

HOUSEHOLD MEMOS

by Lynn Chambers



START THE DAY WITH A GOOD BREAKFAST
(See Recipes Below)

BRIGHT BEGINNING

ONE OF THE biggest services which any homemaker can give her family is to feed them a good, substantial breakfast to get them off to work and school with proper spirit. This is the best way—at least to my knowledge—of preventing that mid-morning lag in energy as well as having the mind razor sharp whether you apply yourself at a school desk, sit in an office or work in the barn, fields or your own kitchen.

A good breakfast need not be elaborate to serve its purpose. Start off with a simple pattern including fruit, cereal and milk and you can be well fed.

Naturally if you want more, there are any number of foods to be added. Too, there's no need to feel that breakfasts can't have variety. You can vary fruit and cereal daily, while eggs, breakfast meats and hot breads have infinite variety. If mother will start fragrant odors in the kitchen when the family is scheduled to hear the alarm clock, this will help keep them interested in completing the process and get them down to a good breakfast.

FOR THOSE of you who depend upon the oven to take the chill out of the house in the morning, here are some splendid quick-to-mix hot breads for breakfast or any other meal:

Honey Nut Bran Muffins (Makes 16 large muffins)

- 1 cup honey
- 1 cup flour
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 2 cups bran
- 1 tablespoon melted butter
- 1 1/2 cups milk

Sift together flour, soda, salt and baking powder. Mix with bran and add other ingredients. Place in greased muffin pans and bake in a quick (425°F.) oven for 25 to 30 minutes.

Raisin Bran Muffins (Makes 6 Muffins)

- 1/2 cup sifted flour
- 1 1/2 teaspoons double-acting baking powder
- 1/2 teaspoon salt
- 1-2 tablespoons sugar
- 1 egg, well beaten
- 1/2 cup milk
- 1 1/2 tablespoons melted shortening
- 1/2 cup raisin bran

Sift flour once, measure, add baking powder, salt and sugar; sift again. Combine egg and milk and add to flour mixture. Add shortening, then mix only enough to dampen flour. Fold in raisin bran. Turn into greased muffin pans, filling them 3/4 full. Bake in a hot (425°F.) oven 25 minutes.

Flake Gems (Makes 12 muffins)

- 1 cup sifted flour
- 4 tablespoons sugar
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 egg
- 1/2 cup milk
- 4 tablespoons melted fat
- 2 cups corn flakes or wheat flakes

LYNN SAYS:
Add Variety
To Breakfast

Dried fruits, cut and added to any of the cooked cereals, then served with brown sugar and rich milk provide an interesting dish.

Cinnamon toast made this way is delicious: toast and butter bread, then sprinkle with brown sugar and cinnamon and broil until bubbly.

For maple toast, make as cinnamon toast, substituting shavings of maple sugar for cinnamon-sugar mixture; broil.

LYNN CHAMBERS' MENU

Breakfast

- Orange Juice
- Cooked farina with raisins
- Honey Kuchen Butter
- Beverage
- Recipe Given

Sift together flour, sugar, salt and baking powder. Beat egg until light, add milk then stir in dry ingredients, being careful not to over-mix. Add slightly cooled fat and stir just enough to mix ingredients. Carefully fold in corn flakes. Fill greased muffin pans, 2 inches in diameter, 3/4 full. Bake in a moderately hot (400°F.) oven about 20 to 25 minutes.

Honey Kuchen (Makes 1 square)

- Topping:
- 1/2 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons butter
- 1/2 cup bran or wheat flakes

- Kuchen:
- 3/4 cup sifted flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/2 cup honey
- 1 egg
- 3 tablespoons melted fat
- 1 1/2 cups bran or wheat flakes

Sift together flour, baking powder, salt. Combine milk, honey well-beaten egg and add to flour mixture. Add fat mixing only enough to combine. Fold in flakes. Place into a greased pan 8 x 8 x 2 inches. Sprinkle topping over batter. Bake in a moderately hot (400°F.) oven 25 minutes.

ANOTHER WAY to include cereal in the menu is to cook, chill and fry it. This may be served with fruit or breakfast meat or with syrup. It's a hearty, tasty dish.

Fried Wheat-Meal (Serves 6)

- 1/2 teaspoon salt
- 2 1/2 cup boiling water
- 1/2 cup wheat meal

Add salt to boiling water in the saucepan. Add cereal slowly, stirring constantly. Bring to a boil and cook 3 minutes, stirring constantly. Pour into cold, wet mold. Let stand overnight, or until cold and firm. Turn from pan. Slice into 1/2-inch slices and saute in a small amount of fat, turning to brown both sides. Serve with maple-flavored syrup. (Leftover cooked wheat-meal may be used in this way.)

Fried Wheat-Meal with Fruit: Add 1/2 cup seedless raisins, chopped dates or chopped figs to the cooked cereal before turning into mold.

