

KINGS FUN!

BY CECILY BROWNSTONE

With Potatoes to Cheese
 Cook over low heat for about 2 minutes on each side, 4 servings.

Mushroom Broth
Fried Fish Fillets
Tartar Sauce*
Baked Sweet Potatoes
Canned Green Asparagus
Plum Cobbler
 (Recipe for Starred Dish Follows)

There's a thrifty way to use the canned green asparagus on this menu for two meals. And that's by making a cream soup for the next meal out of the asparagus liquid after the stalks have been drained. Steal a few of the stalks too, for the soup and see* if it isn't as delicious a dish as you ever tasted.

Tartar Sauce
 1/2 cup mayonnaise
 1 tablespoon minced onion
 2 tablespoons chopped dill pickle or sweet pickle relish
 1 tablespoon chopped olives
 1 tablespoon minced parsley
 Combine all ingredients and serve with fried fillets.

Baked Acorn Squash Filled with Creamed Dried Beef*
Snap Beans
Apple and Celery Salad on Lettuce with French Dressing
Fluffy Chocolate Pudding
 (Recipe for Starred Dish Follows)

The carbon arc light, which provided the first high-intensity street light in the United States, was first installed in Cleveland in 1879.

Lent Turns the Tables on Limas



CHILI GREEN LIMAS . . . Tasty and nutritious.

By CECILY BROWNSTONE
 Associated Press Food Editor

Quick-frozen green lima beans are on the list of plentiful foods this month and so it is a good time to take advantage of the flavor and nutrients they offer. One of the heartier vegetables with fine food value, they are an excellent addition to meatless Lenten meals.

There are certain points to remember in preparing quick-frozen green limas.

The water in which the beans are to be cooked should be boiling when they are put into it, and amount of water they may be covered. The directions on the package of lima beans will probably suggest the maximum amount of water that may be cooked in. As soon as they partly thaw in cooking it is a good idea to break them apart gently with a fork to make sure they cook evenly. Any water remaining after cooking should be served with the vegetable or used in a soup or gravy since it contains valuable nutrients.

As soon as the lima beans are put in the saucepan the water should be quickly brought to a rolling boil again, and the heat should then be lowered so that the water boils only gently for the rest of the cooking period. The actual time for cooking the beans should be counted after the water returns to the boil; they are usually tender in about 16 to 18 mins.

The beans may, of course, be cooked in a pressure saucepan; in this case the cooking at about 15 pounds pressure usually takes from about one-and-a-half to two-and-one-half minutes.

The twelve-ounce package of quick-frozen green lima beans measures about two cups, the equivalent of two pounds of fresh green lima beans in the shell.

The classic foods with which to pair green lima beans are tomatoes, corn and chicken; onions and green pepper are two of the

best flavoring for them. With tomatoes and other seasonings they make a delicious Creole dish, combined with corn they're Succotash, and with corn and chicken they turn into wonderful, succulent Brunswick Stew.

Another good-tasting way to use green limas is in soups—either in a fish chowder or in a vegetable soup with a cream sauce or tomato base. Try them in salads, too. Paired with whole-grain corn (canned or cooked) quick-frozen and French dressing or mayonnaise they make a hearty luncheon salad. They are delicious, too, in a molded salad of clear or tomato aspic.

When you cook them plain boiled the seasoning may vary of course. But the amounts of seasonings may be increased to suit your family's taste. As it is, the recipe makes a delicately flavored dish. Be sure to serve the limas with any pot liquor that remains—in sauce dishes, if you like.

Chili Green Limas
 1 1/2 cups boiling water
 2 12-ounce packages quick-frozen green lima beans
 2 tablespoons vitaminized margarine
 1/4 teaspoon salt
 1/8 teaspoon pepper
 1/8 teaspoon chili powder
 2 tablespoons chopped green pepper
 2 tablespoons chopped onion
 1 1/2 teaspoons sugar
 6 or 8 tomato slices, if desired
 6 or 8 tablespoons grated Parmesan cheese, if desired

To the boiling water add lima beans, vitaminized margarine, salt, pepper, chili powder, green pepper, onion and sugar. Bring to a rolling boil quickly, lower heat and boil gently until beans are tender, about 16 to 18 mins. Turn into a serving dish, and if desired top with broiled tomato slices and sprinkle with grated Parmesan cheese. Serve immediately. 6 to 8 servings.

The Modern Kitchen Is Both Beautiful And Efficient

Choose your kitchen as you would your wardrobe! Your kitchen, as well as the other rooms of your home should be designed not only for comfort and efficiency, but should also be decorated for the charm of personal living.

In selecting a wardrobe, you usually start with a few good basic items and choose accessories for variety and color. Kitchen planning works on the same principle. Basically, your kitchen is a work-room and should be planned to simplify kitchen duties and shorten kitchen hours.

An efficient kitchen is designed around work centers. The refrigerator or food storage center provides storage space for fresh and frozen foods. Lighted cabinets store staples and canned goods, and also provide work surfaces. The refrigerator center should be adjacent to the outside door where deliveries are made. The electric sink or dishwashing center provides for automatic dishwashing and the disposal of all food wastes. Cabinets provide storage for dishes. The sink center should be located between the other work centers. The range or cooking center, provides speed cooking, combined with cleanliness and safety. Lighted cabinets provide storage for utensils and work surfaces for food preparation and the use of small appliances. The range center should be near the dining room entrance to shorten serving distances.

Your work centers can be arranged in any one of four basic designs—U-shaped, L-shaped, two-wall, or one-wall—depending on the size and shape of your room. The U-shaped kitchen is an ideal arrangement, offering good spacing of work centers, plenty of work surfaces, and room for extra storage cabinets or appliances. It is a spacious room—organized for step-saving. (See photograph No. 1.) The curved counter adjoining the range makes a convenient extra work surface and can double as a snack and serving bar.

TIMES CHANGE
 MADISON, Wis. (UP)—Life at the University of Wisconsin has taken on a new aspect, the lost and found department of the student community center reports.

Before the war, most items turned in by the janitor were fraternity pins, rings and pens.

Today, items turned in are baby bottles, toys, bags of groceries and pressure cookers.

Haddock is an excellent choice of fish for chowder and other fish soups. It is also excellent for such Scandinavian specialties as fish pudding and fish balls.

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CHEESE		53c
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BEANS		21c