

Household News

by Lynn Chambers



Potatoes, Teamed With Eggs, Are a Delicious Meat-Saver (See Recipes Below.)

Meat Savers

Voluntary meat rationing is already in process. This period before the actual rationing starts—and limits—each person to 2 1/2 pounds of meat a week is the time for every Mrs. America to take stock and plan for the days ahead—days when the neatly tucked her meat ration book beside her sugar ration books and goes to market.

Sugar rationing has been a challenge, but a challenge which homemakers have met. Meat rationing will be even more of a challenge—for many are the homes where meat has been set on the table twice and even three times a day. But this challenge, too, will be met, for there are many ways of tiding over the days when meat supplies will be low.

Let's first look at the situation from the nutritional standpoint, for good health and well-being is a first goal. Meat is primarily preferred because it is what is known as a complete protein—containing all different types of proteins that the body needs for building and repairing down-and-out tissues.

The sources for protein you'll tap first are fish and fowl, cheese and milk. We have excellent supplies of all these so there will be no excuse for missing out on your quota.

Meat is excellent for its minerals, but the meat-savers mentioned above are also famous for their minerals—calcium, phosphorus and iron.

Now, let's get down to the business of serving these foods appetizingly and attractively. Fall is the season for many kinds of fish—and your butcher will help you out on what's a real bargain. Canned fish is now somewhat scarce, but fresh-frozen fillets are easy-to-use items, minus the cooking odor which many find objectionable. Try this idea:

Fillets in Tomato Sauce.
(Serves 6 to 8)

- 2 pounds fish fillets (halibut, perch, pike, whitefish, salmon)
- 2 cups tomato pulp
- 1 cup water
- 6 whole cloves
- 2 bay leaves
- 6 peppercorns
- 1/2 teaspoon salt
- 1 teaspoon sugar

Place fish on a greased baking sheet and sprinkle with salt and pep-

Lynn Says:

The Score Card: The question is being asked these days as to how much meat will actually be allowed per person in the civilian Share-the-Meat program. The answer is 2 1/2 pounds, which means meat as it is passed over the counter to you by the butcher—including meat, bone, gristle and fat. Meats with little waste include the highly nutritious cuts like liver, heart, kidneys, sweetbreads and brains. Canned meat, sausage, scrapple, souse and similar products will not be subject to restrictions.

Fall fruit specials still include apples, grapes, pears, and delightful persimmons—good for canning or for puddings. Cranberries are brightening counters and menus.

Squash, pumpkin and sweet potatoes are holding their own, and here and there peek spinach, broccoli and brussels sprouts. With less foods to choose, the smart homemaker will season to the best of her ability those she has. There is mustard grown here in our own country, and paprika, too. Cayenne from Louisiana, and chili, American grown, are earning a fine place on the cook's spice shelf.

Star Dust

STAGE-SCREEN-RADIO

By VIRGINIA VALE
Released by Western Newspaper Union.

MARSHA HUNT has learned how to find a movie actress in a big city. Recently she and Ann Rutherford were both in New York, and both on personal business trips, so they hadn't given the M-G-M office their addresses. So, though they wanted to meet, they couldn't locate each other. The day before returning to Hollywood for "The Human Comedy," Marsha, besieged by fans asking for autographs, asked one if he knew where Ann was staying. "Sure—right on the floor above you!" he replied.

And, speaking of autographs—Virginia Weidler's new picture, "The Youngest Profession," is about them. In it William Powell will appear as himself; he's Virginia's screen idol, and her efforts to get his autograph lead to a series of hilarious situations.

Success Story: in 1940 Margaret Hayes was voted the best artists' model, then the best photographers' model. She's made some pictures—had the feminine lead in "In Old Colorado" and a featured role in



MARGARET HAYES

"New York Town," and Goldwyn picked her for a principal supporting role in "They Got Me Covered." Now she's in New York for three radio shows and a Broadway stage production!

Dick Powell teaches a class in navigation between his scenes in "True to Life" at Paramount. He's an expert yachtsman, and some of the younger members of the company who are preparing themselves for flying and marine service in the war asked him to do it.

Neither Claudette Colbert nor Rudy Vallee cares for eggs in the raw—but for a scene in "The Palm Beach Story" they each were to swallow three "prairie oysters," concoctions of raw eggs, worcestershire sauce, etc. The property man promised to fix up something that would look like the genuine article but avoid the raw egg difficulty. He did—but the substitute was apricots in root beer!

