

ABOUT SPOTS!

Everyone agrees that spots can be either good or bad—it all depends where they are located. For instance, they look fine on a leopard—but on that suit or dress, it's just too bad. But everyone agrees that

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TIMELY RECIPE TIPS

Shrimp Salad

Prepare fresh or canned shrimps and marinate in French dressing for one hour. Serve with mayonnaise and sliced stuffed olives on lettuce beds.

Meat Loaf

Combine 2 pounds of ground round steak with one pound ground lean pork. Add one onion, grated, 1 cup crushed cracker crumbs. Season and add one slightly beaten egg. Form in loaf. Pour over contents of No. 2 can tomato juice. Bake in moderate oven.

Raised Doughnuts

1 pint boiling milk, 2 cups sugar, ½ cup butter, ½ pint yeast and 2 eggs. Beat eggs, butter and sugar together, then pour in milk. Let rise three times, the last rising after the doughnuts are cut out. Fry in smoking hot fat. Sift with powdered sugar.

Quick Dessert

Serve cream cheese with cherry jam, crisp wafers and seeded raisins.

Pound Cake

Take one pound each of flour, sugar and eggs, ¼ pound butter, 1 nutmeg, 1 teaspoon mace. Cream half the flour with the butter and add spice. Beat yolks of eggs and add sugar, then add the beaten whites and remaining flour. When this is done, mix well, beating half an hour.

Prune Salad

Stuff cooked halved prunes with cream cheese mixed with nut meats. Garnish with maraschino cherries and serve on head lettuce, sliced crosswise. Serve with French dressing.

Lamb Patties

Cut meat from lamb stew, reserving bones for soup stock. Run meat through food chopper (omit fat). Form in patties, wrap each in bacon strip. Broil and serve with spaghetti cooked in tomato sauce.

Breakfast Dish

Make patties or cornbeef hash. Fry and top each with a poached egg, well seasoned.

Breakfast Gems

One heaping pint flour, 1 teaspoon baking powder, 1 teaspoon salt, butter half the size of an egg, 1 teacup water, ½ cup seedless raisins, 1 tablespoon sugar. Bake 15 minutes.

Ginger Bread

Cream ½ cup shortening, add 2 tablespoons sugar and cream well. Add one egg and one cup molasses. Sift 2 cups flour, 1 teaspoon soda, ½ teaspoon salt, ¼ teaspoon ginger, ¼ teaspoon cinnamon and add alternately to first mixture with 1 cup boiling water. Pour in deep pan lined with greased paper. Bake 45 minutes in moderate oven.

Carrots and Cauliflower

Pour creamed carrots around a head of cooked and buttered cauliflower for an unusual vegetable dish.

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... OF ...

Interest to Women

THREE DISEASES CAN BE
CHECKED, IF CAUGHT EARLY

(By Dr. James W. Barton)

Mark Twain told us that, after reading a patent medicine almanac, he discovered that he had all the diseases known except housemaid's knee; the thought of course being that it is not hard to think or imagine that we have certain symptoms when we read about them in black and white.

There is thus a tendency on the part of some to think that it is a mistake to be telling the public all about cancer, tuberculosis, heart disease and other ailments, as this information may greatly upset them and interfere with their health and happiness.

However, your family physician will tell you that in the early stages of cancer, tuberculosis and heart disease—three diseases that stand at the top as a cause of death—early discovery and treatment can effect a cure in cancer and tuberculosis, and, if heart ailments are discovered early and the patient has infectious removed and is taught how to live within his strength, his life can be prolonged for many years.

Cancer Curable

Dr. Jerome R. Head, medical director, Napierville, Ill., sanatorium, in a talk before the Lake County, Ill., Tuberculosis Association, said: "The means for completely removing tuberculosis are: (1) the possibility of early diagnosis (discovery) by means of the X-ray; and (2) the knowledge of how tuberculosis is communicated from one person to another, thus permitting us to put open or active cases away from others in sanatoriums."

Similarly with cancer. Cancer is curable in the early stage and, if the early signs are known, lives of value to families and communities can be saved that otherwise would be lost.

Dr. Henry Schmitz, associate editor for radiology, clinical medicine and surgery, says: "Cancer is curable in the early stages, and the early stage can be discovered by the alert family physician if the patient is wise enough to consult him."

