

HOUSEHOLD MEMOS by Lynn Chambers

Tomatoes, Mushrooms, Eggs and Rice Cakes Make Good Lunch



A tomato treat that's hard to beat is this one in which cottage cheese is used for stuffing.

Lunch is often one of the most neglected meals of the day because the whole family is not at home to eat it.

But, let's look at it this way. Lunch, according to nutritionists, should contain at least one-third to one-half the day's calories.

Now that food rationing has eased, it might be a good idea to invite friends in for a quick lunch; or, better still, have a plan whereby you invite four to six people over for non-time, and then have everyone take turns having each other to luncheon.

Here is a colorful salad plate that makes a quick and easy lunch. It looks pretty, too, on gay, informal plates.

Stuffed Tomato Salad Plate. (Serves 6) 6 large tomatoes 1/2 pound cottage cheese 1 cup chopped cucumber 3 tablespoons real mayonnaise Parsley Scallions Lettuce rolls

Section tomatoes to within 1/4 inch from bottom. Mix cottage cheese, cucumber and real mayonnaise. Fill tomatoes. Serve with scallions and lettuce rolls. The rolls are made by spreading thinly sliced white bread with mayonnaise and then placing a lettuce leaf on each slice.



BUDGET Meals Vegetables Fruit

Rice Cakes. (Serves 6) 2 cups cooked rice (1/2 cup uncooked) 1 beaten egg 2 tablespoons flour

Lynn Says

Hints for the Home: Sugar bags make good dishcloths. Cut, hem and launder before using.

A dishwashing apron is easy to make out of oil cloth. Cut to pattern, bind the edges and you will have a water-resistant apron.

Old pillow cases are excellent for protecting the tops of clothes while they hang in the closet. Use this tip for putting away out-of-season clothes.

Q24 bits of linoleum make nice covers for kitchen or laundry table and may even be used as shelf covering.

Old socks are excellent for applying wax to furniture; they may be used for cleaning silverware, too.

If you are crowded for space, build a blanket bin across the narrow end of a hall, underneath the windows. This is good to use in storing clothes, too. Fold the latter in clean tissue paper to prevent wrinkling.

Lynn Chambers' Menus

\*Country Omelet \*Swiss Spinach Rye Bread Asparagus Salad With Cheese Dressing Prune Cake Beverage

1 tablespoon melted butter 1 teaspoon salt Dash of pepper 1 teaspoon sugar Mix all ingredients together in order given.

\*Swiss Spinach. Into 2 cups of finely chopped spinach, blend 1/2 cup very thick, well-seasoned white sauce (flavored with onion and a dash of nutmeg), just enough to hold spinach together.

Sunshine Egg Salad. (Serves 6) 8 hard-cooked eggs 1 cup finely diced celery 1/2 cup salad dressing 1 teaspoon Worcestershire sauce 1 tablespoon lemon juice 1 teaspoon scraped onion Salt and pepper Celery curls 6 thick slices of tomato Salad greens

Chop eggs, but not too fine. Add celery, dressing and seasonings. Season to taste with salt and pepper. Press into molds, and chill before serving.

\*Country Omelet. (Serves 5) 2 cups diced, cooked potatoes 3 slices bacon 1/4 cup minced onion 4 eggs, separated 2 tablespoons top milk 1 teaspoon salt 1/2 teaspoon pepper 1 tablespoon chopped parsley

Brown potatoes, bacon and onion together in a frying pan. Cool. Beat egg yolks slightly, add milk, salt, pepper and chopped parsley.

There's a surprise in store with mushrooms de luxe that will make guests ask for more. An all vegetable luncheon like this is served with a smooth, creamy mayonnaise sauce made by mixing mayonnaise and milk and heating together.

An easy, point-free luncheon is made with mushrooms and served with vegetables. It takes only about 20 minutes to bake.

Mushrooms De Luxe. (Serves 6) 12 large mushrooms 1/2 cup dry bread crumbs 1 tablespoon chopped green pepper 1 1/2 tablespoons chopped onion 1 teaspoon chopped parsley 1 1/2 teaspoons salt 1/2 teaspoon pepper 1/2 cup real mayonnaise 1/2 cup milk

Wash mushrooms, remove stems and chop. Mix chopped stems, bread crumbs, green pepper, onion, parsley and seasonings.

Elizabeth turned to the desk and began writing an order for some tools needed for the Victory garden. She had finished this and several other notes when she heard Dick and Cherry come in.

CHAPTER XV

Tomorrow is Forever by GWEN BRISTOW

THE STORY THUS FAR: Spratt Herlong, motion picture producer, met and married Elizabeth, whose first husband, Arthur Kittredge, was reported killed in World War I. Arthur, badly disgraced and not wanting to live, had the false report sent out.

