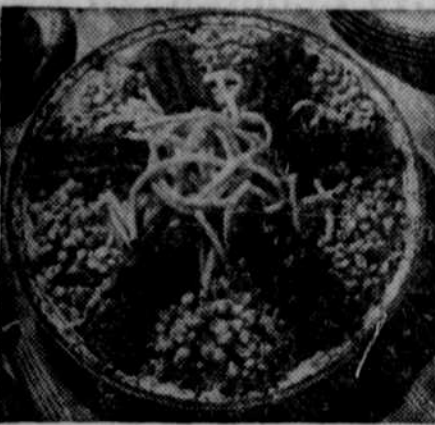




Food Problems Can Be Solved By Careful Cooking



Vegetable platters offer light summer eating possibilities. Arrange them in a pretty pattern with green beans or asparagus making a pattern with macaroni in the center and spaces filled in with corn kernels.

There's nothing like good food well prepared. It's a pleasure both to the cook who prepared it and also to the one fortunate enough to eat it.

Proper preparation is a matter of following rules carefully. That's why we have recipes carefully tested and with accurate directions given. Formerly, good cooks put in a lump of butter, a handful of flour, etc., but no one else could cook like they did.

Now we have recipes so that everyone can be a good cook as long as he follows directions.

Vegetables, to be perfection itself, must be cooked to doneness with just a bit of crispness left in them. Pies must have a crust with flakiness that will melt in your mouth, with creamy smooth fillings or luscious juicy berry fillings.

Cakes are at their best with fluffy, fine grain texture, well flavored icings or frostings. Ice creams and sherbets should be frozen so that they are creamy and contain no ice particles.

And now, to get down to the business of preparing food with results such as I have just described. The first is an ice box cake with chocolate filling:

Chocolate Ice Box Cake.

- (Serves 6)
- 4 squares unsweetened chocolate
- 1/2 cup sugar
- Dash of salt
- 1/2 cup hot water
- 4 egg yolks
- 1 teaspoon vanilla
- 4 egg whites, stiffly beaten
- 1 cup cream, or evaporated milk
- 2 dozen lady fingers

Melt chocolate in top of double boiler. Add sugar, salt and water, stirring until sugar is dissolved and mixture blended. Remove from boiling water; add egg yolks, one at a time, beating thoroughly. Place over boiling water and cook 2 minutes or until thickened, stirring constantly. Add vanilla and fold in egg whites. Chill. Fold in cream.

Line bottom and sides of a mold with lady fingers or strips of sponge cake. Turn chocolate mixture into mold and place remaining lady fingers on top. Chill 12 to 24 hours in refrigerator. If desired, add 1/2 cup walnut meats to chocolate mixture before turning into mold. Unmold.

There's a short-cut method to making finer, lighter cakes. If you want a real treat in making cakes, try the new method. Be sure ingredients have stood at room temperature for 2 hours or more so that shortening is soft and pliable:

Maraschino Cherry Cake.

- Sift together in a bowl:
- 2 1/2 cups cake flour
- 3, 3/4 or 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups sugar
- Add:
- 1/2 cup shortening
- 1/2 cup maraschino cherry juice

Lynn Says

Point Stretchers: For the vegetable course, combine two left-overs such as lima beans and corn; tomatoes and eggplant; peas and small onions; cauliflower and peas.

Stuffings stretch meats: prune and apple stuffing for roast duckling or veal; celery stuffing for lamb roll; oatmeal stuffing for pinwheel beef roll; and apple stuffing for roast pork or slices of ham.

Potatoes can stretch hamburgers or hash. Or, use leftover mashed or sliced potatoes in stretching these meats.

Vegetables can stretch scrambled eggs. Try carrots, celery and onion.

