

Household News

by Lynn Chambers



Feast for Fall Days—Baked Beans
(See Recipes Below.)

Pulling Purse Strings

Today, let's talk about budgets. Food budgets in particular, because they will be a major item in your life the next few months as prices slowly edge upwards, as the days slip into fall and winter and the summer bargains in foods become fewer and you have to do more juggling with figures to give your family the right food, at the best possible prices.

If you are Mrs. Average America, you will be more nutrition conscious this year than last, too. This will be not only because nutrition news has sprinted into the limelight, but because the demands of wartime living upon energy have become so great that you will have to have right foods to do your most and your best.

But, how can budgeting help you to serve "right" meals, you ask. That's simple. Buy the right foods with your dollars and you can't help serving meals that are correctly balanced.

First, divide the food dollar into fifths. One-fifth, or 20 cents, should go for vegetables and fruits. Use the next fifth for milk and cheese. The third of the fifths goes for the basis of your important meals—meats, eggs and fish.

Another fifth will be set aside for breads and cereals, while the very last 20 cents is allowed for accessory items such as butter, fats, sugar, tea, coffee and spices.

General Guide.
The 20-cent rule is not a hard and fast rule. It is only a general guide because prices of the different groups of food vary from season to season, from section to section. Use your judgment in spending.

Perhaps you get milk from the milkman, vegetables from the peddler who comes to your back door three times a week, eggs from the farm, and meat from a favorite butcher. Or, you may get all your food from one place. There is no one way to shop. Pick out what the best way is from the facilities available, but be sure to investigate those facilities before you fall into one pattern.

Shopping Carefully.
Conservation's an important note in these times. And it's mighty important in this fascinating business of stocking up the pantry. If you plan meals for, say three days, or better still, a week in advance, you will not be trotting up to the store twice every day, or calling up your grocer whose time is at a premium and whose delivery facilities have been cut in the midst of cake baking to tell him you simply must have vanilla. Make out lists, and then shop . . . for everything you need at one time.

When the snap of autumn gets into the air, use pumpkin, squash and Concord grapes. When the drifts of snow pile lightly against your door or the weather gets at least uncomfortably cold, use root vegetables and those canned goods in the canning cupboard. In spring, strawberries, asparagus, and broilers should grace your menu. What I

Lynn Says:
The Score Card: Best of bargains are found in American cheddar cheese at the present time. Production for the first five months of this year was over 50 per cent greater than for that corresponding period last year.
Apples, absent from the markets and fruit stalls during the summer, in greater quantities, are coming into their own now. Apples and honey are food affiliates and will help you with sugar rationed.
Fall's bounty will also include squash, grapes, and pumpkins which add economy notes and flavorful touches to menus.

WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON
Consolidated Features.—WNU Release.

NEW YORK.—Lieut. Gen. Bernard Law Montgomery, as commander of Britain's Eighth army, is in supreme command of Allied forces in Egypt, con-

He's 'Cal Coolidge' of the British High Command
Field Marshal Rommel's second major bid for the valley of the Nile. While General Montgomery won the DSO in World War I, he is a newcomer to headlines or citations in this war, having been a divisional commander in Palestine.

He is known as a cautious, reticent officer, highly esteemed in Downing street, according to meager accounts available here, for his tact and skill in allaying political unrest in Palestine and in neutralizing among the Arabs the clamor for a Jewish army to fight with the Allies.

On November 18 of last year, there was an army shakeup in which General Montgomery succeeded Lieut. Col. Bernard C. Paget as chief of the Southeastern command. He is only 55 years old and at the time of this transfer British newspapers noted with satisfaction that the army was calling on its "younger men."

In the years between the big wars, he was busy with staff work, said to be one of the keenest students of traditional warfare, and became a divisional commander with the start of this war. He assumed command of the Eighth army August 18. He is slight of person and sharp-featured, rarely on record with a definite commitment and never has been known to go off the deep end or get out on a limb.

Born the son of the Rt. Rev. H. H. Montgomery, he entered the army in 1908, and fought through World War I as a battalion major.

AT THE Versailles Peace conference, a pretty Chinese girl, one of the secretaries of the Chinese delegation, made an earnest plea to the conference. She urged it not to award the Province of Shantung to Japan, insisting, almost tearfully, that this would open the way for Japanese aggression that would some day "destroy the peace of the world."

She was then the first and only Chinese woman to hold the degree doctor of laws, and is today Mme. Sourmay Tcheng Wei, wife of China's new ambassador to Washington, Dr. Wei Taming. Slender, smartly dressed, speaking several languages fluently and correctly, she takes rank with Mme. Chiang Kai-shek and other cultured and brilliant Chinese women who have first come to the attention of this country in the war years.

She might be considered a Chinese Mrs. Miniver, who could discuss bombs from first-hand knowledge at an embassy tea party. She not only has dodged them but has used them.

It was in the revolution that established the Chinese republic that this modish little lady was a bomb-toter. Her father was a high official of the Manchu government. She stepped across ancient lines of class and tradition to fight with the young Chinese, and her special assignment was transporting and distributing bombs. Thus aiding old China to blast its way into the modern world, she helped form the new government and then, realizing that she and China needed modern intellectual equipment, she went to Paris and took her law degree at the Sorbonne. This, she later explained, was due to her deep conviction that any enlightened person of today should be a citizen of the world as well as of her own country. She now says she considers herself a citizen of the world.

