

# Household News

by Lynn Chambers



HERE'S TO BUTTERY FINGERS AND A TAFFY PULL  
(See Recipes Below)

### CHILDREN'S DELIGHT

If you want your children and their friends to give you a rating of "super," then give just one party for children alone, and make that party a good, old-fashioned taffy pull. Think back a moment and remember how you looked forward to a taffy pull just as much as going to a circus.

This party is exciting fun because the children have a chance to help in the making of refreshments. Yes, pulling taffy with their fingers all buttered, and watching the dark candy mixture get lighter and lighter each time it's pulled. They'll like this too, because a taffy pull isn't a fussy party. When you send out the invitations, let the mothers know it's a taffy party so the children will be dressed accordingly.

Unlike many foods which are iron sources, molasses when cooked does not lose its iron content.

If possible use a candy thermometer to test the candy so it will be cooked just right, neither too stiff nor too messy to handle. When the candy is cool enough, cut it just the right size for small hands. The piece should be large enough to work on, but not too large. When the piece is light tan and very stiff, pull into a long strip and cut.

### Molasses Taffy.

- 2 cups pure New Orleans molasses
- 1 cup granulated sugar
- 2 tablespoons butter
- 1 tablespoon vinegar
- 1/4 teaspoon vanilla, if desired
- 1/2 cup water

Cook the molasses, sugar and water in a heavy kettle slowly until the mixture reaches 260 degrees or until a little of the mixture dropped in cold water becomes brittle. Stir a little during the latter part of the boiling to prevent burning; pour into a buttered pan. When cool enough to handle, cut in pieces and pull until light and stiff. Butter the hands before pulling.

Refreshments can be simple for a taffy party, for children will be so excited about the taffy, they won't give their best attention to elaborate dishes. Assorted sandwiches will fill the bill perfectly and a hot chocolate milk drink will take care of their keen, lusty appetites. As dessert you might have simple cupcakes iced with pink and chocolate icing, fruit, and of course, the taffy.

If you'd rather give them a hot dish in place of the sandwiches, here's a simple but elegant one:

### Millionaire Gold.

- (Serves 8)
- 2 egg yolks
- 1/2 cup flour
- 1/2 teaspoon mustard
- 1 1/2 teaspoons salt
- 3 cups milk
- 1/2 pound American cheese
- 1 teaspoon Worcestershire sauce
- 1 pound mushrooms

### LYNN SAYS:

Stop food wastes. Not only is this a matter of thrift but also a vital step in conserving this country's resources. It is estimated that tiny food wastes total up to a tremendous amount.

Wise shopping will prevent buying unwanted and not usable food. The wise shopper should also recognize between good and poor grades, by reading labels and markings, and by watching the scales.

Poor cooking causes much waste. Meat, for instance, shrinks when cooked at too high a temperature. Vitamins and minerals are lost when cooked too long or when air is stirred into them while cooking. Use short methods for cooking whenever possible.

### THIS WEEK'S MENU

- \*Chop Suey, Rice or Noodles
- Bean Sprouts
- Apricot-Cream Cheese Salad
- Bran Bread
- Orange Chiffon Pie
- Tea Coffee Milk
- \*Recipe Given

4 tablespoons butter  
8 slices buttered toast  
16 slices crisp bacon

Beat egg yolks, add flour, mustard, salt and paprika. Mix well. Add 1/2 cup milk gradually and stir until smooth. Put mixture in double boiler, add rest of milk, and cheese, cubed. Cook until thick, add Worcestershire sauce. Wash, slice, and saute mushrooms, slowly. Place mushrooms on toast and pour cheese mixture over them. Garnish with bacon.

Although the taffy pull will be the main event of the party be sure to have games planned to fill out the evening. Quiz games are popular and lists for these can be made up beforehand using questions on slogans, famous personalities, historical events, interesting facts, and riddles as questions.

Children will want some lively fun too, and for this you can have a sack race. The leaders of two lines of players are given two large paper sacks. They place the sacks on their feet and at a signal run to the opposite goal and back, take off the sack and give it to the person next to them. The object is to see which line finishes first.

