



### The RECIPE BOX

conducted by **PHIL LIBBY**  
former Restaurateur now Food Consultant  
Listen to THE VOICE OF COOKERY, featuring Phil Libby, over Station WCFL (970 kilocycles) every week day morning, except Saturday, at 10:15 a.m. for interesting food facts, recipes, household hints and cookery advice.

Cooler weather . . . and pleasant cooking. Always the cooler weather gives us the opportunity of trying the collection of recipes that we have acquired during the warm summer months. And, too, those of you homemakers, who have children . . . must plan your meals so that the children may remain healthy. Soups . . . are soon to become a prominent part of meal planning . . . so today I'll give you a few . . . that I hope may become part of your active recipe file . . . for they are good ones.

**Cream of Broccoli Soup**  
Wash broccoli carefully and cut into small pieces . . . add water and cook until tender . . . use about one teaspoonful and a half of salt . . . cook for 25 minutes . . . and of the water remaining . . . reserve one cup for the soup.

**Buttermilk Soup**  
From one quart of real buttermilk . . . take enough to moisten one tablespoon of flour. Bring the buttermilk to the boiling point and add the thickening, stirring carefully. Add a handful of raisins (previously washed, etc.) and a piece of stick cinnamon about one and a half inches long. Cook the soup until raisins are soft. When ready to serve sweeten the soup with sugar and add whipped cream or add the sugar to two egg yolks, slightly beaten, and stir them into the soup just before serving.

**Green Corn Soup**  
With a sharp knife, cut from the cob . . . two cups of green corn . . . add a bit of bay leaf . . . a stalk of celery . . . and a slice of onion, and put in the top of a double boiler, with three cups of milk . . . and cook over hot water for half an hour. Press through a sieve. Melt one-fourth cup of butter . . . one-fourth cup of flour . . . and when mixture bubbles add one-fourth cup of milk . . . Blend to a smooth paste and add to the corn mixture . . . season with one teaspoonful of salt . . . and a few grains of cayenne . . . chop fine four tablespoonful of blanched almonds . . . which have been toasted. Add to soup with one and one-half cups of cream . . . Garnish with a few slivered almonds which have been toasted.

**Duchess Soup**  
2 bags grated Amer. cheese.  
2 tblsp. shortening.

1 quart milk  
1 teas. salt  
1 medium sized onion  
1 tblsp. egg  
1-8 teas. paprika  
Mince onion and place with shortening in top of double boiler. Allow to cook over direct flame until onion is tender but not browned. Blend in flour. Add 3/4 cups of milk gradually. Cook over boiling water, stirring constantly for ten minutes or until thickened. Cover and allow to cook ten minutes longer, stirring occasionally. Beat egg with remaining half cup of milk and the seasoning. Pour cooked mixture over the egg mixture. Return to double boiler for two minutes. Add grated American cheese and serve. Serves 6.

**Household Hints**  
A piece of bread placed in the pot in which you are cooking cauliflower or cabbage will eliminate the unpleasant odor.  
To brighten pewter, soak the pieces for a day or two in one quart of water to which a piece of potash the size of a hickory nut has been added. Take from water, rub carefully with a cork dipped in oil, then polish with a chamois skin and whitening. When pewter has once been cleaned it may be kept bright by washing with hot water and soap.  
Scale a fish beginning at the tail and scraping toward the head, holding it under running water so that scales will not scatter.  
Quantities of hot water and soapsuds are required for cleaning the

icebox. Wash well in hot water to which soda has been added, using one tablespoon of soda for each quart of water required. Wipe dry with a soft cloth and let the box air for half an hour before adding the ice or turning on the power.  
If apples are pricked with a fork before they are put into the oven to bake the skins will not burst open.  
When a custard pie shrinks from the crust it has been baked in too hot an oven. The oven should be hot for the first eight or ten minutes in order to make the pastry so it will not become soaked with liquid. Then reduce heat or custard will boil.  
Almonds, shelled and blanched, cooked in the sauce for your fish course add flavor and attractiveness in serving.  
If a chicken is well rubbed inside and out with a cut lemon before being cooked its meat will be whiter, juicier and more tender.  
Hams, when cooked, should be allowed to get cold in the liquor in which they are boiled. They will then be tender.  
Baked pineapple slices, pears or peaches can be served with baked or boiled ham or pork.

### Republican Club Meets Monday P. M.

An interesting and inspiring meeting was held at the Woman's Club last Monday evening under the auspices of the Deenfield Township Republican club. Speakers for the evening were Mrs. Bruce Marshall of the Republican State committee, Milton A. Kallis and O. S. Fuqua, attorneys, Waukegan, and Ben Miller, chairman of the Lake County Republican Central committee.  
Next meeting of the club will be held next Monday evening at the club rooms, 33 N. Sheridan road. Good speakers have been secured. All voters are invited.

