

# Household News

by Lynn Chambers



Garden—Fresh Vegetables Bring Health to Your Table (See Recipes Below.)

### Summer Salads

Salads with summertime meals form a perfect alliance bringing your family precious pep-giving minerals and vitamins. Vitamins A, B, and C are well represented in crisp celery, golden skinned carrots, rosy cheeked tomatoes, green glowing cucumbers and lettuce. Dress them up with a light liquid salad oil blended with seasonings to bring out the hidden flavoring of the vegetables, and you have a perfect warm weather meal.

#### \*Tossed Garden Salad

Wash and drain dry your favorite salad greens—such as lettuce, romaine, watercress or endive; a combination of two or more may be used. Cut or break into pieces and combine with portions of diced celery, cucumber, green pepper, radishes and minced onion. Chill thoroughly. Then place in a salad bowl; add Basic French Dressing and bits of tomato. Toss lightly until well blended. This type of salad may also be served with just an oil and vinegar combination as a dressing.

#### Basic French Dressing

(Makes 1/2 cup)  
 1/2 teaspoon salt  
 1/2 teaspoon sugar  
 1/2 teaspoon paprika  
 Dash white pepper  
 1/2 teaspoon dry mustard  
 1/2 cup mild salad oil  
 1/4 cup cider vinegar or lemon juice

Combine first five ingredients in a jar and blend well. Add vinegar, cover and shake; add oil and shake again thoroughly. Just before using, shake again. Or simply mix ingredients together in a bowl and beat with mixer until well blended. Leftover meats and vegetables served daintily in lettuce cups make tempting main dishes for lunch or supper. Have a hot soup, potato chips, thin bread and butter sandwiches and fresh fruit to serve with salad. The next three salads are perfect as a main course.

#### Veal Salad, Summer Style

(Serves 6)  
 2 cups cold veal, diced  
 1 cup string beans or celery or both  
 6 hard-cooked eggs  
 Salt and pepper  
 4 tablespoons salad oil  
 1 1/2 tablespoons vinegar  
 3 tomatoes  
 Mayonnaise  
 Lettuce and parsley

Chop eggs coarsely, combine with veal, oil, vinegar, salt and pepper. Let stand 30 minutes. Add mayonnaise to moisten. Arrange salad in a mound and garnish.

#### Jellied Green Pea Salad

(Serves 6)  
 1 tablespoon gelatin  
 1/2 cup cold water  
 1/2 cup pea liquor

**Lynn Says:**

**Save Washing Time:** So many new demands are being made on your time these days, it is wise to make the best possible use of each minute. One way is in how you use your washing machine. For instance, long washing is not necessarily good washing, and it wastes time. Soap undergoes a chemical change after it has been used a little while, suds "break down" and the soil is actually deposited again on the fabric. Then it is practically impossible to get the articles clean. Only individual experimentation can show how short to keep the washing of each load, and yet be thorough. Tests have revealed one woman taking only half the time of another to wash a practically identical washing, yet doing it better. Twenty-minute soaking hastens washing by loosening soil. Then remove water by wringing the articles into the first washer full of sudsy water of the right temperature.

### THIS WEEK'S MENU

Potato Salad  
 Cold Sliced Corned Beef  
 \*Tossed Garden Salad  
 Bread and Butter Sandwiches  
 Chocolate Pie  
 Beverage  
 \*Recipe Given

1 tablespoon green pepper, chopped  
 Allspice, cloves, nutmeg  
 Green pepper rings  
 1 cup tomato puree  
 1 1/2 cups peas  
 1 hard-cooked egg, sliced  
 1 teaspoon chopped onion  
 Salt  
 Lettuce, dressing

Fix gelatin with pea liquor. Add puree, onion, salt, spices. Let cool and thicken. Add peas, chopped green pepper. Mold and chill. Garnish with pepper rings, egg, and lettuce.

**Royal Meat Salad.**  
 2 cups diced, cooked meat  
 1 cup diced celery  
 1 cup Bing cherries  
 4 hard-cooked eggs  
 1/2 cup chopped pecans  
 1 teaspoon salt  
 1 cup mayonnaise  
 Salad greens

Combine meat with celery, pitted cherries, diced eggs, pecans and salt. Chill thoroughly. Just before serving, add mayonnaise and toss lightly. Pile on salad greens and garnish with additional slices of hard-cooked eggs and Bing cherries.

