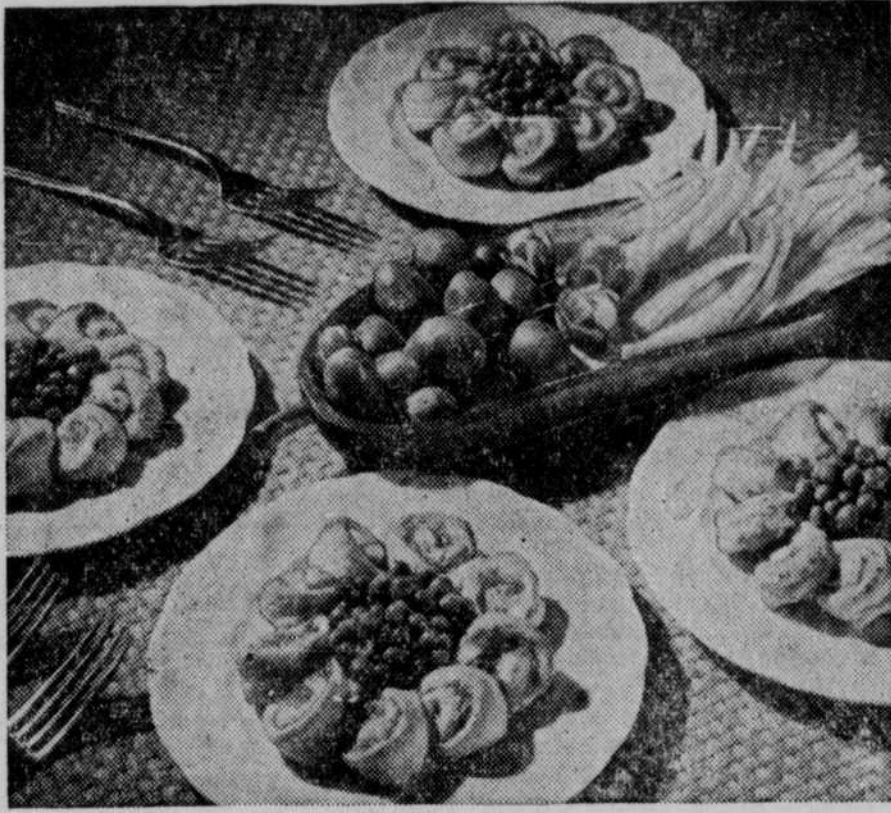


## HOUSEHOLD MEMOS

by Lynn Chambers



Little Lunches Flatter Wartime Menus.  
(See Recipes Below)

### Victory Lunches

Mid-day meals with that go-and-get-it spirit are those that are properly balanced, and have plenty of eye-appeal. The days are gone when you can make a quick dash to the corner grocery and bring home lamb chops to broil quickly. Gone, too, are days when you had loads of leftovers from yesterday's roast. But, homemakers, you need not be foiled, rather let your ingenuity devise new ways of getting nutrition requirements into your menus. Use protein foods like peas, beans, eggs, and vitamin B1 foods like cereals as extenders to make up for meat. Your New Year victory menu parade starts off with a meat loaf "stretched" with oatmeal.

### Savory Meat Loaf.

(Serves 8)

1 pound ground beef  
 1/2 pound ground pork  
 3/4 cup oatmeal  
 1 egg, beaten  
 1/2 onion, grated  
 3/4 cup milk  
 2 tablespoons chopped parsley  
 3 tablespoons catsup  
 1 1/2 teaspoons salt

Combine ingredients in order given. Mix lightly until well blended. Place in a greased loaf pan, patting smooth. Bake in a moderate oven (375 degrees) about 1 hour. Makes approximately 2 1/2-pound meat loaf.

