

HOUSEHOLD MEMOS...

by Lynn Chambers



Lunch Boxes Can Be Versatile (See Recipes Below)

Lunch Box Tips

Vacation times are over! Invigorated by fresh air and tanned by the sun, children, office workers and defense plant employees are returning to their various duties.



It's important that a healthful schedule be followed after returning to work so that the benefits of vacations are not despoiled immediately. That means, for one thing, a sensible lunch to carry both children and adults energetically through the day.

Lunches, whether they're eaten in the quiet of home, at the school desk or in a plant cafeteria, should contain a third of the day's food and nutritional requirements. Here's the plan:

- 2 or more good sandwiches
- 1/2 to 1 pint of milk
- Salad or stuffed eggs, carrot strips or celery
- Dessert—pudding, cake or sweet
- Surprises—dates, nuts, candy, etc.

Before we get into suggestions to simplify the plan, let's first set up a list of equipment which is good to have on hand for the makings of lunch. When the lunch is an everyday matter, and there are more than one to make, perhaps, it's a good idea to get a corner of the cupboard with equipment ready so as to save time in making.

A bread board with a sharp knife for cutting bread, and another knife or spatula to make the spreading of butter and fillings easy is a must. Then you need waxed paper for wrapping, string or rubber bands for tying in some cases, paper napkins, paper cups or jelly glasses with tightly fitting covers for salads, puddings, etc., straws for drinking, forks and spoons, individual salt and pepper cellars to tuck in the lunch box itself.

In a corner of the refrigerator itself, you can keep butter for spreading (to be taken out night before so as to be soft for spreading in the morning), fruits and vegetables, salads, puddings, and jars of sandwich filling. This latter can be made at any time during the day and stored for use. Make enough to last for several days.

Now, we're ready for the business of the lunch itself. Sandwiches are first on the list. Everyone knows how to make sandwiches, but are they the kind you like to eat? Use this score card for them:

1. Is the bread fresh and moist?
2. Is there a variety of bread from day to day?
3. Is the filling palatable and

Lynn Says

Cooking Quickies: Whipping cream won't whip? Pour it into a bowl and set in another bowl filled with cracked ice. Then beat and watch it whip.

Use liquid from canned or cooked vegetables with which to flavor soups, gravies and casseroles.

Make one crust pie instead of two crust ones. It saves time and pastry.

Save dabs of butter from butter plates. Use them for flavoring vegetables in cooking.

Don't over-buy because foods are a bargain. Buy only those you can use.

Grind bits of leftover meat, mix with softened butter or mayonnaise, pickle relish, celery and a dash of catsup. Store in jars and set in refrigerator until sandwich time.

Lynn Chambers' Point-Saving Menu

- Cream of Tomato Soup
- Liver Sausage Sandwich Spread on Whole Wheat
- Deviled Egg Sandwich Spread on White
- Carrot Cole Slaw
- Milk Butterscotch Rice Pudding

- moist, with peak flavor?
- 4. Is the filling spread out to the sides of the bread?
- 5. Is the sandwich well wrapped so that it is not messy and dried out by the time lunch time comes?
- 6. Is the filling varied from time to time?

Here is a good, home-made bread to keep on your list when you are using a lot for sandwiches:

Partial Whole Wheat Yeast Bread.

- 1/2 cup molasses
- 3 cups lukewarm milk
- 1 cup lukewarm water
- 4 teaspoons salt
- 6 tablespoons shortening
- 1 teaspoon sugar
- About 6 cups all-purpose flour
- About 6 cups whole wheat flour
- 2 cakes quick-acting yeast

Dissolve yeast in lukewarm water, add sugar. Let stand 10 minutes. Scald milk, add molasses and salt. Cool milk to lukewarm and add yeast mixture. Combine the flours and add all but 1-cupful. Hold that until you know whether it is needed. Some flours require more liquid than others. Then add softened shortening, mix well and turn out onto a floured board. Knead dough until it is elastic and does not stick to the board. Place in a greased bowl and cover. Allow to rise until doubled. Shape into 4 medium loaves and place in greased tins. Let rise to top of tins or double in bulk. Bake in a 350-degree oven for 1 hour.

You'll want a variety of sandwich fillings on hand. Include these in your repertoire:

Deviled Egg Filling. (Makes 1 serving)

- 1 hard-cooked egg
 - 1/2 teaspoon salt
 - Pepper
 - Mustard
 - 1 teaspoon vinegar
 - 1 teaspoon chopped parsley
 - 1 tablespoon mayonnaise
- Chop eggs fine. Add other ingredients and mix well.

