

ON THE HOME FRONT
with RUTH WYETH SPEARS

DO YOU know the Kaleidoscope quilt pattern? A block is shown here. It is put together so that from every angle it makes a different design. One of these fascinating quilts made in two tones of blue and white started all the sewing and sawing for the attractive bed nook



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HOUSEHOLD MEMOS
by Lynn Chambers



Conserve Sugar, but Satisfy Sweet Tooth
(See Recipes Below)

Saving on Sugar

Extensive summer and fall canning has left many a family low on sugar. Homemakers are writing in and asking for recipes which will give their families "just something to satisfy the sweet tooth"—but that something must be sugar-saving. Now that jellies are rationed you may have to use what sugar you can get for putting up those juices you canned during summer for jelly—and that means there will be less sugar than before left for baking uses. Sugar substitutes can be utilized not only in cakes and cookies but desserts and icings. Many cake recipes, too, can be made with less sugar than they call for.

Fruits-in-season now include cranberries which are perfectly delicious in this steamed pudding:

Steamed Cranberry Pudding.

- (Serves 4)
2 cups fresh cranberries
1 1/2 cups flour
1/2 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon mace
2 teaspoons soda
1/2 cup hot water
1/4 cup molasses

Mix flour, salt, spices and soda; cut cranberries in two and add to dry ingredients. Combine hot water and molasses; blend with first mixture. Transfer to greased pudding mold; cover and steam 2 1/2 hours. Unmold and serve with your favorite pudding sauce.

Do chocolates satisfy the sweet tooth in your family? Here is a light, lovely dessert:

Chocolate Puff Souffle.

- (Serves 6)
1/2 7-ounce package semi-sweet chocolate
1 cup milk
3 tablespoons sugar
Pinch of salt
1 tablespoon vanilla
3 eggs

Melt chocolate with milk in top of double boiler. Beat with egg beater until smooth. Add sugar, salt, vanilla and unbeaten eggs; beat with egg beater 1 minute. Cover, and cook over boiling water 20 minutes without lifting cover. Remove from heat and serve immediately with cream.

It is possible to make cakes without any sugar at all, but better results can be achieved if some sugar is used in the cake. Too many all-syrup cakes have a coarse texture which we are unaccustomed after years of light, fine-grained cakes. Here are suggestions which you can be proud to add to your wartime cookery collection:

Lynn Says:

Starve the Garbage Can! Precious vitamins lie right underneath the thin skin of carrots. Don't pare, just scrub the vegetable.

The same is true of potatoes. Scrub well and cook with skins on, then eat skins and all.

Young beets can be cooked as other greens. Season and serve. You'll be delighted.

Tops of spring onions make wonderful seasoning. Celery tops are grand for soups, salads. Coarser parts of celery can be pureed for soup.

Carrot and radish tops are attractive for garnishes. Parsley and lettuce are more than garnish—they're to be eaten.

Check refrigerator every morning—and the bread box, too. Use every bit of leftover in that day's meals.

Lynn Chambers' Point-Saving Menu

- Pan-Fried Liver and Bacon
- Baked Potato
- Apple and Celery Salad
- Bran Muffins
- Beverage
- *Molasses Gingerbread
- *Recipe Given

All-Bran Prune Cake.

- (Makes an 8 by 8 inch pan)
1/2 cup milk
1/2 cup bran cereal
1/4 cup butter or margarine
1/2 cup sugar
2 eggs
1 cup flour
1 1/2 teaspoons baking powder
1/2 teaspoon nutmeg
1 teaspoon cinnamon
1 cup chopped cooked prunes

Pour milk over bran cereal and allow to soak for about 10 minutes. Blend butter and sugar thoroughly, add egg and beat until mixture is light and fluffy.

Stir in soaked bran cereal. Sift flour with baking powder and spices; mix with chopped prunes and add to first mixture. Spread in greased cake pan and bake in a moderate (350-degree) oven about 35 minutes.

