

HOUSEHOLD MEMOS... by Lynn Chambers



Tea for You, With Delicious Cranberry Pastries!
(See Recipes Below)

... And Cookies, Too!

You may not serve tea, and you may not even have coffee, but you still like that pause in the afternoon with a few good friends, to mull over the happenings of the day, to get philosophical over the events that touch all of us. But have that pause whenever possible, even if you have just fruit juice and a few cookies or cakes. It's as important as the bigger things you do.

Have a hot or cold drink as the climate dictates, flavor them with honey if the sugar supply is low. Some supplies of tea are still obtainable for the hot or iced beverage, if you use the coffee ration at breakfast.

Chocolate and cocoa are obtainable now and then and make excellent hot beverages. Made with milk, they're nourishing, too. And if you make them with canned milk they're delightful. Somehow, the canned milks have an affinity with chocolate beverages.

Fruit juices have been a summer standby, but you should discover their winter uses, too! Hot lemonade is delightful as are combinations of lemon, orange, grapefruit and pineapple juice.

Those of you who like spending cool afternoons in front of the open fire will enjoy a small glass of a cool drink with a few tasty cookies. For this purpose, try mixing equal quantities of cranberry and orange juice or apricot and pineapple juice served in pretty glasses with cookies.

Small cakes and cookies are an attractive accompaniment with refreshing drinks. Our first one today is a sugar-saver, butter-saver, quickly and easily made:

Cranberry Fingers. (Makes 24 fingers)

- 1/4 cup butter or substitute
- 2 cups sifted all-purpose flour
- 3 tablespoons sugar
- 1 egg
- Milk
- 1 1-pound can jellied cranberry sauce
- Grated rind of 1/2 orange

Work shortening and sugar into flour, and mix to a light dough with beaten egg and milk, using only enough milk to moisten. The mixture should be dry rather than wet. Divide into two portions. Roll one portion to an eighth of an inch thickness, place on a greased cookie sheet, and spread with crushed cranberry juice. Sprinkle with grated orange rind. Wet edges and cover with remaining dough, rolled to fit, pressing edges firmly together. Brush with milk, sprinkle with sugar and bake in a moderately hot (375-degree) oven about 30 minutes. When cool, cut into finger strip size for serving.

Oranges enter the picture again, this time combined with maple syr-

- ### This Week's Menu
- Pork Kidneys with Scrambled Eggs
 - Mashed Potatoes Diced Beets
 - Lettuce with French Dressing
 - Whole Wheat Muffins
 - Apple-Cheese Crisp Beverage

up to make a drop cookie:

- ### Orange Drop Cookies. (Makes 60 cookies)
- 2 tablespoons grated orange rind
 - 1/2 cup butter or substitute
 - 1 cup maple syrup
 - 2 eggs, beaten
 - 2 cups sifted flour
 - 3 teaspoons baking powder
 - 1/2 teaspoon salt

Cream together orange rind, shortening, maple syrup. Add beaten eggs, then flour sifted together with baking powder and salt. Drop the batter by spoonfuls onto a greased baking sheet and bake in a moderately hot (375-400-degree) oven and bake about 10 minutes or until lightly browned.

Molasses 'n apple butter were favorite ingredients of cookies in grandmother's time, and now they come in for a grand encore:

- ### Old-Fashioned Molasses Cookies.
- 3/4 cups sifted all-purpose flour
 - 2 teaspoons baking soda
 - 1/2 teaspoon salt
 - 1 teaspoon ginger
 - 1/2 cup butter or substitute
 - 1/2 cup sugar
 - 1 egg
 - 1/4 cup apple butter
 - 1 cup molasses

Sift together dry ingredients. Cream together butter and sugar, add egg and beat together until light and fluffy. Add apple butter and molasses and blend together thoroughly, then mix in sifted dry ingredients. Chill for 2 hours or more. Roll as thinly as possible and cut into large cookies. Place on a lightly greased cookie sheet and bake in a moderate (375-degree) oven for 10 minutes. These cookies are crisp when baked, get soft if stored in tin for a day or so.

Honey and sour cream are an unbeatable combination in a cupcake, and here they are lined up with spices for an extra deliciousness:

Honey Spice Cupcakes.

