

## Spareribs Are Savory Chinese-Style

Soy Sauce Lends Zest

By META GIVEN

SERVING THE SAME kind of meat in a variety of ways makes it easier to set before the family more often. The sweet-sour sparerib recipe (Chinese style) given today is well camouflaged with a tasty sauce. A dash of the soy variety gives it an added flavor.

### SATURDAY'S MENUS

#### Breakfast

Stewed prunes  
Raisin-oat cereal  
Whole wheat toast  
Honey

#### Luncheon

Bacon omelet  
Braised beets  
By roll  
Peach pears  
Parsnips  
Dinner

#### Dinner

Sweet-sour spareribs  
Baked rice  
Ginger salad  
French dressing  
Aspic  
Biscuits

Milk to drink. One quart for each child; one pint for each adult, in addition to that used for the day's menus.

#### SWEET-SOUR SPARERIBS

3 lbs. spareribs  
1 tsp. shortening  
2 c. water  
1/2 c. raisins  
1/2 tsp. salt  
2 green peppers  
1/2 c. cornstarch  
1/2 c. sugar  
1/2 c. vinegar  
Soy sauce

Have butcher cut spareribs into four-inch strips. Wipe ribs with a clean damp cloth. Cut into serving portions. Brown ribs in shortening over moderate heat for about five minutes. If ribs have much fat attached, no shortening will be required. Add half the water and raisins and salt. Cover skillet tightly and cook over low heat 25 minutes.

Add the green peppers which have been washed, cored and cut into six pieces each. Then stir in the cornstarch blended with the sugar, vinegar and rest of the water. Again cover and continue cooking over low heat for 30 minutes or until ribs are very tender.

Stir occasionally. At the end of the cooking period, the liquid should be cooked down to a thick gravy-like consistency. Stir in enough soy sauce to taste. Serves four to five.

#### YOUR MANNERS

Situation: You are a girl working in an office and your employer's wife invites you to dinner at their home.

Wrong Way: Feel you must take your employer and his wife to dinner, or have them to dinner at your apartment.

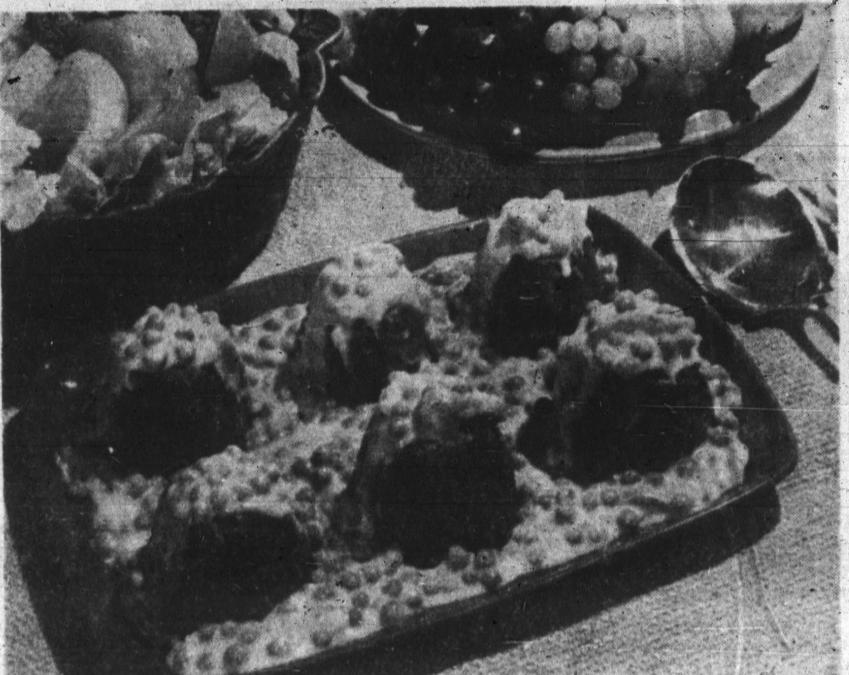
Right Way: Realize that they will not expect you to entertain them. Show your appreciation of their hospitality, if you like, by sending flowers to the wife or taking her a box of candy when you go to dinner.

Situation: You meet a couple who have their children with them.

Wrong Way: Talk exclusively to the parents.

Right Way: Talk to the children as well as to their parents.

## Timbales Make Good One-Dish Meal



### Nutritious meal-in-one

#### TIMBALES MADE

of cereal flakes and covered with a creamy sauce savory with peas combine into a delicious one-dish meal. It will save money, too, for the budget-conscious home maker as well as provide a substantial nucleus for a Lenten menu.

#### CEREAL FLAKE TIMBALES

1/2 c. butter or margarine

1 c. diced celery

1/2 c. chopped onion

1 tsp. salt

1/2 tsp. pepper

1/2 c. poultry seasoning

1/2 tsp. sage

Serves six.

#### SAUCE

3 tbsps. butter or margarine

3 tbsps. all-purpose flour

1/2 tsp. salt

1/2 tsp. pepper

No. 2 can peas

Milk

1 hard-cooked egg, chopped

Melt butter, add flour and seasonings. Stir to a smooth paste. Drain peas. Measure pea liquid, add milk to make pea and one-half cup. Add liquid gradually, cook over low heat, stirring constantly, until thickened. Add peas and chopped egg, heat.

Serves six.

