

NOVEL BUT GOOD IS THIS ORANGE VEAL ALMOND SALAD (See Recipes Below)

# Household News

By Eleanor Howe

## Spring Salads for Spring Tonics

Time was when we needed sulphur and molasses, or its equivalent, as a spring tonic to repair the damages of a winter diet which was quite likely to be lacking in fresh fruit and vegetables. Nowadays spring tonics are unnecessary nuisances, for most of us, because even through the long winter months, a plentiful supply of fruits and vegetables is available.

But somehow this season creates an appetite for "something right out of the garden," and it's now that we find salads of fresh fruits and vegetables as refreshing as the first spring breeze.

Serving a salad is such a simple means of making sure that the day's quota of fresh vegetables or fruits is included in the diet.

Salads look so cool and inviting, and properly prepared they do such a lot toward perking up one's appetite. But they must be inviting to look at, cool and crisp, and well seasoned.

Wash salad greens carefully, then soak in cold water to make them very crisp. Remove all brown or wilted spots. Dry carefully on a towel or place cleaned salad greens in a clean sugar sack and shake or swirl vigorously to remove the drops of moisture that cling to the greens. Chill thoroughly.

Simple salads, in general, are the smartest—and if they're to serve their purpose as spring tonics, they're the best. Salads which are too rich, too elaborately garnished, or decked out with whipped cream, defeat their own purpose, and I have a feeling that it's one reason most men dislike salads, because too often they've had served to them in the name of salad, some queer, sticky concoction, with so many ingredients, so badly mingled, and so much garnish, that there's scarcely a salad green to be seen or recognized. Men do like good salads, though, and you'll find recipes for the kind they enjoy, in my booklet, "Feeding Father."

When you're planning your spring tonic salads, don't overlook the raw vegetables—shreds of pared, raw beets, slivers of carrot, and the tender young leaves of spinach, raw cauliflower, broken into flowerettes—is an excellent addition to a vegetable salad, and don't forget that just a suspicion of garlic in a vegetable salad is as important as the dressing! Minced green onion tops or chives will serve as a substitute, if your family doesn't approve of garlic.

### Orange Veal Almond Salad. (Serves 6-8)

Novel but good is this orange veal almond salad. The orange blends with and brings out the flavors of the other ingredients. This is an especially excellent buffet salad.

- 2 cups orange half slices
- 2 cups cooked veal (diced)
- 2 cups celery (diced)
- 1/2 cup lemon french dressing
- Lettuce
- Watercress
- 3/4 cup toasted almonds

Blend orange, veal, celery and french dressing. Put in salad bowl, lined with lettuce and watercress. Top with the toasted almonds. Chicken may be substituted for veal.

### Lemon French Dressing.

- 1/4 cup lemon juice
- 1/4 cup salad oil
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1 tablespoon sugar or honey

Stir or shake thoroughly before serving. Lemon juice is particularly good to bring out flavors in a dressing for a meat salad. (makes 1/2 cup.)

### Pinwheel Salad.

Take halves of grapefruit and remove every other grapefruit segment, leaving membrane intact.

## Spring Menus.

Menus, in spring, can be something very special—if you'll take advantage of the grand variety of foods available! In this column next week, Eleanor Howe will give you some of her own favorite suggestions for dressing up spring menus.

Prepare cherry-flavored gelatin and fill empty grapefruit sections with gelatin. When gelatin has stiffened, arrange each grapefruit half on bed of lettuce. Place mayonnaise in center of grapefruit and top with chopped green maraschino cherries.

### 'Salad Bowl' Fruit Salad.

Toss lightly together in salad bowl, one cup watermelon balls, one cup muskmelon balls, one cup honey dew melon balls, one cup seeded red cherries, and one cup diced celery.

Add french dressing in sufficient quantity to thoroughly coat all fruits. Have ready a supply of chilled, crisp french endive. Place two or three stalks on side of each individual salad plate and serve with salad bowl fruit salad.