Lynn Chambers' Point-Saving Menu

- *Jellied Veal Loaf
- Corn on the Cob Potato Chips
- Cole Slaw
- Preserved Fruit
- Rye Bread Sandwiches
- *Peach Pie
- *Recipes Given

16 maraschino cherries, cut into eighths

1/2 cup milk
Mix with electric mixer or by hand with spoon for 2 minutes, by the clock. Scrape bowl frequently. Add:

4 egg whites

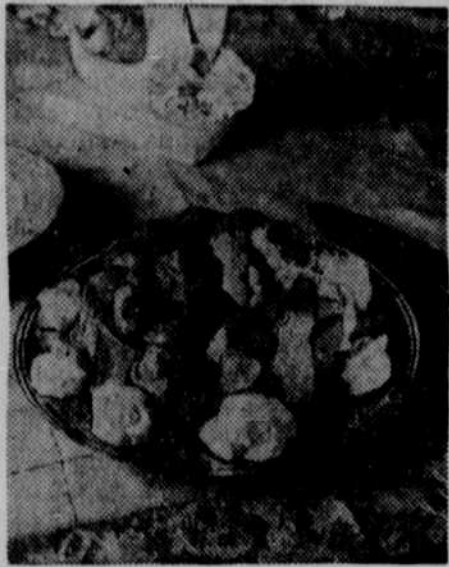
Continue beating for 2 minutes, scraping bowl frequently. Fold in 1/2 cup chopped nuts, if desired. Pour into 2 well-greased and floured 8-inch cake pans. Bake about 30 minutes in a moderate (350-degree) oven. When cool, ice with boiled or seven minutes icing.

The peach crop looks plentiful and luscious and it seems like part of it should go into those light, fruity pies:

***Peach Pie.**

- 2 cups sliced peaches
- 1 tablespoon lemon juice
- 3/4 cup sugar
- 3 tablespoons cornstarch
- 2 teaspoons butter
- Dash of salt
- 1/2 teaspoon almond extract
- 1 9-inch baked pastry shell

Sprinkle peaches with lemon juice and sugar. Cook slowly to extract juice. Mix juice with cornstarch and blend. Cook over low heat until thickened, stirring constantly. Remove from fire. Add butter, salt and almond extract. Add peaches. Pour into pastry shell. Chill. Garnish with cream or piped meringue if desired.



Chocolate Ice Box cake can go back on menus again for those summer meals with light main course. Use either lady fingers or strips of sponge cake for the base of the cake.

Veal is a simple and economical meat, but elegant if properly prepared in this chilled loaf style:

***Jellied Veal Loaf.**

- 1 veal knuckle
- 1 pound veal shoulder
- 1 onion
- 2 eggs
- 9 pimiento olives
- 1 tablespoon salt
- 1 tablespoon Worcestershire sauce

Have the veal knuckle sawed in 3 or 4 places. Simmer the knuckle, veal, onion and seasonings in water, cover until veal is tender, about 2 hours. Chop veal fine. Garnish the bottom of the loaf pan with sliced

hard-cooked eggs and sliced pimiento. Add chopped veal. Strain the broth and cook until reduced to 1 cupful. Pour over meat, add salt and Worcestershire sauce. Press meat firmly into pan. Chill. Unmold and serve with preserved fruit and cole slaw in lettuce cups.

A sauce to go with fish or vegetables is Hollandaise. Here is a quick-made recipe:

Hollandaise Sauce.

- 4 eggs
- 1/2 cup melted butter
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 2 cup boiling water
- 2 tablespoons lemon juice

Stir egg yolks, adding melted butter gradually. Season with salt and paprika. Add boiling water, stirring constantly. Place in double boiler and cook until thickened. Remove from fire. Add lemon juice and serve immediately.

To Hollandaise sauce to serve over fish, add one of the following:

- 1/2 cup chopped pimiento olives
- 1/2 cup capers
- 1/2 cup chopped tart pickles

If you wish additional instruction for canning fruit or berries, write to Miss Lynn Chambers, 210 South Desplaines Street, Chicago 6, Illinois. Please enclose stamped, self-addressed envelope for your reply.

