

MARY MARTHA SAYS "WE GROW HOUSE-TIRED"

Greetings:

Again I write to you from the mountains, this time from the rim-rock of a great cliff, while the river, a shining thread, winds through the narrow valley far below, its muffled thunder blending with the wind in the trees about me. The encircling hills, smoke-blue in the distance, are flecked with white where the snow still lingers in some deep cleft of the rock, but about me the air is beautiful, and the rhododendrons are gorgeous in their silken beauty. I wish you, who are "house-tired" could be here with me. Together we could listen to the distant voice of the river, the wind would smooth from your faces the lines of weariness, and the good, warm earth would give your bodies rest.

In a book, through whose pages I love to browse, I find a bit of a poem by Jan Drag called "House-Weary". I smiled as I read, and I send it on to you:

"House-Weary"
I'm going out! I'm tired of tables, chairs;
I'm tired of walls that hedge me all about;
I'm tired of rooms and ceilings, carpets, stairs,
And so—I'm going out.

Somehow or other what I need today
Are skies, and birds that carol, winds that shout!
I want Dame Nature's friendship. Thus I say,
"Good-bye—I'm going out."

It's just house-tiredness. Trivial humdrum strain!
Monotony! But when I've climbed the hill,
My heart, refreshed, will laugh and sing again,
Dear home! I'll love it still!

We do grow "house-weary". It is good sometimes to slip away, but oh, the homes are so much in our hearts, their welfare is such a vital thing, and the work of our hands is such a lovely thing, that we would not be content to dwell forever on the mountain height.

Do I speak too often, dear readers, of the power, the influence, which we home-women wield for good—or evil? I feel I cannot stress too strongly this truth, for if you realize it, then will you serve more faithfully, think more deeply, live more wisely, more sincerely. Your ideals, your courage, your understanding and adjustment to life is

the foundation of your home—not the wages your husband earns or the position he holds, nor the house and locality in which you live. It is you who are the abiding, controlling spirit of the home, and one who is sensitive, can "feel" this vibration which you are constantly sending forth, as soon as they contact your dwelling place. If you work with love, with patience, with laughter and joy in the thing you do, know that the world about you will respond with joy and happiness. Your children will express it in their lives, your husband will be as one who knows peace and security; but if you concentrate upon your pains and aches, if you tear, and whine your fears to every listening ear, if you dread the responsibility you bear and see no beauty in your daily task, there will be a miasmic mist flow about you, bringing illness and misery to all whom it enfolds.

When times are hard, my sisters, it is we who must "be strong and of good courage", and know that "all things work together for good". Times of trouble are our opportunities for greatest service. If we have faith in our men, joy in our home, love in our hearts, we will be a bulwark of strength and a source of inspiration.

I have read that "no man is a failure in whom one person has faith" and the faith of a wife in her husband has borne many a man onward to victory, but nothing can so cloud his weary feet as a whining, fretful woman; nothing can so destroy a child's hope and its joy in life as a complaining mother who anticipates only evil things and calls them forth by her fears.

Oh, I cry to you, women, wherever you may be, to keep clear the light of faith and understanding that all will be well, lighten lives with laughter, think and speak of joy and happiness, do your work with love, bake bread "without bitterness", give freely and gladly of your joy, your friendliness, your tenderness, for in your hands lies the power of bringing forth victory, of creating fresh courage in weary hearts, of keeping alight the flame of beauty. These things are our trust. See that we fail not.

Today I am sending you two more poems which I have found very beautiful. They will speak a message far more clearly than I can do.

"Prayer Hymn"
By M. K. H.
Lord of all pots and pans and things, since I've no time to be
A Saint by doing lovely things, or
watching late with Thee,
Or dreaming in the dawnlight, or
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The Cook's Nook

Mix In a Jiffy and Bake with Ease
There's something new in the bread box! New breads that are just the thing for the sandwiches the inevitable Spring picnic requires, and new muffins that lend the necessary "hot touch" to accompany our Spring salads, have been developed by those never-sleeping home economists and are ready for you to mix in a jiffy and bake with ease!

Too new to be familiar, but so popular they are fast taking hold in our kitchens are the breadstuffs made with bananas, the mellow fruit being mashed right into the batter, to provide an entirely different and delicious flavor! Further, they are no trick at all, for they require no long preliminaries or "setting". A beginner may make them if she follows the recipes given.

Other new breads include a tutti-frutti dainty and a Southern delight that is making friends for itself. You probably depend on your baker for your regular supply of good bread, but you will want to "keep your hand in" with these new ones once in awhile.