### May Basket Salad.

Take the desired number of firm uniform tomatoes, cut out stems and hollow out the center slightly. Slice rings of green pepper about 1/4 inch thick, cut in half and fasten on tomato with toothpicks to form handle of basket. Place hearts of lettuce and radish roses (using toothpicks for stems) in the basket. Place basket on lettuce leaves. Garnish with mayonnaise.

### Spicy Summer Salad.

- 1 cup vinegar
- 1/2 teaspoon whole cloves
- 1 teaspoon stick cinnamon
- 1 teaspoon salt
- 2 cups fresh spinach leaves
- 1 large carrot
- 1 stalk celery

Boil vinegar, spices and salt together for 10 minutes. Strain vinegar and chill. Scrape carrot. Chop all of the fresh vegetables together until they are fairly fine. Dress with the vinegar mixture and serve at once.

### Gardener's Salad. (Serves 8-10)

- 1 sliver of peeled garlic
- 1 head crisp lettuce (shredded)
- 4 tomatoes (peeled and cut in wedges)
- 1 cucumber (peeled and sliced)
- 3 young onions (sliced thin)
- 4 radishes (sliced thin)
- 1 green pepper (cut in rings)
- 2 carrots (sliced)
- 6 slices bacon (fried crisp, and crumbled)
- 1 cup french dressing

Be sure the vegetables are washed, wiped dry, and very cold and crisp before starting to mix the salad. Sprinkle the inside of a large salad bowl with salt. With a fork, rub the garlic well in the salt. Remove garlic. Put in the shredded lettuce, the vegetables and bacon, then the french dressing. Mix well, so that all the ingredients are completely coated with dressing. Serve immediately.

### Would You Like to Please Father?

If you want to please father, serve him the foods he really likes—simple green salads, beef roast with rich brown gravy, and the plain "family-style" desserts his mother used to make. You'll find plenty of practical recipes and menus for men in Eleanor Howe's cook book "Feeding Father." Send 10 cents in coin to "Feeding Father," care Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois, and get a copy of "Feeding Father" for your kitchen library.

(Released by Western Newspaper Union.)

## NATIONAL AFFAIRS

Reviewed by CARTER FIELD

McNary says those who voted against trade treaty will benefit... Carter Field believes it good policy for Dewey and Vandenberg to favor St. Lawrence seaway. (Bell Syndicate—WNU Service.)

WASHINGTON.—Sen. Charles L. McNary of Oregon, Republican leader of the senate, expresses the view that members of the house and senate who voted against the reciprocal trade agreement policy will benefit in their primary and election fights, while those who voted with Cordell Hull all the way down the line are likely to suffer.

This is probably true, utterly regardless of the merits of the reciprocity, trade agreement policy, and even regardless of popular opinion on it, strange as such a statement may seem. But politics is a law unto itself, not infrequently seeming to have no logic and certainly very little mathematics in it.

The politician early learns that it is often excellent strategy to fight for something that cannot prevail, or to fight against something that is sure to prevail. If he was on the losing side, no one can prove to his constituents that things might not have been better for them if he had won. But if he won, then he has to take the responsibility and suffer perhaps from the disappointments.

Senator McNary is undoubtedly right in his political analysis as to results, whether he is right in thinking a majority of the voters are opposed to the reciprocal treaties or not.

### DIFFICULT TO PROVE

Men who opposed extending this power will be able to say to their constituents that industries in their sections would have been very much better off if this threat were not hanging over them. It will be very difficult for their opponents to prove otherwise. It simply is not susceptible of proof in most instances.

Whereas the people who might be supposed to have been benefited by the treaties will not be excited about this issue, even if they admit that they have been benefited, which last is a violent assumption, because people do not go out of their way to concede that it was the benevolent act of a government which really created their opportunities, rather than their own initiative and enterprise.

The people benefited will for the most part be swayed in their votes for or against senators and representatives for other reasons than the trade-treaty argument.

