

The Greater Omaha Guide's HOME-MAKER'S CORNER

HOUSEHOLD MEMOS... by Lynn Chambers



Sandwich Inspiration for Lunches (See Recipes Below)

Summer Planning

The sun's in its heaven and there's work in the garden that needs doing. Or, perhaps it's the wash-ready to come down from the line that needs folding and sprinkling. Vines hang heavy with berries crying to be made into jams and jellies. In the midst of all this hum of activity, it's lunch-time.

I know you hardly want to take the time to stop to make it, but the family will be indoors shortly. Something quick and easy to fix, and yet palatable enough to keep them sustained until dinner? That's the order and here's the way to carry it out:

1. Puree vegetables left over from dinner the evening before and store them in the refrigerator. All you need to do is make up a thin cream sauce quickly and add vegetables to it; reheat and serve.

2. Keep a stock of sandwich fillings on hand and let the family "spread" them for themselves during lunch time. It saves you work.

3. Salad ingredients are a "must" for hot weather. If there is washed lettuce chilled until crisp along with washed tomatoes, cucumbers, green onions, radishes, green peppers, and some of the fresh fruits kept on tap, it's easy to toss a salad together in the time you could blink an eyelash. A variety of dressings will keep salads from becoming monotonous.

4. Draw heavily on fresh fruits for desserts. Plan to make ice cream, cake or cookies once a week to have on hand for a quick solution to the dessert problem.

Sandwich Spreads.

1. Bacon-Cheese Filling
3 ounces cream cheese
1/2 cup chopped, cooked bacon
1/2 teaspoon Worcestershire sauce
1/2 teaspoon horseradish
1 tablespoon milk

Blend all ingredients thoroughly. Store in refrigerator until ready to use.

2. Chopped Meat Spread
1 cup left-over meat, ground or chopped
1 teaspoon mustard
2 hard-cooked eggs, finely chopped
1 tablespoon chopped pickle
Mayonnaise to moisten

Mix all together. Spread on buttered bread when ready to use.

3. Peanut-Butter and Chili Sauce Spread
1 cup peanut butter or peanut crunch
1/2 cup chili sauce

Mix together and use for spreading whole wheat or white bread.

4. Egg and Green Pepper Sandwich Spread
3 hard-cooked eggs, finely chopped
1/2 cup pimientos, minced

Lynn Says:

Sprightly Summer Ideas: Garden or head lettuce is good for you and good to serve when "wilted." Over freshly washed lettuce, pour bacon fat in which a little chopped onion has been browned. Toss together with oil and chopped hard-cooked egg.

Spinach nests make menus sparkle when served with eggs a-la-king, creamed spinach or shrimp.

Young beet greens take on new flavor when cooked and mixed with grapefruit sections just before serving. Melted butter, salt and pepper are all the seasoning you will need.

Sour cream and cottage cheese, mixed thoroughly together, are a good duo for sliced cucumbers, tomatoes, celery and green onions.

Green beans, peas and lima profit from a little bacon cooked with them.

Lynn Chambers' Point-Saving Menus

Cream of Green Pea Soup
*Salmon and Egg Salad
Bacon-Whole-Wheat Toast
Sandwiches
Rhubarb Cobbler
Beverage
*Recipe Given

1/2 cup green pepper, finely chopped

2 tablespoons chili sauce
Mayonnaise to moisten
Blend all ingredients together. Chill and then spread on bread to suit taste.

5. Savory Ham Filling
1 cup ground left-over ham
2 tablespoons pickle relish
1/2 teaspoon dry mustard
1/2 teaspoon Worcestershire sauce
Mayonnaise to moisten

Mix all ingredients together until well blended. Spread on rye or whole wheat bread.

Salads.
1. *Salmon and Egg Salad (Serves 4)

1 1/2 cups fresh flaked salmon or 1/2 pound canned salmon
1 small stalk celery, cut into small pieces
1/2 cup salad dressing
Lettuce

2 hard-cooked eggs, sliced
2 large tomatoes, sliced
Break salmon into small pieces. Combine salmon with celery, and salad dressing. Arrange lettuce on platter, then place sliced egg and tomatoes around salmon.