**Savory Corned Beef Loaf.**  
 (Serves 6)  
 2 tablespoons gelatin  
 1/2 cup cold water  
 1 1/2 cups tomato juice  
 1/2 teaspoon salt  
 1 teaspoon grated onion juice  
 2 tablespoons lemon juice  
 1 teaspoon Worcestershire sauce  
 1 1/2 cups corned beef cut in small pieces  
 3/4 cup chopped celery  
 3 hard-cooked eggs, sliced  
 1/2 cup chopped pickle relish (if desired)

Soften gelatin in cold water and dissolve in hot tomato juice. Add salt, onion juice, lemon juice and Worcestershire sauce. Stir well. Rinse loaf pan out with cold water. Garnish bottom with slices of hard cooked egg and cover with a little of the gelatin liquid. Chill in refrigerator until set. Cool remaining liquid until mixture begins to thicken and fold in corned beef, celery and pickle relish. Line sides of loaf pan with sliced eggs and fill with meat mixture. Chill until firm. Unmold on platter and garnish with watercress, lettuce or desired greens. Serve with mayonnaise or any desired dressing.

To save sugar, omit dessert and serve a pretty chilled salad with coffee and wafers as a last course. You can prepare this in the cool morning hours and keep in the refrigerator until just ready to serve.

#### Frozen Fruit Salad

(Serves 6)  
 2 three-ounce cakes cream cheese  
 2 tablespoons cream  
 1/2 cup mayonnaise  
 2 tablespoons lemon juice  
 1/2 teaspoon salt  
 1 cup orange sections  
 1/2 cup seeded and quartered Royal Anne cherries  
 1/2 cup chopped nutmeats  
 1/2 cup maraschino cherries, chopped  
 2 tablespoons ginger, in 1 cup cream, whipped

Mix cream cheese and 2 tablespoons cream. Add mayonnaise, lemon juice and salt. Combine orange sections, cherries, and nutmeats, and add to cream cheese mixture. Fold in whipped cream and pour into freezing tray and allow to freeze in electrical refrigerator without stirring. Garnish with orange sections and cherry halves.

Have you a particular household or cooking problem on which you would like expert advice? Write to Miss Lynn Chambers at Western Newspaper Union, 2110 South Desplaines Street, Chicago, Illinois, explaining your problem fully to her. Please enclose a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

## WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON  
 Consolidated Features—WNU Release.

### Eagles in Flight Can't Carry Away Her Qualifications

NEW YORK.—One fancies that the least of current worries of Col. Julia O. Flikke, superintendent of the army nurse corps, is involved in the question whether or not she is entitled to retain the silver eagles which accompanied her new commission as colonel.

By the same token the commission itself seems to be in danger as a result of the prying of legal comma hunters who after the manner of their kind are probably rejoicing in a point they have extracted from their study of the law creating the army of the United States. The law says that "qualified persons" are eligible for commissions. By virtue of this ruling Mrs. Flikke's colonelcy was sanctioned by the surgeon general, the adjutant general and the judge advocate.

High authority indeed; none the less it is questioned on the basic ground that there were no women in the army when congress passed the law; that, therefore, promotions of women are outside the law. The United States controller general, an important official since he passes on all pay vouchers, is inclined to accept the point raised. If, he says, congress meant women to be eligible for army rank, it would have said so. So there we are and so specifically is Colonel Flikke.

Even should the nice distinction be upheld, she will still, as major, be the highest ranking woman in the United States army. Commander of nearly 10,000 nurses, she is well-fitted to her responsibility, colonel or no colonel. A native of Verona, Wis., she went to Chicago, married there and was there left a widow. She prepared for nursing in the Augustana hospital in Chicago and after a post-graduate course in nursing and administration at Columbia university, she returned to Augustana hospital as assistant superintendent.

When World War I involved the United States she joined the army, serving three years in France, China and the Philippines. Subsequently she was attached for 12 years to the Walter Reed hospital in Washington and in May, 1937, succeeded Maj. Julia C. Stimson as superintendent of the army nurse corps.

