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## from the **KELVIN KITCHEN** by Joan Adams

(Editor's Note: If you have a question on home management, send it with a stamped, self-addressed envelope to Joan Adams, in care of this newspaper. Miss Adams will answer your question personally.)

### SKY FOR YOUR ROOF

Under the topaz spell of August, the gypsy urge grows stronger, and whole families take to the trails and the open road. Tenting under the stars and cooking on a campfire have a soothing effect on nerves which have been sandpapered by the "dog days" of July. It has a unifying effect on families. And more out-of-door and overnight excursions, you can crowd into the last month before school starts, the better for the children, too.

An extended jaunt in the car or on foot can be managed so that it's almost as placid as a trip to

the movies, but to make it such is a task that falls heavily on the homemaker. It means reconciling family likes, dislikes and prejudices, selecting a camp site and a route that everyone approves, foreseeing all the equipment needs, whether the stay be short or long, and planning meals and preparing food that don't take the conflicting counsel of the family too seriously, for they're sure to eat their words later, and every scrap of whatever you bring, as well. Out-door air has a reputation for transforming even the simplest fare into something the like of which no one has ever eaten before.

Compare the usual American picnic with a French picnic we read about lately, and see how much we have to be thankful for. By the time the appetizers on moistened grapevine leaves, the soup, salad, and entree, six or eight roasted chickens garnished with fried parsley and elaborate pastries had been served and consumed, the zest for walking, driving and exploring which American campers and picknickers enjoy has disappeared in the mellow, after-dinner mood of a family outing. No American family is likely to be so rash; nevertheless, those canned whole chickens so convenient to buy and cook at destination by one's favorite method, seem like a made-to-order convenience for family camping. The time-honored roast is always ace-high at a camp feast, especially if it's ham and the over-night campers have cut off a few slices before roasting it, for the out-of-doors breakfast. To take care of noon lunches and impromptu calls for sandwiches, rely on delicious cold meat loaves which may be served hot or cold as you will and dressed, perhaps, with a piquant horseradish sauce. Many appetizing goulashes may be built around vegetables, meat or fish, and soups which may be bought and brought in cans.

Long-handled broilers prove useful for toasting the fromage rolls described below, which may be prepared at home and kept moist in a damp cloth or moistened cellophane. Extension forks for removing baked potatoes from the ashes and rescuing fallen frankfurters will prevent some of the casualties of camp cooking. Lucky is the family who can leave kitchen utensils home in the kitchen and bring the collapsible pots and pans especially designed for camping. They form nests, from all-purpose bowls to open-handled cups. Suitable stainless steel knives and forks with walnut handles are made in sets for out-of-door tables. There's a two-burner, smokeless portable stove that burns motor gasoline and heats up in two minutes, and a two-burner grill using canned heat. If nothing but wood smoke will satisfy, one of the handy waterproof lighters will triumph over rainy weather and green wood.

— COOPER FOR GOVERNOR —

**MEAT LOAF**  
2 pounds beef.  
1 pound pork.  
1 egg.  
Seasoning.  
1 cup milk or 1 can tomato soup.  
1 cup cooked spaghetti.  
Beat egg slightly, add milk or soup, combine meat, spaghetti and seasoning. Add liquid mixture, pack into greased loaf pan and bake in moderate oven 1 hour.

**TOASTED FROMAGE ROLLS**  
Cut fresh bread in as thin slices as possible, using a very sharp knife, and remove crusts. Work butter until creamy, add an equal measure of grated American cheese or sandwich spread cheese, and work until thoroughly blended; sprinkle with paprika. Spread bread with mixture and roll each piece separately. Toast under broiler.

**TUNA GOULASH**  
¼ cup bacon, chopped.  
¼ cup onion, chopped.  
1 can tomato soup.  
1 can parboiled celery.  
(chopped fine).  
1 cup of peas.  
1½ cups flaked tuna fish.  
1 teaspoon Worcestershire sauce.  
Salt and pepper.  
Fry bacon slightly, add chopped

onion and brown. Add tomato soup and other ingredients. Cook slowly for twenty minutes, stirring frequently. May be served on fried noodles or dry toast.

### MUD CUSHION SAVED CUSHING

SYRACUSE, N. Y. — (UP) — A cushion prevented Cushing from having a bad crushing. The cushion was made of mud, several feet deep. Cushing, whose first name is Walter, fell 30 feet from the top of an electric pole where he was fixing a line, landed on his head, and astonished fellow workers when he got up, spat out a mouthful of mud and walked calmly away, unhurt.

### ASKS TO SUBSTITUTE IN CHAIR

SANDUSKP, O. — (UPP) — Permission to die in the electric chair in place of some other prisoner rather than be sent back to the Ohio Penitentiary has been requested of Governor George White by Frank Laros, a forger here with a long record. Sheriff V. J. Moore has revealed. The request was contained in a letter which the sheriff was asked to mail for the prisoner.

— COOPER FOR GOVERNOR —

**YOUR CHILD  
AND THE SCHOOL**  
By Dr. ALLEN G. IRELAND  
Director, Physical and Health Education  
New Jersey State Department of Public Instruction

### Summer Visiting

Here we have one antidote for that familiar evil, being tied to mother's "apron strings."

If a grandfather or an uncle has a farm, look upon that fact as the greatest good fortune, provided an invitation for the child to visit is forthcoming. Accept by return mail, lest you begin to feel sorry for yourself over the thought of being separated from your child.

Think of what a wonderful thing it will be for the boy or the girl. A chance to get out of the rut and into a new world of experience. If development could be measured, mothers would be astounded by what happens to a child during a short visit away from home. And it's surprising too how well a child behaves while visiting, so don't fret over that.

It's equally silly to imagine all kinds of danger. If you trust the hosts, whether relatives or friends, seize the opportunity to do your boy or girl one of the biggest favors of childhood, let him get a little taste of meeting life on his own.

Avoiding summer mishaps is not difficult with proper precautions, as Dr. Ireland will explain in his next article.

## Swanky Sportswear Trimly Casual



Spectator sports frocks are tailored this year with meticulous attention to the smallest detail. If you are going to be on the side lines you will want a dress with high back and little cap sleeves such as the one illustrated. This dress of crown rayon chakelle has four stitched pleats at the front which are released at the knee for complete freedom of movement. The two-color scarf which ties in a soft knot adds a note of contrast which is carried out by the belt which matches the darker tone. Wear a broad brimmed natural straw or matching felt hat with this costume and you will get the blue ribbon for chic.

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