

Household News

By *Eleanor Howe*



THIS PUDDING FAIRLY SHOUTS 'TRY ME!' (See Recipes Below)

ADD ONE CUP OF IMAGINATION

Once upon a time a friend told me that to her the addition of "one cup of imagination" was the most important ingredient that could be used in any recipe. So wholeheartedly do I agree with her that today I want to give you a number of recipes to which that ingredient, imagination, has been added. In fact, so successfully has this been done that each of these recipes is different, yet each is delicious — each fairly shouts "Try me!"

These recipes, moreover, have been chosen as luncheon favorites because, of all of the meals of the day, the family luncheon some way seems to be most neglected.

Take the baked apricot and tapioca pudding for example; have you ever before thought of serving a coffee sauce with such a pudding? Yet the blend of flavors which results from combining this particular pudding with this particular sauce is really delicious — long to be remembered.

Sausage Stand-Up

(Serves 4 to 6)

- 1 8-ounce package spaghetti (broken small)
- 1 pound breakfast sausages
- 1/4 cup minced onion
- 1 clove garlic (minced)
- 4 tablespoons parsley (finely chopped)
- 1 can tomato paste (6-ounce)
- 1 cup water
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar
- 1/4 cup grated cheese

Cook broken spaghetti in boiling water (6 cups) (1 teaspoon salt per quart water) until tender, about 20 minutes, then drain. Place sausage in skillet, add 1/4 cup of water and cook until nicely browned, about 15 minutes. Sauté onion, garlic, and parsley in sausage fat for 5 minutes, until onions are yellow and transparent. Remove from fat and combine with tomato paste and seasonings. Combine spaghetti with tomato sauce and turn into buttered casserole. Tuck sausages into spaghetti in upright position, so that just the end of each sausage shows. Sprinkle grated cheese over top and bake in moderate oven (350 degrees Fahrenheit) for 20 minutes.

Baked Apricot and Tapioca Pudding

(Serves 6 to 8)

- 1/2 cup pearl tapioca
- 1/2 cup evaporated apricots or 2 cups canned apricots
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2 teaspoons lemon juice
- 3 cups warm water
- 1 tablespoon butter

Soak pearl tapioca in cold water, to cover, for one hour. Wash apricots and place in a well-greased 1 1/2-quart heat-resistant glass casserole. Add sugar, salt, lemon juice and warm water. Drain tapioca; stir it into the fruit mixture in casserole and cot with bits of butter. Cover the dish and bake in a moderate oven (350 degrees Fahrenheit) for 1 hour or until the tapioca pearls are translucent. Cool, top with whipped cream, if desired, and serve with coffee sauce.

Coffee Sauce

- 1/2 cup sugar
 - 1 1/2 tablespoons cornstarch
 - 1/2 teaspoon salt
 - 1 cup hot coffee, regular strength
 - 2 tablespoons butter
 - 1/4 teaspoon nutmeg, if desired.
- Blend sugar, cornstarch and salt in the upper part of a 1-quart heat-resistant glass double boiler. Add coffee and cook until it thickens, stirring constantly. Blend in butter and nutmeg. Cool and serve with apricot and tapioca pudding.

Hot Dogs in Blankets

When baking fresh yeast rolls, wrap strips of the dough around wieners, allowing the ends to stick out of their dough blanket. Give the dough time to double in bulk and bake as usual. These hot dogs in

blankets should be served piping hot.

My Style Spaghetti

(Serves 5 to 6)

- 1/2 cup olive oil
 - 1 small onion, chopped
 - 1 green pepper, seeded and chopped
 - 1 pound ground beef
 - 1 1/2 teaspoons salt
 - 1 cup tomato puree
 - 1 tablespoon Worcestershire sauce
 - 1/2 cup grated cheese
 - 1 cup canned corn
 - 1/2 package spaghetti, cooked
- Heat olive oil in frying pan and add onion, green pepper and ground beef. Fry until brown and then add the salt, tomato puree, and Worcestershire sauce. Stir in the grated cheese together with the corn and cooked spaghetti. Place in buttered baking casserole and bake in a moderate oven (350 degrees Fahrenheit) for approximately 40 minutes.

