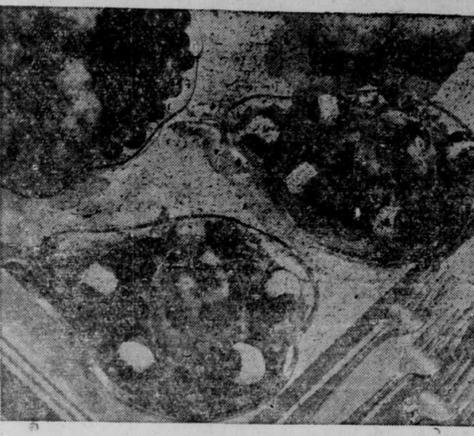


HOUSEHOLD MEMOS

by Lynn Chambers



Designed for Coolness—Molded Fruit Salad

(See Recipes Below)

Cool Topic

If Ol' Mr. Sun is getting hotter every day and you have a problem trying to keep the family feeling cool, then feed them cool, delectable things that will take their minds off the weather. Incidentally, by feeding them cool things, you'll be keeping cool yourself if you learn how to prepare dishes that don't take heat for cookery.

First of all, select foods that will cook in a minimum of time. Secondly, do your cooking in the cool morning hours so that the kitchen is not heated at the last minute. Rely heavily upon the refrigerator and learn to use it to the fullest extent.

Serve salad plates on the hottest evenings, and don't limit the meal to one salad. You can prepare a meat salad, vegetable and fruit salad and serve each in a dairy cup of lettuce as your main course. Top this off with cake or pie prepared earlier in the day; or, if you wish precede the meal with a hot cup of bouillon that takes just a few minutes to heat.

Here is a selection of meat salad recipes from which to choose for the main part of the meal. Lettuce is fine to use, or if desired, cold cuts may be substituted. Be sure to chill the ingredients, bowl, and salad platters so that the salad will be served as cool as possible.

Ham Mousse Salad Plate

(Serves 6 to 8)

- 1 cup cooked smoked ham
- 1/2 cup diced celery
- 1/2 cup diced dill pickle
- 1/2 cup minced pimiento
- 1/2 cup sliced, stuffed olives
- 1 1/2 tablespoons gelatin
- 1/2 cup cold water
- 2 cups stock or bouillon
- 1/2 cup mayonnaise

Dice leftover ham fine and combine with celery, olive, pickle and pimiento. Soak gelatin 5 minutes in cold water. Heat stock. Add gelatin mixture and stir until dissolved. When mixture begins to congeal, add mayonnaise and meat mixture. Pour into an 8-inch ring mold or loaf pan and chill until firm. Slice and serve.

Jellied Meat Ring

(Serves 10)

- 1 1/2 pounds small bologna, cut 1/2 inch thick
- 1 package aspic-flavored gelatin
- 1 cup hot water
- 1 cup tomato juice
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1 tablespoon onion juice
- 1/2 cup grated cabbage
- 2 tablespoons pimiento and celery
- 1/2 cup diced celery
- 1/2 cup grated carrots
- 2 tablespoons chopped green pepper
- Mayonnaise

LYNN SAYS

Keep Them Tasty: Every home-maker who wants to be known for her salads will plan to keep plenty of salad ingredients on hand. These include canned fruits and vegetables; canned meats such as chicken, pork and ham loaf, flaked fish, shrimp, salmon, crabmeat, lobster and tuna. An assortment of cheese is excellent, as are bottled salad dressings.

Many green salads and dressings gain distinction with the addition of some herbs. Chervil, thyme, basil and tarragon are fine for a beginning. Use rosemary, balm, etc., in fruit salads.

If individual molds are not obtainable for the individual salads, use muffin pans.

