

A WORD TO THE WIVES

Hello there—how is your fat situation? No, I don't mean the kind that settles around your waist line—and other places—but that which you are so proud to be saving for the government. Do you know that 61 per cent of the women in our country are NOT saving fats the way they are supposed to? Let me tell you over in Germany they wouldn't get away with it like that. Oh yes, I know, 'cause I've heard of all you say, "but I never have any waste fat—I use all mine."

That isn't true. The wee bit of fat that is left in the pan after frying potatoes or eggs—do you mean to say that you pour that into a bowl to be reused? Though it is only a teaspoonful, it is no trick at all to strain it through a fine strainer, kept especially for that purpose. And you would certainly be surprised at how fast it mounts up.

We're not asked to give or sell the fat that we can use ourselves. In fact we are helping by saving good meat or bacon drippings for our own frying. But it is that little bit that is left that we put in the dish pan that our army wants

and needs badly. They say it takes three weeks for the fat to be made into glycerine from the time we take it to our butcher. So figuring from that in about six weeks to two months, maybe the very fat we turned in is in the very hands that saves some one of our loved ones' life.

If your butcher trims your meat, ask him for the trimmings and take them home and render them yourself. Grind or cut the suet fine and fry out over a very low fire. Strain and keep in a cool dark place. To clarify fat, take one small potato for each pint of fat, cut potato in cubes and put slices in cool fat. Heat gradually until the potato slices are well browned, and fat comes to bubble. Strain and store in a cool place.

Here are some of the ways to use the different kinds of fat: Rendered beef suet can be used the same as any shortening. Chicken fat may be used in place of butter in cream sauces, cakes, cookies and bread. If you buy an unusually fat chicken, remove the fat before cooking the fowl, and melt in double boiler, strain and chill. This will not be as strong-tasting as the chicken fat that is cooked with the fowl. Pork drippings may be used for



seasonings and for making gravies. Remember, gravies are a real conservation food.

Beef drippings, if fresh, may be clarified and added to other fats. Then use in muffins and spice cakes as shortening, in gravies and for sautéing. Lamb drippings, strong in flavor, best when used for browning potatoes or combined with other fats. Ham fat is good in dry bean soup or bean dishes; when melted can be used for making white sauce.

Bacon fat that has not been allowed to smoke can be used in muffins, corn bread, cakes, gingerbread and cookies. Strain the fat after cooking the bacon. Bacon flavor not noticeable if used within two days. Bacon rinds and ham rinds can be used to grease skillets and to flavor soups and vegetables. So you see, girls, you can eat your fat and save it, too. Bye now.

Items of Interest to THE WOMEN

KEEP THE COFFEE COOL!



No beverage can equal a cup of freshly-made fresh coffee! It's up to you to keep the coffee that's your due under rationing as fresh as possible until you drink it. That's no trick, even though the ration period covers several weeks. As soon as you buy coffee, empty the bag into a tightly-capped jar or container. Then put the jar into your refrigerator. Keep it there at all times. There's a reason for doing that! It has been determined that coffee contains 15 per cent fat. That should be enough to convince you that coffee is a perishable food! If butter must be stored in a cool place, coffee certainly should be, too. Chemical action doubles with each 10° F. rise in temperature. When coffee is kept at the lower temperature of the refrigerator, decomposition that makes it lose freshness—and of course flavor and aroma—is slowed up. If you keep your rationed allotment of coffee in a covered glass jar and put that jar in the ice box,

TRY THIS NEW CASSEROLE DISH ON THE FAMILY

Here is a nice way to use that small piece of meat you wonder what to do with. The butcher has left. Or use the leftover meat from a leg of lamb. This dish served with a green salad and a light dessert will make an ideal meal.

Lamb and Lima Bean Casserole
 1½ pounds lamb cut in 1 inch cubes
 2 lbs. enriched flour
 3 lbs. shortening
 1 cup boiling water
 ½ tsp. salt
 4 tsp. pepper
 1½ cups canned tomatoes
 1½ cups cooked lima beans

Brown the meat which has been dredged in the flour in the hot shortening. Add the water and seasonings and cook until the meat is tender. Add the tomatoes and beans, place in a greased 3 quart casserole and bake in pre-heated 275 degree oven for 30 minutes. Makes 6 large servings.

THIS AND THAT . . .

Don't despair, Victory Gardeners, be sure and plant your garden even if it is late. Small beans, carrots and beets are better than none at all.

Owww—do I hurt? Be-magine learning to ride a bike at my age. Maybe we gain in knowledge as we grow older—but we also gain fear.

Wasn't it wonderful to sit out those couple nice nights we had last week and listen to the night sounds?

And wasn't it nice to have the soft warm breezes blowing through the open windows.

Spring not only turns a young man's fancy to thoughts of love—but it makes us gaze feel positive by kittenish again.

Vegetable Q's

United States vegetable oil technicians have recognized Brazil as the world's greatest potential source of vegetable oil exports. Millions of oil-bearing trees grow wild in the tropical areas of northern Brazil. The big problem is to obtain labor and transportation.

San Matches

Matches are not only prohibited transmission in the mails to all foreign countries, including Canada and Mexico, but also when addressed to the personnel of our armed forces or civilians receiving mail at points where sea transit is involved.

THIS WEEK AT YOUR LIBRARY

HOURS:

Wednesday—11:30 a. m. to 1:30 p. m.—3:00 p. m. to 8:00 p. m.
 Friday—3:00 a. m. to 9:00 p. m.
 Saturday—2:00 p. m. to 9:00 p. m.