Liver Sandwich Spread.

- 1 chopped onion
 - 1 tablespoon butter
 - 2 hard-cooked eggs
 - 3/4 pound liver sausage or steamed liver
 - 1/2 cup cream
 - Salt and pepper
- Put liver through grinder or mince. Mince eggs. Brown onion in melted butter until light brown. Mix all ingredients well. Keep spread in cool place.

Bacon-Cheese Sandwich Spread.

- 3 ounces cream cheese
 - 1/4 cup chopped, cooked bacon
 - 1/2 teaspoon horseradish
 - 1/2 teaspoon Worcestershire sauce
 - 1 tablespoon milk
- Blend all ingredients and store in the refrigerator until ready to use.

Flaked Fish Spread.

- 1 cup fish flakes (salmon or tuna)
 - 1 tablespoon chopped celery
 - 1 tablespoon chopped sweet pickle
 - 3 tablespoons mayonnaise
 - 1/2 teaspoon catsup
 - 1 teaspoon horseradish
 - Salt and pepper
- Mix all ingredients together and store until ready to spread.

Do you have recipes or entertaining suggestions which you'd like to pass on to other readers? Send them to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplains Street, Chicago 6, Ill. Released by Western Newspaper Union.

Non-Slip Straps Sure to Appeal



1216 36-52

Straps Cut With Slip A BOON to the woman who likes a wide shoulder strap cut right in with the slip. It's particularly appealing to the older woman and the woman of stout build. Makes up nicely in both rayon silks and satins and in cottons. The tailored panties match the slip.

Barbara Bell Pattern No. 1216 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, slip, built-up shoulders, requires 2 1/2 yards of 36-inch material; 1 1/2 yards for panties.

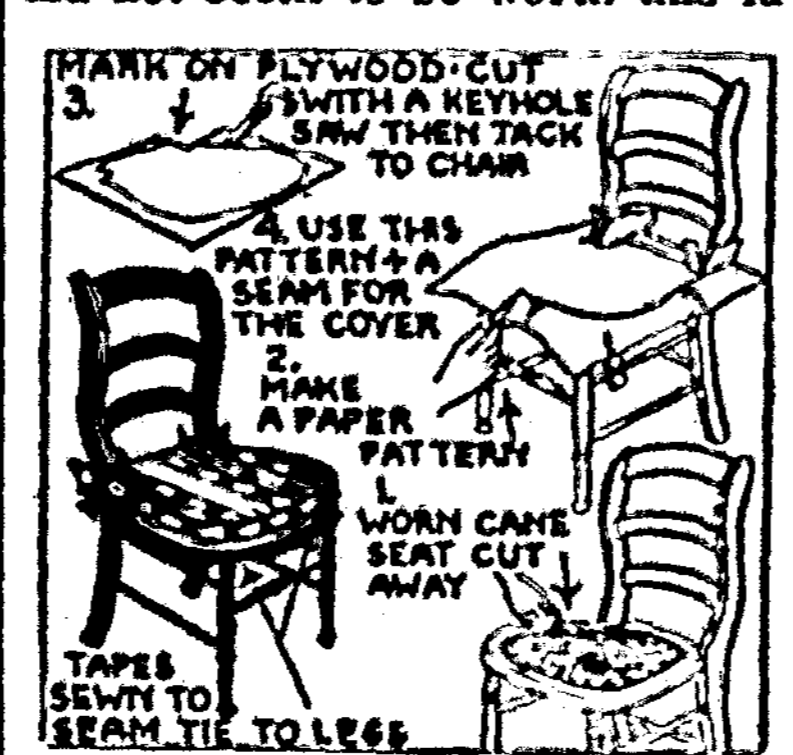
For this attractive pattern send 25 cents in coins with your name, address, pattern number and size wanted.

Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers. Send your order to:

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Enclose 25 cents in coins for each pattern desired.
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That Old Chair Can Easily Be Reclaimed

NEW cane seats are expensive because the work is done by hand. Endless time is required also for scraping off layers of paint to get down to the grain of the wood in doing over many pieces of furniture. The chair shown here did not seem to be worth this labor.



It was reclaimed with a seat from a scrap of plywood, blue paint and seat cover of blue and white ticking edged with white material raveled to make narrow fringe.