Honey All-Bran Spice Cookies

(Makes 2 1/2 dozen cookies)

- 1/2 cup shortening
- 1/2 cup honey
- 1/4 cup sugar
- 1 egg
- 1 cup All-Bran
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon soda
- 1/2 teaspoon cloves
- 1 teaspoon cinnamon
- 1 cup seedless raisins

Blend shortening, sugar and honey thoroughly. Add egg and beat until creamy. Add bran. Sift flour once before measuring. Add salt, baking powder, soda, cloves and cinnamon. Combine with raisins. Add to first mixture and beat well. Drop dough by teaspoons on lightly greased baking sheet about 2 1/2 inches apart. Bake in moderate oven (350 degrees Fahrenheit) about 12 to 15 minutes.

Cheese Soup With Rice

(Serves 5)

- 1 cup cooked carrot (very finely diced)
 - 4 cups milk
 - 1 tablespoon chopped onion
 - 2 tablespoons butter
 - 2 tablespoons flour
 - 1 cup grated cheese
 - 2 tablespoons chopped pimiento
 - 2 egg yolks
 - 1 teaspoon salt
 - 1/4 teaspoon white pepper
 - 1/2 cup rice (cooked)
- Add carrot and onion to milk and scald. Melt butter in saucepan, add flour and blend to a smooth paste. Add milk gradually to flour mixture, stirring all the time. Add cheese, salt and pepper, stirring until cheese is melted. Pour over well-beaten egg yolks, stirring constantly. Serve at once with spoonful of hot cooked rice.

Mexican Spaghetti

(Serves 8 to 10)

- 1/2 pound spaghetti
 - 1 can peas (No. 2)
 - 1/2 pound raw ham (ground)
 - 1 can tomatoes (No. 2)
 - 1 cup green pepper (cut fine)
 - 1 tablespoon pimiento (cut fine)
 - 2 tablespoons butter (melted)
 - 1 teaspoon paprika
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- Bacon strips
- Cook the spaghetti in boiling, salted water. Drain. In a baking dish arrange layers of spaghetti, peas, ground ham and cheese and combine tomatoes, green pepper, pimiento, butter, and seasonings. Pour over the spaghetti. Cover with grated cheese and top with bacon strips. Bake in a moderate oven (350 degrees Fahrenheit) for one hour.

Refrigerator Hamburgers

(Serves 5)

- 1 pound hamburger
 - 2 tablespoons finely minced onion
 - 1/4 cup chopped green pepper
 - 1 teaspoon salt
 - 1 tablespoon prepared mustard
 - 1 tablespoon horseradish
- Mix all ingredients together, and shape into a roll 2 1/2 inches in diameter. Let stand in the refrigerator several hours or overnight. When ready to use, cut in slices 3/4 inches thick and fry or broil as for regular hamburgers.

Star Dust

STAGE-SCREEN-RADIO
By VIRGINIA DALE
(Released by Western Newspaper Union.)

IF RALPH MURPHY, Paramount director, needed to make a little extra money he could write a book entitled "Ten Lessons on How to Catch a Man" and the shekels would roll in.

Here's what he has to say about it. (He's a graduate of Syracuse university, has been a stage and motion picture actor, producer and director for years, so he's qualified to talk.)

"I have three girls in 'Las Vegas Nights.' Each would use a different technique. Each technique would require eight reels to fold. So—I let Constance Moore get her man with the direct-approach technique. I give Virginia Dale a man before the picture starts, and I leave Lillian Cornell out on a limb with nary a male in sight."