Fried Wheat-Meal with Apples: Add 1/2 cup apples, peeled and cut in 1/2-inch pieces to cooked wheat-meal before turning into mold.

Either of the above are excellent when served with sausages, prepared this way: lay pork patties or links in a cold frying pan and fry slowly for 12-15 minutes, turning occasionally with 2 forks or a spatula, being careful not to puncture the casing. Pour off fat as it accumulates. Serve the fat for seasoning vegetables, frying eggs, potatoes, French toast or for making sauces of gravies.

Released by WNU Features.

Orange toast is a delightful variation to serve for breakfast. To make it, toast and butter bread, then spread with a mixture of sugar and grated orange rind which has been moistened with orange juice.

Never stack toast as it will become soggy and lose its fresh, crisp texture. Make toast as needed and cut in triangles or fingers to make it more interesting.

Adding several teaspoons of honey or molasses to the cereal while it is cooking will make the flavor more interesting.

KATHLEEN NORRIS Strength in Optimism

Bell Syndicate—WNU Features
By KATHLEEN NORRIS

MOST of the things that make life pleasant don't cost anything. This is a simple truth, but staggering in its significance. It has all the force of that little chamber of steam that moves mighty locomotives. It has the compelling strength of that rippling peaceful little river whose power lights our great towns and throbs through our household machinery.

It costs nothing to be agreeable, but if many men and women knew what it wins, our divorce, suicide, melancholia and general domestic tragedy statistics would be changed amazingly.

Most persons are not agreeable. They didn't have an example of family pleasantness as children; they get into criticizing and dissatisfied habits of speech; they went on into their own lives and marriages just being mean. Not always in action, but often in speech.

Approach Is Hostile

One of my neighbors is a fine, unselfish, capable wife and mother. But she is disagreeable. Her voice has an undertone of whine and contempt. She accomplishes wonders for her family and would die for their welfare; she takes tender care of her invalid mother; she is a true, economic, sympathetic wife. But her first approach to any subject or plan is hostile.

When Jim Scott gets home at night, Lynn often will start off with a string of discouragements that ac-



"... string of discouragements..."

counts for Jim's somewhat brow-beaten and henpecked aspect. The best of husbands and fathers, he is meek, quiet, trouble-avoiding at home.

"Shut that door quickly. For pity's sake, look at your rubbers," Lynn says from the kitchen. "Don't track that out here—I've been cleaning all day. If we're going to be crazy enough to go to the Smith's tonight, you've got to change. Well, you have to. What am I doing out here? The children have to eat, Jim, whether we go out or not. You look terrible, I suppose you're going to have flu, now that we're through with it. That's the way—one gets it, all get it. There's Thompson's bill—awful, perfectly awful. I've nothing to wear tonight, I don't know why I said we'd go, but you always accept everything and then wish afterward you hadn't. We've never had them here and I don't want them here, but we'll have to have them now. No, the kitchen isn't clean at all, Jim—it's filthy. Rose had hers done. It cost \$60. I said 'Not for the Scotts, not this year.' I'll get my teeth fixed, the next money I get. Rose said Bert's were going to be over \$700. You're so tired you don't want it. That's all I get for heating you up a cup of soup."

She Loves Her Family

And during this monologue, Lynn was putting a cup of delicious broth before her tired man, moving briskly about a speckless kitchen, setting the children's dinner down on a daintily set kitchen table and proving every second that she loves her own people and will do anything for their comfort.

Well, the physical service is valuable. But equally important is the mental and spiritual help that a healthy, courageous philosophy brings to even the most drab or discouraging situation.

We all know what it means when to our frightened and apprehensive questions the doctor says, "This is nothing serious. We can take care of this and have you back in shape in no time."

To certain persons that optimistic, hopeful attitude is natural. But all of us should try to cultivate it. Courage is contagious and, when in the face of disaster, one's closest companion is undaunted and takes the position, "Why, we can meet this. We'll weather it as we have everything else," how refreshing, how reassuring it is! How one's own courage rises to meet it!

Many years ago a family of six orphans had a family conference. They had been living along in care-free American fashion. Now, almost overnight, they were faced with mature responsibilities and burdens. The hope, the vitality and, yes, the fun of that talk comes back to me across almost half a century. They could cut this, save that, earn the other.

It was the oldest brother's incorrigible optimism that inspired them all. "Sure we can do it—we're Americans," was his argument then as it is his in success today.

Woman's World

Restyling Helps Add Interest When You Tire of Clothes

By Erta Haley

Empire Waistline



Fashion interest centers on the softly shirred empire waistline and the matching three-quarter sleeves in this wool crepe dress designed by Sara Simon. Other good points include the standing up collar, the deep V-neckline and the corded self belt.

line to a dress. Make a belt of the same material to hold the dress together.

Hem interest is still high, and a ruffled or gathered hem may be added to a full, flaring skirt, or a softly gathered one. If you are working with the skirt alone, and adding restyling in the form of a new hem to it, carry out the same motif in the pockets, too.

