

# HOUSEHOLD MEMOS

by Lynn Chambers

## Crisp, Cool Salads Bid Spring Welcome



Use a lemon juice dressing for these orange slices, salad greens and tomatoes, thus saving oil for other household uses.

Outdoors it may be little tufts of green grass and tender shoots on the trees that let you know spring is on the wing, but indoors you can do the trick by bringing fresh vegetable plates and crisp salads to your table.

Salads and vegetable plates are truly the first harbingers of spring when it comes to menu-making.

Oh, yes, I know you've been serving salads and vegetables during winter, but with spring you have many more choices and fresh colors from which to choose.

Several attractive combinations of vegetables on a single platter—or salads—can tide you over many meatless days. Then, too, they'll bring life-quickening vitamins and minerals to your diet to help get rid of whatever winter's cobwebs you may have accumulated in your system!

Speaking of salads brings up the problem of dressings, and with that the scarcity of fats for salad oils. There are several alternatives, the first of which is lemon juice either alone or with a bit of sugar as dressing for fruit salads.

Many of you perhaps like simple vinegar dressing with just a touch of salt and pepper. This perks up flavors in vegetables, inexpensively, too!

Your french dressing of course can be made with mineral oil in the absence of other oils. Long used in reduction diets, mineral oil makes a nice dressing for light spring salads. It is not absorbed by the body, so if you're trying to gain weight, be sure to include other fats for body use.

If it's mayonnaise you like, here's a recipe which requires only a half cup of oil and a single egg yolk.

- Cooked Mayonnaise.**
- 1 tablespoon butter
  - 2 tablespoons flour
  - ½ cup water
  - ½ teaspoon salt
  - ½ teaspoon pepper
  - ¼ teaspoon mustard
  - ¼ teaspoon paprika
  - 1 egg yolk
  - ½ cup salad oil
  - 1 tablespoon lemon juice

Melt butter, blend in flour. Add water slowly and cook until thickened. Cool, then add salt, mustard, pepper, paprika. Beat in egg yolk, then add oil slowly, beating all the while. Last add lemon juice.

### Vegetable Plate.

Stuff tomato with cottage cheese and chives and place in center of platter. On either side place a mound of crisp carrot strips and asparagus, cooked or canned, with a ring of lemon rind. Potato salad and crisp cole slaw complete the plate.

- Cole Slaw Dressing.**  
(For 2½ cups cabbage)
- ¼ teaspoon salt
  - ½ teaspoon pepper
  - 1½ tablespoons sugar

### Lynn Says:

**Vitamins Plus or Minus?** It all depends upon how you handle them. To retain maximum amounts of vitamins in cooked foods, use as little water as possible—just enough to prevent from sticking.

Get on your mark, start quickly. Not a track race, but a vitamin race. You start with boiling water for cooking, and cook rapidly—thus cutting cooking time to a minimum and saving precious food values.

Covered utensils without stirring are prescribed. Stirring and uncovered utensils put air into foods and destroy vitamins.

Avoid violent, furious boiling. This is modern, streamlined, protective cookery—to preserve valuable vitamins.

- This Week's Menu**
- Vegetable Platter: Tomato Stuffed with Cottage Cheese, Carrot Strips, Asparagus, Cole Slaw, Potato Salad
  - Hot Biscuits
  - Honey Cherry Pie
  - Beverage

6 tablespoons cream  
3 tablespoons lemon juice

Combine ingredients in order given and mix thoroughly with cole slaw.

If hot slaw is your favorite dish, here is the ideal dressing for it:

### Hot Slaw.

- 2 egg yolks, slightly beaten
- ¼ cup vinegar
- ¼ cup cold water
- 1 tablespoon butter
- 1 tablespoon sugar
- ½ teaspoon salt
- 3 cups shredded cabbage

Combine egg yolks, water and vinegar. Add butter, sugar and salt. Cook on low heat until thickened, stirring constantly. Add cabbage and reheat.

With the absence of pineapple often these days, we like something to use to give tartness to salads. In the following recipe you can use grapefruit to good advantage:

### Grapefruit and Carrot Salad.

(Serves 8)

- 1 package lemon-flavored gelatin
- 1 cup hot water
- ½ cup grapefruit juice
- ¼ cup vinegar
- 1 teaspoon salt
- 1½ cups grated carrots
- ½ cup chopped grapefruit

Add hot water to gelatin and stir until dissolved. Add fruit juice and vinegar. Chill until slightly thickened. Add carrots, grapefruit and salt. Pour into mold which has been rinsed with cold water. Chill until firm. Serve on lettuce with mayonnaise or french dressing.

A heavy dinner calls for a green leafy salad with loads of crunchiness:

### Lettuce-Spinach Salad.

(Serves 6 to 8)

- 1 head lettuce
- ½ pound spinach
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 hard-cooked eggs
- 1 cup sour cream
- 2 tablespoons vinegar

Chill and chop spinach and lettuce. Add salt, pepper, vinegar and chopped hard-cooked eggs to ½ cup of the sour cream. Just before serving, add to spinach, lettuce and remaining sour cream.



