

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



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. Frilly sandwiches can be made by spreading thinly sliced bread with mayonnaise, seasoning the lettuce and rolling up the bread.

Lunch is often one of the most neglected meals of the day because the whole family is not at home to eat it. Then, too, many homemakers feel they just don't want to bother fixing something palatable and attractive.

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, and the proper balance of proteins, carbohydrates, vitamins and minerals. This doesn't mean that you have to spend a lot of time preparing this noon-day snack, because chances are, there are plenty of things in the refrigerator, ready to be made into satisfying, nourishing lunches.

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 noon-time, and then have everyone take turns having each other to luncheon. It's a neighborly way, and you will be sure to get into better luncheon habits this way.

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

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. Sprinkle this with salt and pepper. Roll up and fasten with a toothpick.

Occasionally we all have some leftover rice in the refrigerator, possibly after a chop suey dinner the night before.

What about crispy, golden brown rice cakes for lunch, served with apricot jam or marmalade, and some spinach made delectable with a cream sauce. There you have nourishment plus in addition to a colorful and contrasting menu.

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.
Old 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
*Recipe given.

1 tablespoon melted butter
1 teaspoon salt
Dash of pepper
1 teaspoon sugar
Mix all ingredients together in order given. Drop by spoonfuls onto hot, greased griddle. Saute until golden brown on each side, turning only once.

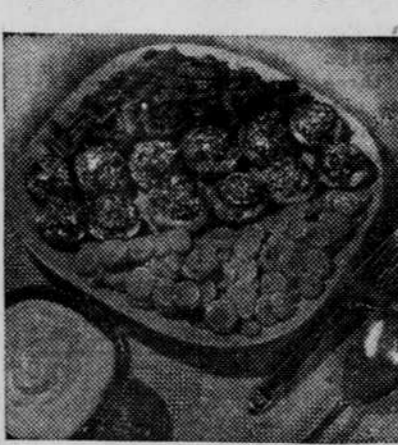
*Swiss Spinach.
Into 2 cups of finely chopped spinach, blend 1/2 cup very thick, well-seasoned white sauce (flavored with onion and a dash of nutmeg), just enough to hold spinach together.
Eggs can always pack a nutritional punch into lunch and still keep a meal on an economical plane. You'll like both of these suggestions, one served hot, the other crispy cold!

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. Unmold each on a slice of tomato in a bed of salad greens. Garnish with celery curls, paprika and additional salad dressing, if desired.

*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. Beat whites until stiff and fold into egg yolk mixture. Heat frying pan, add 2 tablespoons shortening into the pan. Pour in egg mixture. Cook over low heat until lightly browned on bottom (about 15 minutes). Brown top slightly under broiler and serve.



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. Brown in 2 tablespoons of the mayonnaise. Fill mushroom caps. Bake in a moderately hot (400-degree) oven 20 minutes, or until tender. Serve with vegetables and mayonnaise sauce, made by heating remaining mayonnaise with 1/2 cup milk and cooking until smooth. This is cooked over low heat, stirring constantly, 5 minutes or until hot.

A dressing for tomatoes, equal to none, is made by merely sieving well ripened avocado and seasoning with lemon juice and garlic salt. This will reduce the pressure on hard-to-get salad oil, ordinarily used for dressings.

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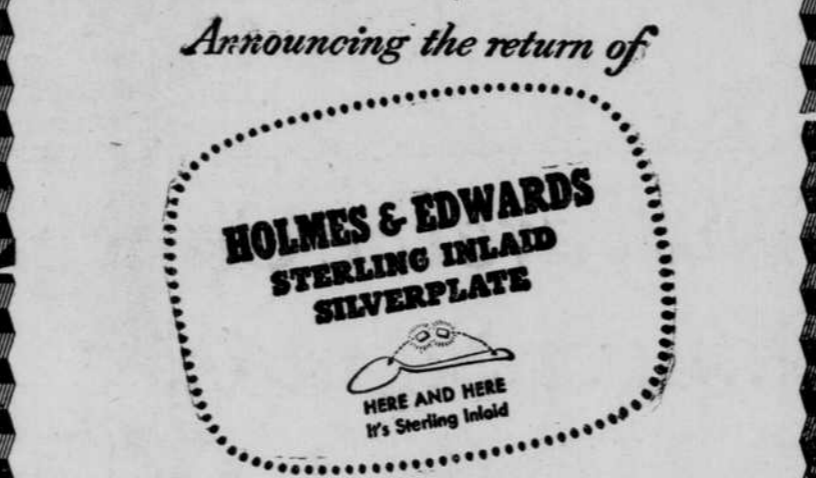
Your BABY
By Lillian B. Storms

Toddlers and young children still need careful selection of the food they eat. During infancy their food is supervised by the doctor but by the time the baby is given his meals at the family table, we are apt to forget he is still a baby and that much of the family food is not suitable. He is growing rapidly and needs the foods which will supply his requirements.

