

WOMEN

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Simple Foods Need A Dash of Glamour

By Ida Bailey Allen

"One of the most valuable tricks of serving food," said the Chef, "is to dress simple foods so they look glamorous. If home-makers would take this advice, they would soon get the reputation of preparing better meals. Foods that look good seem to taste better."

"I agree, Chef," I replied. "As an example, let's plan a simple menu—then proceed to glamorize it."

TOMORROW'S DINNER

Asparagus-Carrots Vinaigrette
Glazed Smoked Pork Shoulder
Creamed Whole Potatoes
7-Minute Cabbage
Fresh Fruit Gelatin
Hot or Iced Coffee or Tea

"We start with the asparagus-carrots vinaigrette. Madame. A good way to combine a small quantity of expensive asparagus with a budget-cost vegetable to go farther and look good."

Asparagus-Carrots Vinaigrette: Clean and cut in 1" lengths, 1 lb. fresh asparagus. Scrape and slice in thin rounds enough fresh carrots to make 1 1/2 c. Boil separately in water to cover, containing 1/2 tsp. each salt and monosodium glutamate. Drain and combine. Add 1 recipe vinaigrette sauce. Chill and serve in nests of lettuce.

Now for the Smoked Pork Shoulder.
Cook the pork shoulder as usual. Cover the fat surface with a glaze made by combining equal parts of fine dry bread crumbs and canned cranberry sauce. Stud with cloves; bake 30 min., or until browned at 375 degrees F.

Arrange on a platter, with a garnish of red radishes, some of the green tips left on.

With this, one might serve cranberry chutney on the side.

Quick Cranberry Chutney:

Combine 1 (1 m.) can cranberry sauce, 1/4 c. canned pineapple tidbits, 1/4 c. diced, canned cling peaches, 1/4 c. each coarse-chopped candied ginger, raisins and sliced blanched almonds, 1/4 c. ground clove, salt, and 1/2 tsp. each canned peach juice, 1/8 c. molasses, 1/3 c. vinegar, 1/2 tsp. each curry powder, dry mustard and cinnamon. Bring to a boil. Simmer 10 min. Let stand overnight before using.

A Chef would always use cooked whole potatoes for creaming. They are rolled in a butter-rich cream sauce, then dusted with minced parsley or chives.

This makes them look important in comparison with the usual diced potatoes, swimming in a pasty white sauce on a plate.

Seven-minute cabbage can look like a very poor dish, but drain it thoroughly, heap it in a deep bowl, grind over a little black pepper and border with half slices of lemon and the cabbage looks as important as it really is.

Fresh fruit gelatin can look ordinary or scintillating, according to the way it is made. Starting with a package of fruit flavored gelatin, preferably add fresh fruits, excepting of course fresh pineapple, which cannot be used successfully in gelatin.

As the base, we might use a package of orange flavored gelatin, prepared according to directions and 1/4 c. of mixed halved strawberries, sliced bananas, diced orange and gooseberries or blueberries.

THE CHEF'S GLAMOUR TOUCH

After adding the fruit to the gelatin, let it set, then stir with a fork. Heap the shimmering gelatin-covered fruits in clear glass dessert dishes. Pass whipped cream.

Do-It-Yourself Mason Can build a Barbecue

By ELEANOR ROSS

The pride and joy of the do-it-yourself army is the barbecue that they've built with their own busy hands. There's nothing like a backyard fireplace for cooking delicious hamburgers, hot dogs or charcoal steaks. As a spot around which to plan outdoor activities, it just can't be beaten.

Quite a Project

The finished product looks as though it had been quite a project to tackle, but actually, that isn't really the case. Unfortunately, many a homemaker has felt that, while he could manage many a job nicely a stone fireplace was beyond his range.

But, actually, building a barbecue is not as difficult as all that. What has simplified the work, is the introduction on the market of packaged, stock outdoor fore-places, with the proper amount of stone cut to the exact size, and numbered. This has put the project within easy reach of almost any do-it-yourself mason.