### Great, Varied Are Returns on Our Free Enterprise

ELEVEN years ago Eugene J. Houdry, a Parisian scientist and inventor, arrived on these shores with his wife and two small children. Established in Philadelphia the family eventually moved to Ardmore, a main line suburb. Then 38 years old, Houdry had been at work in his native country over a period of years on a method for the catalytic cracking of oil by which the crude is converted into vapors at lower temperatures and pressures than had hitherto been used. These vapors, then, are brought into contact with a catalyst and are condensed into their various derivatives in proportions which can be controlled in the operation. In the midst of these researches in France—having already invented a process for obtaining octane gasoline vital to aviation—his money ran out. He could get no more and seeking practical encouragement in the United States, he migrated hither and found two great oil companies eager to finance his laboratory. Some \$10,000,000 was paid out in perfecting Houdry's process and in devising and making apparatus for its use on a large commercial scale.

Now Eugene Houdry is cited as having succeeded in applying his catalytic cracking process to the commercial production of butadiene—something for which an eager public has been waiting since war began and our supply of rubber was cut off. For butadiene is the main ingredient of a very fine brand of synthetic rubber. Consequently, if all is well with the Houdry process, the present shortage in an essential commodity may be overcome much sooner than had been hoped.

In such case a currently dreaded event will be postponed, if not forever averted—the requisition of your tires by the government.

Immersed since his arrival in this country in scientific research Mr. Houdry, now a naturalized citizen, found time after the fall of France to help organize here that aggressively militant organization, "France Forever," a large national group of Free Frenchmen of which he is the president and its chief spokesman. "Only here," he has said, "could I have achieved such scientific success as has been vouchsafed me."

## NATIONAL AFFAIRS

Reviewed by CARTER FIELD

### Experts Talk About Russia's New 'Secret' Weapon . . . Wooden Sailing Vessels To Be Used Soon . . .

Bell Syndicate—WNU Features.

WASHINGTON.—Russia will still be fighting when winter comes again. That is the assurance high government officials are giving.

What is more, some of them are predicting that the Nazis are in for some very unpleasant surprises before another month of fighting on the Russian front.

So much has been said about Adolf Hitler's various secret weapons, from time to time, that it is a relief to be able to state, on absolute knowledge, that the Russians will be trying out a secret weapon against Hitler.

More than this cannot be said, nor can any inkling of the nature of the "surprise" be given, but men who know their military tactics and their weapons, and know as much about German weapons and technique as anyone outside Germany itself, predict confidently that Hitler's generals will have to revise their entire strategy as a result.

This secret weapon, they think, is apt to prove as revolutionary in this war as the Merrimac and Monitor proved in the Civil war, though of course the new weapon applies to land fighting.

At first blush it might seem a great deal more encouraging if the new weapon were a sure cure for the submarine, for it is the battle of the Atlantic that is so all important.

Some experts point out, however, that while the submarine menace to shipping is the vital factor right now, so far as the news is concerned, the new weapon, which, by the time it gets into wholesale operation, will not only hold the Germans, but drive them back, may prove to be more timely than if it were what now seems so much more immediately necessary—a submarine cure.

### Harmful to the Nazis

The theory of the experts on this is that for the present, and for perhaps another year, the submarine in the Pacific is more important to us than to Japan. So that if a perfect cure for the submarine were devised, and the Japs were able to imitate it, the result might be to impede our mopping up of Japan rather than to aid it.

Experts believe that once the new weapon which is so confidently expected to aid Russia becomes known—as soon as it is used half a dozen times—the Germans will know precisely what it is, they will be able to imitate it without much trouble.

But this factor is not as important as it sounds. The net result, if BOTH SIDES had the weapon in quantity today, would be enormously harmful to Germany. It would neutralize what at present is a very real superiority on the part of the German armies.

### Old Timers Eager To Man Sailing Ships

The suggestion that a big fleet of amateur motor boatmen maintain a chain of protection along the coast against submarines has started a lot of thinking in Washington on an entirely different tack.

There are now some enthusiastic advocates of small sailing vessels—not to chase submarines; they would be useless for that—but to carry cargoes from near-by ports.

Now obviously an old-fashioned schooner, or smaller sailing craft, has passed into the discard so far as freight carrying is concerned simply and solely because it was cheaper to haul by power.

