

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



Heap Salad Bowls With Vitamins For Summer

Lynn Chambers' Point-Easy Menus

- *Buffet Chicken Salad
- Sliced Tomatoes and Cucumbers
- Potato Chips Pickles and Olives
- Orange Rolls or Biscuits
- Fresh Berries with Cream
- Refrigerator Cookies
- Beverage

*Recipe given.

- Salt and pepper to taste
- Boiled dressing or mayonnaise
- Lettuce or greens
- Jellied cranberry sauce
- Deviled eggs

Combine chicken and french dressing. Chill about 1 hour. Meanwhile cook rice until fluffy and season well according to taste. Just before serving combine chicken, chilled rice and enough salad dressing to moisten. Season. Arrange in individual lettuce cups on platter of salad bowl. Garnish with thick slices of cranberry sauce and deviled eggs. Top with additional dressing, if desired.

There's nothing so cooling on a warm summer night than a jellied tomato salad. Although this recipe provides for a simple salad, it may be varied by adding leftover or chopped, fresh vegetables to it.

Jellied Tomato Salad. (Serves 10)

- 1 quart hot, stewed tomatoes
- 1 teaspoon salt
- 2 packages of lemon flavored gelatin
- 1/2 cup sliced, pickled onions or 1/2 cup sliced onion
- 1/4 cup sliced stuffed olives
- 1/4 cup diced green pepper
- 1 cup diced celery

Dissolve gelatin in hot tomatoes. Add salt and cool. When gelatin begins to congeal, add the remaining ingredients. Place in a large mold, rinsed with cold water, or in individual molds. Chill until firm. Serve on salad greens with either french dressing or mayonnaise.

A fruity salad doubles for the dessert, if so desired. This one is especially good when served with tiny cakes or finger cookies:

Ocean Breeze Salad. (Serves 6)

- 3 tablespoons lemon juice
- 2 cups diced honeydew melon
- 1 cup watermelon balls or slices
- 1/2 cup white grapes, split and seeded
- 1 cup grapefruit sections
- 3 tablespoons preserved ginger
- 1 1/2 tablespoons gelatin
- 1/2 cup cold water
- 1/4 cup sugar
- 3 tablespoons chopped maraschino cherries

Mix gelatin and water and let stand 5 minutes. Dissolve over hot water. Combine fruits, lemon juice, sugar and ginger. Chill thoroughly. Add gelatin and pour into a mold. Chill until firm. If it is obtainable, 1/2 pint whipped cream may be added to fruits before they are mixed with the gelatin.



Green, White and Gold: As picturesque as a garden in full bloom is this simple salad made by placing chilled deviled eggs on crisp sprigs of watercress. Use extra dressing if desired, and serve for luncheon or side dish at garden supper.

Your salad can be better than just "passing" if your dressings are smooth and well seasoned so they can complement the other ingredients of the salad bowl. Here are several good basic suggestions:

Cooked Dressing.

- 1/2 cup sugar
- 1/2 cup vinegar
- 1/2 cup evaporated milk
- 1/2 teaspoon salt

Dissolve sugar in vinegar and stir until it dissolves. Beat in milk until mixture thickens. Pour over cabbage or other greens.

Sour Cream Dressing.

- 1/2 cup sour cream
- 1/2 cup vinegar
- 1/2 cup sugar
- 1/2 teaspoon salt

Mix ingredients in order given. Chill.

Thousand Island Dressing.

- 1 cup mayonnaise
- 2 tablespoons chili sauce
- 2 tablespoons chopped green pepper
- 2 tablespoons pimiento
- 2 tablespoons chopped sweet pickle

Mix all ingredients in order given. Serve over vegetable salads.

Released by Western Newspaper Union.

Farm Employment

Total 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.

CLIMAX HAT TAILOR & CLEANING SHOP

1837 North 24th St.

J. H. ANDREWS, Prop.

—Phone JA. 4117—

Buy your Poultry at the Nebraska Poultry 2204 North 24th Street Get the Best in Quality at the Nebraska Produce—Lowest Price

WANT MORE MONEY? We'll show you HOW to get it easily, in your spare or full time! NO more bossism NO depression worries. Our sure-fire plans tell you HOW to start your own paying business NOW for post-war security. Send for our NEW, "3-WAY OPPORTUNITY" Offer today; it's FREE.

RAYCO SPECIALITIES 350-B Blair Ave., Newport News, Va.

Black Eagle Herb Medicine For Weak Folks

McGILL'S BAR & BLUE ROOM E. McGill, Prop. 3423-25 NORTH 24th St. WINE, LIQUORS, and CIGARS

Blue Room Open 8 p. m. to 1 a. m. Open for Private Parties from 2 to 7 p. m.

