

Household News

By Eleanor Howe



KEEP COOL WITH REFRIGERATOR MEALS
See Recipes Below.

Refrigerator Meals

It's a smart stunt to get meal preparation out of the way in the cool of the morning. Knowing that dinner's ready and practically waiting to be served helps you to look and feel cool, calm and collected, and it leaves you free for "vacationing" during the hot hours of the day.

Here's a menu that can be prepared in the morning, almost down to the last sprig of parsley, so that it will be ready to serve at the appointed dinner hour with only a little additional work.

Pineapple Upside Down Loaf
Tomatoes Stuffed With Macaroni
Buttered Fresh Peas
Minted Pear Salad
Hot Biscuits
Strawberry Fluff
Biscuits.
(Makes 12-14 Biscuits).

2 cups flour
4 teaspoons baking powder
1/4 teaspoon salt
1/4 cup shortening
3/4 cup milk
Sift dry ingredients together and cut in shortening. Add liquid slowly. Turn dough onto lightly floured board, pat to 1/2-inch thickness, and cut in rounds. Place on greased cookie sheet. Brush biscuits with melted butter and store in refrigerator until 20 minutes before dinner. Bake in hot oven (450 degrees) for 15-20 minutes.

Pineapple Upside Down Ham Loaf.

Sliced pineapple
Whole cloves
1 1/2 pounds ham (ground)
3/4 pound veal (ground)
1 green pepper (minced) 1/2 cup
1 cup rice (cooked)
2 tablespoons onion (minced)
1/4 teaspoon pepper
1 teaspoon salt
1 egg (beaten)
1/2 cup chili sauce or catsup
1/2 cup water

Dot several slices of pineapple with whole cloves. Arrange in the bottom of a loaf pan.

Combine meat, green pepper, rice, onion and seasonings. Add egg, chili sauce (or catsup) and water. Shape into loaf, and bake at 375 degrees for one hour. Turn out onto platter. Serve hot or cold.

Tomatoes Stuffed With Macaroni.

Remove the centers from the desired number of tomatoes and fill with cooked and seasoned macaroni, topping with slices of cheese, or better yet, if the refrigerator divulges some freshly kept, leftover macaroni and cheese, this may be used instead, with a buttered crumb topping. Chill until dinner time, then bake in a hot oven (400 degrees) for about 20 minutes.

Buttered Fresh Peas.
Simply place the shelled peas in a saucepan, partially filled with water. Set in refrigerator, then just

before dinner, cook in this same water. For variety, sprinkle finely chopped garden mint over peas before serving.

Minted Pear Salad.

1 package mint-flavored gelatin
1 cup boiling water
1 cup cold water
1/4 teaspoon salt
5 or 6 pear halves (canned)
Lettuce
Salad dressing.

Dissolve gelatin in boiling water, add cold water and salt. Let stand in refrigerator until cool. Dip pear halves in cold gelatin mixture and arrange in ring mold. Place in refrigerator until set, and fill the mold with the cooled gelatin mixture. Chill until firm. Serve on large platter with a small bowl of salad dressing and lettuce for garnish.

Strawberry Fluff.

And for dessert, combine whipped cream, sliced strawberries and marshmallows cut in quarters. Place in sherbets and chill for several hours or overnight.

Get Your Copy of This New Book.

Just imagine being able to turn to a helpful little book for the answers to puzzling questions about home-making. Tips on how to save work while ironing, how to remove old paint and varnish from furniture, what to do when your net curtains tear and the budget just won't permit a new pair, the answers to these and many other questions will be found in Eleanor Howe's useful little book "Household Hints." Send 10 cents in coin to Eleanor Howe, 919 N. Michigan Avenue, Chicago, Ill., and get your copy of "Household Hints" now.

(Released by Western Newspaper Union.)

Little Niceties Make

Cheerful Guest Room

Summer guests will appreciate a cheerful guest room—one that has its own style furniture and not just miscellaneous discarded pieces. Essential as the bed itself are a chest of drawers for odds and ends, a smart vanity for the feminine visitor and a bedside lamp and table.

A chaise longue and some good books and magazines will help take care of those in between moments. Most important of all, for comfort's sake, are a good mattress and a good spring.

Logs for the Apartment

There are now fireplace logs suited to the apartment dweller. They are compressed under great pressure out of sawdust and shavings so that each log is bone dry, clean, uniform in size (4 by 12 1/2 inches), and has no splinters. There is almost no storage problem, as each log burns for four hours, and a month's supply can easily fit into the closet along with the umbrella and galoshes. These logs give off a colored flame—blue, orange, purple or green—very much like fires made from driftwood.

