VEGETABLES

as you like 'em

by Dorothy Greig

French Style Onions—a new and delicious way to serve this every day vegetable.

IN old B. V. (Before Vitamins) days we did weird things to vegetables—such as soaking before cooking, boiling long and hard in deep water, peeling skins in thick ribbons. After all that drubbing the poor vegetables arrived on the table looking dejected—and tasting that way, too.

Now we know better. We bake and boil vegetables in their skins where possible. We're stingy with water, very stingy. We keep them tightly covered and never stir them. We cook them quickly, eat immediately. And have discovered that vegetables treated thus not only are better for us—but have lovely fresh flavor. They're fun to eat!

Having mastered the new technique we can go on from there and add a few flourishes. For example, the humble little onion. This way has new zest and sp...

French Style Onions

5 cups small silver-skinned onions
1 can condensed consommé
Pinch of pepper
3 tablespoons grated cheese (sharp)

Heat the consommé to boiling, add onions and cook until tender, about 40 minutes. Then add pepper and grated cheese just before serving. Serves 5.

And celery—it's another prosaic every day vegetable—but in this cream tomato sauce you'd never guess it:

Celery in Tomato Sauce

4 cups celery, cut in pieces about 1 inch long and ½ inch wide

Cook the celery in water until tender. Then drain.

Tomato Cream Sauce:

... condensed tomato soup
... spoons cream (heavy)
... cream to the tomato soup ... Pour sauce over the cooked celery. Season, if necessary.

FRENCH TOAST INNOVATIONS

A bit of nutmeg or cinnamon added to a French toast mixture adds an insinuating flavor of spice that's nice.

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A pinch of grated orange rind added to the egg and milk mix for French toast adds a new note.

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In addition to the vitamin and mineral richness brought to the table by French toast, it also brings the sustaining energy most economically supplied by enriched wheat Flour. War workers will find that a breakfast of French toast and fruit will carry them through to the lunch hour without a mid-morning lag.

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Enriched bread served as French toast is a golden sqare of good nutrition. The enriched bread with its added B-vitamins and iron with the added minerals and vitamins of the egg and milk place French toast in a preferred position among nutritious quick dishes.

Salvage Worker: "Any old iron, magazines, or paper?"
John Q. Citizen: "No, my wife is away."
Salvage Worker: "Any bottles?"

Do you have any old pocket watches with hunting cases? If you are not using them, why not turn them in to the Lions' Club or some other organization for the blind? Crystals can be removed from watches of this type so the blind can tell time by touching the watch hand.

AGAIN, we want to thank those Gas customers who helped make it possible for us to furnish Great Lakes and Fort Sheridan sufficient fuel gas even during the sub-zero days. We know many customers conserved fuel gas. In fact, at our request, several of our customers converted their gas heating plants to solid fuels or closed their homes for the winter, in order to co-operate. Naturally, we missed the revenue from these sales but we had to "play safe" in spite of loss of business.

American Red Cross must raise 125 million dollars—It is one of our War Duties, so let's Help—Give Freely.

North Shore Gas Co
"The Friendly People"
TOM CLARK
Manager

What's Doing In Deerfield

Mr. and Mrs. Louis Barnstable announce the birth of a son, Robert, at the Highland Park hospital. He was born on Saturday, February 27th and is their fourth child.

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Lenten services will be held at the Bethlehem Evangelical church every Wednesday evening at 8 p. m., until Easter.

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A group of ministers of the Deerfield churches have organized to plan week day religious education in the public schools and a summer Bible school for vacation time. Ministers contributing time to this plan include the Rev. Earl J. Bruso as president of the group, Rev. Bernard E. Vanderbeek as secretary, Rev. William F. Weir, D. D., and Rev. A. C. Kuehn.

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The Salvage campaign is progressing with favorable results with the Junior Commandos giving noteworthy coöperation. They will make another collection of tin cans on Saturday, March 20. Remember the date and have your cans prepared.

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The Day Room for the use of the 476th regiment stationed at Fort Sheridan is still maintained by the Deerfield Woman's club under the direction of Mrs. Irving Brand. The project was begun last summer.

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Circle Two of the Deerfield Presbyterian church held its final meeting on Tuesday, March 2 at the home of Mrs. D. A. Cole. A pot-luck luncheon was served and Mrs. Wendell Goodpasture, last year's chairman, was presented with a lovely bouquet.

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Circle Five of the Deerfield Presbyterian church held its regular monthly meeting on Monday, March 8 at the home of Mrs. George Ward. New officers were chosen and plans for the coming year discussesd.

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The Deerfield PTA continues its schedule of weekly movies for the community which are shown each Friday evening at 8 p. m. An afternoon performance at 3:00 o'clock enables school children to see this weekly feature. Professional equipment and operators are used.

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A "Day of Prayer" is being planned by the women of three protestant churches, St. Paul's Evangelical church, the Deerfield Presbyterian church and the Bethlehem Evangelical church.

The program will be held at the Presbyterian church on Friday, March 12 from 2:30 to 3:30. Mrs. John Vetter is chairman, and assisting her will be Mrs. Andrew Decker and Mrs. James Mailfald.