It looks as if Warner's "Air Force" might turn into one of those star-maker pictures. John Garfield and Harry Carey are the only time-tested stars of the production; the youngsters of whom Director Howard Hawks has hopes are Gig Young, John Ridgely, Arthur Kennedy, Charles Drake, Ray Montgomery, Ward Wood and James Brown. The first two have an edge on the others.

Arch Oboler, writer-producer of the weekly show "Lights Out," has a new book of radio plays, "Plays for Americans." As he's a top-notch writer for radio, aspirants can't do better than get a copy and study it. Sponsored by the Association for Education by Radio, the plays, through agreement with Oboler, are available to any group free of royalties for the duration of the war.

Jack Pearl used to sign his name to letters, and beneath it "World's Greatest Liar." Now it's changed to "World's Second Greatest Liar." In explanation Jack says, "I couldn't be champ with Adolf around." Phil Baker ends notes with "Bye-bye. Buy bonds!"

Brenda Marshall and Osa Massen, of "Background to Danger," each has a parent in a country occupied by the Axis. Miss Massen's mother, sister and brother are in Denmark. Miss Marshall's father was managing a plantation in Negroes when the Japs moved in.

ODDS AND ENDS—Ida Lupino is probably the only stage or screen star who was born during an air raid—it happened in London during a Zeppelin raid, in World War I. . . . George Raft has been dickered for a motorcycle; Warner Bros. isn't keen about his riding one, but he's got to have some way of getting to the studio. . . . He's working in "Background to Danger"; if there's anything in a name the motorcycle ought to help get him in the mood. . . . Judith Anderson has learned that the ambulance she donated to the British army is being used in Bristol; her brother, with the British forces, told her.

'Schools at War' Program To Help Smash Dictators

A national campaign is under way to enroll the nation's 32,000,000 school children in the war effort. This campaign, known as the "Schools at War" program, was launched by Mrs. Franklin D. Roosevelt in Washington, D. C., recently. Speaking over a national radio hookup and before 4,000 District of Columbia school children, Mrs. Roosevelt urged the boys and girls of the nation to dedicate themselves to active participation in the war effort through this program.

Many of the Capital schools participated in the ceremonies which marked the opening of this notable campaign. These photos will furnish ideas for other schools that are anxious to enroll their pupils in the important work of doing their bit towards whipping the enemies of freedom.



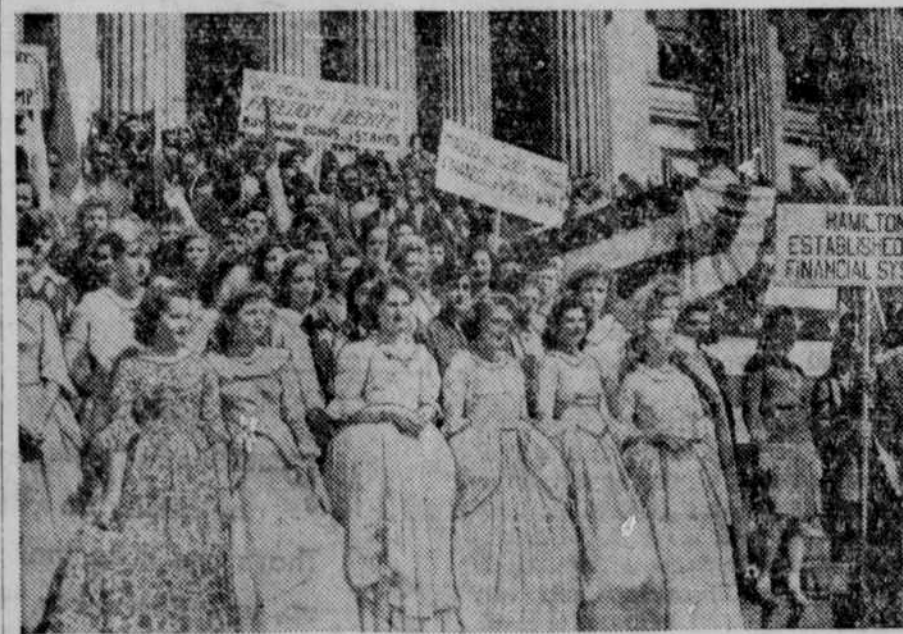
A color guard composed of District of Columbia school boy cadets marches up Constitution avenue.



