

MAKE A DATE FOR LUNCH (See Recipes Below)

FALL LUNCHEON

As the leaves begin to crackle and fall's favorite flower, the chrysanthemum, stirs in the sweet smelling earth, and fruit hangs heavy and ripe on the trees-do your thoughts turn to luncheons and bridge?

If they do, prepare to have one now, using as your theme the leaves,



fruits or flowers that fall has to offer as a welcome change from summer luncheons you may have had. If you are having a preluncheon bridge, try carrying out

the fall theme on the bridge tables with small vases of fall flowers, in candies, and decorations. Favors can be had using the autumn theme and prizes may be wrapped in the burnished fall shades or tied with ribbons of that color.

Whatever you do, have your tables and especially the centerpiece stunning enough to stimulate interest and conversation. It'll make luncheon and bridge afterwards a real success, and star you as a smart hostess.

Play up the oranges and yellow in food for luncheon, picking it up here and there in this dish and that with a touch of green to heighten interest. Do something unusual in the cooked fish fillet lightly creamed and well garnished. Simple to fix, a dream to behold, yet delicate to taste, here's your main dish;

Creamed Fillet of Flounder With Mushrooms.

2 packages quick frozen fillet of flounder, cooked

21/2 c. cooked fish

21/2 c. fish liquor or light cream

21/2 cups sliced mushrooms

6 tablespoons butter

4 tablespoons flour

Salt and pepper Watercress

If using frozen flounder, cook in a saucepan, adding 1 cup boiling water and 1/2 teaspoon salt, and cook until tender. If using cooked fish, be sure it is well drained. Flake fish. Cook mushrooms in butter, until well browned, add flour. Add fish liquor and cream, gradually stirring constantly and cook until thick. Add fish and seasoning. Serve on hot buttered toast or in patty shells. Sprinkle with paprika. Garnish with watercress.

When serving the vegetables, pretty the platter by serving both the green beans, cut in long, lengthwise strips, and the carrots cut lengthwise, side by side. Or have a mound of carrots or beans in the center, and then have alternating mounds of green bean and carrot strips coming out toward the rim of the plate.

If you were to take a poll among your luncheon guests, you would probably be surprised how many

LYNN SAYS:

Sit up and take notice of fall's possibilities for table decoration. Cornucopias and centerpieces of fruits and vegetables interlaced with burnished leaves and brightly colored flowers certainly have a way with them and will do very nicely for your luncheon ta-

Take a tip from the outdoors and make the most of the humble squash, apple, pear, or a spray of bittersweet. Let your fruit glisten and shine by rubbing with oil and then polishing to a high luster. For more permanent effects, have the fruit laquered. Arrange pears, apples and grapes on doilies of autumn leaves and set on a mirror for the centerpiece, or have the fruit arranged from the opening of a squash. Dusky red or bright chrysanthemums look effective if arranged in a small squash. Any of these will give your table a smart note and also a piece of grand conversation for luncheon guests.

Speaking of nice touches, put a leaf of deep rich red, brown, or yellow, or a bit of bittersweet to the side of a placecard. This will be just fine to carry out the autumn theme of the centerpiece.

THIS WEEK'S MENU

*Creamed Fillet of Flounder With Mushrooms Corn on Cob Green Beans Orange Honey Bread Green Salad Peach Sundae Crisp Cookies Coffee

women confess to an extraordinary interest in rolls, bread and muffins. Here's a bread which highlights a luncheon perfectly and whose orange flavor gives just the right touch of piquancy to the meal:

*Orange Honey Bread. (Makes 1 loaf)

3 tablespoons shortening

1 cup honey

1 egg, well beaten

*Recipe Given

11/2 tablespoons grated orange rind

21/2 cups flour

21/2 teaspoons baking powder 1/2 teaspoon soda

1/4 cup orange juice 1/4 cup chopped walnuts

Cream the shortening until light, then add honey gradually, and continue beating until well blended. Stir in the egg orange rind. Sift the dry ingredients together several times, then add them alternately with the .

orange juice. Stir in the walnuts. Pour the batter into a well-greased loaf pan and let stand 20 minutes before putting into oven. Bake in a slow (325-degree) oven for 1 hour or until well done when a toothpick comes out clean. If desired, % cup of candied orange peel may be added to the batter to give additional flavor, or

I shall pass lightly over the subject of salads. Ours today follow nearly the same pattern as recipes printed in old cookbooks. But I would like to give you a recipe for a dressing. Used on a salad of hard-cooked eggs, lettuce, chopped onions and sliced radishes it's tops.

may be substituted for the nuts.

Rub the yolks of two hard-cooked eggs together with 1 tablespoon of cold water until smooth. To this add 2 tablespoons of salad oil and 1 teaspoon each of salt, powdered sugar and prepared mustard, and blend well. Finally, add 2 tablespoons each of plain and tarragon vinegar. And last, but not least, here's a recipe for ice cream. Serve this with sliced fresh peaches topped with whipped cream.