There might be an idea there—an elite of world citizenry, after the war, recruited by rigorous tests of humane intelligence, forming a nucleus of world co-operation, without recreance to any given sovereignty.

Again, like the Minivers, Mme. Wei and her husband saw their house bombed piecemeal, and dodged behind trees and rocks in the woods to avoid the machine gun bullets of the Japanese bombers. Her embassy teatime talk about war and peace, if and when given, will not merely be academic. Her husband, who studied law at the University of Paris, and who is a former mayor of Nanking, comes to Washington from Vichy, where he was sent, as ambassador, last year. Mme. Wei speaks English with a slight French accent, having studied it in Paris.

NATIONAL AFFAIRS

Reviewed by CARTER FIELD

A Circular Letter Stirs Washington . . . Freedom of the Press . . . Reason for Japs Pending Attack on Russian Siberia . . .
Bell Syndicate—WNU Features.

WASHINGTON.—Washington, official and unofficial, has been hot and bothered for weeks over a circular letter sent out by an agency here which has been supplying a sort of "low down" on Washington to bankers, business men and others throughout the country for a number of years.

This writer first heard about the letter in New York, where it was learned that a number of clients for this service were so indignant that such an attack should be made on the government that they had notified the agency to discontinue its service to them at the expiration of the present subscriptions.

This was a big surprise to the writer, because, like most active newspaper men and observers generally in Washington, he had admired this particular service for a good many years.

So on returning to Washington one of the first mandatory jobs was to hunt up the letter which had caused so much furor and read it.

There followed conversations with officials and unofficial observers, newspaper and magazine men familiar with various parts of the picture. The net result is that the writer believes the criticism of the letter was not well taken, that the letter OUGHT to have said what it did, and that the facts were not even exaggerated.

Matter of Public Record
The point of this discussion revolves around freedom of the press. It is true that this circular letter does not pose as being part of the "Press." It is not a matter of public record.

In general it pointed to certain grave weak spots in the government's war organization. It criticized President Roosevelt, mostly for his good humor and patience with squabbles among his subordinates and with plain downright inefficiency when he liked personally the men and women involved.

It went on to insist that not only a shakeup was necessary, but that certain individuals, some of them of cabinet rank, should be thrown out.

It did NOT advocate the supplanting of Nelson, saying that he was probably the best man for the job likely to be found, but it warned that if something were not done Nelson might be thrown out eventually and that thereupon the army would take over.

Such things SHOULD be printed if the writers believe them, regardless of whether they are right or wrong.

Nothing in the letter could possibly be news to the enemy.

Selfishness Prompts Japs' Action in China Zone

If that all-out attack by the Japanese on Siberia about which we have been hearing so much is really ordered it will be the first time in this war that the Japanese army moved in force. This sounds strange when we remember Malaya, Singapore, Burma, the Dutch East Indies, and China, but comparatively it is true.

The best estimates in official hands here as to the disposition of the Japanese army do not total quite a million men in all the war theaters named. In fact even including China the strength of the Japanese army in those regions probably is not more than 750,000 men.

It is well known here that the Japanese army numbered at least 3,000,000 men. Some experts put it higher. Subtracting the full million, which is the highest estimate of Japanese troops so far employed, this leaves 2,000,000 available for something else.

Nearly everyone, in and out of authority, and regardless of which of the United Nations he serves, believes that the big effort will be in Siberia. Japan has long coveted the northern half of Saghalien island, owned by Russia, and also the maritime provinces of Siberia. Some think she would like to extend her sway from 500 to 1,000 miles inland.

Actually, with the conquests already made, that would give her all of eastern Asia, from the North pole down to the Indian ocean, and right up to the boundary of India. Also she has the rich Dutch islands, which she would very much like to hold forever.

But she knows that she cannot hold them unless Germany wins the war. If Germany should crack, whether in the near future or after several more years of fighting, the Japanese war lords know perfectly well it would just be a matter of time until the United Nations forced her to disgorge everything she has so easily conquered in this war—and perhaps even some that she had before, for instance Korea.

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BARBARA ANN THORNDIKE of Silvermine, Conn., only thirteen, is already a full-fledged designer specializing in school and sports clothes for girls her own age. Barbara says: "My favorite breakfast is the 'Self-Starters Breakfast'. It tastes marvelous, but Mom says it's mighty good for me, too."

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SPAGHETTI?



What's Happened To Yours, Mussolini?

GONE to feed Nazi soldiers? Something's wrong with that picture, Mussolini. Maybe you did start out with ideals, but you got into bad company.

We have spaghetti in America—plenty of it. We send some abroad to the United Nations. We also send great quantities of tomato juice, fruits, vegetables, meats . . . and still have enough left for the home front.

Yes, it's a job. We've never tried to feed half the world before and some equipment is lacking. Our food-canning industry is taxed to the limit. But we have the finest women in the world, Mussolini; they're fighting this war with kettles and spoons, pressure cookers and home-canning jars . . . preserving food at home, each for her own family. You see, it not only means a low food cost and a balanced diet—it means that commercially-canned foods can be loaded on hundreds of "food ships" for our fighting sons and brothers.

That's typical of America, Mussolini—this nation of weaklings. Come over and learn a lesson.

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