

HOUSEHOLD MEMOS by Lynn Chambers

Sugar Substitutes Come Into Limelight After the Holidays



Pears and other fruit may be stewed or baked with very little additional sugar because the fruit is so sweet in itself.

Sugar-Shy Sweets

Have the holidays exhausted your supply of sugar and sweets? Today's collection of recipes is especially planned for the low sugar budget.

Try packaged mixes, dried fruits, candied fruits, and the sugar substitutes if the sugar canister is getting empty.

Substitute as many of the fresh fruits for dessert as possible, and if they are baked, sweeten with maple or corn syrup.

Marble Molasses Cake. 1/2 cup butter or substitute, 1/2 cup sugar, 2 eggs beaten, 2 cups sifted cake flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1/2 cup milk, 2 teaspoons allspice, 3 tablespoons molasses.

Have all ingredients at room temperature. Measure out flour, sugar, salt and butter in bowl. Beat for 2 minutes. Add eggs and milk and beat for another two minutes.

Angel Cake. 1 1/2 cups light corn syrup, 5 egg whites, 5 egg yolks, 1 teaspoon vanilla, 1 teaspoon baking powder, 1 cup sifted flour, 1 tablespoon lemon juice, 1/2 teaspoon salt.

Boil syrup until it forms a soft ball when tested in cold water. Beat egg whites stiff but not dry.

Orange Fig Whip. 1 cup evaporated milk, 1 cup broken fig-filled cookies, 1 cup orange sections, 1/2 cup broken nuts.

Pecan Crispiers. 1 cup shortening, 1 1/2 cups sifted flour, 1/2 cup confectioners' sugar, 2 teaspoons vanilla, 2 cups pecans, chopped.

Combine all ingredients in top of double boiler. Beat with a rotary beater until thick enough to stand in peaks. Spread on cake.

Lynn Says:

Sugar-Savers: When stewing fresh or dried fruits or making fruit sauces, add sugar or syrup just a few minutes before cooking is finished.

Dried fruits are rich in sweetening and may be made into fruit whips without any sugar.

Since powdered sugar is more readily obtained than the granulated type, use it in icings.

A delightful spicy pudding can easily be made from sugar substitutes, and these are guaranteed to satisfy the family.

Ginger Pudding. (Serves 6) 1 cup hot coffee, 2 tablespoons shortening, 1 cup molasses, 1 well-beaten egg, 1/2 cup sugar, 2 cups flour, 1/2 teaspoon salt, 1 teaspoon baking powder, 1 teaspoon soda, 1/2 teaspoon cinnamon, 1/2 teaspoon each cloves, nutmeg, ginger.

Pour coffee over shortening and stir until melted. Add molasses and mix thoroughly.

Orange Topping. 1/2 cup sugar, 2 tablespoons grated orange rind, 2 tablespoons orange juice.

Mix all ingredients and sprinkle on top of pudding. Return to oven which has had heat turned off, for about 10 minutes.



Use an unbaked crumb filling for pie to save fat. Filling can be made of prepared pudding mixes to save sugar.

Whip milk and fold in cookies. Add orange sections and nut meats then chill thoroughly. Pile lightly into sherbet glasses and serve.

Cream shortening, add sugar and vanilla. Add pecans and flour. Make rolls about 2 1/2 inches long and 1/2 inch wide.

Get the most from your meat! Get your meat roasting chart from Miss Lynn Chambers by writing to her care of Western Newspaper Union, 210 South Des Plaines Street, Chicago 6, Ill.

'Adamless Eden' Is This Hotel for Federal Workers

Washington's "Girls' Town" is an "Adamless Eden," a city within a city!

This manless community is a gigantic housing project for girls, sprawled over 109 acres in the very shadow of the mammoth Pentagon building in the nation's capital.

Arlington Farms is a project of the Public Buildings administration of the Federal Works agency, and though only opened in March, 1943, today has more than 11,000 "citizens," including 4,000 WAVES.

Scattered about the 109-acre "campus" of Girls' Town are numerous "refreshment tables," where the young women can eat ice cream and chat.

Has Own Mayor. "Court of Appeal" is Mr. Bissell himself, who is contacted daily by the council for official opinion.

