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LHS 3/50

and pepper and put a lump of butter or margarine in each. Bake in a moderate oven—350° F.—for about 45 minutes. About 10 minutes before they are done, fill the centers with chicken or beef hash which you may have had left over, or use canned corned-beef hash. Return to the oven and finish cooking. Peas are good with this.

For dessert, apples peeled, cored, left whole and centers stuffed with sugar, cinnamon, nutmeg and bits of butter or margarine and then wrapped in biscuit dough made with biscuit mix are quickly done. Bake in oven with the squash. Serve with milk or cream.

SHOPPING DAY

When your mind's in the clouds or on shopping for a new hat, you may as well ignore the mundane things that are pressing to be done. This is the time to use a little sleight of hand with quickies and have fun doing it.

For Lunch—Fresh Vegetable Soup, Bread and Butter, Cheese and Fruit.
For Dinner—Pork Chops, Sweet Potatoes and Applesauce, Green Salad, Candy for dessert.

FRESH VEGETABLE SOUP

Open a can or two of good beef bouillon. Dilute it according to directions on the can, then add a few fresh raw vegetables, whatever you happen to have on hand: carrots sliced thinly; a stalk or two of celery, diced; a little chopped onion; cabbage, shredded (cabbage makes it particularly good); a floweret or two of cauliflower; a few peas or green beans, or what have you. Season to taste. You'll find if you use raw vegetables instead of cooked leftovers that the soup will have a fresher, more delicate flavor. Yet it takes only 5 minutes to do. Incidentally, don't think you have to scrape carrots, for most of the goodness is in the outer hide. Scrub well; that's all. Let the soup simmer half an hour. Bread and butter, cheese, fruit complete a good meal.

SWEET POTATOES AND APPLESAUCE

Open a can of sweet potatoes and one of applesauce. In a buttered casserole put alternate layers of the sweet potatoes and applesauce. Dot the top with brown sugar and butter or margarine and bake in a moderate oven—
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THESE THINGS HAVE HELPED ME

For recipes, records and notes. Many women are sold on using 3" x 5" filing cards in little filing cases for recipes. If you extend this good habit to all your note taking, you will save yourself much time and nerve frazzle hunting for scraps of paper on which you've jotted something down. For instance: Get three or four of the little metal or wood files (one for time store; use one for filing recipes; one for repairs, such as where a lamp is repaired, chairs recaned, rugs remade, purses cleaned and mended, and so on; another for personal friends, with names, addresses and telephone numbers, and on these cards you can jot down names of children, birthdays, wedding anniversaries, and so on; one for a vacation file with the notes you've taken on places you've been and the information you're collecting on places to go. Then get the habit of keeping these 3" x 5" filing cards near you: keep a few in your pocketbook, some on the shelf over the kitchen sink, others beside your bed and near the chair where you read and sew. This saves transcribing notes you've made on scraps of paper (or even in a notebook) and you can always find what you're looking for.

When you're watching your weight. Lunches are always a problem; it's easiest to pick up a sandwich at home, but not the best for your waistline. Instead, eat a handful of raisins and a handful of nuts with a glass of milk. Very satisfying.

Work with prepared flours. If you want to make biscuits or pancakes made with prepared flours taste like something your grandmother used to make, mix them with sour cream or milk and add a little baking soda—about 1/2 teaspoonful to 1 cup of flour, depending somewhat on how your cream or milk is. You can tell by the smell of the batter or dough. If it smells sweet, you're all right. If your cakes or biscuits have a slightly bitter taste or brown speckles, you've put in too much soda.



THAT'S FOR ME!

CAMPBELL'S TOMATO SOUP IS ALSO THE FINEST TOMATO SAUCE I EVER TASTED!"



For Lent... try Fish Cakes this Delicious Way!

Taste what the rich flavor and color of Campbell's Tomato Soup, used as a tomato sauce, can do to dress up a dish! Today, try fish cakes served this way:

Heat the tomato soup just as it comes from the can; then pour it over the fish cakes. Serve with peas, and garnish with pimiento and parsley.

You'll say, "Campbell's is Tops!"

The finest tomato sauce that you can buy is Campbell's Tomato Soup. It's velvety smooth... full-bodied... zesty. Made to Campbell's matchless recipe from luscious, red tomatoes... table butter... delicate seasoning. This means that Campbell's is a complete, balanced sauce.



Campbell's TOMATO SOUP