

A Buffet Supper WITHOUT SWEETS makes a hit with one and all

says Dorothy Greig



For refreshments without sweets feature a big tureen of hot soup, crisp salads, sharp cheeses.

YES, we're working like trojans these days. That's all the more reason to gather our friends around us occasionally on an evening. And such get-togethers mean refreshments—but simple ones as best the times. With sugar rationed and whipped cream on the way out, let's plan a supper without any sweets at all. As a matter of fact, men guests prefer that type of supper anyway.

Among the "no sweets" are zesty, hearty foods, such things as: Hot soup to be ladled smoking hot from a big tureen. Relishes and cold meats. Crusty rolls, hot biscuits, crackers. Nuts, cheeses and fruits. Brittle salad greens. Celery, raw carrot sticks, paper thin rounds of raw turnips, snowy cauliflower flowerets, radishes, cucumber fingers all crisped in ice water and offered for the nibbling. Slim wedges of apples (skins left on) put together with sharp cheese. Who would ever yearn for wobbles of cream and gooey sweets with fare like this as an alternative? Nobody!

Here, for example, is a plan for a simple "no sweet" supper—equally fine for a buffet or as a sit-down-at-the-table family supper. The main dish is a magnificent soup:

***Deluxe Cream of Oyster Soup**
Jellied Vegetable Tomato Ring
filled with Chicken-Tongue Salad
Buttered Green Peas
Hot Biscuits
Tray of Cheese and Crackers
Coffee or Hot Chocolate

*This is the way to make that soup:

De Luxe Cream of Oyster Soup
12 raw oysters ¼ cup soft bread crumbs
1 can new and improved condensed chicken soup 2½ tablespoons butter
¾ cup water 1½ tablespoons flour
1 slice onion 2 cups milk, hot
2 stalks celery ½ cup oyster liquor
1 sprig parsley ¼ teaspoon salt
1 small bay leaf 1 pinch of pepper

Cut the firm part from oysters and chop. Combine these parts of oysters, the chicken soup, water, onion, celery, parsley, bay leaf and bread crumbs. Then simmer for about five minutes and rub through a very fine sieve. Melt 1½ tablespoons of the butter in pan, stir in flour, and add hot milk, sieved chicken soup mixture and oyster liquor; cook until thickened. Cut the soft portion of oyster into 5 or 6 pieces and cook in the remaining 1 tablespoon butter until edges curl. Add oysters and seasonings to the thickened soup and heat. Make approximately 1 1/2-2 qt. of soup.

Meat Dressing is a Valuable Extending Item

When it's inside the meat it's stuffing. Placed under, over, or around, it's dressing. But any way you serve it, it's good eating and an excellent way to extend the delicious flavor of meat.

Sounds like a riddle, doesn't it? But no guessing needs to be done if the homemaker has a file of recipes for food combinations that go well with any crusted meat dish.

Here are a few combinations suggested by Jessie Alice Cline, home economist, for adding flavor and food value to the meal. Each may be baked as a stuffing or a dressing. When prepared as stuffing, allow same amount of time as required for cooking the meat cut.

The dressings are more delicious if they are basted with the meat drippings, and will require 45 minutes to 1 hour for cooking in a 300-350 deg. F. oven.

Celery Stuffing or Dressing
1 cup finely chopped celery
1 tablespoon minced onion
1 tablespoon minced parsley
1 tablespoon butter
2½ cups bread crumbs
¼ teaspoon marjoram
¼ teaspoon celery seed
Salt
Pepper
Water or stock

Cook celery, onion and parsley in butter for a few minutes. Add other ingredients and enough liquid to make the mixture slightly moist.

Rice Stuffing or Dressing
2 tablespoons grated onion
2 tablespoons drippings
1 cup uncooked rice
3 cups stock or water
2 teaspoons salt
2 teaspoons poultry seasoning
2 eggs

Brown onion in fat, add rice and stir until golden brown. Add stock and seasonings. Cover and cook slowly until rice is tender, about 40 minutes. Remove from heat, add beaten egg.

