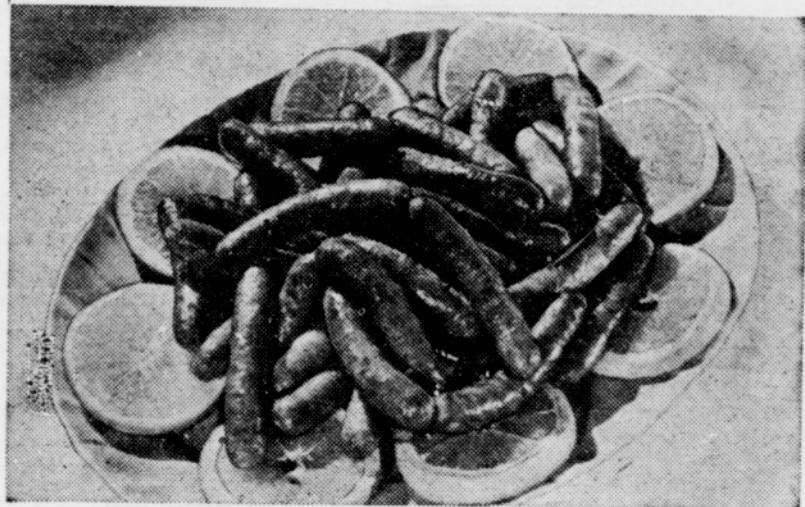


Household News

By Eleanor Howe



GUARANTEED TO GET THE FAMILY UP IN THE MORNING
(See Recipes Below.)

BREAKFASTS TO GET THE FAMILY UP

"The nice thing about breakfasts" said one newlywed, "is that you don't have to plan them, you just serve them." Although it is possible to get a breakfast with whatever there is at hand in the line of toast, coffee, and fruit juices, a little planning does yield big dividends.

For it is planning that makes possible the breakfast specialties that get the laggards out of bed in the morning—and down to eat before they go. And that's important, because they miss the Vitamin C in the orange or tomato juice when they skip breakfast, the Vitamin B in the whole grain cereal, the iron in the egg yolk, which aren't always made up later in the day.

Here, then, are some breakfast menus, and some recipes for new breakfast specialties, that are guaranteed to get the family out of bed in the morning. Just let them get one whiff of a platter of shiny brown sausages garnished with orange slices, like that in the picture above, and no coaxing will be needed to get them down to breakfast.

QUICK BREAKFAST

Chilled orange juice
Hot cornflakes over banana wedges
Oven eggs in cornbread cases
Pan-fried bacon
Coffee, milk

LEISURELY BREAKFAST

Grapefruit halves
Bran flake cereal with brown sugar and cream
Apricot omelet
Buttered toast
Coffee, milk
Corn Bread.
(1 8-inch square)

1½ cups yellow corn meal (uncooked)
½ cup flour (all-purpose)
4 teaspoons baking powder
1 teaspoon salt
1 cup milk
2 eggs (beaten)
2 tablespoons fat (melted)

Sift corn meal with flour, baking powder and salt. Combine milk, eggs, and shortening and add to dry ingredients. Bake in a well-greased 8-inch square baking pan, in a moderately hot oven (400 degrees Fahrenheit) for 40 to 50 minutes.

Eggs in Corn Bread Cases.

(Serves 6)
6 squares or slices corn bread
½ cup butter (melted)
6 eggs
Salt
Pepper

Cut off top crusty portion of corn bread. Then remove part of corn bread from each slice, forming a depression. Brush top of each slice with melted butter. Break an egg into each depression. Sprinkle with salt and pepper, place on baking sheet and bake in hot oven (475 degrees Fahrenheit) for 10 minutes or until white of egg is set. For quick breakfast, corn bread should be prepared the day before.

Raisin Sally Lunn.

(Makes 2 dozen 2-inch Lunn)
1 cup milk
1 cake compressed yeast (½ ounce)
3 tablespoons sugar
½ teaspoon salt
¼ cup melted shortening
2 eggs
3 cups sifted flour (all-purpose)
¾ cup raisins

Scald milk and cool to lukewarm (85 degrees Fahrenheit). Add crum-

bled yeast, sugar, and salt. Add 2 cups flour, beating thoroughly. Add melted shortening and beaten eggs. Add remaining flour, beating until smooth. Add raisins. Fill greased muffin pans half full. Brush with butter (if desired), cover and set in warm place to rise until doubled in bulk (about 45 minutes). Bake in moderately hot oven (400 degrees Fahrenheit) for 15 minutes.

