

Household News

By *Eleanor Howe*



GUARANTEED TO GET THE FAMILY UP IN THE MORNING
(See Recipes Below.)

BREAKFASTS TO GET THE FAMILY UP

"The nice thing about breakfasts," said one newlywed, "is that you don't have to plan them, you just serve them." Although it is possible to get a breakfast with whatever there is at hand in the line of toast, coffee, and fruit juices, a little planning does yield big dividends.

For it is planning that makes possible the breakfast specialties that get the laggards out of bed in the morning—and down to eat before they go. And that's important, because they miss the Vitamin C in the orange or tomato juice when they skip breakfast, the Vitamin B in the whole grain cereal, the iron in the egg yolk, which aren't always made up later in the day.

A sketchy, hurried breakfast, or none at all, accounts, too, for some of that mid-morning fatigue. It's a long time to go without food, from six o'clock of one night until noon of the next day.

Here, then, are some breakfast menus, and some recipes for new breakfast specialties, that are guaranteed to get the family out of bed in the morning. Just let them get one whiff of a platter of shiny brown sausages garnished with orange slices, like that in the picture above, and no coaxing will be needed to get them down to breakfast.

QUICK BREAKFAST
Chilled orange juice
Hot cornflakes over banana wedges
Oven eggs in cornbread cases
Pan-fried bacon
Coffee, milk

LEISURELY BREAKFAST
Grapefruit halves
Bran flake cereal with brown sugar and cream
Apricot omelet
Buttered toast
Coffee, milk

Raisin Sally Lunns.
(Makes 2 dozen 2-inch Lunns)
1 cup milk
1 cake compressed yeast (½ ounce)
3 tablespoons sugar
½ teaspoon salt
¾ cup melted shortening
2 eggs
3 cups sifted flour (all-purpose)
¾ cup raisins

Scald milk and cool to lukewarm (85 degrees Fahrenheit). Add crumbled yeast, sugar, and salt. Add 2 cups flour, beating thoroughly. Add melted shortening and beaten eggs. Add remaining flour, beating until smooth. Add raisins. Fill greased muffin pans half full. Brush with butter (if desired), cover and set in warm place to rise until doubled in bulk (about 45 minutes). Bake in moderately hot oven (400 degrees Fahrenheit) for 15 minutes.

Eggs in Corn Bread Cases.
(Serves 6)
6 squares or slices corn bread
½ cup butter (melted)
6 eggs
Salt
Pepper

Cut off top crusty portion of corn bread. Then remove part of corn bread from each slice, forming a depression. Brush top of each slice with melted butter. Break an egg into each depression. Sprinkle with salt and pepper, place on baking sheet and bake in hot oven (475 degrees Fahrenheit) for 10 minutes or until white of egg is set. For quick breakfast, corn bread should be prepared the day before.

Grated Apple Waffles.
(Makes 8 waffles)
1½ cups flour (all-purpose)
½ teaspoon salt
½ teaspoon cinnamon
½ cup sugar
2 teaspoons baking powder
2 eggs
1 cup milk
1½ cups cooking apple (grated or cut fine)
3 tablespoons melted shortening

rate eggs. Combine milk, eggs, and cooled melted shortening. Add dry ingredients to milk and egg and stir lightly until just dampened. Fold in grated apple. Beat egg whites until stiff and glossy and fold in, using a spatula. Bake on pre-heated waffle iron and serve with butter and brown sugar.

Corn Bread.
(1 8-inch square)
1½ cups yellow corn meal (uncooked)
½ cup flour (all-purpose)
4 teaspoons baking powder
1 teaspoon salt
1 cup milk
2 eggs (beaten)
2 tablespoons fat (melted)

Sift corn meal with flour, baking powder and salt. Combine milk, eggs, and shortening and add to dry ingredients. Bake in a well-greased 8-inch square baking pan, in a moderately hot oven (400 degrees Fahrenheit) for 40 to 50 minutes.