Corn Stuffing or Dressing
2 cups corn
20 crackers or
1 cup fine dry bread crumbs
2 teaspoons celery salt
4 tablespoons minced green pepper
Salt and pepper
Corn liquid or water

Combine corn, crackers or bread crumbs and seasonings. Mix well and add enough corn liquid or water to make the mixture slightly moist.

VARIETY MEATS AID IN WAR MENU PLANNING

Kinds	Characteristics*	Food Value	Buying Guide		Preparation
			As Weight	Servings	
Liver (beef, calf, pork, lamb)	Calf, lamb, pork livers more tender than beef. Calf and lamb livers milder in flavor than pork and beef.	Richest source of iron. High in phosphorus, A and B vitamins, quality protein. Some vitamin D.	1 beef — 10 lb. 1 calf — 3½ lb. 1 pork — 3 lb. 1 lamb — 1 lb.	¾ to 1 lb. for four	Broils, fry or broil.
Kidney (beef, calf, pork, lamb)	Calf, lamb and pork kidneys more tender, of milder flavor than beef. Veal and lamb kidneys sometimes cut with chops.	Rich source of iron, phosphorus. Good source vitamin A. Excellent for B vitamins, quality protein.	1 beef — 1 lb. 1 calf — ¾ lb. 1 pork — ½ lb. 1 lamb — ½ lb.	4 to 6 3 to 4 1 to 2 ½ to 1	Stew, broils, broil or grind for loaves or patties.
Heart (beef, calf, pork, lamb)	Beef heart is least tender but all hearts must be made tender by proper cooking.	Rich source of iron and phosphorus. Excellent for B vitamins and quality protein.	1 beef — 4 lb. 1 calf — ½ lb. 1 pork — ½ lb. 1 lamb — ¼ lb.	12 to 16 2 to 3 2 to 3 1	Broils, stuff and broils, stew or grind for loaves or patties.
Tongue (beef, calf, pork, lamb)	May be purchased fresh, pickled, corned, or smoked. Make tender by proper cooking. Pork and lamb usually purchased ready to serve.	Good source of iron, phosphorus, B vitamins and quality protein.	1 beef — 3½ lb. 1 calf — ½ lb. 1 pork — ½ lb. 1 lamb — ½ lb.	12 to 16 2 to 3 2 to 4 2 to 3	Simmer in seasoned water until tender. Remove skin; serve as desired.
Tripe (beef)	First and second stomachs of beef. Plain and honeycomb, latter preferred. Purchased fresh, pickled or corned. Make tender by proper cooking.	Good source of quality protein.	Plain — 7 lb. Honeycomb — 1½ lb.	¾ to 1 lb. for four	Pre-cook in water to make tender. Then broil, fry or broils.
Sweetbreads (beef, calf, lamb)	Divided into two parts: Heart and throat sweetbreads. Tender and delicate in flavor.	Good source of riboflavin (vit. B ₂) and quality protein.	¾ lb.	¾ to 1 lb. for four	Pre-cook in water to help keep and make firm; Broil, fry, broils or cream.
Brains (beef, calf, pork, lamb)	Very tender and delicate in flavor.	Good source of iron, phosphorus, B vitamins and quality protein.	¾ lb.	¾ to 1 lb. for four	Pre-cook in water to help keep and make firm. Then scramble, fry or cream.

*All variety meats are practically boneless and have high percentage of edible meat. This handy chart on variety meats is designed to assist the housewife in solving her wartime meat problems. The variety meats are deserving of special consideration because they are high in food value and may be prepared in many appetizing dishes to supplement the usual chops, steaks, stews and roasts.

Top That 10%



If we call them sacrifices we're not yet in the fight.

Reminds us—Don't forget your government needs your money. Lend it via War Bond purchases and do your part.

In his recent Annual Report to Shareholders of North Shore Gas Co., Pres. A. W. Conover commented, "The various Selective Service Boards have been most considerate of our manpower situation, and the management compliments these people serving the various Government Agencies in the territory served by giving their time and effort in this emergency."

Comment in store: "What kind of stuff are you out of that I couldn't even get if you could sell it?"

Pickens Mather Magazine says, "Business demands faith, compels earnestness, requires courage, is honestly selfish, is penalized for mistakes, and is the essence of life."

