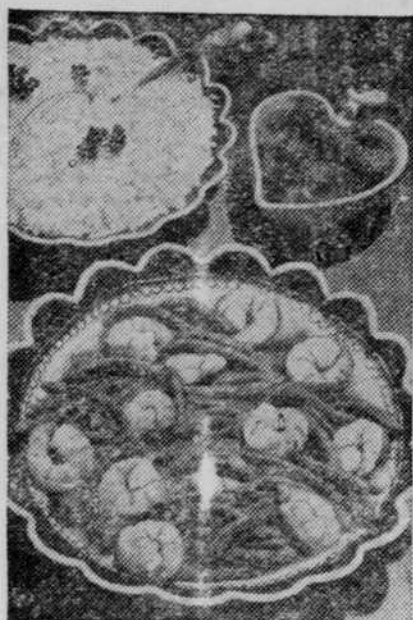


# The Greater Omaha Guide's HOME-MAKER'S CORNER



## Company Dinners Easy to Prepare Even on Slim Budget



Green beans take on extra appeal when prepared with shrimp and a curry sauce. They make a colorful as well as point-free dish for dinner guests.

Company dinners on a slim budget? Yes, indeed, they're possible even in these times. Your company will get poetical about economical dinners if they're well cooked and attractively served.

You can make meat go a long way but still have lots of flavor if you turn out a dish of rice and meat balls, dressed in its best with cucumbers, lily garnishes and a nest of parsley. Or, try a completely point-free meal in the Green Bean and



Shrimp Curry.

Desserts do not lack for appeal. Fresh fruits, now in plenty, can make a beautiful platter all by themselves; and then, there's a variety of desserts that can be whipped up with sugar substitutes.

**Company Dinner Menu I.**  
Chilled Orange Juice  
\*Green Bean and Shrimp Curry  
Molded Fruit Salad  
Iced Tea Hot Rolls Relishes  
Lemon Chiffon Pie

\*Green Bean and Shrimp Curry. (Serves 5 to 6)

2 cups cooked string beans  
2 tablespoons bacon drippings  
2 small onions, chopped  
2 tablespoons flour  
2 teaspoons curry powder  
1 teaspoon salt  
1/4 teaspoon pepper  
1 cup water  
1 cup cooked shrimp, cleaned  
Drain cooked beans, reserving liquid. Melt drippings in saucepan, add onion and cook slowly until browned. Remove from heat, add flour and stir until well blended. Add curry powder, salt and pepper. Add bean liquid and water. Cook until slightly thickened, stirring constantly. Add beans and mix well. Cook for 3 minutes, add shrimp and serve with hot, fluffy rice.

**Company Dinner Menu II.**  
Hot Vegetable Broth Crackers  
\*Chili Meat Balls Mashed Potatoes  
Green Peas and Celery  
Cucumber-Lettuce Salad Rolls  
\*Mint Grapefruit Ice

\*Chili Balls. (Serves 12)

1 pound ground beef  
1 pound lean pork, ground  
1 beaten egg  
1/2 cup milk  
1/2 cup uncooked rice  
1 teaspoon chili powder  
2 teaspoons salt  
2 1/2 cups cooked tomatoes  
2 1/2 cups water  
2 tablespoons chopped onion  
1 teaspoon salt  
1 teaspoon chili powder  
Mix meats; add egg, milk, rice, 1 teaspoon chili powder and salt. Form into small 1 1/2 - inch balls; brown in hot fat. Combine tomatoes, water, onion and remaining seasonings. Bring to a boiling point and drop in chili balls. Cover, cook slowly 1 1/2 hours. Chili powder may be omitted if desired.

\*Mint Grapefruit Ice. (Serves 4 to 6)

1 teaspoon unflavored gelatin  
2 1/2 cups grapefruit juice, canned or fresh  
1/2 cup water  
1/2 cup sugar  
Peppermint flavoring  
Green coloring  
Soften gelatin in 1/4 cup grapefruit juice; combine water and sugar, stir over low heat until sugar dissolves. Add softened gelatin; stir until dissolved. Combine with grapefruit juice and add a few drops of peppermint flavoring and green coloring to make a delicate green. Pour into freezing tray and freeze until firm. Pile into grapefruit shells or tall glasses.