There seems to be an irresistible urge to give a baby bites or tastes from the family meal. We enjoy the surprise he shows when he first tastes something different. Father may want to think his boy is almost a big boy and can have steak and pie. It may be offered to him as a reward for drinking his milk or eating his egg or carrots. You reward him with something which is not suitable, which he doesn't need or want and thus make the undesirable food something special and more to be desired than his regular food. We have the same attitude about giving candy to a child, offering it as something more choice and to be coveted, superior to his regular food.

The canned chopped foods for toddlers will solve the problem of what your young child can have for his meal when the family food is fried or highly seasoned or the dessert is pastry or a rich pudding.

If children are adequately nourished and have plenty of fruits and simple custards, gelatine and other desserts they will not crave sweets. Care and thought are worthwhile all during the growing years, in order to insure healthy children with good, sound teeth.



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SEALS FOR OVERSEAS MAIL

For the convenience of those sending Holiday packages overseas Christmas Seals may be obtained now at headquarters of the Nebraska Tuberculosis Association, 506 Brandeis Theatre Building, according to Farrar Newberry, chairman of the Omaha Seal Sale committee. Although the Seals will not be distributed generally until November

19, they are available now for use on servicemen's mail.

"We have had many requests in the past," he said, "for seals to put on overseas mail and we are glad to provide them before October 15, the deadline set by the postoffice for Christmas packages to the boys and girls away from home."

"Christmas Seals are an American tradition. Their use on servicemen's mail will show our men abroad that we are not letting down health standards at home but are still fighting to keep our communities free from the dread disease, tuberculosis."

A Snack and a Game Add Up to Fun When Rain Keeps Youngsters In



THE young people won't chant "Rain, rain, go away" when they troop home from school, if you give them a chance to play games and satisfy their appetites with a luscious mid-afternoon snack before they start in on home work. They will love a competitive test of skill supplied by such traditional favorites as Rook, Camelot or Monopoly. As a reward for good conduct, you can manage a real party treat on short notice by buying cake layers and covering them with luscious chocolate frosting. Using sweetened condensed milk for this favorite juvenile treat, you won't need a bit of extra sweetening. This creamy blend of pure whole milk and sugar assures a smooth spreading frosting that never is grainy. And besides being failure-proof, this magic frosting trick belongs in your "quick and easy" list because it needs only five minutes' cooking in the top of your double boiler.

The young people can make their own cocoa, right in the cup, as they need it. Sweetened condensed

milk, cocoa and hot water. This nourishing and delicious beverage is easy on your larder, for it requires no sugar.

Magic Chocolate Frosting
2 squares (2 ozs.) unsweetened chocolate
1 1/2 cups (15 oz. can) sweetened condensed milk
1 tablespoon water

Melt chocolate in top of double boiler. Add sweetened condensed milk. Stir over boiling water 5 minutes until mixture thickens. Add water. Cool. Spread on cold cake. This frosting covers top of 2 (9-inch) layers, or top and sides of loaf cake generously, or about 24 cup cakes.

Magic Cocoa in the Cup
2 1/2 teaspoons sweetened condensed milk
1 1/2 teaspoons cocoa
Few grains salt
1/2 cup boiling water

Thoroughly blend sweetened condensed milk, cocoa and a few grains of salt in the cup in which the cocoa is to be served. Add boiling water and blend well before serving.

The WEEK

(by H. W. Smith—HA-0800)

A woman was burned to death when she went back in her house that was on fire trying to save a photo of her husband Friday Oct. 5.

A man was killed in Detroit, Mich., when a boat went over the Edison dam on October 4th.

A man was killed in a tractor accident near Humbolt Iowa Oct. 4.

George W. Boynton was given a 15 day jail sentence by Judge Donohue for using a soldier's uniform for free rides.

A 15 year old boy was given three years in prison for auto stealing.

U.S. Senator Wherry contends that ration on butter should be removed.

A woman in Knoxville, Iowa confessed that she set fire to a house on a farm that she formerly owned on October 4th.

Mrs. Annie T. Mansfield, the wife of a San Francisco, California doctor, shot and killed a nurse in her auto Thursday morning. Miss Viola Martin the nurse said

in a dying statement she was not guilty of what Mrs. Mansfield accused her of.

NAACP monthly meeting at the Urban League Sunday afternoon, October 21st.

The family hour was cancelled Sunday afternoon October 7th by the CBS as the union ordered its members not to take a part in the broadcast.

Shirley Temple the world's favorite movie star actress was in Denver, Colorado to meet her husband, and also head a kick-off of war chest drive, Thursday night Oct. 11.

John L. Lewis fails to halt the strike as he says it was started by the local unions.

Read the Omaha Guide for all the latest news!

BISHOP J. A. JETER OF THE CHRIST TEMPLE CHURCH, SUCCUMBS

This writer received the very sad

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news of Bishop Jeter's death at Little Rock, Arkansas.

We were personally acquainted with him. He was an honest, business man—a fair dealing politician in the early days and a Christian hearted man in the Church. He was at the head of and at all times helping the race to go up higher and higher and to be fair with one another.

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