

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
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

1½ to 2 pounds round steak, cut 1½ inches thick
1 small onion, sliced
¼ cup water
½ 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.

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 teaspoonsful 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 grapefruit 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 satisfy 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 dispositions.

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.

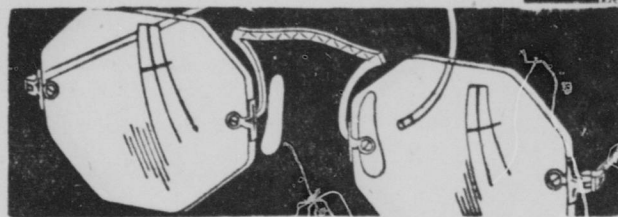
And the understanding mother realizes that naughtiness and bad temper in children are very frequent around meal time and that a sunny smile will be restored with food.

You will be doing a better job as

a homemaker if you see that the 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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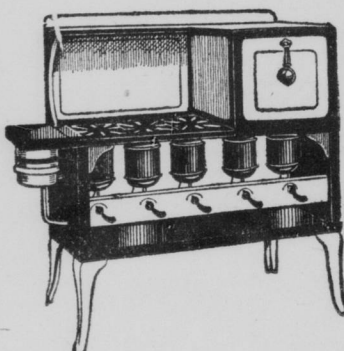
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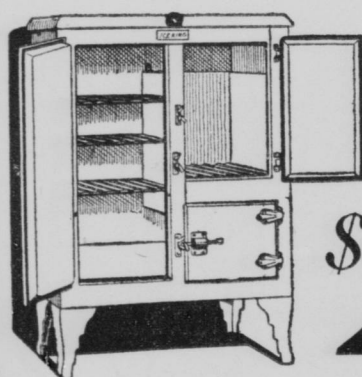
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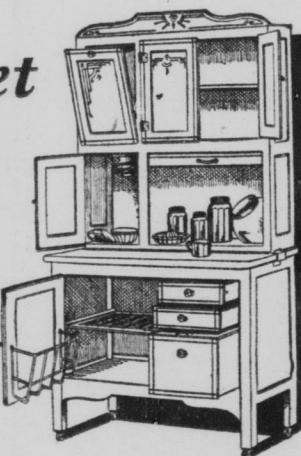
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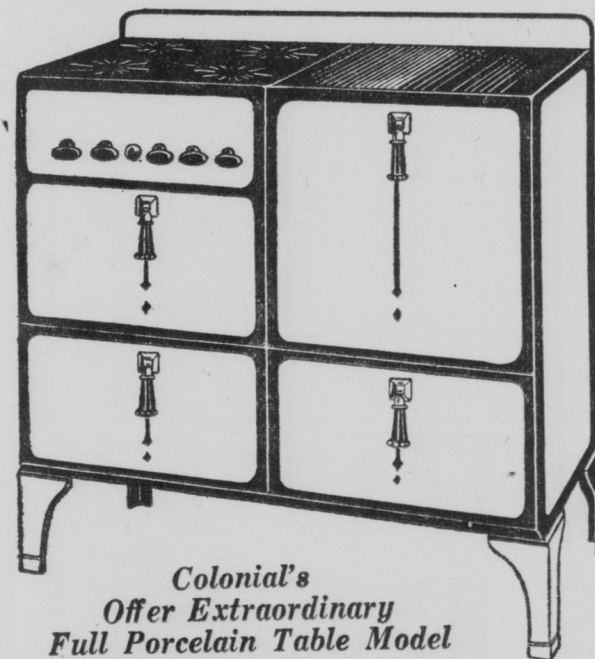
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What You Receive!

(Alphabetical List)

- Am's Sweet Pickles
- Am's Vinegar
- Am's Mustard
- Arm and Hammer Soda
- Brillo, Aluminum, Utensil and Household Cleaner
- Astor Tea
- Bond Bread
- Comet Rice
- Dole Pineapple Juice
- Encore Egg Noodles
- Encore Macaroni
- Encore Spaghetti
- Fairy Soap
- Gold Dust
- Hasty-Tasty
- Iona Cocoa
- Jewel Shortening
- King'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
- Sapallo
- Stokely's Finest Catsup
- Sugar Creek Butter
- Sunnyfield Corn Starch
- Swansdown Brown Sugar
- Tintex
- 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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