Lynn Says

**S-T-R-E-T-C-H the Meat:** With civilians getting only about one-half the meat of former years, economy in its use is the watchword. Do this way:

Serve meat in stews but extend it with noodles, dumplings and vegetables.

Extend ground meats with cereals such as oatmeal, cornmeal, bread and cracker crumbs.

Stuff cuts like heart, breast, etc., with your favorite dressing.

Use the soup bones, shanks, knuckles, and other inexpensive, bony cuts for rich-flavored soups.

Combine leftover meats, ground, with potatoes and other vegetables for hash.

**Company Dinner Menu III.**

\*Poached Lake Trout  
Silvered Carrots with Boiled New Potatoes  
Broiled Tomatoes

Biscuits with Honey and Butter  
Olives Radishes Pickles

\*Regal Pudding  
Beverage

\*Poached Lake Trout. (Serves 6)

1 1/2-pound lake trout  
1/2 cup milk  
1/2 cup water  
4 slices lemon  
1/2 teaspoon allspice  
1/2 teaspoon salt  
1 sprig parsley  
2 cups medium white sauce  
Juice of 1/2 lemon  
2 hard-cooked eggs, chopped

Place cleaned fish in skillet or long pan; add combined milk, water, lemon slices, salt and allspice. Cover and cook for 20 minutes. Carefully remove to platter. Combine white sauce, lemon juice and hard

cooked eggs; pour over fish and serve at once.

\*Regal Pudding. (Serves 6)

1/2 cup honey or corn syrup  
2 tablespoons flour  
1/4 teaspoon salt  
1 beaten egg  
2 cups milk, scalded  
1/2 teaspoon vanilla extract

Combine syrup or honey, flour, salt, egg yolks and whole egg. Add small amount of milk; blend and stir into remaining milk. Cook in double boiler, stirring constantly. Cool, add vanilla extract. Pour into sherbet glasses and chill. Top with the following:

Beat 2 egg whites until stiff; fold in 2 tbs. light corn syrup, beating constantly. Slowly add 1 ounce square melted unsweetened chocolate, 1/2 teaspoon vanilla extract and 1/2 teaspoon salt. Chill.

**Cold Sliced Meat in Aspic.** (Serves 8)

1 envelope plain, unflavored gelatin  
1/4 cup cold water  
1 1/2 cups consommé, highly seasoned  
1 cup cooked peas  
1 cooked beet, sliced  
1 hard-cooked egg, sliced

Slices of ham  
Slices of chicken or veal  
Soften gelatin in cold water and dissolve in hot consommé. Pour a thin layer into a mold that has been rinsed in cold water. When it stiffens, arrange on it decorations of the peas, beet, and egg. Cover with a little more of the gelatin mixture which has been allowed to stiffen slightly. Dip other pieces of the decorations in the aspic and set them against the chilled sides of the mold. When these have stiffened, fill mold alternately with slices of the ham, chicken, and thickening aspic. When firm, unmold on a bed of lettuce leaves. Garnish with radish roses. Slice for serving.

Released by Western Newspaper Union.

**Vitamin-Enriched Pork**

While pork is recognized as one of the richest sources of vitamin A among the natural and universally consumed foods, experiments at Washington State college showed that they could make this good source even better by artificially enriching the pork and by feeding the hog with vitamin enriched food.