Makes Suggestions

Dr. Schmitz makes the following suggestions:

When chronic skin ulcers become hardened, it may be early cancer.

When a pigmented mole (a light brown) becomes black, it is probably turning into cancer.

When little hard scaly lumps or warts become moist, a change for the worst is taking place. When little white, thick patches on the skin break open, a change is taking place. When difficulty in swallowing is felt, a growth may be forming. An X-ray and examination by a lighted instrument will show up the trouble if present.

When an inflammation of the breast becomes hard, a portion should be cut out and examined by the microscope. When loss of appetite comes on suddenly, or indigestion has existed for a long time, or hoarseness or huskiness persists, and sores are slow in healing, the doctor should be consulted.

SCHOOL LUNCHES

A suggested menu for a school lunch comprises lunch box salad, ground carrot and celery salad, gingerbread and hot cocoa in a vacuum bottle. The recipes (for serving one child) are as follows:

Lunch Box Salad

One orange, two tablespoons cottage cheese, one tablespoon chopped fruit (figs, dates or raisins), one tablespoon ground nuts (peanuts, almonds or walnuts), lettuce.

Peel orange and cut pulp in small pieces, draining it from all extra juice and removing all membrane. Mix orange pulp, cottage cheese (drained dry), chopped fruit and nuts. Pack in glass jar or jelly glass which has been lined with lettuce leaves and which has a tight cover.

This salad is given variation by using different fruit and nut combinations.

Ground Carrot and Celery Sandwich

Mix ground carrots, celery and nuts with lemon juice and boiled dressing; put mixture into a case made by cutting a roll in halves and scooping out part of inside. Fit halves together.

Sandwich Suggestions

Spread one slice of sandwich with orange marmalade, one with cottage cheese or peanut butter.

Chop hard cooked eggs, moisten with lemon juice, season lightly, spread over lettuce leaf in sandwich.

Mix chopped dates, raisins, dry figs, and ground nuts with orange

SOUP INTRODUCES
THE MEAL

or Serves as Its Most
Important Dish

A clear soup or one that is light and savory is an ideal prelude to a substantial meal. Other soups, rich in meat and vegetables can serve adequately as the main dish when supplemented by a salad, or substantial dessert. Here are satisfactory examples of each type.

Louisiana Soup

Soak one pound of dried lima beans one hour or more. Put part of a ham bone, the beans, three onions, twelve peppercorns, and one half a bay leaf with six to eight cups of water in a soup kettle and cook slowly until the beans are tender—two or three hours. Reserve one and one half cup whole beans. Force the remaining beans and stock through a puree sieve. Return the whole beans to the stock, add one cup minced carrot, one-half cup minced green pepper and one small can tomatoes. Cook until tender. If there are bits of ham adhering to the bone mince them and add to the soup. This soup with toasted bread is sufficient for dinner with a salad and dessert.

Bortsch

2½ cups shredded raw vegetables, carrots, celery and beets.
2 cups shredded cabbage
2 or 3 onions
3 cups water
3 cups canned consomme or rich beef stock

1-3 cup tomato paste

Salt and pepper

2 tablespoons sugar

1 tablespoon lemon juice

Peel carrots and beets and cut in very narrow strips; shred outer stalks of celery; slice onions and cook in a little fat about five minutes; shred cabbage. Combine vegetables; add water and consomme and cover and cook very slowly until the vegetables are tender. Do not strain. Add tomato paste, salt and pepper, sugar and lemon juice. Serve very hot with a teaspoon of sour cream on each serving.

Consomme

2½ pound shin of beef

1 fowl

2 large carrots

2 white onions

2 leeks

Parsley

Thyme

1 clove garlic

1 laurel leaf

2 cloves

Salt and pepper

6 quarts cold water.

Wash the chicken carefully, put it in a large soup pot, add the beef and

juice and a little cream. Spread generously on thin bread slices.

Slice a banana, marinate in lemon juice, spread on one bread slice. Spread other slice with honey and cream mixed.

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cover well with the cold water. Let stand for an hour, then put on the fire and bring slowly to a boil. Remove the scum, add half a glass of cold water and bring to a boil again. Repeat this process twice. Simmer very slowly for an hour, then add the rest of the ingredients and simmer for 7 hours. Strain through a fine sieve and through wet cheese cloth. When cold carefully remove grease. Reheat before serving.

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