Bran Griddle Cakes.
(Makes 15 cakes)
1½ cups milk
1 egg (well-beaten)
2 tablespoons melted fat
1½ cups flour (all-purpose)
½ teaspoon salt
2½ teaspoons baking powder
1 tablespoon sugar
½ cup bran cereal

Combine milk, beaten egg and cooled melted fat in mixing bowl. Sift flour once before measuring. Then add salt, baking powder, and sugar and sift again. Combine dry ingredients with bran cereal. Add to milk, stirring until just mixed. Bake on a hot griddle and serve with butter and strained honey or maple syrup.

Apricot Omelet.
(Serves 4)
½ pound dried apricots
1 cup water
½ cup sugar
2 tablespoons quick-cooking tapioca
¾ teaspoon salt
2 tablespoons butter
4 eggs

Prepare apricots ahead of time. Cover them with water and let soak 30 minutes. Then simmer until tender, about 25 minutes. Add sugar and cook for 3 minutes more. To make the omelet, drain juice from the apricots and measure. Fill to the ¾ cup mark with water, if necessary. Combine tapioca, salt and apricot juice in top of double boiler over boiling water and cook 10 to 12 minutes. Add 1 tablespoon butter, remove from heat and cool. Separate eggs. Beat whites until they are stiff and will stay in a partially inverted bowl. Without washing beater, beat yolks until thick and lemon-colored. Add egg yolks to tapioca mixture, then lightly fold in egg whites.

Melt 1 tablespoon butter in large frying pan (10 inch). Turn in egg mixture. Cook over low heat for 5 minutes, then place in a moderate oven (350 degrees Fahrenheit) to finish cooking for 15 minutes or until golden brown on top and firm to the touch. Make a shallow cut across the omelet at right angles to the pan. Cover half the surface with finely cut cooked dried apricots. Fold over omelet, turn out onto hot platter and serve at once.

Codfish Toasts.
(Serves 4)
2 tablespoons butter
2 tablespoons flour
1 cup milk
2 eggs (hard-cooked)
1 tablespoon green pepper (minced fine)
1 cup shredded codfish (freshened)
Few grains white pepper
Few grains onion salt
4 slices bread
½ cup grated cheese

Melt butter and add flour. Stir to make a smooth paste. Add milk. Dice eggs and add to milk mixture together with green pepper and shredded codfish. Season with white pepper and onion salt. Toast bread on one side, cut in half diagonally and place codfish mixture on untoasted side of bread. Sprinkle with grated cheese and brown lightly in a hot oven (450 degrees Fahrenheit). (Released by Western Newspaper Union.)

NATIONAL AFFAIRS

Reviewed by **CARTER FIELD**

Federal contract-seekers have a new hurdle to clear—the Defense Commission . . . Political effect of opposition to Lease-Lend bill doubtful.
(Bell Syndicate—WNU Service.)

WASHINGTON.—National defense covers a multitude of sins, being spread out thin enough even to cover the old rivers and harbors pork-barrel situation. Back in the years just before World War No. 1 those bills were a scandal.

Then came the famous filibusters, led by Sen. Theodore E. Burton of Ohio, which gradually built up so much popular opposition to the pork-barrel system that it was changed.

The system gradually evolved for outwitting the pork hunters, and yet leaving some bacon for the boys in congress to take home to their constituents, and thus get re-elected, is something like this:

First, congress passes a bill directing the army engineers to survey a certain project. Then the engineers, with a weather eye cocked on future promotions, appropriations for their own service, and friendships on Capitol Hill, study the project. In due time, the engineers report. Generally the report, strangely enough, is favorable, or at least can be so translated by its advocates.

Now comes the second hurdle. The project must be authorized. That is, congress must specifically approve of the project being put on a list from which those actually to be done are to be selected. Then congress votes a sum, usually under \$100,000,000 a year, to finance those projects which may be selected.

Note that congress no longer—as in the old pork-barrel days—actually makes the final decision as to which projects shall be done this year, and which shall wait, perhaps forever. That decision as to which projects pass this third hurdle is made by the engineers, always having in mind the elements previously mentioned.

Lots of projects on the "authorized" list will NEVER reach the pick and shovel stage. Everybody knows it, including its congressional backer. But at least he is able to boast about it—tell his constituents he is fighting to get federal money spent right there.