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

Wilhelmina Munson, Former Local Teacher, Dies In Indiana

Miss Wilhelmina Munson, 58, who taught school in Highland Park for many years, died Tuesday morning, March 30, in St. Anthony hospital, Michigan City, Ind., the place of her birth.

Miss Munson started her teaching in Michigan City in 1909. She taught there until 1912 when she went to St. Paul, Minn., and then to Highland Park to teach. During the first World War, in 1918 and 1919, she went to Washington, D. C., where she served in a secretarial capacity.

From 1919 to 1921 she returned to Highland Park. In 1922 she went back to Michigan City where she taught since that time. Miss Munson was active in school activities and civic organizations and during her life-time had traveled all over the world.

Funeral services were held Thursday afternoon in Michigan City.

Mrs. Drucilla Williams Dies Day Before 73rd Birthday

Mrs. Drucilla Elhelyn Williams, who would have been 73 years old Wednesday, died Tuesday evening in her home at 546 Railway avenue, Highwood, after an illness of several years.

Mrs. Williams moved to Highwood from Kirksville, Mo., in 1926.

Surviving are her husband, Alfred, and four children, Tom and Minor of Highwood, Mrs. Oava Bryan of Highland Park and Mrs. Ola Norman of Waukegan, ten grandchildren and four great-grandchildren. Three of the grandsons are in the service; Corp. Raymond Coomes is a prisoner of war in Italy, Pvt. Sterling Norman Jr. is stationed at Jefferson barracks, Mo., and Pvt. Hesper Hudson is at Fort Lewis, Wash. There are also two sisters and one brother.

Funeral services will be held from Kelley's chapel Saturday afternoon at 2 o'clock.

ANNIVERSARY OF D. A. R. TODAY

The fiftieth anniversary of the D. A. R. will be observed at a meeting today (Thursday) at the home of Mrs. J. B. Garnett at 2 o'clock. Assisting hostesses will be Mrs. H. C. Hawes, Mrs. Mar Law and Mrs. L. B. Sinclair.

10% OF INCOME IS OUR QUOTA IN WAR BONDS

BEST BUYS THIS WEEK

The wartime food shopper who wants to get the most for her money these days will put carrots at the head of her marketing list this week. According to Lance Hooks, Federal Food Reporter for the United States Department of Agriculture, carrots are in liberal supply at most markets, and prices on them have been very reasonable for the past week. The yellow color of carrots means they're rich in vitamin A. Carrots are good both raw and cooked... in salads, or as part of sandwich fillings.

Moderate supplies of spinach are to be found in local stores, and it's priced lower than most other greens. The best way to cook this vitamin-rich green vegetable is to use only enough water to keep the spinach from sticking to the pot, and cook it just until it's tender. Another green colored vegetable now available is the artichoke. The Chicago market has received a fairly large number of artichokes this week and they're selling at reasonable prices. However, food shoppers are cautioned to watch the quality of the artichokes, as they're not all in top condition. There isn't much change in the prices of head lettuce and celery early this week.

In fruits, lemons, oranges, grapefruit and apples are the most attractive buys—from a supply and price standpoint.



The correct signal is important whether it's out on the Pacific or on Main street, according to this "Victory Hero" poster being distributed to more than 85,000 classrooms in Illinois and Indiana by the Chicago Motor Club.

Designed to attract the pupils' attention through use of an analogy between action on the fighting fronts and everyday life, the poster series has been praised by leading educators throughout the United States.

Instruction sheets accompanying the posters help teachers use the safety lessons to best advantage for various groups, such as rural or city children, and pupils in the various grades.

Rationing Dates

Michael F. Mulcahy, director, O.P.A., Chicago Metropolitan area, announces important rationing dates for housewives, consumers and businesses. They are as follows:

Meats & Fats
March 29: Rationing begins of all meats, edible fats, and oils, including butter, cheeses and canned fish.

Red stamps from War Ration Book II will become valid and will expire as follows:

Week Beginning	Red Stamps	Stamps Expire
March 29	A (16 points)	April 30
April 4	B (16 points)	April 30
April 11	C (16 points)	April 30
April 18	D (16 points)	April 30
April 25	E (16 points)	(to be announced)

Processed Foods
Mar 25: Blue point stamps "D," "E," and "F" become valid—Expire April 30.