The Clifton Scarr—Mignon G. Eberhart. The party at Averill Blaine's huge, gloomy, but very comfortable house had a double purpose. First, it was to celebrate her wedding to Jim Cady. But also, it was a meeting to demonstrate to a foreign military expert the new airplane engine which Jim Cady had invented. Averill insisted on selling. Jim was reluctant, feeling that his engine was too good for any government except his own, and wanting to manufacture his own invention himself.

The demonstration was to be in the morning, and the wedding at night. But when Bill Blaine, skilled test pilot, took up the sleek, silver ship to put her through her paces, something went wrong. The plane caught fire, sideslipped and crashed. Bill was killed instantly. It was an unfortunate, horrible accident. Shortly thereafter, Bill's pretty wife was strangled. The Clifton Scarr. Cady's death could not have been an accident. One of the members of that party was a murderer. Thrills, suspense and romance—all in one book.

Thirty Fathoms Deep—Commander Edward Ellsberg. Thirty fathoms deep, off the fabled coast of Peru, lay the Spanish galleon, the Santa Cruz, scuttled three hundred years ago to save her treasure—jewels and great bars of gold—from falling prize to Drake and his corsairs in the famous "Gold-Enchanted." There in the "Lapwing," a modern salvage ship, came Bob Porter and his shipmates—divers, sailors, fighters. And there through thrilling adventures in the depths and on the surface, they fought the sea to recover the treasure, and finally, over the grave of the sunken Santa Cruz battled to the death a pirate crew who sought to take the salvage from them.

The author, Commander Ellsberg, is the man to whose skill is due the raising of the sunken submarine, S-51 and S-4. This is probably the first time a real diver who has actually been at the bottom of the sea and has gone through many of the hair-raising experiences that divers meet in which takes place in an under-sea world, more strange and fascinating than has ever been described before.

Final Hostings—Patrick Welch. A vigorous novel of modern Ireland, chronicling some of the most stirring events of our time through a group of characters who are divided in loyalties but one by all standards of emotional interest and human sympathy. Young Dennis O'Shea, Baron Dunfor, tells the story. A major in the British Army, he returns to Ireland in 1919 after sitting in at the Versailles Conference—and finds his ancestral house on the Kerry coast being used as a depot for contraband armaments by a group of insurgents. Among the rebels he finds his oldest friend, and through them he meets, never to forget, the proud, impetuous

and lovely Brid Fitzgerald. Apart from its eloquence and conviction as a story of the final liberation of Ireland, there is a fire and a humor, a fine clear beauty, in the telling of this tale that will catch you in its spell. If you like Allen and Briggs. What's the best approach for a "date" and a "date?" Am I a guest or a pest? How about eating in foreign languages? In text and pictures, this book now answers these questions and all the others which young people commonly ask about the established rules of every day personal and social life.

The authors of "If You Please" need no introduction to the thousands who have read and enjoyed their first book, "Behave Yourself!" But for the record—Betty Allen teaches at Fresno State College and Fresno City Schools, and Mitchell Pirie Briggs is also at Fresno State College in California. Far more important than their teaching positions is the rare ability of these two authors to write in an informal conversational style that makes an instant hit with all teen-age readers.

WEEKLY THOUGHT

I have always said and felt that true enjoyment cannot be described.—Rousseau.

What You Buy With WAR BONDS

Battle Wagons

When Japan attacked at Pearl Harbor we had 17 battleships in service and 15 building. We were making preparations but the war did not wait. These 32 battle wagons cost American taxpayers three billion dollars for a two ocean navy. The war seemed far away then.



Now fifty million Americans have a personal stake in this war. It has been brought so close to them. That's why everyone is increasing purchases of War Bonds.

U. S. Treasury Department



A PHOTO

To Remind You of the most exciting days of your life.

SAN REMO STUDIOS

17190 Lahser Road
 Redford
 RE-7798

FLOWERS for Shut-Ins

Remember those Friends who cannot enjoy the summer out-of-doors. A lovely bouquet or a growing plant will bring cheer to the Shut-In. Plant Flowers as well as Vegetables this year.

Eula Jean Flower Shop

3332 GRAND RIVER (Theatre Building)
 Telephone 1032J Residence Phone 273R

DRESS and SPORT SHIRTS

\$1.00 to \$3.50

TIES 35c to \$1.50
 SPORT COATS \$2.00 to \$4.00
 STRAW HATS 75c to \$2.50
 SWIM SUITS \$1.00 to \$2.50
 PAJAMAS \$2.00 to \$3.50
 HOSE — SUSPENDERS — BELTS

Fred L. Cook & Co. Fred L. Cook
 Phone 10 Adolph Naeher
 Farmington



"OVERLOADS?
 JUST ASK ME!"

"LAST WEEK I flew forty-five soldiers and a jeep over to Mateur. One more pound of equipment and we'd have had to spit out our chewing gum to get off the ground!"

"So I know what the Telephone Company means by 'overloads.' There's a point beyond which you can't overload a plane—or a long distance switchboard. On top of all the war calls that must go through fast, civilians are doing more calling—some are urgent

calls, others less important. Any call, regardless of its destination, may slow up the handling of other calls."

Remember—you're rendering a public service when you cut down on long distance calling. Please make only the most necessary long distance calls.

If you must use long distance, do all you can to keep your call brief.

MICHIGAN BELL TELEPHONE COMPANY