Why is it cheaper to use power than to use wind, which cost nothing? Because the sailing vessel required so much longer to make any given round trip. In the old days, at the rate of pay then in existence for sailors, this made little difference.

But with modern requirements both as to wages and as to living conditions aboard ship a condition was produced where if the little vessel were becalmed a week the total profit on the voyage would be lost.

But, as in the case of spending the additional money to get oil and gas to the Northeast, it may NOW be profitable, aside from any necessity, to use sailing vessels.

There is another important advantage, in view of present conditions, in using sail, if only small vessels are used. No one of them would be worth a submarine's time, shells, and least of all a torpedo.

An old-fashioned Chesapeake Bay "bugeye," a type of sailboat pointed at both ends, having a large forward mast and a short mast behind, operated with a centerboard so as to make the fullest use of contrary winds, with only two men aboard and some 60 to 100 tons of sugar, would present little temptation to a submarine captain unless he were running short of sweets.

## PATTERNS SEWING CIRCLE



Pattern No. 8157 is in sizes 12 to 20. Size 14 dress and jacket requires 3 yards of 39-inch material, 12 yards ric rac.

## ASK ME ANOTHER? A General Quiz

- ### The Questions
- Which are the world's tallest people?
  - Who was Atalanta?
  - What is the meaning of the stage direction "omnes exeunt"?
  - How many states were admitted to the Union during the Civil war?
  - What are the heaviest things known?
  - What is a touchstone?
  - How did January get its name?
  - Has any Negro's portrait ever appeared on a U. S. postage stamp?
  - What is the meaning of the Latin expression "in toto"?

- ### The Answers
- The Shilluks, living in the Egyptian Sudan. They average nearly seven feet in height.
  - A beautiful mythological creature, feet of foot, who challenged her suitors to a race, death being the penalty of defeat, her hand the prize.
  - All go out.
  - Two—West Virginia and Nevada.
  - The very faint stars in our sky called "white dwarfs." One cubic inch of a "white dwarf" may weigh 500 tons.
  - A stone used for testing the purity of gold or silver. Any standard or test for determining the quality of something.
  - From an ancient Roman god Janus, who was supposed to have two heads, one looking forward, one backward.
  - Yes, that of Booker T. Washington.
  - As a whole, entirely.

LONG straight lines running from shoulder to hem of this dignified frock give it a smooth silhouette which is flattering for every wearer. The detailing of the side piecings and the soft gathers at the waist add style interest too, to a model which is ideally suited to the season's smartest cotton materials—printed pique, linen, lawn or rayon prints. It is easy to decorate the neckline, too, with clips, a flower or a pretty necklace!

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## JUST AS FINE

Same Result  
 "Are you a college man?"  
 "No; a horse stepped on my hat."

Advice to Young Mothers: Be sure to dress baby properly in hot water—Houston paper. A bit complicated for comfort, we'd venture.

True to Form  
 "If I refuse you, will you commit suicide, Cecil?"  
 "Well, that's been my usual custom."

That's Pointed  
 Mother—Sometimes there are rude boys in Sunday school who giggle and smile at little girls, and sometimes little girls smile back at them, but I hope my little girl does not behave like that.  
 Small Daughter—No, indeed, mama; I always put out my tongue at 'em.

That's What  
 Judge—What possible excuse did you have for acquitting that murderer?  
 Foreman of Jury—Insanity.  
 Judge—What, all twelve of you?



By Name  
 Once electrocution was called electric sleep, elevators were called vertical railways, the White House was called the President's House and Ecuador was called the Republic of the Sacred Heart.

## Give Up "Makeshift" Constipation Remedies!

Why fool with constipation? Why try to combat the trouble after it has already made you miserable?

It may well be that your constipation is caused by too little "bulk food" in your diet, for medical science warns that lack of "bulk" is one of the commonest causes of constipation.

If yours is this kind of constipation, those purges and cathartics can give you, at best, only temporary relief. Eating KELLOGG'S ALL-BRAN regularly, on the other hand, corrects the cause by supplying the "bulk food" you lack and must have! Enjoy this crisp, crunchy cereal daily, drink plenty of water, and like so many others, you'll "Join the Regulars"! ALL-BRAN is made by Kellogg's in Battle Creek. If your condition is not helped by this simple treatment, see a doctor.

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