

Household News

by Lynn Chambers



Serve One-Dish Meals as Smart Budget-Stretchers (See Recipes Below)

Appetite Appeal Plus

Dents in the budget? Appetites wilted after the rich foods as a result of the double holidays? Well, you can smooth out those dents and at the same time perk up the jaded appetites by smart, simple, easy - to - manage one - dish meals. Here's a parade of palate-thrilling recipes with which you can sprint right along even with the slimmest of budgets.

To stretch that food dollar, you can use leftover meats and vegetables that are called for in these casseroles. Yes, and what's especially nice about them is that they're tops in vitamins and minerals because they're fortified with those perfect foods, milk and butter. As you're pouring out the milk from the bottle, remember it's just brimming and bursting with health-giving qualities.

Here's a meal-in-a-dish which has a luscious butter and bread crumb topping to recommend it:

*One-Dish-Meal.

- (Serves 6)
- 2 cups diced carrots (6 medium carrots)
 - 1 1/2 cups diced celery
 - 6 medium potatoes, pared and sliced
 - 3 tablespoons butter
 - 2 tablespoons flour
 - 2 cups milk
 - 1 cup meat stock or 1 bouillon cube in 1 cup hot water
 - 1 teaspoon salt
 - 3 to 6 tablespoons grated onion
 - 1 cup peas (canned or fresh)
 - 2 cups diced leftover meat
 - 1/2 cup sifted bread crumbs
 - 3 tablespoons melted butter
- Cook carrots, celery and potatoes separately in boiling salted water until tender. Melt butter, blend in flour, add milk and meat stock. Cook over direct heat, stirring constantly until sauce boils and thickens. Add salt. Combine sauce with remaining ingredients, except crumbs and melted butter, and turn into a buttered casserole or baking dish. Combine crumbs and melted butter, sprinkle over surface. Bake in a moderate (350 degrees) oven 35 to 40 minutes.

Cabbage, one of winter's best vegetables, is featured in this casserole of tuna or salmon:

Scalloped Tuna and Cabbage.

- (Serves 8)
- 2 cups boiling water
 - 2 quarts chopped cabbage
 - 2 cups rich milk
 - 1/4 pound American cheese
 - 1/4 cup flour
 - 1 teaspoon salt
 - 1 can tuna or salmon, flaked
 - 2 cups buttered bread crumbs
- Pour boiling water over cabbage. Heat to boiling, add 1 cup milk and cheese, cut in pieces. Cook over hot water until cheese is melted. Blend flour, salt and remaining milk and add to cabbage. Add tuna or

LYNN SAYS:

Can you name the one food that does most for your body's health, most cheaply? Milk, of course! Why? Because milk does all of the following:

1. Promotes growth and maintains the body's resistance to infection through vitamin A.
2. Stimulates appetites and keeps the nerves in top-notch condition through vitamin B1; promotes growth and keeps the skin healthy through vitamin B2(G).
3. Helps calcium and vitamin C to develop teeth and bones properly if fortified with vitamin D.
4. As an excellent source of phosphorus, it also works to keep the teeth and bones in class A.
5. Milk's proteins come to the fore in repairing worn-down tissues and muscles and boosting growth.

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WHO'S NEWS THIS WEEK

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

NEW YORK.—In his new novel, "Storm," nominated by some reviewers for the Pulitzer prize, George Stewart notes that man is an air animal and not a 24-hour alert in weather building, a land animal, as we have commonly supposed. We live at the bottom of an ocean of air but that doesn't make us a land animal, any more than a crab is a land animal because it lives at the bottom of a body of water.

Dramatizing a storm which gathered up north of Japan, and clocking it down this way, and recording the resulting inter-play of human nature and meteorology, Mr. Stewart's book is an incidental, perhaps not intended, reminder that the politicians have been far behind the meteorologists in grasping the full implications of man adding wings to his breathing apparatus.

Francis W. Reichelderfer, the lean, baldish, chief of the U. S. weather bureau, seems to have had something like that in mind for many years, and that's all to the good just now, as our fighters, on, under and above the sea have the best weather service in the world. It was in the aerological service of the navy that Commander Reichelderfer carried through his "air mass" analysis which revolutionized weather forecasting. Bringing meteorology into focus with modern communications, aviation and revised military science was a little heeded but supremely important assignment, and Commander Reichelderfer made good.

He isn't dealing bulletins the way he used to. The most authentic weather news now is low-down, deep from Sibyl's Cave of the Winds, slipped out quietly to the armed forces and a touchy job it is, with the seven seas to cover. The commander is putting on forced draught the full 24 hours in the old red brick weather building in Washington.