LYNN CHAMBERS' MENUS

- Liver and Onions
- Creamed Potatoes
- Silvered Carrots and Green Beans
- Combination Salad
- Butterscotch Pudding with Whipped Cream
- Whole Wheat Muffins Beverage

Dissolve gelatin in cold water. Add tomato juice, salt, sugar and onion juice. Cover the bottom of an 8-inch ring mold with a portion of the gelatin mixture. Chill in the refrigerator until it begins to congeal. Arrange slices of bologna on the gelatin so they overlap slightly. When remainder of the gelatin begins to congeal, mix in vegetables and pour over bologna. Chill until firm. Unmold on large chop plate. Arrange remaining bologna in fan-shaped slices around the salad. Fill center with mayonnaise or cottage cheese and garnish with carrot strips and celery curls.

Swiss Salad. (Serves 4 to 6)

- 2 cups cubed pork or lamb roast
- 1 cup cooked peas
- 1/2 cup walnut meats, broken
- 2 hard-cooked eggs
- 6 stuffed olives
- Lettuce
- French dressing
- Mayonnaise
- Paprika

Marinate meat and peas in french dressing and chill. Add nuts and arrange on lettuce leaves. Sprinkle with paprika and dot with mayonnaise. Cut the eggs into slices and remove the yolks. Arrange the white rings around the plate of salad. Cut the olives into pieces and place a ring of olives inside each ring of white. Press the yolks of eggs through a sieve and sprinkle over salad.

With meat salad, you'll want a jellied vegetable salad or a seasoned cottage cheese. Here is a good salad served with sour cream dressing:

Perfection Salad

(Serves 8)

- 1 package lemon-flavored gelatin
- 1 cup hot water
- 2 tablespoons grated onion
- 1/2 cup finely diced celery
- 1 cup finely shredded cabbage
- 1/2 cup shredded carrots
- 1/2 cup sliced, stuffed olives
- 3 tablespoons lemon juice
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 cup liquor or olives

Dissolve lemon gelatin in the hot water. Add olive liquor and cool. Add all other ingredients and pack in mold. Serve on a bed of soured cream dressing.

Fresh Pear and Grape Salad

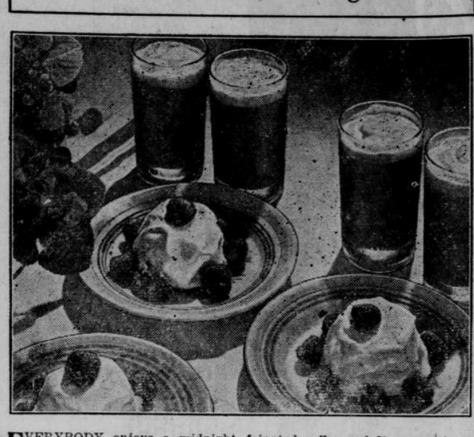
(Serves 6)

- 1/2 cup cold water
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2 cup orange juice
- 1/2 cup lemon juice
- 1 cup gingerale
- 1 cup halved, seeded red grapes
- 1 cup diced fresh pears

Soften gelatin in cold water. Dissolve over hot water. Mix together sugar, salt, fruit juices and gingerale. Add dissolved gelatin to this mixture, stirring thoroughly. Cool. When mixture starts to thicken, add fruit. Pour into one large mold or into individual molds that have been rinsed out with cold water. Chill until firm. To serve, unmold on salad greens and serve with desired dressing.

Released by Western Newspaper Union.

Here's a Tinkling Sweet Dreams Brew for Your Midnight Snack



EVERYBODY enjoys a midnight snack after an evening of games or a trip to the movies. And if you've had guests to share your festivities, it's fun to turn the occasion into a little informal party.

A tinkling drink with cakes or cookies can be really gala fare if it is attractively served. Decaffeinated coffee is a popular beverage for late refreshments, so that everybody can enjoy extra glasses without losing sleep later on. It's an ice-saving convenience, if you're making an iced drink, to use the instant variety that can be dissolved in either hot or cold water. You'll be sure of rich, full bodied coffee. And a fluffy topping of whipped cream adds a last festive touch.

You can turn little cakes into really glamour refreshments by covering them with whipped cream and garnishing them with strawberries or other seasonal fruit. Or you can make refrigerator cakes beforehand and keep them in the refrigerator until time to serve. Cookies or sweet crackers, crisp and fresh, are always good and easy to keep on hand for unexpected serving.

