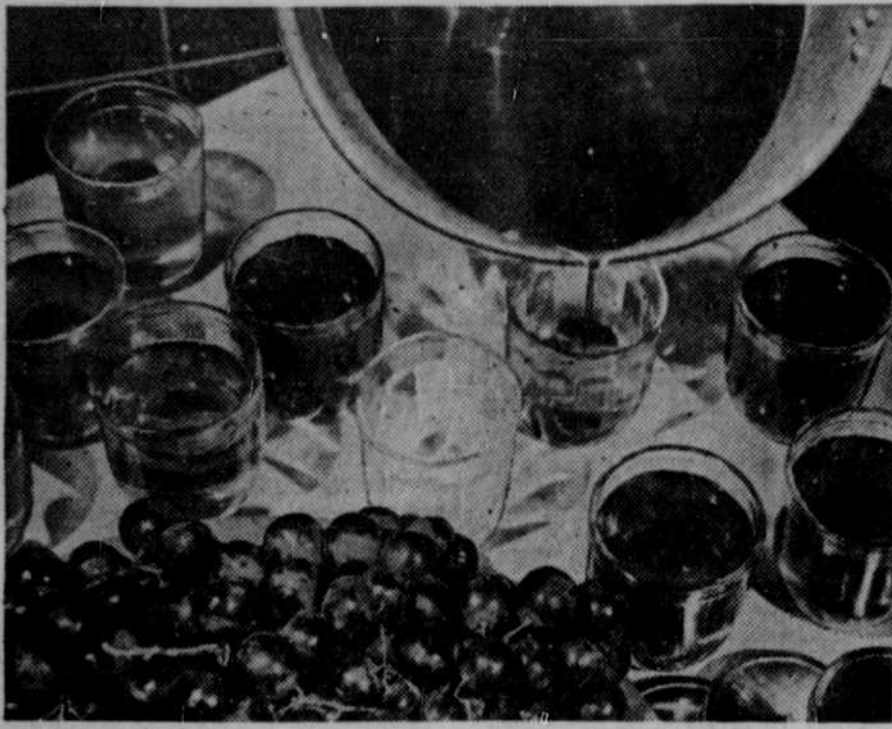


Household News

by Lynn Chambers



ADD ZEST TO MEALS WITH JELLIES AND RELISHES (See Recipes Below)

LINE YOUR PANTRY SHELF!

As full of tang and zest as autumn are these recipes tailored to fit your canning cupboard. Crisp relishes, sparkling jellies, bright tomato catsup, and pickles of cucumber and peach—what a selection you'll have for making your meals a festive board! Your pantry shelf lined with these sweet, spicy fruits and vegetables will be your line of defense, too, not only for meal planning but in working out a nutrition and food defense program. Generous supplies of fruits and vegetables now will assure you of plenty in fall and winter if you put them up.

Be sure to use a good quality cider vinegar to prevent pickles from becoming soft, tough, or shriveled. Good, full-bodied spices are also vital to successful canning.

***Bread and Butter Pickles.** (Makes 10 pints)
25 medium sized cucumbers
10 onions (medium-white)
½ cup salt
1 pint vinegar
2 cups sugar
2 tablespoons mustard seed
2 tablespoons ginger
2 tablespoons turmeric

Let unpeeled cucumbers stand in water overnight. Then slice cucumbers and onions and place in pan with salt (no water). Let stand 1 hour, then rinse off salt, add vinegar, mustard seed, ginger and turmeric. Boil all ingredients until peel turns yellow (about 40 minutes). Pack pickles in sterilized jars. Seal and allow to stand 10 days before using.