In 1918, the youth from Harlan, Ind., two years out of Northwestern university, newly commissioned ensign in the navy, was sent to Lisbon to dig weather reports for the wobbly crop-hoop of the NC-4 across the ocean. Thereafter, joining the aerological service, he was the weather consultant of polar fliers, gave Lindbergh the gun for his historic flight to Paris, cleared or held Dr. Eckener's blimps, served from 1922 to 1928 as head of the aerological service, and became head of the weather bureau on January 16, 1939.

IN ANOTHER, and possibly more enjoyable, century, Cadet Charles M. Wesson, known as "The Bull," was a famous line-bucker at West Point. For 34 years in the ordnance department of the army, he has been bucking congress, trying to break through the line for an appropriation touchdown, and almost always thrown for a loss. But now, as Major General Wesson, chief of ordnance since 1938, he finds his appropriation upped about 1,600 per cent to around \$5,000,000,000.

General Wesson, bulky, muscular and appropriately beetle-browed at 63, has been a glutton for punishment, trying to get goods and gear for the armed forces. But he stands up well under it, with no come-back other than an occasional wry wisecrack. Away back in 1920, he made an earnest plea for anti-aircraft guns, insisting that the bombing effectiveness of planes was increasing rapidly and we would be in a bad way if we didn't keep ahead of it. The general might just as well have asked for caviar and champagne for the daily army ration. It was pretty much that way for the next 20 years. And now, all at once the man who blew in Brewster's Millions is a skin-flint, compared to the general.

He was born in St. Louis, Mo., and was graduated from West Point in 1900.

In 1907, he joined the ordnance department, made good on his job as a hard-working and competent technician and passed quite a few miracles in keeping the U. S. arsenal at Watertown, Mass., kicking out fighting equipment during the World war, with or without congressional appropriations. As commandant of the Aberdeen proving grounds in Maryland, he spent much time explaining to congress why the army found it difficult to patch up old Springfield rifles, or get its shoes half-soled. In some manner or other he gets along with congress.

NATIONAL AFFAIRS

Reviewed by CARTER FIELD

Drastic Action Would Follow Failure of Labor To End Defense Strikes . . . Russian Success Helps British Cause in North Africa.
(Bell Syndicate—WNU Service.)

WASHINGTON.—The necessity for having no strikes in defense production, particularly so far as airplanes, explosives, etc. are concerned, is of tremendous importance now that Washington sincerely hopes this hurdle may be surmounted through patriotic co-operation on the part of labor union leaders.

Several moves have been made by labor which seem to point in this direction, and there is a disposition in congress, as a result to pause before rushing on to such drastic action as that envisioned in the bill introduced by Rep. Howard Smith of Virginia and rushed through the house by a big majority despite the well-known views of the administration to the contrary.

At the time the Smith bill was sent to the senate, which was some days prior to the Jap attack on Pearl Harbor, there was no probability of its enactment. As told in these dispatches at the time, the expectancy was that the bill would be amended drastically in the senate, and, unless the amendments were sweeping indeed the bill would be vetoed by the White House.

However, it was pointed out in those dispatches that the willingness of such a large majority in the house to vote such action, rather than any legislation which might soon result, was significant. This evidence of popular opinion—for the house more truly and accurately represents public opinion than any other branch of the government—spelled the certainty that eventually, unless labor mended its ways, such action would result.

Nation Now United

This picture is far more true today than it was then, for since that prediction was made the country has not only gone to war, but has been solidified and unified to an extent which one month ago was beyond the wildest hopes of the interventionists.

Casualty lists have a way of smothering tolerance of the other fellow's views, but one month ago there was no thought of such serious casualty lists at any time this year. Nor could there be any calculations based on the effect on this country of the "dastardly" attack by the Japanese.

Events of that attack, and off Malaya, including the sinking of the two Japanese warships as well as our own and the British, have driven home to this now united country the truth about air power, and the vulnerability of the strongest battle fleet without air supremacy.

With that lesson pounded home and clinched, there is going to be very little patience with any strikes from now on which curtail our airplane production, or for that matter any other national defense production. Labor is going to find the public insisting that work not be stopped because of any dispute over wages or hours, and particularly over whether this or that union has jurisdiction in a given factory.

Buy Defense Bonds—

Help African Drive Russian Successes

There are signs of relief here that the campaign in North Africa seems to be going as well as most of the experts had hoped. The underlying reason is that if it were not going so well there would be a storm of criticism because American production of planes and tanks had gotten under way so slowly.

