



**Sugar Restrictions Prevent Solution Of Dessert Problems**



Mounds of creamy ice cream ride on top of peach halves set on squares of tasty, hot milk sponge cake. A dessert sauce made of the peach juice is a delightful foil for the fruit, ice cream and cake.

Now that food rationing has loosened up in most of the eatable goods, and we are once again able to get back on a prewar standard, cooking problems need not be pressing. However, in spite of this lifting of restrictions, we still have at least one major problem—that of sugar. Little relief is in sight right now, and the situation will probably prevail for some months. What shall we do about dessert?

Well, first of all there are fruits which can be used in any number of perfectly delightful ways. There's whipped cream and ice cream, and, of course, sugar substitutes.

One cup of sugar or less is a good rule to follow if you are using recipes calling for this sweet but scarce commodity. If your cake calls for 1 1/2 cups of sugar, use 3/4 cup of sugar with 3/4 cup of corn syrup. In this case you must use 2 tablespoons less milk than the recipe calls for and 2 tablespoons of flour, additional.

The fat scarcity also limits us to some extent on the baked goodies we want to make. That's why sponge cake will be popular, as in this following recipe:

**Peach Sponge a La Mode.**  
(Serves 8)  
Sponge cake  
1 No. 2 1/2 can peach halves  
1 quart vanilla ice cream  
Dessert sauce

The cake used uses 4 eggs and is made with scalded milk to give it a fluffy texture:

**Sponge Cake.**  
2 cups sifted cake flour  
1/2 teaspoon salt  
2 teaspoons baking powder  
4 eggs  
1 cup sugar  
1 cup milk, scalded  
1 teaspoon vanilla  
3 tablespoons butter, melted

Sift flour and measure. Sift three times with salt and baking powder. Beat eggs with rotary beater until thick and lemon colored. Add sugar gradually and beat until fluffy. Fold in flour mixture, then milk, flavoring and melted butter. Fold until well blended. Pour into square cake pan lined with waxed paper. Bake in a moderate (350-degree) oven for 30 minutes. Cool in pans.

**Dessert Sauce.**  
2 teaspoons granulated sugar  
Remaining peach halves, chopped  
1/4 cup salted almonds, slivered  
1 tablespoon brown sugar  
Cook the peach liquid down to 3/4 cup. Stir in the granulated sugar

**Lynn Says:**

**Make Meals Good:** No family enjoys eating the same, same foods every meal. It's a good idea not to repeat dishes more than once every three or four weeks. Even favorite foods get monotonous when served too regularly.

To get contrast in every meal, follow the basic seven charts to see that you get in all different types of foods.

In planning a meal, have some things crisp, others soft, and still others hard. For example, meat can be the "soft" food, while broccoli or salad add the crispness, and rolls are the "hard" part.

Try to combine colors, too. Cauliflower, potatoes and creamed chicken may all be good, but they don't stimulate the appetite. However, consider the colorfulness of creamed chicken with french fried potatoes and peas with carrots.

There should also be a combination of hot and cold dishes. Even with a salad luncheon, the hot foods can be soup and coffee.

Some cooked, some raw is another good rule. Be sure to have a salad—a big one, too, if you are having roasted meat, cooked vegetables and pie or pudding, which are all cooked.

**Lynn Chambers' Menu.**

- Braised Liver with Vegetables
- Creamed Potatoes
- Celery Sticks
- Molded Plum-Pear Salad
- Corn Sticks
- Honey
- \*Open-Faced Apple Pie
- \*Recipe given.

and chill. Serve over the peach halves a la mode and top with nuts mixed with brown sugar.

To serve, arrange a peach half on a square serving of cake. Top with a mound of ice cream and serve with the dessert sauce.

