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"So lady, latch on to my 'policy' of success insurance! USE MACA, THE ORIGINAL FAST DRY YEAST!"

P. J. So much Maca Yeast is being shipped overseas that your grocer might not always have it. If he doesn't, ask for Yeast Foam (Maca Yeast), your old stand-by which also has bakings a grand old-time flavor.

**WESTERN YEAST
COMPANY**

Chicago 22, Illinois

Bonds

HOUSEHOLD MEMOS
by Lynn Chambers

Toast to Good Health... Raw Vegetables!
(See Recipes Below)

Vitamins for Health

When Mother Earth is bountiful in her output, there's no good reason for stinting on mineral and vitamin-rich protective foods.

This is the time to plan meals mainly of vegetables, first, from necessity because rationed foods are high in point value and scarce; and secondly, because we should try to build up our health as much as possible to reap personal and community benefits.

Vitamin A.

No one should lack for this familiar vitamin that comes at the beginning of the alphabet because it is easily obtained in dairy foods, carrots, greens, liver, butter, apricots, prunes and tomatoes. It is especially essential for growth and the maintenance of normal resistance to infection.

Vitamin B1.

If the children or adult members of the family show signs of losing their appetite, check into these sources for vitamin B1 or thiamin: dried beans and peas, lean pork, whole grain cereals, yeast, milk, cauliflower, chicken, peanuts and egg yolk. In addition to being necessary to maintain appetite, this vitamin aids in growth and helps maintain the normal function of the digestive organs and nervous system.

Vitamin C.

One of our basic nutrition rules definitely states that we should eat at least one citrus fruit a day. We need this fruit for assuring enough vitamin C for well-nourished gums and teeth as well as to maintain normal bone structure, the normal strength of capillary walls and the prevention of scurvy. You'll find it plentiful in oranges, lemons, grapefruit, pineapples, strawberries, tomatoes, raw cabbage and greens, liver, green pepper and peas.

Vitamin D.

Vitamin D has to do exclusively with bone and teeth building—sound bones, strong teeth and the prevention of rickets. Vitamin D is as hard to find as vitamin A is easy. Its sources are few: fish liver oils (cod, halibut), fortified milk and cream, egg yolks and liver. If your doses of these foods are small, then get a big dose of sunshine—that's vitamin D, too.

Vitamin G.

This vitamin, also called riboflavin, is found in many of the same

**Lynn Chambers'
Point-Saving Menu**

Vegetable Platter:
Corn au Gratin
Spinach Nests with Poached Eggs
Shredded Beets Lima Beans
Hot Biscuits with Honey
*Ambrosia Salad
Raisin Drop Cookies Beverage
*Recipe given.

foods as vitamin B1. In addition to the part it plays in normal nutrition, it is also essential to growth, cell respiration, and good nervous health.

Vitamin P-P.

Most of us are more familiar with nicotinic acid, which is just another name for this vitamin. You'll get your share if you eat lean meats and liver, salmon, wheat germ, yeast, tomatoes, greens and buttermilk. It's responsible for good, clear healthy skin and the normal functioning of the gastro-intestinal tract.

Now, how do we go about getting all these vitamins into our diet? We will have to include foods from each of the groups mentioned daily. This is especially important with the B and C vitamins because they cannot be stored in the body as is vitamin A.

The following recipes will give you good health as well as good eating. If vegetables are eaten raw, they are more valuable:

Tomato Stuffed Salad.
(Serves 4)
4 medium-sized tomatoes
3 ounces cream cheese
2 tablespoons green onion, chopped
1/2 cup green pepper, chopped
1/2 medium-sized cucumber, chopped
3 hard-cooked eggs, chopped
1/4 cup salad dressing

Peel tomatoes. Cut slices from top and scoop out centers. Sprinkle with salt; invert to chill. Blend cream cheese with enough cream to soften. Line tomato cups with this mixture. Combine remaining ingredients; fill tomato cups. Chill thoroughly. Serve with additional salad dressing in lettuce cups.