***Molasses Gingerbread.**

- 1 cup molasses
- 2 tablespoons butter or margarine
- 1/2 cup sour cream
- 2 eggs
- 1 cup flour
- 1/2 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon ginger
- 1/2 teaspoon allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves

Heat molasses and butter. When the latter is melted, remove from the fire; add sour cream and beaten eggs. Mix remainder of ingredients together and sift into liquid mixture. Pour into cake pans lined with greased paper and bake in a slow oven about 30 minutes. Serve hot with cold applesauce or frost with cream cheese-powdered sugar icing, flavored with lemon or orange juice.

Have you enough sugar for a favorite white cake but not enough for an icing? Then here's the answer in a lovely topping which does not require too much honey:

Honey Topping.

- 4 tablespoons butter or margarine
- 4 tablespoons sugar
- 4 tablespoons flour
- 4 tablespoons honey
- 1/2 cup chopped nuts or coconut

Cream butter, add sugar, mixing well. Add flour and honey and beat until well blended. Fold in nuts or coconut. Spread on cake which is still warm from baking and place under broiler until topping bubbles. A cookie recipe that's low on all ingredients is this delicious wafer which is lovely to look at, too!

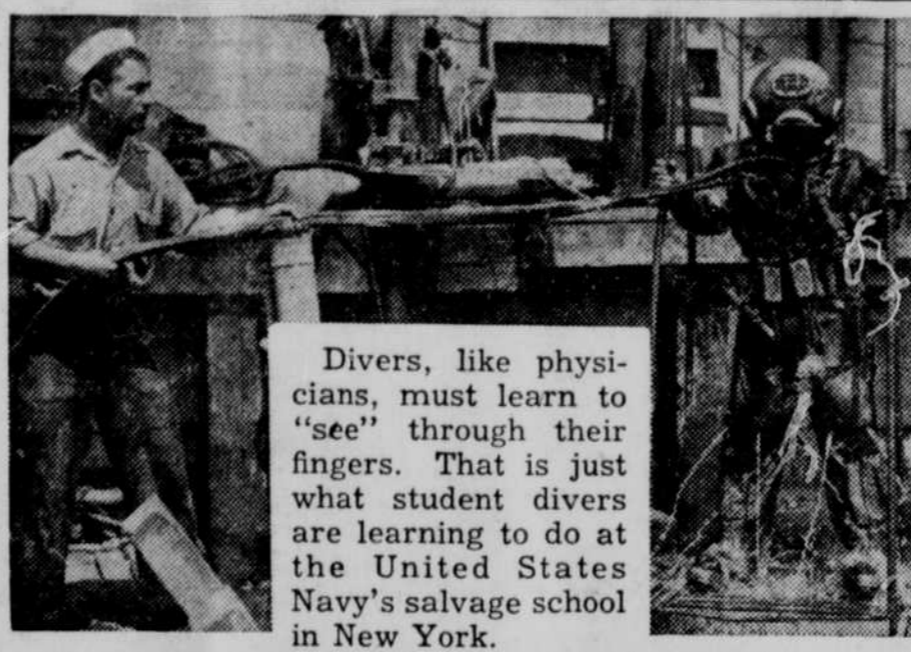
Oatmeal Honey Wafers.

- (Makes 16 Wafers)
1 egg
1/2 cup honey
1 cup rolled oats
1/2 teaspoon salt
2 teaspoons melted butter or margarine
1/2 teaspoon vanilla
1/2 cup chopped nuts

Beat egg until light; add honey, continuing to beat. Then add remaining ingredients. Drop by spoonfuls, about 2 inches apart, on greased baking sheet. Flatten slightly with a knife dipped in cold water. Bake in a moderate oven (350 degrees) about 10 minutes or until a light delicate brown.