—No Charges— WE SPECIALIZE IN MIXED DRINKS. Free Delivery from 8 a. m. to 1 a. m. JA. 9411

WE CARRY A FULL LINE OF BONDED LIQUORS

"Time and Tide Wait on No Man" NOW IS THE TIME TO GET YOUR SHOES REBUILT. Quality Material and Guaranteed Quality Work

LAKE SHOE SERVICE 2407 Lake Street

Acid Indigestion

Relieved in 5 minutes or double your money back

When excess stomach acid causes indigestion, flatulence, gas, sour stomach and heartburn, doctors usually prescribe the fastest-acting medicine for symptomatic relief—medicines like those in Bell-sina Tablets. No laxative. Bell-sina brings comfort in 5 minutes or double your money back on return of bottle to us. 25¢ at all drug stores.

Tortured man gets help!

Lemon Juice Mixed at Home Relieved RHEUMATIC PAIN says Sufferer!

"I have used ALLENRU for several months. I could hardly walk on account of my knees. But now those pains are relieved. I can go like a race horse now," Mort Shepard of Ohio.

Don't be a victim of the pains and aches caused by rheumatism, lumbago or neuritis without trying this simple, inexpensive recipe you can mix at home. Two tablespoons of ALLENRU, plus the juice of 1/2 lemon in a glass of water. Try a bottle TODAY! Be an entirely satisfied with it—or money back. 85¢. Drug stores.

Use The Omaha Guide As A Medium of Advertising



- A—A member of the Cadet Nurse Corps of the U. S. Public Health Service enjoys the pleasant task of feeding a hungry young patient . . . part of the training that will qualify her for a professional nursing career in the postwar world.
- B—Junior Cadet performing Benedict test in the clinical chemistry laboratory at Freedmen's Hospital, Washington, D. C. . . one of the 50 hospitals in 22 States, the District of Columbia, and Puerto Rico, which offer opportunities for Negro Cadet Nurses.
- C—Cadet Nurses relaxing in the game room after classes. To qualify for a scholarship in the Corps, an applicant must be in good health, between 17 or 18 and 35 years old, and a high school or college graduate with a high scholastic record.
- D—Cadet Nurse studies a model of the human eye . . . one phase of her basic experience. As a Senior Cadet she may choose to complete her education in one of the Federal service hospitals.
- E—Cadet Nurse works with a young orthopedic patient in the pediatric ward. She is one of the more than 2,000 Negro student nurses helping maintain health on the home front during the war.



FOR STAY-AT-HOME PICNICS



Serve outdoors for informal summer sociability!

Dainty sandwiches—Orangeade Cake, as luscious and refreshing as its name—frosty pitcher of iced lemonade—here are the "makings" of a feast for family and friends out in your own shady back yard! Traveling for fun is out this summer, so plan fun at home this easy way!

A recipe for cherishing is Orangeade Cake, so moist and tender, with the real flavor of fresh oranges—so packable in picnic basket, fishing hamper or lunchbox. Clip now for keeps!

One-Bowl ORANGEADE CAKE

Dry Ingredients

- 2 cups sifted cake flour
- 1 1/2 cups sugar
- 1 1/2 teaspoons baking powder (with a tartaric powder, use 2 1/2 teaspoons)
- 1 teaspoon soda
- 1 teaspoon salt
- 1/2 cup Spry
- 1 tablespoon grated orange rind

Liquid Ingredients

- 1/2 cup sour milk
- 2 eggs, unbeaten
- 1/4 cup orange juice
- 1 cup nuts, very finely cut

Sift flour, sugar, baking powder, soda, and salt into mixing bowl. . . Drop in Spry and grated orange rind. . . Add sour milk and beat 150 strokes. . . Scrape bowl and spoon often throughout entire mixing. . . Add eggs and beat 250 strokes. . . Add orange juice and beat 150 strokes. . . Add nuts and blend—25 strokes. . . Bake in Spry-coated 10 x 10 x 2-inch pan in moderately hot oven (375° F.) 35-45 minutes. TOPPING: Place 1/4 cup sugar, 1/4 cup orange juice, 1 tablespoon grated orange rind and 2 tablespoons lemon juice in a bowl and warm over oven while cake is baking. Pour over cake as soon as removed from oven. Serve in squares.

Rural Population Better Meals

About four-fifths of the population of Bulgaria live by agriculture or fishing. Better meals the year round can be achieved by home preservation of fruits and vegetables.

IN CONFERENCE



If you suffer with weak back, Kidney, Bladder Gas, Constipation, Indigestion, Billiousness, Rindown Nerves, Cramps, Rheumatism, Loss of Womanhood, and Manhood, try this medicine. Send \$2.00 for an 8 ounce bottle. We also ship C.O.D., postage and money order fee extra.

THE SPIRITUAL HEALTH GENIRE 121 N. 11th St. Phila., Pa.

Pull Out Tractor

When a steel-wheel tractor mires down, fasten a couple of steel cables to lugs at one end. With the other end of each cable fixed to a post a few rods back of the tractor, the tractor can be brought out without danger. The wheels back track on the cables, which wind up on the wheels between the lugs.