Remember those amber-colored watermelon pickles mother used to put out? I'm sure you do, so here's the recipe which rates high:

***Watermelon Pickles.**
Thinly cut the green rind from watermelon, removing soft part of pink meat. Cut in pieces and cover with salt water made from 1 cup salt to 4 cups water. Soak 12 hours, drain and cook in boiling water until half tender, about 10 minutes. For every pound of rind, allow a sauce made from:

1 3-inch stick of cinnamon
8 cloves without heads
2 cups sugar
1 cup water
1 cup vinegar

Tie spices in a cloth bag. Cook all ingredients 10 minutes. Add rind and slowly bring to a boil. Remove spices. Place rind in sterilized jars, cover with hot syrup and seal. Spice the fruits from your orchard or carefully chosen material from the market and you will always have something of a surprise to add to mealtime. Served as a meat accompaniment, garnish or a relish whole, luscious fruit decorated demurely with

LYNN SAYS:

Cookbooks that will make a difference in your life and also a difference in your meals are worth looking into. Fall's a good time to look when you think of the many holidays in the months ahead and the entertaining you're going to do and the new ideas you'll need.

"June Platt's Party Cookbook," published by Houghton Mifflin, is a classic in that the recipes are given in a conversational sort of way as though your very best friend and best cook were giving you some of her favorite recipes. Here you'll find such treasures as corned beef and cabbage, veal kidneys in mustard, hot buttered scones, and strawberry and almond soufflé.

Dishes you've never thought of and touches that add real distinction to everyday food are given in "Mrs. Lang's Complete Menu Book," also published by Houghton Mifflin. Menus for every kind of occasion are given and recipes, too, for every one of them.

YOUR CANNING SHELF

- *Bread and Butter Pickles
- *Watermelon Pickles
- *Pickled Fruit
- *Tomato Catsup
- *Concord Grape Jelly
- *Grape Conserve
- *Recipe Given.

cloves, ripened and mellowed in heavy syrup, fills menu demands beautifully.

*Pickled Fruit.

(Makes 5 to 6 pints)
2 cups vinegar
5 cups brown sugar
or
2½ cups each, brown and white sugar
2 tablespoons whole cloves
2 sticks cinnamon
4 quarts peaches, pears, or crab-apples

Cook sugar, vinegar, spices 20 minutes. Select firm fruit, remove the thin skins from pears and peaches, if using them, but do not pare crabapples, rather leave them with skins on. Drop in fruits, few at a time, and cook until tender. Pack in hot sterilized jars, adding syrup within a half inch of the top. Seal and store in a cool, dry place.

Concord grapes, deep purple, velvety, and plump with juice are one of autumn's favorite fruits. They lend themselves nicely to jelly, either by themselves or in combination with other fruits. As conserves, too, they will help you make menu magic.

*Concord Grape Jelly.

(Makes 11 medium glasses)
3 pounds ripe Concord grapes
½ cup water
¾ cups sugar
¾ bottle fruit pectin

Stem the grapes and crush them thoroughly. Add the water, bring to a boil, cover, simmer 10 minutes. Place fruit in jelly bag and squeeze out juice (about 4 cups). Place sugar and fruit juice in large saucepan, mix, and bring to a boil over a very hot fire. Add pectin, stirring constantly, bring to a full rolling boil. Boil hard ½ minute. Remove from fire, skim, pour quickly into glasses. Paraffin at once.

*Grape Conserve.

(Makes 10 12-ounce glasses)
7 pounds Concord grapes
Sugar
2 pounds seedless white grapes
4 oranges, sliced thin
1 pound broken walnut meats
1 teaspoon cinnamon
½ teaspoon nutmeg

Stem the grapes; wash and mash slightly. Cook slowly until juice is free, about 15 minutes. Force through a sieve to remove seeds. Measure pulp. To every 4 cups pulp, add 3 cups sugar. Add white grapes, orange slices, cinnamon and nutmeg. Cook to the jelly stage. Remove from heat; add nutsmeats. Seal in hot, sterilized glasses.

Putting up a batch of tomato catsup offers pleasure in more ways than one. You enjoy the lusty, spicy odor of the cooking, and the fragrance seems to permeate the house for days. You'll enjoy seeing the jars of rich red fruit on the shelves, and then again you'll like tartness of the relish as part of your meals.

*Tomato Catsup.