Jellied Perfection Salad.
(Serves 6)
1 tablespoon unflavored gelatin
1/2 cup cold water
1/2 cups hot water
1 tablespoon lemon juice
1 tablespoon vinegar
1 teaspoon salt
1 cup diced cucumber
1/2 cup sliced green onions
1/2 cup sliced radishes
1 cup chopped celery

Soften gelatin in cold water. Dissolve in hot water. Add lemon juice, vinegar and salt. Chill until partially set; add remaining ingredients. Chill until firm. Serve on crisp lettuce with mayonnaise.

Cabbage Pepper Slaw.
(Serves 6)
4 cups finely shredded cabbage
1/2 cup chopped green pepper
1 teaspoon salt
1/4 teaspoon white pepper
2 tablespoons vinegar
1 teaspoon celery seed
2 tablespoons tarragon vinegar
1 teaspoon prepared mustard
1/2 cup salad dressing

Combine vegetables, salt, pepper, sugar and celery seed. Combine vinegar, mustard and salad dressing. Add to vegetables and mix thoroughly.

***Ambrosia Salad.**
(Serves 4 to 6)
2 bananas, sliced
3/4 cup diced orange
1/2 cup seedless grapes
1/4 cup chopped dates
3 tablespoons lemon juice
1/2 cup moist coconut, grated

Combine fruits; sprinkle with lemon juice; chill. Add creamy mayonnaise dressing which has been blended with sour cream. Serve on crisp lettuce and garnish with coconut.

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Washington Digest

People Deciding Factor Of Security Conference

Heed of Public Will to Build Effective Barrier
Against Future Wars Marks Deliberations From Past Parleys.

By **BAUKHAGE**
News Analyst and Commentator.



WNU Service, Union Trust Building,
Washington, D. C.

CONFERENCE HEADQUARTERS, SAN FRANCISCO.—The extent to which deliberations of the United Nations conference on international organization will be a success can now be readily predicted. All we need is a master-mathematician who will solve for "x"—the unknown.

The proposition is simple: let m equal one molotov, s equal one stettinius, e equal one eden. The equation reads:
m over s plus e equals x
Solve for x, the unknown power of the will of the people.

We have a certain amount of corollary data to help us.

In 1815 there was a meeting called the Congress of Vienna. It was fabulously attended by kings, princes, a czar and an emperor as well as the ministers and diplomats who ran Europe at the time. It convened for very definite purposes, including the checking for all time certain dangerous tendencies which were beginning to make themselves felt. One matter which had really brought about the conference was the defeat of Napoleon Bonaparte. Unfortunately there was a sudden reappearance of that gentleman, who broke his bonds of servitude at Elba, to play a short but fearsome return engagement.

This threat of the return of an upstart dictator who managed to provide himself with a crown based on no more divine right than was supplied by his legions caused the congress its jitters but didn't interfere with the frolicsome tenor of its ways.

It had been a decade of headaches for crowned heads. There was the French revolution, quashed by that time, it is true, but a dangerous threat to the ermine. There was the strange government which would have no traffic with kings at all which seemed to be prospering across the seas in the wilds of America. And then this highly irreverent attitude toward the divine right of kings.

It was all very important to the delegates at Vienna but like the soldier on guard here at the conference building in San Francisco it was confusing, so they let George do it.

Thousands of 'Souls' Traded at Congress

And so at Vienna with all the protocol and deference in the world, Talleyrand took over. He let the congress dance. He ran it, divided up the spoils; traded so many thousand "souls" for so many thousand others, for thus he referred to the various sections of Europe's population he was playing with. He called them souls but he didn't even consider them human beings with human rights. They had nothing to say about it and they said it, silently.

A year less than a century later there arose another war-lord who had forgotten nothing and learned nothing concerning European dictatorships. One of the best jobs of wrecking civilization up to that time was achieved by Kaiser Wilhelm and the world had to get together again to see what could be done about it again. They met in Paris in 1919.

This time the twilight of the kings had become so thick that septeers were decidedly out, but considerable change had taken place in the intervening century. At the Congress of Vienna there was not a single constitutional government, except that of Britain, represented. There was no freedom of the press, and no public opinion. At Paris the Allied press was hardly free of its wartime censorship but managed to stir up considerable excitement—and the government-controlled French papers made plenty of trouble for Wilson. The people were conscious of their desires but still not entirely vocal. The conference was soon tossed from the delegates to smaller and smaller groups and finally reached "The Big Three"—Wilson, Lloyd George and Clemenceau, and the greatest of these as a negotiator, was Clemenceau. He had more opposition than Talleyrand, perhaps, but he certainly was no less successful.