### \*Little Luncheons.

(Serves 6)

2 cups sifted enriched flour  
 3 teaspoons baking powder  
 1 teaspoon salt  
 2 to 4 tablespoons shortening  
 3/4 to 1 cup milk  
 1/4 cup ground ham  
 6 poached eggs  
 Creamy Cheese Sauce

Sift flour, baking powder and salt together. Cut or rub in shortening. Add milk to form a soft dough. Turn out on lightly floured board and knead 1/2 minute. Roll dough out into a long rectangle 8 inches wide and 1/2 inch thick. Cut in half lengthwise and spread each half with ham and roll jelly-roll fashion, sealing edges well. Cut rolls into 8-inch pieces. Form each piece into rings on baking sheet. Pinch ends together. With scissors, cut through rings almost to center, in slices about 1 inch thick. Turn each slice slightly on its side. Bake in hot oven (450 degrees) 10 to 12 minutes. Place a poached egg in the center of each ring and serve with Creamy Cheese Sauce.

### Creamy Cheese Sauce.

2 tablespoons butter or margarine

### Lynn Says:

**Cans and Jars:** You will have noticed that your grocery shelves present a different picture than in the past. Instead of all food being put up in cans, some food has been preserved in glass. In those foods placed in cans, the government has decreed three different sized cans. A number two sized can, one of the standard sizes yields 2 1/2 cups and will serve four to five people. The number 2 1/2 sized can averages 3 1/2 cups and feeds six people. Largest food can is number 10, usually used by institutions and restaurants. This large size is not usually practical for a family of less than eight since it yields 12 cups and would last for at least two meals. A few additional sized cans are allowed in the case of canned meats, fish, baby food, and citrus juices.

## Farm Topics

### Buyers Will Pay More For Your Clean Eggs

#### Frequent Gathering Also Aids in Reducing Soilage

Consumers willing to pay high prices will not readily accept eggs that are soiled.

The poultryman who markets dirty eggs must sell to less discriminating buyers at lower prices. Records show that soiled eggs bring from 7 to 12 cents less per dozen than clean eggs of the same quality.

Soilage of eggs can be reduced with only a little care in addition to that usually exercised by good poultrymen. A few simple practices, generally applied, would make every egg produced this year clean and attractive in appearance.

A deep litter on the floor of the laying house and roost poles screened with poultry wire to keep them from walking on the soiled dropping



## TO YOUR Good Health

by DR. JAMES W. BARTON

Released by Western Newspaper Union.

### THE WORKING LIVER

For a number of years I found myself writing about the liver almost once every month. I pointed out the various jobs done by the liver such as manufacturing bile and then the various jobs done by the bile; the storing of sugar in the liver for future needs of the body; the importance of the liver in filtering out the harmful substances from the blood and the effects these harmful substances would have on the body tissues and body processes if they were not filtered out; the coloring and other materials in the liver used to help form the blood; that the liver was the largest organ in the body and had within it about one-quarter of all the blood of the body.

There was one point I mentioned once or twice but did not emphasize as I should have done and that was the advisability of having the liver tested for its working ability just as the heart, kidneys, stomach, blood vessels and other organs are tested. A test can be made showing the working ability of the liver by the use of substances taken by mouth or injected into a vein. The liver should remove these substances from the blood within a definite time if it is doing its work properly. One of these substances is hippuric acid.

In the Medical Journal of Australia, Drs. Margaret Henderson and B. Splatt report their results in 89 patients with liver disease, 86 with various other disorders, and 25 normal adults or patients recovering from minor ailments. Not only did the results show the extent to which the liver was damaged or unable to do its work, and the extent of heart damage, but it showed also how the damaged condition of the liver was allowing poisons to aggravate other conditions present in the body, such as pernicious anemia, tuberculosis and rheumatic arthritis.

In the treatment of a sluggish liver or a liver that is not doing its work properly, the physician prescribes special diets and various drugs. However, we can keep the liver in good working condition by taking long deep breaths or by bending exercises, keeping the knees straight (both exercises squeeze the liver) and by avoiding overeating.

### Mental Clinics Doing Good Work

A few years ago the statement was made that at the present rate of increase in the number of mental cases in any and all communities, within 50 years it would mean that at least one-half the population would require mental care. Naturally health departments everywhere are trying to prevent this condition by various means.

Today mental institutions by regular and special forms of treatment, by the help of visiting or resident specialists — throat, teeth, heart, lungs, and others—are able to send back to home and business about 6 in every 10 patients admitted.

Where the greatest progress is being made, however, is the recognition of the "early" symptoms and signs of mental ailments by the family and general physician, and the sending of these early cases to a mental or psychiatric clinic.