Constance Moore

"The allure technique is used by a woman conscious of the fact that she has an enormous amount of feminine appeal for men—a screen example would be Hedy Lamarr. Flattery is used by women ranging from the baby-talk girls to the mothering type. There's the girl who gives the impression that she's helpless; men want to stand between her and the world—Bonnie Baker's an example.

"There's the girl who uses the direct approach; spots the man she wants and makes no bones about it; she's a good sport, a playmate, and picks a man with the same characteristics. Barbara Stanwyck's a screen example. And the coquette, whose eyes say 'if you chase me I'll run—but not too far.' Like Virginia Dale on the screen.

"Then there's the one who is not brilliant and not dull, not beautiful and not homely; every girl asks 'What's she got?' The answer is 'She's got the man that a lot of other girls wanted.'"

Some other girl may have Errol Flynn for a husband now; Olivia de Havilland's married him five times — on the screen—and when she finished "Santa Fe Trail" she fled to the equally ardent arms of James Cagney, in "Strawberry Blonde."

She was a little dubious about it; after all, Cagney's had a bad movie reputation where women were concerned since he squashed that grapefruit in a lady's face. But Olivia is safe in this one—he's cast as a belligerent dentist who gets into plenty of fights, but all with men.

Twenty-four of the show girls in "Ziegfeld Girl" voted for their favorite movie actress the other day. Vivian Leigh got eight votes, and Bette Davis and Greta Garbo each got five. But—Judy Garland, Lana Turner and Hedy Lamarr couldn't be voted for. They're in the picture.

Billy the Kid has finally joined the side of law and order. It happened recently near Tucson, Ariz., where Robert Taylor was made a deputy sheriff of Pima county. Taylor plays the fast-shooting desperado of the 1870s in Metro's picture, "Billy the Kid," which was on location in the Southwest at the time Taylor took over his duties.

They were shooting scenes on the Double U ranch in Pima county when Sheriff Ed Echols paid the troupe a visit and pinned a shiny new badge on the star's shirt.

Burgess Meredith rarely wears a hat, but he's exceptionally well provided with places to bang one. At present he has four homes. (1) His 200-year-old farmhouse in Rockland county, N. Y. (2) Jimmy Stewart's bachelor establishment in Brentwood, where he has stayed on his previous Hollywood sojourns. (3) The house in West Los Angeles which belongs to Wayne Morris, which he and Franchot Tone rent; it's known as Annex No. 1 to Stewart's abode. (4) A small beach house, which he rented at Santa Monica, called Annex No. 2—he took it with the idea of week-ending there, but so far has been so busy that he's hardly seen it. But he has hopes, now that he's completing his work in United Artists' "That Uncertain Feeling."

ODDS AND ENDS—Mr. and Mrs. Robert Hart in Honolulu listened to radio's "Hilltop House" last year, and liked the story and its star, Bess Johnson, so much that they named their home for the serial. Recently Miss Johnson learned that all her Hawaiian Islands mail is being delivered to the Hart's. For the betterment of Latin-American relations, Parks Johnson and Wally Butterworth are making a ten-thousand-mile junket to Mexico City, Puerto Rico and Havana, for three "Vox Pop" broadcasts. "The Uniform" ends Clark Gable's two-months' vacation and brings Rosa Lind Russell back to the Metro lots.

Good Posture Help to Both Body and Mind

By DR. JAMES W. BARTON
(Released by Western Newspaper Union.)

I SPEAK often about good posture—erect position of the body whether standing or sitting—because of its value both physical and mental.

TODAY'S HEALTH COLUMN

The erect carriage of the body means that the shoulders are well back and the chest well forward, giving the lungs plenty of room to expand, and preventing any crowding or pressure on the heart. With the lungs drawing in the pure air and breathing out the impure air, the blood, pumped by a heart free from pressure, will carry more nourishment to and more wastes from every cell in the body.

