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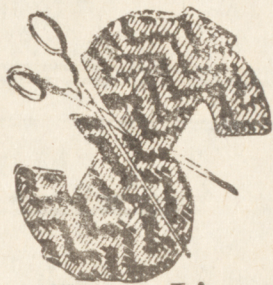
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...OF...

**Interest to Women****NOT A THING IN THE HOUSE TO  
EAT? TRY A HURRY-UP DINNER**

Last Minute Guests Won't Drive Cook Mad If She  
Will Follow These Suggestions

(By Frances Blackwood)

It always happens when there isn't a thing in the house to eat, that an out-of-town visitor unexpectedly pops up when we'd planned a simple supper of scrambled eggs and baked potatoes. Maybe the head of the house phoned he is on the way with good old Bill of school days' fame. It does not make much difference who has thrown the bombshell into the kitchen, the result is the same. In a panic we ask our whirling minds what can be done to save the day!

If luck is with you, you will have a can or two of good bouillon on hand. Or maybe enough essence from day before yesterday's pot roast to make a stock. Or, certainly, at a pinch, a bouillon cube or two. A good soup gets any dinner off to a good start.

For four of you, with a cup of shelled nuts, a cup of cream, or evaporated milk, 2 cups of good stock and the yolks of 2 eggs your reputation should be made forever. You may use peanuts, or even peanut butter, brazil nuts, almonds, cashews or walnuts. Run them through a meat chopper and then pound them enough to make a paste of them and slowly stir the cream into it.

In the meantime, bring the stock to a gentle boil. Three bouillon cubes in 2 cups of water will pinch-hit for a prepared stock. Beat the yolks of the eggs and just as the stock simmers, stir the yolks into it. Don't let it actually boil, and keep stirring it constantly. See that it is pleasantly seasoned and then slowly stir in the nut mixture. Keep stirring and heating until piping hot but still not actually boiling. Then serve. You get a miraculous effect with little outlay in trouble or time.

How About the Eggs?

All very well, you say, but what about the scrambled eggs and baked potatoes? That is easy, too. Don't scramble the eggs alone. Cut a slice

from the top of each baked potato and scoop out the pulp. Mash it through the potato masher and for every potato add 2 tablespoons grated cheese, a tablespoon butter, a fleck of pepper, and beat until fluffy.

Put butter enough for the scrambled eggs in a skillet. Add ¼ teaspoon of grated onion and the beaten eggs. Don't beat the eggs hard, just enough to mix them well. Set over a low fire and stir with a fork. When they are practically cooked to a scramble add the potato mixture and stir it in lightly. Season with salt and pepper and a dash of cayenne. Refill the potato skins with the mixture and slip them in the oven to brown 15 minutes before you serve them. These are called Eggs George.

Scalloped tomatoes go well with these. Drain most of the juice from a can of tomatoes (save it for breakfast, of course) and put the tomatoes in a buttered shallow baking dish

**A COMMON COLD IS TOO  
OFTEN A SOCIAL NUISANCE**

The common cold is much more than an affliction of the individual who has it; it is a social nuisance. Just because it is "common" and because, in most cases, it is not fatal, it is looked upon as a necessary evil; we accept rather than shun those who are sneezing, coughing and snuffling.

This widespread disease is an expensive trouble maker. It causes more lost time from work and school than does any other disease. It interferes with education and costs millions of dollars in loss of production and wages. While it is annoying, it receives but little attention as compared with the rather rare, but more startling because unusual, diseases.

Considerable research has been carried on with the hope of clearing the way to an understanding of the common cold and how it may be prevented, or its severity lessened. So far, no great success has attended these efforts, and we are left to rely upon what we have learned from past experience.

Those who suffer from repeated colds should make sure that their nose and throat are in good condition. Faults in structure may lie at the root of repeated or continued head colds.

with a tablespoon of minced onion, ½ teaspoon each of salt and sugar, a dash of pepper, cup of bread crumbs and a liberal dotting of butter. Bake half an hour.

Then a crisp salad and fruit and fragrant coffee, and what was it you were worried about, anyway?

Clothing suited to the temperature both in and out of doors, prevents chilling of the body from either too little clothing or the chilling which follows upon excessive perspiration due to overclothing while indoors. Cold wet feet predispose to head colds. By keeping the feet dry, or by drying them promptly if they do become wet, much trouble may be averted.

There may be argument as to whether or not all colds are due to infections, but we have all seen colds run through the family and the workplace. It is not practical to isolate everyone who has a cold, although such a person would be more comfortable and better off in bed. We can, however, do something to prevent them from passing on their colds to others.

Coughs and sneezes should be directed into a handkerchief and, in all cases, at the floor rather than into people's faces. The person who has a cold should not prepare food, but if he or she must, then there must be a very thorough scrubbing of the hands with soap and water before food is touched.

There should be no common drinking cups in the home or elsewhere. Dishes should be washed and then rinsed in boiling water. The hands should be washed before touching food, and kept away from the face at all times.

To some extent, such reasonable precautions will serve to lessen the number of common colds and other infections.

**HAVE YOU GROWN  
TIRED OF OLD COM-  
BINATION COLORS?**

Perhaps you have grown tired of the green, blue, yellow and red combinations that have been so popular in kitchens during recent years. If you are planning to obtain funds to modernize your home under the Home Improvement Plan, you may be interested in the kitchen of a suburban home.

A white dado flanked the room to a point four feet from the floor. Above that the walls were rose colour and the woodwork was white. The floor covering was a composition material in squares of black, white and rose. Kitchen tables and chairs were painted a deep blue and this shade was accepted in pottery and canisters.



**FOR GOOD HEALTH, DELICIOUS FLAVOUR,  
..MORE NOURISHMENT, GREATER ECONOMY,**

**Eat Fish!**

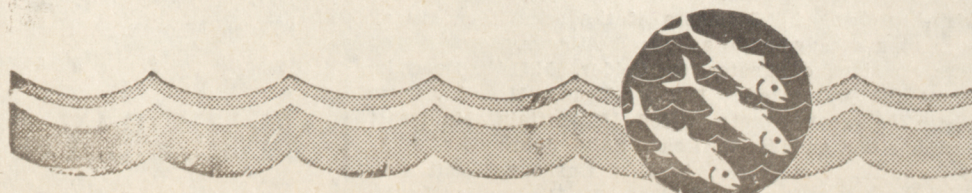
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**ANY DAY A FISH DAY**

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