Scrap collection, another vital phase of school children's war activities, is the theme of this section of the Schools at War parade.



A healthy nation is a fighting nation, and the school children of America can do their bit by preaching and practicing the value of nutrition, as is being done by these school girls.



The historical background of the country is portrayed here. The costumed youngsters represent the heritage for which we fight.



Mrs. Eleanor Roosevelt (circle) speaks at the opening ceremonies.

PATTERNS SEWING CIRCLE



8293 One Size

Twin Toys.

WHAT will we name the twins? Judy and Jim? Willie and Millie? Whatever you call them they are sure to be the best loved toys that were ever found on a Christmas tree! The soft bodies

Household Hints

Roaches are attracted by dampness, bits of food and trash of all kinds. Now get on the job and eliminate the attractions.

Chamois gloves will retain their color if washed in water in which the peel of two oranges has been boiled.

Sweet biscuit will not rise properly if too much sugar is used.

The parings from five large apples will make one tall glass of apple jelly.

Should a glass or bottle fall to the floor and break, wipe up the area with a wet, crumpled newspaper. The small particles of broken glass will catch and stick to the wet paper.

To keep a bowl steady while using a beater or mixer, set it on a cloth on the table.

Mirrors, framed to harmonize with the other furnishings, can be used to brighten dark corners in hallways, bedrooms and even living rooms.

are covered with muslin, the hair is of yarn, the outfits can be colorful cotton scraps.

Pattern No. 8293. Dolls are 15 inches long, each requires 3/4 yard 35-inch cloth for body; costumes to be made from remnants. Send your order to:

SEWING CIRCLE PATTERN DEPT.
Room 1116
211 West Wacker Dr. Chicago
Enclose 20 cents in coins for each pattern desired.
Pattern No. Size.....
Name

Witness Exerted Himself A Bit to Put It Nicely

During the progress of a lawsuit, a witness was cross-examined regarding the habits and character of the defendant.

"Has Mr. M—a reputation for being abnormally lazy?" asked counsel, briskly.

"Well, sir, it's this way—" "Will you kindly answer the question asked?" struck in the irascible lawyer.

"Well, sir, I was going to say it's this way: I don't want to do the defendant an injustice, and I won't go so far as to say he's lazy exactly; but if it required any voluntary work on his part to digest his food, he'd die from lack of nourishment."

Typewritten Clues

A typewritten letter can be easily traced to its source, as no two machines, even when brand-new and of the same make and model, ever write exactly alike.

COLDS'MISERIES PENETRO

For colds' coughs, nasal congestion, muscle aches get Penetro—modern medication in a mutton suit base. 25¢, double supply 50¢.

Joints on Hinges

One of the oddest tattooing jobs known was that done on a London gentleman a few years ago when he had a hinge with screws tattooed on every joint of his body.

Treat Constipation This Gentler Way!

Many folks say that almost as bad as constipation are harsh cathartics and purges. That's because many medicinal laxatives work this way: they either prod the intestines into action or draw moisture into them from other parts of the body.

Now comes news of a gentler and pleasanter way of treating constipation, for the millions of people with normal intestines whose trouble is due to lack of "bulk" in the diet. This way is by eating KELLOGG'S ALL-BRAN, a crisp, delicious cereal, and drinking plenty of water. ALL-BRAN, unlike many medicinal laxatives, acts principally on the contents of the colon and helps you to have easy, normal elimination. ALL-BRAN is made by Kellogg's in Battle Creek. If your condition is not helped by this simple treatment, better see your doctor.

Wrong in Excess

The best things carried to excess are wrong.—Churchill.

CLABBER GIRL Baking Powder



• QUALITY counts more today than ever before, particularly in home baking. That's why more and more women are turning to Clabber Girl, the baking powder that has been the baking day favorite in millions of homes for years and years.

HULMAN & CO. - TERRE HAUTE, IND.
Founded 1848

CLASSIFIED ADVERTISING

HAVE YOU anything around the house you would like to trade or sell? Try a classified ad. The cost is only a few cents and there are probably a lot of folks looking for just whatever it is you no longer have use for.

Classified Ads Get Results