

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



Frosty Thirst-Quenchers Are Party Fare (See Recipes Below)

Light Refreshments

Looking for an easy way to return your social obligations? This is the season for it, because entertaining can be cool, simple and still lovely.

All food can be point easy and fun to fix because it does not require standing over a hot stove to have it ready. For the simpler type of party, rely heavily on cooling thirst quenchers with perhaps a few cookies or small cakes arranged attractively on a platter.

You will want to suggest coolness in your table settings. Blues and greens are very comfortable and you can relieve the monotony by having flowers in whites, pink or yellow, whichever goes best with what you have.

I've picked out some especially good beverages for this season. Don't use your supplies of canning sugar for such things as this. If you can manage to purchase ice cream and sherbet for the drinks, do so and save the sugar where it's most needed.

Orange Cream. (Serves 6)

- 4 egg yolks
 - 4 1/2 cups orange juice
 - 1 1/2 cups cream or rich milk
 - Sugar, if desired
- Beat egg yolks until light, add orange juice and blend thoroughly. Pour into glasses and stir in cream. Sweeten to taste, if sugar is needed. Serve at once.

Party Punch. (Serves 8 to 10)

- 1 cup freshly made tea
- 1 cup sugar
- 2 cups water
- 1 cup orange juice
- 1 cup sliced, sweetened strawberries
- 1/2 cup lemon juice
- 1 pint carbonated water

Pour hot tea over sugar, add water. Cool. Add orange and lemon juice and strawberries. Just before serving, add carbonated water. If served in punch bowl, add thin slices of orange.

Orange Punch. (Serves 6 to 8)

- 1 pint orange ice
- 4 pints dry ginger ale

Crushed Ice

- Maraschino cherries
- Beat orange ice and ginger ale together. Serve in glasses with crushed ice and cherries.

Fruit Lemonade. (Serves 6 to 8)

- 1 1/2 cups light corn syrup
- 1/2 cup water
- Juice of 2 lemons
- Juice of 2 oranges
- 1/2 cup pineapple juice
- 4 tablespoons cracked ice

Lynn Says

Easy Sips: Next time you have iced tea, flavor with honey instead of sugar and serve with lemon and orange wedges. It's delightful.

If you have leftover fruit juices, coffee or tea, make ice cubes with them. Then frosty drinks will not have that watery flavor. Bits of fruit, berries or mint sprigs may also be frozen in ice cubes to make them attractive.

For a good afternoon pick-up, try chilled tomato juice with ginger ale; or, use apricot nectar with a dash of lemon juice.

Iced coffee takes on a party touch when topped with meringue and sprinkled with cinnamon.

Lynn Chambers' Refreshment Suggestion

- *Party Punch
- Assorted Finger Sandwiches
- *Fudgies
- Assorted Mints or Small Candies
- *Recipes Given

4 cherries

- Few slices of banana
- 1 1/2 cups ginger ale

Boil together syrup and water for 2 minutes. Set aside and cool. Pour one-half cup of the cooled syrup into shaker or large jar, add fruit juices and ice and shake. Fill glasses about half full of the mixture and complete with ginger ale, remaining syrup, sliced cherries and banana.

Cookies go with the cool drinks should be tasty but sugar-saving. You'll like both of these suggestions:

Fudgies. (Makes 4 dozen 2-inch cookies)

- 1/2 cup shortening
- 1/2 cup sugar
- 1/2 cup dark corn syrup
- 1 teaspoon vanilla extract
- 1 egg
- 2 squares chocolate
- 2 cups flour
- 1/2 teaspoon soda
- 1 teaspoon salt
- 1/2 cup buttermilk or sour milk
- 1/2 cup nuts

Cream together sugar and shortening. Add syrup gradually, beating after each addition. Blend in vanilla. Add egg and beat until light. Add melted chocolate. Sift together all dry ingredients, then add to creamed mixture alternately with buttermilk, beating until smooth after each addition. Blend in nuts. Drop by spoonfuls on greased baking sheet. Bake in a moderate (350-degree) oven. (One-half cup cocoa may be used in place of chocolate. Sift with flour, soda and salt.)

