

Meals for the Workers

By LORETTA C. LYNCH.

With the advent of the cooler days, the housewife should plan more substantial meals. For the body requires somewhat richer foods in the cooler weather if it is to be at its best. It must feel fit for the day's tasks.

The principal meal of the day is frequently of concern, not so much because the housewife does not know what is good to eat, but because it is sometimes difficult to provide suitable combinations and sufficient variety on her food allowance money. Thus, she gets into a rut and her home cooking—frequently better than the commercial restaurant—fails to be appreciated.

I shall always believe that the hit-and-miss meal is always most expensive in the end. The planned meal is ever more satisfactory. Plan your dinners for 10 days. This will prevent the same menu being served on successive Mondays or Tuesdays, when the plan is repeated.

Suppose we plan dinners for those cooler days. Let's start the plan on Monday. Thus the first card might be headed "First Day." In searching about the country for dishes particularly liked by hard-working men, I find this vegetable a favorite when prepared as follows:

Wipe the bottom of the inside of the cook pot with a clove of garlic and then remove the garlic. Put in about two pounds of veal with some bones cut up for stew. Add a couple of medium-sized onions, sliced. Cover with boiling water. Bring quickly to the boiling point and boil five minutes. Then reduce the heat and simmer for two hours. It may be necessary to add more water. A cupful of diced carrots and four medium-sized potatoes, pared and quartered, may be added half an hour before the end of the cooking.

Before serving, remove bones and any bits of fat. If gravy is too thin, thicken with a little flour stirred in cold water. Sprinkle with finely chopped parsley just before serving.

This, with some apple sauce or baked apple and plain cake, or cookies and a drink, makes a palatable, nourishing, satisfying meal. It may be well to have something a bit crispier the next day. Plan a cream of tomato soup, fried fresh fish with creamed potatoes, green peas and cold slaw. Rice pudding with raisins would be a suitable dessert.

Corned beef and cabbage with potatoes and turnips, if a choice cut of beef is selected and freshened and then cooked very, very slowly, is always a welcome dish for hard workers. Freshening salt meat or fish simply consists in covering with cold water, which is slowly brought to the boiling point and then thrown away. The second water should be boiling. Simmer corned beef—do not boil it. Allow about half an hour or longer for each pound. Toward the end add the cabbage, potatoes and turnip cut up.

Of course, each housewife will have to study her local market and the preferences of her family. But many a woman who shops carefully to save money on the main part of the meal, because she is working without plan, will often hastily send out and buy an expensive, ready-to-eat dessert because she has forgotten to prepare one.

So, plan. Alter the plan from time to time if necessary, but have a plan of meals. Working at the food problem is a very worthy, honorable work deserving of our best thought. Human existence depends on food. And you will find the task of providing meals a simpler, more pleasant one if you plan.

Wash Your Butter

Always wash the butter you use in making cakes, desserts or sauces. It is not much trouble and gives the finished product a much finer texture. To wash butter, take the quantity you intend using, put it in a small bowl with a little water and work it with a fork until the butter is creamy. Pour off the water and then work it a little more until all the water is forced out of it by your fork. When no more drops of water appear it is ready for use.

Quiet Colors

For a woman who has a limited income it is wiser to choose quiet colors for her costumes. They look and wear better than the gayer shades. Also the wearer soon tires of the latter. A suit can be lightened up with a bright colored hat or the splashy little sashes for Eton suits.



Here is the lily's silhouette tried out in this charming dance frock for the debutante. The arrangement of the skirt makes it appear like a lily from which rises for stamen the sunn little bodice. The frock is a combination of apple green taffeta and white georgette, with applied flowers of old rose satin used as the only trimming. The narrow girdele is also of old rose.

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Famous stage beauties use lemon juice to bleach and bring that soft, clear, rosy-white complexion. Lemons have always been used as a freckle, sunburn and tan remover. Make this up and try it.

Sleeping Porch Value Found In Health

The real test of the value of a sleeping porch is to be found in a comparison of your health when you sleep thereon and when you sleep in the old fashioned type of sleeping apartment. That is, if you find that when you sleep on a sleeping porch you have colds with less frequency than when sleeping indoors, then you may reasonably assume that the porch is beneficial. But if your colds continue, if you dread bedtime because it means going out on a cold and damp porch, then you may reasonably assume that there is something the matter with your sleeping porch or that you are one of those persons who are better off sleeping indoors.

