

HOUSEHOLD MEMOS by Lynn Chambers



Fruit, Meringue and Cupcakes . . . Dessert Trio
(See Recipes Below)

Dessert Simplicity

Desserts that are delicious in spite of their simplicity and yet hearty enough to satisfy appetites whipped to their keenest by sharp wintry weather are the order of the day. We're concentrating on desserts that take up little time and effort, little of the precious, rationed sugar, but use plenty of fruits in season. There are many recipes among them that use eggs or milk to fortify diets shy in these two important foods.

The first is an especially quickly prepared dessert that is satisfying but not too heavy:

Fruit Cupcakes

Slice plain bakery cupcakes into wedges, cutting only half way through. Open gently and fill the cavity with meringue and fruit. Bits of fruit left over from breakfast or lunch may be used. Served with coffee or another hot beverage, these make a tempting climax to heavier fall and winter meals.

Butterscotch Rice Pudding

(Serves 6)
1/2 cup rice
2 cups milk
1/4 teaspoon salt
2 tablespoons butter
1/2 cup brown sugar
1 tablespoon lemon juice
1/2 teaspoon vanilla
1/2 cup chopped dates
Wash rice and add salt and rice to the milk. Bring to a boil and then simmer 25 minutes. Meanwhile, melt butter, add brown sugar and cook over a low flame until very dark brown but not burned. Add the caramel mixture to the rice and milk and stir until dissolved. Remove from heat and add lemon juice, vanilla and dates. Pour into a wet bowl and chill. When cold, this pudding can be unmolded. Serve plain or with cream. Pears are in season and are good to serve with cake or just plain fresh or stewed. Here they are combined into cake:

Pear Cake

1/2 cup shortening
1/2 cup sugar
2 eggs
1 cup sifted flour
1 teaspoon baking powder
1/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon lemon extract
Topping:
10 pear halves, pared and stewed
1/2 cup sugar
1 teaspoon cinnamon
Cream shortening, add sugar and cream until light and fluffy. Add eggs one at a time and beat well. Add flour which has been sifted with baking powder, salt and cinnamon.

Lynn Says

Saving Sugar: Syrups may be used in cookies while sugar is saved for cakes. The texture of cookies is not affected enough by syrup in place of sugar so that it is perfectly all right to use it. Use 1/4 cup honey or corn syrup in place of each cup of sugar, and add 2 tablespoons of flour to each cup called for in recipe.
Fruits may be sweetened with jams and jellies or honey. Add sweetening last with a pinch of salt to make the most of it.
Prepared pudding and gelatin mixes may be used with unbaked sweet cookie crusts to save sugar in making pies.
Thicken left-over fruit syrup from canned fruit with cornstarch and use as sauce for puddings.
Make use of dried and fresh fruits for their natural sugar content.
Substitute fresh fruits in season and custards for cakes and pastries as often as possible.

Federal Plan to Tame Missouri River After War Will Benefit 11 Million People Living in Its Basin

