

Let's Eat— 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
Ready-to-eat cereal
Whole wheat toast

Luncheon

Bacon omelet
Buttered beans
Rye rolls
French salad
Beverage

Dinner

Sweet-sour spareribs
Rolled rice
Green salad
French dressing
Beverage

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

SWEET-SOUR SPARERIBS

3 lbs. spareribs
1 tbs. shortening
2 c. water
1 c. raisins
1/2 tsp. salt
2 green peppers
1 1/2 tbs. 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 suit 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 her home.

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

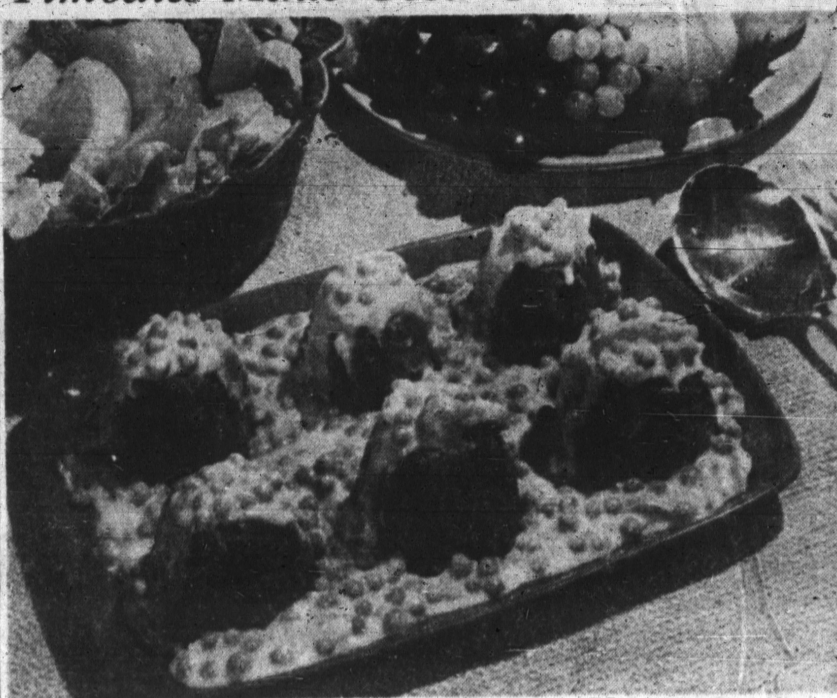
Right Way: Realize that they will not expect you to entertain them. Show your appreciation of their hospitality, if you like, by sending flowers to the wife or taking her a box of candy when you go to dinner.

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



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 homemaker 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
1/4 tsp. pepper
1/2 tsp. poultry seasoning
1/4 tsp. sage

Nutritious meal-in-one

2 tbs. minced parsley
3 eggs, beaten
1 c. milk
7 c. corn flakes or wheat flakes
Melt butter, add celery and onion cook until tender. Remove from heat. Add salt, pepper, poultry seasoning, sage and parsley. Add combined beaten eggs and milk. Mix in cereal flakes. Turn into greased ramekins or custard cups. Place cups in baking pan; add hot water within half inch of top of cup; bake in a moderate oven (350 to 375 degrees F.) for 30 minutes. To serve—unmold and serve with cream pea sauce. Serves six.

SAUCE

3 tbs. butter or margarine
3 tbs. all-purpose flour
1/2 tsp. salt
1/2 tsp. pepper
1 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 cups. Add liquid gradually, cook over low heat, stirring constantly, until thickened. Add peas and chopped egg, heat.

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 purred as we partook of Oysters Rockefeller, Crab Bisque, Pompano Fajolite, Chicken Bonne Femme, Omelette Surprise and Cafe Brulot.

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 salad with it carried a real French dressing. The Omelette Surprise, delightfully similar to Baked Alaska, bore the piped inscription "Antoine's 1842" atop and flamed with brandy alight.

Oyster Recipe Guarded Secret

The making of Cafe Brulot 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 dissolved. Then pour into a demitasse of hot, black coffee.

To make Orange Brulot, 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 demitasses.

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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The Doctor Says— Kidney Stones Often Painful To Victims

Vitamin Deficiency Often Is Cause

By EDWIN P. JORDAN, M. D.

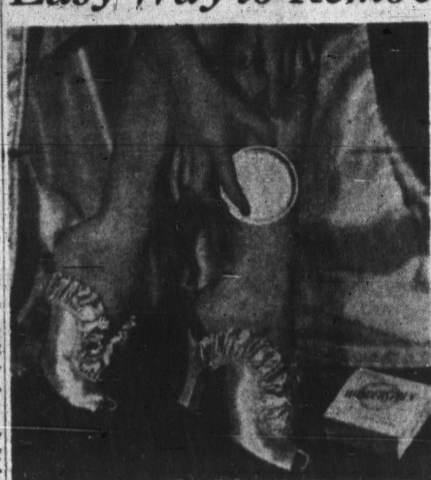
THOSE PEOPLE who have passed a kidney stone and have had other painful experiences usually say that the stone is the worst pain that they ever had. Certainly, the pain is terrific; sometimes, however, a kidney stone can be passed without any pain whatever.