### SHOPPER'S GUIDE

by Phil Libby

Plenty of fresh vegetables now on the market . . . hence a lowering slightly in prices . . . noticed potatoes were down this week . . . but for how much longer we do not know. Pears are very plentiful this year . . . as are the citrus fruits. Calavos are coming into season and may be found at your favorite store.  
Salerno's coconut bars and butter cookies are real treats for the children after school. At your grocers.  
Liberty cocktail and regular maraschino cherries are so delightful to use. Most grocers have them.  
It's most soup time . . . Knorr's powdered soups are just the thing to have on hand for children's noon lunch.  
If you haven't tried Wilson's Tender-made ham . . . now in tins, you've missed something. Right now . . . you should try them and give the family a real treat.  
Wheaties . . . hit the spot . . . The youngsters will go for them in a big way. At all grocers.  
Gold Medal Flour . . . tops as usual. Your grocer has it in stock.  
Lake Shore honey, in a honeycombed jar. Just the thing to spread on bread for the children after school.  
Most time for Quaker Oats . . . that delightful cold weather cereal of kings. At all grocers.

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### SPECIALS FOR THURS., FRI. and SAT., October 1, 2 & 3

<b>STRONG HEART</b> DOG FOOD; 5 cans for	<b>25c</b>	<b>Highland Peanut Butter</b> 2-lb. jar	<b>27c</b>	<b>CIDER VINEGAR</b> quart bottle	<b>10c</b>
<b>LINCO WASH</b> quart bottle	<b>19c</b>	<b>AMMONIA</b> quart bottle	<b>10c</b>	<b>PRUNES</b> 3 lbs. for	<b>25c</b>
<b>Baking Needs</b>		<b>Cereals</b>		<b>Baking Needs</b>	
<b>BAKER'S CHOCOLATE</b> 1/2 lb. cake; each	<b>15c</b>	<b>POST'S TOASTIES</b> 2 pkgs. for	<b>17c</b>	<b>KARO SYRUP</b> 1 1/2 lb. Blue Label	<b>11c</b>
<b>HERSHEY'S CHOCOLATE</b> 1/2 lb. cake; each	<b>9c</b>	Large package for	<b>12c</b>	5 lb. Blue Label	<b>29c</b>
<b>BAKER'S COCOA</b> 1-lb. can for	<b>15c</b>	<b>GRAPENUTS</b>	<b>35c</b>	1 1/2 lb. Red Label	<b>13c</b>
1/2 lb. can for	<b>9c</b>	<b>GRAPENUT FLAKES</b>	<b>19c</b>	5 lb. Red Label	<b>31c</b>
<b>HERSHEY'S COCOA</b> 1 lb. can for	<b>15c</b>	2 packages for	<b>19c</b>	<b>LOG CABIN SYRUP</b> small can	<b>23c</b>
1/2 lb. can for	<b>9c</b>	<b>HUSKIES</b>	<b>23c</b>	Medium can	<b>45c</b>
<b>CRISCO</b> 1 lb. can for	<b>21c</b>	2 packages for	<b>23c</b>	Large can	<b>89c</b>
1 1/2 lb. can for	<b>30c</b>	<b>WHOLE BRAND SHREDS</b>	<b>29c</b>	Brer RABBIT MOLASSES	<b>15c</b>
3 lb. can for	<b>57c</b>	2 packages for	<b>29c</b>	Green Label, can	<b>18c</b>
6 lb. can for	<b>\$1.09</b>	<b>BRAN FLAKES</b>	<b>23c</b>	Gold Label, can	<b>18c</b>
<b>SPRY</b> 1 lb. can for	<b>25c</b>	2 packages for	<b>17c</b>	<b>BAKING POWDER</b> CALUMET, 1 lb.	<b>24c</b>
3 lb. can for	<b>65c</b>	Large package for	<b>17c</b>	PRICE'S, 12 oz. can	<b>19c</b>
<b>SNOWDRIFT</b> 1 lb. can for	<b>21c</b>	<b>WHEATIES</b>	<b>21c</b>	RUMFORD'S, 12 oz. can	<b>24c</b>