Dams Curb Erosion, Provide Irrigation, Electric Service

By **WALTER SHEAD**

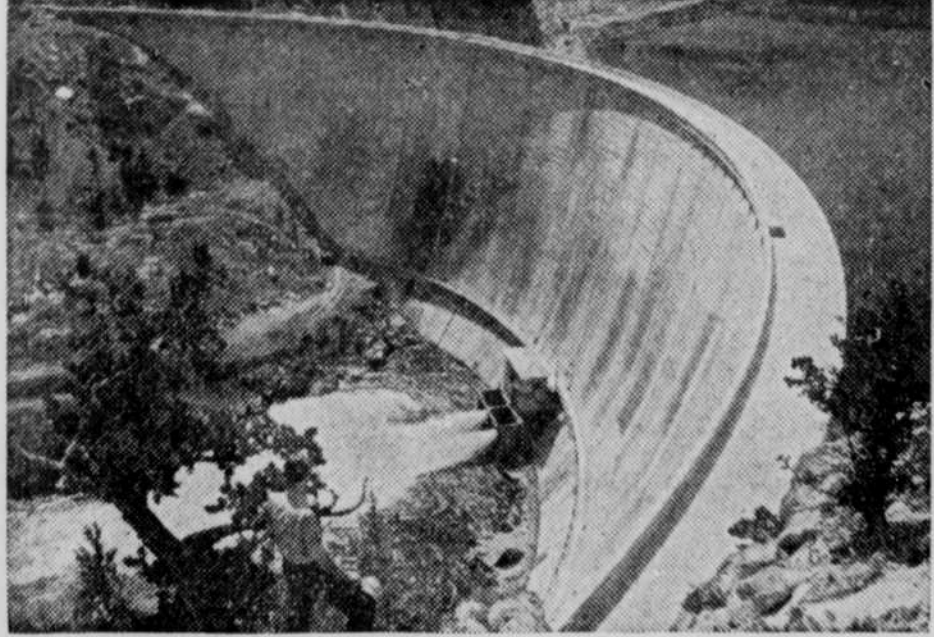
WNU Washington Correspondent

Harnessing the nation's second mightiest river, the turbulent, muddy Missouri, which annually roars its flood crests along its twisting course for 2,460 miles through seven states, will become one of the major postwar projects. More than 11 million people live in this great basin of a half billion acres, comprising one-sixth of the area of the United States.

For more than 30 years feeble attempts have been made to shackle the destructive power of the Missouri. Millions of dollars have been expended in levees and dams in attempts to prevent the costly floods which annually destroy vast sums in crops and property. Damage of the 1943 floods alone was placed at \$35,000,000.

Army engineers and the bureau of reclamation of the interior department have been for some time at cross-purposes in the development of a comprehensive plan. The army approached the job from the standpoint of navigation and flood control. The reclamation engineers were interested also in irrigation, erosion control and power projects.

On November 27, 1944, a reconciliation report was filed in which the two agencies were in complete accord and the congress in its flood control bill accepted the entire program and also authorized \$200,000,000 each to the army and the



ONE OF MANY dams and reservoirs already constructed in the Missouri Valley basin is the Gibson dam on the Sun river in Montana. The top of the great wall is about 200 feet above the river bed. Eighty-nine more such projects are planned.

possible benefit and the ultimate goal should be the greatest procurable economic returns and human benefits for the entire region.

Arguments on Rule

Even agricultural interests are divided on the pros and cons of regional authorities as opposed to operation by established federal agencies. For instance, in agricultural sections where there is plentiful rainfall along the lower Missouri and water resources are adequate, opposition is voiced as "subsidized competition" by the extension of irrigation. Public opinion is joined in industrial areas with the railroads in opposing the development of new competing waterways.

One basic objection to operation by the reclamation bureau has come from large land owners and ranchers of the west and northwest. Under the law governing the bureau of reclamation, this agency cannot propose irrigation for more than 160 acres of land for any one person. Another objection is that all reclamation projects must be self-liquidating over a period of approximately 40 years. In contrast, the statutes governing TVA give 60 years or more for liquidation and a regional authority likely would not be hamstrung by the limitation of acreage proviso.

In a recent pronouncement however, Harry W. Bashore, commissioner of the reclamation bureau said: "We continue to stand on the basic policy that the bureau will support the principle of relatively small family farms as one of the foundations of American agriculture and rural social life. On new land which is brought under irrigation for the first time, we shall insist that the undeveloped property be parcelled in lots of not more than 160 acres."

Farms Shrink in Size

During the past 20 years the average size farm or ranch in the states of the Missouri basin have increased, rather than diminished in size, due largely to the decrease in population. For instance, in 1920, the average size farm in Montana was 480 acres, in Wyoming was 749 acres and in Nebraska it was 339 acres. By 1940 the farms had increased to 821 acres, 1,866 acres and 391 acres, respectively.

Dust bowls, droughts, floods have driven farmers and ranchers from the plains states during the past decade. Net loss of population in the period from 1930 to 1940 in the seven plains states was 302,314. In the Missouri-Souris area of North Dakota, a strictly rural farm area, 28.7 per cent of the population moved out, equal to 1,000 families of five each. The financial loss entailed by this shift of population in at least four of these states is reflected in abandoned farms, abandoned towns and unused properties. It is further reflected in increase of size and congestion in the three larger cities of the basin, Denver, Omaha and Kansas City.