To these three hurdles the President has now added a fourth. Even if the engineers like a project on the authorized list, it must be sanctioned by the defense commission.

Because the pork barrel is still there, the smart pork grabbers on Capitol Hill have adapted themselves to the new rules. They have to do their trading with the White House, now, instead of with their colleagues.

So don't let the shock affect your heart when your senator votes for something the President wants that you know personally the senator thinks is cockeyed. He's just straightening out the national defense situation back in his state. Making the engineers, AND the defense commission, AND the President, see how important that dam on Podunk creek is to help Britain.

SPECULATE ON EFFECT OF LEASE-LEND BILL

While there is no desire on the part of most observers here to charge that opponents of the lend-lease bill to aid Britain are playing politics with national defense, there is a good deal of speculation as to what the effect will be when the political wheel does turn, as it has a way of doing.

At the present moment, as revealed in all sorts of ways, including the polls, the public is in favor of going to any necessary length to aid Britain by something approaching a three to one majority. Hence it might seem poor politics, regardless of other motives, for men who are ambitious for their own political futures to side with the minority.

This would be more important, so far as the senators are concerned, if that facing of the constituents had to be done SOON. As it is, even the next congressional election, when only one-third of the senators are up, is almost two years away, and two years in the present international situation is a mighty long time indeed.

RECALL 1920 ELECTION

In the 1918 election, it is recalled, certain popular figures who had opposed going into the war did not fare well. For example, Clarence C. Dill, a member of the house from Washington, was defeated chiefly because he had voted against the war declaration.

But in the 1920 election, just two years after the Armistice, the voters turned on the Democratic party very largely because of the war and peace conference aftermath.

So it is not enough to be with the majority at the time. If one is to succeed in politics one must be able to guess what the popular reaction will be a couple of years later. If you are just a voter, you can swing and right-about-face with impunity. But if you are an elected official you have to be a long-distance political weather forecaster.



WHO'S NEWS THIS WEEK

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

NEW YORK.—Everybody who offered an elixir vitae before Eugen Steinach got much renown and few disputed them. Professor Steinach, boiling with energy and full of plans for a long future on his eightieth birthday anniversary, met a harsh challenge from both the lay and professional world, when, 21 years ago, he turned from animal to human experimentation. He was so embroiled in public controversy, in spite of his scientific aloofness, that the Nobel prize, otherwise his, was withheld from him. But this is all forgotten now as the professor is appraised for his sound contribution to endocrine research.

The Swiss Paracelsus, born the year after Columbus discovered America, was perhaps the first physician to explain life as chemist, and to set up a process of rejuvenation. His elaborate formula included caustic lime and alcohol, carefully distilled, with a dash of melissa leaves. While he got only 48 years out of this mixture, a stretch which Professor Steinach may easily double, his discovery brought him much more acclaim.

The Nazis drove Dr. Steinach out of Vienna in 1938, confiscating his possessions, including his house, library and art collection. He is happily established again in Zurich, "until better times come back."

He was born and reared in Vienna, was graduated from medicine at the University of Wien in 1886 and, had acquired a world reputation as a physiologist before his sensational experiments of 1920. Many eminent persons in various parts of the world have testified to the effectiveness of his "rejuvenation" treatment, among them Adolf Lorenz, the great Austrian orthopedic surgeon.

WHEN the speech of the children of Shem was confounded and they couldn't finish their tower of Babel, they didn't try singing. Such an artifice was left to a later day.

Waving the 'Good Neighbor' Baton Over Americas similar situation. North American folk songs, love songs, and jazz are now heavy exports to Latin-America. Redressing the rhythm balance are the Latin opposite numbers of romance, adventure and syncopation, gaining favor in the U. S. A.

Dr. Andre Kostelanetz, famous orchestra conductor, who was a pioneer in this musical enterprise, informs this reporter that this cultural exchange is working out beautifully. He says American batoneers, radio program directors and song writers are swinging in handsomely.