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 spasms 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.

Beauty— Easy Way to Remove Hair



By BARBARA BROEKGING

WELCOME news for the woman who shuns a razor—or the gal who nicks her tender skin with that sharp blade—is Wonderstoen. This is a dry method hair "eraser" that seems like a smooth answer for well-groomed legs.

Wonderstoen is easy to use, truly odorless and absolutely safe. It is accepted for advertising by publications of the American Medical Association.

Now available in an introductory package, Wonderstoen comes with detailed directions, of course—but it's really as simple as A-B-C. In the first place, one isn't supposed to press too hard—the "feather-touch" is recommended in a circular movement.

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 Wonderstoen and, most important, the skin must be dry. Wipe off all cold creams, lotions, etc.—and a

Dry method hair eraser is now offered in an introductory package—it keeps arms and legs stubble free.

We, the Women— When 'Things Go Wrong,' Is It Your Fault?

Housewife Is Her Own Boss

By RUTH MILLETT

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.

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?

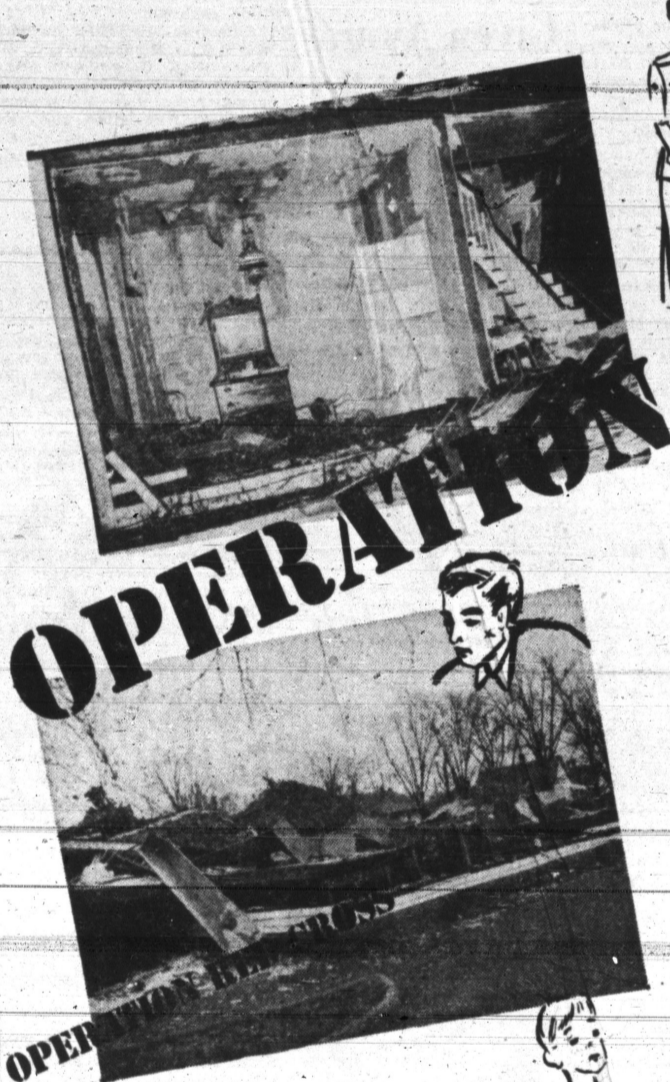
Maybe she is trying to rush things too fast, because she is in a hurry to get things done and get out of the house for a social engagement.

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.

Ruth Millett



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Yes, it DID happen here... a writhing, blasting tornado blew tragedy to hundreds of Coatesville families... but as disaster struck, swift and expert assistance rushed by the Red Cross provided instant relief to these tornado-stricken families. Each year thousands of other victims of fires, floods, tornadoes, explosions and like destroyers of life and property are aided through Red Cross Services.

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Actual photographs of Coatesville Disaster by Victor Peterson and Henry Glesing, Indianapolis Times Photographers.

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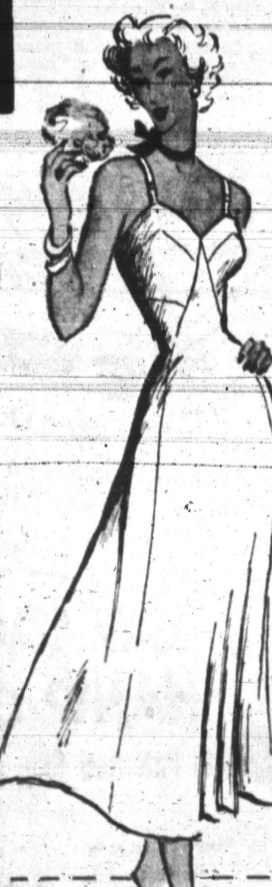


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