March 31: Blue point stamps "A," "B" and "C" expire.

April 1 to 10 inc.: Retailers, wholesalers, and processors of processed foods register at their Local Rationing Board.

Sugar
May 31: Stamp No. 12 for five (5) pounds expires.

Coffee
April 25: Stamp No. 26 for one (1) pound expires.

Shoes
June 15: Coupon No. 17 expires. Good for one (1) pair.

FUEL OIL AND GASOLINE
Fuel Oil
April 12: Period 4 coupon (valid for 17 gallons) expires.
Sept. 30: Period 5 coupon (valid for 11 gallons) expires.

Gasoline
May 21: Coupon No. 5 in Basic "A" Book expires.

Tire Inspection
March 31: Passenger Car Tires—last day for first periodic inspection for "A" Book holders, and motorcycles.

BUSINESSES
Institutional Users
March 29 to April 7, inc.: Institutional users (Groups II and III) submit point inventory statement to their Local Rationing Board.

Industrial Users
March 29 to April 10, inc.: Industrial users register with their Local Rationing Board.

May 3 to 14, inc.: Retailers and wholesalers of meats and fats must register with their Local Rationing Board.

Ration Banking—Meats, etc.
March 29: Ration Bank Accounts for meats, edible fats, and oils, including butter, cheeses and canned fish may be opened beginning on this date.

Ration Banking—Shoes
April 12: Shoe Ration Bank Accounts may be opened beginning on this date.

Price on Baked Goods
Housewives who buy pastries, doughnuts, pies, cakes and sweet yeast raised goods from producers who sell direct to ultimate consumers may expect to see a printed retail ceiling price on the wrappers, the OPA said. The price is now required to be thus printed.

More Ice Boxes
About 400,000 household refrigerators, 148,847 electric and gas-operated, and the rest "ice-boxes," will be available to the general public this spring, according to the Consumers Durable Goods division of WPB. Only those who cannot be served by other types of refrigeration are eligible to buy gas or electric refrigerators, the order provides.

WAAC Mobilization Day To Be Held In Chicago April 10

The largest aggregation of members of the Women's Army Auxiliary Corps to have been seen anywhere in the United States will visit Chicago on Saturday, April 10. That date has been designated as WAAC Mobilization day for Chicago.

The WAAC band from Ft. Des Moines, Iowa, first women's military band to be organized in the uniformed forces of the United States, will be the feature attraction of the day.

The parade will form in front of army headquarters in the Civic Opera building at 12:30 p.m. The line of march will be from Wacker drive to Michigan avenue in Randolph street, then south in Michigan avenue to Congress street. There, the WAACs will march into Grant Park and stage a battalion review before Major General H. S. Aundant, commanding general of the Sixth Service command, 1st Officer Doris Epperson, WAAC director, Sixth Service command, and other military and civilian dignitaries.

Fort Company
Participating in the parade will be three companies of 150 WAACs each. These women now are stationed at Camp Grant, Fort Sheridan and Fort Custer.

Governor Dwight H. Green of Illinois, Acting Governor Walter S. Goodland of Wisconsin, Governor Harry F. Kelly of Michigan, Mayor Edward J. Kelly of Chicago, members of the Army Council, and other civilian notables have been invited to participate in the WAAC review.

The ceremony at the reviewing stand in Grant park will culminate with the swearing in of approximately 200 new WAAC enrollees by 3rd Officer Cornelia Greenfield, acting WAAC recruiting officer for Chicago.

WHERE STATE LIQUOR TAXES GO

THE HALF BILLION DOLLARS IN LIQUOR TAXES COLLECTED BY THE 48 STATES LAST YEAR WAS USED FOR MANY VITAL SERVICES, SUCH AS:

UNEMPLOYMENT RELIEF
COMMON SCHOOL FUND
OLD AGE ASSISTANCE AND PENSIONS
STATE HOSPITALS
CHARITABLE INSTITUTIONS
CRIPPLED AND DEPENDENT CHILDREN
PUBLIC WELFARE

PREPARED BY PICTOGRAPH CORPORATION
© 1942 PICTOGRAPH CORPORATION, INC.