...asonable Ideas for Housekeepers

...Experts ...

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...Press Staff Writer

...DWICH—A couple of ...ld beef between two ...oast—and 200 years ...andwich" was born. ... it was meant as a ...me-up lunch, because ...Earl of Sandwich was ...-hour stretch at the ...le—he had no time ...e.

...wich has come a long ...hose early days. Now ... everything from a ...g "Dagwood" to ...y little two-bit num...ck up at the bridge ...whether it be meant ...ry working man, or ...afternoon - tea - goer, ...al neatness of the ...and the tastiness of ...are all-important.

...aking a quantity of ... remember first' to ... butter by creaming ... Spread butter thick ...lf of sandwich only, ...to be economical of ...formal occasions re...s, but do this before ...is buttered in order ...tter.

...dwiches fresh by first ...in waxed paper and ...mpened towel.

...Vegetables—sliced to...d cucumbers; shred... with chopped pea... ...heese; grated carrot ...e juice or honey; ...ion with peanut but...onion with sliced or... each of these add ...d salt and pepper as ...

...ashed banana with ...tter; chopped dates ... half as many chop...nd mixed with whip...

...icious spread ideal for ...dwiches, try this mus... filling: one-half cup ...e-quarters cup white ... cup milk or cream, ... cup cider vinegar, ...three level teaspoons ...e level teaspoon salt, ... green peppers (put ...d chopper), one-half ...aged cheese. Cook in ...r and seal in jar.

* * *

...ND THERE — Eating ...ld vary with age and ...s say that the older ...he more his meals ...simple and consist of ...ted foods. ...ced years protein re... is reduced. Only a ...nt of tissue-building ... needed for body re...ical processes and ac...down, so caloric need ... is less. ...e same basic food ... at all ages, the form ...ity of meals for the elders differ from those required by younger persons. In the twilight of life meals should be smaller, if more frequent, and consist of warm food, easily chewed.

* * *

STORING WINTER GARMENTS—Have all those heavy winter garments thoroughly cleaned before putting them away this spring, say health and welfare department officials. While dirt may not show as much on these articles as on lighter, summer wear, it is sure to exist, and may encourage the spread of vermin, while the clothing is tucked away.

Doctors say that dirty gloves and mittens could be responsible for skin infections on face and hands next year, when these articles are used again.

Coming events cast their shadows before them and how true this is of spring. When you see the boys playing marbles, the girls skipping, or hear the first crow, you may be assured that spring is just around the corner. Another never failing harbinger is the appearance of spring foods, rhubarb, maple syrup and leaf lettuce, to name a few. These seasonal newcomers are most welcome, for at this time of year everyone has grown just a little tired of the regular winter foods.

For the first few spring treats of maple syrup, home economists suggest serving the syrup with hot tea biscuits, Johnny-cake or muffins. Then follow along with some of the light flavorful desserts made with the syrup.

Grades for maple syrup are "Canada Fancy," a very light colored syrup, mild in flavor; "Canada Medium," darker in color, with a more pronounced flavor. The bulk of the maple syrup sold is of the latter grade. The lowest grade, "Canada Dark," is seldom sold on the retail market. If maple syrup is left in the open containers for any length of time, it will ferment. To keep the syrup indefinitely, bring to a rolling boil in an open kettle and seal at once in hot, sterilized glass sealers.

The first rhubarb to appear in the shops is hot-house grown, with delicate pink colored stalks and pale yelluow-green leaves. The garden rhubarb, which comes later, is darker in color, with deep green leaves. The most popular way to serve young, tender spring rhubarb is stewed or baked. Like maple syrup, the rhubarb is specially good with hot biscuits or muffins.