Girls' Town can truthfully claim to be a complete civic entity. Its ten huge dormitories, named after states, each elect one member to the "city council," which in turn elects one of its members as "mayor."

Food at Arlington Farms is an important item, and is carefully supervised by Mr. Bissell and his "governing body." In a cafeteria seat-



A peek into a "de luxe suite." Phyllis Nord, Buhl, Minn., is powdering her nose before going on a shopping tour, while Rosalie Bell tunes in a swing band.

What to Do by Phyllis Belmont

Question: I have some rare old dessert spoons but never see these used in other homes. How may I use mine correctly?

Answer: By all means use your dessert spoons. They may be used for cereals at breakfast, for soup at luncheon, except when you use bouillon cups, when you must use bouillon spoons.

Use your dessert spoons for various desserts such as chocolate pudding, rice pudding or tapioca, but not for ice cream.

Above all don't let the spoons lie idle. Fine silver is a heritage to be proud of, and should be used constantly to retain its rare beauty.



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ing 2,000 a girl can eat three wholesome, nutritious meals a day for only one dollar!

Further, food preparation and servings are along modern, sanitary lines. Paper eating and drinking utensils, for example, are almost exclusively used in the many snack bars that dot the expansive community, as well as in the huge cafeteria.

Has Civic Center. Girls' Town has its own civic center, built around the administration building, or "city hall," as the girls prefer to call it.

There are six laundry rooms and a drug store in each of the ten dormitories. Navy chaplains preside at the only church, an inter-denominational one.

The "City" is especially proud of its modern infirmary, with 60 beds and complete medical and nursing facilities. Except for major illnesses, the "hospital" staff can care for almost any contingency.

Believe it or not, there is even a "college" in this no-man's land, and regular college credits are awarded to girls passing the night-school courses.

As for sports, Girls' Town has just about everything. There are bowling alleys, tennis courts, miniature golf courses, two basketball courts, soft ball diamonds, and grounds for badminton, shuffleboard, quoits and similar games.

ICE AND COAL

Hans Johnson was a businessman—He dealt in ice and coal. It seemed that when the snow began, He started then to roll.

Had neither stopped nor sat. But when with coming of the spring—With weather warm and nice—His business dropped like anything—He took to hauling ice.

He climbed each step and stair. Said Hans, "In winter I haul coal. To keep the people warm—To do that is my aim and goal. In time of snow and storm. But when the summer days appear, I switch I'm no longer here. I switch to ice that's cold and clear. And thus I keep things cool. So be the weather cold or hot. Coming or going by... I get 'em... to my profit... What a businessman am I!"

Minute Make-Ups by Gabrielle



It takes an extra minute to do a pretty powder job—but girls, it's worth that minute! Pat on your powder from the base of the throat upward. Soft, gentle but firm pats. A powder brush will give a smooth finish.

League, and owners of small stations. Since July 1, 1943, RID has put almost 400 unlicensed radio stations out of commission.

"GAY GADGETS" Associated Newspapers—WNU Features

By NANCY PEPPER

THREE CHEERS FOR THE BOYS

We're happy to report that the soda fountain crowd is doing its bit toward entertaining the boys both here and abroad.

Join the TAGS—You know what "stags" are, and you know what "tags" are, but how about TAGS? The letters stand for Teen-Age Group and the idea is to have a special weekly party for servicemen under 20 years of age at the local USO with the Teen-Age Group acting as hostesses and dancing partners.

News From Home—Lots of high schools are printing special newspapers for the boys who have left school to join the armed forces. Usually the editorial staff of the regular school paper handles the job.

Get In The Scrap—And you can, too, by making scrap books for the servicemen in hospitals, the way lots of teen-age girls are doing.

HEADS AND TAILS If you're planning to make some novel lapel gads, consider these new ideas in animals and birds with long tails.

Our Feathered Friends—Cut pieces of felt or fabric in the shape of a parrot. Stuff well and sew neatly together.

Fur Fun—Fur tails make wonderful trimmings for lapel animals, especially little dogs of leather or oilcloth scraps.

