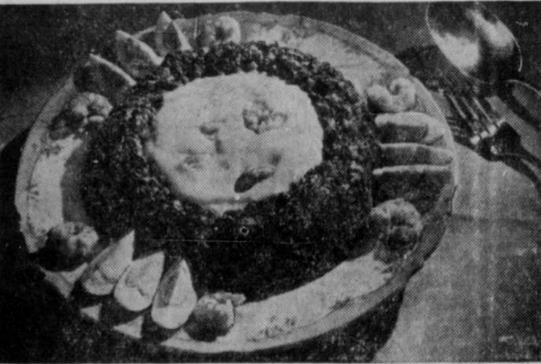


# Household News

by Lynn Chambers



Make a Delicious Spinach Ring With Leftovers  
(See Recipe Below)

## Conserving Food

As the quotation "Food will win the war and write the peace" gains prominence, homemakers all over the country are beginning to realize that they must do their part in making the most of the food at hand.

Your first step in conserving food will come when you plan your menus and shopping. If you are not in this habit, then start now to practice the true economy that comes only with this kind of planning. You will rarely have bits of leftovers that are difficult to fit into the menu if you provide a place for them.

Your second step in conserving food will come in proper storage. No matter how careful a shopper you are, if you do not provide the facilities that keep food from becoming decayed, wilted, or spoiled, you will not have done your part.

**Refrigerator Storage.** Milk, eggs, butter, cheese, meat, opened canned food, or leftover food, require the cold of a refrigerator to keep them in good condition.

Fresh fruits and vegetables also retain their freshness and moistness in the icebox. Place them, after they are washed and carefully dried on the racks or in their special compartments. Lettuce and other greens keep best when stored in damp cloth bags.

Protein foods such as eggs, cheese and meat need the controlled cold of the refrigerator to keep their protein from decomposing. Uncooked meat may be left uncovered or covered lightly with waxed paper. Cooked meat should be covered. Cheese may be wrapped in a waxed paper or cloth, and covered with a thin film of butter if you expect to keep it for a long time. Keep eggs away from strong foods to prevent their porous shells from absorbing odors.

Leftover food remains usable if kept in covered containers. Canned foods will be perfectly safe to use even if left in the cans in which they come. Canned fruits keep best in their own liquid or syrup, olives best in their own brine, and pickles will not become molded if left in the oil in which they come.

The problem of keeping an egg yolk or two after the white has been used is easily solved if you just leave the yolk in a half of a shell and cover it with the other half. Several egg yolks or several whites can be placed in a glass jar and kept well covered.

Take stock of your refrigerator frequently so no food remains there for too long a time. Even though you are careful about storage, do not expect food to retain its good condition indefinitely.

**Storing Cookies, Cakes, Bread.** Crisp cookies will retain the crispness if you place them in a loosely covered tin or box to permit the free

## This Week's Menu

- Hot Consomme  
\*Spinach Ring with Shrimp Sauce  
Grape, Peach, Banana Salad  
Whole Wheat Bread Butter  
Baked Apple Stuffed with Raisins  
Coffee Tea Milk

\*Recipe Given

circulation of air. Soft cookies remain moist if kept in a well-covered tin or jar with an apple or slice of lemon, orange, or grapefruit to provide additional moisture. Change the fruit every several days.

Tight containers which close out the air are recommended for keeping cakes at their best freshness. Cover them with waxed paper, too. A bread box scrupulously cleaned at least once or twice a week with soap and water, and dried thoroughly contributes in large measure to the freshness of bread.

**Keep in a Cool, Dry Place:** Coffee, spices, flour and crackers need dry, cool storage in tightly covered containers since they are affected by air. Use metal or glass containers for them. When crackers get soggy, crisp them in the oven for a few minutes and they will be as good as when you bought them.

Fats which are so valuable at present should be treated with the best of care so they do not become rancid. Store them in a glass jar or crock and place in a cool, dark storeroom.

**Storing in the Cellar.** You are extremely fortunate if you have a cellar for storing purposes. Now with home and defense gardening gaining in popularity, you may have vegetables to keep for later use. If the cellar tends to become warm, leave the windows open at night, closed during the day.

**Cook to Save Food Values.** Poor cooking may cause the biggest kind of waste in food. Perhaps you roast your meats at too high a temperature and cause them to shrink more than necessary. Be careful to watch temperatures and time in roasting or cooking meats. Meat, cheese, eggs and milk are all protein foods which should never be cooked too long or at too high temperature since this causes the protein fibers to become tough.

