

# Household News

by Lynn Chambers



LET'S MAKE A DATE FOR LUNCHEON  
(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 pre-luncheon 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 main dish by having a frozen or 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 or
- 2½ c. cooked fish
- 2½ c. fish liquor or light cream
- 2½ 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 ½ 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 table.

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 lacquered. Arrange pears, apples and grapes on dollies of autumn leaves and set on a mirror for the centerpiece, or have the fruit arranged during the opening of a squash. Dusky red or bright chrysanthemums look effective if arranged in a small vase. 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.

## WHO'S NEWS THIS WEEK

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

**NEW YORK.**—From somewhere deep in Sybil's Cave in Washington comes the whisper that the government has secretly called in Maj. Yardley again to assay foreign cryptograms.

There is something about the appearance of the blind and the crippled that brings a ready response from us all.

However, when the medical health officer of a municipality asks for an appropriation to cut down the ragweed 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 patient.

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 ragweed before the pollen ripens and is carried by the wind to these unfortunate victims, who are sensitive or allergic to ragweed.

Dr. H. B. Anderson, Toronto, in praising the Ontario government for its rigid enforcement of the Weed Control act, states that public spirited, intelligent, law-abiding citizens should not have to suffer on account of the carelessness or neglect of selfish neighbors who permit disease-producing weeds to flourish on their premises.

Thomas A. Morgan's muzzle-loading squirrel gun was an instrument of precision compared to the best article of economics and business at a time like this. It taught the future president of the Sperry corporation to draw a sharp bead on whatever he was shooting at and in Lincoln's phrase, never to "shoot at a louse on his own eyebrow."

So, today, his target is post-war solvency. With all the rush of defense orders and plant expansion there is each day something in the kitty for what may come hereafter. For the first half of this year, \$43,316 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 being done.

At 16, Thomas A. Morgan fetched up in the navy, was quickly engaged with the magic whirligig of a Sperry gyroscope and was there by steered into his manifest destiny.

His skill with the gyroscope brought him in touch with its inventor, Elmer A. Sperry, and his career as a maker of precision instruments—the need for which is always in inverse ratio to the stability and precision in the affairs of men.

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 its gyroscopes, caught up with it and rang up a sale. It was an epic of American salesmanship.

## Hay Fever May Open Door to Asthma, Etc.

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.

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## High Blood Pressure Calls for 'Slow Down'

ONE of the questions every physician is asked is why is there not some drug that will reduce high blood pressure.

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—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 (by nerves and muscle fibers), operation to loosen or relieve this tension is performed in some cases. The earlier this operation is performed, the better.

However, most of us are naturally interested in not allowing our pressure to get too far beyond normal limits. For this reason, the advice given by Drs. E. V. Allen and A. W. Adson, Rochester, Minn., in *Annals of Internal Medicine* should be helpful.

"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 any little cut or scratch. Lupus vulgaris—tuberculosis of skin—has patches of small, soft "apple butter" like lumps. Affects face and nose mostly. There was no known cure up to a few months ago, but a cure is now being tested.

## Beautiful Glass Garden From Old Jug or Bottle



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## King 'Tut's Curse Made Him Famous

King "Tut" was an Egyptian Pharaoh, known as Tutankhamun or Tutankhaten, who ascended the Egyptian throne about 1358 B. C. He ruled at Thebes, the old Egyptian capital and the site of two religious factions forced him out of the new capital at Akhetaten. Atenism, the cult of the sun's

disk, espoused by his predecessor and father-in-law, was given up during his reign for a return to the old orthodox Egyptian worship. He is believed to have died about the age of 18. The curse of death laid upon anyone entering his tomb made him famous. Archeologists opened the tomb in 1923, and again in 1926.

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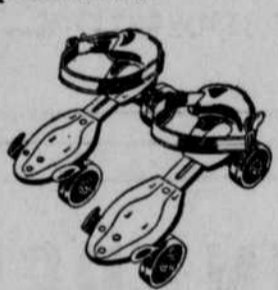
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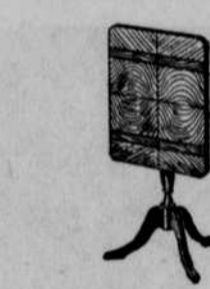
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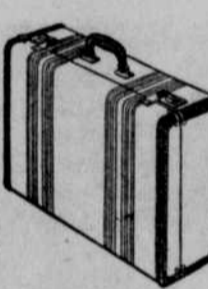
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