# Thr $\mathfrak{Z l p t a n ~ © a n n t y ~ J u x r n a l ~}$ 

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Number 29

Marine Bazooka Specialist, Twice Wounded,
Home from Tarawa and Saipan Engagements


the upton colinty journal.


Meal Contrasts In Color, Texture Help Appetite


Cheese Soufte Sandwiches team
up with ripe olives to
sive good fa. Vor and eolor
auickie lunches.
How is your contrast $I Q$ in meals?
Do you serve whitefish, p ptatoes and caulifower all at the same meal
and expet the
family to eat it? famly to eat it?
Do you put be-
fore them Bean squash and bread e meal palata Yes, the foods are all highly nu-
ritious and may be well prepared trint theres an important element in
but thered
meal planning missing in these sis meal planning missing in these sug.
gestions. It is contrast. There's a lack of contrast in flavor, color and
texture in these food combinations, nd without that meals will often $\mathbf{g}$ Real interest in foods is an inter.
est in the way they look and how they feel in the mouth. If the meal
is colorful, the family is immediately attracted. There is also a de-
sire for different textures. That's
why the tamily crispy in a salad when them have a
soft food like stew, spanish rice or spaghetti. are very fond of macaroni
People and
anu corn or potatoes and parsnips, but they don't care for them at the
same meal. If youre having mac-
aroni, try serving it with something breen like rreen beans, peas, broc-
coli or asparagus and watch the fam ily go for it. The table will be
more colorful, too, and we eat with Now, how would you like this com-
bination? Mock drumsticks, lima beans and carrots. There's no same-
ness about texture or collor

$$
\begin{gathered}
\text { Mock Drumsticks } \\
\text { (Serves } 6 \text { ) }
\end{gathered}
$$


all other ingredients. Cover closely
and cook very slowly until done,
about $11 / 2$ hours. Add more liquid, and
abou
if ne
co needed. hours. Add more liquid,
Colorful Colorfful vegetables in this mena
are all cooked with the meat:
Braised Liver with Veget
 will take about 45
minntes. Pork Lamb and veal (or
calves') liver will take about 30 minutes.
Now, for a luncheon dish that has
unusual favor and contrast. First, unusual havor and contrast:
here's the menu Id suggest:
Vegetable Broth Graperfuit Juice
Cheese Sountle Sandwich Grapefruit Juice
Chllied Fruit Sountle Sandwich
Date Bars Beverage A double boiler will help the cook
produce perfect souffe sandwiches: Cheese Soumfe Sandwich.
(Serves 6) sisces white bread
Serves 6 slices white bread Dash of pepper
Dash of paprika
3 eggs
Ripe olives
Toast the
Toast the bread (crusts trimmed)
on both sides. Melt the cheese in the top of a double boiler. Add pep per and paprika to egg yolks. Bea
until thick, then fold this mixture into egg whites which have been
beaten until stiff but not dry. Pile on toast and bake in a moderate
oven (350 degreess until puffy and golden brown. Place on a chop pla
and garnish with ripe olives. For the fruit salad suggestion, you with melon bells and dared grapes
lemon flavored gelatin with lemon flavored gelatin with pine
apple wwite grapes, nutmeats, an
cherries.
 drumstick.
Roll cornfak


AEK M尺 ANOTHER?
? A General Quiz
 Canada? Newfoundland belong to
2. Was Abraharn Lincoln over 6 feet tall whe in his teens?
3. How large does a country
Nace have to be before it is calied Nace have to be before it is calied
an estate?
4. What name is applied to a phrase or sentence which reads
the same forward or backward?
5. How long has the American fag had 43 stars?
6. What bay the North
bay on 6. What bay on the North
American coast is noted for its
exceedingly high tides? 7. What country was once called
Calednia?
8. Geneally speaking, co pianThe Answers 1. No. It is a British colony, en-
tirely indiependent of Canacaa.
2. He reached his full height o! 6 fiet 4 inches at the age of 17 .
3. The
finesereau of census a country estate as a farm of 10 acres or ever. with a resi-
dence valued at $\$ 25,000$ or over.
4. Palindrome. 5. Since 1912.
6. The Eay of Fundy.
7. Scotiand.
8. That of the average con-
cert pianist is exceedingly mus.

"Dagis Brand" FARM AND RANCH U. S. D. A. Formula No. $62-$

 Plant
Spray.

Great State Chemical Co.


Gather Your Scrap; $\star$
RHEUMATIC PAIIN



CARBOOIL
(...mbiti SALVE



SELTNG circle patterns
Flared Peplum Softly Feminine Sports Jerkin Has Dozen Uses


And it's a wise decision she's made, because all the engineering and
manufacturing skill that have helped us do a good war job will
be applied to the production of be applied to the production
fine radios for civilian use. A great line of table ans
models, farm sets and combina-
tions will be available right after
the war. Ithll be worth

viarwick manufacturmg corr.

 Sure to Flatter
A $\begin{gathered}\text { CLASSIC which which is hat a dozering on }\end{gathered}$ uses and which is flattering on
all types of figures. The tailored,
buttoned-under-the-arm jerkin can
fousehodd
When setting tosts, dig the hole
When setting losts. dig the hole
a fot deeper and fill the bottom
with rocks. This gives ground wawith rocks. This gives ground wa-
er a chance to drain away from
the post.


Slip an oiled-silk bowl cover
over the hand wheel of a sewin
machine. Keeps small childre over te thand whee of a sewing
machine. Reeps small children
from getting their fingers and
hands caught when it's turning. It you have an old windshield wiper, it may be used when wash
ing the windows of your home.
You can boil a cracked egg
in the following way: Put a table in the following way: Put a table
spoonful of salt into the water to
boiling Rub common salt boiling. Rub common salt thickly
on the crack and put at onee into
the water, which should be boiling the water, whinh should be boiling
fast. You whil hind that the white
will not bubble out and be wasted.
It you have a piece of furniture
with $\mathbf{a}$ dent in it this is how it with a dent in it this is how it
can be removed. You need a thick
pad of brown paper which should can be removed. You ned
pad of brown paper which should
be soaked thoroughly in water.
Put this on the dent and a hot
Put be soaked thoroughy in water
Put this on the dent and a ho
iron on to of pressing wel
until the paper is dry. This raises Until the paper is dry. This raises
the sunken wood, but you may
have to repeat the process before have to repeat the process before
the woo is quite level again.
Don't use on highly polished or neered surfaces.
Should the cane seat of a chair
sag, wash it with hot water, then sag, wash it with hot water, then
set it out in the air (not in the
sun) to dry. The cane tightens as sun) to dry. The cane tigntens
it dries. Clean stained bronze orna-
ments with hot vinegar or hot but.
at termilk rubbed on with a soft
brush or clon. Rinse in warm wa-
ter and wash in hot water and


## FAULTLESS FUNNIES... WORTH FILMING






That life partner fighting in some remote spot on the globe will return one day to again share a home with you ... and what a home it will be ... all-electric from doorbell to nightlight! Can't you see his eyes shine at the thought of having so many electrical conveniences in his home? It takes a man who'd almost forgotten the meaning of the words comfort and convenience, to really appreciate the electric wonders in store for the home of future. Amazingly efficient air-conditioning or attic ventilation . improved electric refrigeration and deep-freeze units . . soft, noo-glare lighting . . crystal radio reception these are only a few of the wonders that await the winners of the peace-and the loyal homemakers whose productive waiting and purposeful bond buying make them possible. The home of your dreams for you and your family is just around the corner, in an America set free from the borror of war.

## Weet Texas Utilities Company