Measure water carefully when cooking vegetables so you do not have to throw any out and lose valuable minerals and vitamins into the kitchen drain. As soon as food is cooked serve it immediately as standing or overcooking causes loss in food value.

Cook with covers as much as possible except in the case of green vegetables which lose their coloring if covered. Starting the cooking of vegetables with boiling water will cut down cooking time.

Our recipe of the day is a good example of how you can combine several kinds of leftovers into one delicious main dish. The spinach may have been left over from yesterday's dinner, the shrimp from a luncheon you gave, and the bread crumbs rolled from stale bread.

**\*Spinach Ring With Shrimp Sauce.** (Serves 6 to 8)  
3 cups cooked spinach  
1 teaspoon grated onion  
1 tablespoon butter  
1 teaspoon salt  
1/4 teaspoon black pepper  
1/2 teaspoon paprika  
2 eggs  
3 cups cream sauce  
1/2 cup fine bread crumbs  
1 to 2 cups whole canned shrimp

Chop spinach fine and add grated onion which has been browned in butter. Season with salt, black pepper, paprika and add the well beaten yolks. Mix the spinach with 1/2 cups cream sauce and fold in well beaten whites. Place in a buttered ring mold and dust with bread crumbs. Place in a pan of hot water and bake in a moderate (350-degree) oven for 20 minutes. Loosen by pressing spinach from side of mold. Heat shrimp with remaining white sauce and serve in center of spinach ring.

If you would like expert advice on your cooking and household problems, write to Lynn Chambers, Western Newspaper Union, 210 South Desplaines St., Chicago, Ill. Please enclose a stamped, self-addressed envelope for your reply. (Released by Western Newspaper Union.)



## WHO'S NEWS THIS WEEK

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

NEW YORK.—Anthony J. Dimond, Alaska's delegate to congress since 1933, has a chance to say "You should have listened to me," and commendably refrains. He begged long and earnestly for air and army bases in Alaska, didn't get what he wanted, and now settles peacefully for that road linking Alaska, Canada and the U. S. A., work upon which has just been begun by U. S. army troops. Mr. Dimond did the best he could.

**Asked Alaskan Air Bases; Settles for Road Linking U. S.**

It was on March 28, 1938, that Mr. Dimond managed, by considerable effort to fudge a \$2,000,000 allowance for an Alaskan air base into the \$447,000,000 war department appropriation bill. Congress made mincemeat of the bill and Mr. Dimond's \$2,000,000 was an almost unnoticed casualty. He said that if a plane wandered up that way it couldn't find any place to roost over night and reminded congress that it might not be a good idea to leave matters of national defense to the budget bureau. The year before congress had killed a \$10,000,000 allowance for an army base in Alaska.

Mr. Dimond was a Palatine Bridge, N. Y., school teacher who shoved off to Alaska in the gold rush of 1904, and in Valdez, a settlement of about 300 persons, has been pretty much owner and operator of his little principality. For about eight years he was engaged in mining and prospecting, and in 1913 took up the practice of law. He was a mayor of Valdez and member of the Alaska Territorial senate from 1923 to 1931. In 1916, he married a Valdez girl and they have three children.

Mr. Dimond is a born joiner and mixer—an Elk, Eagle, Moose and what not. He is satisfied with his friendly wilderness and long has insisted that it is worth defending—aside from its importance as a stepping-stone to Canada and the U. S. A.

IT MIGHT have been better if we had sent Japan xylophones instead of scrap-iron. An eight-foot xylophone, made in Chicago, diverted Yoichi Hirakawa from his career as an economist and brought him to New York for the edification of a 7:45 a. m. radio audience, for nearly 12 years.

**Xylophone This Jap's Bridge to Our Way of Life**

The Pearl Harbor bombs blew him out of his job and now Mayor LaGuardia, his Kew Gardens neighbors, members of the New York Philharmonic Symphony orchestra and sundry others are urging NBC to restore his inspiring early morning tinkle to the program. It is more than that, however. He was the first man to arrange Bach, Handel, Hadyn and others of the great masters for the xylophone.

His friends now cite his aid to the U. S. O., the Red Cross, the Y. M. C. A., the New York Institute for the Education of the Blind and other Patriotic and welfare organizations. It is apparent that the petition in his behalf must fail. NBC officials think there are too many listeners who remember Pearl Harbor.

