

Used Fat Helps Iron



Another reason why Mrs. Guy Reigler, Kew Garden Hills, N. Y., saves all used cooking fat. Fats and oils are needed in the manufacture of all clothes that she irons, as well as enamel and insulating wire for the iron itself. Soap, too, needs fats and oils, so she salvages every drop and turns it over to the meat dealer.

PROBLEMS OF HUMANITY

by
Abbe Wallace
YOUR FRIENDLY ADVISOR

Editor's Note:— Submit your problems for publication to ABBE WALLACE, in care of this newspaper. Give your full name, address and birthdate. For a "private reply" send jobs a stamped envelope and twenty-five cents for one of his new and inspiring "LESSONS FOR HAPPIER LIVING." Your letter will be treated confidentially. Send 25 cents in coin, stamps or money order. Address your letter to: The "RBE" WALLACE Service, in care of.

S. C. M.—I am a widow by death, am 53 years old. I own my own home and work every day but my expenses are heavy and I really need someone to help me. Should I depend on this fellow I met to help me out?

Ans: There would be nothing definite or permanent in this association. Don't depend upon easy money—there's always a price attached. You have a nice home and if you want to increase your income, rent out part of it some nice couple. Then you could maintain your independence.

J. W. F.—I need you to tell me something. My wife left me two and a half months ago because I was running around with another woman. I don't love this woman, I love my wife.

Ans: Too bad you did not realize it before. Your wife has left town now and does not intend to return as long as you are running around cutting up. Behave yourself and live a life becoming to a married man and one of her friends will give you some information concerning her whereabouts.

H. H. H.—I'm having a great deal of girl trouble. It's quite a story and very important to me. Advise me immediately how to seek personal information from you as I want a private answer.

Ans: You may write me privately. Send your letter in care of this paper, explain your case in detail, include 25 cents for an Inspirational Reading and a self-addressed, stamped envelope for private reply.

M. L. B.—I have a boy friend who left here and went to Chicago. He has been gone four years. We were supposed to marry in '45 but he put it off. Since then he sent me an engagement ring and was supposed to come this year. Now I haven't heard from him

since May. Should I send the ring back and start going someone else? Ans: Yes. There's no point in you waiting patiently for a fellow who apparently has forgotten that you even existed. Get back in circulation and begin enjoying life as other young girls your age are doing.

A.M.—I met a man who seems very nice and he is anxious to set me up in my own home. He hasn't asked anything concerning old friends. My old boy friend has been trying to re-enter my life after he found someone else was interested in me. He is nice also. Should I forsake the new for the old or vice versa?

Ans: String along with the two of them temporarily as competition stimulates interest. They both want to monopolize all of your time but neither want to get serious enough for marriage. Play one against the other—but hold out for marriage as a home wouldn't give you any security and satisfaction without a husband with whom to enjoy it.

E. M.—I was going with a nice fellow and had a baby for him. He went and married another girl. Now he comes around me all of the time and says he loves me. What must I do?

Ans: Make him prove it and the only way he can do so is to get his legal freedom and make you his wife. Do not let him hang around and make love to you while he is still married to the other woman. Insist on marriage or nothing at all.

Now at wedding
The wearing of something blue at the wedding was ancient Israelite custom which suggested a blue ribbon for the bride—blue being the color of purity, love and fidelity.

"It's smart to look your best!"
with NATURAL HAIR ATTACHMENTS

ON AGAIN—OFF AGAIN Hair Do's—to meet all occasions



JESSIE KARE BEAUTY PRODUCTS

507 FIFTH AVE. (Room 905) NEW YORK 17, N. Y., Dept. 2

Corn Bread Tamale Pie



A hearty casserole dish, a crisp green salad, and a lush dessert, such as the homemaker's dream of a menu to fit all occasions. Among the many possible casserole combinations is a Corn Bread Tamale Pie that everyone will love. A highly seasoned mixture of ground beef, tomatoes and corn, its crowning glory is the tender, fluffy, golden brown topping of good corn bread.

Just imagine that you have a casserole before you, pick up the serving spoon, cut through the delicately browned corn bread and scoop down into the juicy, spicy meat mixture. The aroma is so appetizing you can't wait even a minute for the first taste.