### ST. LAWRENCE SEAWAY

There was nothing surprising about the statements of Thomas E. Dewey and Senator Arthur H. Vandenberg that they favor the construction of the St. Lawrence seaway. Every presidential candidate of every party since the project was first agitated has given it at least lip service, and President Roosevelt made a real fight for the project after inauguration, which he is still continuing.

The funny part of the picture is that if Mr. Dewey were running for United States senator from New York, instead of for the Republican nomination for President, he would not dare announce his advocacy of the St. Lawrence seaway—or, if he did, it would be over the violent objection of his campaign managers and advisers. Advocacy of the seaway by a New York senatorial candidate would be equivalent to forcing a good many thousand voters who would otherwise be supporters to vote against him.

This is true in every Atlantic coast state, from Maine on down.

### POWER INTERESTS F. D. R.

Of course, President Roosevelt's personal interest in the project has never really been in the seaway phase, but in the electric power phase. But the inception of the whole thing was when the farmers of the Northwest became enthusiastic over the notion of getting seven cents more a bushel for their wheat because the freight charges to Liverpool could be cut that much—they were told—if the seaway were built, also the cities on the Great Lakes, except Chicago, strongly favored the seaway because they figured it would make them world ports.

The United States doesn't export much wheat any more, but the farmers from Ohio to Montana and from Wisconsin to Kansas all think that the seaway would boost the price of wheat at their railroad stations.

## WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON (Consolidated Features—WNU Service.)

NEW YORK.—For 16 years, unable to see or move, Edward Sheldon has lain motionless, with a black satin mask over his eyes, and in that time he has dictated several of the most successful plays which have established him as a leading American dramatist. Calm in his affliction, he found that he had gained even a larger world, in his New York penthouse room, as he drew his friends to him, not in compassion, but in eager working partnership in the theater. Producers, actors and dramatists find him an invaluable friend and consultant. His tireless and creative mind knows no darkness or failure.

The United States Supreme court awards to Mr. Sheldon and his collaborator, Margaret Ayres Barnes, 20 per cent of the \$387,005 profits from the film "Letty Lynton," sustaining their contention that the film infringed the copyright of their play "Dishonored Lady." The decision, the culmination of eight years of litigation, marks the Supreme court's biggest Broadway hit since Kaufman and Connelly put it in "Of Thee I Sing."

Young Edward Sheldon, wealthy, gifted and handsome, Harvard '07, was a run-away success, with his first play, "Salvation Nell," produced in 1908. With the late Sidney Howard, he had written the play "Bewitched" when he was stricken with paralysis and blindness in 1924. "Years of Grace," written thereafter, brought him the Pulitzer Prize, in 1931.

Miss Barnes, his collaborator, overcame similar disaster in finding her way into her career. Critically injured in an automobile accident in France, in 1925, she lay for months in a plaster cast. Her hands were free to write—something she always had hoped to do. She wrote a novel, and, recovering, returned to America, found a publisher and an open road ahead in authorship. Like Edward Sheldon, she also is a Chicagoan.

IN THE year 1800, the United States Marine band, formed in 1798, had two oboes, two clarinets, two french horns, a bassoon, a snare drum, but they were stuck for a bass drum. It took them six months to promote one. However, they got it in time to play at John Adams' inaugural in 1801, and have played at every inaugural, at Nellie Grant's wedding and at the funeral of every President who died in office.

Capt. Taylor Branson lays down his baton after 41 years with the band, and 13 years as its leader. The band and the captain together have paced forward quite a stretch of American history, to the enrichment of the national musical annals. The marches which Captain Branson has composed, foot-tickers all of them, include "Tell It to the Marines," "Marines of Belleau Wood," "The President's Own," and "Eagle, Globe and Anchor." Of distinguished professional attainments, he has delved deeply into our national musical lore and is an authority on the various tributary streams of folk music which have flowed into it. Among his predecessors as leaders of the band have been John Philip Sousa, Francisco Fanciuille and W. H. Santelmann, whose son, William F. Santelmann now succeeds him.