Try adding a hot banana muffin combined with tart jelly to your next luncheon menu; or split the muffins, spread with mild cheese and toast in the oven. Sliced thin and spread with butter, banana bread makes delicious sandwiches. No spread or filling is required, as the unique flavor of the bananas baked right in the bread makes sandwich and filling in one. Delicious for Sunday breakfast! The rolls are nice for supper treats, and that tutti-frutti bread will inspire even the bored pickicker to forget the discomfort and enjoy the scenery (and food)! Do try these—and without a quail!

Banana Bread
1/2 cup butter
1 cup sugar
1 1/3 cups mashed bananas (approximately 4 bananas)
2 eggs, well beaten
2 cups sifted flour
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt

Cream shortening and sugar together. Add eggs and mix thoroughly. Sift dry ingredients and add to first mixture alternately with mashed bananas. Stir thoroughly. Pour into well greased

bread pan and bake in a moderate oven (350° F.) for about 1 hour and 10 minutes. Makes 1 loaf 8 1/2 x 2 1/2 inches.

Banana Muffins
4 eggs, well beaten
2 tbsps. melted butter
1 cup thinly sliced bananas
2 tbsps. sugar
1/2 tsp. salt
1 cup sifted flour
1/4 tsp. soda
1 tsp. baking powder
Beat egg. Add butter, milk and sliced banana and stir until banana is broken into small pieces. Mix and sift dry ingredients together and add to first mixture, stirring only until flour disappears. Bake in well-greased muffin tins in a hot oven (400° F.) for 30 to 35 minutes. Makes 4 large or 8 small muffins.

Dixie Muffins
1 cup boiled rice
2 eggs
1/2 tsp. salt
3 tbsps. baking powder
1 cup milk
5 tbsps. melted shortening
1 1/2 cups flour
2 tbsps. sugar
Beat the rice, milk, beaten eggs and shortening together. Sift flour, sugar, salt and baking powder into batter. Mix only enough to combine. Bake in greased muffin pans, in hot oven (400° F.) 25 minutes.

Tutti-Frutti Gems
1 cup dates
2/3 cup boiling water
1 cup bran
1 cup sifted flour
1/2 tsp. salt
3 1/2 tbsps. baking powder
1 egg, well beaten
1/3 cup dark corn syrup
3 tbsps. melted butter
Combine dates, finely cut, and water. Let stand 5 minutes. Add bran. Sift flour once, measure, add salt and baking powder, and sift again. Add egg, butter and corn syrup to bran mixture. Add flour, beating as little as possible. Bake in greased muffin pans in hot oven (425° F.) 25 minutes, or until done.

Banana Bran Muffins
2 tbsps. butter
1/4 cup sugar
4 eggs, well beaten
1 cup crumbled bran
2 tbsps. sour milk
2 cups thinly sliced bananas (about four bananas)
1 cup sifted flour
1/2 tsp. salt
1/2 tsp. soda
Cream butter, add sugar gradually and cream well. Add egg, bran and milk, and let stand while slicing banana. Add banana and mix well. Mix and sift together the flour, salt, and soda, and add to

first mixture. Stir only until flour disappears. Bake in well greased muffin tins in a moderately hot oven (375° F.) for 30 to 35 minutes. Makes 6 large or 12 small muffins.

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In The WEEK'S NEWS

CURRENT EVENTS PHOTOGRAPHED FOR
THE REVIEW



INDUSTRY HELPS FARMER— Under the leadership of Henry Ford and his son Edsel, a combine of industrial and agricultural leaders has been started at Dearborn, Mich., to discover new industrial uses for farm products. Here is the beginning of the new movement, with industry represented by the Fords and agriculture represented by Wheeler McMillen, energetic editor of The Country Home, national farm journal.



WELCOME TO BYRD— President Roosevelt welcomes Rear Admiral Richard E. Byrd upon his return from a two-year expedition to Little America.



FERRETING OUT TIRE FACTS— Father of American fingerprinting, former New York Deputy Police Comm. Joseph A. Faurot, was retained recently by Goodyear on the most unusual "case" of his career. He traveled from coast to coast using modern investigation methods to learn important tire wear facts. Photo shows Faurot (left) learning the life history of a tire from scientific deductions.

WINNER—Willie Saunders, who rode Omaha to two victories in one week, tells the world how he did it as a guest of Colonel Jay C. Flippen on the Schenley Distillers American Cream Amateur Hour.



LOVELY BRIDAL GOWN, to show the world how a June bride really should look is pictured above. The gown is ivory bridal satin, the skirt stitched in graduated lines from waist to hem, ending in a soft flowing line.

NEW STARLET—Sybil Jason, six-year-old Britisher, surveys a movie contract which pays her \$100 a week now and graduates up to \$1500 weekly. She is pictured (above at right) in court where her contract was approved.

VOWS INNOCENCE— Frederick Gross of Brooklyn, N. Y., charged with poisoning his family, five members of which have died, vows he is innocent.

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