Almond Jam Bars. (Makes 2 1/2 dozen medium-sized bars)

- 1/2 cup shortening
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla
- 1/2 cup corn syrup or honey
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1 egg
- 1/4 cup jam

Mix together shortening and extracts. Add syrup, mixing well. Sift together flour, baking powder, salt, cinnamon and cloves. Add to shortening and mix until crumbly. Beat in egg, mixing well. Spread half of batter on greased, shallow pan. Spread jam over batter. Cover jam with remaining batter. Bake in a moderately hot (400-degree) oven 25-30 minutes. Cut in bars.

Here's a light layer cake that's lovely for more elaborate parties. Spread marshmallow filling in between and on top, then sprinkle with shaved nuts and candied cherries:

Swedish Layer Cake.

- 5 whites of eggs
- 1/2 teaspoon cream of tartar
- 1 cup sugar
- 1/2 cup cocoa
- 1/2 cup flour
- 1/2 teaspoon vanilla

Beat eggs until foamy, add cream of tartar, sugar and cocoa and beat very stiff. Add vanilla, fold in sifted flour and place in 2 shallow, buttered pans. Bake in a moderate (350-degree) oven about 20 minutes.

A good cookie type of sweet for summertime is this one that is sugar-saving, too. Melt about 2 1/2 cups of semi-sweet chocolate chips in the top part of a double boiler and then mix in 3/4 cups wheat flakes. Drop by spoonfuls onto waxed paper and allow to cool. Or spread in a greased, shallow pan and cut into squares.

Released by Western Newspaper Union

New Operation Saves Lives of Blue Babies

A new type of operation, apparently the first of its kind in medical history, has saved the lives of three "blue" babies, according to a report of the Journal of the American Medical Association. Heretofore, a "blue" baby with heart disease present at birth was considered beyond the reach of surgical aid.

In "blue" babies, a malformed heart causes insufficient oxygen in the blood, resulting in a bluish color to the lips and skin. This deficiency is due to the failure of the blood to obtain adequate oxygen as it flows through the lungs.

The operation is performed by entering the chest cavity. One of the pulmonary (lung) arteries is joined to a large artery leading away from the heart. The greater pressure in this blood vessel forces the blood to flow into the pulmonary artery and on through the lung. In all three cases, the pulmonary artery was too small to allow adequate amounts of blood to get through to the lung.

Although the three operations differed in some details, in each instance the surgery greatly increased the volume of blood which reached the lungs, and hence the amount of blood which received oxygen.

Discovery and isolation of a new vitamin A in fish liver oils, a "twin" of the well-known vitamin A, has been announced. The new vitamin now has been isolated in crystalline form, and has been found to have substantially the same biological potency as vitamin A.

Vitamin A itself, in fish liver oils, is not a single substance, but a mixture of the vitamin first crystallized with a new vitamin A only recently obtained in crystalline form. Tests showed that from 20 to 40 per cent of vitamin A in typical oils such as halibut and dogfish liver is present as the new substance. There are preliminary indications that the content of the new vitamin may range as high as 58 and 49 per cent in white liver oil, and USP Cod Liver Oil No. 2.

The presence of this new factor in vitamin A had long been suspected. With its isolation, some of its chemical, physical and biological properties have been established. In the new work on the vitamin now announced.