(Makes 5 to 6 pints)
4 quarts of tomatoes, quartered
2 large onions, chopped
2 cups granulated sugar
2 cups vinegar
1 teaspoon salt
2 tablespoons whole allspice
½ tablespoon whole cinnamon
2 tablespoons whole cloves
1 teaspoon whole black pepper
2 tablespoons paprika
½ teaspoon dry mustard

Simmer tomatoes, onions, sugar, and vinegar 2 hours. Tie the allspice, pepper, cinnamon and cloves in a bag and add with the remaining ingredients, and continue cooking for another hour. Remove the bag of spices and force the vegetables through a sieve. Reheat to bubbling hot and pack in hot, sterile jars.

(Released by Western Newspaper Union.)



WHO'S NEWS THIS WEEK

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

NEW YORK.—In Europe a few years ago, this courier got a strong impression that old Karl Baedeker was slyly giving the Germans the breaks, in his guide book compendium of the comparative interest and importance of European show places. His son carried on and in the long run of the decades the Germans contrived to reveal Europe to millions of visiting Americans—particularly school teachers—through their eyes.

Hence one finds satisfaction in the news that the South American Baedeker is being worked up by a man of German birth who is also a thirty-second degree American. He is Earl Parker Hanson, engineer, explorer, geographer and writer, preparing guides to all Latin-American countries, under sponsorship of the Nelson Rockefeller committee.

It is revealed that the guides will spot up their material against a background of "cultural and historic discussions." That might be more effective than sending down hoofers and spoofer, as we have been. Two volumes, containing about 800,000 words, will have been prepared at the end of this year, under Mr. Hanson's direction.

Mr. Hanson was born in Berlin, of American parents, in 1899, came to this country in his early youth, attended the University of Wisconsin and did graduate work at the University of Chicago. He was the editor of technical publications, beginning his exploring career in Iceland, followed by wanderings in the Canadian sub-arctic, where he became a friend of Stefansson.

In 1931, he made studies of terrestrial magnetism for the Carnegie institution in the basins of the Amazon and Orinoco and thereafter described the expedition in his notable book, "Journey to Manaos."

Mr. Hanson didn't need a guide book to tell him where Adolf Hitler was heading. Several years ago he was on record with a sharp warning that we'd better do something about Iceland—that Hitler was staking it out as a stepping stone in this direction.

OWEN D. YOUNG'S farm near Van Hornesville, N. Y., is something quite unlike the traditional Sabine farm of the retired careerist, or sentimentalist.

'Returned Farmer' Enters Fight for Fair Milk Price started farming around those parts in 1910 and Mr. Young, battling for the milk farmers at Albany, says he is "more of a returned farmer than a retired industrialist."

The former head of the General Electric company and the Radio Corporation of America, away from home for a spell and now back with money in bales and garlands of honorary degrees, is in dead earnest about farming and about a fair milk price for farmers. He has been in the campaign for many months now.

Better luck to him than the "returned" American Presidents had. Starting with Jefferson, there were six of them who returned to their farms and they all finished in the red.

Mr. Young has been the country's champion dollar-a-year man, but he thinks that's too much to ask for the farmers. There was a drive to make him President in 1931, which he hastily sidestepped. He said he didn't think he had the right kind of training to sit in the White House.

He was a farm boy, then a Boston lawyer, his "earned run" among his college degrees being from St. Lawrence university. He is vigorous and happy at 67, 6 feet 2, a bit heavier than when he was running corporations, and he still smokes a pipe with a 10-inch stem. He retired as chairman of the General Electric company in 1939.

Some historians think traditional American democracy was possibly strangled in the contention between the Hamiltonian industrialists and the Jeffersonian agrarians. Mr. Young is somewhere in between. His career has widened the area of "common ground."

IN 1919, Col. Gerald C. Brant flew from Houston, Texas, to Washington, covering the 1,505 miles in 910 minutes. It was a big story and there was a lot of head-shaking about these firebrand aviators going plump hog-wild. That's the Maj. Gen. Gerald C. Brant now commanding the Gulf Coast air corps training center. They're getting under way to train from 12,000 to 15,000 pilots, taking full advantage of year-round flying weather down there. He's from Chariton, Iowa, a West Pointer, and has plenty flying experience.

Prostigmin For Cure of Bad Breath

By DR. JAMES W. BARTON
(Released by Western Newspaper Union.)