Then came the 20-year interlude

and the tempo of the world increased so that it provided another world war which called for another international gathering within 26 years; came San Francisco, another "Big Three" and the growing but still the unknown "x," the power of the people.

Molotov Lives Up To His Name

First, to evaluate the "m" in our equation, it is necessary to take a look which goes back to Paris 1919 and even reveals faint images of Vienna, 1815.

There is no question that "m" (standing for Molotov) was the conference at San Francisco in the early period, at least, but there was a vast difference between his operations and those of Clemenceau. Clemenceau could and did unloose a bag of traditional diplomatic tricks on Lloyd George and Wilson and soon proved that his white-gloved, gallic hands were quicker than two pairs of anglo-saxon eyes.

Clemenceau wanted security for France and elimination of Germany as a competitor in world industry.

Molotov wants security for Russia, elimination of any danger of political competition from the "capitalistic" countries. But he wears no gloves, kid or otherwise. This, perhaps, is not because he, personally, is inept in the amenities of diplomatic relations, but rather because he is under orders, with no latitude of compromise whatever unless Stalin grants it. And Russia, an outlaw among nations after the Bolshevik revolution, has only begun to take its first faltering steps beyond the pale of its own prejudices and preoccupations. And the bear steps furtively, blinded by suspicion, hypersensitive because of well-justified past doubts and fears.

By the second day of the conference Molotov had deeply grieved the Latin Americans. When the suave and persuasive Ezequiel Padilla, Mexican foreign minister, in urging the election of Secretary Stettinius as president of the conference remarked that it was merely following diplomatic procedure and courtesy to elect the representative of the country playing host to the conference, Molotov is said to have replied that he hoped no one was trying to give him lessons in diplomatic procedure and as for courtesy—this was not a tea party.

Molotov is the commissar's "nom-de-guerre." It is an old communist custom to take pseudonyms, e.g. "Stalin," man of steel. Molotov means "hammer." And that is what the benevolent-looking gentleman from Moscow wields, not the rapier of the diplomatist.

Thus, when he "controlled" the conference, he did it as a man swinging a hammer might—the rest had to get out of the way. But hammer swinging is not always successful. The rapier wielders in the case I mentioned quickly circumvented the issue of the conference presidency by obtaining an agreement that there would be four presidents as the hammer-swinger demanded—but their powers would all be delegated to Mr. Stettinius to conduct the business of the conference. Today's Talleyrand has much to learn in the school of soft gloves.

And so we come to the delta, the strength of the spirit of the people. As I write these lines within the building where the committee meetings take place, the fate of the conference has not been settled but I am assuming it is about to conclude, having achieved its job which was merely to complete a blue-print for world organization. Its later effects cannot yet be assayed. But I can say at this point with absolute assurance that if the blue-print is not produced the peoples of the various representatives will figuratively fall upon their delegates and tear them limb from limb. If the blue-print is produced and if the organization operates effectively and successfully the credit goes to the demos the "absent voters" at San Francisco, who had no vote at Vienna and didn't know how to use what they had at Paris.

And so the task of our mathematician becomes the task of the metaphysician. He must discover the power of the spirit of the people.

BARBS... by Baukhage

Some of the foreign delegates to the San Francisco conference thought they had got into the wrong pew. Looking at all the moving picture cameras around the place, they thought they were in Hollywood.

The weather was so fine for most of the conference that the natives almost lost that important word "unusual" from their vocabularies.

It wasn't entirely western hospitality we found, when the taxi doors flew open when we were ready to get out—they were automatically controlled by the driver. Perhaps some of the fares had left too informally in the past.

All high in shortages was reached when a San Francisco restaurant ran out of orange juice.

SNAPPY FACTS

about
RUBBER



WPR has plans under way for expansion of facilities to produce 1,500,000 more truck and bus tires every three months for military and essential civilian use. Total production by next December is expected to reach a rate of 6,700,000 a quarter.

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Press Manning

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