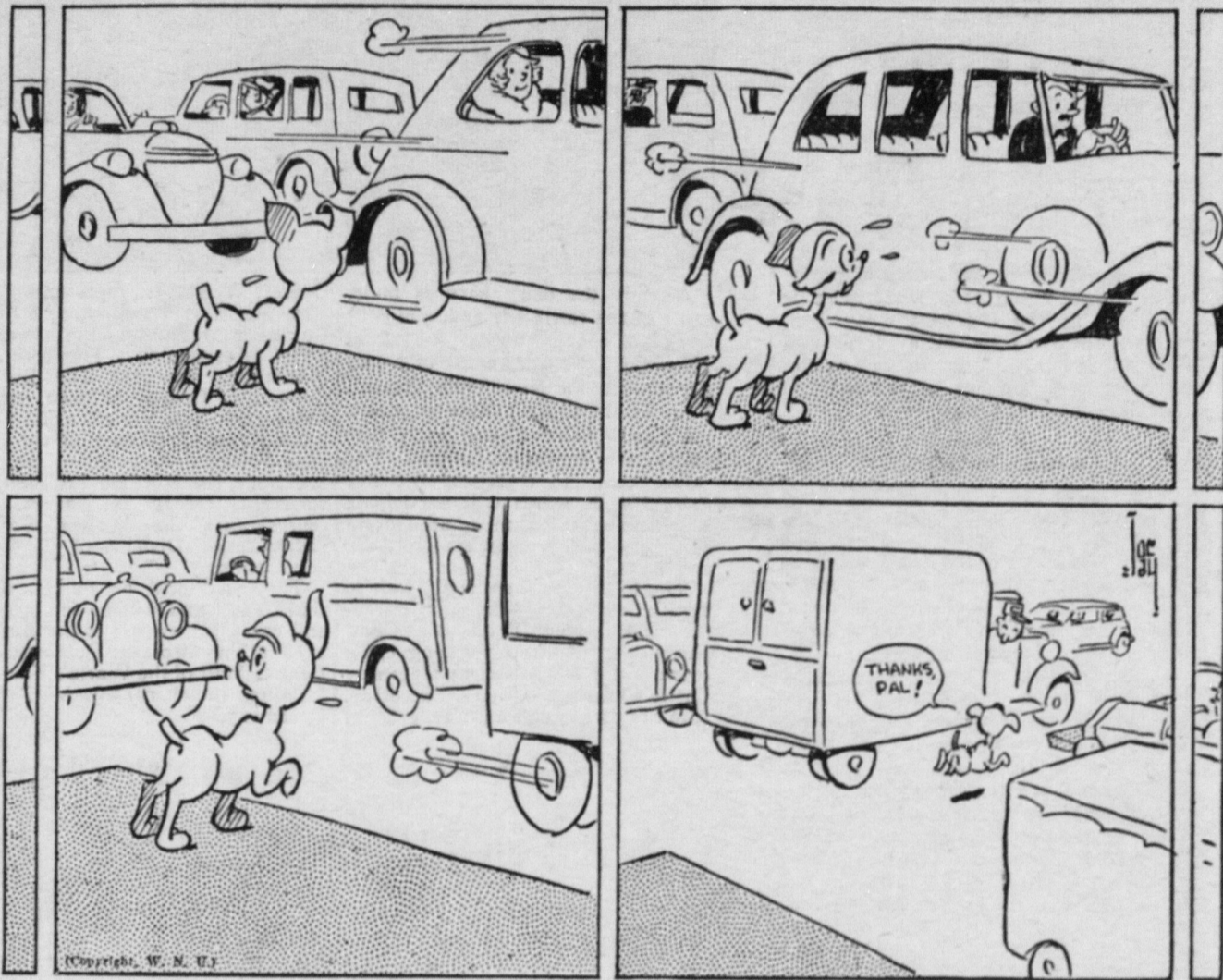


OUR COMIC SECTION

SnooPie



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POP



By J. Millar Watt

S'MATTER POP

By C. M. Payne



PICKLES AND APPLES



Mr. Pickle—Will you be mine?
Miss—Pippin—No, Mr. Pickle, I can never care for you—you have a sour disposition.

Knew His Man

The poor man was effusive in his thanks to his rich friend. "This five pounds will help me out of a tight hole, and I'll send it back to you in a few weeks. By the way, what is your address?"
The rich man looked solemn. "Fairview cemetery," he replied.
"O, nonsense. That's not your address."
"No," said the rich man, "but it will be before you send this five pounds back."