Speaking of children, are you having a time with their school lunches? Variety is the big problem for packing a complete meal in one small box is hard to vary and doesn't have as many possibilities as the table at home. Having at least one hot food helps loads, and put this in the thermos bottle. You can have cream soups, vegetable soups, then again hot milk drinks for variety.

Sandwiches are a standby, but don't get into a rut with these. Don't have soggy fillings. Wrap each one separately in wax paper. Favorite fillings include:

- Peanut butter and jelly
- Chopped meat mixed with mayonnaise and relish
- Chopped hard-cooked eggs with bacon
- Cheese and luncheon meats
- Vegetable salad sandwiches
- Flaked fish with celery, lettuce
- Chopped figs or dates, nuts, moistened with orange juice
- Color peeps up the lunch box, so occasionally pack a salad in a paper container. Use fresh fruits often, or canned ones also packed in small glass or paper containers. Cornstarch puddings are attractive and nourishing, and simple cookies wrapped in wax paper will bring cheers from any child.

Economy is highlighted these days, but it needn't be dull if you use attractively garnished platters.

\*Chop Suey or Chow Mein. (Serves 6)

- 1/2 cup butter or shortening
- 2 1/2 cups cooked meat, cut in strips
- 1 1/4 cups onions, cut fine
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 can bean sprouts, drained
- 2 1/2 cups celery, cut fine
- 1 cup hot water

For thickening and flavoring:

- 1/2 cup cold water
- 2 tablespoons cornstarch
- 1 tablespoon soy sauce
- 1 teaspoon sugar

Melt butter, add onions, fry for 3 minutes. Add celery, salt, pepper, hot water, cover and cook for 5 minutes. Add bean sprouts and meat, mix and bring to a boil. Combine thickening and flavoring ingredients, add to first mixture. Cook 5 minutes. Serve hot with Chinese noodles for Chow Mein, or with steam rice for Chop Suey. Garnish platter with thin strips of fried egg, and green onions if desired.

(Released by Western Newspaper Union.)

### Ingenious Device for Detecting Heart Disease

Dr. Isaac Starr of the University of Pennsylvania recently told the National Academy of Sciences, meeting in Philadelphia, about an ingenious device: "A balancing table, called the 'ballistocardiograph.'" A bed-size table is suspended from the ceiling on wires, three feet above the floor. While a patient lies quietly, the table oscillates back and forth to the throb of his heart.

When his heart contracts it throws a load of blood forward toward his head. "For the same reason that a discharged gun kicks one in the shoulder," said Dr. Starr, "the recoil throws the body forward." An instant later, when the blood strikes the aortic arch (curve in large heart artery), "(the blood's) headward movement is arrested, creating an impact which throws the body and the table headward."

A normal man pumps about 14 quarts of blood a minute, moves the bed back and forth about 16 one-thousandths of an inch with every heartbeat. Connected to a powerful spring at the foot of the table is a tiny mirror. The mirror amplifies this motion 8,000 times. The magnified motion is recorded on a moving photographic film.

Because the jellylike tissues tremble for a brief instant after every "blow" from the heart, after-vibrations warp part of the record. Hence Dr. Starr believes that his machine will never attain "highest precision." Nevertheless it is good enough to: (1) detect early, hitherto invisible cases of heart disease; (2) show the relation between high blood pressure and heart function; (3) differentiate between various types of heart disease.

### Heart Disease May Rest With the Adrenal Gland

A new clue to the cause of heart disease, found in three of man's commonest hormones, was reported to the American Association for the Advancement of Science by Dr. William Raab of the University of Vermont college of medicine.

This clue offers possibilities for learning how to prevent some of the serious heart disorders.

Evidence that many people with bad hearts live to ripe old ages, contrary to common belief, was presented in another report made by Dr. Louis Faugeres Bishop, Bellevue hospital, New York city. He cites cases even of the much dreaded coronary thrombosis living for many years and doing useful work.

The heart disease hormones are two from the adrenal glands and one from the thyroid.

The main offender appears to be adrenalin, which is commonly known as the energy hormone, the stuff that spreads quickly through the body in a fright. Along with the energy hormone is one from the cortex, or covering, of the adrenal glands, which seems to be present as a complication.

The thyroid hormone enters as a sort of ringmaster, which occasionally eggs on the energy hormone to do its worst.

