

HERE ARE SOME NEW METHODS OF PUTTING PEP IN LOW-COST MEALS — SOUNDS APPETIZING

Housewives often have to fool their families. This they can do quite harmlessly, and be thanked for it besides, if they are clever cooks. The same old soup, the same old greens, the same potatoes, even, says the Bureau of Home Economics, reveal new forms and flavors resulting from changes in preparation and seasoning. But these, like most other things, are harder to do when rations are short than when there is some leeway in the family purse. How far can inventiveness go to vary the low-cost meal? What are some of the tricks of getting variety in flavor?

The recipe specialist of the Bureau of Home Economics, Mrs. Fanny Walker Yeatman, has some suggestions about this. Says she: "One of the best ways to give flavor to soups and stews is to brown, in fat, the meat and vegetables that go into them. Also use crisped bits of salt pork or bacon, added at the last minute, instead of putting them in 'as is' and at the beginning. A stew made this way will taste quite different from the stew made of the diced fresh vegetables, or from meat and vegetables simply cooked in water."

Some of the most attractive seasonings actually can be grown in the kitchen—in anything from old saucers and flower pots to hanging baskets or window-boxes. Parsley,

or cinnamon toast can be used in place of dessert for supper, say, or with dessert, for that matter—especially with fruit. To make the orange toast, mix the grated peel of the orange with sugar and some orange juice, and spread on the slice of bread before toasting.

A few raisins will change the character of a cake, or of cookies, as will coconut also. Caramel is a homemade flavor which is usually very popular with the family, and costs very little. Chocolate rice pudding is another variation—and one that some children like even though they refuse the plain rice pudding.

Never overdo the seasoning, says Mrs. Yeatman. This will also make the supply last longer. Here, for instance, is a little budget which is suggested, in addition to salt and pepper, as giving much in little, and which should last for many weeks—at a total cost of about 65 cents.

Celery seed
Sage, thyme, or poultry seasoning
Mustard
Curry powder
Nutmeg or cinnamon
Vanilla
Cloves, allspice, pickle spice, mixed cake spice, mace, ginger, paprika, bay leaf, bottled horseradish—any of these can be added or substituted at a cost of 8 to 10 cents per package, almond extract, shredded coconut and chocolate at 7 to 23 cents per package. Cocoa can often be used in place of chocolate, and costs less.

When it comes to cakes and desserts, says Mrs. Yeatman, almond will be found an interesting variation from the stand-by flavoring extracts such as vanilla and lemon, and the grated peel of an orange or lemon is excellent. Orange biscuit may be a change, and orange toast

dash of pepper
Have the butcher remove all the bones and the fell from the meat. Save the bones for making soup. Melt the butter in a skillet and add the onion and celery. Cook for a few minutes and add the mint leaves or the finely cut cress and the other seasonings, stir in the bread crumbs, and mix all the ingredients together. (When using watercress allow the liquid which cooks out to evaporate before the bread crumbs are added.)
Sprinkle the inside of the pocket in the shoulder with salt and pepper.

(Continued on Page Eight)

EL PORTAL

Nevada's Finest Theatre
ARTIFICIALLY COOLED
BY REFRIGERATION
Last Times Today
Matinee at 2:30
Tonight at 7:15 and 9:15

Joan Crawford in
"LETTY
LYNTON"
with
ROBT. MONTGOMERY
Sunday Only

Unlock The Love
Secrets of Room 13!



Did she kill to free herself from the past?
Elissa LANDI in
Henry King's Production
The WOMAN in ROOM 13
FOX PICTURE
with
RALPH BELLAMY
NEIL HAMILTON
MYRNA LOY
GILBERT ROLAND
—also—
ZASU PITTS & THELMA TODD
COMEDY ACT
CARTOON AND NEWS
Matinee at 2:30
Night at 7:15 and 9 P. M.

LOW COST MENU FOR ONE DAY
Breakfast
Hot Cereal
Toast or Orange Biscuits
Orange juice for children
Coffee (adults) Milk (children)
Dinner
Shoulder of Lamb, Mint Stuffing
Canned Corn Snap Beans
Bread and Butter
Milk for all
Supper
Potato Salad with Onions on Lettuce
Toast
Chocolate Bread Pudding
Milk for children

RECIPES
Beef Stew 4
(with browned ingredients)
1 pound lean beef
1/2 cup beef suet (small pieces)
4 potatoes, diced
2 onions, chopped
2 tablespoons flour
1 pint water
1 quart canned tomatoes
salt
pepper
Wipe the meat with a damp cloth and cut into small pieces. Fry out the suet and remove any crisp pieces. Brown the onions and potatoes in the drippings. Remove the vegetables and brown the meat which has been rolled in the flour. Add the water to the meat and simmer until tender. Then add the browned vegetables and the tomatoes and continue to simmer until the potatoes are soft. Season with salt and pepper and stir in the crisped pieces of fat and serve.

Roast Shoulder of Lamb with Mint or Watercress Stuffing
3 or 4-pound shoulder of lamb
3 cups fine dry bread crumbs
1/2 cup fresh mint leaves, or 1 1/2 cups finely cut watercress leaves and stems
6 tablespoons butter or other fat
3 tablespoons chopped celery
1 1/2 tablespoons chopped onion
1/4 teaspoon salt

Coca-Cola

FOR THE HOME

12 Bottle Carton now Less than 5c Per Bottle!

When entertaining or when friends drop in unexpectedly, Coca-Cola is a welcome form of hospitality everywhere for all occasions. And it requires no preparation.