If the average taxpayer stopped to think of what it costs to keep just one patient in a mental institution, he would gladly pay a few cents extra yearly to prevent it.

Dr. Victor H. Vogel of the U. S. Health Service, as recorded by Science Service, states: "It would not cost taxpayers a cent if their local health services added mental hygiene clinics to their child health clinics and other services. Such clinics would prevent mental breakdowns and so reduce the number of patients cared for in mental hospitals. Mental illness is the most expensive kind because of its long duration. If only three people a year are saved from becoming public charges in a mental institution, that means enough money saved to support a mental hygiene clinic for an entire year."

The saving of money is but the least of the benefits of a mental clinic. It cannot be compared with the saving of life and happiness. Mental hygiene clinics help people whose lives are threatened by other dangers, too. A divorce can sometimes be prevented, a home kept intact or a suicide prevented.

### QUESTION BOX

Q.—What is the cause of white spots on the skin?

A.—Cause of these white spots—vitiligo—is unknown. There is no cure. Your druggist can supply you with a coloring substance for these white spots.

Q.—Is electrolysis a safe method for removing superfluous hair?

A.—Electrolysis treatment by an expert—not necessarily a physician usually gives good results.

Pretty Martel Oglesby awards an "E" for efficiency to a representative of American hennam for their expected contribution of billions of dozens of eggs to the nation's war effort this year.

boards, will prevent eggs from being soiled by dirty feet.

At least one large nest is needed for every five hens to prevent excessive "traffic" per nest. If the nests are made of good clean material, such as excelsior, shavings, or straw, breakage of eggs will be reduced and clean whole eggs will not be stained by broken ones.

Gathering the eggs frequently—at least three times a day—will reduce the time of their exposure to soilage.

If an egg becomes soiled, it can be cleaned by applying baking soda with a damp cloth, and allowed to dry thoroughly before casing.

When the eggs are ready for crating, pack them in clean containers. It will be found the appearance of eggs makes a great deal of difference in their value on the market.

### Agriculture in Industry

By FLORENCE C. WEED

#### Fiber Plants

A half dozen fiber plants, growing mostly in the southern states seem to offer some possibilities for industrial use as stuffings, matings and brushes. The drawback is in competing with wild grasses growing on other continents which can be harvested by cheap labor and imported here at low cost.

Kapok will grow in the extreme southern part of Florida. It is much liked for upholstery and pillow stuffing. Palmetto, from this section, will produce a useable fiber. A few thousand tons of Spanish moss, growing on southern trees, are collected each year and sold as a substitute for curled horse hair in upholstery.

The cabbage palmetto is used in the manufacture of brushes. Some sough grass is cut along the Mississippi river, dried and used in matting manufacture. Jute will also grow in the southern states and Esparto will grow in southern California, but these can not compete in price with the cheap jute from India and the wild Esparto from northern Africa.

Eventually, all these less important plants as well as our important agriculture products will be thoroughly investigated at the new regional laboratories which have been established by the government to search for new and wider industrial uses for farm products.

### Farm Notes

The U. S. crop of soybeans in 1942 is estimated at 14,241,000 acres, as compared with 9,990,000 acres in 1941.

One way of meeting the farm labor shortage is to determine to produce high crop yields. Good seed beds, fertilizer, adapted seed, and excellent cultural practices will permit higher production on fewer acres.

## PATTERNS SEWING CIRCLE



### Child's Frock.

PRETTY frocks for children are easy to come by, even at lowest possible costs, when you sew at home. Today's pattern suggests an adorable style for two to sixers with a perky scalloped front, curved shoulder yokes framing a flattering neckline and a wide, waist-smoothing girdle which ties firmly in back.

Pattern No. 8273 is in sizes 2, 3, 4, 5 and 6 years. Size 3 takes 1 1/4 yards 36-inch material, 2 1/2 yards braid to trim. Send your order to:

SEWING CIRCLE PATTERN DEPT.  
 530 South Wells St. Chicago.  
 Enclose 20 cents in coins for each pattern desired.  
 Pattern No. .... Size.....  
 Name .....,  
 Address .....