2. Lettuce-Spinach Toss (Serves 6)

1 head lettuce
1/2 pound fresh spinach, washed carefully
1 teaspoon salt
1/2 teaspoon pepper
1 green pepper, cut in rings
2 hard-cooked eggs
1 cup sour cream
2 tablespoons vinegar

Chill and chop raw spinach and lettuce. Add salt, pepper, vinegar, green pepper, chopped hard-cooked eggs to one-half the sour cream. Just before serving, fold in the spinach and lettuce and add remainder of sour cream.

3. Ginger Ale Salad (Serves 6)

1 package lime-flavored gelatin (Serves 6)
1 cup boiling water
Few grains of salt
1 cup ginger ale
1/2 cup green grapes
1/2 cup pineapple
1 head lettuce

Dissolve gelatin in boiling water and salt. Add ginger ale and let cool. When mixture begins to thicken fold in halved, seeded grapes and diced pineapple. Place in mold and chill until firm. Serve on shredded lettuce with mayonnaise or sour cream dressing.

4. Molded Vegetable Salad (Serves 6)

2 cups cooked or canned string beans
3 tablespoons chopped green pepper
3 tablespoons chopped pimiento
2 tablespoons vinegar
1 tablespoon minced onion
1/2 cup chopped celery

1 package lemon-flavored gelatin
Prepare gelatin according to directions on package. Add vinegar and minced onion. When cool, add remaining ingredients and allow to chill until firm.

5. Cottage Cheese Salad (Serves 6)

3 cups cottage cheese
1 cup diced pineapple, fresh or canned
5 tablespoons mayonnaise
1 teaspoon salt
1/2 teaspoon mustard
2 tablespoons lemon juice

Mix all ingredients together in order given. Chill and serve on a bed of greens.

Released by Western Newspaper Union.



Farm Topics

Ladino Clover Aids Farm Production

Returns Far Exceed Costs of Handling

NOT so many years ago, Ladino clover was almost unknown except in the irrigated valleys of the western states. Believed to have come originally from Lodi, Italy, the seed was first imported into the United States about 1900.

Ladino clover is particularly valuable for grazing, according to U. S. agronomists, due to its high carrying capacity and large protein-mineral nutritive content, but it is also adaptable for hay and silage and is an excellent cover crop. These characteristics make it especially suitable for the limited farming areas of states such as Vermont and New Hampshire, enabling farmers to grow most of the protein needed for their livestock, dairy and poultry.

The plant is a rapid-growing perennial legume, spreading by creeping fleshy stems that root at the nodes. The leaves, stems and flower heads will grow from two to four times as large as those of common white clover, and about six times as large as those of the English wild white clover. The average life of a good Ladino clover and grass planting is from four to seven years, management and fertiliza-

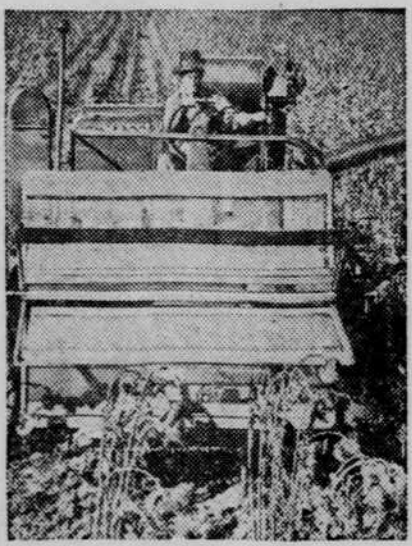
Ladino clover proves excellent pasture for dairy herd.

tion practices determining the length of time it retains its value. Despite heavy requirements for fertilizer and special care in management, results from the use of Ladino adequately repay the effort. Its particular value has been found to lie in the handling of dairy cattle and poultry where a high-yielding, nutritious, high-protein feed is needed. This versatile crop is being used increasingly for hay and silage, particularly when grown with other legumes and grasses, although it is primarily for grazing.

