scarf season! Not for decades, if ever, has millady's scarf made such a sensational plunge in the fashion world as now. The new scarfs are that eye-thrilling and versatile, you feel the urge when once you start buying, to keep on and on until you have assembled quite a collection. Right you are, for to keep pace with fashion this fall you might as well plan to wear a scarf with most every one of your costumes.

However, as chic and charming as the new scarfs are in themselves, they tell but half the story. The other half centers about the many tricky ways there are of wearing a scarf. Just look (to the right in the illustration) what one lacy, sheer pure wool stole-scarf can do to the simple black dress, if you deftly tie it sash-like about the waist. The turban is also made of a twin wool stole draped and wrapped with utmost artistry. You can work out fascinating color schemes in a scarf ensemble like this, for those wool stoles which are "tops" in fashion come in lovely shades, and are smart for dinner wear as well as for about town and sport wear.

In the oval to the left see a beguiling shearer of sheer wool oblong scarf, arranged about the throat with a touch that bespeaks an attractive accent to any sport outfit. A good-looking pin adds sparkle as well as holding the scarf in place. This scarf comes in ten beautiful jewel colors.

What could be more attractive for smart restaurant wear and other gala occasions than a sequin-embroidered oblong print scarf, which as you will observe (in oval to right) drapes easily as a turban. This oblong scarf also sounds a high-fashion note worn ascot fashion, for as you may know scarf-washed necklines are tres chic this fall. The print is done in a multi-color English floral

Released by Western Newspaper Union.

Sheer Lace Allure



In creating this season's evening and dinner gowns designers are playing up the allure of sheerest of sheer black lace. This very attractive dress demonstrates how interestingly exquisite black lace is being used for high-style dinner occasions. In this instance the sheer top which is such an outstanding feature in smart styling is fashioned in a most beguiling manner. The sprightly lace peplum is lined with horsehair to make it ripple.

Breast Pocket Monogram

A monogram medallion on the breast pocket of one's blazer is the new rage among college girls. For that matter monogrammed sweaters are setting a new fashion that has developed into a tremendous vogue. So get busy girls and embroider a monogram in gay yarns that will give your smart sweater a new look of distinction.

Pearl Chokers and Shell Combs in Vogue

Along with the return of many other little elegancies that graced the fashion picture in the early Victorian days comes now a revival of tortoise shell combs for hair glamour and what's more we are going to wear handsome pearl chokers again, just as they did in days of yore. So now choose your tortoise shell hand-carved comb and be the first to flaunt it before admiring friends. You can get the true-to-type Spanish tortoise shell combs, if you like. You may be fortunate, and have one tucked away in your treasure chest. The smaller sizes shown in the stores are prettily pearl-encrusted or take on decorative jewel and bead craft or perhaps are mounted with sequin-covered butterflies and flowers. It's going to be a new experience for most of us to wear anything high about the throat, but the now-so-fashionable pearl chokers and fancy velvet ribbon dog-collars demand just that.

Ermine on Black Suits

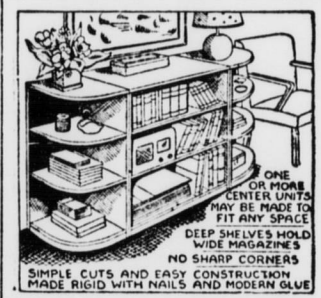
The little black suit with ermine accents is making its appearance at fashionable gatherings. The ermine is used discreetly and effectively—perhaps to cuff an off-the-face hat, a corresponding note sounded in wide ermine cuffs on the sleeves. A very youthful black suit has a collar of snowy ermine finished off with a cluster of tiny ermine tails.

Trimming Around Armhole

A clever fashion is getting underway this season. It's a dressmaker touch of trimming around the armhole with a band of contrast fabric or with embroidery or beadwork or braid passementerie.

Unit Shelves Easy For You to Build

WHETHER you have a house of your own or whether you move often, unit bookshelves are the answer to many a problem. They may be scaled to fit almost any space; you may add to them as needed and they may be shifted from one place to another according to your mood. They may start in the living room or end in the children's room or in the



kitchen. The units may be divided, multiplied or used in various combinations.

You need no special skill to make the three units shown. These well proportioned shelves were designed especially for amateur homecrafters to make with the simplest tools. A compass saw from the five-and-dime will cut the curved shelves of the end units.

NOTE: Pattern 270 gives a full size pattern for the curved shelves of these book cases and large diagrams with dimensions of all the straight pieces. Also a complete list of materials required and illustrated directions for each step in the construction of the units. To get this pattern enclose 15 cents with name and address and send direct to:

MRS. RUTH WYETH SPEARS
Bedford Hills New York
Drawer 10
Send 15 cents for Pattern No. 270.
Name.....
Address.....

Acid Indigestion

Relieved in 5 minutes or double money back
When excess stomach acid causes painful, suffocating gas, sour stomach and heartburn, you can get relief in 5 minutes—guaranteed!—with the new Vicks Vapo-Rol. No inactive, irritating ingredients. No nausea. Double money back on return of bottle to us. See at all druggists.

Good News! FOR FOLKS WITH SNIFFLY Head Colds

Quick relief from distress of head colds is what you want. So use Vapo-Rol. A few drops up each nostril soothe irritation, relieve congestion. Also helps prevent many colds from developing if used in time. Just try it! Follow directions in folder.

VICKS VA-TRO-NOL

ARE YOU OVERWORKED TIRED—RUNDOWN?

Are you working too hard for your age? Then VITA-BERLES may be the pep tonic you need. VITA-BERLES contain a special combination of Iron, Iodine, Calcium and high potency (1500 USP units per day) vitamin B-1. For men and women over 40, deficient in these vital elements, VITA-BERLES may be the secret to building up pep, punch and vitality for a happier, healthier, romantic life. Liberal supply in \$1.00 box. Demand VITA-BERLES at your druggist or send \$1.00 direct to VITA-BERLES SALES CO. 2175 Station H Cleveland, Ohio.

To relieve distress of MONTHLY Female Weakness

(Also Fine Stomachic Tonic)
Lydia E. Pinkham's Vegetable Compound is famous to relieve periodic pain and accompanying nervous, weak, tired-out feelings—when due to functional monthly disturbances. Taken regularly—Pinkham's Compound helps build up resistance against such annoying symptoms. Pinkham's Compound is made especially for women—it helps nature and that's the kind of medicine to buy! Follow label directions.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

How To Relieve Bronchitis

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly always the cough or you are to have your money back.

CREOMULSION for Coughs, Chest Colds, Bronchitis



Keep the Battle Rolling With War Bonds and Scrap