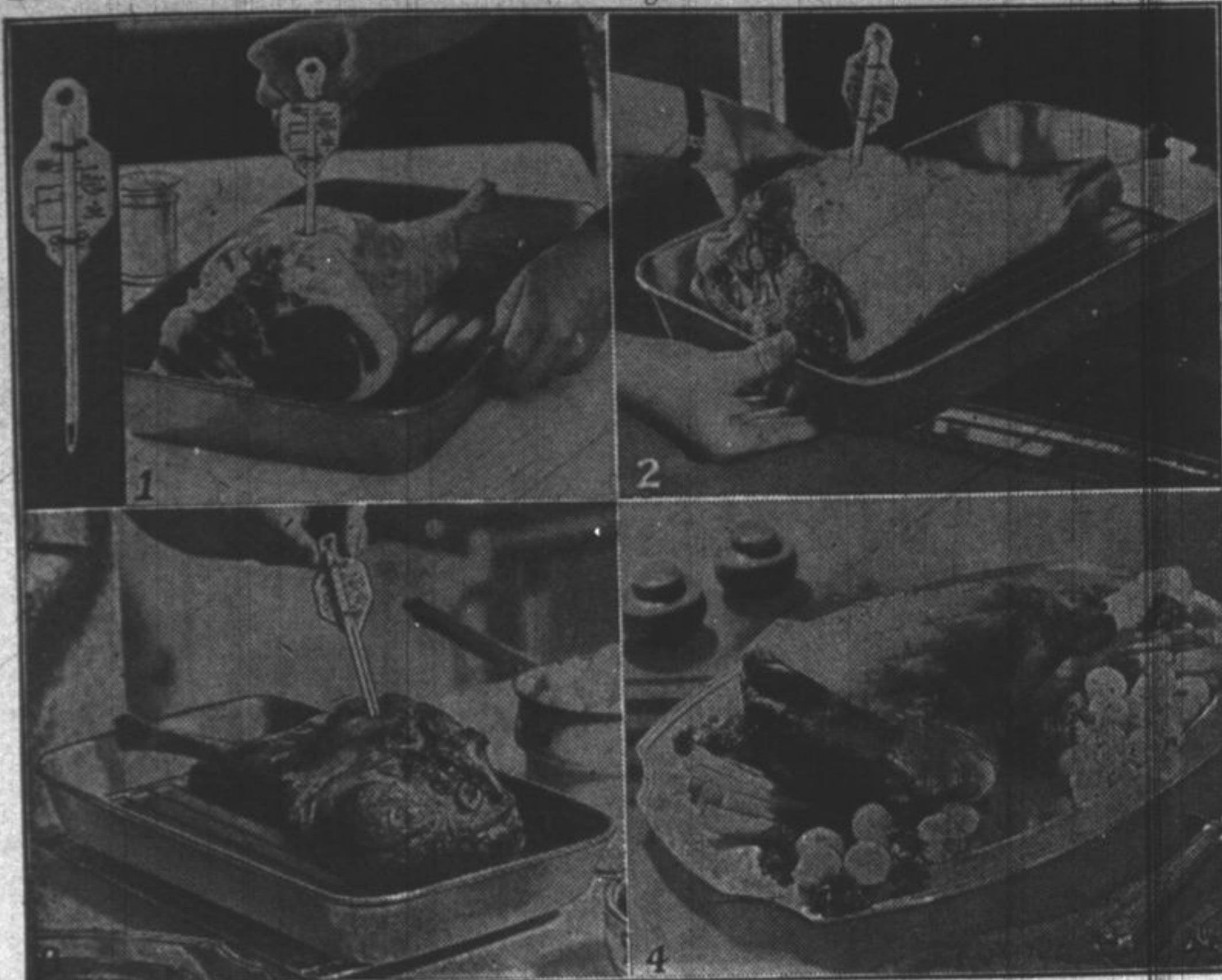


SCIENCE POINTS WAY TO PERFECT ROAST



YES, even Friend Husband can now turn out the perfect roast. The experienced cook has no advantage over the beginner.

All because today roasting meat has become a matter of mechanical precision. A better knowledge of cookery acquired through thorough research, plus the very latest in kitchen gadgets, has put this business of roasting on a scientific basis—and it's as easy as falling off the proverbial log, say the experts. In the upper left-hand corner of the illustration above is the meat thermometer which plays a big part in this story of roasting, because it eliminates

any uncertainty as to when the roast has reached the proper degree of doneness. The steps in its use are simple, as shown by the pictures.

1. Inserting thermometer in the center of the thickest portion of a lamb roast.
2. Placing roast, with thermometer inserted, in a moderate oven (300°-350° F.).
3. Removing roast from oven when column has reached point marked "Lamb" on metal plate.
4. The perfect roast—delight to the appetite and to the eye.

Deerfield Women to Hear Author

"Poets of the North Shore" will be the theme of Mrs. Frederick Grant's talk at the meeting of the Deerfield Woman's club on Tuesday afternoon, March 10, at 2:30 o'clock in the Public library in the Deerfield Grammar school.

Mrs. Grant, who is program chairman of the Evanston Woman's club, has written several books, one of her best known is "Peter Cartwright." The program is in charge of Mrs. Ward Gauntlett, chairman of the Art and Literature department.

Miss Carolyn D. Tyler, the artist who was to have appeared at the

last meeting was unable to come due to illness. Instead the book "The Rolling Years" by Agnes Sleight Turnbull was reviewed by Mrs. C. C. Kapschull in a most charming and interesting manner. Mrs. Eugene Becker spoke briefly on several recent children's books.