Decaffeinated Coffee. Mix 1 1/2 teaspoons instant decaf-

feinated coffee and 3/4 cup cool water in a tall glass. Fill glass with ice. Top with whipped cream, if desired. Makes one serving.

Party Cupcakes

- 2 cups sifted cake flour
- 2 1/2 teaspoons double-acting baking powder
- 1/2 cup sugar
- 1/2 cup shortening
- 1/2 cup milk if butter, margarine, or lard is used. Or 3/4 cup milk if vegetable or any other shortening is used.
- 2 egg yolks, unbeaten
- 1 teaspoon vanilla

Sift flour once; measure into sifter with baking powder, salt, and sugar. Have shortening at room temperature; mix or stir just to soften. Sift in dry ingredients; add 1/2 cup of the milk, egg yolks, and vanilla, and mix until all flour is dampened. Then beat 2 minutes. Add remaining milk and beat 1 minute longer.

Turn into greased cupcake pans. Bake in moderate oven (375°F.) about 25 minutes. Makes 14 large or 28 small cupcakes. Frost as desired.

Note: Mix cake by hand or at a low speed of electric mixer. Count only actual heating time. Or count heating strokes. Allow about 150 full strokes per minute. Scoop bowl and spoon often while mixing.

Go this is HOUSEKEEPING

Each week I used to get blue in the face holding my breath while waiting to see how our lovely wedding present "washables" would do in the wash. Top often for comfort there were faded colors, popped seams, and sad little shrunken things. It wasn't that our friends weren't generous in their choice of presents. The whole problem lay in the not-so-funny-for-the-wedgeriddle: when is a washable material really washable?

Pardon this bride while she adjusts her halo. I found the answer! Any material will come up smiling after a rub-down if it boasts the seal granted by the American Institute of Laundering, "Certified Washable."

Frankly, the credit for my big discovery goes to my laundry man. He's the one who told me all about the "laundry tested" seal. I'll admit I gave a lady-like snort at first; that was before I learned just what the seal means.

When the label is issued by the Institute to any merchandise the material has gone through a series of exacting tests. There are rigid standards set up concerning quality, color fastness, shrinkage, construction strength and "laundryability." Test fabrics undergo actual washings at the non-profit Institute's research center.

Just as a single sample of the precise analysis, take the question of color fading. Colored material is exposed to the equivalent of 20 hours of direct sunlight at noon in June. If after that grueling test there is even a slight loss of color the material is rejected—no seal.

There are really three purposes of the label. First, to encourage the manufacture of really washable materials. Second, to guide you and me to wise, economical buying. And third, to give laundries a chance to provide satisfactory service.

When all these things can be had simply by watching for the Institute's seal, "Certified Washable," believe me, I'll be on the lookout from now on!

SUMMER ENSEMBLE



THIS smart miss is ready for a round of summer activities. She's wearing a white dirndl skirt and matching bolero jacket of Avisco spun rayon. An up-in-the-clouds halter in aqua blue spun rayon embroidered with white angels adds a charming touch. To complete the ensemble, there are long shorts for bicycling. This spun rayon outfit launders beautifully. Wash by hand in lukewarm water and mild soap. Rinse well, and iron when entirely dry.

FLATTERING



This gown of bronze-colored net in Nylononette, a patented synthetic fabric, has flattering sheerness yet is resistant to tearing or wrinkling. Its stretch recovery makes the fabric remarkably strong and free from sag. A corslet of sparkling beads, embroidered on the filmy high-necked bodice creates an alluring strophic effect. Flowing skirt and petal-like flounces at the waistline add to the ethereal effect.

First Seed Sale. Agricultural seeds were first sold commercially in the United States about 1767.

TESTING ENRICHED WHITE FLOUR



Lawrence L. Wiseman, chemist at the American Institute of Baking Laboratories in Chicago, runs a fluorometric test to determine the vitamin content of enriched white flour. In addition to thiamin, the famous B1 vitamin, enriched white bread contains riboflavin, niacin and iron.