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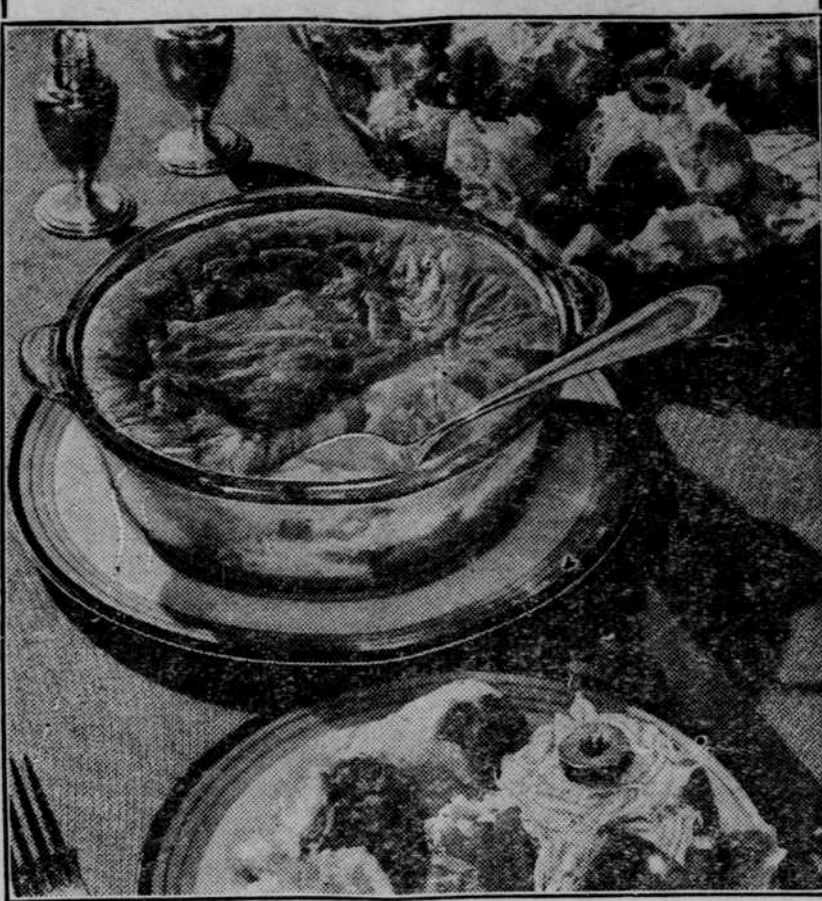
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Use Spry for a simple, sure way to get light, tender Spoon Bread. It's the flavor-saver shortening that lets all the nutty goodness of the corn meal come through. Clip this recipe now—you'll want to use it over and over again.

## Virginia Spoon Bread

4 cups milk 1 cup corn meal  
3 tablespoons (preferably Spry whole ground)  
2 teaspoons salt 2 eggs

Scald 2 cups milk in large saucepan. Add Spry and salt. Add corn meal gradually, stirring constantly, and continue stirring and cooking over low heat until mixture is very thick and smooth (about 2 or 3 minutes). Remove from heat. Beat eggs until very light, add remaining 2 cups milk and blend. Stir into corn-meal mixture gradually. Beat with rotary beater until smooth (about 1 minute).

Bake in Sprycoated casserole in moderate oven (350° F.) 30 to 40 minutes, or until golden brown on top. Serve immediately. Serves 6 to 8.

If preferred, bake in 10 x 10 x 2-inch Sprycoated pan in moderate oven (350° F.) 50 to 60 minutes.

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These insects now carry, is the bright expectation of these two men. Dr. Paul Muller (left) and Dr. Paul Lauger. They have reason for their expectations for they are the men who gave DDT, the miracle insecticide, to the U. S. Army and worldwide public health. Interviewed at the Hotel Pennsylvania last week, the scientists asserted that with proper control, flies, mosquitoes and other harmful insects can be eliminated entirely from the United States. They warned, it is a job for entomologists.



Your BABY

By Lillian B. Storms

You are proud of your baby's individuality. He develops differently from other babies. His rate of growth is partly a matter of heredity, his activity and the time of occurrence are individual matters.

In the same way and for some of the same reasons the kind of food and the amounts he needs are not necessarily the same as for other babies of the same age. You can be as proud of his individuality in the food he eats as in the growth he makes, providing he is receiving the food he should have. He will not be average in many ways and still he will be a perfectly normal baby.

He will also be an individual in the way he learns to eat the new foods which are introduced during the first year or two of his life.

His first method for acquiring food is by sucking. At first, the orange juice may be diluted with boiled and cooled water and given from a small bottle. The cod liver oil, about one-half teaspoonful at first, is usually given from a spoon. Later the orange juice may be given from a spoon, to help to teach another method of securing food than from a bottle.

## Conversation Print



MEN, women and dogs drawn by cartoonist Thubner make an amusing and very effective pattern on this print dress. In line with the cartoon motif, the design is printed in sharp India-ink colors on white rayon. The dress is washable and bears a label telling you about severe laboratory wear tests the rayon fabric has successfully passed. Labels are your best guides to buying.

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