

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 tapioca, 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: Escaloped 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: Creamed 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.

LACEYS HONEYMOON
In West Virginia

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, 246 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 disorders.

All Children Like This Design

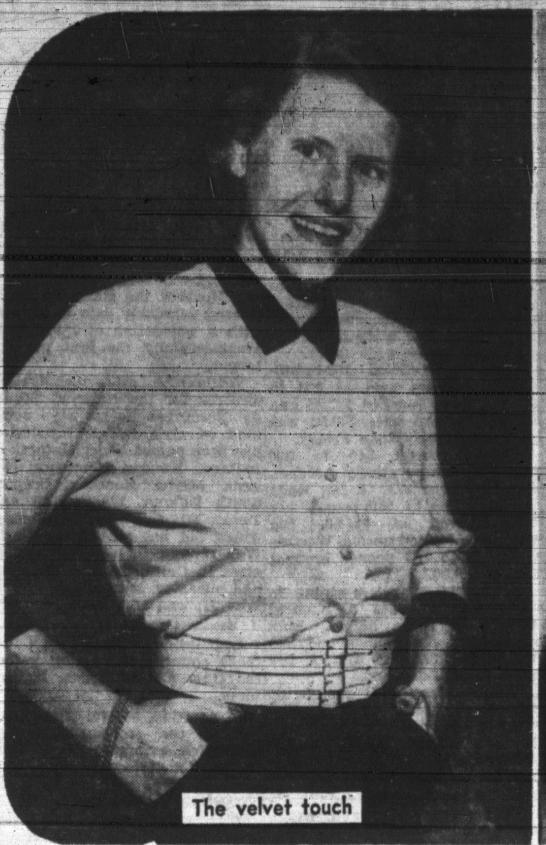


5199

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

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!



DISHING THE DIRT—

By MARGUERITE SMITH

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 seedsmen 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.

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WASSON'S
SIXTH FLOOR

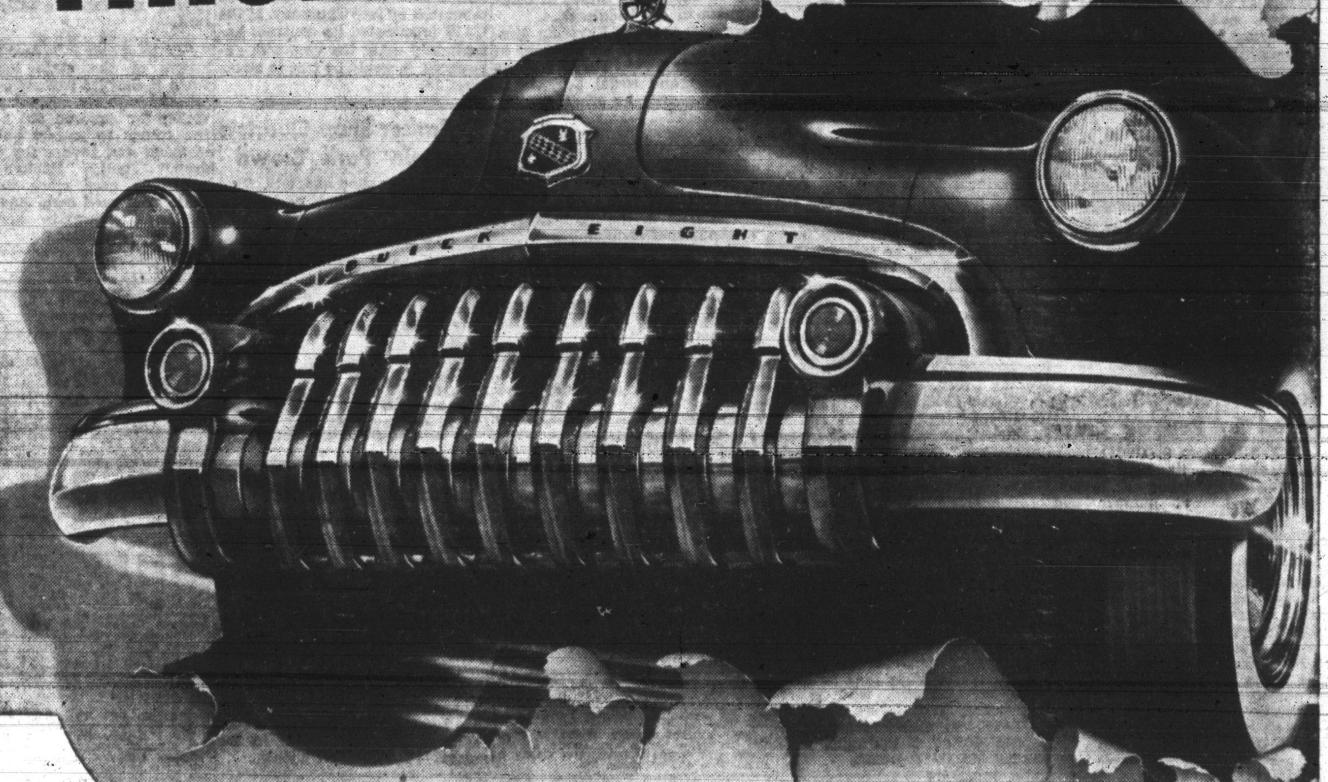
Tussy-Mussy's Name Does It Injustice

A tussy-mussy is much nicer than the silly name would indicate. It's simply a tiny bouquet of fragrant leaves intended for holding in the hand, where warmth releases their scent. For someone ped-bound on a hot summer day this is the ideal bouquet.

Make them of rose-scented geranium leaves, spikes of lavender or bergamot, include herbs such as basil, thyme, or rosemary.

Naturally a partial solution to the floor-littering problem is to the floor of 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.

FIRST GLIMPSE



of a BRAND-NEW IDEA

HERE is a hint of something wonderful that's coming your way.

It is more than just the front end of the new Buick SPECIAL. It's a fresh new front end treatment—a "Buick first"—and it makes so much sense that it's safe to say it will start a new trend in styling.

Look it over and you'll see what we mean.

Sturdy vertical bars, attached to the bumper, form the grille—and at the same time serve as bumper-guards,

which makes it impossible for you to "lock horns" with the car ahead of you.

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Parking lights are deeply recessed. The grille is made up of bars heavy enough to absorb all normal impact—and they're individually replaceable to cut repair costs in the unlikely event of damage.

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