### Squash Borer Difficult Insect to Discourage

A year or so ago a writer in one of our prominent horticultural journals recommended dipping corncocks in hot tar and placing the cobs, when cool, around infested plants.

A method used by old, experienced gardeners is to place shingles around the plants at night, the idea being that the insects gather under the boards, which can be lifted in the morning when the bugs are still inactive. It is well to examine the underside of the leaves of infested plants, for on these shaded surfaces we usually find egg clusters. These must be rubbed off immediately.

Cabbage worms will, in a short time, be arriving in great numbers. White hellebore applied freely over the surface of the leaves is effective in controlling these crawlers. Pyrethrum, tobacco dust or even ordinary road dust, sprinkled into the plant, usually helps in eradicating these pests. One very large commercial grower said that he depended entirely on road dust to keep his cabbage patch free from worms.

The squash borer is a difficult insect to destroy or even to discourage, the reason being that the grubs tunnel their way through the stem of the plant, preventing the normal flow of nourishment to the leaves. As a result of the activities of the squash bug, the leaves gradually wither and die.

The eggs and freshly hatched larvae can be destroyed by applications of nicotine sprays. Of course, one application will have little effect on the bugs, but constant spraying, especially when applied with a forceful syringe, will have the desired effect. Pyrethrum, which is non-poisonous, may also be used to destroy the eggs and freshly hatched larvae of these destructive pests.

### New Caledonia Gains Strategic Importance

Until German panzer units smashed France last year, New Caledonia was merely a French island, 700 miles off the northeast coast of Australia, 248 miles long by 30 miles wide, populated by some 60,000 people, mostly Negroes.

But the fall of France gave New Caledonia a strategic importance. It is rich in vital war minerals—nickel, chrome and iron. Japan is eyeing the island, well aware of its proximity to Australia—only five hours flying time.

There have been reports of Japanese military and commercial infiltration. New Caledonia would make a splendid naval base and with Vichy apparently controlled by the Axis, anything can happen.

There are mountain ranges encircling the capital of Noumea. Here hibiscus, crotons, poincianas, lanterns, and guava bushes grow in abundance.

Noumea is also the site of the nickel works of New Caledonia. The citizens are anti-Pétain, pro De Gaulle. They wanted to send an expeditionary force of 500 to fight the Germans in France, but the British command prevailed upon them to keep the men at home for island defense.

## PARAMOUNT OMAHA, NEBR.

WEDNESDAY and THURSDAY EVENING NOV. 12-13  
MATINEE THURSDAY at 2:15

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### Pumping Out Mines

Pumping out mines—especially tin mines in Cornwall—was the chief incentive that gave birth to the steam engine. First one was developed by Captain Savery in 1698. Extravagant use of fuel made it impractical. Next came Newcomen's engine, with cylinder and piston, in 1702. It was while repairing a model of this engine that James Watt made improvements that resulted in the modern steam engine. Watt's persistence in finally discovering how the cylinder could be bored to the tolerance of "a worn farthing" made steam power available for driving all kinds of mechanism and brought in the factory system and the industrial revolution.

### Stove on Proper Level

You can raise your cooking stove to the proper height for working by setting the legs on neat blocks of wood. Another method which some women find even better is to build a platform for the stove. Do you know how to find out what is the most convenient working height for yourself at stove, ironing board and sink? There are two methods. For the first one, stand up straight and hang the arms straight down; the palms of the hands should rest flat upon the working surface. If not, the equipment should be raised until the tolerance of "a worn farthing" is met. The other method is to stand straight, bend the elbow, allowing a slight slant of the arm downward.

### Mountain Town Sliding

Canon City, Colo., is slipping. That is not a reflection on its character, but an actual fact. This mountain town is sliding gradually toward the south and east—directly toward the Arkansas river.

At least that is the finding of Water Commissioner Fred Brackner and of Acting Manager Smith Bedell of the Canon Gas company. There is no need for this generation—or even this generation's grandchildren—to worry. They'll be long dead before any great concern need be shown, Bedell and Brackner said.

# PATTERNS SEWING CIRCLE



the skirt smoothly flaring and the blouse fresh and clean! Pattern No. 1296-B is the kind you know you can't go wrong with. You can make the skirt and jerkin in a long wearing corduroy, tweed, plaid wool or gabardine and make up a set of blouses in washable cottons (and one in wool jersey, for extra warmth).