- 1/2 cup butter or substitute
- 1 cup brown sugar
- 1 cup honey
- 3 egg yolks
- 2 cups flour
- 1/2 teaspoon salt
- 2 teaspoons ground cloves
- 2 teaspoons allspice
- 2 teaspoons cinnamon
- 1 teaspoon soda
- 1 cup thick, sour cream
- 3 egg whites

Cream butter, add sugar and honey, creaming well. Add egg yolks, one at a time and beat well. Sift dry ingredients and add alternately with sour cream, beating after each addition. Fold in stiffly beaten whites of eggs. Bake in greased muffin tins in a moderate oven (350 degrees) 30 minutes or in two greased cake tins.

Your icing for the cupcakes should be a halo of white swirls of honey icing which will not crack—and can be whipped up in a hurry:

Royal Honey Icing.

- 1 egg white, stiffly beaten
 - 1/2 cup honey
 - 1/2 teaspoon vanilla
- To the stiffly beaten egg white, add honey slowly, beating continually until icing will stand in peaks. Fold in flavoring.

What problems or recipes are most on your mind these winter days? Write to Lynn Chambers for expert advice on your particular problem, at Western Newspaper Union, 210 South Desplaines Street, Chicago, Ill. Please be sure to enclose a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

TO YOUR Good Health

by DR. JAMES W. BARTON
Released by Western Newspaper Union.

ARTHRITIS, RHEUMATISM

When it was first found that infected teeth and tonsils caused rheumatism or arthritis (inflammation of a joint), many physicians felt that all cases could thus be cured. There were so many cases in which the removal of the infection did not relieve the signs and symptoms of arthritis that some physicians began to doubt that infection was the cause or a cause.

It is interesting to read in all the articles by research workers in arthritis that injury, diet, cold and exposure, sluggishness of liver and bowel and other conditions are given as causes. There may be a few physicians who do not mention infection of teeth and tonsils as a cause but the great majority still include infection of teeth and tonsils, but do not emphasize this infection as much as formerly. Among the causes as mentioned above are cold and dampness, injury, diet and surgical removal of infection—teeth, tonsils, gall bladder.

Some months ago Dr. Frank H. Krusen, Rochester, Minn., in the Journal of the American Medical Association pointed out that there are three groups of physical measures which can be used, after the cause has been removed insofar as this is possible. These three are: thermal (heat and cold); massage, manipulation and resting the joint by splinting, and exercise, postural training (teaching the patient to sit and stand properly), and rest. Whether these methods are used at home, or in hospital, they should be continued for some time after signs and symptoms have apparently disappeared. Thus those who have been treated in hospital should continue to have these treatments when they arrive home.

In regard to heat or thermal treatment, any kind of heat applied in various ways—heat lamps, bakers, hot tub baths, or placing affected part alternately in hot and cold water.

As to massage, a member of the patient's family should be instructed in the simple methods of massage. Heat, then massage, then heat again is usual method of using massage treatment. Heat and massage prevent permanent stiffness.

Various Causes of High Blood Pressure

In former days before the invention of the machine to measure blood pressure, the physician placed his fingers on the blood vessels in wrist or elsewhere and if they were hard (like a pipestem) the blood pressure was said to be high and a stroke of apoplexy might be expected; if soft, the patient was not likely to have a stroke.

Although a hardened vessel means that more pressure is needed to push the blood through it and the pressure will increase as the vessel becomes harder, nevertheless it is now known that hardened blood vessels (where elastic tissue in wall of blood vessel has been replaced by hard tissue) is not the only cause of high blood pressure. There are other causes for high blood pressure, one of which causes the elastic tissue in the blood vessel to contract or tighten and the blood needs increased pressure to pass through these vessels made smaller by having their elastic walls tightened.

What causes the muscles everywhere to tighten or contract? Excitement, anxiety, fear, overwork, will cause tenseness and tightening of nerves and muscles. And just as the large muscles of the body become tensed by the emotions, so do the tiny muscles of the blood vessels (though not under control of the will) become tightened, thus raising the blood pressure.

It can thus be seen that when your blood pressure has been tested and found to be above normal, the high blood pressure may be due to some organic disease or change in the walls of the vessels caused by infections.

On the other hand, the high blood pressure may be due to the emotions causing a tightening of the blood vessels making them smaller and so making increased pressure necessary.