These Benefits Expected

The agreed plan of the reclamation bureau and the army engineers is intended to do these things:
1—Provide navigation and flood control on the river from its mouth to Sioux City, a distance of about 760 miles, by construction of levees and retentions to provide a channel 6 feet deep and 300 feet wide.
2—Construct 89 reservoirs and dams with a combined capacity of 45,700,000 acre feet of water. (An acre-foot is water a foot deep over one acre.) This is more than the annual average flow of the river at its mouth. These reservoirs are to be constructed to withhold water along the main tributaries including the Yellowstone, the Big Horn, the Belle Fourche, the Cheyenne, the North Platte, the Republican, the Smoky Hill and along the main stream.
3—Irrigation of 4,760,400 acres of

new land and furnishing supplemental water to 547,000 additional acres to increase crop values approximately \$130,000,000 annually on 53,000 farms of about 90 acres each.

4—To increase the population of the Basin by about 636,000 from irrigation development alone.

5—To increase the assessed valuation of properties approximately \$600,000,000.

6—To furnish adequate and safe water supply and sewage facilities for 19 cities and towns along the river.

7—To construct 17 hydroelectric plants which will provide 3,800,000 kilowatt hours of electricity to be sold at an annual value of \$17,141,000.

8—To create additional recreational facilities through formation of new lakes and parks and the protection of fish and wild life.

9—To introduce proper land use, soil erosion conservation, contour treatment and reforestation.

States in the Missouri Basin watershed include approximately two-thirds of Montana, from the source of the Missouri in the southwest corner of the state; North Dakota, South Dakota, Nebraska, Wyoming, including roughly the northeast half from a line bisecting the state from the northwest to the southeast corner; approximately the northeast quarter of Colorado; the north half of Kansas; a tip of the southwest corner of Minnesota; a strip along the west boundary of Iowa and the northern part of Missouri from a line reaching from the Ozarks in the southwest in a northeasterly direction to St. Louis.

Needs of the people in these widely scattered areas of long distances are divergent. Those living along the lower river want flood protection at one season, and supplemental water for navigation at others. In the western and northwestern section the people want protection from local floods, water for irrigation, water for sanitary and domestic uses and power for various purposes. The comprehensive plan which has been agreed upon is intended to store water to prevent floods and water the land in time of drought. The great river will be made to serve the people to live within its basin and thus decrease its destructive power.

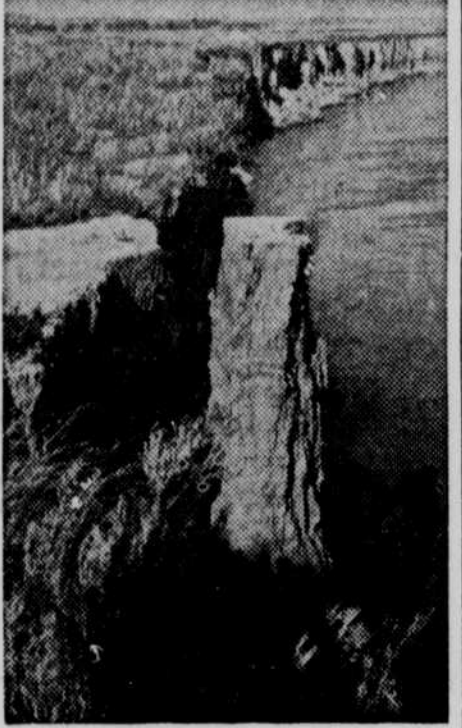
Will Pay for Itself

Construction cost of the plan is estimated at approximately \$1,325,000,000 which is to be self-liquidating from the sale of water and power over a period to be determined. Only \$400,000,000 of this cost has been authorized.