Bran Griddle Cakes.

(Makes 15 cakes)

1¼ cups milk
1 egg (well-beaten)
2 tablespoons melted fat
1½ cups flour (all-purpose)
½ teaspoon salt
2½ teaspoons baking powder
1 tablespoon sugar
½ cup bran cereal

Combine milk, beaten egg and cooled melted fat in mixing bowl. Sift flour once before measuring. Then add salt, baking powder, and sugar and sift again. Combine dry ingredients with bran cereal. Add to milk, stirring until just mixed. Bake on a hot griddle and serve with butter and strained honey or maple syrup.

Grated Apple Waffles.

(Makes 8 waffles)

1½ cups flour (all-purpose)
½ teaspoon salt
½ teaspoon cinnamon
½ cup sugar
2 teaspoons baking powder
2 eggs
1 cup milk
1¾ cups cooking apple (grated or cut fine)
3 tablespoons melted shortening

Sift flour once before measuring. Then add salt, cinnamon, sugar, and baking powder and sift again. Separate eggs. Combine milk, eggs, and cooled melted shortening. Add dry ingredients to milk and egg and stir lightly until just dampened. Fold in grated apple. Beat egg whites until stiff and glossy and fold in, using a spatula. Bake on pre-heated waffle iron and serve with butter and brown sugar.

Apricot Omelet.

(Serves 4)

½ pound dried apricots
1 cup water
½ cup sugar
2 tablespoons quick-cooking tapioca
¾ teaspoon salt
2 tablespoons butter
4 eggs

Prepare apricots ahead of time. Cover them with water and let soak 30 minutes. Then simmer until tender, about 25 minutes. Add sugar and cook for 3 minutes more. To make the omelet, drain juice from the apricots and measure. Fill to the ¾ cup mark with water, if necessary. Combine tapioca, salt and apricot juice in top of double boiler over boiling water and cook 10 to 12 minutes. Add 1 tablespoon butter, remove from heat and cool. Separate eggs. Beat whites until they are stiff and will stay in a partially inverted bowl. Without washing beater, beat yolks until thick and lemon-colored. Add egg yolks to tapioca mixture, then lightly fold in egg whites.

Melt 1 tablespoon butter in large frying pan (10 inch). Turn in egg mixture. Cook over low heat for 5 minutes, then place in a moderate oven (350 degrees Fahrenheit) to finish cooking for 15 minutes or until golden brown on top and firm to the touch. Make a shallow cut across the omelet at right angles to the pan. Cover half the surface with finely cut cooked dried apricots. Fold over omelet, turn out onto hot platter and serve at once. (Released by Western Newspaper Union.)

In Pinch, Baggage Man Was True to His Trade

Along the dark and lonely road plodded a solitary figure. Behind him lurked three shadows, which chose their moment and sprang upon the unwary one.

Three to one! The odds were heavily against the victim, but did he falter? Not on your life! One by one his assailants were sent flying, to lie bruised and stunned on the cold, wet ground.

Up dashed a policeman. He surveyed the wreckage, and then turned to the hero, who was coolly lighting a cigarette.

"Jujitsu?" he asked admiringly. "No," was the reply. "Railway baggage man."

ASK ME ANOTHER ?

A Quiz With Answers
Offering Information
on Various Subjects

The Questions

1. What capital letter is used most frequently in English words?
2. What is a Jolly Roger?
3. Of currants, grapes, cranberries, oranges, tomatoes and bananas, how many are classified by botanists as berries?
4. Without stopping to count, give the number of zeros in one billion.
5. In major league baseball, how often are games won by a no-hit, no-run pitching performance?
6. Are glow worms worms?

The Answers

1. The letter "S," according to Funk and Wagnalls New Standard dictionary.
2. A pirate flag.
3. All of them.
4. Nine—count them—1,000,000,000.
5. Only one in about 1,400 games.
6. No, glow worms are actually beetles. The males can fly, but the females cannot, so they light up to let their lovers know where they are.