While studying economics at the University of Kelo, in Tokyo, he played the little two-foot mokkin, the Japanese version of the xylophone. He heard an American phonograph xylophone record and borrowed 50 from his sister for the eight-foot specially designed Chicago job, big enough for the classical romp of his dreams.

With such a lure at hand, it must have been hard for him to keep his mind on his work, but, in 1930, he was graduated in economics, with honors.

The western musical classics fascinated him. He walked out on the "dismal science," and persuaded his merchant father to buy him a boat ticket to New York. He landed with only his xylophone, and faced the necessity of hastily converting his talent into food and lodging.

His neighbors' petition cites him as "an American in loyalty and devotion, in thought and in deed." We once saw him work—a small, lithe man whose body seemed both fluid and precise as he swept the instrument board with bewildering swiftness or hovered over it with a gentle caress. A few shiploads of big Chicago xylophones might have turned many Japanese economists, or militarists—they are all one these days—into more cooperative world citizens. Also they might have awakened somebody at Pearl Harbor that fateful morning.

## NATIONAL AFFAIRS

Reviewed by CARTER FIELD

Predict European Conflict Will End in Fall, 1943 . . . Timing Kimmel and Short's Court Martial . . .

WASHINGTON.—How long the war will last is perhaps the most vital question to every man, woman and child in America, always assuming that we KNOW the answer to an obviously more vital question: "Who is going to win?"

Most of the answers to the first have been very discouraging. They run from three to ten years, everybody, from Roosevelt and Churchill down, assuming that we are going to be on the receiving end of attacks during most of the present year.

But two men in Washington, whose voices have been listened to with more and more respect as the war has developed, have a more cheerful view. Unfortunately the writer cannot name them. If he could, the words of either, alone, in this connection would make the front page of every newspaper from Eastport, Maine, to San Diego.

Both are predicting now that the war in Europe will end by the fall of 1943!

Both men know their Europe intimately. One is best known as a diplomat and the other as an economist, but both base their opinion as to how long the war will last on economic and morale factors. In a nutshell, neither thought any part of Europe can stand another winter of this war without cracking, and this includes Germany.

The economist was telling friends, last fall, that he thought Germany would crack in the fall of 1942. He changed his view after Japan's initial victories. He now thinks the hope given the Germans by Japan's successes against both the British and the United States will postpone the crackup—perhaps through one more winter. But the German people, he insists, will not be able to face winter on top of that.

**Depends on Nazi Offensive**

The diplomat is actually a little more optimistic than the economist. He is still talking about all Europe cracking in nine months, which brings us to the fall of 1942. He concedes, however, that it is possible, especially if the Nazis should make a successful offensive this summer and the Jap successes should continue in the Southwest Pacific, that the Germans might stand one more winter. But NEVER two, he insists.

Both men admit the war is just as hard if not harder on most of the other people in Europe as it is on the Germans. But the other peoples of Europe have very little to say about it. All this leaves out the British, but there is no question about what they will do, so far as continuing to fight is concerned.

The diplomat's version is that the Germans will crack THIS fall, and that the job of the United Nations then will be to concentrate on Japan, which, he figures would be just a question of time after the German menace is removed.

Both think Russia would be eager to remove the Japanese threat in the Far East once and for all, and that Stalin's air power, hitting the Japanese both in China and in their home islands, would make that phase of the war a mopping up operation.

All of which is presented because of the writer's high opinion of the judgment of the two men cited, plus the fact that it is a little more cheerful than the actual war news!

**Three Clashing Opinions Concerning Officers' Trials**

There are three violently clashing opinions about the timing of the courts martial of the army and navy commanders held responsible for the Pearl Harbor debacle.

The most generally held is that the trials of Maj. Gen. Walter C. Short and Rear Adm. Husband E. Kimmel should be postponed until after the war.

The second is that it would be cruel to the officers and their families to keep them under such a cloud—considering possibly that a court martial might hold them guiltless—for what may be a very long period.

The third is a combination of the motives actuating both the other groups, and would provide for a secret court martial, so that the defense would be able to present all sorts of testimony, or argument, which for strategic reasons should not be made public.

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## When Emerson Forgot

Longfellow and Emerson were friends for 50 years. When Longfellow died, Emerson went to his friend's funeral. Passing the casket, Emerson paused a moment—and in a pathetic manner exclaimed: "I have forgotten the man's name who lies there, but he was a great soul."

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