Dining Bay Excludes Flies

If you want to eat outdoors in warm weather, but the flies make the meal a nuisance, how about adding a bay to your living or dining room? You can sit with windows on practically three sides of you, but by screening them, banish the annoying and unsanitary little insects.

Star Dust

★ So On Through Life
★ Rudy in Another Role
★ Ingenious Quiz Program
—By Virginia Vale—

IT BEGINS to look as if those girls who made "Four Daughters" what it was (with the aid of John Garfield), have a life-time job. They appear again in the new "Daughters Courageous" with him, and will shortly make "Four Wives." The studio had intended to have them do "Four Mothers" as the next of the series, but now the wives will come first. Of course, they could go on forever, becoming grandmothers, widows, and then possibly "Four



GALE PAGE

Second Wives." Just see what you, the public, started when you acclaimed the three Lane sisters and Gale Page in that first picture!

In case you're interested in that picture Samuel Goldwyn has been making, bringing Jascha Heifetz to the screen, the title has been changed again. "Music School" has been abandoned in favor of "They Shall Have Music."

When you see Brian Aherne in "Juarez"—if you haven't already seen him—you might pretend that you're a movie mogul and study his performance with the idea of offering him the role of "Christopher Columbus" in the movie version of that famous Italian's life. That's what Edward Small did.

On second thought, maybe you'd better not bother. For it would be a shame to do anything that would take your mind off the grand picture that Aherne, Paul Muni and Bette Davis made together. "Juarez" deserves all your attention.

For a long time it seemed likely that Rudy Vallee would be remembered as the man who started the "crooner" wave that swept over the country. Now it seems far more likely that he'll be famous as the fellow who discovered and developed more celebrities than anybody else.

Tommy Riggs, Edgar Bergen, Bob Burns—they're just three out of a list of more than one hundred radio celebrities who owe their fame to the chance that he gave them.

Those quiz programs, in one form or another, seem likely to go on forever, which is bad news for all the singers whom they have crowded off the airways.

One of the newest and most ingenious is that presided over by the two writers of mystery stories who sign their output "Ellery Queen." It's known as "The Adventures of Ellery Queen." Each week a mystery story is dramatized, with Mr. Queen and four guest detectives listening. As soon as Queen knows who the murderer is he stops the play, and each guest is asked to give his solution of the mystery. Then the dramatization is resumed and the author's solution given. It's lots of fun to follow from your own arm chair.

One of the radio singers for whom quiz programs hold no threats is Felix Knight, who's just had another renewal of his contract on that half-hour preceding the Vallee show. He appeared on it for one guest appearance, something like 84 weeks ago, and has been a regular ever since.

ODDS AND ENDS—"Tarzan Finds a Son." with little Johnny Sheffield as the son, is a lot of fun, and just about the time it was released Maureen O'Sullivan, who plays "Tarzan's" mate, was celebrating the birth of her first baby. Metro has once more temporarily postponed filming "It Can't Happen Here" . . . Now it's Benjamin Franklin whose life is to be screened. . . Joan Blondell gives her usual expert performance in "Good Girls Go to Paris, Too."

(Released by Western Newspaper Union.)

ASK ME ANOTHER ?

A Quiz With Answers
Offering Information
on Various Subjects

The Questions

1. Why is the speaker of the house of representatives so called?
2. What country is the Land of Cakes?
3. How big a trunk did the Charter oak have?
4. What is the oldest parliament in the world?
5. Is there a word descriptive of the feeling of annoyance one has in a noisy place?
6. About how much of the world's habitable land surface does the British empire cover?

The Answers

1. The name was borrowed from British parliament.
2. Scotland is so called from its oatmeal cakes.
3. Nearly seven feet in diameter. It was in Hartford, Conn., and blew down in 1856. Its age was computed to be nearly 1,000 years.
4. The Althing of Iceland is the oldest parliamentary assembly, having celebrated its 1,000th anniversary in 1930.
5. The word is dysacusia.
6. About one-fourth.

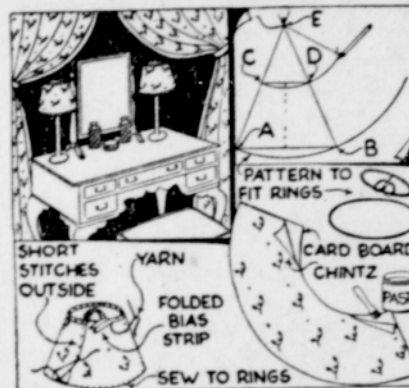
Chintz-Covered Lamp Shades You Can Make

By RUTH WYETH SPEARS

"DEAR MRS. SPEARS: I have a pair of lamps for my dressing table, and I would like to use some of my curtain material to cover plain shades. Can you tell me how this is done?" C. H."