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On Saturday, March 6, Miss Mae Lorraine Rizebthaller and Corporal John H. Stryker were married at the Bethlehem Evangelical church at 4:30 o'clock. A small reception followed the ceremony in the social rooms of the church.

The bridegroom, son of Mr. and Mrs. John A. Stryker, was home from Camp Murphy, Fla., on furlough. The bride is the daughter of Mr. and Mrs. Wallace Ritzenthaller of Prairie View.

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Among the many Deerfield women who are doing work for the armed forces are Mrs. Bert Mastri and Mrs. Harry Baum at Great Lakes; Mrs. Charles J. Turner, Miss Doris Hunter, Mrs. W. A. Stryker, Mrs. Cecili Barratte and Mrs. Norman Hamilton at Fort Sheridan; and Mrs. Earl J. Hyett in the army air corps in Chicago. These women are doing civilian work.

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The Rev. Bernard E. Vanderbeek will assist in the installation of a former classmate as pastor of the Marlboro Presbyterian church in Chicago on Tuesday evening, March 16.

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The Tuxis Society of the Deerfield Presbyterian church held its annual election of officers on March 7.

Nora Margaret Russell was elected president; Joanne Huhn, vice president; Mary Clark, secretary-treasurer and Donald Cole, social chairman.

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Under the direction of E. F. Nelson, district Boy Scout committeeman, the Cub scout program is being reorganized. A series of meeting in the third and fourth Mondays of March will be held at the Deerfield grammar school for parents of all boys of Cub scout age.

A series of five training courses for Boy Scout and scout personnel will be held on successive Thursday evenings beginning with March 11. The meetings will be held at the Boy Scout headquarters in Highland Park.

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Next Sunday, March 14, will be Loyalty Sunday at the Deerfield Presbyterian church and the Every-Member-Canvas drive will open.

STATES DAIRY PRODUCTS AMPLE TO FEED NATION

"We don't need to get panicky about the food supply of the nation," Dr. T. G. Stites, chief of the dairy and poultry branch of the Food Distrbution Administration of the U.S. Department of Agriculture, told members of Pure Milk Association at their 18th annual meeting in Chicago last week.

Stitts pointed out however, that we are aced with the dramatic decision on what amounts of dairy products should be allocated to civilian milk consumption and to manufactured products such as cheese, butter and dry powdered milk for shipment to our armed forces abroad and for lend-lease. Nevertheless, he added, even after taking into consideration the amounts set aside by the government for cheese, butter, etc., it leaves a reasonable amount available for consumers.

Stitts said he expected to see satisfactory milk production in 1943 in spite of the many problems confronting farmers.

YOUR JOB AT HOME

WHAT with rationing and ceiling prices and point values, shopping during these war days requires more concentration than it ever did before! You've got to learn how to shop all over again.

When the "straight coupon" system of rationing went into effect with sugar and coffee, the homemaker got an idea of what was coming. War Ration Book One was issued and everybody holding the right coupons gets an equal amount of sugar or coffee during a specified time. Your main concern in shopping under the straight coupon system of rationing is to watch your calendar to be sure you know when a certain coupon is good! And, of course, in the case of coffee, to be careful not to surrender a coupon for some mixture that is part coffee and part adulterant. Your coffee coupon is good for a pound—whether that is a pound of 100 per cent coffee or a mixture that's only part coffee. Watch the label on the package. If the pound isn't all coffee, it must be so marked. And you want *all* coffee, naturally, because no substitute or mixture can ever taste like real coffee!

But now the "point" rationing system is upon us. That's a method, as you know, of rationing a group of related or similar commodities which can be substituted for one another in actual use. Each commodity in the group has a "point value." And it's part of your job at home to know your point values!

You only have a certain number of points to spend in a certain period. You must get the most for them. If you use up most of your point allowance on a few items of high point value, you'll have to get along on less for the rest of the ration period.

Plan before you buy—budget your coupons as well as dollars.

EAT MORE CARROTS AND HAVE BETTER VISION

By the Master Gardener

You may think this eaption stretches the truth a bit, but it doesn't, really. Did you know that the Army Air Corps, when a candidate fails to pass the sight requirements for enlistment by only a slight margin. often suggests a steady diet of carrots to bring the sight up to necessary standards? Well, it's true, because I know a boy personally who had that experience.

Do you know that four states furnish the bulk of the carrots that are marketed in the United States—New York, California, Texas and Arizona. All of them are far from the center of the country, and if every home gardener would grow enough carrots for his own use, it would relieve the transportation congestion in a small way.

One of the main essentials in growing good carrots is a soil that has been deeply preparted so the roots can penetrate and develop without hindrance; also there must be an ample supply of food in the soil so that growth will be steady and rapid. When preparing the seedbed, use one pound of complete plant food for each twenty-five feet of row. When the soil is prepared, apply the plant food in a strip approximately six inches wide, then rake it into the top soil before planting the seed.

Some leading varieties of carrots are: Stump-rooted varieties: Chantenay, Danvers Half-Long, and Nantes; New streamlined variety: Imperator (an All-America Selection).