The entire nation has a stake in maintaining the agricultural productivity of the plains states, for even in the drought period of 1930-1939 these seven states—Montana, the Dakotas, Wyoming, Colorado, Kansas and Nebraska, produced 41.5 per cent of the nation's wheat; 43.4 per cent of the rye; 43.8 per cent of our barley; 15.3 per cent of our oats and 10 per cent of our corn.

Droughts, the dustbowls and the lowering of the ground water level by the rampaging river has permitted wheat yields to reach 20 bushels to the acre only 5 times—1879, 1882, 1883, 1895 and not again until 1942. In many of those intervening years the yield has been below 10 bushels to the acre, and thousands of acres of seeded land have been abandoned year in and year out.

But at last the government has developed a comprehensive plan aimed at the relief of this agricultural arsenal of the nation. From Cut Bank, Mont., in the northwest to St. Louis in the southeast; from Denver in the southwest to Devils Lake, N. D., in the northeast—the harnessed Missouri will extend its benefits—but not until after the war.



TOO MUCH WATER—The eroding Missouri river is cradling millions of tons of good soil away every year. Here the flood waters carved into the bank, washing out a road, and leaving a pillar of earth to indicate the earlier line.

bureau of reclamation to get the program underway.

President Roosevelt signed the bill on December 23, but put a hiatus in the proceedings by recommending the creation of a Missouri Valley authority to handle the project and asserting that his approval of the bill was with the distinct understanding that it would in no way jeopardize the creation of such an agency. He appealed for early consideration of the new authority by the 79th congress.

The President further asserted: "I consider the projects authorized by the bill to be primarily for post-war construction."

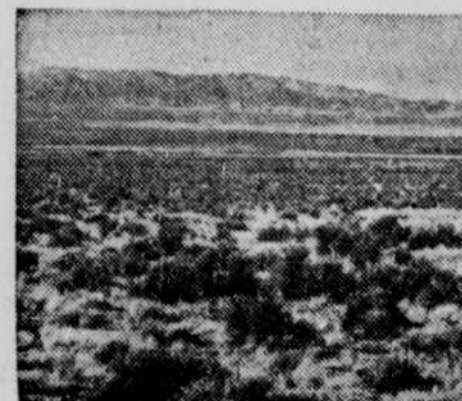
Only Blue-Print Now

Hence, the project is now merely in the blue-print stage and it is possible that a fight may develop in the new congress over whether there shall be divided responsibility as to the army and the reclamation bureau, or whether a new Missouri valley authority shall be created.

Proponents of single regional control point to the Tennessee Valley authority and its successful operation as a yardstick for future federal policy in developing and controlling all the nation's waterways.

However, there are powerful interests which oppose the creation of these regional authorities, such as the power utility interests, the railroads, the national rivers and harbors congress, the Mississippi Valley association, and even divided public opinion along the waterway.

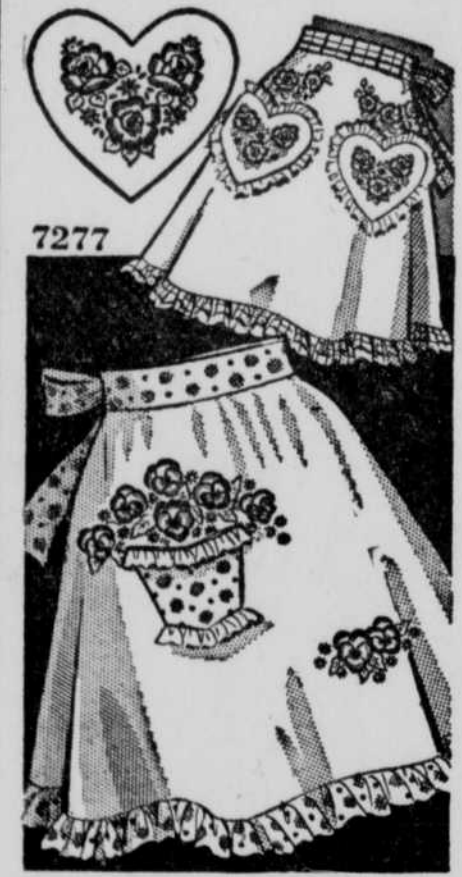
The rule of thumb, for instance, of the TVA is that regional authority will produce the largest possible benefits at the least possible costs, and "each task must be carried out in such a way as to contribute to the total result to salvage every



GOOD LAND now laying waste and overgrown with sagebrush can be brought into productivity by adequate irrigation. This picture shows a tract a few thousand feet away from productive irrigated land.