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GOD IS MY CO-PILOT

By Col. Robert L. Scoff

W.N.U. RELEASE

The story thus far: Robert Scoff, a West Point graduate, becomes an air cadet at Randolph Field, Texas, realizing his life's ambition. He wins his wings at Kelly field and is now an army pilot. Ordered to report to Hawaii, but wanting to marry a girl in Georgia, he pleads with his General to keep him in the country, and is ordered to Mitchell Field, N. Y. To gain more flying time he carries the mail for Uncle Sam. Makes more trips to Georgia and finally takes Catharine into marrying him. From Mitchell Field he is sent to Panama where his real pursuit training is begun in a P-125. He is given a job constructing flying fields which would some day protect the Canal. He begins to train other pilots.

change, and I welcomed it. I found myself director of training in a twin-engine school—I was still getting farther and farther from the war.

It seemed to me now that all was lost. I had tried desperately for the last six months to get out of the Training Center, and now that war had come it seemed that the powers at the top had decided that all of us, whether we had been trained as fighter pilots or as combat pilots, bomber pilots, or transport pilots, were nevertheless to stay there in the Training Center. December, January, and February went by, and in these months I wrote from Victorville to General after General. I remember saying to one of them:

"Dear General, if you will excuse me for writing a personal letter to you on a more or less official subject in time of war, I will certainly submit to you for court martial after the war. But if you can just listen to me I don't care whether that court martial comes or not. I have been trained as a fighter pilot for nine years. I have flown thousands of hours in all types of planes. I've been brought here as an instructor and I think I've done my job. Please let me get out to fight. I want to go to Java, I want to go to Australia, I want to go to China, India, and anywhere there's fighting going

on—just so you get me out of the monotony of the Training Center."

An answer came back from this General: He would do all he could, he would even forget the court martial, but men were necessary in the training centers. Even with these kind words, it appeared that my cause was lost. Then, when the future looked worse than at any time in my life, a telephone call came from Washington, from a Colonel.

"Have you ever flown a four-engine ship?" I answered immediately: "Yes, Sir." I had flown one for a very few minutes, at least I'd flown it in spirit while standing behind the pilot and co-pilot—but that was the only time I'd ever been in the nose or in the cockpit of a Flying Fortress. His next question was, "How many hours have you flown it?" I told him eleven hundred; there was no need to tell a story unless it was a good one, and after all, I considered this a white kind of lie—a white lie that was absolutely necessary if I was to get to war.

After giving this information I went back to waiting with my hopes way up. One night in early March, 1942, they came true—and to me they read like a fairy tale, too good to be true. I was to comply with them immediately, reporting to a field in the Central States. There I would receive combat instructions from the leader of our mission.

As I drove over from Victorville to my home in Ontario that evening, it seemed as though I was already in the air—adventure had come at last. Even then the fear tugged at my heart that the orders would be changed before I could start. I told my wife that I was going to combat, but the nature of the orders forbade my telling her where, or what type of mission. Not even at the look of pain that crossed her face did I lose my feeling of victory. She was trying to act happy, but I knew it was only because she remembered that I wanted duty in combat.

That night I began to pack hastily, resolving at the same time to take my wife and little one-year-old daughter back towards Georgia, where they could be among relatives. As I packed and arranged for the furniture to be shipped I still had my exalted feeling of victory. When I got into bed, very late, I thought I would drop right off to sleep. But as my mind relaxed for the first time after the orders had been received, I felt myself come to complete wakefulness. I even sat up in bed, for I had realized for the first time what I had done.