The chipped white enamel that was on the chair was rubbed with coarse and then with fine sandpaper until smooth. The new seat came next; then flat paint which was allowed to dry 24 hours before applying enamel.

NOTE—This chair remodeling idea is from BOOK 10 which also contains directions for making an adorable padded bouffant chair from an old kitchen chair; a high-back chair from an old rocker and an attractive upholstered chair from odds and ends of wood, a little padding and some chintz. Send name and address with 15 cents and receive a copy of BOOK 10.

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Drawer 10
Enclose 15 cents for Book No. 10.
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ASK ME ANOTHER?

- A General Quiz
1. What section of the country once sought admission to the Union as a state named Franklin?
 2. How many justices sat on the first Supreme court bench of the United States?
 3. Has a shark more than one brain?
 4. What department of the government deals most directly with individual citizens?
 5. Why is a candle fish so called?
 6. Garlic belongs to which family, the rose, lily or poppy?
 7. When was Hawaii made a full-fledged territory with American citizenship conferred on all citizens of the islands?
 8. Lincoln's Gettysburg address was given on what occasion?

The Answers

1. Tennessee.
2. Six justices sat on the first Supreme court bench.
3. Yes. He has one for the nose, ears, eyes and skin and one for taste.
4. Post office department.
5. Because it is so oily that a wick may be run through its body and it can then be used as a candle. It is a small smelt-like fish found on the north Pacific coast.
6. Garlic is a member of the lily family.
7. In 1900.
8. The dedication of a national cemetery.

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THE OUTLOOK

Published Weekly in the interest of Carrizozo and Lincoln County, N. M.

A. L. CURKE, Editor and Publisher
Largest Circulation in The County

SUBSCRIPTION RATES
Six months, in advance \$1.00
One year, in advance \$2.00

Entered as second-class matter January 6, 1911, at the post office at Carrizozo, New Mexico, under the Act of March 3, 1879.

Advertising forms close Wednesday at noon. News columns close Thursday night. If you do not receive your paper regularly, please notify the Publisher. Advertising rates on application.

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For Sale

One of the best ranches—See Mrs. Minnie Reil M26-J16p

ATTENTION!

Anyone wishing to buy property in Nogal townsite it will pay to see H. L. McDaniel at Nogal before prices get too high.

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CHOICE

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Notice of Hearing of Final Report and Account

No. 667
In the Probate Court of Lincoln County State of New Mexico

In the Matter of the Estate of George W. Grove, Deceased.

To Myrtle Grove Imhoff, daughter; Elsie B. Grove, son; Leola Grove Garland, daughter; Mable Grove Colbaugh, daughter; Grace Grove Esaley, daughter; Elva Boykin Kendall, Wanna Boykin Roberts, Olga Boykin Jennings, grand-children, and to all unknown heirs of the said decedent, and all unknown persons claiming any lien upon, or right, title, or interest, in or to, the estate of the said decedent, and to whom it may concern.

You, and each of you are hereby notified, and notice is hereby given, that Myrtle Grove Imhoff, administratrix of Estate of George W. Grove, deceased, has filed in the above entitled Court her final report and account as such administratrix, and the Court has appointed Monday, the 9th day of October, 1944, at the hour of 10:30 o'clock A. M., as the hour and day for hearing of objections, if any there be, to the approval and settlement of said final report and account, and the discharge of the said Myrtle Grove Imhoff as such administratrix, and at the hour on the day named, the Probate Court will proceed to determine the heirship of said decedent, the ownership of his said estate and the interest of each respective claimant thereto and therein and the persons entitled to the distribution thereof.

The name and post office address of the attorney for the administratrix is John E. Hall, Carrizozo, New Mexico. Witness the honorable Pauline Aldaz, Judge of the said Court, and the seal thereof, this 18th day of August, 1944.

(Seal) Clerk,
a2615 By Margaret Stinnett, Deputy.

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Second Wednesday
of Each
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R. E. Lemon, Secy

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Carrizozo — New Mexico

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Carrizozo, New Mexico.

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Politics Is Everyday Business of Woman Voter

Politics is your every day business—that is the way Mrs. Charles W. Weis, Jr., an assistant campaign director of women's activities in behalf of the Dewey-Bricker ticket, sums up the 1944 woman voter's responsibility.

Mrs. Weis practices what she preaches. Hard at work in the New York Republican Campaign Headquarters, Mrs. Weis makes every visitor, and every one of her thousands of correspondents the country over, sense her down-to-earth evaluation of politics "as every-day business."

