

# Summing Up the Serving of Well Planned Meals

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	BREAKFAST	DINNER	SUPPER
<b>Sunday</b>	Corn Flakes Grapefruit Buttered Toast Coffee	Roast Leg of Lamb New Potatoes in Cream Buttered Asparagus Shredded Lettuce Rhubarb Sherbet Coffee	Mint Sauce Hot Rolls French Dressing Angel Cake
<b>Monday</b>	Apricots and Rice Cream Graham Muffins Coffee	Rolled Flank Steak Creamed Celery Graham Bread Strawberry Shortcake	Browned Potatoes Radishes Escalloped Potatoes and Eggs Carrot and String Bean Salad Rhubarb Sauce Cookies
<b>Tuesday</b>	Rhubarb Sauce Oatmeal Warmmed Rolls Coffee	Chartriuse of Rice and Meat Creamed New Peas Bread Fresh Pineapple Salad Coffee	Creamed Omelet with Peas Hashed Brown Potatoes Baking Powder Biscuit Tea
<b>Wednesday</b>	Strawberries on Puffed Wheat Buttered Toast Coffee	Veal Steak Bread Raspberry Whip Coffee	Mashed Potatoes Buttered Beets Butter Salt Wafers
<b>Thursday</b>	Half Orange French Toast Coffee	Pork Tenderloin Baked Potatoes Head Lettuce with Thousand Island Dressing Dutch Apple Dressing	Lemon Sauce Graham Bread Cinnamon Toast
<b>Friday</b>	Stewed Prunes and Rhubarb Cream of Wheat Hot Toast	Fish Fillet Lemon Pie	Macaroni and Chipped Beef Shredded Lettuce Salad Bread Fruit Gelatin Tea
<b>Saturday</b>	Fresh Berries on Shredded Wheat Biscuit Coffee Cake Coffee	Beef Pot Roast Brown Gravy Buttered new Peas Beet Pickles Bread Jelly Roll	Baked Beans Brown Bread Green Onions and Radishes Fresh Pineapple Sauce Apple Jelly Cup Cakes

THE menus given here were made for a family of average means, who have a garden or who have access to fresh vegetables and fruits. Of course, very few families could carry out this week's menus in full since a menu is a very personal piece of work that must be fitted and molded to suit specific needs.

In this plan, the breakfast is very light, consisting usually of fruit, cereal, hot bread, and beverage. It will be noted that there is no repetition in the fruit or cereal served with the exception of the berries which may be served often during their short season. The man of the family may need an egg; the children will need milk. It is not necessary to serve a large amount of fruit, but fruit in some form is most important as a starter for the day.

The dinner menus are of two courses, using a variety of meats and plenty of vegetables. The light berry and fruit desserts are far more attractive at this time of the year than heavy puddings and pies. So in the Thursday menu one could substitute a berry batter pudding or berries and cream instead of the Dutch apple cake. If pies are served, the fruit pies and one crust pies are desirable. The tartness of a lemon pie makes it a welcome warm weather dessert. To those who can make frozen desserts easily, the problem is simple since a sherbet or ice cream is considered a treat by most everyone. The new vacuum freezers

prove very satisfactory for sherbets and require very little attention. Lucky is the family that can use ice freely in making frozen desserts, but one must consider the cost of ice and salt in using this type of dessert.

In the early summer lamb is found in most markets and, if well prepared, it is a pleasing relief from pork and beef. It is well to give stews and roasts a little rest at this season by using more of the smaller cuts as steaks, chops, and combination dishes. So, too, it is well to use the fresh vegetables and salad greens in many ways and often. One does not mind repetition of tomatoes, cucumbers, new peas, asparagus, and string beans.

As to the supper menus, those listed may look too light for some families, but it would seem wiser and more economical of the housewife's time to have larger servings and fewer prepared dishes. At this time of the year, most of the supper dishes may be cold, tho one hot dish makes a more pleasing menu.

The Sunday meals are planned with a light breakfast and supper to balance the hearty dinner. Many families prefer to serve a more simple Sunday dinner using foods that can be prepared the day before, in this way giving the housewife a day of rest. In this meal, the leg of lamb could be baked on Saturday. So too, the potatoes may be cooked and just heated up in the white sauce, while one heats the rolls and cooks the asparagus.

If one gets the sherbet ready made this dinner could be easily prepared in three quarters of an hour. It seems quite a pity to develop the idea of a big banquet menu on Sunday, although in too many homes this custom prevails to the extent that the mother has the busiest kitchen day of the week. Then after dinner, there is that big stack of dishes to do while the man of the family reads the paper and enjoys the seventh day. If the dish supply allows, it is well to stack the dishes until a future time when one does not have on her best dress. With careful planning the family may enjoy a good dinner and the housewife may also find time to enjoy her family, her home, and Sunday.

For Monday breakfast, the rice may be cooked in a fireless cooker over night or it can be cooked in thirty minutes in a big kettle of boiling salted water. Any dried or fresh fruit is served on rice to give a change in flavor. The question of hot breads at breakfast is a matter for each family to settle. In many homes, toast is the standby, while in others we find a woman who can stir up a "batch" of muffins in no time. Muffins can be varied not only by using different kinds of flours, but by adding fresh blueberries, raisins, or dates. Fortunate is the family that has one member who likes to make muffins.

A rolled flank steak is an inexpensive cut of meat that may be made very acceptable by long slow cooking. In place

of the celery one could use turnips, cauliflower, cabbage or any vegetable in season but with this menu a creamed vegetable is better than a baked, fried, or buttered vegetable. Shortcakes are so quickly prepared and may be made by using any fresh, dried and canned fruit with cream, soft custard, or a sauce.