Something that the sleeping porch enthusiast sometimes forgets is that the sleeping porch may not be as well ventilated as an indoor room. Thus a sleeping porch heavily draped with vines without and hung with curtains within may really be rather close.

Don't forget this: That most per-

sons sleep in far better ventilated quarters than the rooms in which they spend their waking hours. So in many cases it would be far better to make an effort to better the ventilation of your office or workroom than to spend the effort in turning your bedroom into a sleeping porch. Most Americans sleep in rooms with their windows open, and if you sleep in a separate room, or a room with one other, there is little chance of the air becoming really vitiated. As much cannot be said of the average schoolroom or office or living room. Remember that when you sleep in a cold sleeping porch you are very apt to catch cold if you persist in having a high indoor temperature.

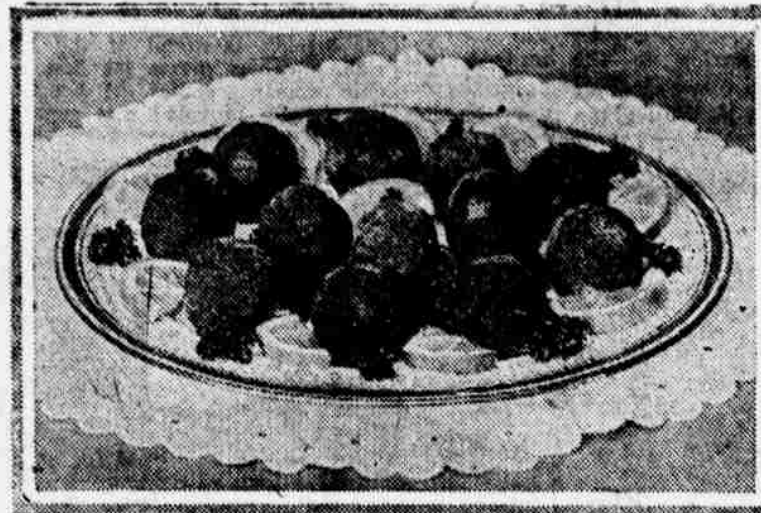
Marble Tops

The girl who lives in a boarding house and has an old marble topped table or dresser in her room can use it, instead of her mirror for drying handkerchiefs. Have the handkerchief quite wet before spreading it on the marble. When dry it will be well ironed.

Sprinkling Clothes

When sprinkling clothes it will save time and work if a round whiskbroom is used.

Beef and Ham Balls



Take the remains of cold beef and ham and run them through the meat chopper. Allow one-third ham to two-thirds beef. Add an egg boiled hard. Season to taste with salt and pepper and a little minced herbs

and bind with an egg or two should one not be sufficient. Make it into small balls. Fry them in hot fat till a light brown. Garnish with lemon quarters and parsley, and serve with brown gravy in a sauceboat.

Household Hints

Do not put lye solution in aluminum vessels.

Piano keys can be easily cleaned by rubbing with alcohol.

Soap should never be rubbed on silk underwear or stockings.

Use the enameled coat hangers for chiffon and georgette waists and skirts.

Spread butter on grass-stained white skirts and place in the sun.

Green corn can be roasted deliciously. Remove husks and silk and toast it under the flame in the gas range broiler.

Bermuda onions are in season; slice fairly thick, roll in egg and cracker or bread crumbs and fry in bacon fat, Brown well.

Green tomatoes and green peppers may be fried in the same manner. Slice the tomatoes, dip them in oil, then in bread crumbs and fry in bacon fat or butter.

Worn-out stockings make good stove polishers.

Plain boiled turnips mashed and seasoned with butter, pepper and salt are not to be derided, but there are other very delectable ways of

cooking this vegetable. Diced and nicely boiled, then dressed with a well-seasoned white sauce, turnips are excellent; use one and one-half cupfuls of sauce to four cupfuls of diced turnips. Or they may be turned into a baking dish after the sauce has been poured over them, sprinkled with one-fourth cupful of dry bread crumbs and one-fourth cupful of grated cheese and bits of butter, then baked to a golden brown.

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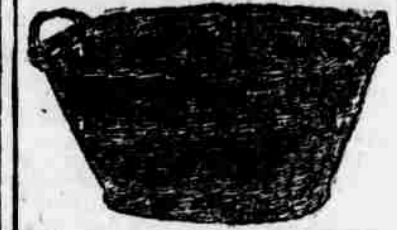
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