Cooking Vegetables

The rule that water should be boiling before vegetables are put in to cook has added support from recent research at Agricultural Extension stations. At the Alabama station, turnip greens, put on to cook in about their own weight of cold water and cooked 30 minutes from the time boiling began, held only about a third of their original vitamin C, but those put into boiling water and boiled the same length of time held three-fourths of their C. Likewise, asparagus and green beans, cooked by these two methods, retained much more C when started in boiling water. The Michigan station reports that plunging greens into boiling water saves more C than cooking with only the water that clings to the leaves. Chard and beet tops were tested. Chard, cooked about 22 minutes in a covered pan with no water except that left on the leaves after washing, held only 5 to 8 per cent of its C, and beets greens only 10 to 17 per cent. But when the greens were plunged into rapidly boiling water, they were cooked to the same tenderness in 7 to 8 minutes, and the chard held 12 to 26 per cent of its original C, the beets greens 25 to 35 per cent. The shorter cooking by boiling water and start was the reason for the greater saving of C, the scientists believe.

Treaty Port

Foochow was one of the five treaty ports forced open by the British in China in 1842. Later, when the clipper was queen of the seas, this port became China's leading tea-trade center. British and American sailing ships raced one another to western ports with precious cargoes from Foochow that meant a fortune to owners and crews. A pioneering Yankee clipper was the Thomas Perkins, which sailed from New York in November, 1844, and returned in April, 1846, after rounding both Cape Horn and the Cape of Good Hope. Outdistanced by other tea-exporting centers of the Far East, Foochow in normal times still ships high-priced tea and other products, including timber, camphor, silks and fruits. Its fine lacquer wares are noted around the world.

Inhaled Oxygen

With all living things, inhaled oxygen burns the carbon and hydrogen of the cells, frees heat, and forms products that are exhaled. We draw air in and out of our lungs in order to supply the organs and tissues with oxygen, and to rid them of carbonic acid. By far the greatest part of our bodies' oxygen intake passes through the lungs. To be exact, 99 per cent of it with the remaining 1 per cent passing through the skin. But of the total amount of oxygen which is consumed by the skin, ninety tenths comes from the blood, which received it from the lungs, and one tenth comes from the air. The why skin wounds heal more quickly when they are exposed to the air.

American Diet

Before the war, surveys indicated that the American diet was deficient in thiamin, riboflavin and niacin—the nutrients that are added when bread and flour are enriched. It is true that the whole grain breads contain these nutrients naturally, but the American people prefer—even insist on—light, fluffy, white bread.

HOUSEHOLD MEMOS... by Lynn Chambers

Serve Garden Suppers, Picnics for Real Joy During Hot Weather



Jellied vegetable salad is garnished prettily with potato chips and cucumbers, topped with lemon and olives to make a tempting main dish for a summer supper.

Porch supper, box lunches, picnics and buffet parties are an inseparable part of summer. There can be plenty of fun in the shade of the old apple or elm tree, and the family will enjoy getting closer to the great outdoors.

Sandwiches or early morning preparation will greatly simplify the work of meal preparation. Let salads and fruits rest in the cool of the refrigerator so they will be ready when time comes to eat. When chilled, they will be doubly good.

Here's an excellent meat loaf which may be served "as is" with mayonnaise or cucumber sour cream sauce or sliced for sandwiches. Make it easy for yourself by letting the family serve themselves:

Refrigerator Meat Loaf. (Serves 6)

- 2 1/2 cups cold pork or veal
- 1/2 cup sweet mustard pickle
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 tablespoons butter or substitute

Grind together meat and pickle. Add remaining ingredients, blending together carefully. Pack into a waxed paper lined pan and let stand overnight or several hours in refrigerator. Slice and garnish with greens, deviled eggs, sliced tomatoes, cheese and parsley.

Note: Two small cans of tuna fish may be used in place of the meat. Drain oil from fish, then flake and proceed according to recipe.

Hot Potato Salad With Frankfurters. (Serves 6)

- 6 to 8 medium-sized potatoes, unpeeled
- 6 slices bacon
- 1/2 cup onion, chopped
- 5 to 6 frankfurters, thinly sliced
- 1/2 cup vinegar
- 2 hard-cooked eggs, chopped
- 1 1/2 to 2 teaspoons salt

Boil potatoes until tender. Dice and fry bacon until crisp. Remove bacon from skillet. Let, then fry in fat the onions and sliced frankfurters. Peel cooked potatoes and dice.