SEWING CIRCLE NEEDLECRAFT

Not Even One Yard Per Apron



Little material, easy stitching, make ideal hostess gifts. Pattern 7277 contains transfer pattern of motifs; patterns; directions.
Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers.
Send your order to:

Sewing Circle Needlecraft Dept.
564 W. Randolph St. Chicago 88, Ill.
Enclose 16 cents for Pattern
No. _____
Name _____
Address _____

EACH of these aprons takes less than one yard to make. The colorful embroidery is so simple even a youngster just learning could do it.

ASK ME ANOTHER? A General Quiz

The Questions

1. What is the difference between a mosquito and a Mosquito?
2. A barleycorn was once used as a measure of length. How long was it?
3. Since 1775 how many years has the United States been at peace? At war?
4. What is the only musical instrument represented on a national flag?
5. Is a Brahman a Hindu of the lower caste?
6. Which is the highest rank, a captain in the U. S. army or a captain in the U. S. navy?
7. Absolutely pure gold is said to contain how many carats?
8. Who was the first person to be portrayed on a U. S. coin while still alive?
9. What is the meaning of sans pareil?
10. What are the three main types of twins?

The Answers

1. A mosquito is an insect; a Mosquito is an inhabitant of the Mosquito coast of Central America.
2. One-third of an inch.
3. One hundred forty-eight years of peace; 21 years of war.
4. The harp on the Irish flag.
5. No. He is of the sacred or priestly caste.
6. A captain in the navy.
7. Twenty-four.
8. Calvin Coolidge. The Sesquicentennial half dollar issued by the mint in 1926 shows George Washington and Coolidge.
9. Without equal.
10. Identical, fraternal (unlike), and Siamese.

Railroads Are Stumped by Huge Size of Shipments

Twice in recent years the railroads have been unable to accept pieces of freight for transportation because of their large size, says Colliers.

In one case, a giant oil tank had to be towed from Hoboken on the Hudson and through the New York state barge canal and the Great Lakes to Chicago. In the other case, the large pipes for Boulder Dam, owing to their 30-foot diameter, had to be fabricated at the site in a plant erected for the purpose.

GREAT TONIC for All Ages the Year Around!



Recommended by Many DOCTORS

Helps tone up adult systems—helps children build sound teeth, strong bones.

IT'S GOOD TASTING!

Try SCOTT'S EMULSION

WOMEN in '40's Do You Hate HOT FLASHES?

If you suffer from hot flashes, feel weak, nervous, a bit blue at times—all due to the functional "middle-age" period peculiar to women—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms.
Taken regularly—Pinkham's Compound helps build up resistance against such annoying symptoms.
Pinkham's Compound is made especially for women—it helps nature and that's the kind of medicine to buy! Follow label directions for use.

GLAD

We're glad that in spite of war shortages you can still get Smith Bros. Cough Drops. We'll be gladler still when Victory lets us make all every-day needs. Smith Bros.—Black or Menthol—still 5¢.

SMITH BROS. COUGH DROPS
BLACK OR MENTHOL—5¢

Which of your two husbands is coming home tonight . . .

MR. "GLUM" OR MR. "GAY"?

Constipation may make anyone a Mr. or Mrs. Glum. Take Nature's Remedy (NR Tablets). Contains no chemicals, no minerals, no phenol derivatives. NR Tablets are different—act different. Purely vegetable—a combination of 10 vegetable ingredients formulated over 50 years ago. Uncoated or candy coated, their action is dependable, thorough, yet gentle, as millions of NR's have proved. Get a 25¢ Convincer Box today! All druggists. Caution: Take only as directed.

ALL-VEGETABLE LAXATIVE
NR TO-NIGHT, TO-MORROW ALRIGHT

Nature's Remedy
R-TABLETS-R