Sunflowers New Cash Crop for Farmers

Sunflowers may soon rival corn and soybeans in food value as well as a cash crop. With sunflower oil selling at 14.5 cents a pound and an acre producing a ton of seed, the farmers around Monticello, Ill., expect to produce more than corn or soybeans.

Sunflowers have long been recognized as an excellent source of protein and oil. America imported 120



New sunflower picker speeds up production.

million pounds of sunflower oil between 1932 and 1936, mostly for edible purposes.

One hundred acres of test planting yielded 1,600 pounds of seed. It was harvested by a clipover combine, self-propelled, formerly used for soybeans. Tests made at the University of Illinois showed that the seeds contained 35 per cent protein and were easily digested. The oil was excellent for salads and cooking.

Pays to Fight Weeds

To control weeds the following points should be remembered: don't let weeds go to seed, buy only weed-free seeds and feeds, clean home-grown seeds carefully, grind or screen weed-free grain, and don't let machinery spread weeds.

Run-down weedy pastures should be renovated and good rotation and cultural practices resorted to with intensive cultivation. It is possible to eradicate perennials with sodium chlorate.

WOMEN IN WAR



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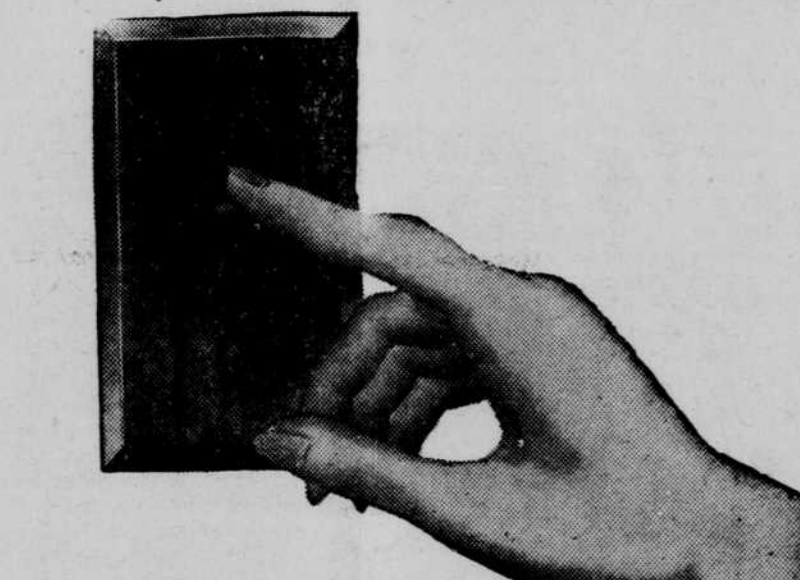


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by the ABBE WALLACE Service

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(By S/Sgt. Lawrence P. Lewis)
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Machinery Revolutionized World's Farming Methods

Up until 1800, farming methods had remained much as they had been in the days of Julius Caesar, and humanity continued to suffer from inadequate food supplies. The change from iron-covered wooden plows to cast iron plows had marked agriculture's chief mechanical progress.

Most of the farm machinery which has done so much to revolutionize the world's agriculture originated in the United States. The reaper was invented in 1831, the mower and threshing machine in 1834, the first combine in 1836. These implements reduced the time required to harvest an acre of wheat from 36 man-hours to less than 12.

Today various labor-saving machines on U. S. farms are estimated to number in excess of 10 million. Further, this same mechanization of farming methods has been extended to practically every land, through the export of American machines. Before the war, U. S. manufacturers exported approximately 125 million dollars worth of farm machines a year, a fourth going to Europe. Farm implement factories in the United States, about 1,200 in number, have made a direct contribution to the war, turning out war machines and parts. Some of the larger factories have been engaged 75 per cent in war work.