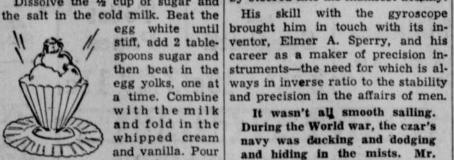
Uncooked Custard Ice Cream.

1/2 cup sugar

2 eggs 11/2 cups top milk 2 tablespoons sugar Pinch of salt

½ pint whipping cream

1 teaspoon vanilla extract Dissolve the 1/2 cup of sugar and by steered into his manifest destiny. formed, the better. the salt in the cold milk. Beat the



stiff, add 2 tablethen beat in the struments-the need for which is alwith the milk and fold in the whipped cream and vanilla. Pour

into freezing trays and stir every 15 or 20 minutes until firm. This may also be made in a crank freezer, but the amount should be doubled for the ordinary size of freezer. If you desire to vary this recipe,

here are suggestions: Maple Ice Cream-Add maple flavoring to taste in place of the vanilla; about 6 drops will be needed. Butterscotch - Substitute brown

sugar for the 1/2 cup of white sugar. | councils and societies-the inescap-Chocolate-Melt two squares cake able fate of eminence and intellichocolate and add to custard mix- gence in America. If the chariot any little cut or scratch. Lupus ture. Four additional tablespoons of progress needs anything new on vulgaris-tuberculosis of skin-has sugar must be added as well.

Peppermint - Peppermint flavoring, oil of peppermint and enough and install it overnight. Mr. Mor- nose mostly. There was no known pink coloring to give the desired col-

(Released by Western Newspaper Union.)

Hay Fever May Open Door to WHO'S Asthma, Etc. **NEWS**

THIS

WEEK

By LEMUEL F. PARTON

(Consolidated Features-WNU Service.)

Assaying Foreign ley, its cryp-

forgiven his indiscretion in publish-

ing "The Black Chamber" a dec-

ade ago and set him to work again

plucking diplomatic and espionage

This is highly interesting in view

of Major Yardley's frequent predic-

tions that the state department

would have to set up new listening

posts, and carry on where he left

off, in the event of war or even

Major Yardley was so expert

as a de-coder that, knowing no

Japanese, he could catch Japa-

nese double-talk on the air, and

de-code it. When Henry L. Stim-

son was secretary of state he

didn't like either espionage or

counter-espionage and thought

no decent nation should have

Hence, Major Yardley's secret

'Black Chamber' in New York,

which must have been something

like the lair of Caglistro, was sum-

marily closed and the major was

fired. Then he wrote his book and

its repercussions were such that

congress passed a law against his

writing any more of the same kind.

coded messages showing how

Japan had been giving this coun-

try the grand run-around during

the Washington arms confer-

ence. It almost caused a cabi-

net crisis in Japan and made

our state department reach for

in the North Carolina mountains

Taught Tycoon to fame and

fice of economics and business at

a time like this. It taught the fu-

ture president of the Sperry corpo-

ration to draw a sharp bead on what-

ever he was shooting at and in Lin-

coln's phrase, never to "shoot at a

So, today, his target is post-

war solvency. With all the rush

of defense orders and plant ex-

pansion there is each day some-

thing in the kitty for what may

come hereafter. For the first

half of this year, \$433,316 has

gone into this "cushioning"

fund. The margin for error in

such computations probably

is greater than that of a Sperry

bomb - sight, but whatever a

skilled precisionist may do is

It wasn't all smooth sailing.

During the World war, the czar's

navy was ducking and dodging

and hiding in the mists. Mr.

Morgan chased it here and there

and everywhere, to sell it gyro-

scopes, caught up with it and

rang up a sale. It was an epic

Mr. Morgan became president of

the Sperry corporation in 1928.

Shortly thereafter he became an em-

inent patron of aviation and soon

was caught up in a swirl of insti-

tutes, chambers, boards, funds,

of American salesmanship.

ties to join the navy.

louse on his own eyebrow."

white plume

its smelling salts.

casts.

In this book, he included de-

anything to do with it.

secrets from the air.

the threat of war.

deep in Sybil's Cave in Wash-

By DR. JAMES W EARTON (Released by Western Newspaper Union.) IF YOU were to try to raise money for some poor blind person or a crippled child, you would find

that practically everybody that could help would do so. TEW YORK .- From somewhere There is some-

ington comes the whisper that the thing about the appearance government has secretly called of the blind and the crippled Maj. Yardley Again bert O. Yard-from us all.

down the ragweed add soil. in the neighborhood to prevent the spread of hay fever, he is not likely to get much support. The average member of a council, even if one of his family suffers with hay fever, simply says: "It's only a severe head cold; it

will pass away

when the cold weather comes." What these councilors, legislators or other representatives of the people do not realize is that hay fever is often the starting point for a large percentage of the attacks of head colds, bronchitis, bronchopneumonia

and pneumonia. Added to this is the fact that almost one in every three hay fever sufferers develops asthma. The sight of a patient suffering a severe attack of asthma should excite the sympathy of us all with its desperate gasping for breath and the suffocating appearance of the

Can this hay fever with the diseases it causes be prevented? Cut Down Ragweed.