If it's apples you want, then you will like this pie which is easy on fat because it does not have to have a top crust. It uses an egg for richness and flavor:

**Open-Faced Apple Pie.**  
(Serves 6 to 7)  
3 cups sliced apples (about 1/2 pound)  
1 egg, well beaten  
1/4 cup sugar  
1 tablespoon flour  
1/2 teaspoon cinnamon  
1/4 teaspoon grated lemon rind  
1/4 teaspoon salt  
2 tablespoons melted butter  
Plain pastry for 1 crust (about 1 cup flour)

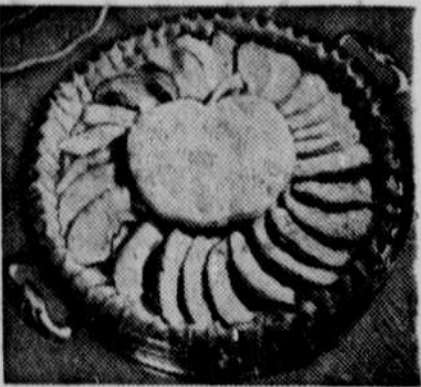
Line pie pan with pastry, building up the edge. Fill with sliced apples. Add remaining ingredients to beaten egg; beat well. Pour batter over apples. Bake in a hot (425-degree) oven for 25 to 30 minutes.

Apples which are best to use in this type of pie are Rome Beauty or Macintosh.

Black walnuts can lend a distinctive flavor to pie when fruit supplies dip to a low during the cooler weather as in this recipe:

**Black Walnut Pie.**  
2 cups milk  
1 cup sugar  
6 tablespoons flour  
2 egg yolks  
1/4 teaspoon salt  
1 teaspoon vanilla  
2 teaspoons butter  
1 cup black walnuts  
Baked pastry shell  
Whipped cream

Make a custard of the milk, sugar, flour and egg yolks, cooking until thick in a double boiler. Add salt vanilla and butter. Cool. Add nut meats and pour into a baked pastry shell. Let set and cool. Serve with whipped cream topping.



This novel apple pie saves shortening by using just one crust. For delicious flavor and good, old-fashioned heartiness, add an egg to the apple mixture.

The old-fashioned puddings are always popular because of their molasses sweetness and fragrant spices. Suet is usually used for the base, but one of the fats may be substituted if it is unavailable. Buttermilk is used to give that fluffy texture which is so appetizing.

**Quaker Pudding.**

(Serves 10)  
2 1/2 cups sifted flour  
1 1/2 teaspoons soda  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1 1/2 cups buttermilk  
1 cup ground suet  
1 cup molasses  
1 cup raisins or other chopped dried fruit, or candied fruit  
3/4 cup rolled oats

Sift flour with soda and salt. Add all other ingredients in order given and mix thoroughly. Pour into two one-quart greased molds. Cover and steam for 3 hours. Serve with Foamy or Orange sauce.

Stuff green peppers with creamed chicken or turkey and rice. The peppers should be parboiled first, and after stuffed, they may be heated for 10 minutes in a moderate oven. If you like stuffed green peppers, try them with a stuffing of corned beef hash mixed with onion. It's mighty good.

Like sweet potato pudding? One way to make it is to mash six cooked sweet potatoes with 6 tablespoons butter, 2 tablespoons grated lemon rind and 1 cup of orange juice. Bake this mixture in a greased casserole in a moderate oven for 15 minutes.

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**Tomorrow is Forever**  
by GWEN BRISTOW

THE STORY THUS FAR: Spratt Herlong, motion picture producer, met and married Elizabeth, whose first husband, Arthur Kittredge, was reported killed in World War I, but who later appeared in Hollywood and secured a job with Spratt. Under the name of Kessler, and with his disfigurements, he was not recognized and became a good friend of the Herlongs. While Elizabeth, Cherry and Dick were helping Margaret, Kessler's ward, decorate her Christmas tree, she told them about the man who killed her mother. Kessler later told them the truth of Nazi Germany, how Margaret's parents were driven to suicide, and how thousands of children were killed before they could contribute to mankind.

