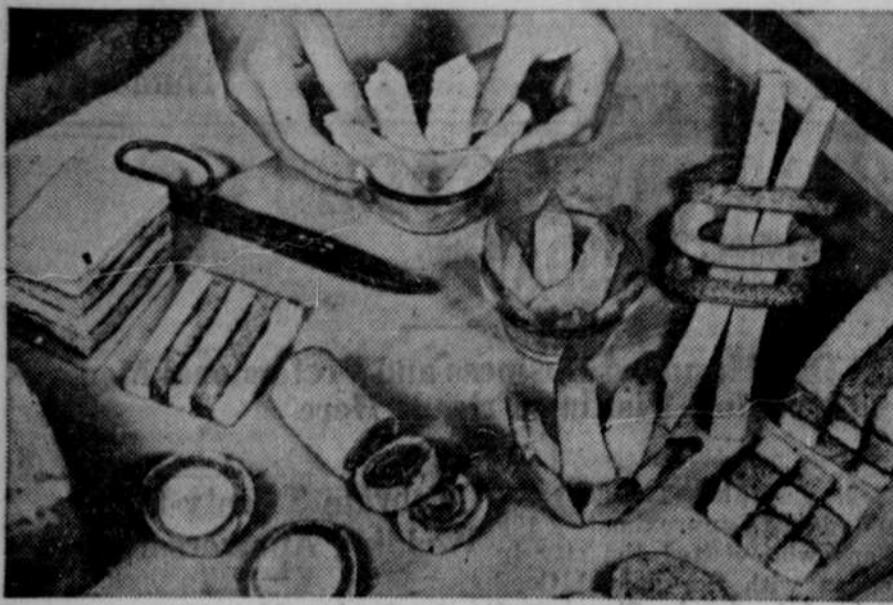


Household News

by Lynn Chambers

BREAD TRICKS APLENTY!
(See Recipes Below)

BREAD 'N' BUTTER'

Those new loaves of white bread featured on grocery store counters and in bakeries everywhere these days look just like the loaves of white bread you have been buying for years. But they're different—they've been "vitaminized."

"How?" you ask. Through the use of enriched flour—a wheat flour which contains added vitamins and minerals.

It was the Bureau of Home Economics of the United States department of agriculture which suggested, when flour standards here were under discussion, that fortified flour should contain a specified amount of vitamin B1 and of iron, and that nicotinic acid, riboflavin and calcium should be added.

Because American diets lack chiefly B-vitamins and iron, the accent was placed here. The law is that each pound of Enriched Flour must contain at least 1.66 milligrams of thiamin (B1); 6.15 milligrams of nicotinic acid (pellagra-preventing vitamin); and 6.15 milligrams of iron.

So, now in addition to being the most versatile and economical energy-yielding food, bread also provides, in economical form, additional nutrients essential to health.

And, since bread is the one food that probably appears more often than any other on the family menu, I'm going to give you a variety of new and interesting uses for this "health food."

A good sharp knife, a loaf of good baker's bread and your imagination will do wonders in developing, in your own kitchen, delicious creations that make your menus full of new life and interest.

Bread Buttercup.

Remove the crusts from a loaf of uncut bread. Cut lengthwise slices from the loaf. Trim the slices so that they are about 1½ inches wide and the ends pointed. Brush with an egg and milk mixture and arrange in baking cups. It is best to brush the tips with a little melted butter so that they will brown more readily. Bake the bread buttercups in a moderate oven until they are delicately browned.

Pinwheel Sandwiches.

Trim the crusts from a whole loaf of uncut bread; cut in lengthwise slices. Spread the slices with any desired spread of a creamy consistency. Roll the bread firmly the narrow way. Small stuffed olives, nut meats or hard cooked eggs make an attractive center for the roll. The rolls should be tightly wrapped in waxed paper and chilled in the refrigerator before slicing.

Croustades.

Trim crusts from two or three slices of bread, making even-size squares. Remove the centers from

LYNN SAYS:

Do your menus meet nutritive requirements, and appetite appeal, too? Careful, now. Here are 10 points on which to check your meals for appetite appeal:

1. Avoid repeating the same food in one meal.

2. Avoid serving more than one strongly flavored or highly seasoned food in a meal.

3. Avoid using too much of one type of food in a meal—such as spaghetti as a main dish and rice pudding for dessert.

4. Use as much texture contrast as possible—have some soft, some solid, and some crisp food in each meal.

5. Get flavor balance in your menus by serving some sweet, some bland, and some acid foods each meal.

6. Serve some hot and some cold foods each meal.

7. Serve foods whose colors look well together and avoid serving colorless foods in one meal.

8. Try to get contrast in size and shape in the foods served.

9. Serve leftovers in a new form.

10. Avoid serving the same food combinations too often. Serve some other tart fruit with your pork, instead of the stand-by ap-

(Released by Western Newspaper Union.)



