

# Household News

By *Eleanor Howe*



**FROSTY FOODS FOR SUMMER**  
(Recipes Below)

When you're "eating out," and you wonder what to order for the grand finale of your meal, how often do you decide on a delicious sounding parfait? There's something very special about this tall, imposing and delectable dessert. And there really is no reason at all why having parfaits for dessert should be confined to our "eating out" days. A parfait may be a culinary creation, but with modern ice cream freezers, improved freezing in mechanical refrigerators and commercial mixes to help produce smooth, creamy, frozen desserts, there's no reason why you shouldn't serve them often at home!



Make a variety of ice creams and sherbets too, and serve them with cookies or dainty cakes. You'll find a grand assortment of cookie and cake recipes in my cookbook, "Better Baking,"—crisp cookies, chewy cookies, and light feathery cakes that are just the right accompaniment for foods and drinks that are cold and frosty.

**Ice Cream Freezer Ice Cream.**  
(Makes 1 quart)

- 2 cups milk
- 1 cup sugar
- 2 tablespoons flour
- 1/4 teaspoon salt
- 2 egg yolks
- 2 teaspoons vanilla extract
- 1 cup whipping cream

Scald milk, reserving 1/2 cup. Mix and blend the sugar, flour and salt and mix to a smooth paste with the cold milk which was reserved. Add this mixture to the scalded milk and cook, stirring constantly until thick, in a double boiler for 15 minutes. Add egg yolks (well beaten) and cook, stirring constantly, three minutes longer. Add vanilla and chill. Fold in whipping cream (whipped), place in ice cream freezer and freeze, using three parts ice to one part rock salt. This is a good standard recipe to use as a "pattern" for many tasty variations.

**Chocolate Angel Parfait.**

- 2 egg whites (beaten stiff)
- 1/2 cup sugar
- 1/2 cup water
- 1 square unsweetened chocolate (melted and slightly cooled)
- 1 cup cream (whipped)
- 1 tablespoon vanilla extract
- 1/4 cup candied cherries (quartered)
- 1/4 cup blanched almonds (chopped)

Beat egg whites stiff. Cook the sugar and water to the soft ball stage (234 degrees). Pour syrup in fine stream over egg whites, beating constantly. Continue beating until mixture is cool. Fold in melted chocolate, whipped cream, extract, nuts and cherries. Pour into trays and place in freezing section of mechanical refrigerator. Freeze. No stirring is necessary. Nuts and cherries may be omitted, if desired.

**Mocha Freeze.**

Make strong coffee in the usual manner, and pour over crushed ice to chill. Pour into tall glasses and add a generous spoonful of vanilla ice cream to each glass. Top with whipped cream.

**Chocolate Mint Parfait.**

- 1 cup sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 2 cups milk (scalded)
- 3 eggs (beaten)
- 2 squares unsweetened chocolate (melted)
- 2 teaspoons vanilla extract
- 1 cup whipping cream (whipped)

Blend sugar, cornstarch and salt. Add scalded milk slowly, stirring well, and place in saucepan or double boiler. Cook, stirring constantly, until thick. Remove from heat; add beaten eggs; then cook, stirring constantly, until thickened. Blend in

melted chocolate. Cool. Then add vanilla extract and fold in whipped cream. Place in freezing container of modern ice cream freezer, and freeze, using 2 parts ice to 1 part rock salt. Serve in tall parfait glasses, alternating with layers of peppermint sauce. Top with whipped cream and a cherry. Peppermint sauce:

- 1/2 cup sugar
- 4 teaspoons cornstarch
- 1/4 teaspoon salt
- 1 tablespoon lemon juice
- 1/2 cup cold water
- 1/2 cup boiling water
- 1/4 teaspoon peppermint extract
- Few drops green coloring
- 1/4 cup whipping cream (whipped)

Combine sugar, cornstarch, salt, and lemon juice. Mix with cold water to form a paste. Add hot water and cook, stirring constantly until thick and clear. Add flavoring and coloring, and chill. Just before serving, fold in whipped cream.

**Lemon Sherbet.**

(Serves 8)

- 1 1/2 cups granulated sugar
- 1 quart water
- 1 tablespoon gelatin
- 2 tablespoons cold water
- 1/4 cup lemon juice
- Yellow food coloring
- 2 egg whites
- 2 tablespoons powdered sugar

Combine granulated sugar and water and boil for 5 minutes. Soak gelatin in cold water and dissolve in the hot syrup. Cool. Add lemon juice and a few drops of yellow food coloring. Pour mixture into freezing container of ice cream freezer. Cover and surround with a mixture of chipped ice and salt (3 parts ice to 1 part salt, by volume). Freeze.

