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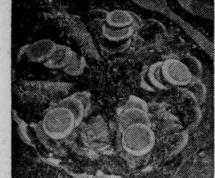
## Omaha, Nebraska, Saturday, July 21, 1945

#### THE OMAHA GUIDE "Published Continuously for 18 Years"

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



Heap Salad Bowls With Vitamins For Summer



Help Yourself to Vitamins: This pretty as a picture salad bowl is made simply by alternating rows of lettuce wedges and mounds of potato salad, garnished with slices of hard-cooked eggs. It's hearty enough for a main dish, even without meat.

Summer is the time to heap high the salad bowl and bring generous portions of nature's bounty of vitamins and minerals to the table.

Active summer play and strenuous work calls for big servings of health and energy producing foods. That's why the salad bowls play a major role in the menu parade.

There's another reason, too, why salads are going to be important this season. When the butcher has no meat and the cupboard yields

nothing of interest to the home maker, she can always go to her refrigerator and bring out lovely greens, juicy fruits and berries, toss them together and serve an eye-appealing salad. If more substantial salads are desired. especially for main dishes, they can be flecked with the white and gold of protein-rich eggs, unrationed, luscious bits of chicken or well chilled and subtly seasoned fish.

Vary the trimmings and change

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-Sliced Tomatoes and Cucumbers fourths of these were family work-Potato Chips Pickles and Olives ers, and about one-fourth was hired labor. In Illinois, Indiana, Michi-

gan, Ohio and Wisconsin about

age 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

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per cent

1,475,000 were employed on the aver-

Orange Rolls or Biscuits Fresh Berries with Cream **Refrigerator** Cookies Beverage Recipe given.

Lynn Chambers' Point-Easy

Menus

\*Buffet Chicken Salad

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

Combine chicken and french dressng. 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 or salad bowl. Garnish with thick slices of cran-

berry 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 teaspoon onion juice ¼ cup sliced stuffed olives ¼ cup diced green pepper l 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 des-

sert, if so desired. This one is especially good when served with tiny OPPORTUNITY" Offer today: it's cakes or finger cookies: Ucean Breeze Salad. (Serves 6) for salad dressings are scarce, put 2 cups diced honeydew melon 1 cup watermelon balls or slices 3% cup white grapes, split and seeded 1.cup grapefruit sections 3 tablespoons preserved ginger 1½ tablespoons gelatin 1/4 cup cold water 1/4 cup sugar 3 tablespoons chopped maraschine cherries

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Federal Security Agency **U. S. PUBLIC HEALTH SERVICE** Division of Nurse Education

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



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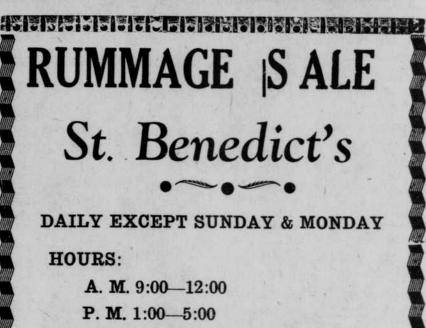
GENIRE 121 N. 11th St. Phila, Pa.

## 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.







the dressing, and no salad can ever become monotonous. If cils and fats | 3 tablespoons lemon juice them together with sour cream. fruit juices, vinegar or cooked dressings that require little fat. Here are two main dish salads that

will go over big with the family. One stars eggs and the other chick-

Star Deviled Eggs. (12 Eggs)

12 hard-cooked eggs 2 tablespoons salad dressing 1 tablespoon lemon juice 1% teaspoons mustard 1% teaspoons Worcestershire sauce % teaspoon salt 1/4 teaspoon pepper

Remove shells from eggs Cut a

at the round end



Cut deep gashes into the egg white around the rounded end to give a saw tooth edge.

Pressing gently at the bottom, force out the yolk. Press yolk and egg white that was cut off through the sieve. Add remaining ingredients and beat until smooth. Refill shells. Garnish tops if desired.

