

Women's Page



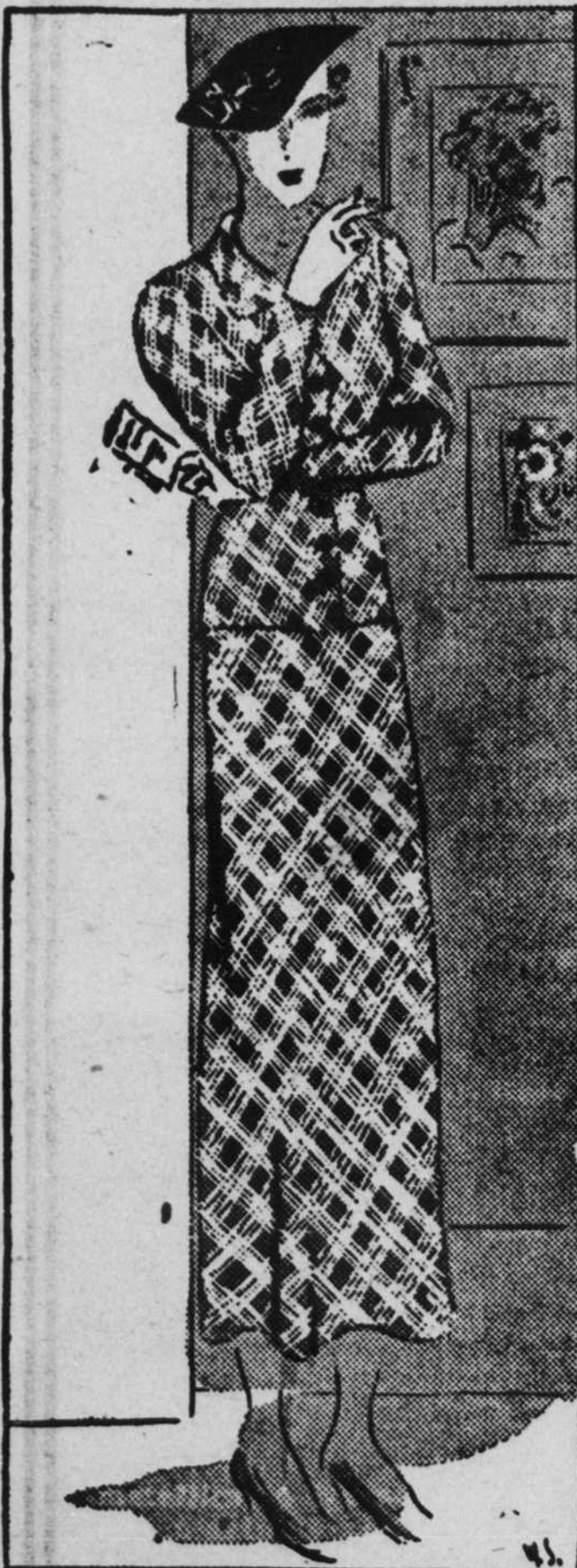
from the KELVIN KITCHEN by Joan Adams

(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.)

Food For The Forgotten Man
"Happiness for man, the hungry sinner!—since Eve ate apples, much depends on dinner!"

We don't need the poet, Byron, to tell us that. Did you ever hear of a marriage that survived the wooden anniversary which wasn't kept romantic with good, substantial food? "For better, for worse" in the wedding contract seems to apply to everything but the bride's cooking, which had better be "for better" soon.

GAY PLAIDS FOR FALL



Plaids are young; plaids are gay and plaids are smart for Fall. Bright young things on their way back to college will want at least one plaid dress included in their wardrobes. This smart jacket frock of Karavana, a new crown rayon fabric which looks and feels like wool but which is warm without being heavy, is one of the new Fall models that campus-wise young women are choosing.

Women are really their best and most attractive selves when presiding over a tempting, delicious dinner of their own making. The wise woman, however, keeps one eye on her man and the other on her menu, and if they're not harmonizing, she quickly steers the martial ship toward a rib roast with fixings, or stuffed spare-ribs. Has he been bearing in silence a surplus of the cold, salad things we're apt to overdo in July? As a group, men accept what's served them meekly, if it's really good and palatable, and carry hidden yearnings for a sizzling tenderloin steak, unadorned (unless you have some nice little mutton mushrooms handy for a smotherer).