Burners Need Frequent Cleaning for Efficiency

Surface burners need regular, thorough cleaning. Take them out, brush away food or dust particles with a stiff brush. Use a brush also to clean the air shutter. If openings in the burners are clogged, use a fine wire to clean them. Beware of toothpicks; they may break and further clog the burner.

Clean cast-iron burners by boiling them for a short time in a solution of washing soda, one tablespoon to three quarts of water. Then wash in soap and water. Use a bottle brush to clean the inside of the tube leading to the burner head. Rinse the burners in clear water, and wipe dry. Put them upside down in the warm oven for a few minutes to dry thoroughly before replacing.

Burners of materials other than cast iron should not be boiled in soda water. A soap and water bath will usually clean them satisfactorily, with the aid of a scratchless scouring powder and fine steel wool.

Mowing Machine

There is probably no piece of farm equipment that suffers more from poor adjustment and lack of care than the mowing machine. Most cutting troubles of the mower can be traced to the cutting bar. This bar is a vital part of a mower and consists of a series of shears whose blades must be kept sharp for best results. The two parts forming the shears are known as knife sections and ledger plates, and they must be properly adjusted along the entire length of the cutter bar. The knife holder must keep the sections down against the ledger plates without binding and without too much clearance. In repairing a mower it is necessary to remove all the broken or badly worn knife sections by shearing them off. This is easily done over the anvil by cutting out the rivets. If the guards have become dulled, they may be sharpened by grinding them to a blunt point. Guards that are too badly worn or have broken ledger plates should be replaced. Badly worn shearing plates or knife holders can also be replaced, and it is very important that all guards fit snugly against the cutter bar.

Calf Care

Calves should be kept in individual pens, where practical, until they are three to four months old. After reaching that age they may be housed in groups of two to four. Their pens should be kept dry, clean, and freshly bedded daily. Small calves should not be exposed directly to hot summer sun for long periods. A constant, fresh supply of water should be kept available to the calves. After the calf is four to six months old, it should have access to all the tender grazing it will take. Spring and early summer calves will need daily feeds of dry hay and sufficient grain to keep them in growing condition through their first year. Late summer and early fall calves should be ready to turn to pasture by late spring. However, they should be watched to make sure that they continue to grow.

Poison Ivy

Ivy can be killed quickly and without danger to other vegetation by the application of a spray containing ammate, a chemical obtainable at most farm equipment stores, according to Dr. E. A. Bessey, head of the department of botany, Michigan State college. A few squirrels and the job is done. The spray solution penetrates the pores of the leaves and travels down the stems into the roots, which quickly shrivel and wither.



The HOME TOWN REPORTER in Washington
WALTER A. SHEARD WNU Correspondent
Home or Hatrack
WNU Washington Bureau 621 Union Trust Building
"IN TOO many instances today, the home is pretty much of a hatrack instead of a place of knowledge."

This is the indictment against indigent American parents by J. Edgar Hoover, boss G-man of the Federal Bureau of Investigation, in explaining that the nation faces "the biggest juvenile crime problem in history."

Principal cure, says Mr. Hoover, is widespread education of adult population as to its responsibilities and the inculcation of religion in the homes. An estimated 1,393,655 crimes were reported in 1944, according to fingerprint cards examined by the FBI. Of this number age 17 stood out as the predominant single age group among arrested persons, followed in this respect by ages 18, 19, 21 and 22 in order indicated.

With the passing of each hour during 1944, more than 158 serious major crimes were reported to local police authorities. That's a major crime about every 23 seconds. Every day during last year brought 28 felonious killings, 30 rapes, 150 aggravated assaults and left 120 persons robbed, 555 with their automobiles stolen and the home or business place of 749 others burglarized. On top of these 2,176 larcenies occurred in the average day.

And crimes in rural areas and in the small towns kept pace with crime in the larger centers of population. Rural murders and rapes decreased in 1944, whereas urban crimes of these types increased. On the other hand, rural robberies were up 1.7 per cent while urban robberies declined 2.1 per cent. For offenses of negligent manslaughter, assault, burglary and auto theft, the trend in both rural and urban crime figures was upward in 1944.