The jerkin can also be made to contrast with odd skirts, the skirt to go with sweaters and jackets and the blouse to be worn with suits and jumpers.

Barbara Bell Pattern No. 1296-B is designed for sizes 8, 10, 12, 14 and 16 years. Size 10 jerkin and skirt require 1 1/2 yards 54-inch material; 2 1/2 yards 35-inch. Blouse with long sleeves requires 1 1/2 yards of 35-inch material; short sleeves, 1 1/4 yards. Send your order to:

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Room 1324  
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### Children's Taste Keener

There are tiny areas on the tongue, known as "taste-buds," which are linked with the brain by special nerves. These nerves are stimulated when we eat and drink, and they convey to the brain sensations which give rise to the sense of taste.

A young child has over 300 of these taste-buds on his tongue, but as his age increases a proportion of the taste-buds cease to be sensitive. After the age of 20 no more than a hundred are "active."

Because a child has three times as many taste-buds as an adult his sense of taste is three times as keen. That is why sweets, fruit, and so on, appeal to him.

It is also the reason why children dislike most medicines; they are three times as unpleasant to them as they are to adults!

## ASK ME ANOTHER?

A quiz with answers offering information on various subjects

- ### The Questions
1. What is a jury-rigged ship?
  2. What is the unit of lumber measurement called a board foot?
  3. What was the first place in the British colonies in America to have slaves?
  4. What Canadian province extends along the border from New York to Minnesota?
  5. In Greek mythology what was the name of the monster with 100 eyes?
  6. What is a bowdlerized novel?
  7. Who was the financier of the American War of Independence?

- ### The Answers
1. One rigged for temporary service.
  2. One foot by one foot by one inch.

A gift within a gift is the new Christmas gift humidifier package of Prince Albert Smoking Tobacco now being featured at local dealers. The handsome wrapping of this package conceals a real glass humidifier filled with Prince Albert. The humidifier is a welcome gift for any pipe-smoker—not to mention the choice tobacco inside it. Prince Albert also is available in the one pound tin, specially wrapped as a gift. Take care of the pipe-smokers on your Christmas list with Prince Albert—The National Joy Smoke.—Adv.

## ARE YOUR Bowels Stubborn?

Then try kindness! First of all you can't expect them to act unless you give them a chance. Most people make sure to get 3 meals a day. But they never think of giving their bowels a regular time (daily) for evacuation.

If you've neglected YOUR bowels until they finally became stubborn and unwilling to act, ask your druggist for ADLERIKA. It is an effective blend of 5 carminatives and 3 laxatives giving DOUBLE action. Gas is expelled and bowel action follows surprisingly fast. After that, make up your mind to give your bowels 5 or 10 minutes' time as regular hour, daily. Your druggist has ADLERIKA.

### Equal Right

The equal right of all men to the use of land is as clear as their equal right to breathe the air—it is a right proclaimed by the fact of their existence. For we cannot suppose that some men have a right to be in this world, and others no right.—Henry George.

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### Evil Offspring

Jealousy is said to be the offspring of Love. Yet, unless the parent makes haste to strangle the child, the child will not rest till it has poisoned the parent.—J. C. and A. W. Hare.

WEEK STARTING **FRIDAY!** Nov. 7th

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When you take Smith Brothers Cough Drops, you get Vitamin A at no extra cost. Smith Brothers—Black or Menthol—still cost only 5¢.

**Smith Bros. Cough Drops are the only drops containing VITAMIN A**

Vitamin A (Carotene) raises the resistance of mucous membranes of nose and throat to cold infections, when lack of resistance is due to Vitamin A deficiency.

### Hardy Eskimo Dogs

Although Eskimo dogs prefer to and usually do sleep outdoors in the coldest weather and even in the worst blizzards, it is not uncommon for them to freeze to the ground and be snowed under sufficiently to die of suffocation.

THEY HAVE SUCH A WELCOME FLAVOR, I NEVER GET TIRED OF SMOKING CAMELS

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THE SMOKE OF SLOWER-BURNING CAMELS CONTAINS **28% LESS NICOTINE** 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!

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