When you've been busy over household tasks, or just come from a tiresome shopping trip. How quickly you find rest and real refreshment in an ice-cold bottle of Coca-Cola. You relax for a moment. You enjoy its delicious flavor. It gets you off to a fresh start.

When children come in from school or play. You have just the right answer for those healthy thirsts in Coca-Cola. A pure drink of natural flavors. What could be better or more wholesome for them.

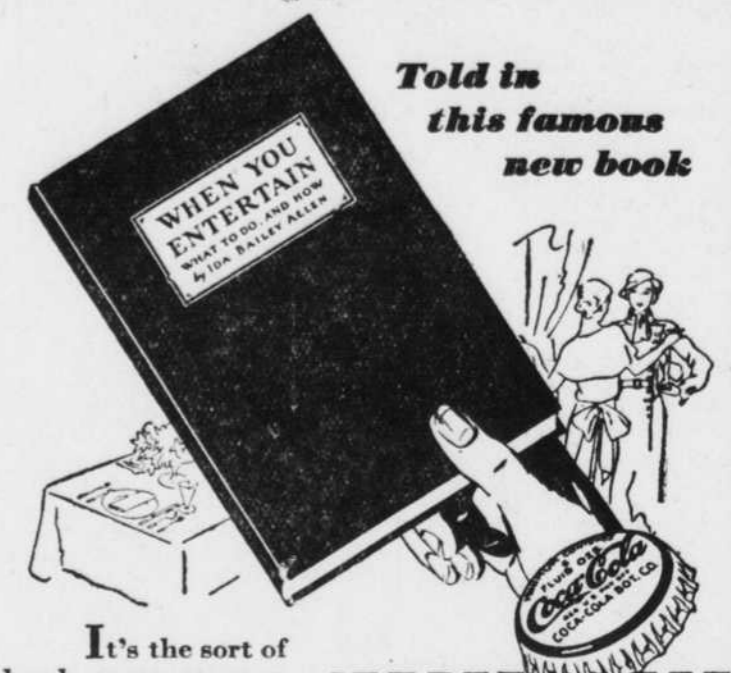
Bottled Coca-Cola is the easiest and most convenient of all drinks to serve at home. All you have to do is to keep your ice-box supplied. To enjoy Coca-Cola at its best be sure every bottle is ice-cold before being opened.

Buy a Carton From Your Grocer Today! In Las Vegas and Boulder City

COCA-COLA BOTTLING CO.

125 North Main Street Phone 247
LAS VEGAS

How to be the Perfect Hostess



Told in this famous new book

It's the sort of book every woman has often wished for. Coca-Cola has published it as a contribution to hospitality and sociability in the home.

USE THIS COUPON

THE COCA-COLA CO.,
312 North Ave., N. W., Atlanta, Ga.
Enclosed find 10c (stamps or coin to cover cost of handling and mailing) for which send me the book, "When You Entertain," by Ida Bailey Allen.

THE COCA-COLA BOTTLING CO.
Las Vegas, Nevada

Name.....
Address.....

REAL SPECIALS BAKERS GROCERY

One Mile Out on Salt Lake Highway

Fryers Lb.	25c
Eggs Large and Strictly Fresh 2 Doz.	29c
Milk Tall Cans	5c
Tomatoes FRESH Lb.	5c
Onions DRIED 10 Lbs.	25c
Grapefruit Doz.	15c
Butter Lb. OR 2 LBS.	21c 40c
Apricots Per Lug	98c
Per Lb.	04c

ICE Refrigerates Better



NATURE cannot be improved. Because of the cool even temperature of ice, milk is kept sweet, flavor retained in butter, desserts chilled, vegetables kept crisp, and all foods kept edible.

Let Us Deliver Good, Pure Ice Daily to Your Home

NATIONAL ICE COMPANY

Phone 75 Main Street at Bridger

LAS VEGAS CASH and CARRY A. C. DELKIN SATURDAY SPECIALS

NEW POTATOES 10 Pounds	15c
CARNATION JAM Large Jar	29c
MAID O CLOVER BUTTER Pound	21c
WHOLE WHEAT FIG BARS or PRETZELS Pound	10c
McGRIFF APRICOTS 6 Pounds	25c
Lug	90c

MANY OTHER SPECIALS

Should The Children Eat It?

PARENTS, particularly mothers, are paying a lot of attention to children's diet these days. For it is far more economical and pleasant to keep a child well by feeding him correctly than by nursing and doctoring him back to health.

Of course the doctor should be consulted regarding what a child should eat and what he should not eat. But do you realize that the leading manufacturers of food now seek the advice and approval of the leading nutritional authorities in the country, relative to the claims they make for their products in their advertising?

In other words, food advertisements are reliable sources of information regarding diet. They are based upon the results of the latest approved scientific discoveries about vitamins, minerals and roughage, in relation to vigorous bodies, clear complexions, sound teeth and properly regulated systems.

So read these advertisements carefully. Consult your doctor about them. Very often the advertiser invites you to do this because he has asked authorities, whom your doctor respects, about those advertisements first.