Corn Bread Tamale Pie

Makes 6 servings

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| 1 pound ground beef | 1/4 teaspoon pepper |
| 1 large onion, chopped | 1 tablespoon chili powder |
| 1 can tomato soup | 1 cup whole kernel corn (drained) |
| 3 cups water | 1/2 cup chopped green pepper |
| 1 teaspoon salt | |

Corn Bread Topping

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| 1/2 cup corn meal | 1/4 teaspoon baking powder |
| 1 tablespoon flour | 1 beaten egg |
| 1 tablespoon sugar | 1/2 cup milk |
| 1/2 teaspoon salt | 1 tablespoon melted fat |

1. Brown ground beef and onion in skillet.
2. Add tomato soup, water, seasonings, corn and green pepper; simmer for 15 minutes.
3. For topping, sift together dry ingredients. Add beaten egg and milk, stirring lightly until combined. Fold in melted fat.
4. Place meat mixture in greased baking dish (2 qt. size), cover with corn bread topping. Don't be surprised when the topping disappears into the meat mixture, for it will rise during baking and form a good layer of corn bread.
5. Bake in hot oven (425° F.) 20 to 25 minutes until corn bread is brown.

SAVORY POT ROAST

with Onion Biscuit Squares for Zest



Now is the time for all rib-warming, eye-satisfying foods to take a bow

On a thrifty food that always plays a star performance on every dinner table is old-fashioned succulent pot roast.

It's not a new dish. Its charm lies, rather, in its ever delicious flavor and its rich brown gravy. Today's recipe "steps up" that goodness with a liberal sprinkling of horse-radish. The tang of the gravy goes perfectly with the juicy slices of the savory pot roast.

And for extra zest, serve these hot onion biscuit squares. The smooth topping of egg and sour cream and the golden-brown cooked onions underneath add up to Dinner De Luxe!

Savory Pot Roast

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| 4 pounds chuck | 1/4 teaspoon |
| pepp. boned | pepper |
| and rolled | 1 bottle horse- |
| 1/2 cup Spry | radish |
| 3 teaspoons salt | (6 ounces) |

Sear meat thoroughly in hot melted Spry. Sprinkle meat with seasonings. Drain liquid from horse-radish and pour horse-radish over meat. Cover, reduce heat and simmer until tender, turning once or twice during cooking time (about 4 hours). Add small amounts of

water during cooking to keep meat from sticking. Make delicious gravy as follows: Skim off excess fat from top of drippings. Add 1 1/2 cups water and thicken with 4 tablespoons flour mixed with a little water. Serves 6.

Onion Biscuit Squares

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| 2 cups onions, sliced | 3 teaspoons |
| 7 tablespoons | baking |
| Spry | powder |
| 1 1/2 teaspoons salt | 1/2 cup milk |
| 2 cups sifted flour | 1 egg, beaten |
| | 1/2 cup sour cream |

Cook onions in 2 tablespoons hot melted Spry in skillet until a delicate brown. Add 1/2 teaspoon salt. Sift flour, baking powder, and 3/4 teaspoon salt into mixing bowl. Cut in remaining 5 tablespoons Spry fine. Add milk, mixing to a soft dough. Knead lightly 20 seconds. Roll into 10 x 10-inch square. Place in Spry-coated pan. Top with cooked onions. Pour mixture of beaten egg, sour cream, and remaining 1/4 teaspoon salt over all. Bake in very hot oven (450° F.) 20 minutes, or until lightly browned. Cut into 16 squares and serve with Savory Pot Roast.

CELEBRATED COLLECTORS

Lucille Ball, movie star, has a collection of more than 400 dolls from 23 countries.



