

# Hints for Homemakers

by SONDRA REID

## FOOD MONEY MANAGEMENT

# Low Cost, High Nutrition

**PALM SPRINGS**  
 "Most families spend enough money on food but they don't always get good nutrition as well," said Dr. Jessie C. Obert, chief of the nutrition division of the Los Angeles County Health Department.  
 Dr. Obert made this statement to members of the California Home Econ-



Sondra Reid

omics Assn. at their 10th biennial convention here last weekend.

Her topic was titled "Helping Low Income Families Spend Food Money." A family of four classified as a poverty one (parents, a boy and a girl) can have an adequate diet spending \$22.55 a week for food, said Dr. Obert. However, planning and management are necessary to get most nutrition from the money spent.

The food choice must be limited in variety but monotony is not necessary. Ingenuity may be used to make low cost meals taste good.

### Major Steps

According to Dr. Obert, two major steps are necessary for successful food money management to obtain good nutrition—planning the menus ahead and making a shopping list from those menus. Home-baked goods such as cupcakes or cookies that can last for more than one meal must be included in the menus.

To make the meals more interesting Dr. Obert recommends the food include variety in texture and shapes. Less expensive garnishes and seasonings can be included to

make the food taste good and look more appealing.

Of necessity, a low cost meal will include smaller quantities of meat and more bread and cereal products. The meats used must be the least expensive cuts such as ground meat, lamb breast, frankfurters and the organ meats.  
 Fresh vegetables and fruits are less expensive when in season but prices vary from time to time in season due to damage to crops, supply and demand and sale prices. Canned foods in this group are frequently cheapest except when purchased in the smallest size cans.

Although these recommendations are necessary for those on a \$3,000 to \$4,000 a year income to maintain good nutrition, many of them should be considered for good nutrition regardless of the amount of money spent on food.

"Remember, the foods you choose can save you money, yet keep your families well fed," said Dr. Obert. "And everyone should strive for better health with their food dollar."

Here is a sample low cost menu for one day as planned by Dr. Obert.

### BREAKFAST

- Stewed Prunes
- Oatmeal with Milk
- Soft Cooked Eggs
- White Toast, Margarine
- Coffee

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### LUNCH

- Meat Loaf Sandwich
- Celery Sticks
- Oatmeal Cookies
- Milk

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### DINNER

- Spaghetti with Meat Sauce
- Broccoli
- Tossed Green Salad
- Bread, Margarine
- Gelatin with Fruit
- Milk

# White Not Only Right, It's Practical This Year

**Fashion in the News**

Sizzling white will start a four-alarm fashion fire when the summer sun begins to blaze. But this alarm doesn't spell disaster. Far from it.

Not only are the California Girl styles fashion-right, but Jim Church, the designer, uses fabric with a built-in dirt and water spot preventative.

Heavy duty Vycron and cotton has been treated with ZePel to resist those accidental "spillages" that seem to bird-dog any white garment.

A damp cloth will remove a multitude of spots that would otherwise mean an expensive trip to the cleaner. Even the sooty smoke belching from an ancient fire engine at Knott's Berry Farm and Ghost town, where they were photographed, made no headway against their freshness.

And pristine white is one of the prettiest ways to foil the heat and still keep fashion fires burning. When navy, red or yellow and white stripes

on cotton knit or silky crepe come along for the ride, it means added fashion fuel.

A chalk white go-everywhere coat, with brass buttons on military-like pockets and tab closing at the neckline, tops a striped dress. Slim and slick, the shift is tied with a shoestring sash.

Ready for rain or shine, a pea jacket with vertical slot pockets buttons neatly over a one-piece dress with white A-line skirt and striped knit tank top.

An overblouse of striped crepe is the topping for a slim skirt that teams with a cardigan jacket that simulates a low-placed belt by an inset.

Side tabs and vertical seaming (placed near the front for a slimmer look) accent a crisp sleeveless shift in white.

Sharp tailoring is made doubly important by welt seaming on pockets, collars and design lines.

## A HEARTY CASSEROLE? MIX CHICKEN AND CORN

A can of corn, whole kernel or cream style, is a good start for a filling dish. Cream style corn combined with that dab of chicken left from last night's dinner makes a hearty casserole.

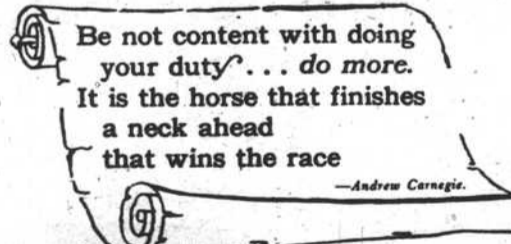
### CORN CHILE BAKE

- 1-lb. can cream style corn
  - 1/4 cup melted butter or margarine
  - 2 eggs, beaten
  - 1/2 cup corn meal
  - 1 tsp. salt
  - 1 cup dairy sour cream
  - 1 cup diced cooked chicken
  - 1 cup diced Cheddar cheese
  - 1/4 cup diced green chiles
- Combine corn, butter, eggs, corn meal, salt, sour cream, chicken, cheese and green chiles. Turn mixture into greased 1 1/2-qt. casserole. Bake at 350 deg. 1 hr. Makes 6 to 8 servings.

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### CORN-BACON SKILLET DISH

- 1/2 lb. bacon
  - 2 tbsp. minced onion
  - 2 tbsp. bacon drippings
  - 2 tbsp. flour
  - 1 tsp. salt
  - 1 cup dairy sour cream
  - 2 12-oz. cans whole kernel corn
- Cook bacon in skillet until crisp. Crumble about 4 slices to mix into corn. Pour off all but 2 tbsp. drippings. Saute onion in drippings over medium heat until tender but not browned. Blend in flour and salt. Add sour cream gradually, stirring to keep smooth. When mixture is thickened, add drained corn and heat thoroughly. Fold in crumbled bacon and turn mixture into serving dish. Garnish with remaining bacon and parsley. Makes 6 to 8 servings.



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