Iron Sources

Good sources of iron are lima beans, peas, navy beans, broccoli, brussels sprouts and dried fruits. Include liberal quantities of these foods in your menus; this is the modern way of maintaining proper iron balance for the members of your family.

Presidential Resignation

The President of the United States can resign only by sending a written statement of resignation to the department of state. No president has thus far taken this action. Only one vice president has resigned—John C. Calhoun.

Refinishing Furniture

Give your furniture a lift by renewing its finish, recovering its upholstery or making new and interesting slip covers. Proper use of paints, waxes and fabrics will make the furniture more attractive.

Endowed Chairs

The first endowed chairs at Harvard college—the Hollis Professorship of Divinity and the Hollis Professorship of Mathematics and Natural Philosophy—were established in 1721 and 1727, respectively.

Memorial Buoy

A red, white and blue buoy stands in Chesapeake bay off Fort McHenry, and marks the approximate spot where the Star Spangled Banner was written.

Clear Air

To remove smoke from a room, dip a towel in equal parts of vinegar and water. Wring out and whirl gently over your head about the room.

Green Peppers

Try using green peppers as a dish by themselves. Slice them, season with salt and pepper, dredge with flour and saute until tender.

Washing Glassware

When washing glassware, add a little laundry blue to the water and see how it makes the glassware sparkle.

Saves Leather

An improved method of cattle branding results in great saving of leather and creates greater leather supply.

Home Gardeners

Home gardeners produced more than 40 per cent of the fresh vegetable supply of the nation last year.

Citrus Rind

When using both the rind and the juice of lemons or oranges, grate the rind before squeezing the fruit.

First Western Telegraph Post

The first western telegraph station was located on San Francisco's Telegraph Hill.

Industrial State

Switzerland is one of the most highly industrialized states of Europe.

Cleaning Rugs

When cleaning rugs, be sure to remove every particle of soap, since the residue will turn rancid and cause disintegration of backing.

RUMMAGE SALE

St. Benedict's

DAILY EXCEPT SUNDAY & MONDAY

HOURS:

A. M. 9:00—12:00

P. M. 1:00—5:00

2423 Grant St.

Now FOAMY MEDICATION

UPSET SKIN

Palmer's "SKIN SUCCESS" Soap is a special soap containing the same costly medication as 104 year proved Palmer's "SKIN SUCCESS" Ointment. Whip up the rich cleansing FOAMY MEDICATION with finger tips, washcloth or brush and allow to remain on 3 minutes. Amazingly quick results come to many skins afflicted with pimples, blackheads, itching of eczema and rashes externally caused that need the scientific hygiene action of Palmer's "SKIN SUCCESS" Soap. For your youth-clear, soft loveliness, give your skin this luxurious 3 minute foamy medication-treatment. 25¢. Also use Palmer's "SKIN SUCCESS" Ointment 25¢ at toilet counters everywhere or from E. T. Browne Drug Company, Inc., 127 Water Street, New York 5, N. Y.

SCHENLEY

RESERVE

MELLOW AS A SUNNY MORNING

BLENDING WHISKEY 86 proof. 60% grain neutral spirits. Schenley Distillers Corp., N. Y. C.

Military Sanitation

Known as "the father of military sanitation," Sir John Pringle was the first man to make an exhaustive study of the special health problems of military personnel, and to urge preventive measures. He published his findings in 1752 in a book he called "Observations on the Diseases of the Army." In it he traced the causes of military health hazards to faulty diet, lack of cleanliness, exposure to heat and cold, as well as to other conditions rising from combat life. His proposed remedy for reducing the "calamities of war," as he called them, was a program of sanitation, which included large and clean quarters for the men, hygienic provisions for food preparation, and sanitary toilet facilities on the march as well as in barracks life. He laid down, for the first time, the true principles of military sanitation which have been expanded through the years until we now have the outstanding provisions that guard the health and welfare of the American men fighting the battles of the Second World War.

Remote Sinking Called Asia's Center of Gravity

Sinking, where civil war is reported raging between rebel Moslems and Chinese troops, has been called Asia's "center of gravity." In the heart of the world's largest land mass, this westernmost Chinese province is nearly a thousand air miles over deserts and high mountains, from the nearest open water at the Bay of Bengal, points out the National Geographic society. It has no railways. Its roads are more or less modernized versions of ancient caravan trails that men knew before Marco Polo. It is remote, isolated from its neighbors by natural barriers, and little traveled.

Yet, because of its location, Sinking is also, paradoxically a passageway for traffic and a significant buffer land where Russian, Chinese, and British-Indian influences meet. When China was all but isolated from the outside world by Japanese blockade, it was through Sinking that much of the Russian supplies continued to come. This remote inner region has long been the object of scientific investigation and exploration.