**CHAPTER XIX**

He jerked himself back angrily. He had given her the chance to be happy and she had used it; if happiness brought its own penalties that was not his fault or hers. She had a great deal to lose. Nobody knew what the war might do to this country before it was over, and the whole fabric of her life and her children's future might be ripped to shreds in the days to come. She had made that clear to him when she said, "If my world is shot to pieces again I can't go back and start over. I did that once." Elizabeth did not suspect that when he heard her say that he had nearly burst out sobbing with defeat. He had been so sure, back in 1918, that when he gave her the chance to start over it was the chance to build for permanence. Now he had no consolation to give her, or to give himself—nothing but a desperate courage. There was nothing to do but go on telling her what he had already tried to tell her: that in the final analysis life consisted mostly of doing things one did not want to do, and the only way to keep any self-respect through the whole wretched business was to look squarely at what had to be done and then go ahead and do it.

Now he had to tell Dick the same thing. Not tell him to go to war, that Dick was ready to do; but he could understand from the boy's awkward little letter that now Dick wanted to be told what it was all about. It would be so much simpler if Dick could be left with the idea that it was merely a matter of killing Japs and Germans before they killed.

Kessler turned to his typewriter, holding the paper with his thumb and forefinger while he turned the platen with the other three fingers, made steady by the pressure of his palm. He wrote:

My Dear Dick,  
Can you come around Sunday afternoon about three? Margaret is learning to skate and will be at the rink with her playmates, so we can count on not being interrupted. I'll be very glad to see you.  
Your friend,  
ERICH KESSLER.

Dick arrived at ten minutes to three. They did not waste any time on preliminary courtesies. Dick had a lot to ask and he immediately started asking it.

"You see," said Dick, "I'm just about to be eighteen, and as soon as I'm eighteen I'll get into the service. Maybe I'll join up before then. I'm kind of like the Marines. That's okay—I'm not saying I'd join the Marines if there wasn't a war, but there is a war, so that's what you do, the Marines or whoever will have you. But there are some things—" He hesitated.

"The day of Pearl Harbor I was so mad I could have lit into every Jap gardener I saw and it burned me up to think I couldn't do anything about it. I just wanted to kill them. I still do. The Japs, I mean. I never did get that excited about the Germans, I guess it was because they were going after other people but it was the Japs who had tried to sink the whole Navy when the Americans weren't doing anything to them. The Germans—I don't mean because you're a German, anyway you never do seem like one—but I'd been hearing about Hitler practically all my life and I guess I'd got kind of used to him."

"I suppose you would," Kessler observed thoughtfully. "You were eight years old when he burned the books."

"Well, I was pretty innocent myself until just lately," Dick confessed with confiding wisdom. "I thought wars were just wars, because somebody had to run the earth and it had better be your side than their side, and mostly wars were fought to take care of trade and profits and it was principally the Morgans who got us into the last one, and we'd never have been in this one if the Japs had minded their own business. Now I see that's not right, you can't go along letting things happen the way they are happening, things like Margaret I mean. But what I want to know is, what can I say to my mother and father? I can't just go off and have them smiling and shriveling up inside the way they are doing. Don't think my mother has said anything to me, Mr. Kessler! She hasn't. She won't either."

"Let her and your father understand that you know what you're doing," Kessler answered. "Don't let them believe that you're going off grinning, as you express it, just to put an end to a lot of toothy villains because mass hatred happens to be the emotion of the moment. It's not merely that they have a right to think better of you than that. But if you expect them, and the rest of the decent people in the world, to get anything from this war except more destruction and suffering, if you want it to be something more than just another war, you've got to have an idea of what you want it to bring about. Even if you know what you want you may not get it, but if you don't know, this certainly won't be anything but just another war."