JOES POWER MEAN SECURITY

In the United States we are concerned at the tension between powers today which points broodingly toward war. We believe that the best security against aggression is preparedness and military strength. Let us investigate this conviction a minute and see if it bears weight.

If national security depends on military power we should have it now. We have been producing atom bombs night and day for two years whose destructiveness we are told is 100 times that of the original bombs. We have the largest navy in the world, equaling that of all the other navies combined. We have an unequalled air force. Our industrial capacity is greater than that of any other country in the world. And yet we say we are insecure. Why? We are afraid. But why are we, the most powerful nation on the earth, afraid?

It is Russia, we say. She is a menace to world peace. Granted that at present she is severely weakened. Her industrial capacity is staggering under the loss of 31,750 plants destroyed by war and she has lost 15 million men, to our 1/4 million. Yet we say that potentially we will have to deal with her when she too has the atomic bomb.

Let us picture ourselves as Russians momentarily. As we look across the water at the United States, with her present mass of power, if we are realistic we will build up our power, as fast as possible so the balance won't get top heavy. But then she says she will never start a war. If she continues to build up her armaments she almost invites us to make war, because the longer we wait the smaller are our chances of winning. Her armaments make us psychologically insecure.

And so the vicious circle goes. Both the United States and Russia are fearful and preparing for war. Where does this lead? In any case, preparing for war does not lead to peace. What will break the cycle? When will the first move for peace come from? Surely the weaker nation will not take the initiative. It is up to the United States to lay down her rifle if we expect Russia to lay down her penknife. Only this way can the first move of trust be made.

And what is the alternative if we don't do this. Ultimately a new conflict. But whether we win the war or lose it we still have to live in the same universe with Russia. So why not begin now to adopt the means that lead to peace. Let us accept Russia's proposal for disarmament. If she doesn't mean it we will call her bluff, and she, not we, will be in disgrace in the eyes of the world.

FIVE UNION PACIFIC EMPLOYEES INJURED

Thursday, July 10, 1947 The Union Pacific eastbound Los Angeles Limited was involved in a crash at the Omaha Union Station. According to the officials of the Union Pacific, the accident occurred when switching in a "rough coupling" of the dining car and the lead car of the Union Pacific train. Persons injured were Arthur Miller, Pullman porter of New York, He lost one eye. Miss Elma Roth, Newark, N. J. fractured rib. Walter J. Lenton a waiter 2423 Erskine st., received a sprain back. Clyde Klesch, Chicago a cook injured back and cut on hand. Ralph Smith Los Angeles, a waiter bruised on the arm.

Your Home



One afternoon last week I dropped in to see one of my friends, Mary Cillway, and discovered her right in the midst of fixing a picnic lunch for her young daughter. Well, she handed me an apron and I helped her make sandwiches, deviled eggs and fix lemonade . . . and pack the picnic basket. We'd almost finished when Mary started rummaging through the cupboards, mumbling "where is that old salt cellar?" Then she said that she never liked to take salt on a picnic anyway—it spilled all over the food—or else was too damp to use.

Well, I chuckled, picked up the roll of waxed paper we had been using to wrap the picnic sandwiches . . . and showed Mary how to make a fool-proof container for salt. I simply cut two square pieces of waxed paper and sealed three of the edges together with a hot iron. Then I filled the container with salt — and sealed the fourth side. Into the picnic basket went salt, moisture-proof and spill-proof until lunch time!

You know it's surprising how many unusual uses we housewives find for waxed paper, isn't it? For instance: I always wrap candles and leather goods in waxed paper before storing them for the summer. This protects the candles from sticking together . . . and keeps leather goods free from moisture, prevents harmful mildew. You probably know a dozen or more such time and money saving uses for waxed paper — but if you haven't tried my pet tricks, do — you'll be pleased with the results!

COOL COOKING on the modern GAS RANGE

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