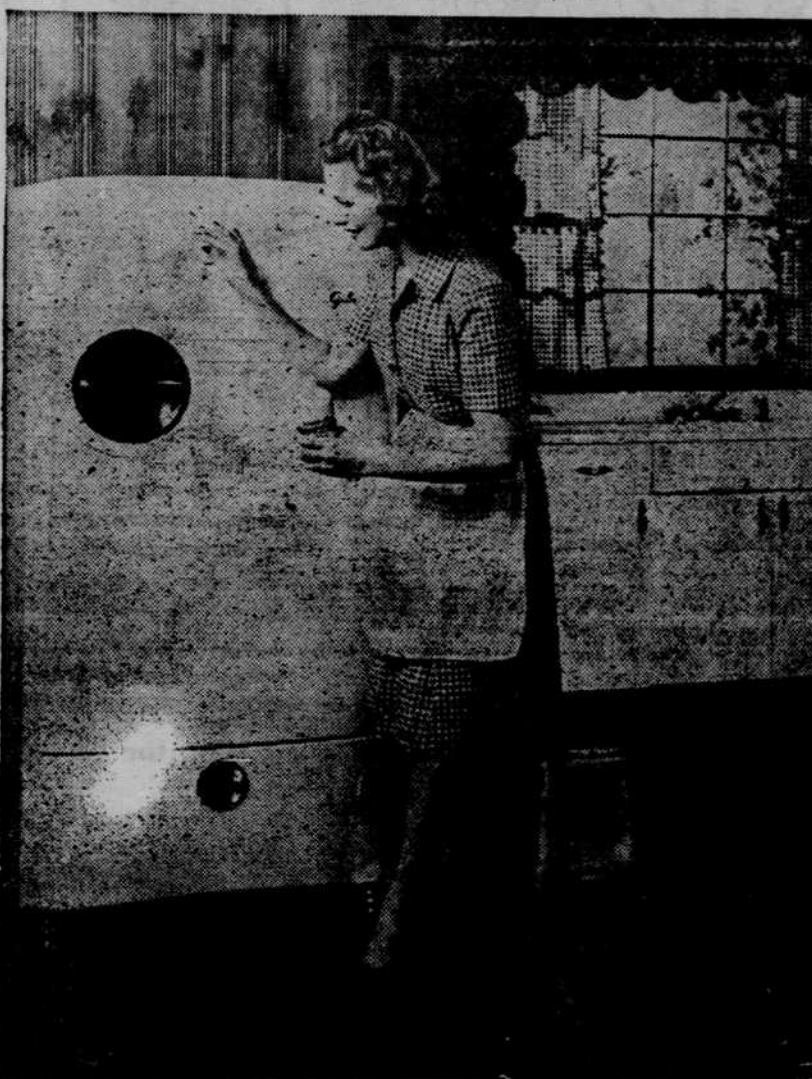
Another famous collector is Mrs. America, who, in the past five years, has turned over to her meat dealer 625,000,000 pounds of needed used cooking fat.

Worth 'Jingling' For



How would you like this in your kitchen—the range, that is? Pretty Shirley Monahan hopes she sees good fortune reflected in the crystal clear surface of this most recent type of electric range she wants for her dream home. The range, a stratoliner with built-in pressure cooker, is part of a completely engineered kitchen, designed and decorated according to personal taste, that is available to dream home planners in a jingle contest now being sponsored by Swift's Cleanser. It is only one of 1151 electric appliances to be awarded for originality and cleverness of thought during the contest.

Newest Kitchen Aid



This homemaker in the shining kitchen above is happy over the newest kitchen aid, a cream wax which combines a double cleaning action with glossy finishing. Johnson's research experts developed cream wax especially for furniture, woodwork, and enamel finishes. It removes spots easily and provides a tough wax film to resist future soiling. Cream wax is good for cabinets and cupboards, too. Unlike sticky, oily polishes, it will not attract dust.

Cut Out The Climb!



No need any more to chase the tilt cords on your Venetian blind when they climb up. New blinds are now out, with a free-wheeling device that keeps the cords level, saves wear, tear and ladder-climbing. Blinds with the "Levolor" action have two small metal beads fastened to the tilt cords. They show that the cords can't get very far out of alignment—and if they do fail to level completely, you simply pull the short cord—and, "click," they're level again.

Refinishing Cabinets

If the old finish of a metal kitchen cabinet is not scratched or chipped, a thorough cleaning to remove any traces of greasy film, followed by a light rubbing with very fine sandpaper to dull the gloss of the old enamel, should be sufficient preparation for refinishing. After wiping with turpentine or mineral spirits, apply one or two coats of enamel undercoater, in accordance with the manufacturer's directions on the can, and finish with a coat of enamel of the desired tint.



Seasoning Saves This Shrimp Dish
(See Recipes Below)

Meals With Zest

Families, long accustomed to the rigors of wartime cooking, now want something different since rationing has ended. This does not necessarily mean more meat, but it does mean that you cooks will have to wise up to the new ways of seasoning and make things taste extra special.

If you and your family are taste-conscious—and who isn't these days—then handle each food as though it were a priceless possession and try to make the most of it. In vegetables this means cooking them until they are tender, but still crisp and crunchy. In meats, it means bringing out the best in those hearty flavors; and in salad dressings, it means a careful blend of seasonings that will accent the best in fruit and vegetable flavors.