She's New York State's National Committeewoman. She'll tell you most convincingly of Governor Dewey's notable qualifications for the presidency; likewise she will describe Governor Bricker's fitness for the vice presidency. But at the same time, she'll press upon you the urgency for being interested in politics, in knowing and talking about issues, about being a 100 percent voting citizen.

"American women have the greatest challenge in all history in this election," says Mrs. Weis, a personable mother of three, the eldest of whom is in the air corps overseas. "We cannot afford to be passive, or indifferent to passing events such as the threat of the Roosevelt-New Deal-CIO to paralyze America. Women must make politics an every day business, and keep it healthy and sound."



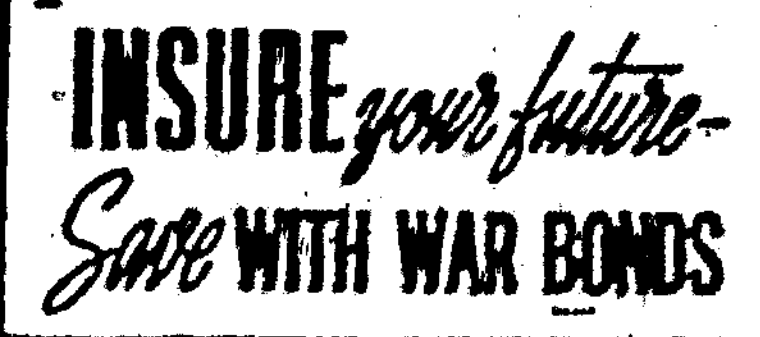
MRS. CHARLES W. WEIS, JR.
Asst. G. O. P. Campaign Director.

Nobody Pays—Except You!

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Resolution

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Lydia E. Pinkham's VEGETABLE COMPOUND



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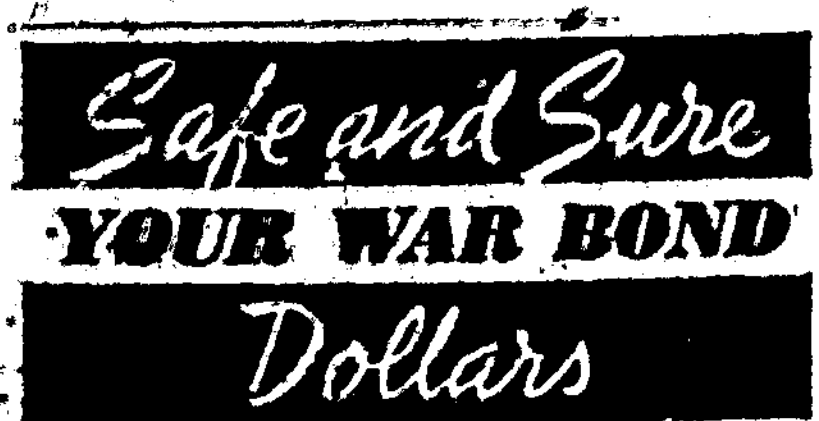
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Sunday services:
Bible school, 10 a. m.
Worship, 11 a. m. and 7:30 p. m.
Midweek Bible study, Wednesday 7:30 p. m.
Preaching at Capitan each Sunday at 8 p. m., in own church building.
Preaching at Nogal 7:30 p. m.
You are welcome to all of our services.

First Baptist Church
G. H. Benson, Pastor
9:45 S. S., classes for all.
11 A. M., morning worship.
7 P. M., church training service; classes for all.
8 P. M., evening worship.
7 P. M., Wednesday, prayer service. Come

Santa Rita Church
Sunday Masses: 6:45 a. m., second Mass 8 a. m., Ruidoso Mass every Sunday at 11 a. m.
Rev. Salvatore Giovanni, Pastor.

Change of Location
Assembly of God Church moved to location block east of court house.
Sunday School, 10 a. m.
Preaching, 11 a. m.
Evening service, 8 p. m.
Friday evening Young People and prayer service, 8 p. m.
John A. Deweher, Pastor.

Revival at Capitan
The Rev. A. L. Cargill, Evangelist of Bethany, Okla., will conduct a revival meeting at the Church of the Nazarene, Capitan, N. M., Sept. 10-24. Services will begin each evening at 8 p. m. The public is cordially invited to attend these series of services.
C. C. Calhoun, Pastor.