Elizabeth turned to the desk and began writing an order for some tools needed for the Victory garden. She had finished this and several other notes when she heard Dick and Cherry come in.

"Oh yes," said Cherry. "The sea was just beautiful and we all had a hot dog and Dick ate two egg sandwiches besides."

"I don't know why you don't kill yourself," Elizabeth exclaimed. Dick said he felt fine, which he evidently did.

"I'm sure Mrs. Herlong will agree with me. I can't drive, but it's one of my principles not to let my friends drive for me if I can help it.

How sensible he was, Elizabeth thought, to accept his handicaps so frankly. "Yes," she answered, "though either of us would be glad to drive for you, in principle you're quite right."

"Thank you. And now, since I don't know where the telephone is, will you stop arguing and call a cab for me, Mr. Herlong?"

"I've been forced against my will to attend several of those. Or possibly," he added, "you saw me at the studio. You come there now and then, don't you, Mrs. Herlong?"

"They are delightful, all three of them. What a joy it is to see a home like yours. Your mode of living is so clear that it leaves no room for doubts. No one who spent an hour here could go away asking, 'Are they happy? Are they free? Do they love each other?'"

Elizabeth stood up to face him. "Are we really like that? Would you say it just to be pleasant?" "Indeed not. You should be very proud of such an achievement."

"It hasn't been all mine." She glanced at Spratt, who was returning from the telephone. "I've had a great deal of cooperation."

Kessler's eyes followed hers, then came back to her. "Yes, that is easily seen. I congratulate you both."

Elizabeth and Spratt both smiled back at him gratefully. Elizabeth wondered at their talking like this to a stranger. But just now Kessler did not seem like a stranger.

"Your children can afford to be cynical about themselves because they don't know how superior they are to most of their fellowmen. They believe in the obvious because they've found it good.

"How cheering you are!" exclaimed Spratt. Elizabeth was looking up at Kessler. She asked, "Mr. Kessler, have you and I ever met before?"

He started. For a moment he looked down. She looked down with him, and saw his hand tighten on his cane. She was to learn that he did this often, making an unconscious gesture toward his physical means of support when his spirit felt un-defended.

But he hesitated only for a moment. His self-discipline had been learned in a long hard school. He answered, "Before tonight? If we had, Mrs. Herlong, I can't believe I could have forgotten it. No, I am sure we have not."

He had looked up and was regarding her steadily. Elizabeth did not know that letting his eyes meet hers just then was one of the hardest achievements he had ever accomplished in his life.

"Very likely," Kessler agreed readily, turning toward Spratt as though welcoming his suggestion. Kessler said to Elizabeth, with a touch of wistfulness, "There is a great deal of you in all your children."

Brian and Peter Stern visited Kessler so often that Elizabeth was sometimes afraid they were going to be nuisances, though Kessler insisted they were not.

Kessler looked down at her and smiled fondly. Again Elizabeth felt a flash of recognition. "I've seen him somewhere, I know I have," she thought. "Maybe he doesn't remember, but I'm sure of it."

"I believe it is," said Kessler. "Good night, and thank you both again." Spratt walked out to the taxi with him. Elizabeth took a cigarette from the box on the table and stood looking down at the remains of the fire. When Spratt came in she turned around.

"Spratt, I don't care what that man says. I have seen him before tonight."

"All right, all right, you know him. He doesn't know you. He said so. I'm going to sleep on my feet. We talked and talked, and didn't get a thing done."

"You didn't? I'm sorry." "His mind wasn't on his work. He kept bringing himself back from a great distance and repeating something he'd said fifteen minutes ago. I never saw him like that, he's usually sharp as a whip. Tired, I suppose—working all day never is a good idea."

For several weeks Mr. Kessler did nothing about getting a bat for Brian and Elizabeth admired. They had had experience of persons who wanted to move in on their lives and had started by trying to load the children with attentions.

It was very kind of him, Elizabeth thought, and she was glad to see her children's increasing friendship with him. Kessler never patronized them, and he had a great talent for minding his own business.

Kessler said to Elizabeth, with a touch of wistfulness, "There is a great deal of you in all your children." Occasionally she wondered why he seemed more interested in finding her characteristics than Spratt's.

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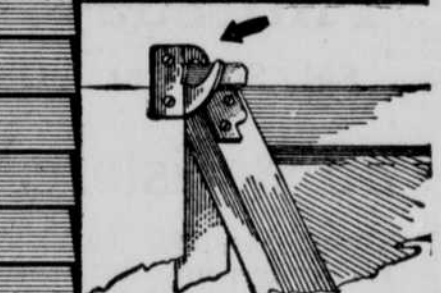
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