The oven, grill and metal work no longer pose a problem. The list of sizes and styles that are presently available, will fit practically any size barbecue you might want to build. And with these components, the whole job was started now and finished in time to get the work done right through the summer. Many stone dealers carry these stock pre-cut fireplaces.

Stone Yard

With the fireplace, come complete directions for building an attractive barbecue. A visit to a stone yard is most instructive and enlightening. Chances are that you'll be amazed, as we were, at the variety of colors and types of natural stone which are available. Like a visit to a lumber yard, it is a veritable education in things we should know but don't about these building materials.

Beauty of Stone

At the stone yard, you'll be delighted with the beauty of stone and you'll see that there is stone that will harmonize with any garden setting, from rustic to the most formal. Almost all types of stone are cut in an easy-to-handle four-inch thickness.

Face Yourself

But back to that barbecue project. Even though outdoor living is here again, don't take all the fun out of the job by attempting to build it all in one day. Face yourself. Know just what you're doing. Best of all, make it a family affair and enjoy it even before it's ready for those delicious franks and steaks.

Have a trial run before inviting guests!



How To Make ICED TEA

Make tea double strength, and while still hot, pour into glasses filled with ice. Add sugar and lemon to taste.

ANNE ADAMS PATTERNS

WEEK'S SEW-THRIFTY

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MARY HAWORTH'S MAIL

Wife Sympathetic To Animals; Mate Thinks Her Foolish

DEAR MARY HAWORTH: My husband thinks I am very foolish over some things, and at times I wonder if I am. I am very tender-hearted towards birds and animals that are helpless.

My husband caught two baby birds a few days ago—and he said that ever since his childhood he has wanted to catch a baby bird of this species. The birds wouldn't eat or drink in captivity and were slowly starving to death.

I wanted to return them to the location where he had picked them up; and I intended to let the mother bird before letting them go, as she is often seen around our place. But Bruce wouldn't let me; he killed them instead.

Others Endorse Man's Ridicule

"We aren't young; we are middle aged, with grown children and grandchildren and active in community affairs. Bruce told one of our friends about the baby birds and how I objected—and she also laughed at me, and together they tried to make me feel very foolish. Also, Bruce is always telling his folks about the way I try to take care of a sick dog or some helpless animal—and they too seem to think (or act as if they think) I am off my rocker.

What makes my heart go out to helpless things this way? I feel they are God's creatures. I don't refuse to eat chicken or turkey, but I just can't stand cruelty to anything. I think I am normal in every respect; I like people and have lots of friends. If I feel too deeply about things like this, how can I overcome it?"

Great Souls Have Empathy

DEAR S.Y.: Your tenderness towards helpless birds and animals and your special compassion for those that are ill, puts you in noble company. St. Francis of Assisi was like that. So was the saintly Mahatma Gandhi. And so is Albert Schweitzer, one of the all-time great humanitarians, whose mature life and vast scholarship have been dedicated for almost 50 years to the medical care of natives in jungle Africa.

In a recent book "The World of Albert Schweitzer" (Harpers) by Erica Anderson and Eugene Exman, there is an interesting story of Dr. Schweitzer's present activities at his jungle hospital. And evidence of his sympathetic feeling for animals is abundantly pictured. Antelopes, pelicans, wild pigs, varieties of monkey and other game gravitate to his care, the pages show.

On page 97, for example, we see Dr. Schweitzer and his boy antelope with a bandaged foreleg. Quoting Dr. Schweitzer, the picture-caption reads: "It was quite incomprehensible to me—this was before I began going to school—why in my evening prayers I should pray for human beings only. So when my mother had prayed with me and had kissed me goodnight, I used to add silently a prayer that I had composed myself for all living creatures. It ran thus: 'O, Heavenly Father, protect and bless all things that have breath; guard them from evil and let them sleep in peace!'"

On the same page is a snapshot of a nurse feeding a pig; and the caption reads: "Nurse Vreal Hug feeding a domesticated pig. In spite of their long hours of work (in the jungle hospital) all doctors and nurses fall into the Schweitzer pattern of concern and care for animals."