To serve as a salad, lay on top of sprigs of watercress or other greens. Or, use as a garnish for other salad platters.

\*Buffet Chicken Salad. (Serves 8) 2 cups cubed, cooked chicken

¼ cup french dressing 4 cups boiled rice, chilled

## Lynn Says

Different Salad Dressings: If fruits and vegetables do not give enough variety to make salads interesting, season the dressing itself for flavor plus. Club Dressing: To 1 cup of mayonnaise, add 1 tablespoon chopped currants, 1 tablespoon chopped raisins, 1 tablespoon chopped nuts. Indian Dressing: 1/4 cup of chow-chow to 1 cup mayonnaise. Tartar Dressing is excellent on fish salads. To 1 cup mayonnaise. add 2 tablespoons chopped sweet gherkins, 1 tablespoon capers, 1 tablespoon chopped parsley and 2 tablespoons chopped olives. Thousand Island Dressing is easily tossed together. For a cup of mayonnaise, use ¼ cup chili sauce, 1 tablespoon green pepper and chopped stuffed olives. Egg Dressing is lovely to look at when made by adding 1 chopped hard-cooked egg. 1 tablespoon chopped pimiento and 1 tablespoon India relish to 1 cup mayonnaise. A bit of leftover meat? Add

it to the eggs. Especially good are diced ham, tongue or dried beef.

Mix gelatin and water and let stand 5 minutes. Dissolve over hot water. Combine fruits, lemon juice, sugar and ginger. Chill thoroughly. Add gela-

a mold. Chill unslice from both ends, cutting the slice | til firm. If it is obtainable, 1/2 pint whipped cream may be added to

deep enough to fruits before they are mixed with expose the yolk. 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 1/3 cup vinegar 1/2 cup evaporated milk

1/2 teaspoon salt Dissolve sugar in vinegar and stir until it dissolves. Beat in milk un til mixture thickens. Pour over cabbage or other greens.

Sour Cream Dressing. 1/2 cup sour cream 1/3 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 peppe 2 tablespoons pimiento 2 tablespoons chopped sweet pickle Mix all ingredients in order given Serve over vegetable salads

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> Lemon Juice Mixed at Home Relieved RHEUMATIC PAIN says Sufferer!

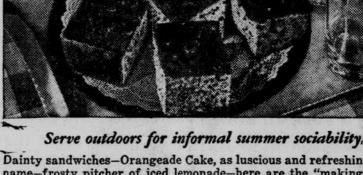
"I have used ALLENRU for several months. I could hardly walk on account of my knees. But now those pains are relieved. I can go like a race horse now," Mort Shepard of Ohio.

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 en tirely satisfied with it - or money back. 85¢. Drug stores.

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As A-



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 cups sifted cake flour cups sugar teaspoons baking powder (with a tartrate powder, use 2½ teaspoons) 1 tablean

COLUMN TRANSFER

Liquid Ingredients 2 eggs, unbeaten 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 ¼ cup sugar, ½ 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. (211)

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

# IN CONFERENCE



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 Nat-ural 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 vinegation and water. Wring out and whiri 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. for the first time, the true principles

#### Industrial State

of military sanitation which have Switzerland is one of the most been expanded through the years highly industrialized states of Euuntil we now have the outstanding provisions that guard the health and rope.

#### **Cleaning Rugs**

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



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RESERVE MELLOW AS A 3 SUNNY MORNING CHENLEY SLENDED WHISKEY 86 proof. 60% grain neutral spirits. Schenley Distillers Corp., N.Y.C.

Military Sanitation

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 Dis-

eases of the Army." In it he traced

the causes of military health haz-

ards to faulty diet, lack of cleanli-

ness, 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

cluded 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,

welfare of the American men fight-

ing the battles of the Second World

war.

program of sanitation, which in-

Known as "the father of military

## **Remote Sinkiang Called** Asia's Center of Gravity

Sinkiang, 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, Sinkiang 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 Sinkiang that much of the Russian supplies continued to come. This remote inner region has long been the object of scientific investigation and exploration.