It is admitted that only the unexpected success of the Russians in the last few weeks has saved the British in North Africa.

Had the Germans been able to dig in for the cold weather after their failure to crush the Russian armies and take Moscow and Sevastopol, they could have diverted such a tremendous flying force to North Africa that the British would have been stopped and even Egypt threatened.

Underlying all this is the failure of the United States to get big production of planes, tanks, etc. under way earlier. Had that been done the British would have had such ample material in North Africa that the mopping up of the German forces from Egypt to French held territory in North Africa would have been under way several weeks ago.

Obviously the British have had superiority, but not enough superiority to make the job a quick one. Everyone expected the Nazis to put up a better fight than did the Italians in the same territory last year, and they have. In fact they have done even better than the British anticipated. They would have been beaten more quickly if the British had been able to wait until more planes and more tanks were at their disposal.

But they could not wait. They had to follow a time table set not by the state of their supplies and armament, but by the weather. The Far Eastern situation may have had something to do with it, too.

PATTERNS SEWING CIRCLE



AN APRON which pleases for its efficiency as well as for its bright gay appearance, easily achieved with a few rows of ric rac, is presented here in a pattern which is no trouble at all to follow. The picture shows you how this apron extends in back—an all-covering skirt and straps



Or Feed It?
"John, I'm sure I heard a mouse squeak."
"Well, what do you want me to do? Get up and oil it!"

A collector is someone who buys things he doesn't need at prices he can't afford.

He's Different
"Your husband has a new suit."
"No, he hasn't."
"Well, something's different."
"Yes; it's a new husband."

What About It?
"I see that historians claim that women were using cosmetics during the Middle Ages."
"Well, women in the middle ages are still doing it."

STOMACH COMFORT
Relief at last from that gurgling, smothery feeling in the stomach. When caused by excess acid from food fermentation or nervous excitement try ADLIA Tablets. Contain Bismuth and Carbonates for QUICK relief. Your druggist has ADLIA Tablets.

ADLIA

Needed Solitude
Solitude is as needful to the imagination as society is wholesome for the character.—James Russell Lowell.

RANCHERS KNOW THEIR ROLLIN'!

SAYS *Jahm a. Norris, Jr.*

SHUCKS, WHO COULDN'T ROLL 'EM FAST AND EASY WITH PRINCE ALBERT! THAT CRIMP CUT SNUGS DOWN IN THE PAPER WITHOUT BLOWIN' ROUND OR MESSIN' UP. NO WONDER THERE'S SO MANY SMOKES IN A P.A. POCKET TIN—AND EVERY ONE FEATURES MILDNESS WITH GOOD TASTE—IN PIPES, TOO!

70 fine roll-your-own cigarettes in every handy pocket tin of Prince Albert

PRINCE ALBERT
THE NATIONAL JOY SMOKE

In recent laboratory "smoking bowl" tests, Prince Albert burned **86 DEGREES COOLER** than the average of the 30 other of the largest-selling brands tested—coolest of all!

Winnie Apparently Had Been So Reproved Herself

"Come upstairs and let me wash your hands," said the mother when she arrived with her little daughter for a tea at grandmother's.
"I don't want to go up," wailed Winnie, aged four.
"Let her wash them in the kitchen," called grandmother. "She can do it just as well."
"No," her mother said, firmly. "I want her to come up with me."
Winnie went upstairs slowly. Turning to her mother, she asked: "Why don't you obey your mother!"



Best for Juice

Science proves California orange juice has more vitamins C and A, and calcium, more health in every glass.

And you know it is extra rich from its deeper color and more delicious flavor!

California Navel oranges are seedless. Easy to peel, slice and section. Perfect for recipes, lunch boxes, and between-meals eating!

Those stamped "Sunkist" are the finest from 14,000 cooperating growers.

and Every use!

SEEDLESS

Sunkist California Navel Oranges

Copyright, 1942, California Fruit Growers Exchange

Alleviating Misfortune
One alleviation in misfortune is to endure and submit to necessity.

AND, JANE, REMEMBER, IF YOU BAKE AT HOME, THE ONLY YEAST WITH ALL THESE* VITAMINS IS FLEISCHMANN'S



*Per Cake: Vitamin A—3100 Units (Int.) Vitamin B1—150 Units (Int.) Vitamin B2—400 Units (Int.) Vitamin C—40-50 Units (Sh. Sour.) Vitamins B3, D and G are not appreciably lost in the oven; they go right into the bread.

Working to Forget
I do not value fortune. The love of labor is my sheet anchor. I work that I may forget, and forgetting, I am happy.—Stephen Girard.