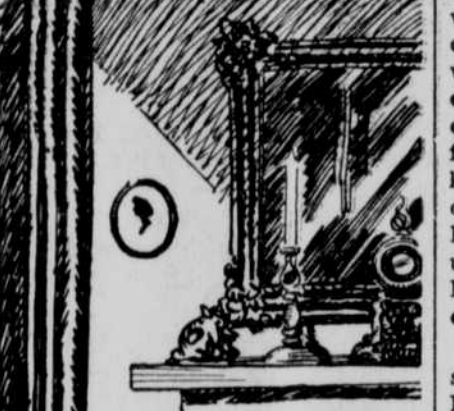
"Well, what do we want to get?" Dick demanded. He laughed uncomfortably. "I guess you don't think I'm pretty silly to ask that, don't you? I guess you think I ought to know."

"No, Dick, I don't think you're silly not to know. We who are older than you ought to be wiser, but sometimes we feel we don't know any more than you do. I'll try to tell you how it looks to me. That's all I can tell you."

"Go ahead," said Dick. He added with an embarrassed grin, "I guess I've been talking a lot. But now I'm listening."

Kessler turned his cane under his hand and looked at it, then raised his eyes again.

"Dick, the sweep of history doesn't take much account of individuals. That's hard for us to realize."



"Don't get too discouraged about your country, Dick."

ize, because we are individuals and we can't think except in terms of ourselves."

"I guess it didn't," Dick acknowledged. "But Mr. Kessler, what's that got to do with us?"

"Don't get too discouraged about your country, Dick. The United States has a standard it's trying to live up to—of course you haven't reached what you're aiming at, but you're closer than you used to be. Look back and you can see the idea coming—slowly, painfully, cruelly, but always on the march. The American Revolution was part of it and the French Revolution another part. They went as far as they could, but not as far as the idea was destined to go. The American Revolution was a war for liberty, but it didn't finish the fight—haven't you ever read about the howls that went up in this country, long after the Revolution, at the suggestion of free public schools for all children?"

Dick shook his head. "I thought they always wanted schools in this country."

"Not for everybody. There were opponents who said compulsory schooling would break up the home by taking children away from their parents and putting them under control of the state. There were others who said it would destroy the ordained order of society by making the working classes dissatisfied with the position in which God had placed them. But the schools came, because they were part of the current toward human equality."

"Gee," said Dick. "You know, you're encouraging. The place is getting better, isn't it?"

"Of course it is. Whenever you're tempted to believe it isn't, you might remember that it was in 1870, a good deal less than a hundred years ago, that the State of Massachusetts was hailed as an enlightened leader of progress when the legislature passed a law that children under twelve should not be allowed to work in factories more than ten hours per day."

Dick nodded slowly. "I'm beginning to see it." He wrinkled his forehead, and exclaimed, "But right now, I don't mind telling you, that big idea sure is up against a lot."

Kessler nodded too, in agreement. "Suppose I try to tell you why it's up against so much right now. Shall I?"

several of the most powerful nations of the world, people were actually asking one another if any commonwealth was benefited by keeping part of its citizens in compulsory degradation. In cases where they were still doing so—as with the Negroes in this country—they were ashamed of it and made excuses for it. The march toward human freedom seemed to be going along very well. But then, certain persons, more farsighted perhaps than their neighbors, looked ahead and saw what we were headed for. The result was a long, long way ahead, so far ahead that most of us never thought about it, but for those who did visualize it the very suggestion was so dangerous, such a threat to all nations and all established institutions, that something simply had to be done to stop the march, and quick."

"Gosh, go on!" exclaimed Dick. "What's that suggestion you're talking about?"

"Can't you see it? It's very logical—simply the suggestion that if a country could be improved by releasing the talents of its people, might not the world be improved by releasing the talents of all its peoples? That's a terrible idea."

"Why?" Dick asked with ingenuous defiance.

"Don't be so simple-minded, Dick! Why, that contradicts everything we're used to. It takes away our colonies. It drives us out of places where we've invested our hard-earned money. It means that the coolies no longer have any respect for their betters. It makes us acknowledge we are no longer called of God to meddle with the private lives of the heathen. It turns us upside down and flattens us out and leaves us no better than anybody else."