Take pork chops, for instance. We all know they're good, but they can be very special when their rich, savory flavor is highlighted with a bit of sage dressing, like this:

*Pork Chops on Sage Dressing.

(Serves 4)

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| 4 pork chops, floured |
| 2 tablespoons sliced onion |
| 1 teaspoon salt |
| 1/4 teaspoon pepper |
| 1/2 teaspoon sage |
| 1 1/2 cups diced bread |
| 1 tablespoon butter or substitute |
| 1 teaspoon minced celery |
| 1 tablespoon minced parsley |
| 4 tablespoons milk |
| 2 tablespoons broth |

Blend all ingredients except pork chops and place in a shallow dish. Top with pork chops, cover and bake 45 minutes in a moderate (350-degree) oven. Remove the cover and bake 30 minutes longer at 375 degrees.

String beans, one of our more common vegetables, take on added appeal when they are prepared with a sauce that accents their delicate flavor. Here's how it's done:

String Beans.

(Serves 6 to 8)

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| 2 pounds string beans |
| Salt and pepper |

Cook slowly in a covered pan with a small amount of water. Dust with salt and pepper.

For Sauce:

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| 3 tablespoons oil |
| 1 tablespoon butter |
| 1 medium-sized onion |
| 1 clove of garlic |
| 2 tomatoes, fresh or canned |
| 1 tablespoon minced celery |
| 1 tablespoon minced parsley |
| 1 teaspoon mixed herb vinegar |
| 1/4 teaspoon rosemary |
| 1/4 teaspoon sugar |

Salt and pepper to taste

Heat oil and butter, simmer the minced garlic, onion, celery for 5 minutes. Add cut up, peeled tomato, rosemary, seasonings and vine-

gar. Simmer 10 minutes. Pour over beans and serve.

Shrimp Creole.

(Serves 6)

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| 3 strips bacon |
| 2 medium-sized onions, sliced |
| 1 green pepper, cut in rings |
| 1/2 cup diced celery |
| 3 cups canned tomatoes |
| 1 teaspoon salt |
| 1 cup cooked green peas |
| 2 small cans shrimp |
| 1 teaspoon chili powder |
| 3 cups hot boiled rice |

Cut bacon in 1/4 inch pieces. Put in a frying pan with sliced onions and cook until bacon is crisp and the onion is slightly yellow. Add pepper rings, diced celery, tomatoes and salt. Cook until celery and pepper are tender and sauce is thickened. Add peas, shrimp and chili powder and cook 5 minutes more. Mold rice in ring and surround with sauce.

Shrimp Jambalaya.

(Serves 6)

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| 2 tablespoons bacon fat |
| 1/2 pound smoked ham, cubed |
| 1 medium-sized onion, chopped |
| 1/4 teaspoon finely minced garlic |
| 2 cups cooked tomatoes |
| 1/2 cups water |
| 1 teaspoon worcestershire sauce |
| 1/4 teaspoon paprika |
| Dash of cayenne pepper |
| 1/2 teaspoon salt |
| 1/2 cup uncooked rice |
| 1 small can shrimp |

Melt bacon fat in heavy skillet, add cubed ham, green pepper and garlic. Sauté for 10 minutes. Add cooked tomatoes, water and seasonings; bring to a boil. Add rice slowly, cover tightly and cook until the liquid is absorbed and the rice almost done, about 20 minutes. Add the shrimp and cook covered 5 to 10 minutes longer.

Salads are popular during the cool weather because they satisfy our need for "green things." Make them colorful and well seasoned and the family will reward you by asking for helpings of vitamins.

Beet and Lettuce Salad.

(Serves 6)

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| 4 green onions, sliced fine |
| 2 cups cooked beets, chopped |
| 6 tablespoons salad oil |
| 1 head lettuce |
| 4 tablespoons vinegar |
| 1 uncooked egg yolk |
| 1/4 teaspoon salt |
| 1/4 teaspoon dry mustard |
| 1/4 teaspoon sugar |

Beat egg yolk with a fork, add onions, salt, mustard and oil. Just before serving add vinegar. Chop lettuce to medium sized chunks and place in a large bowl. Add chopped beets. Pour dressing over all.

*Carrot-Lemon Salad.

(Serves 5)

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| 3 large carrots, grated |
| 1 lemon, ground with skin |
| 1/2 teaspoon salt |
| 2 teaspoons sugar |
| 1 tablespoon salad oil |

Blend all ingredients together with a fork. Serve on crisp lettuce leaf.

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