



New Flavors Spark Canned Tomato Juice

You can retain the sun-ripened goodness of this year's tomato crop if you will devote a few hours to making and canning fresh tomato juice. It will taste mighty good come winter. High in vitamins, low in calories, tomato juice can cost you as little as 6 to 12 cents a quart. The cost depends upon the source of the tomatoes. Tomato juice is an excellent substitute for sweet, bottled drinks for children.

Let them play at mixing, making their own choice of seasoning—and they'll learn to love it. Tomato juice is a boon to weight watchers, too, for a cupful adds up to only 50 calories. Prepare your juice without seasoning, and stew it away. When you plan to use it, take down a jar or two several hours in advance of serving time. That's the time to add the seasoning, or combination of seasonings, your favorite taste

tantizers — dill, garlic, herbs or sauces. Then put into the refrigerator to chill while the seasonings mellow. Be adventurous — try curry, chili powder, mint or sage. It's fun to experiment, and variety, too, adds spice. Tomato juice is easy to make at home. One bushel (53 lbs.) of sound tomatoes will make 12 to 16 quarts of juice. The principles are simple — wash, rinse, drain, core and quarter red-ripe tomatoes. Simmer in covered kettle until soft, then put through food mill or sieve to remove seeds and skins. Reheat juice almost to boiling and pour to within one quarter inch of the top of

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Sewing Circles

By BECKY SCHAEFFER



BECKY

When we talk of fine tailoring, we are usually thinking of a suit, coat or especially good dress. Lining is almost always involved. If you are about to undertake a serious job of tailoring for the first time, here are some suggestions. Get the "how to do it" sheet out of your pattern the night before you plan to start. It is important that you do your studying in the evening and begin your work in the morning. Study at night will permit your subconscious to recheck the information while you sleep. You will awaken rested and more ready than you might have been to begin your project.

You will find that some of the fine tailoring begins before you make so much as a single seam. On a jacket, you'll put in slash pockets and apply flaps the very first thing. There are two basic approaches to applying linings. The one most often used requires that you stitch the lining in all around the neck and front facing. But either way, it will cover both built in and sewed-on pockets.

You may think it strange that in some places, the lining is larger than the outside piece. A pleat or tuck will appear in it that doesn't exist on the outside. Don't worry about the lining bunching up. The material is thinner than the outside kind, and is probably doesn't have the stretch. Lining material is made not to give so much, in order to hold the shape of the garment. So it has to have built-in relief that the wool or other, soft,

outside material doesn't.

It has been my experience that the sleeves of suit jackets are always too large. My arms are slim, but not unusually so, and also, I find that I have trouble setting these sleeves into the armholes.

On a sleeve which has one wide piece, and a narrower piece that goes under the arm, it is best to decrease the size of each piece by running a tuck from shoulder to wrist, or underarm to wrist.

Of course, you will want to pin your pattern together and slip it on, first, to see whether it is to large at all. Any problems which you discover in the making of a suit should be worked out in muslin for a permanent pattern. After all, a suit takes many hours of work, and is not inexpensive as many sewn items are.

The arm in anything that is lined is put in by this method: the bodice is finished, and a piece of tape sewn around the armhole on the lined side. This tape goes only inside the seam allowance, because when the sleeve is sewn on, it must cover it and still have only the proper allowance.

When the outside material of the sleeve is set into the armhole, the lining of the sleeve must be joined to the armhole by hand. I do this by draping the jacket over my knee in such a way as to hold the armhole open and simulate the fullness of a shoulder.

After pinning the lining on, in six places, I leave it over my knee while sewing. This takes good eyes, and is a little uncomfortable. A better way is to use a tailor's ham. But since I don't have one, — and you probably don't either, — this is my solution. I'd love to hear yours.

Peanut Butter Takes to Cookery

Peanut butter tops the list of staples on the shelf of most mothers of small girls and active boys as between-meal snack offering. But the standby of the sandwich set is good for more than mere bread-spreading. Teamed with apples it makes munchy muffins; and used in cookies it will rate A on the report card of any gastronomical authority.

Recipes for apple peanut butter muffins and peanut butter cookies follow:

APPLE PEANUT BUTTER MUFFINS

- 2 cups sifted flour
 - 2 tablespoons sugar
 - 1 tablespoon baking powder
 - 1/2 teaspoon salt
 - 1/2 cup chopped apples
 - 2 eggs
 - 1/4 cup margarine
 - 1/4 cup chunk style peanut butter
 - 1 cup milk
- Sift flour, sugar, baking powder and salt together into mixing bowl; add chopped apples. Make well in center. Beat eggs until foamy. Melt margarine and peanut butter in small saucepan; add to eggs; stir in milk.

Pour into well in dry ingredients; stir, lightly and quickly, just until flour mixture is moistened. (Batter should be lumpy).

Pour into greased muffin pans, filling cups 2/3 full. Bake in 425 deg. F. (hot) oven, 25 minutes. Serve warm. Makes 10 to 12 medium-size muffins.

- ### PEANUT BUTTER
- 1 2/3 cups sifted flour
 - 1 1/2 teaspoons baking powder
 - Dash salt
 - 1/2 cup margarine
 - 1/2 cup firmly packed brown sugar
 - 1/2 cup creamy or chunk style peanut butter
 - 1/3 cup dark corn syrup
 - 1 egg, well beaten
 - 1/2 teaspoon vanilla
 - 1/2 cup creamy or chunk style peanut butter (about)

Sift flour, baking powder and salt together. Cream margarine, then gradually add sugar, creaming until light and fluffy. Beat in 1/2 cup peanut butter and corn syrup until smooth and well blended.

Add beaten egg and vanilla, then sifted dry ingredients, a little at a time, mixing well after each addition. Shape dough into 1 inch balls. Place on ungreased cookie sheet; flatten with fork.

Place about 1/2 teaspoon peanut butter on top of each. Bake in 350 degree F. (moderate) oven until done, 12 to 15 minutes. Makes about 3 1/2 cookies.

CRUNCHY PEANUT BUTTER DROPS

Coarsely crush 2 cups dry cereal flakes. Prepare dough as directed for Peanut Butter Cookies. Drop by teaspoonfuls onto cereal flakes, one spoonful at a time, and toss with fork until well coated. Place on ungreased cook sheet. Bake as directed for Peanut Butter Cookies.

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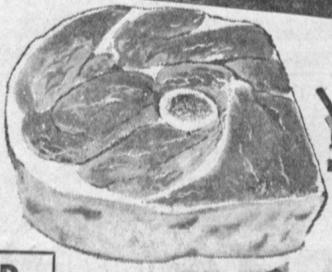
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