Dick considered this, slowly and soberly. At length he said, "I believe I get it." He turned it over in his mind again, then ventured, "It means—all men are created free and equal, endowed by their Creator with certain inalienable rights—it means all. Not just us. Everybody."

"Most of the important facts of life are very simple, once you make up your mind to look for them, but they're often very hard to accept. Like that business of loving your neighbor as yourself, for instance—it's very difficult to admit that he's as much worth loving as yourself. Most of us hate nothing so much as an idea that threatens our good opinion of ourselves. We don't like owning up to it that if the earth belongs to us, it also belongs to the Chinese coolies."

Dick began to laugh suddenly, then he sobered again. "Cherry said once that Mr. Wallace thought this war was being fought for the coolies. We laughed when she said it. It sounded preposterous. But you mean it really is?"

"Why yes, though not many of us are willing to admit it. But that's what we mean when we say we're fighting for human freedom."

"This country is still uncertain," said Kessler, "because it has gone into the war on the side of history. The people know it's the right side, they're fighting valiantly for victory, but they're frightened at what victory will mean."

"It will mean—?" Dick stopped.

"That Americans will have to go on, marching through more blood and pain toward a goal they are not sure they can bear to reach. You are fighting for the coolies, Dick, not because you give a damn what becomes of the coolies but because you care a great deal about what becomes of yourself. You don't dare not to fight for them. They've come so close to you that what happens to them touches you already, and will touch your children even more. Don't stop to think of this now if it's too much. I know it's terrifying. Go on and fight for your country. That's what is being asked of you now."

"I want to think about it," said Dick. "But you don't think I'm a dope because I'm—well, kind of shocked, do you?"

Kessler laughed a little. "Of course not. It's the most shocking conception that has shaken the minds of men and women since they were asked to believe that on the other side of the earth people were walking upside down. If you said you weren't shocked by it, I shouldn't believe you."

Dick rambled among his own thoughts for a moment. At length he inquired, "How did you come to think of all this?"

"I was pretty badly hurt in the last war," Kessler answered frankly. "When a man's life is so violently changed, he has to do a lot of thinking. At first I thought in terms of individuals, each learning to manage his own problems. But when hell broke loose again I had to start thinking all over, not in terms of individuals only but in terms of the human race. That's all."

Again Dick was silent. He thought, contemplating himself, the world, and himself again. Finally he said, "Well, I'm going to stick to my own country awhile. I like Americans and you can say what you please but by and large I do think they're more decent than other people."

(TO BE CONTINUED)

**Tarragon Vinegar**  
Tarragon vinegar is a favorite in dressing summer salads. The dark green leaves of tarragon are used for seasoning the vinegar. They are used both fresh and dried. This herb needs a little covering of litter and leaves for winter protection.

**Cage Crickets**  
In the Orient the chirping noise of the house cricket is highly appreciated and many households keep them in cages, the cages often elaborately wrought and decorated.

**Two-Headed Stream**  
The Rhine river rises as a two-headed stream in southern Switzerland, enters the Boden See (Lake Constance), and emerges to continue its winding 850-mile course to its multi-mouthed outlet in the North sea. In its oceanward journey it picks up several important tributaries, such as the Lahn, the Neckar, the Main, and the Ruhr from the east, and the Mosel from the west. In some stretches the river is an international boundary. It is a frontier between Switzerland and tiny Liechtenstein, between Switzerland and the old Austria, between Switzerland and Germany, and between France and Germany. Through Germany the river flows in a general northwesterly direction, turning sharply west at the Netherlands line to enter the North sea.

