

## Eat Well for Less— Plan Menus To Save Time, Cash

### Study Reports for Seasonal Foods

By GAYNOR MADDOX  
NEA Staff Writer

TO SAVE money, time and kitchen rush, get in the habit of planning your budget menus days in advance. Study market reports and the local supply of more abundant and seasonal foods.

Here are a few carefully planned budget meals to serve as guides:

**Luncheon:** Egg salad sandwiches, radish and cucumber relish, milkshake, tea.

**Dinner:** Sautéed liver, new potatoes, cabbage wedges with celery seed, lettuce and tomato salad, bread, butter or fortified margarine, apricot tapico, coffee, milk.

**Luncheon:** Creamed salmon on toast, mixed vegetables, chocolate pudding, tea, milk.

**Dinner:** Chilled potato and leek soup, chef's salad with liverwurst, bread, butter or fortified margarine, peach whip, coffee, milk.

**Luncheon:** Cheese rarebit, mixed vegetables, graham crackers and jelly, tea, milk.

**Dinner:** Cold sour grass soup, salmon salad, hot corn muffins, butter or fortified margarine, blackberries and cream, coffee, milk.

**Luncheon:** Grilled liverwurst slices, lima beans, radish roses, fresh cherries, tea, milk.

**Dinner:** Escalloped potatoes and pork chops, applesauce, snap beans, lettuce wedges with French dressing, bread, butter or fortified margarine, whipped fresh fruit gelatin, coffee, milk.

**Luncheon:** Clam chowder, salmon salad sandwiches, leftover brownies, tea, milk.

**Dinner:** Braised cod fish on toast, new potatoes, snap beans, scallions, bread, butter or fortified margarine, blueberry pot pie, coffee, milk.

**Luncheon:** Jelly omelet, mixed vegetables, toast and cheese, milkshake, tea.

**Dinner:** Braised breast of lamb with brown gravy, new potatoes, parsley onions, radish and olive bowl, bread, butter or fortified margarine, rhubarb and pineapple cup, coffee, milk.

### Tuesday's Menus

**BREAKFAST:** Tomato juice with lemon slices, shredded wheat, raisin toast, butter or fortified margarine, coffee, milk.

**LUNCHEON:** Deviled ham sandwiches, stewed fresh plums, oatmeal cookies, tea, milk.

**DINNER:** Panned ham-burgers, mashed potatoes, Zucchini Italian style shredded lettuce and cabbage, French dressing, crusty bread, butter or fortified margarine, blueberries and sliced bananas, iced coffee, milk.

## Lacey's Honeymoon In West Virginia

Times Special

WHITE SULPHUR SPRINGS, W. Va., Aug. 8.—Mr. and Mrs. LeRoy McClellan Lacey Jr. are on a wedding trip here. The bride was Miss Joan Eisenbarth, daughter of Mr. and Mrs. E. H. Eisenbarth, 746 Lincoln St., Indianapolis.

The couple was married July 30. Mr. and Mrs. Lacey Jr. will join Mr. Lacey's parents, Mr. and Mrs. Lacey, Kokomo, at Crystal Lake, Beulah, Mich.

### DR. ANSWERS—

**Question:** Some members of my family are subject to bloating indigestion and nervousness with coated tongue and backache. What is this condition?

**Answer:** There are several possibilities. The most likely is a condition called spastic colon. The bloating could be caused by swallowing air unconsciously, a condition which is fairly common and associated with some nervous dispositions.

## All Children Like This Design



5199

By MRS. ANNE CABOT  
Both little girls and boys will adore having their nursery decorated with this love-of-a-little-boy design. Applique boy's coat and hat then embroider the rest of the design in simple outline stitch in yellow, black, green, blue, brown and white.

Top sheet pillowcases, dresser scarf, nursery curtains and crib covers can be transformed with this delightful needlework. Pattern 5199 includes three hot-iron transfers, one boy and two lambs, measuring from seven to five inches, color charts, stitch illustrations and complete applique and embroidery directions.