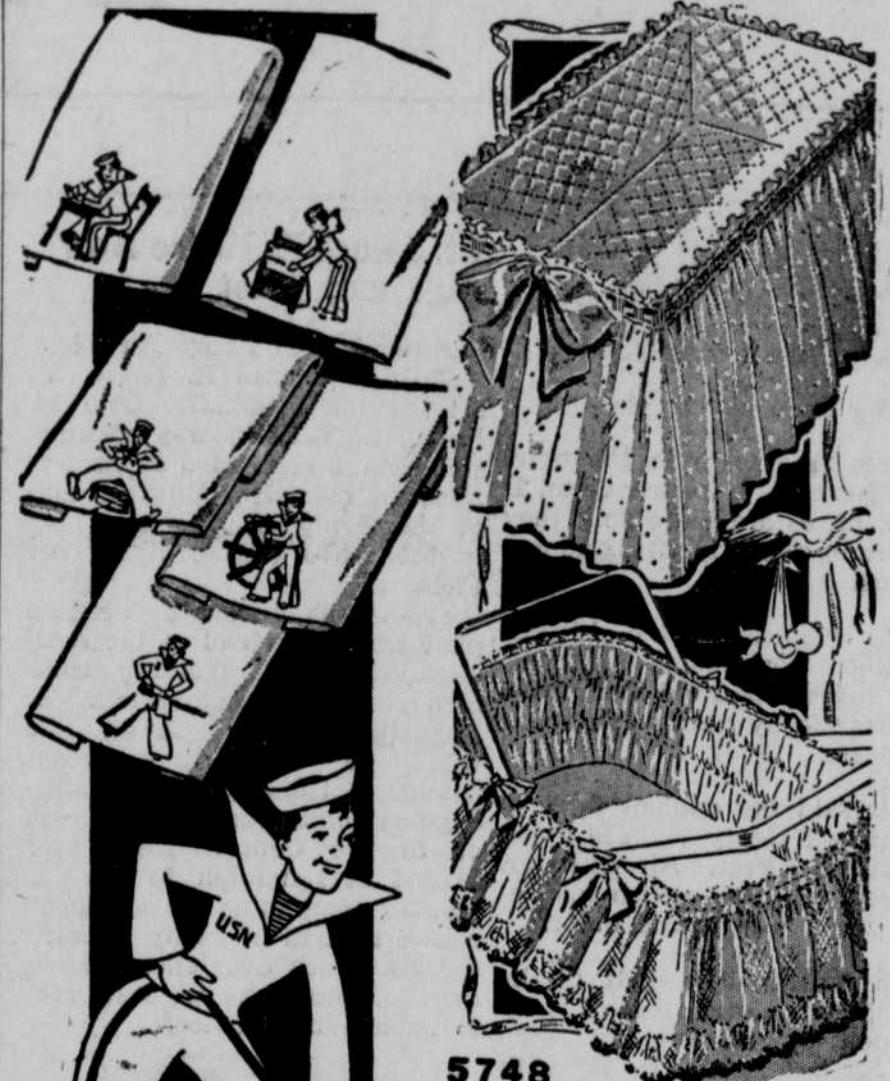
Here was my home, with the two people whom I loved more than any others in all the world—my wife and my little girl. Here, in this wonderful place, I could possibly have lived out the war, behind a good safe desk at Victorville or some other training field. By my love of adventure, by my stubborn nature, I had talked myself out of this soft and wonderful job of staying home with my family. I was about to leave that girl I had driven



Capt. Colin Kelly, who sank the Jap battleship Haruna.

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To obtain complete instructions for the Baby Bassinet (Pattern No. 5748) various finishing and decorating details, send 16 cents, your name, address and the pattern number.

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Sailor Boy Tea Towels

If you've new tea towels to work on, try doing these sailor boy figures on them. They're engaging and gay. Four colors are used—red, green, yellow and blue. Each of the six figures is about six inches high and all are done in the simplest outline stitch. If you are raising money for your local canteen service, these towels will sell exceptionally well.

To obtain transfers for the Sailor Boy pattern, No. 5190, shown in the illustration, send 16 cents, your name, address and pattern number.



