

**MEAT — VEGETABLE
FALL COMBINATIONS**

In spite of the ravaging drought of this season, the markets are well-stocked with fresh fruits and vegetables, so let's make the most of it, for there's plenty of time ahead to "eat out of cans."

And besides, at no other time of the year is there such a wide variety of vegetables which may be combined to good advantage with meat. The bulky cellulose of the vegetables together with their minerals and vitamins supplement the protein, minerals, and vitamin of meat, for all foods do not furnish the same minerals and so a combi-

**Avoid Common
Drinking Cup**

Spread of Colds Through Family May Be Traced To Cups and Towels

By Dr. J. Lynn Mahaffey
Director, New Jersey State Department of Health

A great many of us remember—with a shudder—the old "spring housecleaning" days, when the women of the household turned the establishment literally upside down for about a week, seeking to eliminate all dust and dirt that had accumulated during the preceding year.



Dr. Mahaffey

Fortunately for us, the vacuum cleaner and more adequate cleaning methods are making the spring housecleaning a thing of the past. Houses of today are cleaner, too, and this is an important aid to the health officer of the community, for the living dirt—germs of disease—are more or less eliminated with the visible dirt. The latter is what annoys the housewife, but it is the former that is dangerous.

Modern Homes Cleaner

But modern as many homes are in respect to cleanliness, some practices are still tolerated in them which help to spread disease. It must be remembered that disease germs do not come from strangers and public places only. Germs may be spread about by members of the family, by mouths, hands, handkerchiefs and eating utensils.

Common drinking cups and towels have long been banned from public places in modern communities, but they are still used in many homes. This partly accounts for the well known fact that when one member of the family gets a cold, the rest will probably have it before the end of a week. Colds and worse ailments are readily spread by the home drinking glass and the towel used by several members of the family.

Moreover, it is difficult to teach children at school the importance of cleanliness when they continually see cleanliness rules violated at home.

This is the third of a series of articles on health and cleanliness prepared for this paper. Dr. Mahaffey's next article tells about the care of food.

nation of various food is necessary to furnish everything that a well-balanced diet should furnish.

Unusual and tasty combinations of vegetables and meat are suggested by Inez S. Willson, home economist.

Cabbage Rolls

- 1 small head cabbage.
- 2 pounds ground beef.
- 1 onion, finely minced.
- 1 cup raw rice.
- 1 egg, slightly beaten.
- 2 cups stewed tomatoes.
- Salt.
- Pepper.

Cook the cabbage in boiling salted water until the leaves are soft enough to handle without breaking. Drain and when cool enough to handle, separate the leaves. Mix the ground beef, rice, onion, salt and pepper and slightly beaten egg. Put a heaping tablespoon of this mixture on each leaf of cabbage and roll into rolls as nearly finger thickness as possible. Arrange these, folded side down in a baking dish. Pour the tomatoes around the rolls. Bake in a moderate oven 350 degrees F. until the meat and rice are done, forty-five minutes to an hour.

Cauliflower and Ham au Gratin

- 1 head cauliflower.
- 2 cups baked ham, diced.
- 2 cups medium white sauce.
- 3 tablespoons grated cheese.
- 1 tablespoon butter.
- Salt.

Wash and trim the cauliflower and cook until tender in boiling salted water. When done, drain well and break into flowerets. Place in a baking dish, pour over it the white sauce to which has been added the diced ham. Sprinkle with grated cheese and dot with butter. Bake in a moderate oven (350 degrees F.) for fifteen minutes.

Baked Stuffed Tomatoes

- 6 good sized tomatoes.
- 2 cups cold corned beef, diced.
- 1 tablespoon grated onion.
- 2 tablespoons butter.
- ½ cup soft bread crumbs.
- 1 egg slightly beaten.
- Salt.
- Pepper.

Remove a slice from stem end of tomatoes. Take out the centers and drain the liquid off. Season with salt and pepper. Combine diced corned beef, bread crumbs, slightly beaten egg, grated onion, and pulp removed from tomatoes. Stuff into tomato shells, dot with butter and bake in a moderate oven (350 degrees F.) until thoroughly heated through, about twenty minutes.

WEEK-END GUESTS

Mr. and Mrs. Eldy Barnes and daughter were the week-end guests of Mr. and Mrs. S. J. Lawson. Mr. Barnes is of the Standard Oil general office in Los Angeles.

**STORK BRINGS SON
TO PURDUE HOME**

A son was born to Mr. and Mrs. Howell Purdue at the Cedars of Lebanon hospital in Los Angeles, Tuesday. He will be known as Albert Homer Purdue. The young man's mother before her marriage, was Miss Jean Nevada Fayle, daughter of Mrs. O. C. Boggs.

**PIONEER RESIDENT
DIES IN VEGAS**

Julius Ahlstrom, a pioneer resident of Las Vegas died in this city Monday after a short illness. The funeral service was conducted Thursday at 2 p. m. at the Palm Funeral Home with Rev. Ray Orr, of the M. E. church officiating. Ahlstrom was a veteran of the Spanish American war also prominent in several fraternal orders.