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\$100 Purse Entrance Fee Each Day

Calf Roping, Big Steer Roping, Bulldogging, Steer Riding, Bronc Riding. Separate Calf Roping for Boys under 17 years of age.

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 For quick relief from itching caused by eczema, athlete's foot, scabies, pimples and other itching conditions, use pure, cooling, medicated, liquid D. D. PRESCRIPTION. A doctor's formula (Graziasol and stibic). Soothes, comforts and quickly calms intense itching. Use trial bottle (proves), or money back. Don't suffer. Ask your druggist today for D. D. PRESCRIPTION.

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**Hot Water and Kruschen Salts Before
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 Here's an amazingly effective way to regulate bowel contents and obtain more gentle "easy" movements. Every morning for 5 days, 15 minutes before breakfast, drink a glass of hot water to which one teaspoonful of Kruschen Salts has been added. Bowel contents become soft, moist, easier to expel. No need to strain and thus risk painful rectal irritation. Usually within an hour wastes are expelled smoothly and gently. Get Kruschen Salts at all drug stores.
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 Good news travels fast—many of the thousands of folks who now take lemon juice for rheumatic pain—have found that by adding two table-spoonfuls of Aileru to one table-spoonful of lemon juice in a glass of water, they get faster relief for the aches and pains caused by rheumatism, lumbago, etc.
 It's no surprise either, for Aileru is a 15 year old formula to relieve rheumatic aches and pains. In fact—if it does not help—your money back. What could be fairer? Get Aileru today at any live druggist. Only 25 cents—Do it Now.

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All \$2.00 Skirts
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**Notice and Instructions to
 Bidders**

- (1). Sealed proposals for the furnishing and installation of the necessary equipment and material, including the furnishing of all necessary labor, for a cold storage locker, food processing and ice plant; which is to be an addition to the present facilities of the Carrizozo Municipal Light & Power (hereinafter called the "Addition"), will be received by the Village of Carrizozo (hereinafter called the "Owner"), on or before 7:30 o'clock P. M., Mt. War Time, September 26, 1944, at the Village Clerk's Office, Carrizozo, New Mexico. At which time and place, said proposals will be publicly opened and read.
- (2). The addition will consist of: work, locker, sharp freeze, fruit storage, chill, ageing, and ice storage rooms. Equipment more fully described in specifications, will consist of five (5) ton ice maker and necessary refrigeration equipment for the above mentioned.
- (3). The plans and specifications, together with other necessary data, may be secured from the Owner, upon payment of five (\$5.00) dollars, or may be examined at the office of the Owner without charge.
- (4). Proposals must be submitted in sealed envelope, addressed to the Owner, and on forms furnished.
- (5). Prior to submission of proposal, bidder shall check closely plans and specifications, form of contract agreement, together with other matters and conditions which may affect the cost and completion of the Addition. Bidders will be required to meet all applicable regulations, statutes, etc., including those pertaining to the licensing of contractors.
- (6). Since the Owner is a tax free municipality, bidders are instructed to include no sales, use or other taxes in

cost of machinery, equipment or material incorporated in the Addition.

(7). Bidders will be required to show satisfactory qualifications, financially and by experience. Experience and success of manufacturer whose products are proposed will have its influence in determining successful bidder.

(8). Each proposal must be accompanied by a bidder's bond or certified check, payable to the Owner in an amount equal to five percent (5%) of the total bid price. Such bond or checks will be returned to unsuccessful bidders within fifteen (15) days. In the case of the successful bidder, his bid bond or check will be returned upon execution of satisfactory contractor's bond.

(9). The successful bidder will be required to enter into a contract with the Owner, covering the installation to be made and to furnish contractor's bond with sureties satisfactory to the Owner, in a penal sum equal to the total contract price.

(10). In case the successful bidder fails or refuses to execute a contract or furnish contractor's bond within ten (10) days after having been notified in writing of the award of contract by the Owner, the bidder will be considered to have abandoned the proposal and the amount of the certified check or bidder's bond delivered as security for the proposal, shall thereupon become due and payable, and the Owner may award contract to any other contractor.

(11). The Owner reserves the right to waive minor irregularities or minor errors in any proposals if such errors or irregularities appear to the Owner to have been made through inadvertence. Any such errors or irregularities must be corrected before contract is executed.

(12). The Owner reserves the right to reject any or all proposals.
 215-28 VILLAGE OF CARRIZOZO.

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