Bali Sets the Fashion Today—In Figures

Glamor Isle Is the Paris of Poise and Stature

By ANTOINETTE DONNELLY

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Don't believe that the girl at the typewriter, mending all bunched over, is meant to convey a lesson toタイプに佳人 only. When you sit at a telephone, at a sewing machine, in a kitchen table preparing food, you may present the same posture and be creating the same ugly lines of body. Today there is no other rela-

tion, no other interest that has not an influence on women conscious of the features which make for beauty. Bali is the perfect type of a fashion center. It's not new, really. Just a new thing for us! Smart women always have had it. The young and the older women you know have all the points in their favor. The young and the older women in Bali.

All that is asked today is to get a mirror view of yourself when you're slipped and slumped into your habitual rounded posture. And keep that in mind. Think of yourself that way. Think of what you are doing to that lovely form you bought so long ago.

Meat Dishes from Inexpensive Cuts

Beef Pot Roast or a Pork Shoulder Easy to Cook

By MARY MEADE

These two economy meat dishes are beef pot roast with noodles and carrots, and rolled pork shoulder with, boiled onions. The pot roast was cut from the rump of beef, but the chuck and part of the round are equally good for pot roasting. A roast cut from the round usually is the triangular piece known as the hock of the round, which is left after the round steaks are removed. Pot roast is cooked by braising. Dredge the meat in flour and brown it well in hot fat. Season with salt and pepper, add a small amount of hot water, cover, and cook slowly until tender. More water may be added from time to time as needed, but only a little should be added at a time. Each time the liquid cooks away the meat becomes browner and the gravy more flavorful. A pot roast of four or five pounds requires approximately three hours to cook. Temperature must be kept low or meat will not be as tender as it should be. In this case noodles and cen-

Noodles and carrots to accompany this pot roast were cooked separately, but they may be cooked with the meat.

Beef Pot Roast

1. Truss the meat and season with salt and pepper. Place in a Dutch oven with a tightly fitting lid.
2. Cover with water and allow to come to a boil.
3. Reduce heat to low, cover, and simmer for 3 hours or until meat is tender.
4. Remove meat from pot and set aside to cool slightly.
5. Strain the broth and reserve.
6. In the same pot, add noodles and return the meat to the pot.
7. Simmer for 20-30 minutes or until noodles are al dente.

Pork Shoulder Roast

1. Score the fat of the pork shoulder in a crosshatch pattern.
2. Rub with a mixture of salt, pepper, and dried herbs like thyme or rosemary.
3. Place in a roasting pan or Dutch oven.
4. Roast in a preheated oven at 325°F for 2-3 hours or until the internal temperature of the meat reaches 165°F.
5. Remove from the oven and allow to rest for 10 minutes before slicing.

Filled with the HOLIDAY SPIRIT

Staffed Dates and 7 Ways to serve them

1. Dried cranberries and raisins
2. Almonds
3. Honey or maple syrup
4. Walnuts or pecans
5. Marzipan

Staffed Dates are a treat, so serve your family to the dates in all the work—rich, moist, sweet, tart. For these pastes in the pot roast.

1. Dried cranberries in a gelatin mold:
2. Dates with nuts and raisins
3. Honey or syrup stuffed dates
4. Almonds, raisins, and nuts
5. Walnuts or pecans, shredded
6. Marzipan stuffed dates
7. Dried plums stuffed with dates

Next week: GROUND MEAT RECIPES