HOW to SEW By RUTH WYETH SPEARS



pet thread double for this and for sewing the braided rows around the edge of the rug.

NOTE: There are two other fascinating braided rug designs in Mrs. Spears' Book 3 and the new Book 6 contains directions for a hooked, a braided and a crocheted rag rug. "The Rug That Grew Up With the Family" is in Book 3. Each book has 32 pages of pictures and directions. Send order to:

MRS. RUTH WYETH SPEARS
Drawer 10
Bedford Hills New York
Enclose 20 cents for Books 3 and 6.
Name
Address

MAKE one rag rug and you will find yourself a member of an enthusiastic clan that gloats over any soft piece of old woolen goods and who count the days until they fall heir to a dress of a particular color that they want. These enthusiasts bleach materials to tone them down; they brighten others with dye; they antique some with tea and they have a wonderful time.

The sketch gives all the directions you will need to copy this fascinating braided rag rug with a flower medallion in the center. Or you may make two of the medallions, sew them together and add a braided handle for a knitting bag. Braid the fabric strips tightly and keep the work flat while you sew the circles for the roses and the loops for leaves; then sew them together. Use car-

Omnipotent Persistence

Nothing in the world can take the place of persistence. Talent will not—nothing is more common than unsuccessful men with talent. Genius will not—unrewarded genius is almost a proverb. Education will not—the world is full of educated derelicts. Persistence and determination alone are omnipotent.—Calvin Coolidge.

Density of Fogs

In 1921, the British weather bureau set up standards for describing fogs which fall into more or less definite categories. They range from "very dense," in which objects become invisible at 27 yards distance in the daytime, through "thick," "rather thick," "fog," "moderate," "mist or thick haze," and "slight mist or haze"—in which objects are visible at a distance of 7½ miles.

YOUR EYES TELL how you feel inside

Look in your mirror. See if temporary constipation is telling on your face, in your eyes. Then try Garfield Tea, the mild, pleasant, thorough way to cleanse internally...without drastic drugs. Feel better, LOOK BETTER, work better. 10c—25c at drugstores.

GARFIELD TEA
For Prompt Relief from Headaches
Stamp, addressed envelope, brings liberal FREE SAMPLES.
GARFIELD HEADACHE POWDER
10c—25c
(See doctor if headaches persist)

Sweetest Plum

In all the wedding cake, hope is the sweetest of the plums.—Douglas Jerrold.

FOR PERFECT BAKING RESULTS...USE

CLABBER GIRL
BAKING POWDER
An old standby in millions of homes

Tide Will Turn

When you get into a tight place, and everything goes against you, till it seems as if you couldn't

hold on a minute longer, never give up then, for that is just the place and time the tide will turn. —Harriet Beecher Stowe.

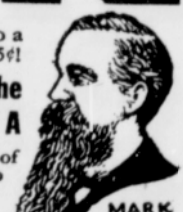
GRIN



You needn't grin and bear a cough due to a cold. Get Smith Bros. Cough Drops! Just 5¢!

Smith Bros. Cough Drops are the only drops containing VITAMIN A

Vitamin A (Carotene) raises the resistance of mucous membranes of nose and throat to cold infections, when lack of resistance is due to Vitamin A deficiency.



Wishes

Anger wishes that all mankind had only one neck; love, that it

had only one heart; grief, two tear-glands; and pride, two bent knees.—Richter.

THE SMOKE OF SLOWER-BURNING CAMELS GIVES YOU EXTRA MILDNESS, EXTRA COOLNESS, EXTRA FLAVOR

AND **28% LESS NICOTINE**

than the average of the 4 other largest-selling cigarettes tested—less than any of them—according to independent scientific tests of the smoke itself.

THE SMOKE'S THE THING!

THE SLOWER-BURNING CIGARETTE

LIKE ANYONE WHO SMOKES A GOOD DEAL, THE EXTRA MILDNESS IN SLOWER-BURNING CAMELS IS IMPORTANT TO ME. AND THE FLAVOR IS SO GRAND!

A FLASHING STAR ON ICE
EVELYN DOMAN—FIGURE-SKATER
—SNAPPED AT SUN VALLEY

CAMEL