COMMON PRACTICE



"Do you believe a camel ever went through a needle's eye?"
"Well, I've known a two-hundred pound wife to go through her husband's pocket."

WHAT to EAT and WHY

C. Houston Goudiss Helps to Answer the Question: What to Eat During Lent?

By C. HOUSTON GOUDISS

A CLERGYMAN friend of mine once remarked that in his opinion, Lent lasts far too long. He had reference, I believe, to the fact that in a swift-moving age, people might be more apt to keep Lent faithfully, if it terminated in a shorter period than 40 days.

Many homemakers, I feel sure, would echo his sentiments, but for a rather different reason! Numbers of them, I know, find the six weeks of Lent the most troublesome of the entire year. Their difficulty lies in planning meatless meals that satisfy hearty appetites. And since the weather is often bitterly cold in late February and early March, families usually seem hungrier, and harder to satisfy, than at almost any other season.

A Chance for Variety
Lent does challenge the homemaker to exercise imagination and ingenuity. But it also provides a golden opportunity to get out of a menu rut, if you happen to be one of those people who follow a set formula most of the year. It may, likewise, offer a chance to make some significant savings in your food budget.



Most of us feel that meat makes the meal. And it cannot be denied that its savory extractives give it a most appetizing and intriguing flavor. But there are a number of other foods which contain proteins of equal biological value. Furthermore, nutritionists hold that it is desirable to obtain protein from a number of different sources. That is because different protein foods contain varying amounts of different amino acids; and by eating a variety of protein foods, we can best obtain a wide assortment of these "building stones" of the body.

For Meatless Meals
Fish comes to mind, first of all, as a main dish for the meal that does not include meat. For those who are far from the source of supply of fresh-caught fish, there are the quick-frozen varieties, the dried and salted fish, such as finnan haddie, shredded codfish and block cod, and 27 types of canned fish and shell fish.

Canned salmon is one of the least expensive of all protein foods. And so many things can be said in its favor that one nationally known food authority re-

ferred to it as the most nutritious animal food that could be had for children over six. It is a notable source of minerals, especially calcium, phosphorus and iodine, and contains vitamins A, D, and G.

Cheese in Many Forms
Cheese is another splendid source of protein that should be used more freely, not only during Lent but throughout the entire year. It is high in energy values. And in addition, it contains the milk minerals, calcium and phosphorus, and is a good source of vitamin A. Cheese is so flavorful that it adds zest to any meal at which it is served. And it certainly should interest the homemaker with an eye to thrift. For a little goes a long way. It is, therefore, an ideal food around which to build nourishing, appetizing and economical meals.

Cheese is especially good when combined with such foods as macaroni, spaghetti or egg noodles. It affords a pleasing flavor contrast. And it helps to balance the menu—in two ways. First, the proteins of cheese supplement those found in wheat from which macaroni products are made. Secondly, cheese contains a substantial amount of fat, which teams well with high carbohydrate foods, such as any of those made from the cereal grains. Cheese may also be combined with vegetables, to make another balanced food team. The cheese contributes proteins, energy values, and minerals, while the vegetables are an outstanding source of cellulose or bulk, as well as vitamins and minerals.

Don't Overlook Nuts and Legumes
Legumes are one group of vegetables which are high in energy values. They also contain protein which is suitable for repairing worn-out body tissue. Dried beans, peas and lentils may therefore be used as a main dish at Lenten meals, replacing both meat and potatoes. There are many varieties of ready-cooked beans on the market, packed in both glass and tin. And dried

lima beans are particularly well-suited to being made into croquettes, patties, loaves, chowders and ragouts.

Nuts are another possibility for Lenten meals that should be considered by every homemaker. They, too, can be used for croquettes and nut loaves, as well as souffles and casserole combinations. Nuts can be combined with vegetables for a main-course dish . . . with fruit for dessert. In the form of nut butters, they make a nourishing spread for luncheon sandwiches.

Moreover, each type of nut has a distinctive taste, and walnuts, peanuts, brazil nuts and pecans, for example, each make a thoroughly delightful dish, with a flavor quite different from the others.

Most homemakers will also want to use eggs more frequently during Lent, because they are so readily available and easily prepared. This is commendable, because besides being a fine source of protein, eggs rank next to milk as a protective food.

Only a few of the many possibilities for Lent have been suggested in this brief review. But surely they give a hint of the many good and nutritious foods a homemaker can choose on those days when she plans meatless meals.

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