"This is giving South America a better understanding of North America and they are beginning to like us a lot more," said Dr. Kostelanetz. "Our songs are filtering in everywhere in the Argentine, Chile, Brazil and 17 other Latin-American republics. We are similarly responding, with Latin melodies being listed among our current musical favorites. Incidentally, we are learning a lot of hemisphere geography from the songs, and that knowledge is helping us to understand our southern neighbors."

About two years ago Dr. Kostelanetz began marshaling a parade of noted orchestra conductors on tours of the Western hemisphere. He believes that when nations get snarled up, and can't talk to each other, the international language of music is a great help. His own career tends to bear out that theory.

Heralds Music Soothing Tongue In Upset World

Somewhat of an infant prodigy, he made his debut as a concert pianist at the age of eight. He was 19 when he applied for a job as assistant conductor of the Petrograd Grand Opera. He played a dozen operas and got the job in spite of his youth. Russia fell into turmoil which not even music could soothe and Dr. Kostelanetz came to the United States. He was almost immediately on tour as an accompanist with Metropolitan and Chicago Opera stars.

Courting Lily Pons for a long spell made him an airplane addict, a cross-country flight to bestow an orchid being just like a stroll down the street for an ordinarily grounding. After marrying Miss Pons he kept up with both his flying and his music, and twice has won the award presented by the nation's airlines to America's most traveled plane passenger. He thinks music, airplanes, radio and all agencies of travel and communications are unifying forces and that they stimulate understanding, against a trend of confusion and disruption.

HOW to SEW

By **RUTH WYETH SPEARS**



With the Family" is in Book 3. Each book has 32 pages of pictures and directions. Send order to:

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The sketch gives all the directions you will need to copy this fascinating braided rag rug with a flower medallion in the center. Or you may make two of the medallions, sew them together and add a braided handle for a knitting bag. Braid the fabric strips tightly and keep the work flat while you sew the circles for the roses and the loops for leaves; then sew them together. Use carpet thread double for this and for sewing the braided rows around the edge of the rug.

NOTE: There are two other fascinating braided rug designs in Mrs. Spears' Book 3 and the new Book 6 contains directions for a hooked, a braided and a crocheted rag rug. "The Rug That Grew Up"

Ask Me Another

A General Quiz

The Questions

1. What capital letter is used most frequently in English words?
2. What is a Jolly Roger?
3. Of currants, grapes, cranberries, oranges, tomatoes and bananas, how many are classified by botanists as berries?
4. Without stopping to count, give the number of zeros in one billion.
5. In major league baseball, how often are games won by a no-hit, no-run pitching performance?
6. Are glow worms worms?
7. Where in the United States is the longest stretch of railroad track without a curve?
8. Is the train of a peacock its tail?
9. What is the proper way of disposing of an American flag after it is worn out and no longer fit for display?

The Answers

1. The letter "S," according to Funk and Wagnalls New Standard dictionary.
2. A pirate flag.
3. All of them.
4. Nine—count them—1,000,000,000.
5. Only one in about 1,400 games.
6. No, glow worms are actually beetles. The males can fly, but the females cannot, so they light up to let their lovers know where they are.
7. North Carolina claims this record. Between Wilmington and Hamlet, a distance of 78.86 miles, there is a stretch of track without a single curve.
8. No. The beautiful, long plumes that the bird raises into a large, fan-shaped shield are in front of the short tail feathers that are used as a support.
9. Custom decrees that it should be burnt, or destroyed privately in some other way. To cast it among trash is considered a desecration.

Arctic Eiderdown

A new industry which has sprung up in Arctic Canada should bring prosperity to the 1,500 Eskimos living in that region. The department of mines and research at Ottawa has given permission to the Hudson Bay company to collect eiderdown on the bird sanctuaries along the coast of Baffin island. The collecting will be done by Eskimos in the slack period between hunting and trapping seasons, and they are being taught to pick the down without scaring the ducks and causing them to abandon their homes.

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150 Years Too Late The eminent composer, Mozart, was buried in a pauper's grave, in Vienna, 1791, yet recently \$600 was given for one of his manuscripts, an unfinished trio of 91 bars.

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