**Lemon Iceberg.**

To each glass of lemonade, add a scoop of lemon sherbet. Garnish with mint and a fresh strawberry or raspberry. Slip a lemon slice over the edge of each glass.

**Iced Chocolate.**

(Makes 4 large glasses)

- 4 tablespoons sugar
- 4 tablespoons cocoa
- 1/2 teaspoon salt
- 1/2 cup boiling water
- 2 cups milk (scalded)
- 1/2 teaspoon vanilla
- Crushed ice
- Whipped cream

Combine sugar, cocoa and salt. Add boiling water and cook for two minutes. Remove from fire, and combine with the scalded milk. Pour into glasses filled with crushed ice, and serve with a spoonful of whipped cream garnishing each glass.

**Summer Salads.**  
Next week Eleanor Howe will give you some of her choicest tested recipes for cool, refreshing summer salads and things to serve with them. There'll be recipes for jellied salads, vegetable salads, party salads and "leftover" salads, too. Be sure to watch for Eleanor Howe's column next week!

**Easy Entertaining.**

Right now—the whole world needs friendship and good cheer. Right now—perhaps as never before—we as homemakers must keep the latch string out. We must lend a helping hand by extending a warm abiding welcome to both neighbors and friends.

With this in mind, therefore, we are offering you a special 48-page illustrated book entitled, "Easy Entertaining." This book costs only 16 cents—yet it is designed to save you both time and money—to solve for you the problem of entertaining easily, simply, and inexpensively.

This book has been accepted by thousands of homemakers as a helpful guide to easy entertaining. To get your copy now, send 10 cents in coin to "Easy Entertaining" care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois. (Released by Western Newspaper Union.)

## The Washington MERRY-GO-ROUND

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**CONGRESS UNDER GUARD**  
WASHINGTON.—It has been done so quietly that only a few officials know it, but congress now is being guarded by the most elaborate police system since World War days. The legislators are protected almost as carefully as the President.

The first step was taken last fall when a detail of G-men and detectives was assigned to reinforce the Capitol's regular police force, which is made up chiefly of patronage appointees, students working their way through school. Then in the spring a squadron of metropolitan uniformed police was sent to the Hill—making a total of 250 blue-coats and plain-clothes men guarding 531 senators and representatives.

Last week, still another protective measure was taken in the form of a set of drastic regulations under which:

The Capitol is closed to the public daily at 4:30, except when congress is in session, and admittance is only by special cards.

Guards are stationed at the subway entrances of the senate and house wings to scrutinize everyone going in and out and to examine all packages. The Capitol's power plant is guarded 24 hours a day.

Plainclothes men accompany every group of sightseers. All persons who summon members off the floor are kept under constant surveillance.

A constant police vigil is kept in the public galleries, in the restaurants, and at night, in all corridors inside, and the grounds outside.

One reason for these elaborate precautions is to prevent a recurrence of the bombing that took place in the Capitol prior to American entry into the last war. Planted in a senate reception room by a pacifistic college professor, the bomb exploded at midnight, July 2, 1915, and left the chamber a shambles.

Earlier that day the Washington Times received a letter from the perpetrator announcing his intention to bomb the capitol "as an exclamation point to my appeal for peace." He was arrested several days later at Mineola, L. I. He committed suicide in his cell.

**WILLKIE'S SPEECH**

That acceptance speech Wendell Willkie is writing is one of the toughest jobs he's ever tackled! It can make him or break him. Willkie has got to crack two of the hardest political nuts ever handed a G. O. P. standard bearer: the power issue and foreign policy.

Even under normal conditions the power issue is pure TNT, particularly in the West, which is strong for public power. For Willkie, with his Wall Street and utility background, the handling of this issue so it doesn't explode in his face is doubly delicate.

Perhaps even more difficult is the question of foreign affairs and its closely related problem of compulsory military service. On the latter, Willkie has never declared himself and the Republican platform also is silent.

Roosevelt has declared for "universal training," although so far he has not expressed a view on the pending bill. But his leaders are for it and it's generally considered an administration measure.

On foreign policy, particularly on aid to the British, the President's record is an open book. And so was Willkie's until he was nominated. Since that moment not one word has come from him on this all-important topic, though he has talked daily on various other matters.

It didn't leak out at the time, but when Willkie visited Washington early last month, the G. O. P. isolationists, led by Senator Vandenberg, tried to corral the new candidate and give him a big isolationist sales talk; warning him to pipe down on aiding the British. But Willkie sidestepped the bloc and they didn't get a chance to put on the pressure.