If you're adding the hem to a dress, it's wise to make a collar and cuffs of the same material as the hem. This forestalls an appearance of face-lifting, and makes the garment look as though just purchased.

In cases where you have gained or lost weight during the season, the restyling will consist of letting out or taking in a garment. The latter is an easy matter; the former slightly more difficult since material may have to be added.

For the too tight basic dress, add an inverted panel of trimming and use the same trim on the cuffs. For dresses that have become shorter because you've gained weight, a new hem plus collar and cuffs may be added.

How to Restyle Torn Blouses

There's a lot of under-arm strain on blouses resulting in tears beyond repair. For the short-sleeved blouse which has torn, full, new sleeves may be added.

For sleeves which have torn at the armhole, it's best to cut down the blouse and make a dickey out of it.

For lace which is frayed and shabby at the front of the blouse, carefully rip out the old, and insert some new lace which will match closely that which has been removed.

Blouses which button down the back, frequently tear at the button holes, or where the buttons are sewed. This is easily mended by placing a long strip of matching mending tape on either side, preferably on the button side. Place the tape inside where the fabric will cover it and then sew the buttons on that. It makes a good reinforcing job.

Change your Shabby Accessories

It's a simple matter to buy a new belt or change a tarnished buckle on the old one in preference to wearing a shabby one. Besides that, a fresh new belt or a reconditioned one will do more for both waistline and dress.

Clasps, zippers and trimmings on purses can be changed either by yourself or a repair shop. If a favorite hand-bag has a worn lining, it's easy enough to mend it or buy a new piece of fabric to make a fresh one. This adds greatly to the life of the purse.

Suede and leather cleaners may be used on gloves to good advantage. A stiff-bristled brush used on a suede bag will bring new life to it.

Try a brisk brushing, too, on a felt or suede hat and see how well the nap comes up in it. Many hats need nothing more to restore them than thorough brushing which will rid them of several month's accumulation of dust that dulls their color.

For hats which have been caught too frequently in rain and snow, or have done, a re-blocking job. With a change of veiling in addition to this, hats will become practically new.

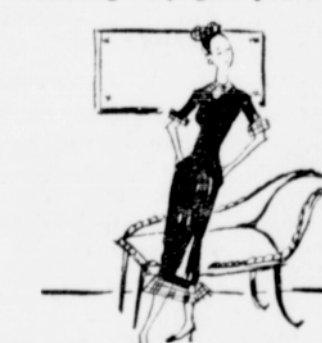


Add a new yoke . . . not create more of an interest, embark on a bit of restyling.

Buy or Make Your Patterns

Yokes, plastras, collars and cuffs as well as puffy peplums which are new being used may be cut from tissue paper at home, or purchased if you don't feel clever about designing them.

Check your own sources of materials before purchasing any. A bit of precious lace from an old dress or trimming may give you a new



Or ruffle to restyle dress. yoke for a dress or collars and cuffs. It's possible to sew imitation rhinestones into the lace to add glitter and new life to the lace.

Old evening apparel often yields a piece of taffeta or net that can be utilized into yokes, collars or cuffs.

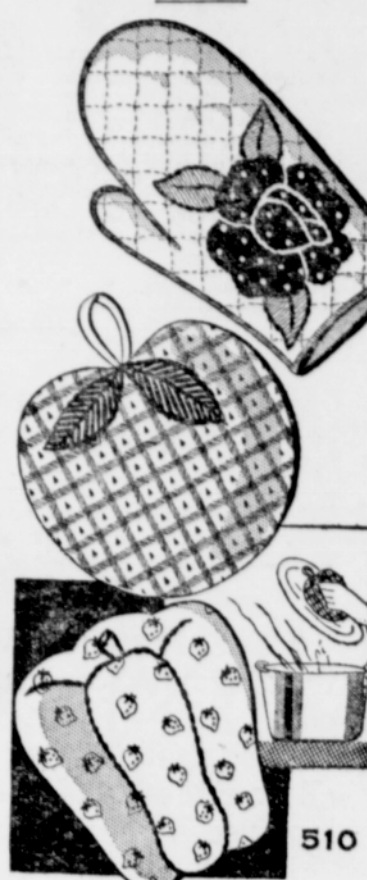
The new tissue taffeta may be purchased by the yard to add a plastra to the front of a dress. Almost any type of material can be used to add a portrait ruffle neck-

Be Smart!



Come what may in hat fashions, there's always at least one small hat that you'll cling to for all sorts of occasions. This season it's likely to be a pretty beret. Not just any beret will do, for it must be a very smart one such as the jade genius highlighted with brown mesh as shown in the sketch. It's fastened underneath a young chin with a soutache frog.

Practical Pretties



WANT to perk up your kitchen? Make these gay potholders and oven mitts of bright scraps. They are big bazaar or gift items too!

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