



Mmm, lemonade still tastes good these warmish autumn afternoons says this young man. Fruit juices are a good way to get the liquids down a fellow when it's hot.

### Inter-American Commission Concerns Itself with Women

By JANE EADS

WASHINGTON—The Inter-American Commission of Women, meeting at Asuncion, Paraguay, Sept. 5 to 24, may consider with pride the progress of women in the Americas since its creation 25 years ago.

Formed at the Sixth International Conference of American States at Havana, Cuba, to "work for the extension of civil, political, economic and social rights of the women of the 21 American Republics," the commission is an official unit of the Organization of American States (OAS), with headquarters in Washington. The group is composed of one delegate appointed by the government of each republic, with a chairman, vice chairman and executive committee elected by the entire commission from its own number.

#### Times Change

When the commission was created in 1908 only the United States had national suffrage for women. In 1948 the group secured approval of a treaty which agrees "the right to vote and to be elected to national office shall not be denied or abridged by reason of sex." The treaty was signed by 18 countries and 14 have ratified it. Two others are in process

of doing so. In three other women vote in city elections. Other achievements include: The number of women elected to national Congresses and to state and municipal offices is today larger than ever before. Women have the same legal rights as men to exercise a profession in many countries, overcoming many legal barriers existing in 1928. A treaty agreeing "there shall be no distinction based on sex as regards nationality either in legislation nor in practice" was signed by 20 countries in 1933 and has been ratified by 10. Laws equalizing other civil rights of women with those of men have been approved or are being considered by a number of countries. Another convention that agrees

### Blueberries Make Finer Refrigerator Cookies Now

Blueberries, more abundant in local markets this year and even better flavored, will make these pretty cookies for eating on any occasion. Here the recipe has a refrigerator cookie base:

#### BLUEBERRY REFRIGERATOR COOKIES

- |                                     |  |
|-------------------------------------|--|
| 1 1/2 cups sifted all-purpose flour | 1 cup sugar                                |
| 1/2 teaspoon baking soda            | 1 egg                                      |
| 1/2 teaspoon salt                   | 1/2 cup peanut butter (approximately)      |
| 1/2 cup shortening                  | 1 cup blueberries, washed and well-drained |
| 1 cup sugar                         |  |

Sift together flour, baking soda and salt. Cream shortening and sugar until light and fluffy. Add egg and beat well. Add dry ingredients gradually, beating well after each addition. Shape into a roll about 1 1/2 inches in diameter. Wrap in waxed paper and chill several hours or overnight. Cut into slices about 1/4 inch thick. Spread each slice generously with peanut butter. Cover peanut butter completely with blueberries. Place on a greased baking sheet. Bake at 375° for about 15 minutes.

#### SURPLUS

Was there a surplus of cake at the party? Your leftover angel food, sponge or pound cake will make delicious ice cream sandwiches for the porch supper on the following day. Between slices of toasted cake, place a serving of ice cream or a layer of brick ice cream.

## Housecleaning Efforts Are Cut When Done According To Well Planned Schedules

By ERMINA FISHER  
County Home Extension Agent

Every day is a busy one for most homemakers. Just now with so much canning and freezing to be done, as well as the many other activities, homemakers are busier than ever.

Women everywhere are interested in ways to reduce the amount of cleaning in their homes and the effort necessary to do it.

The amount of cleaning that a homemaker does will be determined first, by her own and her family's standard of cleanliness.

Other considerations are the homemaker's health, size and condition of her home and help other family members can give.

As these conditions change, so will the care of the house change. The young homemaker, as her family increases, may decide it is better management to spend more time with her children than do as much cleaning as formerly.

Each homemaker must decide how much cleaning she will do, when, how frequently and what methods she will use. Cleaning can be cut down or expanded as it becomes of less or greater importance at a particular time. She has to decide too when a job is done well enough for her and her family.