Here is a method that is shown for a living room lamp in Book 1. It may be used for a shade of any size. You will need the top and bottom rings from an old lamp shade. A cardboard foundation is cut to fit these, and the chintz or other fabric is pasted to the edge of this.

The AB line in the pattern diagram is as long as the diameter of the bottom ring. The dotted vertical line is approximately as long as the depth of the shade.



The CD line is as long as the diameter of the top ring. Draw the diagonal lines to touch the ends of the AB and CD lines. Place a tack where they meet at E. Place a pencil through a loop in a string, as shown, and draw the bottom line of the shade making it as long as the measurement around the bottom ring plus a half inch. Shorten the string and draw the top to fit the top ring allowing for a half inch lap.

NOTE: Book 1—SEWING, for the Home Decorator, and No. 2, Gifts, Novelties and Embroideries, are now 15 cents each, or both books for 25 cents. Readers who have not secured their copies of these two books should send in their orders at once, as no more copies will be available, when the present stock is sold. Your choice of the QUILT LEAFLET showing 36 authentic patchwork stitches; or the RAGRUG LEAFLET, will be included with orders for both books for the present, but the offer may be withdrawn at any time. Leaflets are 6 cents each when ordered without the books.

Everyone should have copies of these two books containing 96 How to Sew articles by Mrs. Spears. Send your order at once to Mrs. Spears, 210 S. Desplains St., Chicago, Ill.

Dreaded Whisper

The whisperer is more to be dreaded than an open slanderer, because he endeavors to accomplish his malicious purposes secretly, and his victim has no chance of frustrating them.—Dr. Davies.

How 25 Women Lost Ugly FAT In Special N. Y. Test

Ask Your Doctor if it isn't Good Way. Read EVERY Word

NEW YORK, N. Y.—In a test by a prominent N. Y. Physician and nationally known newspaper woman—25 women lost a total of 286 lbs. in 40 days. YOU, too, can follow this SAME, SENSIBLE plan right at home and here it is:
First of all go light on fatty meats and sweets. Eat plentifully of lean meats, fish, fowl, fresh fruits and vegetables. And for proper functioning by removal of accumulated wastes take a half teaspoonful of Kruschen in hot water every morning. DON'T MISS A MORNING Kruschen

is made right here in U. S. A. from famous English formula.
And this is IMPORTANT: Kruschen is NOT harmful. It is not just one salt as some people ignorantly believe. Rather, it's a blend of 6 active minerals, which when dissolved in water make a healthful mineral drink similar to effective Spa waters where wealthy women have gone for years. A jar of Kruschen costs only a few cents and lasts 6 weeks.
So, fat ladies—get some gumption! MAKE UP YOUR MIND YOU'LL STICK to the above Plan for 28 days and just see if you don't lose fat and feel healthier and younger. You can get Kruschen at drugists everywhere.

Advertised BARGAINS

Our readers should always remember that our community merchants cannot afford to advertise a bargain unless it is a real bargain. They do advertise bargains and such advertising means money saving to the people of the community

CLASSIFIED DEPARTMENT

PERSONAL

Work on Steam Ships. Full details send 50 cents. P. O. Box 84, Los Angeles, Calif.

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CRUTCHES

"THERE are too many Americans advocating the construction of crutches to put under the arms of individuals and too few expounding the ideals which made America great."—U. S. Senator William H. King.

Dependable Citizens

The prosperity of a country depends, not on the abundance of its revenues, the strength of its fortifications, or the beauty of its public buildings; but it consists in the number of its cultivated citizens, in its men of education, enlightenment and character.—Luther.

There's a Good Reason You're Constipated!

When there's something wrong with you, the first rule is: get at the cause. If you are constipated, don't endure it first and cure it afterward. Find out what's giving you the trouble.

Chances are it's simple if you eat the super-refined foods most people do: meat, white bread, potatoes. It's likely you don't get enough "bulk." And "bulk" doesn't mean a lot of food. It's a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines and helps a bowel movement.

If this is your trouble, you should eat a natural "bulk" producing food—such as one as the crunchy, toasted, ready-to-eat cereal—Kellogg's All-Bran. All-Bran is the ounce of prevention that's worth a pound of emergency relief. Eat it every day, drink plenty of water, and "Join the Regulars." All-Bran is made by Kellogg's in Battle Creek.

Rests With Fools

Anger may glance into the wise man's breast, but only in the bosom of fools doth it rest.