BOY CRAZIES We're always talking about girls' fad-fashions. How's for giving with the eye on boys' drapes?

Coming or Going—What copy cats those boys are! Just because the girls wear their cardigan sweaters buttoned down the backs, the boys are wearing their loafer or football jackets backside-front.

Hot Feet—We're referring to the socks the boys are wearing. Wow, what colors! And, it's considered extra sharp to wear two different socks, one brighter than the other.

BAG WITH A SAG A teen-age girl has strange ideas on fashions smooth and sporty. Her dresses may be size 14. Her sweaters are size 40!

Son of a Borrower Pays Up Old Debt HOLYOKE, MASS. — Thirty-three years ago Joseph Skinner loaned a mill hand \$100 to pay his son's college expenses.

Corduroy and Velveteen Make Cunning Frocks for Little Girls

By CHERIE NICHOLAS



Another type of dress that should be in every little girl's wardrobe is the jumper. Youngsters love to wear their pretty jumper frocks of bright cordurella, and mothers like this fabric because it can be easily washed over and over again, coming out as smart-looking as ever.

CHILDREN play a delightful role in the fashion picture. They are dressed so cunningly these days it would seem as if they had stepped right out from the colorfully illustrated pages of a story book.

It is interesting to note the materials these designers favor most in fitting out little folks with pretty and practical clothes.

A cotton oxford cloth jumper dress is shown to the right. It is gaily trimmed in narrow bright embroidered banding which outlines the bib effect and gives an extra flipp to the graceful simulated pinafore that is sewed in as a part of the dress.

The young fry just love the new checked taffeta that is being made up into sprightly little dresses. They also like the gay plaid taffetas, for the rustle of taffeta is music to the ears of a little girl who likes to feel dressed up.

Whimsies for Tots Made of Bright Felt Of course you can buy these little whimsies in way of bonnets and boleros and cunning suspenders and bags done in the quaint Tyrolean way that make little children look like fairy-tale characters, but it's fun making them, too.

Material needed for these picturesque items are a remnant or so of felt in the basic colors, red, brown, green, navy or French blue. Felt by the yard can usually be found in any upholstery department.

You will also need a skein or so of wool yarn to finish off the edges of the little garments with crochet or buttonholing.

Jumper Dresses Now Made in Larger Sizes For a long time the jumper dress worn with different blouses was regarded as a fashion for the slim and youthful figure.

Knitted Dresses Are Figure-Flattering Slim, figure-flattering and new-looking are the knitted daytime dresses which every woman should have who wants the comfort and satisfaction of looking her best during the active hours of the day.

Blouses for Variation Alternate wearing a spangled, raspberry-tinted jersey blouse with a gold mesh jerkin that shines like chain mail, for two separate evening costumes.

Bustle-Back Drape The rustle of taffeta is in the air. This sprightly rayon taffeta that is making such a splurge in the fabric realm is as fashionable in plaids and stripes as can be, and it is just as smart in plain colors.

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Necessity, Mother of Invention, Works Overtime to Combat Shortages

By ELIZABETH MacRAE BOYKIN There is always news these days about the old subject of making something out of nothing.

The most recent make-over wrinkle we've heard about came from a woman who made herself a pair of charming—and useful—dining room cabinets out of a pair of old what-nots.

That bedroom furniture with cane insets—remember?—is also sort of difficult to fit into a contemporary scene. But a bed with cane head and footboard easily can be made into one with upholstered panels and then you have something really smart.

Heroes of Bataan Fight Will Get Special Ribbon

LEYTE, PHILIPPINES. — The Philippine government announced it would issue two sets of service ribbons to the defenders of Corregidor and Bataan, and to the military personnel who fought for liberation of the islands.

The ribbons for the heroes of Corregidor and Bataan will have a red background with two small vertical blue stripes at each end and three white stars in the center.

'Ham' Operators Track Down Illegal Radio Stations, Locate Missing Planes, Uncover Enemy Spy Rings Radio amateurs are helping Uncle Sam police the air waves—have been since the war started—

TELEFACT TOBACCO PRODUCTION GOING UP

1943 1,399 MILLION LBS. 1944 1,616 MILLION LBS.

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