Sow seed thinly early in spring. Depth of planting depends to some degree on the character of the soil and the moisture conditions at time of planting, but covering about one-half inch deep is usually satisfactory. Using seed of high quality and spacing it carefully will eliminate some thinning, but if the seeding is too thin, you may not get a satisfactory stand of plants.

Germination will take ten to fifteen days, and crop should be ready for use in 8 to 9 weeks. Thin out seedlings two inches apart for smaller and earlier varieties, and 3 to 4 inches apart for the later and larger sorts. Cultivate frequently and deeply to secure smooth, straight roots.

Since carrots germinate slowly, it is a good idea to sow radish seed in the row also, as a row marker. Space rows 12 to 18 inches apart.

Make succession sowings every two weeks up to early July. For winter use, make a sowing about the middle of June, which will make a good sized root before winter sets in.

One caution—do harvest carrots, at least the streamlined type, when they are young and tender. Late crop grown for storing of course must be more mature.

RATIONING DATES

MARCH 8—
FUEL OIL-*Period 5 fuel oil coupons* become valid for 11 gallons.
MARCH 15—
SUGAR-*Sugar coupon No. 11* expires.
Sugar coupon No. 12 validated for 5 pounds, expires May 31.
MARCH 21—
COFFEE-*Coffee coupon No. 25* expires.
GASOLINE-*Coupon No. 4 in basic "A" book* expires.
MARCH 31—
PROCESSED FOODS-Last day to use "Point Coupons" "A," "B," and "C."
TIRE INSPECTION - *Passenger car tires,* last day for first periodic inspection of "A" book-holders and motorcycles.
APRIL 1-10—
PERIOD FOR REGISTRATION-of retailers, wholesalers and processors of processed foods.
APRIL 12—
FUEL OIL-Expiration date of *coupon No. 4.*
JUNE 15—
SHOES-Last day for *coupon No. 17.* Good for one pair.

Presbyterian Women Hold Annual Meeting

The Deerfield Presbyterian Woman's association will have a luncheon meeting next Thursday at 1 o'clock. Circle Three of which Mrs. Richard Harvey is chairman will serve the luncheon and Circle Five will have a bake sale.

Mrs. Andrew E. Decker will preside and the annual election of officers will be held. Circle chairmen for the coming year will be appointed and members assigned to new groups.

The five circles have held their final meetings for the fiscal year this month. Each group pledged $100 and their books are being closed. Circle One met last Thursday at the home of Mrs. William Olson; Circle Two, last Tuesday at the home of Mrs. D. A. Cole of Wilmot road; Circle Three is meeting today at the home of Mrs. Richard Harvey; Circle Four met last Thursday at the home of Mrs. Kenneth Ross; and Circle Five, on Monday evening at the home of Mrs. George Ward of Osterman avenue.

BEST BUYS THIS WEEK

Homemakers will find carrots, turnips, spinach, lettuce and celery in more normal supply than most vegetables at this time, Lance Hooks, Federal Food Reporter for the Department of Agriculture said today. Carrots are mostly the bunched kinds coming from Texas, Arizona and California. In fact, we are depending upon these states and Florida for our rather small supply of most fresh vegetables right now. Recent crop damage to many tender Florida vegetables and unfavorable growing conditions in Texas are partially responsible for the smaller supply this month. Green beans, for instance, have practically disappeared from the market. The small supply of tomatoes, green peas, and cabbage were put under price ceilings recently, along with many other fresh vegetables. Much of the cabbage which usually comes to Chicago is being shipped to eastern cities where prices are higher.

Thrifty homemakers can save some of the high points rationed canned fruits would require by taking advantage of the large supply of apples on the market. Many mid-western varieties of apples are available, including Baldwins, Starks, Greenings and Spys. Most all citrus fruit is selling at ceiling prices, southern juice oranges, some small size grapefruit and the dwindling supplies of tangerines are among those citrus fruits with the lowest price ceilings.

Who is giving the blood for your soldier?

Sorry, Sir–

Long Distance telephone lines to these seventeen cities and others near them are especially busy. . . .

Please remember that war calls must come first and do not telephone these areas unless your call is urgent and necessary. . . . Thank you!

ILLINOIS BELL TELEPHONE COMPANY

1. Baltimore, Md.
2. Washington, D. C.
3. Charlotte, N. C.
4. Atlanta, Georgia
5. Jacksonville, Fla.
6. Miami, Fla.
7. Tullahoma, Tenn.
8. Birmingham, Ala.
9. Denver, Colo.
10. Houston, Texas
11. Dallas, Texas
12. Amarillo, Texas
13. Albuquerque, N. M.
14. Seattle, Wash.
15. San Francisco, Calif.
16. Los Angeles, Calif.
17. San Diego, Calif.

The poster shown above is another in the series calling the attention of school children to the parallel between safe habits practiced by the armed forces and those which should be practiced by the children. The March "Victory Hero" poster is being distributed to more than 38,000 classrooms in the Illinois and Indiana territory of the Chicago Motor Club. The motor club directs many appeals for safe pedestrian practices to children of school age because the children not only are more careful themselves but are likely to carry the safety lessons home to other members of the family.