

HOUSEHOLD MEMOS

by Lynn Chambers



Suppers Possible With Little Meat

(See Recipes Below)

Easy on Meat

Well, what are we going to do about the meat situation? Drastic regulations now in effect will make every homemaker think twice before she buys a cut of meat.

Meat supplies are low, point values high, and still we like meat dishes at least once a day. With clever and effective use of meat, it is possible to use little meat and to simulate meat flavor. Beef cuts are fairly high in point value, but we can use liver. We'll make use of pork, veal, lamb and chicken, too, for they help us to take it easy on meat points.

Proteins are an important body-building food, and meats should not be cut out of the diet. Use these recipes to help you on those low-point weeks:

Spanish Rice With Meat Balls.

(Serves 6)

- ¾ pound ground beef
- ¾ pound ground pork
- 1 chopped onion
- 2 teaspoons prepared mustard
- ¾ cup water
- 1 teaspoon salt
- 1 cup rice
- 2 cups tomatoes
- 1 can tomato soup

Combine meat, onion, mustard, salt and water. Roll into balls. Place in skillet or baking pan. Pour tomatoes, tomato soup and salt over top. Sprinkle dry uncooked rice on top of tomatoes and season with salt and pepper. Cover and cook over low heat for 1 hour and 15 minutes.

Macaroni and Frankfurters.

(Serves 6)

- 1 (8 ounce) package macaroni
- 2 tablespoons butter or substitute
- 2 tablespoons flour
- 2 eggs, beaten
- 1½ cups milk
- 1 teaspoon salt
- ¾ cup grated American cheese
- ¾ teaspoon black pepper
- ¾ pound frankfurters

Place macaroni in saucepot and add 3 quarts boiling water and 1 teaspoon salt. Boil rapidly about 15 minutes, or until macaroni is tender. Do not cover utensil while boiling. Drain in a colander and let cold water run over macaroni. Melt butter or substitute in pan, then add flour and blend well. Add milk and cook until thick. Add eggs, seasoning and cheese. Pour into an oiled casserole and add sliced frankfurters. Bake 35 minutes in a moderate (350-degree) oven.

Lynn Says

Variety from roasts: When you do spurge on meat and buy a roast, make sure you use every scrap of meat before you write fins to the roast.

After it is served the first time, have it cold, sliced. This is especially good when served with salads and relishes.

Ground pieces of roast may be served in recipes which call for ground meat. The made-over taste can be disguised by using tomatoes, catsup, chili sauce and other condiments.

When the meat is almost used, it can be used to give meaty flavor to rice, noodles, spaghetti or vegetable casserole.

If the bone of the roast has meat left on it, it can be made into delicious soups with plenty of vegetables. If the meat flavor is a bit thin, add one of the meat concentrates to enrich it.

When you tire of meat reheated and served as leftover, try cutting it into bits and using for flavor to salad. Fish and fowl may be used like this, too. They can also be combined and used as sandwich fillings.

Star Dust

STAGE SCREEN RADIO
Released by Western Newspaper Union

By VIRGINIA VALE

"MEET Me in St. Louis," the delightful new Judy Garland-Margaret O'Brien picture, has special interest for a lot of New Yorkers and Hollywoodites who've known Sally Benson, author of the stories on which the picture is based. Her late sister, Agnes Smith, wrote brilliantly about the movies, but Agnes and sister Sally were really at their best when telling tales about their childhood. The picture is just those stories come alive, which may be the reason that Judy Garland could give such a superb performance—the picture isn't just something cooked up by a studio's scenario department; it's a slice of real life.

A British-French sports syndicate offered Sonja Henie an even million dollars to do 25 performances with her current ice show, in London and Paris, after the war. Sonja turned the offer down—and why not, when



SONJA HENIE

she's breaking attendance and money records on her present tour of this country, and it's estimated that she'll draw a house of more than a million for her New York appearances?

It's just the way things happen in Hollywood, of course. A year ago Noel Niell got a Paramount contract because she had the loveliest auburn hair in town. So—recently she had to cut off 10 inches of that same red hair, to get a role in "Here Come the WAVES."

If it means anything to you — Warner Bros. announce that they're launching one of those country-wide searches for beautiful girls—12 of them, this time—who will be given prominent roles in a forthcoming musical, "When Old New York Was Young."

Predictions by NBC commentators: John W. Vandercok—"The summer and early months of 1945 will see the end of all major campaigning in Europe, but guerrilla warfare will persist in Germany." Robert St. John—"By September 1 the military defeat of Germany will be an accomplished fact." Max Hill—"1945 should see the end of the war in Europe." W. W. Chaplin—"Germany will be officially defeated by June 7." James Stevenson—"The German army will collapse on the western front in early summer." What's your guess?

If Bob Steele is one of your favorite cowboy film stars, you'll have to prepare yourself for seeing him as something different, Bob's all set to appear as "Canino," a con man, in "The Big Sleep," with Humphrey Bogart and Lauren Bacall heading the cast.