The men's grill of one of the largest department stores in the country has a solid stream of hungry men winding in to lunch on the day of every week that they serve the hot meat pie with sweet potato biscuit, recipe for which we give below. Another huge food emporium for men specializes in corned beef hash; its popularity never wanes. Savory casserole dishes may be made, even in August weather, without either overheating or overworking the cook. She can prepare them in the morning, leave in the refrigerator until an hour or so before dinner, and place in the oven just in time to serve hot and running over with meat and vegetable juices. A combination dish which may be prepared in little more than half an hour is made with two half-inch center cuts of ham cut in serving size pieces, browned lightly, covered with a can of tomato soup, baked 25 minutes in a moderate oven, covered with a can of peas (drained) and baked ten minutes more.

Kelvin Kitchen has planned a menu which will convince the man who feels forgotten that he's remembered! A generous slice of deep-dish Garden of Eden pie at the finish will vanquish any last doubts. Here's happiness for Adam!

MENU

- .. Tomato and Clamjuice Cocktail ..
- Meat Pie Hot Biscuit
- Sandwich Pickles Celery
- Marmalade Hearts of Lettuce
- Russian Dressing
- Garden of Eden Pie Coffee

HAM PIE SUPREME

- 1½ lbs. ham (left-overs may be used.)
- 3 onions.
- 4 tablespoons shortening.
- 1½ cups hot water.
- 1 cup peas.
- 3 apples.
- 1 teaspoon salt.
- 1 tablespoon sugar.
- 1 teaspoon paprika.
- 3 tablespoons flour.
- ½ teaspoon pepper.

Put ham and onions through grinder. Saute for 5 minutes in shortening. Add water and simmer for 10 minutes longer. Stir in flour which has been mixed to a paste with a little cold water. Add seasonings and cook 3 minutes longer.

Peel apples and slice very thin. Sprinkle with sugar. Fill baking dish with alternate layers of apples and meat and cover with
SWEET POTATO BISCUITS: Sift 1 cup flour with 3 teaspoons baking powder, ½ teaspoon salt. Cut in 3 tablespoons butter. Lightly mix in cup mashed sweet potatoes and add ¼ cup milk. Roll out to ½ inch thickness on lightly floured board and cut with biscuit cutter. Place biscuits close together on top of meat mixture. Cover with waxed paper and store in refrigerator until ready to bake. Bake in hot oven (325 degrees) for 40 minutes. Serves six to eight.

GARDEN OF EDEN PIE

- 5 or 6 large tart apples.
 - ¾ cup sugar.
 - 2 tablespoons flour.
 - ½ teaspoon salt.
 - ½ teaspoon cinnamon.
 - 2 tablespoons butter.
- Pare, core and slice apples in pie plate lined with cheese pastry. Mix sugar, flour, salt and cinnamon. Sprinkle over apples. Dot with butter, cover with slashed crust of pastry. Press firmly together and seal with water. Bake in moderate oven 45 minutes.

- 2 cups flour.
- ½ cup shortening.
- ¾ teaspoon salt.
- 1 cup grated cheese.



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6-8 tablespoons cold water. Sift flour and salt together and cut in shortening. Mix in cheese lightly, add only enough water to hold dry ingredients together. Roll on floured board, using half to line pie plate and other for the top.

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**YOUR CHILD
AND THE SCHOOL**

By Dr. ALLEN G. IRELAND
Director, Physical and Health Education
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Summer Mishaps

Release from the protection of school increases the hazards children meet in daily life. It also means that greater responsibility is thrown upon the home. Drowning is the most serious of the typical summer accidents. But swimming is so valuable in many respects we mustn't deprive children of the benefits.



We can, however, insure some degree of protection. As citizens with community interests we can provide safe places for swimming, and we can at little cost engage adult guards.

Poison ivy is more of an annoying nuisance than it is a hazard. We should teach children to avoid it. We can organize groups to seek and destroy it. A week to "clean out" poison ivy should be an annual feature in every small town.

Going barefoot has its dangers. Every cut and especially every punctured wound is a potential site of infection. Be free with strenuous cleaning and iodine. Deep wounds and punctures should have the physician's attention, because of the possibility of lockjaw or tetanus.

Sunburn can be serious. More people should know that, and they should know that the benefits of sunshine are not increased by long exposure. Start gradually and take small doses. In case of severe burn, don't belittle the consequences. Go to bed and send for a physician. It is a wise precaution to take.

Next week: Preparation for School.