Cream Puffs a la Rhubarb

Cases—
½ cup water
¼ cup lard
½ cup all-purpose flour
¼ teaspoon salt
2 eggs unbeaten

Bring water to boiling point, add flour and salt. Mix all at once, stirring vigorously. Cook, stirring vigorously, until mixture leaves sides of pan. Remove from heat and cool. Add eggs, one at a time, beating vigorously after each addition until mixture is smooth. Beat thoroughly for 1 minute. Drop by heaping tablespoons on a greased baking sheet 2 inches apart. Bake in a hot oven 400 degrees F., for 15 minutes. Do not open oven door during this period. Reduce heat to 375 degrees F. and continue baking for 30 minutes. Cool. Cut small slice from top, fill cases with thick stewed rhubarb, garnish with Creamy Custard, and replace top slices. Six servings.

Creamy Custard

¼ cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
2 cups milk
2 egg yolks
1 teaspoon vanilla
Few grains nutmeg

Combine sugar, cornstarch and salt. Heat milk to boiling point in top of double boiler. Add sugar gradually, stirring constantly until mixture thickens. Continue cooking for 5 minutes. Beat egg yolks, add a little of the hot mixture, and blend well. Return to hot mixture, stirring constantly, and cook for 1 minute. Remove from heat, add vanilla and nutmeg. Chill thoroughly. Beat custard with rotary beater before serving. Six servings.

Maple Pudding a la Reine

3 egg yolks
½ cup maple syrup
⅛ teaspoon salt
1½ cups milk
1 cup soft stale bread
lard and melt. Sift together the crumbs (well packed)
3 egg whites

Beat egg yolks, add ¼ cup maple syrup, salt and milk. Pour over bread crumbs. Place in a greased baking dish and oven-poach at 350 degrees F for 1 hour or until well set. Beat egg whites with a pinch of salt. Gradually add remaining ¼ cup maple syrup, beating until mixture will hold in peaks. Place on top of pudding and brown in a slow oven 300 degrees F for 20 minutes. Six servings.

LAUNDER IN FLOOD

ADELAIDE, Australia (CP) — When flood halted Australia's transcontinental train on the Nullarbor Plain between Adelaide and Perth, women passengers did washing in water by the track and hung it to dry on nearby fences. Five inches of rain in two hours caused the flood.

Timely Recipe

Almond High Brown Cake

¾ cup shortening
1 cup granulated sugar
2 eggs
¼ cup light corn syrup
2/3 cup milk
2 cups sifted cake flour
¾ teaspoon salt
4½ teaspoons baking powder
1 teaspoon vanilla extract
1cup finely chopped roasted blanched almonds
3 tablespoons ground sweet chocolate

Frosting:
1 cup whipping cream
⅓ cup mild flavored honey

Cream shortening and ½ cup sugar. Add egg yolks and beat. Add syrup and stir to blend. Add milk alternately with flour sifted with salt and baking powder and beat. Add flavoring and almonds and stir to blend. Beat egg whites stiff. Add remaining ½ cup sugar, a small portion at a time, beating well after each addition. Add chocolate and beat until well blended. Fold chocolate-egg white mixture into cake batter. Pour into 2 greased 9-inch cake pans. Bake in a moderate oven (350 degrees F.) about 30 minutes. Cool. Put layers together and cover top of cake with honey-cream frosting.

To make frosting: Combine whipping cream and honey and beat with rotary beater until very thick.

Serves 12 to 14.

KANCHRAPARA, India (CP) — The government of India has sanctioned the establishment of a new locomotive factory here at an estimated cost of $350,000,000.

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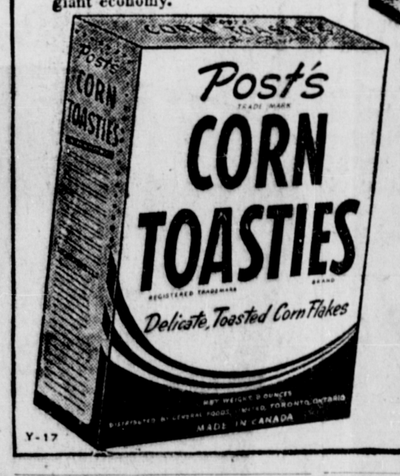

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