You'll see it in "Spellbound." Four right hands are seen, each dropping a nickel and picking up a newspaper containing the news that Ingrid Bergman and Gregory Peck have disappeared. Each of the four hand-owners received \$10.50 a day.

The other day the Family Hour (CBS — Sunday afternoons) group compared notes on the careers they'd abandoned for radio. Frank Gallop, the announcer, picked the brokerage business, and his first job was selling bonds. Al Goodman prepared to be a cantor. Patrice Munsel started as a whistler, unaware that she had a gorgeous voice. But Jack Smith was a singer of popular ballads from the start.

Have you revised your radio schedules? George Burns and Gracie Allen in the Sinatra Monday time, "Inner Sanctum" squeaking its door when we used to expect Burns and Allen, and Frank Sinatra back in his familiar Wednesday corner—it takes a bit of remembering.

ODDS AND ENDS—Ed Begley, 200-pound actor of "Crime Doctor" cast, is entertaining servicemen by portraying a French maid, in a sketch with Caroline Burke. . . . Judy Garland and Alice Faye may headline new radio shows. . . . Too bad about Leslie Brooks; because of a throat infection she's out of "The Fighting Guardsman." . . . Not until he'd broken an arm, a leg and a rib in one year did Bill Edwards give up being a rodeo rider and turn to the movies; he's in "Our Hearts Were Young and Gay." . . . Nancy Kelly spent her spare time during "Double Exposure" teaching her crippled sparrow to walk, after he'd broken his leg.

AROUND THE HOUSE

Marks on paint made by scratching matches thereon may be removed by rubbing a cut lemon over them.

Limp throw rugs can be stiffened by applying white shellac or chip glue to the back. Use half a pound of chip glue to two quarts of warm water. Stretch rug, tack it in place, apply solution to back, let dry 24 hours.

The next time the curtains are down, give curtain rods a light coat of wax and see how easy it is to replace the curtains. It also prevents rusting.

To repair a leaky vase, pour melted paraffin into it and let it harden over the spot where the leak occurs.

Bias cut garments should never be ironed carelessly lest sagging result. Experts advise ironing with the grain of the fabric rather than from neck to hem.

Do not use electrical appliances while in the bathtub. You are liable to get a fatal shock.

Save the small brushes from nail polish bottles. Clean them with turpentine. The children will enjoy painting with them.

Shakespeare Garden

Lightwoods Park in Birmingham, England, is believed to have the most complete Shakespeare Garden in existence, as it contains more than 200 of the 214 plants which are mentioned in his dramas.

"HOARSE" SENSE!

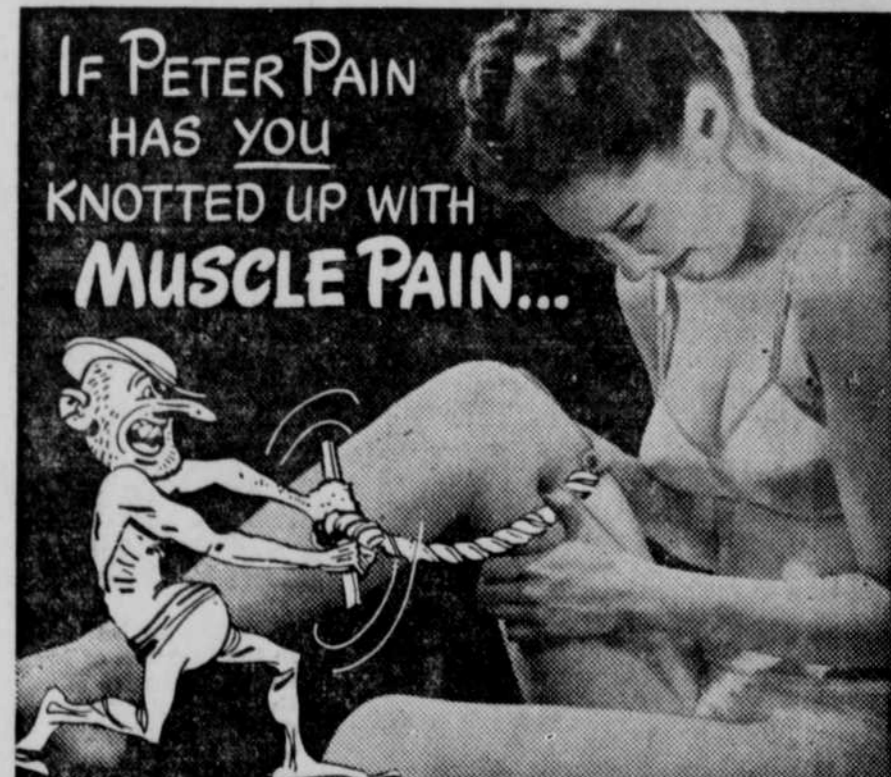
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