

# Better Housing FOR THE HOMEMAKER Household Hints



### SUNDAY'S MENU

**BREAKFAST**  
Half Grapefruit  
Cereal with Milk  
Asparagus Tips on Toast  
Coffee

as delicious as cream cheese which is used in cheese and jelly sandwiches and much more expensive. Oatmeal, graham crackers, brown bread or graham croutet lend themselves well to cottage cheese sandwiches.

**DINNER**  
Cream of Celery Soup  
Oleary  
Roast Fresh Ham with Dressing  
Apple Sauce  
Mashed Potatoes (Creamed Carrots)  
Lettuce Salad  
Quen Pudding  
Rolls Coffee

Cottage cheese has long been known but has not been little appreciated and unattractively served. It is more valuable than meat in material that goes to build muscle, blood and bone.

The Department of Agriculture has found that as a source of body building material one pound of cottage cheese equals 1.27 pounds of sirloin steak or 1.46 pounds of lamb. It furnishes a valuable problem of milk in a solid form and is a much cheaper animal food than any form of meat.

Cottage cheese, however, is not a mere food to be eaten for its nutritive value. An endless number of novel and enjoyable dishes can be made with it. During Lent it can be used as a meat substitute and made into scalloped dishes, salads, pie crusts, cheese hot omelets and numerous other dishes. It may be served plain as the to do dish of a luncheon or supper in place of cold meats or, as a variety of adding browned fat meats, chopped potatoes, finely cut green peppers, celery, beets, hard-boiled olives or chopped onion.

As a sandwich filling it is excellent, taking the place of meat or egg filling. Cottage cheese is just as delicious as cream cheese which is used in cheese and jelly sandwiches and much more expensive. Oatmeal, graham crackers, brown bread or graham croutet lend themselves well to cottage cheese sandwiches.

**DO YOU KNOW**  
The pamphlet "Eat Right" contains many ways of cooking and serving various varieties of fish. You can have a copy by sending a three-cent stamp with your request. Other Lenten pamphlets are "Eggs and Their Use," "White Recipes" and "Meatless Recipes and Soups Recipes." These pamphlets are three-cent affairs. They bring charges. The large Molly Gavlin Cookbook will help solve the problem of everyday cooking. The recipes are practical. The price is \$1.00 postpaid. Address all requests to Molly Gavlin, 1312 Massachusetts Ave., N. W., Washington, D. C. Copyright, 1936, N.C.W.C.

### HOMESHOLD HINTS

Do not do anything but be careful for 10 minutes before being equal and require less heat.

When boiling fish or fowl, add a little vinegar to the water. It helps to keep the meat white and tender.

The water in which vegetables have cooked can be made into soup by adding bouillon cubes or some other cubes.

Add a pinch of salt to the alcohol of eggs beat more rapidly.

A point of view that is very different from the usual thing from burning.

A large paper, a wall of food will prevent the dirt from scattering.

### A Catholic Dictionary of Thoughts

Compiled by the REV. WALTER E. HESCH

Our salvation is our personal work. We must merit our own only work. Father Duhan.

Think of nothing but God. This is the only way to the throne of God. Thomas a Kempis.

## BETTER HOUSING MEANS BETTER HOMES

### Inspect Home During Spring For Repairs

Every home should have a thorough inspection during the Spring to detect damage which may have occurred during Winter months.

### Spring Garden Plans Revive

As a large part of the country's home gardeners are now getting out about laying out and planning the spring plantings. Perhaps they are about having out-planting for a good garden of an extension or remodeling of the old one.

### WALLPAPER TAKES PLACE IN PROGRAM

Work has been completed on the wall of the new building. The work was done by the students and faculty of the school.

## Pen Intimate Chats With Pals

### CATHOLIC GIRL

by Susan Russell

### YES, A REAL PERSON

My dear girls, I just had to tell you that I'm a real person. I'm not just a name on a page. I'm a person with a heart and a mind. I'm a girl who has a lot to say about the things we do and don't do.

### Out Of The Mouths Of Youngsters

The boy was probably mentally delicate, and an examination was indicated. "How many eyes has a cat?" "Two." "And how many legs has a cat?" "Four." "Say, Doc," asked the boy, "did you ever see a cat?"

### Walter Teague designed this!

WITH "Imperial" your home becomes a showplace with leading national architects as your permanent guests—consider also Imperial's color-fast and washable features—GUARANTEED.

### Our First Spring Sale! Fine Quality Howe & Rogers' Custom-Made

## SLIP COVERS

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Choose from the smartest novelly-pleated and check patterns or printed creases and cretonnes. We'll cut the material in your own home, finish the covers in our own workrooms, and fit and adjust them to your furniture. Cut and tailored by H. & R. experts with boy-pleated skirts and French seams. [Slight extra charge for out-of-town orders.]

### Howe & Rogers

89 CLINTON AVE. SO.

## IN THE KITCHEN With MOLLY GAVIN

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### WINDOW SHADES REPLACED

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### Do It Now--

## Redecorate

### VAN HOESEN'S

MAIN 173  
Corner Malcolm St. at St. Paul St.

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