On the facing page we read: "As a small pig, Theka was captured in the forest by a native and ransomed by Dr. Schweitzer. One day she went back to the jungle, returning with a little sister..."

Critics Ought To Be Ashamed

The essence of Dr. Schweitzer's religion is "reverence for life." He shrinks from "talking about the religion of love"—and prefers to put it into practice, by doing his utmost to relieve "the pain that prevails in the world about us." To that end, he became a doctor after a living achieved distinction in the fields of music, philosophy and theology. And after having had a completely happy childhood.

I say your critics are wrong, not you. It is they who ought to be ashamed; who are off balance, psychologically. Your husband seems to have a native and habitual haughty and mocking your solicitous awareness of woman in animals. As for the woman who laughed with him at you — she simply has no spiritual sense. You have a special grace, a gift of God—and my advice is, don't let your critics take it away.

HOUSEHOLD HINT

Rip old cotton stockings or socks down the seam and use them as dust cloths. They make excellent dusting aids, since they are lintless.

Salad Dressing Better with French's

PREPARED MUSTARD

Just NATURALLY Better



Wool Swim Suit

This popular knit swim suit is made of zephyr wool and elastic with a rib-knit cuff in navy with red, white and navy stripes. The shirred front with higher, rounder bustline accentuates a slim waistline. The soft wool keeps its shape when wet.—(CP Photo)



Cook's Corner

CHOCOLATE ICING

This icing is always successful and requires no cooking.

2 squares chocolate
2 tbs. butter

Melt and add to the following ingredients, which are already placed in a bowl:

1 c. icing sugar
1/4 c. (scant) of milk or coffee
1 egg
Dash of salt
1 tsp. vanilla

Beat with egg beater in cool

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Change Of Pace Prevents Boredom For Celeste Holm

By Ida Joan Kain

Glamour is elusive, so when I chatted with Celeste Holm, an actress who has that unmistakable quality, I asked for her definition.

"Glamour? It's an illusion of more than beauty," she said thoughtfully. "If you have it, you don't know it—you can only see it in the reflection of other people."

A refreshingly frank person, this actress has a healthy minded way of looking at life. She doesn't believe in phony attitudes. Nor does she go along with the "cheer up it may not happen" approach. "There will always be problems, but it's the way we handle them that affects our lives," she philosophized.

Her recipe for total well-being is "a sense of self-esteem." While she doesn't know exactly how this achieved, she feels it is by daring to go ahead and do the best you can—then not worry too much about the outcome.

All this is reflected in her confident posture. Celeste is a tall girl, 5'7", and emphasized that tall girls should always stand tall. "Good posture is from the centre of the chest—lift there and you fall into place all over," is her rule. She keeps her weight at a streamlined 135 pounds. Is it easy? "Yes, if you train yourself not to want to overeat," she summed up. So, she's a girl who can say "No!"

An actress must put her best foot forward, and I asked what she did to give herself a lift when not in the mood to scintillate. Arain came an unexpected reply. "I don't. If I'm depressed there must be a reason, so the thing to do is think it through." Then she added laughingly that she didn't feel she had any particular of pace singing engagements at right to "sound off," but that it was just her way of handling her problems. But the fact remains, Celeste simply does not hold with pretense.

Her measurements are worth noting—bust 37, waist 26, hips 36. Since calisthenics bore her, she dances for exercise and loves it and while at home she plays a five days a week. When traveling, she makes a practice of going to an exercise salon where the machines do the work while stimulating one's circulation.

It was at the ripe age of 17 that she decided to become an actress, and at 17 started her career. She thinks of her career as a job, with a lot of hard work, but finds it all absorbingly interesting. Her varied career now includes comedy and serious drama, music, TV and the movies. When I interviewed Celeste she was singing at the Washington Statler Hotel. She loves an audience and enjoys the change of pace singing engagements at the Statler.

The real secret of this actress's vital quality is health plus joyous enthusiasm for her work. It adds up to a radiant zest for living.

New Way Relieves Arthritic, Rheumatic Pain Without Pills

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