IN LOOKING for the cause of bad breath, physicians and dentists look first to some condition in the mouth—decayed teeth, spongy gums, infected tonsils, dry catarrh—or to some condition of the stomach and intestines. While teeth, tonsils, gums and stomach and intestine conditions can generally be corrected, the most distressing type due to dry catarrh—seemed to be incurable.

Some satisfactory results were obtained by the use of a little rubber bag filled with water pushed up the nose and where possible into the sinuses and the water kept hot by means of electricity. This softened the crusts and when crusts were removed, the odor disappeared.

Dr. Barton
Drs. John Rommel and T. C. Davis, Philadelphia.

have had good results by the use of prostigmin in clearing up chronic catarrhal and sinus conditions. Prostigmin is in general use for toning up the muscles of the intestine.

Two Chicago physicians, Drs. L. B. Bernheimer and Samuel Soskin, in Archives of Otolaryngology report their experience with prostigmin which acts as does ovary extract estrone in heating up and causing an increased supply of blood to the lining of the nose. The patients sprayed the lining of the nose four times a day with a weak solution of prostigmin.

Results in Twenty Cases.
Twenty patients were treated for periods varying from one month to one year. All other forms of treatment were stopped except washing out the nose once or twice daily so that the prostigmin would be sprayed directly on lining of nose instead of on any mucous that had accumulated. Ozema—the bad odor—was controlled in all the cases, usually at the end of second week. Crust formation was definitely decreased and in some cases disappeared entirely.

Three of the patients stopped treatment for four weeks. In all three cases the crusting, the bad odor and the bad throat returned, showing that treatment must be kept up if the patient is to be kept free of symptoms.

Preventing Spread Of Common Colds

IT IS gratifying to see the interest in backward children now taken by school officials and teachers. Anything that can help the backward pupil—eye tests, ear tests, gland—and other physical tests are made and treatment given to enable the boy or girl to become a useful citizen. Everybody recognizes the value of this work to the health and happiness of these children.

It is, however, difficult to get school boards to make provisions for physical examinations by school physicians and nurses, yet this inspection and health service would not only prevent much absence from school but might save many lives, as epidemics of influenza and colds could be prevented.

The common cold is the most common ailment among children and adults. One case can cause an epidemic that will spread throughout the schoolroom and the whole school, just as it goes through families, factories, and stores. If then this one cause is discovered early and kept apart from others, there will be no spreading of the disease.

In some schools pupils are given a short examination—heart, temperature, and throat—before they return to school after the summer, Christmas and Easter holidays. This has prevented epidemics of colds, mumps, measles and other diseases of childhood from spreading throughout the school.

How can colds be prevented in children and adults? The same rule applies to both children and adults. Don't eat too much and don't allow yourself to get chilled. Overeating means too much acid wastes in the blood and tissues. If the body is chilled at this time, a cold is likely to start in certain individuals.

QUESTION BOX

Q.—Is it possible to increase the stature after one reaches the age of 21?

A.—At the age of 21, injections of pituitary or other gland extract is not likely to increase your height. However, stretching apparatus used by orthopedic physicians to straighten spinal curvature might gain an inch. Also I read recently of devices sold to wear in the shoes that increase height.

Lovely Scarf Has Many Uses



Pattern 7038 contains instructions for making scarf; illustrations of it and stitches; photograph of scarf; materials needed. To obtain this pattern, send your order to:

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117 Minna St. San Francisco, Calif.
Enclose 15 cents in coins for Pattern No.
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Address

ADD loveliness to your home with this easily crocheted scarf to be made in various sizes. Done in fine cotton, its pineapple design matches that of the lovely dolly, Pattern 6821.

Advantages of Difficulty

Difficulty is a severe instructor, set over us by the supreme ordinance of a parental guardian and legislator, who knows us better than we know ourselves; and He loves us better too.

He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper. This amicable conflict with difficulty obliges us to an intimate acquaintance with objects, and compels us to consider it in all its relations. It will not suffer us to be superficial.—Burke.

If you bake at home, use **FLEISCHMANN'S FRESH YEAST**

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