The erect position calls also for a drawing in (or backwards) of the abdomen and the development of the abdominal muscles by keeping the abdomen drawn in or back holds the abdominal organs up in their proper positions, thus aiding digestion and preventing constipation.

Dr. Philip Lewin, New York, in Clinical Medicine and Surgery, gives 10 commandments of good posture.

1. Stand tall.
2. Sit tall.
3. Walk tall and "chesty," with weight of the body on the balls or front part of the feet.
4. Draw in the abdomen, pulling it backwards and upwards.
5. Keep the shoulders high and square.
6. Pull the chin downward toward the collar button.
7. Flatten the hollow of the back by rolling the hip bones downward and backward.
8. Separate the shoulders from the hips as far as possible. Do this more by drawing hips down than by raising shoulders.
9. Lie tall and flat. (Don't overdo this as having elbows and knees very slightly bent helps to relax the body and so invites sleep).
10. Think tall.

What's to Be Done About Dandruff?

PERHAPS you have been reading about various cures for dandruff or have tried some without obtaining a cure. That dandruff is a forerunner or cause of loss of hair is not true, according to many research workers.

The federal trade commission of the United States, after an investigation of dandruff, states that there is no proof that dandruff is due to any infection. In Public Health Reports, Washington, D. C., Dr. C. W. Emmons states that while a small yeastlike organism is always present in the dry or greasy scales of dandruff.

This little organism is known as the "bottle bacillus" and many investigators have tried in vain to cause it to grow as other tiny organisms are made to grow. Even those research workers who have been successful in growing this organism admit that they have not been able to cause dandruff in any scalps by inoculation with it.

Instead of trying to infect a normal scalp and thus perhaps cause dandruff, it was decided to inoculate an individual who already had dandruff and to measure whether this inoculation caused any increase in the time required to develop dandruff in places where dandruff was extensive as compared with places in which dandruff was absent or scant. The dandruff did not appear any sooner in the inoculated spots than in the other spots.

This proves, that, with our present knowledge at least, dandruff is not likely due to the organism that hitherto has been blamed for it.

The above information does not mean that something should not be done about dandruff. Until the cause is found, the frequent use of soap and water on the scalp, or the use of various proprietary preparations should be continued. The cleansing and rubbing of the scalp in itself is helpful in that it not only loosens and removes scales but stimulates the circulation of the blood in the scalp.

QUESTION BOX

Q.—Could heavy smoking (now discontinued) have any direct connection with my feeling sure I have heart disease?

A.—It is not likely that your heart was permanently damaged by smoking. Symptoms look more like gall bladder disturbance. However, an examination by your physician will show whether or not symptoms are due to a heart condition.

Q.—How can I stop smoking?
A.—Eating candy before smoking and engaging in sports will help.



Objecting
Mother—Baby's crying because he's getting his first teeth.
Little Mary—What's the matter? Doesn't he want them?

Next Best
"Why did they hang that picture?"
"Because they couldn't find the artist."

Quite Obvious
"Isn't that a new frock you've on?"
"Yes; I got it for a ridiculous figure."
"Oh, I can see that!"

Grounds for Suspicion
"I've searched high and low for the furniture cream recipe your mother gave me—"
"Here!" said her husband, putting down his spoon, "where did you get the recipe for this soup?"

The rain rains mostly upon the just. The unjust keep borrowing his umbrella.

Respect Due
Going to the office with Brown every morning, Smith noticed that he raised his hat to Dr. Blunt, the family doctor, whom they met on his rounds.
"Why do you raise your hat?" asked Smith.
"Because my wife does what he tells her," replied Brown.

That Was Easy
With his usual long-windedness, the bore was describing one of his hair-breadth escapes.

"There was I," he said, "on a lonely road, miles from anywhere, with a blazing ear. What do you think I did?"
One weary listener stifled his yawns long enough to reply: "Took a long breath and blew it out!"

ASK ME ANOTHER ?