Arrest records received by the FBI during 1944 in Washington showed that 49.3 per cent of those arrested for major crime have previous criminal records and that of the youngsters committing serious crime a larger percentage will continue in a career of crime.

"Blame for juvenile delinquency and crime can be laid on the shoulders of the lax parent and the home—a lack of discipline and knowledge of right living is at fault," Mr. Hoover said.

Efforts to shift the blame from the home to the clergy, to school teachers and public officials don't hold water, for a knowledge of right and wrong, the love of family and neighbor and the tenets of religion must be inculcated early and often within the walls of the homes in the lives of the nation's youngsters.

Mr. Hoover believes return of gangsterism in this country such as grew up following the last war can be prevented. There has been a large increase in hijacking recently such as developed during the prohibition days and there is evidence that remnants of old gangster gangs have taken part in these crimes... but through the efforts of the FBI those mobs have been broken up and the enactment of national laws such as the kidnaping and extortion statutes, the unlawful flight to avoid prosecution law, the national stolen property act and other laws, have curbed the activities of gangsters...

There likely will be no more John Dillingers, or Dutch Schultzes or Capone gangs, for through the efficiency of the FBI itself, its tough, hard-hitting, straight shooting agents... placing detection of crime on a scientific basis... and the FBI national police academy, where police chiefs and other police officers are trained to fight crime scientifically... highly organized gangs just cannot get a foothold as they once could.

And speaking of crime... according to the Wickersham report, it is costing the taxpayers of the nation about 15 billion dollars each year. That's more than the total quota of the Seventh War loan. It is more than the cost of education.

The FBI has won the respect and the trust of the nation, particularly during these war years when it has had the responsibility of espionage and sabotage and has prevented any act of sabotage by enemy action.

Every agent must have an impeccable reputation, must be physically perfect and must be a graduate of an accredited law school and admitted to the practice of law, or a graduate of an accredited accounting school with at least three years experience in commercial accounting or auditing. So an FBI agent is not just a police officer. He is trained in criminal investigation work after he becomes an agent of the FBI and is qualified for all types of investigation within the bureau's jurisdiction. Selection is careful and discipline is strict.

Franklin Fireplaces Benjamin Franklin, who recognized the need and value of those early German stoves, brought out the "New Pennsylvania fireplace" in 1742. The Franklin fireplace (or stove) consisted of an iron mantel with side plates which fitted into the opening of the fireplace and decreased its size while giving more heat. As the use of coal gained in popularity, grates as well as a flat hearth for andirons were added.

his car, over on to the right shoulder. OUR TIP—"Never follow another vehicle, too closely." NEBRASKA SAFETY PATROL



Your BABY

By Lillian B. Storms
Your baby's first cereal feeding is an important day in his life. This will be his first contact with food that is not a drink. If his orange juice and cod liver oil have been taken from a spoon, so much the better, for the spoon isn't strange, though the cereal is.

For the first feeding of cereal, make it very thin so it will not be so different from his milk. The baby cereals are pre-cooked and only need to be mixed with quite warm formula or milk. If your baby is breast-fed, your doctor will tell you how to prepare the milk to use on the cereal. A very thin, almost liquid cereal, will not seem so strange.

But even a thin cereal requires a different way of swallowing than the milk he has had. Milk slides down through his mouth but more solid food has to be managed with his tongue, so his first impulse may be to spit it out. Pretend spitting out of his cereal is what you expect and place a little more well back in his mouth.

Usually a new food is given at the beginning of the meal. But, baby is probably ravenously hungry and may resent trying something unfamiliar. In that case, give about half of his bottle (or breast milk) before expecting him to be willing to try something new. When the worst of his hunger is satisfied with his familiar food, then introduce the new food.

It is well not to confuse baby by giving a second cereal for the first week or so. But, even babies can give him a wheat cereal food one day and then an oatmeal the next day.

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