If the high pressure is due to damage to the walls of the vessel—organic disease—treatment is rest and guarding against further infections by regular visits to your physician and dentist.

QUESTION BOX

Q. Would a doctor tell a patient he did not have syphilis if he did have it? My physician told me my test showed no syphilis was present, but I am doubtful and would like to set my mind at ease.

A. If the physician told you that you did not have syphilis you should stop worrying. If syphilis were present he would see that you were under treatment at once. However, you can go to your nearest hospital clinic and get another blood test.

Discarded Silk Stockings Help Keep U. S. Guns Booming

American ingenuity has scored another triumph. Millions of pairs of discarded silk hosiery, hitherto useless for textile reclamation, are now serving an important war purpose—powder bags. Woven from reclaimed silk, powder bags are used to hold explosive matter to generate the power to discharge shells from major caliber guns. Silk burns completely and leaves no embers, hence eliminating the necessity of cleaning the barrel during action.

In the first month of the collection campaign American women turned in 2,500,000 pairs of discarded silk stockings.



Silk stockings which can no longer be worn are being collected in stores throughout the country as shown in picture above, for conversion into powder bags. Many women's clubs, too, are engaged in this important work.

Right: Removing the cotton parts from discarded silk stockings before processing into powder bags. Here Mrs. Mary Gladu cuts and sorts material.

Any stockings made entirely of silk or containing mixtures of silk are useful for conversion into powder bags. They should be washed before they are turned in for reclamation.

Left: Sewing primer caps for powder bags from cloth made of discarded silk stockings. Fifteen pairs of old stockings provide sufficient cloth for an average size powder bag.



Old stockings, after having cotton parts removed, are fed into a picking tender which shreds the material. Here Daphis Duchaine, age 67 and with four sons in the service, feeds the machine.



It takes husky men to lift the heavy powder bags into the big guns. Hold your ears! Here go those silk stockings!



Layers of silk cloth are cut to specifications with a power knife.

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Rays of Friendship

True friendship cannot be among many. For since our faculties are of a finite energy, 'tis impossible our love can be very intense when divided among many. No, the rays must be contracted to make them burn.—John Norris.

COLDS' MISERIES PENETRO

For colds, coughs, nasal congestion, muscle aches get Penetro—modern medication in a mutton suet base. 25¢, double supply 50¢.

Wise in Silence

Blessed is the man who, having nothing to say, abstains from giving in words evidence of the fact.—George Eliot.

Pull the Trigger on Constipation, with Ease for Stomach, too

When constipation brings on discomfort after meals, stomach upset, bloating, dizzy spells, gas, coated tongue, and bad breath, your stomach is probably "crying the blues" because your bowels don't move. It calls for Laxative-Senna to pull the trigger on those lazy bowels, combined with Syrup Pepsin for perfect ease to your stomach in taking. For years, many Doctors have given pepsin preparations in their prescriptions to make medicine more agreeable to a touchy stomach. So be sure your laxative contains Syrup Pepsin. Insist on Dr. Caldwell's Laxative-Senna combined with Syrup Pepsin. See how wonderfully the Laxative-Senna wakes up lazy nerves and muscles in your intestines to bring welcome relief from constipation. And the good old Syrup Pepsin makes this laxative so comfortable and easy on your stomach. Even finicky children love the taste of this pleasant family laxative. Take Dr. Caldwell's Laxative-Senna combined with Syrup Pepsin, as directed on label or as your doctor advises, and feel world's better. Get genuine Dr. Caldwell's.

Faithless

Fair weather faith is no faith at all.

ASK ME ANOTHER? A General Quiz

The Questions

1. When did congress fix the number of stripes in our flag at 13?
2. What name is given to the green coloring matter of plants?
3. How many states were there in the Confederacy?
4. What state is known as the "Mother of Presidents"?
5. What is the only New England state having no coastal area?
6. For every American and Briton who can read and write Japanese, how many Japanese can read and write English?

The Answers

1. The year 1818.
2. Chlorophyll.
3. Eleven.
4. Virginia.
5. Vermont.
6. At least 10,000 Japanese.

Lengthy Train

Longest train on record was worn by Catherine the Great of Russia, at her coronation. It was 225 feet long and required 50 attendants to carry it.

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