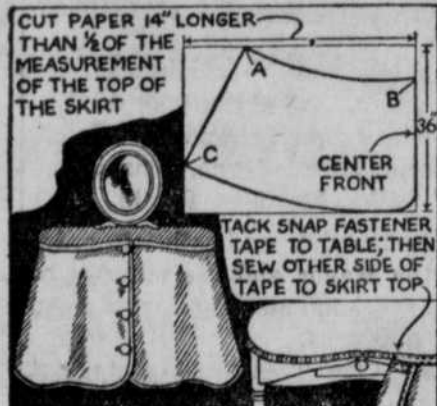
Six feet tall, weighing 200 pounds, impressive and commanding in his respondent uniform, Captain Branson has been a conspicuous figure in Washington and he and his band have been inseparable from dramatic moments at the capital. He was born in Washington in 1861 and entered the band as a clarinet player late in 1898. In recent years radio has carried his fame beyond Washington.

THE name of Judge Peyton Gordon of the federal district court of Washington, may find a durable imprint in legal history books, if the higher courts sustain his finding that the government may prosecute labor unions for monopolistic practices. It is the first such decision ever rendered by a federal court, in the field of union jurisdictional warfare.

For 20 years he fought fraud and customs cases for the government, as assistant U. S. district attorney in Washington. In 1921, President Harding named him district attorney and President Coolidge appointed him justice of the Supreme court of Washington. He was a hard-hitting prosecutor in the Teapot Dome and later Sinclair contempt cases. In the World war he served as a major in the Judge Advocate General's corps. He was born in Washington, in 1870, and was educated at Columbia university.

## HOW TO SEW

by Ruth Wyeth Spears



these points with lines drawn, as shown.

NOTE: The new 32-page edition of Book 1—"Sewing for the Home Decorator," shows three other interesting styles of dressing tables, with detailed directions for making. Also slip covers, draw curtains; and numerous household articles. Write Mrs. Spears for a copy, enclosing 10 cents to cover cost. Address:

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### Bombarding Clouds

In 1891 congress appropriated \$9,000 for experiments in producing rain artificially. Most of the experiments were conducted in Texas under the direction of Gen. Robert Dyrenforth, as a special agent of the department of agriculture. Dynamite and hydrogen-oxygen-filled balloons made the noise, and a little rain did fall, but according to meteorologists this was only that which was due to fall in the regular and undisturbed course of the weather.

HOW to cut a flared dressing table skirt without fullness at the top, is something worth knowing. You may be making a smartly tailored affair of white pique with pink bindings and buttons, like the one shown here; or an under lining for a full skirt of transparent material.

The diagram shows how to make a pattern for half of the skirt. The center front may be placed on a fold of the goods in cutting if there is no front opening. Cut the paper by the dimensions in the diagram. Mark point A in 14-inches from the upper left corner. Measure up from the lower right corner a distance equaling the length of the skirt from A to the left edge of the paper and mark point C. Connect

## Strange Facts

Might in Mite  
Ream of Love  
150-Mile Shadow

The most powerful permanent magnet of its size in existence is a piece of sintered alnico, made recently in a General Electric laboratory. This bit of alloy, which is smaller than a thimble and weighs less than three-quarters of an ounce, can lift and hold 200 pounds, or 4,450 times its own weight.

The longest love-letter in the world is at the British museum. It was written by one of Queen Elizabeth's courtiers to his lady, and runs to 410,000 words, on over 400 sheets of paper.

For more than 250 years, Finland has required both men and women to be able to read and write before they are married.

El Piton peak on Tenerife, the largest of the Canary islands, rises abruptly 12,200 feet above the Atlantic ocean and, at sunrise and sunset, casts a shadow nearly 150 miles.—Collier's.

### Real Freedom

The only freedom which deserves the name is that of pursuing our own good in our own way, so long as we do not attempt to deprive others of theirs, or impede their efforts to obtain it.—Mill.

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