The velvet touch



Colorful crepe



Sheer and feminine

By LOUISE FLETCHER  
Times Woman's Editor

**BLOUSES, BECAUSE OF THEIR** wardrobe-extending possibilities, are perhaps even more important in campus wardrobes (if that's possible) than they are in off-campus wardrobes. The three pictured were chosen and modeled by members of Wasson's college board as the kind to pack into back-to-school luggage.

The one with black velvet collar and velvet-cuffed semi-dolman sleeves is worn by Judie Morrison of Mount Holyoke College. It is of wool jersey, one of the season's most popular fabrics. Teamed with corduroy, jersey or flannel skirt, it makes a suitable costume for many a campus occasion. It is available in an assortment of colors—frost white (neutral), rust, gold or green—and is \$5.98.

Mimi Kulwin of Purdue University wears a colorful rayon crepe blouse which is at home with suits or with separate skirts. Long sleeves, an interesting collar and ball buttons are style points. It may be bought in beige, rust, rose, white or blue and is \$3.98.

Myrna Lewis, of Indiana University, chooses the kind of sheer and feminine blouse which goes with the silk or velveteen suit for wear to a dean's tea or other "dressed" campus event. This one, at \$5.98, is of sheer nylon, and the lace-outlining shirred front panel and sleeves, also is of nylon. The blouse comes in white or pink.

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## Don't Use Floor as Trash Can

By JEAN

WHAT'S A floor for? To walk on, naturally. And occasionally to sit on. It's definitely not a trash basket or a pantry shelf or an ash tray, is it? Yet many teenagers are plenty careless about what they scatter around under foot.

Junior leaves a trail of candy papers and gum wrappers. Brother parks his empty milk glass and the crust of his peanut-butter sandwich beside the sofa. Sis's crowd abandon their pop bottles in corners and under chairs. And older-teensers nonchalantly flick cigarette ashes here, there and everywhere. At a dance or a tea, they may actually stamp out their butts on somebody's polished parquet.

NOW, NO one is deliberately destructive and messy. But how careless can we get? Thoughtless habits lead to littered rooms, spotted carpets and burned floors. And they make you plenty unpopular—your own and those of your pals.

AND OLDER TEENERS NON-CHALANTLY FLICK CIGARETTE ASHES HERE, THERE EVERYWHERE



Naturally a partial solution to the floor-littering problem is a rumpled room of your own. But even here, you'd better be reasonably tidy. Bad habits on your own premises make it tough for you to mind your manners in Mom's living room or other people's parlors.

## DISHING THE DIRT—

By MARGUERITE SMITH

Q—I planted a number of perennial and annual seeds this last spring and had good luck and nice flowers from all of them except the delphinium. Does delphinium seed need some special kind of care? W. 12th St. (also answering R. G.).

A—Delphinium seed bought in spring or early summer is seed harvested the previous season. It deteriorates rapidly and so germinates less successfully after it has stood around. For that reason many local gardeners buy delphinium seed this month or next from local seedmen who get in current season's seed from West Coast growers. This fresh seed germinates quickly and makes plants large enough to winter over successfully in either cold-frame or open ground, I have found.

## We, the Women— A Man Can't Understand

Some Things a Woman  
Is Unable to Explain

By RUTH MILLETT  
NEA Staff Writer

SOME THINGS a woman just can't explain to a man so that he will understand.

Why she is so upset when she goes to a party and meets another woman wearing a dress exactly like the one she has on.

Why she instinctively distrusts some women, knowing without being able to explain why they aren't to be trusted.

How she can have a closet full of clothes and still not have a thing to wear to a certain party.

How she can satisfy herself as to what another woman is like in just one meeting.

How she can like another woman and still enjoy pointing out her defects.

Why she can have a lone man to dinner with a minimum of work and worry—but has to give the whole house a good going over and work out an elaborate menu if he is going to bring his wife along.

## BEAUTY! LUSTRE! PROTECTION!



**GLAXO**  
LINOLEUM COATING

for Floors & Cabinet Tops

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• Dries in one hour

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Size

Sufficient for 9x12 Linoleum