JUST SAYING
The Truth
He—Since I met you, I can't eat, I can't sleep, I can't drink.
She (shyly)—Why not?
He—I'm broke.

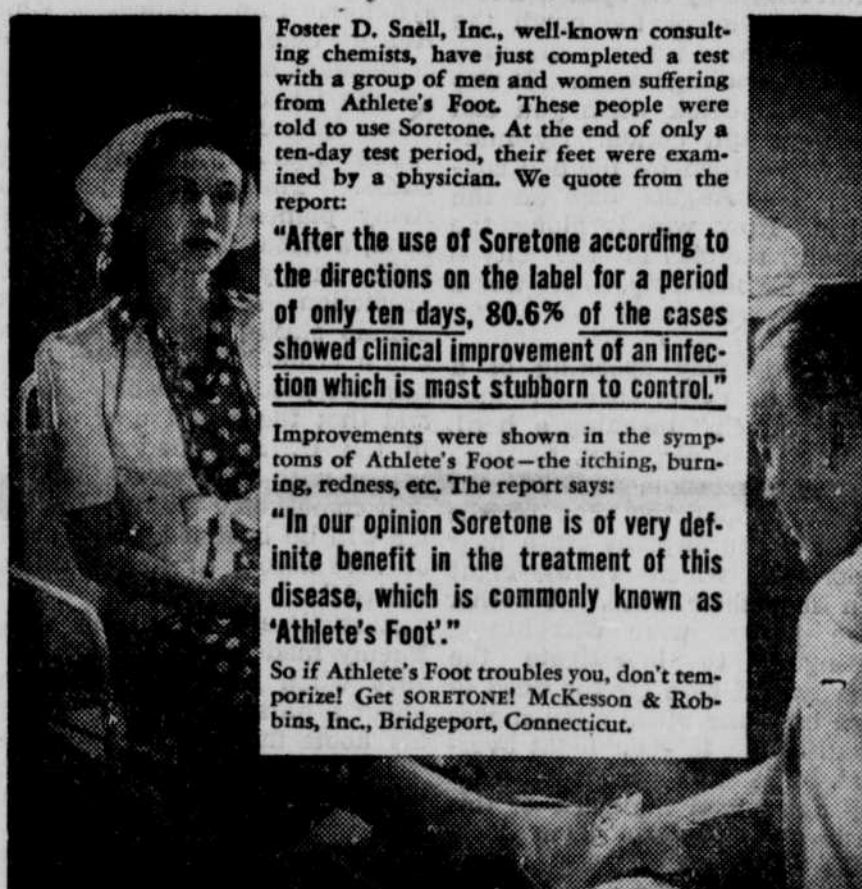
Breathes there a man with soul so dead—
He's never turned his head and said: "Not bad!"

Ain't It So!
Teacher—Who is man's noblest friend?
Johnny—The hot dog—it actually feeds the hand that bites it.

Said the farmer of his wife: "I love the ground she walks on, 160 acres of the finest soil in the Midwest."

ATHLETE'S FOOT NEWS

"80.6% of sufferers showed CLINICAL IMPROVEMENT after only 10-day treatment with SORETONE"



Foster D. Snell, Inc., well-known consulting chemists, have just completed a test with a group of men and women suffering from Athlete's Foot. These people were told to use Soretone. At the end of only a ten-day test period, their feet were examined by a physician. We quote from the report:

"After the use of Soretone according to the directions on the label for a period of only ten days, 80.6% of the cases showed clinical improvement of an infection which is most stubborn to control."

Improvements were shown in the symptoms of Athlete's Foot—the itching, burning, redness, etc. The report says:

"In our opinion Soretone is of very definite benefit in the treatment of this disease, which is commonly known as 'Athlete's Foot.'"

So if Athlete's Foot troubles you, don't temporize! Get Soretone! McKesson & Robbins, Inc., Bridgeport, Connecticut.

(TO BE CONTINUED)