#### Gourmets' Galley

## Dinner at Antoine's Nudges Fond Memories

By MARIE McCARTHY

"DINNER AT ANTOINE'S" is the luring title of a recent "best seller." The author's deft hand paints well "the pretty people," the lights and shadows in their game of glitter. It would not be a complete picture in the land of bayous without Antoine's.

It is more years than we like to admit since a perfect dinner there, which is still vivid in our memory. We purrred as we partook of Oysters Rockefeller, Crab Bisque, Pompano Papillote, Chicken Bonne Femme, Omelette Surprise and Cafe Brutol.

The fish, fresh from nearby waters and baked in paper cases, was balm to a gourmet's soul. Unbelievable was the blending of flavors in the chicken (cooked in casserole with vegetables), and the plain lettuce sautéed with it carried real French dressing.

The Omelette Surprise, delightfully similar to Baked Alaska, bore the piped inscription "Antoine's 1842" atop and flamed with brandy alight.

The Oyster Recipe Guarded Secret

The making of Cafe Brutol is a rite, and rightfully so. Place half a lump of sugar in a dessert-sized spoon; pour Cognac over the sugar, to fill spoon. Light the Cognac with a match and let burn till sugar is dis-

solved. Then pour into a demitasse or hot, black coffee.

To make Orange Brutol, place one lump of sugar in a half orange skin, turned inside out. Proceed as above, using two spoons of Cognac and pour into two demi-tasses.

The recipe for Oysters Rockefeller (so named because of their richness) is a carefully guarded secret of the family which founded Antoine's and still own and carry on. There are some few so-called "authentic" recipes afloat. Try this one.

First, the sauce. Put through a food grinder, finest gauge, one handful of well washed spinach, the same of green onion tops and of parsley. Add five drops of Tabasco, salt and pepper to your taste. Then stir in one-third cup of browned, fine bread crumbs. Work in one-third cup of softened butter and add four or five drops of Absinthe.

This will suffice for about two and one-half dozen oysters.

Place the oysters, on the half-shell, in a baking pan, filled three-fourths full of rock salt. Bake in 450 degree F. oven until edges of oysters begin to curl. Quickly put sauce to cover about one tablespoon over each oyster; return to oven and bake five minutes. Do not allow to brown.

New Orleans is a lush, languid, Lucullan state of mind. Who was it said "See Naples and die?" We say—dine at Antoine's and LIVE!

DR. ANSWERS

QUESTION: My daughter has a blemish under her eye which looks like a broken blood vessel. It started the size of a pin hole and is now about a quarter of an inch wide.

ANSWER: Diagnosis of exactly what is wrong should be made, as it might be dangerous to leave such a condition without treatment. Just what it is cannot be told except by personal examination.

QUESTION: Is sunshine good or harmful for tuberculosis?

ANSWER: At the present time many specialists in tuberculosis disagree on the value of sunshine. Overdoses of sunshine would be harmful; when increased gradually it is safe and may be helpful, although there is some difference of opinion concerning it.

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## Kidney Stones Often Painful To Victims

### Vitamin Deficiency Often Is Cause

By EDWIN P. JORDAN, M. D.  
THOSE PEOPLE who have passed a kidney stone and have had other painful experiences usually say that the stone is the worst pain that they ever had. Certainly, the pain is terrific; sometimes, however, a kidney stone can be passed without any pain whatever.

Kidney stones are not really stones at all, but are groups of crystals which form into round or irregularly shaped balls. They start inside the kidney in the space just above the passageway leading from the kidney to the bladder.

WHEN SUCH stones start to move down the passageway or ureter, they scrape and irritate the tender walls of the passage. This causes painful spasm and the bleeding which is usually present. Of course, if the stone fills the ureter entirely, it blocks the flow of urine from the kidney and causes the urine to back up behind the stone, thus producing further complications.

Some disturbances of unknown cause in the excretion of certain salts which are ordinarily carried in a liquid form in the urine is the most probable reason for kidney stones. Deficiency of vitamins; slowing of circulation in the kidneys, and chronic infection seems also to be at fault at least in some cases.

Moving round and round quickly, first in one direction for a few seconds, then in reverse, the operation is repeated until legs are stubble-free.

The skin should be held tightly so it does not "follow" the movement of Wondersteen and, most important, the skin must be dry. Wipe off all cold creams, lotions, etc.—and a

### Beauty

## Easy Way to Remove Hair



THURSDAY, MAR. 3, 1949

We, the Women

## When Things Go Wrong, Is It Your Fault?

### Housewife Is Her Own Boss

By RUTH MILLETT

"IT WAS just one of those days," said the housewife in summing up a day in which everything went wrong.

Probably every housewife has days that start off badly, don't get any better as the day wears on, and end up worse than when they started.

Ruth Millett

But how many housewives ever stop to realize that the days that go wrong from start to finish don't always just happen, that often they are brought on by the housewife herself?

Maybe she is trying to rush things too fast, because she is in a hurry to get things done and get out of the house for a social engagement.

OR MAYBE half of her mind is on some unsolved problem, while the other half tries to cope with the day's emergencies.

Or maybe she is just feeling down and needs either a day off or to start planning something exciting for the future to give her a lift.

One of the best things about a housewife's job is that she is pretty much her own boss, and can usually schedule her work to suit her own convenience.

Local prize classifications second. First, the national \$100 awards. Times' winning additional judg-

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