The following suggestions may ease the cleaning load of the homemaker:

**Have A Flexible Plan to Fit Your Needs.** Since cleaning has to be fitted in with other tasks, a flexible plan for cleaning meets the needs in most households. An annual spring, and fall cleaning may have certain advantages but it often leaves the homemaker physically and emotionally exhausted. Family relationships may be badly strained. Distributing special cleaning processes over a period of time will eliminate these upheavals. She may wash the windows in one or two rooms one week and launder the curtains the next. She may prefer to clean one room thoroughly each month along with the usual care of the house.

**Keep Dirt Out of House as Much as Possible.** Hard surface walks or paths will cut down on the dirt tracked into the house. Mats and scrapers serve as reminders to the family. Frequent sweeping of walks, porches, and steps reduces the amount of dirt brought into the house.

**Provide Adequate Storage Spa-**

ces. Good storage for clothing in the bedroom makes it easier for each person to put clothes away. Shelves for magazines and papers can prevent a great deal of clutter. Centrally located storage for cleaning equipment is helpful. In large homes or two-story houses duplicates of less expensive articles as mop, dust pan and dust cloths will save considerable time.

**Select Surfaces That Are Easy to Clean.** Some paints wash more readily than others. A tiled floor in the hall may be easier to maintain than a highly polished floor. Light furniture doesn't show dust as much as dark.

**Choose Suitable Equipment and Supplies.** Use long-handled equipment for such tasks as sweeping or mopping. Long-handled dust pan, and self-wringing mop makes frequent bending unnecessary. A sturdy step ladder with attached shelf makes window washing much easier.

**Prevent Excessive Fatigue.** Since all cleaning involves muscular activity, the best possible use of these muscles is important. Learning how to lift heavy objects with a minimum of effort by using strong thigh muscles is helpful. Squatting rather than bending when dusting or washing baseboards or picking up articles relieves strain on the back muscles. Comfortable shoes and garments help to maintain good posture.

Frequent, short rest periods between heavy cleaning tasks prevent excessive fatigue.

The homemaker using a cleaning plan and sound methods is better equipped not only to do the work at hand, but to teach and guide her assistants whether they be family members or paid employees. The objective is to make the job more interesting and less fatiguing by controlling it, rather than letting it control the homemaker.

## Zucchini Takes on International Look

The French have their delectable au gratin, the Italians are known for spaghetti, the English for savory Yorkshire pudding. But did you know that long before the Santa Maria made her maiden voyage in 1492 the North American Indian also had a favorite food. They called it "skutasquash" and, along with corn and beans, it comprised a trio they called their "three sisters."

Corn, beans and skutasquash, or squash as we call it, are still three of America's favorite foods. Everyone knows what to do with corn and beans. But not so many realize that squash is one of the most versatile of all vegetables. It can be broiled, fried, stewed, boiled, used as a pie filling, and put into salads. But there's a completely different recipe which combines the delight of the Indians with the delicate French au gratin. It's called Zucchini au gratin because like all true French au gratin dishes, it contains bread crumbs. In fact, it's an around the world dish with American squash and Italian cheese. You'll like this good squash dish.

**ZUCCHINI AU GRATIN**  
3 medium-sized zucchini  
3 tomatoes, chopped  
2 cloves garlic, minced  
1 cup yeast-raised bread crumbs  
3 tablespoons grated Italian cheese  
Salt and pepper to taste  
6 tablespoons melted butter  
Wash zucchini, remove ends and cut crosswise into 1/4-inch slices. Arrange half of the slices in a greased baking dish, then half of the chopped tomatoes, sprinkling with salt, pepper and half of the minced garlic. Mix bread crumbs, cheese, salt and pepper with melted butter. Sprinkle half of crumb mixture over tomatoes and repeat layers, finishing with crumbs. Bake at 375° (moderate oven) 25-30 minutes. Makes 6 servings.

**NICE PAIR**  
Big red slices of vine-ripened tomatoes topped with delicate avocado cubes make a beautiful and delicious salad. Serve a tart French or rich Thousand Island dressing with the salad.

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