Add to frankfurter mixture, mixing well, then blend in also the vinegar, eggs and salt. Stir gently over low heat until all ingredients are heated through. Serve with lettuce.

A tray for fillings for "make your own sandwiches" is bound to go over big for a porch supper. Here are suggestions which you will enjoy using:

Mock Chicken Filling. (Enough for 12 sandwiches)

- 1 cup cooked veal or pork
- 1/2 cup finely shredded cooked carrot
- 1/2 cup finely chopped celery
- 2 tablespoons pickle relish
- 3 tablespoons mayonnaise
- Salt to taste

Combine and mix ingredients together thoroughly. Chill before serving.

Cole Slaw With Cottage Cream Dressing. (Serves 6)

- 1 teaspoon salt
- 1 1/2 tablespoons vinegar
- 1/4 teaspoon dry mustard
- 1/4 cup milk
- 1/2 to 1 cup cottage cheese
- 3 cups shredded cabbage

Mix salt, vinegar and mustard. Stir slowly into milk. Add cottage cheese and pour over cabbage. Toss before serving.

Grated raw carrot, chopped green pepper or finely diced raw apple combine well with shredded cabbage to make other decorative and taste-pleasing salads. Cottage cream dressing goes well with these combinations and a variety of other fruit and vegetable salads.

Released by Western Newspaper Union

Lynn Chambers' Point-Saving Menus

- *Refrigerator Meat Loaf
- Wheat, Rye, White Bread
- Vegetable Salad Bowl
- Lemonade
- Almond Jam Bars
- *Recipe Given

Nippy Filling. (Enough for 9 sandwiches)

- 1 tablespoon horseradish
- 1 tablespoon cold water
- 2 cups finely ground wieners
- 1 cup grated American cheese
- 3 tablespoons finely chopped green pepper
- 1 teaspoon salt
- Dash of pepper
- Mayonnaise to moisten

Mix horseradish and let stand 10 minutes. Add remaining ingredients, blending well. Spread between bread or rolls.

Tuna Snack. (Makes 8 to 12 sandwiches)

- 7 ounces can of tuna fish, flaked
- 1 hard-cooked egg, chopped
- 1/2 cup sandwich spread
- Tomato slices
- Crisp, cooked bacon

Flake fish and add sandwich spread and chopped egg. Seive spread on rolls with tomato and bacon slices.

Salads carry out the prettiness of a porch or garden supper. Make a molded one in the morning and if you have fruits, chill them well before tossing them together the last minute:

Molded Cottage Cheese Salad. (Serves 6)

- 1 package lime-flavored gelatin
- 1 cup hot water
- 1 cup water or fruit juice
- 1/2 cup chopped celery
- 1/2 cup chopped, unpeeled apple
- 1 cup cottage cheese
- Thinned mayonnaise
- Salt and pepper

Dissolve gelatin in hot water. Add cold water or fruit juice. Chill until firm. Combine celery, apple and cottage cheese with mayonnaise and season. Serve on top of gelatin in lettuce cups.

Fruit Salad Platter. (Serves 10 to 12)

- 2 to 3 large bananas, cut lengthwise
- 1 red apple, cut in thin wedges
- 1 cup large, dark sweet cherries, seeded
- 1/2 pint fresh berries
- 4 to 6 slices fresh or canned pineapple
- 1 large orange, sliced
- 1 grapefruit, sectioned

Sprinkle bananas and apple with lemon or pineapple juice to prevent turning dark. Line platter or salad bowl with salad greens. Arrange each of the fruits in separate groups, making a pleasing balance of color and shape. Apple wedges, for example, may be used to separate grapefruit segments. Use honey french or plain french dressing.

Vegetable Salad Bowl.