Tea was served at the conclusion of the meeting.



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The Recipe Box

Conducted by PHIL LIBBY

Director, Home Service Department Highland Park Press and Deerfield Press

(Editor's Note: You are invited to write your questions about recipes or household information to Phil Libby, in care of this newspaper, enclosing a self-addressed, stamped envelope. He will be glad to answer you promptly. It will be impossible to answer questions received by telephone.)



Well folks, the secrets out—in another part of this paper we announce a new contest of special interest to housewives. Send in your "Favorite Recipe" contest opens today and will close March 31. This column will tell you about the prizes in future issues. Read about them.

Here are some more tempting Lenten dishes.

MOCK DEVILED CRAB

Mix 1/2 tbs. flour with 1/2 tbs. melted butter in a saucepan and stir in 1/4 cup milk. Add one beaten egg, 1/2 teas. salt, 1/4 teas. cayenne pepper, 1 teas. chopped parsley, 1/2 teas. worcestershire sauce. Pour mixture over 1 cup flaked, left over fish (or one can Gorton's salad fish) and 1/4 cup dry bread crumbs. Mix thoroughly. Brush small ramekins or scallop shells with melted butter and fill with mixture. Sprinkle with crumbs and bake for 25 minutes in hot oven, 400° F. If baked in crab shells the illusion is absolutely perfect. Serve with potato chips or banana chips.

CREAMED EGGS

6 hard cooked eggs, thinly sliced.
1 cup sauteed mushrooms.
24 stuffed olives, sliced.
2 cups medium white sauce.
Salt and pepper to taste.
Have white sauce boiling, add sliced eggs, olives and mushrooms. Season to taste. Cook only until heated through. Serve over split English muffins which have been toasted and well buttered. Serves 4 generously.

CHEESE-TOMATO SOUFFLE

4 tbs. butter
1/2 cup pimiento cheese
3 egg yolks
1/2 teas. salt
5 tbs. flour
1 cup strained tomato juice
3 egg whites
Melt butter in saucepan, add flour and strained tomato juice, stir and heat until well blended. Add salt and cheese, which has been grated or cut in small pieces. Cook until cheese is melted, stirring constantly. Cool, add well beaten egg yolks. Fold in stiff beaten white of egg. Pour into well greased dish, put this dish in pan of hot water and bake until set. Serve in same dish in which it was baked to prevent falling. Serve hot.

LIMA BEANS AND ROQUEFORT

1/2 lb. lima beans
1/4 lb. roquefort cheese
1 pt. milk
Butter, bread crumbs
Parboil beans, drain into an oven dish (glass preferred) that has been

greased, put a layer of beans, then cheese, until dish is full; salt and pepper and paprika to taste. Add milk, then bread crumbs and dot with butter. Bake 35 to 45 minutes in moderate oven 350° F.

APPLE CROQUETTES

1 cup boiled rice
1/2 cup thick, tart applesauce
1 teas. lemon juice
Grated rind of one lemon
1 teas. butter
4 tbs. milk
Salt, bread crumbs
1 egg.
Mix together the rice, applesauce, salt to taste, lemon juice, grated lemon rind and the butter. When cold shape into croquettes. Roll croquettes in bread crumbs, then in beaten egg to which has been added the milk. Roll in crumbs again and fry in hot deep fat. Drain on soft paper. Serve with white sauce or cheese sauce.

POACHED EGGS IN CROUSTADES

5 bread croustades
5 eggs
1 pkg. Velveta or Borden's cheese
1/2 cup milk
Salt, pepper
Make croustades from day old bread. Cut slices one and one-quarter inch thick, trim the crusts, scoop out the center of each piece, and fry in deep fat until golden brown. Drain on paper. Poach the eggs in water to which a teaspoon of salt and juice of half a lemon have been added. When egg whites are firm place one egg in the center of each croustade and serve with a sauce made of the cheese and milk, cooked slowly in a double boiler until cheese is melted, and seasoned to taste. Garnish with chopped parsley.

BANANA CHIPS

Pick bananas which are not too ripe, the firmer the better, remove skin and slice as thin as you would potato chips, fry in hot deep-fat until golden brown, drain on soft paper and salt. Serve same as potato chips.

Deerfield P.-T. A. to Meet March 13

Articles in the "Parents' Magazine" will be read by mothers and teachers at a meeting of the Deerfield Grammar school P.-T. A. Mrs. C. W. Boyle, program chairman, has selected topics that will be of vital interest. Tea will be served at the close of the meeting.

Read The Want-Ads

Edgeley Todd's Song Wins Prize

Announcement of the winner of the Lake Forest college song contest, the purpose of which was to secure a new college song, was made by President Herbert McComb Moore.

"A Song of Praise," composed by Edgeley Todd, Deerfield, is the first place winner of a \$5 prize offered by the college. The song is of the hymn type in four-part harmony.

The number entered by Allen H. Long, Rockford, called "Varsity Song," is of the stirring type. Since no restriction was made as to the type of song required and the committee of three felt that it would be impossible to judge fairly between the songs, and alumnus gave \$5 to be paid to the composer of "Varsity Song."

Other songs submitted were: "Here's to Lake Forest," by David Stryker, Deerfield, and "To Lake Forest College," by H. Keith Cady, Brumfield, Ill.

"A Song of Praise" and "Varsity Song" will be presented for the first time at the college mid-winter dinner on March 13, at the Edgewater Beach hotel, Chicago.

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