

Women's Page



from the
KELVIN

KITCHEN
by Joan Adams

(EDITOR'S NOTE: If you want advice on some phase of home-managing, you are invited to write your question to Joan Adams, in care of this newspaper, enclosing a self-addressed, stamped envelope. She will be glad to advise you promptly.)

THANKSGIVING DINNER

Few of us who deserve the name, "homemaker," would willingly renounce her privilege and responsibility of preparing Thanksgiving dinner next week. And on that day

set aside by national proclamation, dinner must live up to the mouth-watering traditions of a century—potatoes mashed to snowy whiteness, giblet gravy, savory stuffing, buttered squash, cranberry relish, amber jelly and aromatic pickles, and a turkey basted to perfection!

The fun of Thanksgiving is planning a dinner worthy of the central theme, roast turkey. Of course you've decided whether your turkey will wear a shining, glazed surface (by basting with melted butter and hot water) or whether you'll dredge your bird with flour for a dull finish. But first, have you ordered your turkey? It isn't too late yet to ask your butcher to set aside a choice bird for you. Be sure to have him clean it and remove the pin feathers and tendons. Then all that's left for you is to wash the fowl inside and out with a damp cloth, rub a little salt in the cavity and stuff it loosely with the dressing you select. Old-fashioned New England sage-and-breadcrumb dressing is by far the most famous, though oyster and chestnut dressings also have an early American origin. When the turkey is stuffed and trussed, it may be placed in a refrigerator of safely cold temperature until roasting time, even a day before Thanksgiving. In fact, much of the preparation for modern Thanksgiving dinners is made the day before, thanks to modern refrigeration. Vegetables, for example, are prepared and sometimes even cooked the previous day. Pie-fillings, frozen dishes, the giblets for the gravy, cranberry relish, are made the day before, and early Thanksgiving Day the preparation of the cocktails is out of the way.

Looking for ideas? A cranberry cocktail will start the Thanksgiving feast in true Cape Cod style if cranberries aren't already cast in the role of relish. Other refreshing beginnings are seafood cocktails, spiced tomato juice, sections of grapefruit and orange chilled in ginger ale, and mint ice on crushed pineapple. Something new in an appetizer to serve with the cocktail is large, crisp potato chips spread with a seasoned anchovy or chicken liver paste. A simple salad of greens with French dressing is most appropriate between the substantial meat and dessert courses at Thanksgiving dinner. Endive and romaine will be cutting in on the popularity of head lettuce for Thanksgiving salads, and avocado pears will lend a delicate and unusual flavor to many a Thanksgiving repast.

For dessert, Indian pudding or a plum pudding is quite within the Thanksgiving tradition. The pudding may be old-fashioned, served with hard sauce, or jellied in the modern manner. Cranberries apply for a position in the pies, if not already employed. But if you're using pumpkin pies, serve with unsweetened whipped cream topped with nests of tempting golden honey!

STUFFED CELERY

1 package Camembert cheese spread.

½ cup heavy cream.
1 cup chopped walnuts.
Salt to taste.
1 tablespoon lemon juice.
Few drops Tabasco sauce.
Paprika.

Mix together the cheese and cream until thoroughly blended. Add the chopped nuts, lemon juice, Tabasco sauce, and salt to taste. Fill small uniform stalks of celery with the mixture and sprinkle with the paprika.

TOMATO AND AVACADO SALAD BOWL

3 medium sized tomatoes.
1 small avocado.
½ French dressing.
1 head lettuce or ½ head lettuce and ½ head chicory (curly endive).
12 oz. pkg. Roquefort cheese.

Wash and stem the tomatoes and cut into eighths. Peel the avocado, remove the seed, and slice into thin slices. Pour the French dressing over the tomatoes and avocado and let stand about ½ hour in refrigerator. Meanwhile, wash the lettuce, separate leaves, and break into small pieces. Crumble the Roquefort cheese with a fork. Arrange the lettuce, tomatoes, avocado, and cheese in alternate layers in a large shallow bowl. Pour French dressing from marinated tomatoes and avocado over all. Serve from the bowl. Serves 6.

CRANBERRY PIE

2 cups water.
2 cups sugar.
1 quart Cranberries washed and drained.

Boil sugar and water for ten minutes, add cranberries. Cover and cook for about 5 minutes; then remove cover, and cook until clear but not too broken. If desired, a

little grated orange peel or cinnamon may be added with the cranberries. Turn into a pastry-lined pie pan, and bake at 425 degrees F. for about 10 minutes, then finish at 350 degrees F. When baked, decorate the pie with cream cheese moistened with cream, and put through the pastry tube or bag.



Well, you see it was this way. Er uh - to begin with er and well uh-



"Truth gives a short answer while lies go round about."

NOVEMBER

- Four score and seven years ago - 19—Lincoln delivers famous Gettysburg address, 1863
- 20—Seminole Indian War starts in Florida, 1817
- 21—First practical phonograph shown by Edison, 1886.
- 22—Chinese government bans import of opium, 1906.
- 23—Franklin Pierce, 14th President, born 1804.
- 24—Adeline Patti makes first U. S. appearance, 1859.
- 25—Grant wins great victory at Chancellorsville, 1863.

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
Director, Physical and Health Education
New Jersey State Department of Public Instruction

Concentrated Sunshine

The shorter day of the autumn and winter means "cod liver oil time" to an increasingly large army of parents. Or it may be the halibut or the salmon that is the benefactor. The needs, values, and results are just the same. Your family physician should make the choice.



But of one thing we are sure, and it is that a great many children are in absolute need of one of the liver oils and it is very likely that practically all children would be benefitted. We witness one of the marvels of science and take it so calmly. We discover that sunshine is essential to the normal growth of children and to the health of adults. We find out why. Other investigations discover in the fish liver oils those chemical elements called "vitamins," and it turns out that they are identical with the elements manufactured in our bodies under the influence of the sun's rays. Thus, when the short day comes and children are deprived of sunshine because of attendance at school, we have at hand nature's own product and substitute.

I shall never cease to regard these discoveries as being among the greatest triumphs of man. We should rejoice in this knowledge and we should use it, that coming generations will be ever better fitted to carry on the world's work. To say that it is one of our obligations as parents and teachers is not putting it too strongly. Sunshine is essential and it is better than the substitute. Lacking it in quantity, we should rely upon the next best, one of fish liver oils. But, as always, get your physician's advice.

Don't prescribe for your child without a physician's advice. Dr. Ireland will discuss the dangers of this next week.

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