WHO'S NEWS THIS WEEK

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

NEW YORK.—Back in the days of Sockless Jerry Simpson and the Populists and the rock-and-sock battle between Wall Street and the **It Comes to Pass**—Corn Belt, there was a **Bankers Pick** a prairie healer and evan-

Farmer to Lead gelist named Slater who scolded the farmers for their tempestuous talk about the New York bankers, and said that when the millennium came they would be brothers again.

The evangelist might have been locked up had he predicted that within four or five decades the board of directors of the New York Stock exchange would hire an Illinois farmer, with no experience in securities dealing, to be president of the exchange.

These things came to pass, in the Rev. Mr. Slater's scriptural parlance. By unanimous vote of the board of governors, the \$48,000-a-year exchange job is offered to Emil Schram, operator of the Hartwell Farms at Hillview, Ill., and head of the Reconstruction Finance corporation since July, 1939. As this is written there is word from Washington that Mr. Schram will accept the post.

The tall, baldish, urbane, deep-voiced Mr. Schram has been esteemed in Washington for his bilingual accomplishments. It has been noted that he can talk to New Dealers and business men in their own language.

Checkerboard Sandwiches. Remove the crusts and spread the slices with soft butter, and any sandwich spread of paste consistency. Then, alternating the slices, make two stacks of three slices each—one with a whole wheat slice between two white slices and the other with a white slice between two whole wheat slices. Next, cut the two stacks into half-inch slices. Spread with soft butter and another flavor spread, and alternate them again, making stacks of three-layer slices each. Press the stacks together, wrap each in wax paper and place in icebox to harden the butter. When ready to serve, cut crosswise in thin slices to give the checkerboard effect.

Ribbon Sandwiches. Remove the crusts from four slices of bread, two white and two whole wheat. Put them together with different fillings, wrap in waxed paper and chill. Cut down through the four layers in thin slices to form a ribbon sandwich.

Try these tricks very soon, won't you?

You'll receive no end of compliments on your ability to prepare these tasty and attractive "bread delights." They are pictured at the top of the column.

If you're weary of serving the usual type of sandwiches when you entertain, here are "fillers" that will bring such phrases as "May I have your recipe?" from fascinated guests.

Egg Filling. 4 hard cooked eggs ½ cu chopped cooked bacon or ¼ cu stuffed olives Few drops Worcestershire sauce Cream or salad dressing

Chop eggs, add bacon and Worcestershire sauce. Add enough cream or dressing to give a spreading consistency.

Ripe Olive Filling. Use one cup ripe olives, minced; one cup finely diced celery; ½ cup minced nut meats, and salad dressing to taste. Combine olives, celery and nutmeats and moisten with dressing, then spread on bread.

Sandwich Loaf. Trim crusts from a sandwich loaf of bread and cut in four lengthwise slices. Spread each slice with softened butter. For the three different fillings necessary, use any good combinations of flavor and color, such as minced ham and pickle, a yellow cheese mixed with finely-chopped green pepper, chives, parsley or watercress, and chopped tomatoes and cucumbers, or a tuna or salmon mixture. Each of these fillings should be mixed with mayonnaise or softened butter so that it spreads easily. The loaf may be made several hours ahead of time if wrapped in waxed paper and kept in a cool place. Prior to serving, it is iced on top, sides and ends with cream cheese softened to spreading consistency with water, milk or mayonnaise. Garnish with slices of stuffed olive, sprigs of parsley or endive. For serving, cut in thick slices. This loaf will serve 10 to 12 persons.

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NATIONAL AFFAIRS

Reviewed by
CARTER FIELD

U. S. navy's scouting Nazi raiders of great aid to Britain...Washington analyzes 'basic' commodities with view to reducing non-defense spending.
(Bell Syndicate—WNU Service.)

WASHINGTON.—War with binoculars, instead of guns, is one way that appeals to President Roosevelt in describing the 2,000-mile patrol—the fact that American warcraft will patrol the Atlantic to a distance of 2,000 miles from the American shore and report the presence of any Nazi planes, submarines or raiders they may see.

Its tremendous importance is appreciated by the British. One prominent figure here pointed out that examination of detailed figures of shipping losses discloses that most of the sinkings by submarines and aircraft have occurred on the British side of an imaginary line down the Atlantic halfway between the two shores, whereas most of the sinkings by raiders were on the American side of that line. He also pointed out that location of raiders presents a much more difficult problem than location of submarines.