For Monday evening, a vegetable salad is suggested to emphasize the importance of using vegetables in season. There is no meat used since the meal seems quite hearty enough. Another point to notice in this meal is that in its preparation one does not use a frying pan.

On Tuesday, the lamb from Sunday and the flank from Monday combine to form the chartreuse. To make this use one cup of rice cooked in two quarts of water. Drain and use to line a greased mold. Fill the center with one pint of chopped meat or fish, one cup of tomato sauce, and one beaten egg. Spread cooked rice over the top and bake thirty minutes. A fruit salad makes a good type of dessert here since one does not need more starch.

There is no finer supper dish for summer than an omelet. A creamy omelet is especially delightful when served with cheese, peas, asparagus, celery, tart jelly, or bacon. For a three egg omelet—add  $\frac{1}{2}$  cup of medium white sauce (1 cup milk, 2 tbsp. flour, 2 tbsp. fat) to the beaten yolks and fold into the mixture the stiffly beaten whites. The great precaution with an omelet is to cook it slowly and not scorch or over cook it. When the omelet is puffy and dry, not tough, turn onto a hot platter and pour over it the creamed peas or other creamed mixture.

For Wednesday supper another vege-

table combination is used for the main dish—as beets, onions, cabbage, and cheese or a pickle. Most any vegetable if well seasoned with salad dressing may be used.

Hot gingerbread makes such a good dessert and it is really so easily made. Marshmallows may be put between two layers of hot gingerbread and the whole cake put back in a warm oven just long enough to soften the marshmallows. This is served with whipped cream, thin cream or a vanilla sauce.

The Thursday breakfast seems more like a winter meal but even in summer there is dry bread that must be used. This may appear either at breakfast or supper as French toast or as milk toast with or without a jelly or bacon.

In most cities now one can buy pork tenderloin. Even tho it is high in price, one must consider that there is no waste at all. Too often the so called cheap cuts of meat are expensive per pound of edible meat minus bone and gristle. Pork tenderloin may be cut into patties one inch thick and pounded flat. Season, roll in flour, and brown in a little fat. Cover and steam ten minutes, then add milk or cream and cook fifteen minutes. Lemon or tomato juice may be added to this sauce to give a tart flavor, though some prefer to add a teaspoonful of horseradish. Two tenderloins flattened with a broad knife may be baked with a bread dressing in between the two layers. Cover the top with salt pork or bacon and bake thirty minutes basting frequently.

The egg loaf with asparagus for Thursday supper can also be made with or without cheese. Cooked celery could be used in place of the asparagus to make a delicious supper dish.

Line a mold with cooked asparagus. Fill with the following mixture. One cup white sauce, two hard cooked eggs, one cup of cooked asparagus cut in  $\frac{1}{2}$  inch pieces, and the yolks of six eggs beaten with one whole egg.

Too few people use fish. Even in Iowa it is possible to get good fish now and then and one should grasp the opportunity for a relief from meats. It is always possible to get canned fish flakes, salmon, shrimp, crab, and codfish. All of these can be made into many dishes as escallopes, croquettes, loaves, in salads, and in combinations with rice, potatoes or other vegetables.

On Saturday, there appear several foods that require considerable cooking. Since in most families this day is used to prepare the Sunday meals. So on this day the pot roast may be reserved on Sunday and the baked beans and the cup cakes can well form a foundation for the Sunday evening meal. Many housewives always prepare fruit jelly, a meat loaf, salad dressing, cake, cookies, nut bread, or other "come handy" foods to take care of the Sunday meals.

Planning meals for a family is a fascinating problem. There is no limit to the possibilities of variety. There is no cause for monotony. The needs of the family is the objective. Fruits, vegetables, milk, eggs, cereals in countless combinations are found in abundance on our markets. If you find you are dissatisfied with your meals try making out your menus for a week in advance. Do this for three or four weeks and study and criticize them as thoroughly as you do the menus found in papers and magazines. And remember always the secret to success is variety.

## Finding Brushes to Fit Special Needs

By GLENNA HESSE, Assistant Professor of Home Economics

"BRUSHES, brushes everywhere, so not one speck of dust" is the reply Mrs. Modern Housewife can give to her friends in answer to their inquiry, "How do you keep the dust out of so many tiny places in your house?" Since it is a universal question, and one so often asked, I wonder if everyone knows the wide assortment of brushes on the market today.

There are big brushes, little brushes, fat brushes, scrawny brushes, white brushes, black brushes, in fact, just as many kinds of brushes as there are corners into which dust may settle.

If they are so plentiful why aren't they more in use? Mainly because many a housewife does not know that they exist, and often cannot afford all of them, even tho she knows of their value to her.

Just where shall we start in fitting brushes to fit special needs? The ceiling seems to be the top of everything, and needs cleaning much more often than it customarily gets. It requires a soft, downy brush with a long handle that will reach to the farthest corner, for no one wishes to risk her safety on a step ladder, vainly trying to reach all places with a short handled broom. An additional point in favor of these brushes is that they leave no streak as does the covered broom. The ceiling brushes are

made either of hair or wood which have this necessary softness.

The windows have their own brush of a trifle stiffer hair to take off the dust,

but if washing is necessary, the rubber scraper is a great help.

The tops of the windows and doors, as well as the remainder of the woodwork,



The Brushes Shown are: 1, Vegetable; 2, Percolator; 3, Bottle; 4, Stove; 5, Whist; 6, Clothes; 7, Radiator; 8, Ceiling; 9, Utility; 10, Window; 11, Spoke; 12, Refrigerator; 13, Bottle; 14, Toilet; 15 and 16, Floor Mop; 17, Hearth; 18, Dust.