### It's Flattering!

EVERY line of this easy-to-look-at dress flatters the mature, larger figure. The deep cut neckline shows off an expanse of throat which makes your face appear younger and prettier. The smooth shoulders and simple sleeves simplify the top of the dress, gathers through the bodice give the soft fullness which is best for you, the panelled skirt fits flat over the hips.

Pattern No. 8268 is in sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, short sleeves, requires 4 yards 39-inch material. 2 yards bias fold.

### Koreans Ignore Wives

In Chosen (Korea) if a man meets his wife on the street custom requires him to ignore her completely and pass her as though she were a stranger.

## ASK ME ANOTHER?

A quiz with answers offering information on various subjects

### The Questions

1. What does "recherche" mean?
2. Why did King Arthur's knights sit at a round table?
3. In architecture, what is an abacus?
4. If England is invaded what signals will spread the alarm?
5. Where does genuine mocha coffee come from?
6. How old was George Washington at the end of the Revolutionary war?
7. Is the slogan "America First" original with us?
8. Who was the "March King" of America?
9. What was the most popular ballad ever composed in the United States?
10. Can you define can-can, beri-beri and paw-paw?

### The Answers

1. Rare or exquisite.
2. To avoid showing distinction.
3. A flat stone placed above the capital of a column.
4. Church bells.
5. Arabia.
6. Forty-nine.
7. No. Previously an Australian Fascist organization used "Australia First," and the British Union of Fascists used "Britain First."
8. John Philip Sousa.
9. "Frankie and Johnnie" was the most popular ballad ever composed here. During the latter part of the Nineteenth century, more than 300 variations of it were sung from coast to coast.
10. Can-can is a dance with plenty of kick in it. Beri-beri is a disease, chiefly in the Orient. Paw-paw is a tree bearing an edible, pulpy fruit.

### Home of Rubber Trees

Most of the rubber trees in the world today that produce latex in commercial quantities are located in a narrow belt that encircles the earth and extends approximately 700 miles north and south of the equator.

## JUST BEHIND

Passed It Up  
 Registrar—Age, please.  
 She—I'm around 30.  
 Registrar—I can see that, but how many years is it since you got around it?

Never the Same Again  
 Teacher—Why is it that lightning never strikes twice in the same place?  
 Jimmy—Because when it strikes once the same place isn't there any more.

Insistent Fellow  
 A pretty girl got into a bus that was full of shoppers.  
 Immediately a man got up, but before he could speak the girl said: "It's very good of you, but I'd rather stand."  
 He raised his hat and began: "I—"  
 "No, really, I mean it."  
 "But—"  
 Again she interrupted him. "I assure you, it's quite all right."  
 "But," he shouted, desperately "I'm trying to get out!"

He Should Know  
 Dolly—We women endure pain much better than men.  
 Molly—Who told you that? Your doctor?  
 Dolly—No; the shoe salesman.

There are some open minds that ought to be closed for repairs.

Man Grounds Dog  
 "Hullo," said a voice, "is that the police department?"  
 "Yes, madam."  
 "Well, there's a nasty tramp sitting up in a tree in my garden teasing my dear little dog."

## PENETRO

Many users say "first use is a revelation." Has a base of old fashioned mutton suet, Grandma's favorite. Demand stainless Penetro. Generous jar 26¢, double supply 35¢.

COLD'S COUGHING, SNIFLES, MUSCLE-ACHES

Youth's Expression  
 This young man expresses himself in terms too deep for me.—Sir W. Watson.

## SNAPPY FACTS ABOUT RUBBER

The average car owner drove 9,000 miles in 1941, clicked off at the rate of about 6,700 miles a year in 1942 before gasoline rationing was nationalized. Essential driving is now pegged at an average of 3,000 miles annually and the "A" rationing book allows for 2,880 miles of driving a year.

Don't always be content with an "on the wheel" inspection. Have your tires removed from the wheels, spread and closely checked. You'll be surprised what this inspection sometimes shows in the way of internal carcass injuries. Catch them in time and save mileage.

In 1941 a total new supply of rubber amounting to 1,441,000 tons, 310,000 or 21% consisted of reclaimed rubber.

Jeremy Shaw

In war or peace

## B.F. Goodrich

FIRST IN RUBBER

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