

## CHOOSE MEAT FIRST, IS MENU MAKING ADVICE

Suitable Accompaniments  
Can Be Selected for  
Main Dish.

Menu planning is greatly simplified when the whole menu is centered around the meat dish.

After all, menus are only guides in selecting foods. They may be written or they may exist only in the mind of the housewife when she answers the question, "What shall we have for dinner?"

When the idea of menus originated, dinners were much more elaborate than they are now.

A list of the foods to be served was made for the guest's convenience so that he might reserve his appetite for those foods he liked best. Thus originated the first menus.

Since that time, menus have been

come just as helpful in planning simple family dinners. They make it easier to include the essential foods in the diet, and to choose foods whose flavors blend together.

First choose the meat, and then choose vegetables and fruits to go with it—all of these are essential in the diet.

### Suggested Menu

Round Steak with Mushroom Sauce  
Mashed Potatoes Asparagus  
Combination Vegetable Salad  
Baked Apple Coffee or Milk  
Dredge the steak well on both sides with flour and season with salt and pepper. Brown well in hot fat. When browned, slice the onion over it and add a little water. Cover closely and let simmer until tender. Make a sauce of the remaining ingredients. Brown butter slightly, add the flour and brown. Pour on cream gradually while stirring constantly. Add the mushrooms fried in butter. Season with salt and paprika. Serve over the steak.

Steak With Mushroom Sauce  
1 1/2 to 2 pounds round steak,  
1/4 to 1/2 inches thick  
1 small onion, sliced  
1/2 cup water  
1/2 pound mushrooms, sliced  
3 tablespoons butter  
4 tablespoons flour  
Salt and Pepper  
Paprika  
1 cup cream

## PUBLIC'S FAVOR SHOWN TURNING TO BLACK TEA

Richer in Flavor and Possesses Fragrance  
Green Lacks.

From an old-fashioned preference for green tea the public taste has swerved to black tea, according to the India Tea Bureau of New York.

Seven out of every ten pounds of tea sold in this country is black. Black tea is the more sophisticated, the tea authority said, because it undergoes a greater number of processes, has a richer flavor and more fragrance.

It was added that sales indicate the number of tea drinkers has almost doubled in the last few years.

### How to Make Tea

Be sure that the water is boiling and the teapot hot, freshly rinsed with boiling water. Put in one tea-

spoon of tea for each cup and one for the pot. Pour on the measured boiling water and let it brew.

Tea men say that five minutes is none too long, but that is a matter for individuals to decide after tasting several brews. Strain the tea from the leaves and serve with milk or lemon, and sugar if desired.

### Madras Cooler

Pour three cups of freshly boiling water on three teaspoons of tea. Cover tightly and allow to stand for five minutes.

Strain the tea from the leaves and add the juice of two lemons, one pint of grapejuice and two tablespoons of sugar. Serve cold.

### Fruited Iced Tea

One of the best frozen ices is made with four cups strained cold India tea, to which is added one cup of sugar, two tablespoons of lemon juice, four tablespoons of orange juice, one teaspoon each of grated lemon and orange rind and one cup of grated pineapple.

This mixture is stirred until the sugar is thoroughly dissolved. Place in a freezer and freeze stiff. Serve in tall glasses with a thin slice of orange on the edge of the glass.

## MEAT PREVENTS BETWEEN-MEAL HUNGER PERIOD

Protein Serves in Giving  
"Stick-to-the-Ribs"  
Satisfaction.

Do you often have a vague feeling of discontent after you have been away from the table for half an hour or so?

If so, you probably have not included those foods which leave us at peace with the world. Why do some foods satisfy and others leave us vaguely conscious of not having dined or supped well?

The craving for food is a natural instinct and the satisfaction of hunger is a real pleasure; but some foods do satify hunger better than others. What foods and why?

All protein foods, but especially meats, are often said to "stick to the ribs," or to give us a satisfied feeling which lasts longer than

those foods which pass through the stomach quickly.

Fat in certain foods, such as meat and cheese, slows up the digestion of vegetable foods. A certain semi-vegetarian who entertained beautifully always served crisply broiled bacon with assortment of vegetables which formed the bulk of the meal.

Perhaps she did not realize that the reason was because she did not want her dinner guests to leave her home with a feeling of unsatisfied hunger, but such was actually the case.

Many persons who are on a diet have an "all gone feeling" between meals which is most annoying and which does not improve their digestion.

The reducing diet should, by all means, include meat and other foods which require more gastric juice for digestion than do the fruits and vegetables of the usual reducing diet.

There is a scientific as well as a psychological reason why the wise wife waits until after her husband has partaken of a satisfying meal before he broaches the subject of a new hat.

And the understanding mother realizes that naughtiness and bad temper in children are very frequent around meal time and that a sunny smile will be restored with food.

You will be doing a better job as

a homemaker if you see that the that satisfied feeling—and don't meals which you plan contain forget we need them in summer as enough of those foods which give much as in winter.

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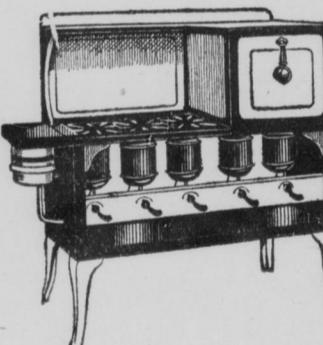
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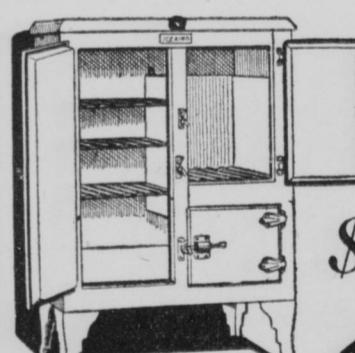


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### What You Receive!

(Alphabetical List)

Amt's Sweet Pickles  
Amt's Vinegar  
Amt's Mustard  
Arm and Hammer Soda  
Brillo, Aluminum, Utensil and Household Cleaner  
Aster Tea  
Bond Bread  
Comet Rice  
Dole Pineapple Juice  
Encore Egg Noodles  
Encore Macaroni  
Encore Spaghetti  
Fairy Soap  
Gold Dust  
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Kingan's Indiana Bacon  
Korn Bake  
Kre-Mel Dessert  
Morton's Salt  
Pennant Syrup  
Rajah Ground Ginger  
Rajah Black Pepper  
Rajah Ground Mustard  
Rajah Ground Nutmeg  
Rajah Ground Allspice  
Rajah Ground Cinnamon  
Rajah Whole Cloves  
Rajah Whole Mustard Seed  
Rajah Whole Nutmeg  
Rajah Whole Sage Leaves  
Rajah Whole Ginger  
Rajah Thyme Leaves  
Red Star Yeast (2 cakes)  
Rumford Baking Powder  
Sapolio  
Stokely's Finest Catsup  
Sugar Creek Butter  
Sunnyfield Corn Starch  
Swansdown Brown Sugar  
Tinex  
3-F Coffee  
Van Camp's Hominy  
Van Camp's Kidney Beans  
Van Camp's Pork and Beans  
Van Camp's Spaghetti  
Van Camp's Vegetable Soup  
Van Camp's Tomato Juice  
Van Camp's Tomato Soup  
Virginia Sweet Syrup  
Vita-Sealed Potato Chips



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