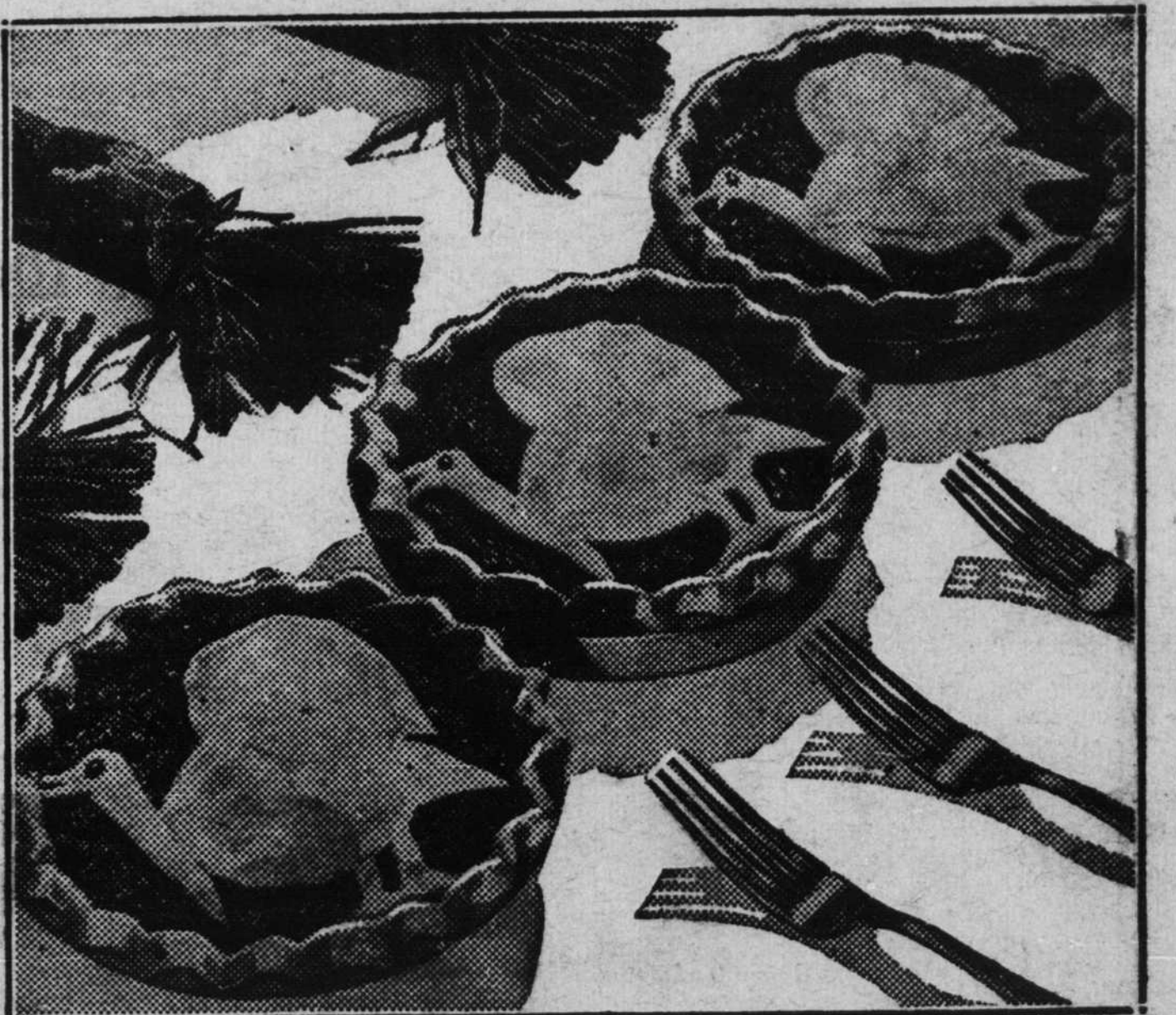
Twins Delivered in Rare Operation



INVEST PRESS

Meet Miss Nora Diane Curtis, 5 pounds 2 ounces, and Miss Nancy Jane Curtis, right, 2 pounds 15¼ ounces, who arrived in this world a month ahead of time. The two baby girls, daughters of Mrs. Max Curtis of Santa Monica, Cal., were delivered after a double Caesarian operation, a rare operation in medical science.

**Here Are Tasty Mince Pies That
All the Family Will Applaud**



These turkey cutouts give a novel Thanksgiving touch to these individual pies made with dry mince meat.

MINCE Pie, that traditional delicacy, is now an every day favorite. Why not treat the family tonight with this spicy delicacy. It's easy to make and economical this modern way with a package of dry condensed mince meat. For a novelty, serve individual mince pies with turkey cutouts of golden pastry. Lay a turkey pattern of stiff paper on the thinly rolled crust and cut around the pattern with a sharp knife.

Turkey Mince Pies

- 1 (9 oz.) package dry mince meat, and 1½ cups water boiled almost dry
- 3 tablespoons sugar

Break dry mince meat into pieces,

add the water, place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boil; continue boiling for one minute. Allow to cool. Line individual pie plates with pastry and fill with mince meat mixture. Cut off surplus pastry and flute edge of lower crust. Place turkeys cut out of pastry on top of mince meat. Bake thirty-five minutes in a hot oven (400 degrees F.).

To make a delicious variation for this pie cut one or two cups of pitted canned prunes in half and place evenly over the top of the mince meat before adding the pastry turkeys.