Any or all of these various vegetables may be combined in a tossed salad or platter: tomato wedges, cucumber slices, green pepper rings, cauliflower flowerets, onion rings or scallions, green beans or peas cooked, grated raw carrots or cooked, sliced carrots and cooked shredded beets. French dressing served plain or blended with crumbled blue cheese is an excellent accompaniment. Garnish simply with parsley and ripe olives.

Sticking Bureau Drawer

If humid summer air has swelled the bureau drawer, dry out the wood. (Running in a low-watt light bulb is a good way—but don't scorch the wood.) Coat all sides of the drawer with good shellac or quick-drying varnish. This will retard absorption of humidity. Rubbing paraffin in the grooves and runners will also help.

CROSSWORD PUZZLE

ACROSS

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56

Solution in Next Issue.

No. 5

- 9 Juice of plants
- 11 Old times
- 16 Type measure
- 18 Obtained
- 19 Bird
- 20 Armadillos
- 21 Lease again
- 22 Arrange in folds
- 24 Twitch
- 25 Weird
- 26 A weight (pl.)
- 28 Perched
- 30 Struck out
- 33 Bitter vetch
- 34 Chart
- 36 Sheep's coat
- 38 Land measure
- 39 Cushion
- 40 Imaginary line
- 41 Beverage
- 43 Foot covering
- 44 Elongated fish
- 45 Attempt
- 47 Grow old
- 49 Broken part of flax

DOWN

- 1 Steam: comb. form
- 2 Part of plant
- 3 Beard of rye
- 4 Medicant
- 5 A state
- 6 Exist
- 7 Promises
- 8 On the ocean

Answer to Puzzle No. 4

- GREY MOLLUS
- FRYER ALLIAS
- ACRES GROTTO
- WILLIAMS LIT
- CASPIAN ALE
- EL APT DIES
- FAIR FAD
- CALIF WAR HA
- ETA SOUND
- AH WIAN EAR
- SMALLS LAVE
- FARE OF WARE
- DALE EMENT
- TRAIN THIS

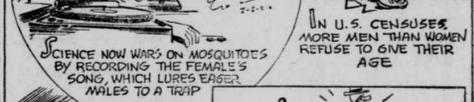
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THE POCKETBOOK OF KNOWLEDGE



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QUOTES OF THE WEEK

"Put down that torch, honey—I'm home."—Returning GI to the Statue of Liberty.

"I've gained 22 pounds since my election."—Congressman Lytle, of Texas, discharged veteran.

"The interests of the U. S. extend to the whole world."—Sec. of State Stettinius.

"We are firmly opposed to cartels, whether private or governmental, and believe in adherence to and enforcement of anti-trust laws."—R. J. Dearborn, pres., Tezaco Development Corp., speaking for Natl. Assn. of Manufacturers.

"Competition, bringing better products at lower prices, benefits the consuming public. Whatever restricts it, harms the public."—Pres. J. Howard Pew, Sun Oil Co.

"After 22 a girl's chances to marry begin to dwindle."—U. S. Census Bureau.

At 90 below zero, it is known that ordinary gasoline freezes solid, lubricants stiffen and rubber becomes as brittle as glass.

Farm Employment in the United States in 1944 was about 7 per cent less than the average of the period 1935-39, according to estimates of the Bureau of Agricultural Economics. During 1943 the farms of the nation were operated with a total farm employment 5 per cent below the five prewar years. This means, therefore, that the total employment was reduced in 1944 about 2 per cent below the average employed during 1943. In the 1935-39 period about 10,700,000 people were engaged in farm employment on the average. Roughly three-fourths of these were family workers, and about one-fourth was hired labor. In Illinois, Indiana, Michigan, Ohio and Wisconsin about 1,475,000 were employed on the average during the same period, of whom 77 per cent were family laborers. For 1944 the proportion of family labor was unchanged for the nation, but for the foregoing states the proportion represented by family labor had increased to 83 per cent.

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