If you want sugar-saving suggestions, write to Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago, Illinois. Don't forget to enclose a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

Beating Davy Jones on His Home Grounds



Divers, like physicians, must learn to "see" through their fingers. That is just what student divers are learning to do at the United States Navy's salvage school in New York.

Here students are taught to work by touch and to use all kinds of tools under water. Conditions here are purposely made difficult so that when the students are on their own they will have confidence. For example, Hudson river mud gives the water the constituency of black paint. Yet student divers work in it without lights. When accepted for training, a man is given a submersion test to discover any weakness. A claustrophobe might be totally unaware of such tendency until he is locked up in a suit on the bottom of the river.



In top picture a student diver is being hoisted out of the depths on a special elevator gadget. Note water pouring out of his knee pockets. They are used to carry tools when he works below.

Members of the officers' class at the salvage school are pictured around the diving tank. One student is going down to do some underwater welding and burning. Divers also learn to build bulkheads under water, splice cables, rig all kinds of tackle, and do practically everything that skilled mechanics do topside.

Right: Hanging from the rafters to prevent creases or puckers in the rubber, are some of the suits worn by the student divers. Below: Divers bob around a float as they practice air control. Divers can regulate both the intake and outlet air valves. Control of these makes it possible for the diver to remain stationary at the required level. He must guard against inflating his suit very suddenly for the pressure might spread out his arms and legs so that he could not reach the valves, and send him shooting up to the surface. Because of this sudden decrease in pressure he would be in danger of an attack of the dreaded "bends"—bubbles of gas in the blood.



Right: Students listen carefully to a lecture on modern navy diving methods. This course consists of 14 weeks of hard work. Handling the mechanism of his suit must become second nature to the diver. For example, a diver was working on the submerged hull of a ship in North Pacific. Jap planes were spotted. The diver, working on his back in a mud tunnel on the bottom, was told he had four minutes to get out. Even a medium-sized bomb falling anywhere within two or three thousand feet of a submerged diver will bring him to the surface—dead. Although working in the dark, and hampered by lines which might have fouled, he got out in time.



These two students are making models of seagoing craft.

PATTERNS SEWING CIRCLE



8470
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The center panel of this dress adds both height and slimmness to the appearance of the girl who wears it. There's the reason why this is one of our most popular school girl patterns.

Origin of Goodby

Our goodby is a shortened form of "God be with ye." "So long" is thought to be an American corruption of the word salaam ("peace") as heard in the Moslem greeting "Salaam alei-kum," meaning "May peace be unto you," perhaps brought to America by Moslem slavers, or African slaves.

When you see news photos of soldiers "off duty" in camp or behind the battle-lines—notice how often you'll see them smoking a cigarette. There's a good reason for that. Army officials say that cigarettes are an appreciable factor in maintaining morale—and the soldiers themselves add that a carton of cigarettes from home is always welcome. What brand? Well, sales records in Post Exchanges and Canteens show that Camels are the favorite cigarette with men in all the services. Though there are Post Office restrictions on packages to overseas Army men, you can still send Camels to soldiers in the U. S. A., and to Sailors, Marines, and Coast Guardsmen wherever they are.—Adv.

Pattern No. 8470 is in sizes 6, 8, 10, 12 and 14 years. Size 8 requires 2 1/4 yards 35-inch material, 3 1/2 yards ric-rac. Send your order to:

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SNAPPY FACTS ABOUT RUBBER

Military requirements take the major portion of available rubber supplies for tires (for planes, trucks, and other war vehicles), treads for tanks, boats, balloons, raincoats, pontons, shoes, surgical supplies, and hundreds of other essential military items. That's why patriotic civilians take the restrictions on their rubber use in an understanding spirit.

According to the court historian to Philip II, and recorded in 1615, Columbus was credited with having found natives bounding rubber play balls (1490-1500) and to have brought some back from Hispaniola to Queen Isabella.

Jerry Shaw
In war or peace
B.F. Goodrich
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