This vegetable plate tastes as delightful as it looks and adds plenty of spring color to your table. Stuffed tomato, carrot strips, asparagus, cole slaw and potato salad are used.

The cottage cheese in this salad contributes calcium to the diet, the apples and celery give vitamins and peanuts are a surprise in flavor and in their contribution to nutrition:

- Apple-in-Cottage-Cheese Salad.**
- 3 apples, coarsely diced
  - 1 cup diced celery
  - ½ cup diced cucumber
  - ¼ cup sharp french dressing
  - Lettuce
  - 1 pint cottage cheese
  - ½ cup chopped, salted peanuts
  - Mayonnaise

Wash and dice unpeeled apples. Toss apples, diced celery, cucumber in french dressing, until well coated. On each salad plate place crisp lettuce, and then with a spoon shape ½ cup cottage cheese into a ring. Fill ring with apple mixture, and sprinkle with peanuts. Top with mayonnaise or a fluffy salad dressing.

- Carrot, Cabbage, Peanut Salad**  
(Serves 16)
- 4 cups carrots, shredded
  - 3 cups cabbage, shredded
  - 3 cups diced, unpeeled apples
  - 2 cups peanuts
  - Cooked salad dressing
- Have all ingredients cold. Combine in order given and add just enough salad dressing to combine lightly together. Garnish with sprigs of parsley and chopped peanuts.

Lynn Chambers welcomes you to submit your household queries to her problem clinic. Send your letters to her at Western Newspaper Union, 210 South Desplaines Street, Chicago, Ill. Don't forget to enclose a stamped, self-addressed envelope for your reply.

Released by Western Newspaper Union.

# HOUSEHOLD HINTS

Stippling a floor isn't hard to do if you are your own decorator. Use a sponge with a flat surface and when your ground color is dry, take a piece of board and paint on it the stippling color. Then, press the sponge on the stippling color and then on floor. In this way you transfer the pattern of the sponge from the board to the floor.

Fruit beverages and beef tea, though not especially nourishing, are useful stimulants of jaded appetites.

When boiling eggs, wet the shells thoroughly in cold water before dropping in boiling water and they will not crack.

A fish bone may sometimes be removed from the throat by sucking a lemon.

Olive oil and black ink, equal parts, will restore suede shoes and slippers and remove rustiness.

Don't keep honey in the refrigerator. It keeps better in the pantry or cupboard.

The tiny screws in eye glasses may be tightened with a cuticle knife.

Pour strained honey over cut grapefruit and fill in the spot where the core was removed, then broil until lightly browned. Delicious for breakfast, luncheon or as a dinner dessert.

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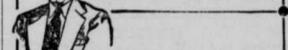
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## SNAPPY FACTS ABOUT RUBBER



Indians of the Amazon River region made the first rubber overshoes, which were imported into the U.S. in 1800.

Mistakes of many kinds can cut into the rubber conservation program, as is indicated by the fact that normally 180,000 pounds of rubber was used annually in the manufacture of pencil mark erasers.

Before vulcanization was discovered in 1839 rubber goods deteriorated like rock in winter and melted in summer. Early rubber goods manufacturers suffered severe financial losses because of the unreliability of their products. That was many years ago.

A check of the tires on 800 vehicles recently disclosed that 50% were under-inflated, even to the extent of from 10 to 15 pounds. This is a heavy waste of rubber because it has been found that 30 per cent under-inflation permits the return of only 74 per cent of the mileage built into a tire.

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**ASK ME ANOTHER?**  
A General Quiz

The Questions

1. What is the name of the character "T"?
2. What travels at the rate of approximately 1,000 feet a second?
3. The mythical maidens who are said to hover over battlefields are called what?
4. What is a talesman?
5. What is known as the mile-high city?
6. How does the water of the Great Salt lake in Utah compare with the water of the ocean in salt content?
7. Who was the father of King Solomon?

The Answers

1. Ampersand.
2. Sound travels approximately 1,000 feet a second.
3. Valkyries.
4. A person summoned to serve on a jury.
5. Denver, Colo.
6. The water of Great Salt lake is about six times saltier.
7. David was the father of King Solomon.

## Sources of Milk

Human beings, in one part of the world or another, consume the milk of 11 different sorts of animals—cows, buffaloes, goats, sheep, horses, asses, camels, reindeer, yaks, zebu and llamas. Of these, the reindeer supply the richest milk.

### The Hope of Death Kept Spark of Life in Recruit

The army medic was making his cheerful rounds of sick bay on the huge transport that had been working for several days through the long, oily swells of a rough sea. One case was nothing more (or less, depending upon the individual point of view) than an old-fashioned attack of seasickness.

"Well, Private Jenks," boomed the doctor heartily, "it looks to me like you're not going to die after all."

Private Jenks opened a horrified eye, to stare at the doc.

"Not going to die!" he wailed. "Gosh, doctor, I thought I was. That was the only thing that kept me alive."

Olivia de HAVILLAND star of the Warner Bros. picture, "Strawberry Blonde," recommends Calox Tooth Powder for teeth that shine.

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Mora Schell, who works on automatic control devices at a Sperry Gyroscope Co. plant

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