PATTERNS SEWING CIRCLE

THERE'S something guileless and appealing about a yoke dress like this that will make you look as fresh and bright as a little girl all dressed up in a new starched frock! It's very becoming and youthifying to misses and women alike. Yet design No. 8876



offers you the makings of a very comfortable home style, with waistline that you can comfortably draw in to just the slimmest you want, by means of the sash belt in the back.

The high-cut skirt is very slenderizing to the hips and waist. The gathered bodice gives you a nice round bosom-line. Make this of percale, calico or gingham and trim with bright ricrac and buttons. Untrimmed, it's a good style for runabout, if you make it up in flat crepe or spun rayon. Send for the pattern today, and be among the first to wear it!

Pattern No. 8876 is designed for sizes 12, 14, 16, 18, 20 and 40. Size 14 requires 3 3/4 yards of 36-inch material without nap; 1 1/2 yards trimming. Detailed sew chart included. Send order to:

SEWING CIRCLE PATTERN DEPT.
Room 1324
211 W. Wacker Dr. Chicago
Enclose 15 cents in coins for
Pattern No. Size.....
Name
Address

Spanking Sportsmen
The lads of the Philippine islands are tough. Their favorite game is the slapping game, when one of them sits on a bench, side on to his opponent. The other lad steps up, lashes out with a mighty slap on the side.

Then the judges have a look at the victim. If the blow has been hard enough to make blood show beneath the skin, the striker has won. If not, he has to change places with the other lad, who takes a slap at him.
Spankings from mamma should not worry these boys!

INDIGESTION

may affect the Heart
Gas trapped in the stomach or gullet may act like a hair-trigger on the heart. At the first signs of distress smart men and women depend on Doan's Tablets to get gas free. No laxative but made of the far-reaching medicine known for acid indigestion. If the FIRST DOSE doesn't prove Bill-ans better, return bottle to us and receive DOUBLE Money Back, 50c.

Our Vanity Hurt
That which makes the vanity of others unbearable to us is that which wounds our own. — La Rochefoucauld.

TO RELIEVE MISERY OF **COLDS** quickly use **666** LIQUID TABLETS SALVE NOSE COUGH DRAGS

Duty Toward Health
To do all in our power to win health, and to keep it, is as much our duty as to be honest.—T. F. Seward.

NAGGING BACKACHE

May Warn of Disordered Kidney Action. Don't Neglect It!

Modern life with its ceaseless hurry and worry, irregular habits, improper eating and drinking, exposure, contagion, whatnot, keeps doctors busy, hospitals crowded. The after effects are disturbing to the kidneys and oftentimes people suffer without knowing that disordered kidney action may cause the trouble.

After colds, fever and similar ills there is an increase of body impurities the kidneys must filter from the blood. If the kidneys are overtaxed and fail to remove excess acid and other harmful waste, there is poisoning of the whole system.

Symptoms of disturbed kidney function may be nagging backache, persistent headache, dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of strength and energy. Other signs of kidney or bladder disturbance sometimes are burning, scanty or too frequent urination.

In such cases it is better to rely on a medicine that has won world-wide approval than on something less favorably known. Use Doan's Pills. They have been winning new friends for more than forty years. Be sure to get Doan's. Sold at all drug stores.

DOAN'S PILLS

Dignity and Proportion
Remember this—that there is a proper dignity and proportion to be observed in the performance of every act of life.—Marcus Aurelius.

THE SMOKE OF SLOWER-BURNING CAMELS GIVES YOU EXTRA MILDNESS, EXTRA COOLNESS, EXTRA FLAVOR

AND **28% LESS NICOTINE**

IT'S SWELL TO GET THAT EXTRA MILDNESS IN A SMOKE AS TASTY AS A CAMEL. THERE'S NOTHING LIKE A CAMEL FOR FLAVOR

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CAMEL

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than the average of the 4 other largest-selling cigarettes tested—less than any of them—according to independent scientific tests of the smoke itself.