**Freshen Grass With Fertilizer in Fall**

Late August or September is the best season to give lawn grass a "lift." After the hard summer season, some refreshments in the way of fertilizer, and possibly lime, is called for. Thin stands of grass are particularly in need of help. If your lawn has not been limed in the last few years, it is suggested that you apply 50 to 75 pounds of ground limestone per 1,000 square feet. This will sweeten the soil and make it possible for the grasses to respond better to fertilizer treatment.

The addition of 10 to 20 pounds of fertilizer per 1,000 square feet of lawn will do wonders. Fertilizers such as 5-10-5, 4-12-8 or those of similar ratios are well adapted for thickening lawn grasses. Uniform distribution can be obtained by spreading the material in two directions. Measure out half of the fertilizer needed for the lawn and spread it in a north-south direction. Then spread the other half in an east-west direction, and there should be little difficulty in getting even coverage.

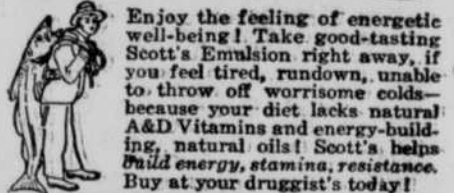
Lawns given a tonic in the manner described soon will assume a good healthy color and develop a dense stand of grass. Lawns composed of dense turf will resist invasion by undesirable weeds such as crabgrass, buckhorn and dandelion.

**Combustionable Hay**  
Experienced farmers know that hay, if incompletely cured at time of storage—meaning that it has a moisture content of 25 to 30 per cent—is subject to spontaneous combustion.

**Perk Up Potato Salad**  
Potato salad will taste better if placed in the refrigerator to chill several hours before serving time. This gives the onions and seasonings a chance to permeate the salad, making it uniformly delicious.

**Trail-Makers in America**  
The first trail-makers in America were buffaloes.

**HIGH ENERGY TONIC**  
helps build RESISTANCE TO COLDS



**SCOTT'S EMULSION**  
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**To Get Better Cough Syrup, Mix It at Home**

So Easy! No Cooking. Real Saving. To get quick relief from coughs due to colds, you should make sure by mixing your own cough syrup at home. It's no trouble at all, and you know it's pure and good. It needs no cooking, and it's so easy to make that a child could do it. From your drugstore, get 2 1/2 ounces of Pinex. Pour this into a pint bottle, and add enough plain syrup to fill up the pint. To make syrup, stir two cups of granulated sugar and one cup of water a few moments, until dissolved. Or you can use corn syrup or liquid honey, if desired. The full pint thus made should last a family a long time, and gives you about four times as much cough medicine for your money. It never spoils, and children love its pleasant taste.

And for quick results, you've never seen its superior. It seems to take hold instantly, loosening the phlegm, soothing the irritated membranes, and helping to clear the air passages. Pinex is a special compound of proven ingredients, in concentrated form, well known for quick action on throat and bronchial irritations. Just try it, and if not pleased, your money will be refunded.

**MINOR SKIN IRRITATIONS**  
**MOROLINE**  
WHITE PETROLEUM JELLY

**Mother, here's a fast-acting chest rub**

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Mentholatum. With no irritation to delicate normal skin, Mentholatum helps ease away soreness and tightness from cough-wracked aching chest muscles... soothes high into nasal passages, down into irritated bronchial tubes. Coughing spasms quiet down—your child rests better. Get gentle Mentholatum today. Jars, tubes 30¢.

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When your child has a cough due to a cold give him Dr. Drake's Glessco, a cough medicine specially prepared for him! This famous remedy helps eliminate phlegm, and soothes and promotes healing of irritated membranes. Children like its pleasant taste. Give your child the relief Dr. Drake's has brought to millions.  
**DR. DRAKE'S Glessco** PRICE 50¢  
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**The Baking Powder with the BALANCED Double Action**

Clabber Girl's balanced double action makes it the natural choice for the modern recipe... for just the right action in the mixing bowl, plus that final rise to light and fluffy flavor in the oven.

**CLABBER GIRL Baking Powder**