News of raiders' sinkings does not usually reach the admiralty until days or weeks after the event, sometimes longer than that. Most of the raiders are fast, and quite capable of being thousands of miles from some scene of any given operation before the British hear of it.

But with American patrols telling the world by wireless every time they see a raider, a comparatively small number of British warships would obviously be much more effective. They would know instantly that a German raider, for example, was at a precise spot. The probable course of the raider in flight from the American patrol could be calculated, and her exact strength would be known. So that if it was a pocket battleship, as in the case of the Graf Spee, a battle cruiser could start in pursuit, whereas if it was a converted merchantman a small cruiser would be ample.

But it might and probably will go further than that. Not only might the American patrol give the location of the raider as of that first moment of sighting it, but it might easily follow the German raider, continuing to give its position.

This task is not as spectacular as it seems to some headline writers, yet it is tremendously important, for there is no doubt that the number of U. S. craft in this "patrol" will be increased constantly so long as any Nazi raiders remain in the Atlantic.

Of the third generation of German immigrants, Emil Schram finished high school in Peru, Ind., and took a job as a roustabout and handy man in J. O. Cole's lumber and coal yard.

By the time he was twenty-one, he was the bookkeeper for the business.

Several years later, his employer took over 5,000 acres of swamp land on the Illinois river. He assigned his young bookkeeper the job of draining and developing the large tract of land.

Within a few years, the yield from the land was run up from 6,000

Schram Proves Expert in Work Of Reclamation bushels per year, to 140,000, with other crop increases in proportion. Young Mr. Schram acquired a substantial interest in the project, which became the Hartwell Land trust. Twenty tenant farmers have been on the reclaimed land for more than 25 years.

Mr. Schram's first contacts with the federal government came in later years as he became active in community drainage and reclamation projects, requiring federal co-operation. As chairman of the board of directors of the National Drainage association, he had dealings with the Hoover administration, when the Illinois river was mudding up farmland in this vicinity, and loans for flood control and reclamation were needed. The astute Jesse Jones made him chairman of the drainage, levee and irrigation division of the RFC.

He later was a swing man in various government activities, including the presidency of the Home and Farm authority, a TVA subsidiary. He made it pay. Recently Edward R. Stettinius "drafted" him as assistant priorities administrator, to allocate raw materials for defense purposes.

Mr. Schram is 48 years old, the grandson of a woodworker. He is a Democrat, but he has never been active in politics, and has never been a candidate for office.

William M. Martin Jr., the "boy president" of the Stock exchange, whom Mr. Schram will succeed, quit his lucrative job for \$21 a month as a private in the army. His term of office had been a good investment, but not solely because of the \$48,000-a-year salary. To take the exchange presidency, he had to sell his seat, for several hundred thousand dollars. Today's sales of exchange seats at \$20,000, the lowest since 1898, reveal young Mr. Martin as having played in luck, regardless of salary. Much of the same to work for a big cut.

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Veracity of a Whisper

Some people believe anything you tell them—if you whisper it.

The hardest tumble a man can take is to tumble over his own bluff.

Pearls of wisdom aren't always the "cultured" variety.

Those Harmful Favors

"I give people what they want" may lead to some mighty low purveying.

No horses ever go as fast as the money you place on them.

Some men lie awake all night planning how to win success. But those who get it stay awake in the daytime.

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A TRUE slimming story! And a really happy ending, too, when a stout woman diets the caloric way.

By limiting food calories to around 1,200 a day, she not only

Masonry Via Wire

Even the laying of a cornerstone has been done over electric wires, says Colliers. Not long ago in London, 10,000 Masons in an exhibition hall watched a dignitary go through such a ceremony, every movement of laying the substitute stone actuating, through electrical synchronization, the laying of the real stone on the site of a hospital several miles away.

Of course, it will occur to any critic that much of this huge sum realized from meat animals was corn and oats and other grains consumed by those animals, and NOT included in the cash sales of the grains. Even with this in mind, however, the figures are rather startling.

Dairy Products Important. Then there is the fact that dairy products brought in cash sales of more than \$1,500,000,000—more than 50 per cent in excess of all grains.

Here again, obviously, the cows ate a lot of grain, part of which did not figure in the cash sales.

The fact that cash sale figures are being talked around Washington, in an effort to show that the "basic" agricultural products are a joke, is all the more interesting because of this curious lack of consideration given to the value of grain fed to animals to produce meat or dairy products.

All of which has a bearing on the present tax situation, because sooner or later there is going to be a terrific outcry from the country for non-defense spending to be cut. Secretary of the Treasury Henry Morgenthau Jr. has already made some suggestions to congress with respect to the wisdom of cutting some farm payments. Nobody has taken it seriously, so far, but the germ is there, and agitation is at

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