It is estimated that about 3,000,000 people in the United States and Canada are afflicted with hay fever in the autumn, 80 per cent of the cases being due to the pollen of ragweed. All that is necessary to prevent this immediate and later suffering is for the municipalities to cut down the Herbert O. Yardley, a native of ragweed before the pollen ripens Washington, in his youth a tele- and is carried by the wind to these graph operator for the war depart- unfortunate victims, who are sensiment, became a code expert and tive or allergic to ragweed. This was transferred to the cryptograph- has been amply proved where this ic bureau just before our entrance has been done in a thorough man-

Whether it's nice or not, the exi-Dr. H. B. Anderson, Toronto, in gencies of the time are such that praising the Ontario government for the newly organized foreign broad- its rigid enforcement of the Weed cast monitoring service is now work- Control act, states that public spiriting a 24-hour shift, assaying about ed, intelligent, law-abiding citizens 900,000 words of daily foreign broad- should not have to suffer on account of the carelessness or neglect of selfish neighbors who permit disease-DOWN in the valley he heard the producing weeds to flourish on their train blow. So the farm boy

hung up his hoe and followed the High Blood Pressure Old Squirrel Gun of smoke to Calls for 'Slow Down'

Draw Sharp Bead fortune. ONE of the questions every physician is asked is why is there Thomas A. Morgan's muzzle-loading not some drug that will reduce high squirrel gun was an instrument of blood pressure. precision compared to the best arti-

Physicians are not interested in a drug or other preparation that will reduce blood pressure for a few minutes, hours or days. What physicians want is a method of preventing the blood pressure from increasing because the present high blood pressure may be necessary for the safety of the patient.

Patients with a pressure slightly above normal usually feel well and it is only when the pressure gets so high that there is a possibility of a blood vessel breaking - paralytic stroke or coronary thrombosis-that treatment becomes necessary.

If no remedy, no medicine, is available, what can be done for patients with "dangerously" high blood pressure? In cases where the blood vessels supplying the heart muscle have lost some of their elastic tissues or are too tightly closed At 16, Thomas A. Morgan fetched (by nerves and muscle fibers), opup in the navy, was quickly eneration to loosen or relieve this grossed with the magic whirligig of tension is performed in some cases. a Sperry gyroscope and was there-The earlier this operation is per-His skill with the gyroscope

However, most of us are naturally interested in not allowing our presventor, Elmer A. Sperry, and his sure to get too far beyond normal spoons sugar and career as a maker of precision in- limits. For this reason, the advice given by Drs. E. V Allen and A. W. egg yolks, one at ways in inverse ratio to the stability Adson, Rochester. Minn., in Ana time. Combine and precision in the affairs of men. mals of Internal Medicine should be

"Rest and the reduction of nervous stresses and strains are advisable. Young persons who follow occupations that are strenuous from a nervous standpoint may well consider it advisable to change to an occupation that is more restful."

QUESTION BOX

Q .- Please describe the cause, appearance, symptoms and possible cure of tuberculosis of the skin.

A .- Cause of tuberculosis of skin -the tubercles infect skin through its dashboard, he and his company patches of small, soft "apple butcan be relied upon to figure it out ter" like lumps. Affects face and gan had but 10 months of schooling cure up to a few months ago, but behind him when he broke home a cure is now being tested.

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Bottle terrariums are almost as Broadcasts Here? tic crypto-grammer, However, when the medical health simple to make as the more usual officer of a municipality asks for an kind. Pour in some drainage maappropriation to cut terial, pebbles perhaps, and then

> Our 32-page booklet gives complete directions for making terrariums and dish gardens of all kinds—including landscaped, gardenia, orchid terrariums. Tells how to grow kitchen-window herb gardens. nd your order to:

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King "Tut" was an Egyptian | disk, espoused by his predecessor Pharaoh, known as Tutankhamun and father-in-law, was given up or Tutankhaten, who ascended the during his reign for a return to Egyptian throne about 1358 B. C. the old orthodox Egyptian wor-He ruled at Thebes, the old ship. He is believed to have died Egyptian capital and the site of about the age of 18. The curse of his tomb, after a schism between death laid upon anyone entering two religious factions forced him his tomb made him famous. Arout of the new capital at Akheta- cheologists opened the tomb in ten. Atenism, the cult of the sun's 1923, and again in 1926.



King 'Tut's' Curse Made Him Famous

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