3 lb. can for	<b>57c</b>	2 packages for	<b>21c</b>	ROYAL, 12 oz. can	<b>39c</b>
<b>PRIDO</b> 1 lb. can for	<b>23c</b>	<b>HEINZ RICE FLAKES</b>	<b>23c</b>	WESSON OIL	<b>45c</b>
		2 packages for	<b>23c</b>	quart can	<b>25c</b>
		<b>SHREDDED WHEAT</b>	<b>25c</b>	Pint can	<b>25c</b>
		2 packages for	<b>25c</b>	<b>MAZOLA OIL</b>	<b>49c</b>
		<b>WHEATENA</b>	<b>24c</b>	quart can	<b>27c</b>
		the package	<b>24c</b>	Pint can	<b>27c</b>
		<b>RALSTON'S CEREAL</b>	<b>24c</b>	<b>KOSTO</b>	<b>9c</b>
		the package	<b>24c</b>	2 packages	
<b>KNOX JELL</b> 4 packages for	<b>25c</b>	<b>KNOX GELATINE</b> the package	<b>19c</b>	<b>CRAX</b> 1 pound package	<b>19c</b>
<b>PURE LARD</b> 2 lbs. for	<b>27c</b>	<b>BISQUICK</b> large package	<b>29c</b>	<b>CANE SUGAR</b> 10 lb. limit; 10 lbs. for	<b>49c</b>
<b>Canned Goods</b>		<b>Soaps &amp; Flakes</b>		<b>Canned Goods</b>	
<b>APPLE SAUCE</b> 3 cans for	<b>25c</b>	<b>AM. FAMILY SOAP</b> 10 bars for	<b>49c</b>	<b>APPLE SAUCE</b> 2 cans for	<b>25c</b>
<b>GREEN BEANS</b> 3 No. 2 cans for	<b>25c</b>	<b>IVORY SOAP</b> 10 bars for	<b>89c</b>	<b>GREEN BEANS</b> 2 cans for	<b>25c</b>
<b>RED BEANS</b> 3 cans for	<b>25c</b>	<b>P. G. WHITE NAPHTHA</b> 10 bars for	<b>22</b>	<b>WAX BEANS</b> 2 cans for	<b>25c</b>
<b>DICED CARROTS</b> 3 cans for	<b>25c</b>	<b>CAMAY SOAP</b> 4 bars for	<b>19c</b>	<b>LIMA BEANS</b> 2 cans for	<b>25c</b>
<b>TOMATOES</b> 3 cans for	<b>25c</b>	<b>LUX SOAP</b> 4 bars for	<b>25c</b>	<b>KIDNEY BEANS</b> 2 cans for	<b>25c</b>
<b>BEECHNUT PORK AND BEANS</b> 3 cans	<b>25c</b>	<b>LIFE BUOY SOAP</b> 4 bars for	<b>25c</b>	<b>BEETS</b> 2 cans for	<b>25c</b>
<b>BEECHNUT SPAGHETTI</b> 3 cans	<b>25c</b>	<b>PALMOLIVE SOAP</b> 4 bars for	<b>19c</b>	<b>SUCCOTASH</b> 2 cans for	<b>25c</b>
<b>SUNKIST PEARS</b> 2 No. 2 1/2 cans for	<b>39c</b>	<b>OLIVOLI SOAP</b> 4 bars for	<b>19c</b>	<b>GRAPEFRUIT</b> 2 cans for	<b>25c</b>
<b>Bonnie Face PEACHES</b> 2 No. 2 1/2 cans for	<b>35c</b>	<b>WOODBURY'S SOAP</b> 3 bars for	<b>25c</b>	<b>GRAPEFRUIT JUICE</b> 2 cans for	<b>25c</b>
<b>WEL-PAC PINEAPPLE</b> Sliced; 6 No. 2 cans for	<b>\$1</b>	<b>SNOWFLAKE SOAP</b> 10 bars for	<b>49c</b>	<b>AUNT JEMIMA PAN-CAKE FLOUR</b> pkg.	<b>12c</b>
<b>CAMPBELL'S TOMATO JUICE</b> 3 cans	<b>19c</b>	<b>FELS NAPHTHA SOAP</b> 10 bars for	<b>49c</b>	<b>AUNT JEMIMA BUCKWHEAT</b> package for	<b>14c</b>
<b>CAMPBELL'S TOMATO SOUP</b> 3 cans	<b>19c</b>	<b>JAP ROSE SOAP</b> 3 bars for	<b>25c</b>	<b>VIRGINIA SWEET PAN-CAKE FLOUR</b> 2 pkgs.	<b>21c</b>
<b>CAMPBELL'S PORK AND BEANS</b> 3 cans	<b>19c</b>			<b>VIRGINIA SWEET BUCKWHEAT</b> 2 packages	<b>27c</b>
<b>Royal Desserts or Jello</b> 3 packages for	<b>13c</b>	<b>CRACKERS</b> GRAHAM or SODA; 2-lb. package	<b>19c</b>	<b>NUCOA or GOOD LUCK</b> MARGARINE; 2 lbs. for	<b>39c</b>
<b>TOMATO JUICE</b> Libby's; 4 cans for	<b>25c</b>	<b>Macaroni or Spaghetti</b> RED CROSS; 2 packages	<b>9c</b>	<b>PECAN MEATS</b> lb.	<b>39c</b>
				English Walnuts or Almonds, lb.	<b>49c</b>

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