Note—Regardless of what Willkie says, running-mate Sen. Charles McNary is isolationist and pro-public power. He intends to say so in his acceptance speech late this month.

**THE LaFOLLETTES**

In the current pre-campaign jockeying for position, both Republican and Democratic chiefs are warily watching Wisconsin's famous brothers LaFollette—Senator Bob, who is up for re-election this year, and ex-Governor Phil, who since his defeat two years ago has been quietly promoting a "Fuehrer-principle" kind of organization which he launched in the spring of 1938 with a lot of fanfare.

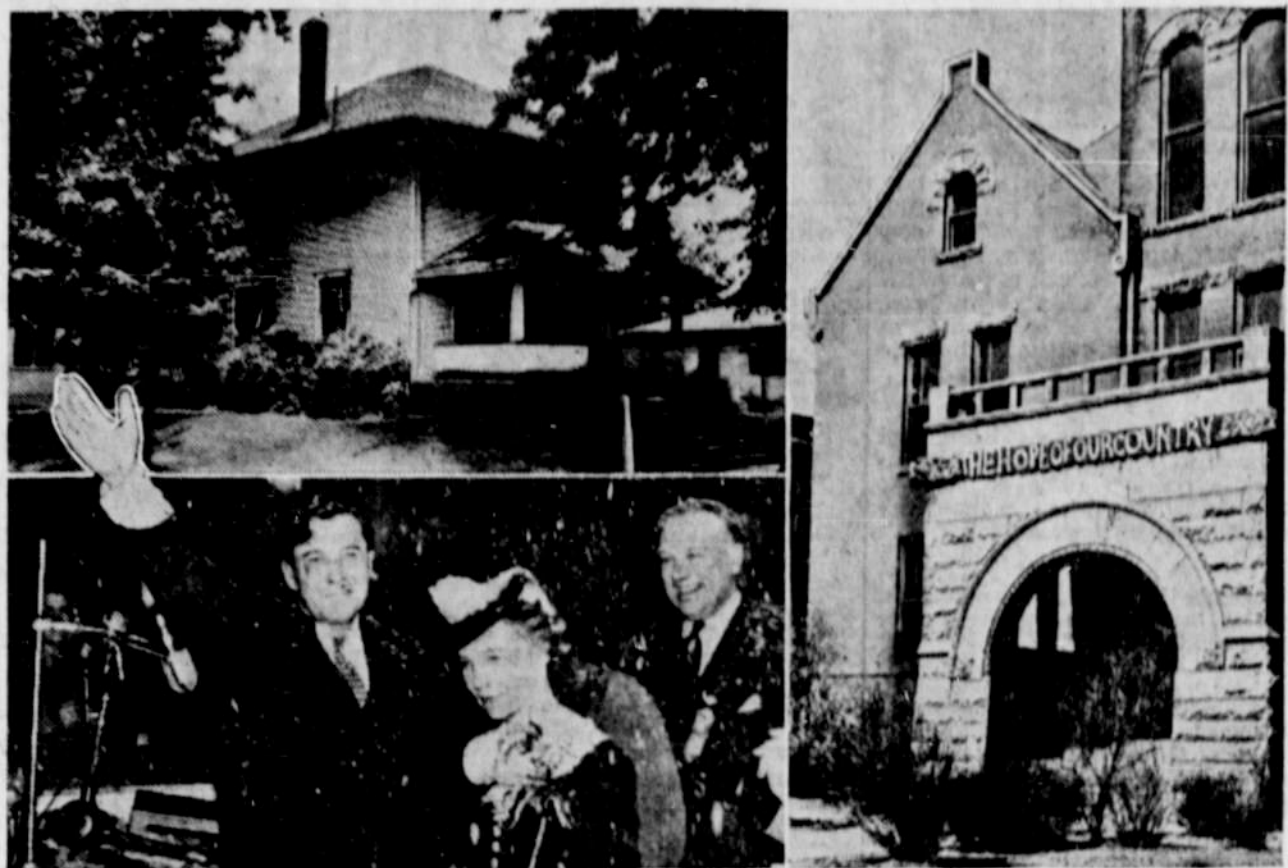
Bob LaFollette faces a tough battle. Three key voting blocs in the state are the large German, Scandinavian and Polish groups. Obviously playing for the favor of the first two, Bob was a very active isolationist last November.

But this stand boomeranged when Hitler invaded the unarmed Scandinavian countries. So with the Poles already down on him, the disaffection of the Scandinavians was a serious blow.

There is no question of LaFollette's personal hostility toward Hitler and Nazism.

## Pre-views

### Willkie's Home Town Prepares for Big Gala Day



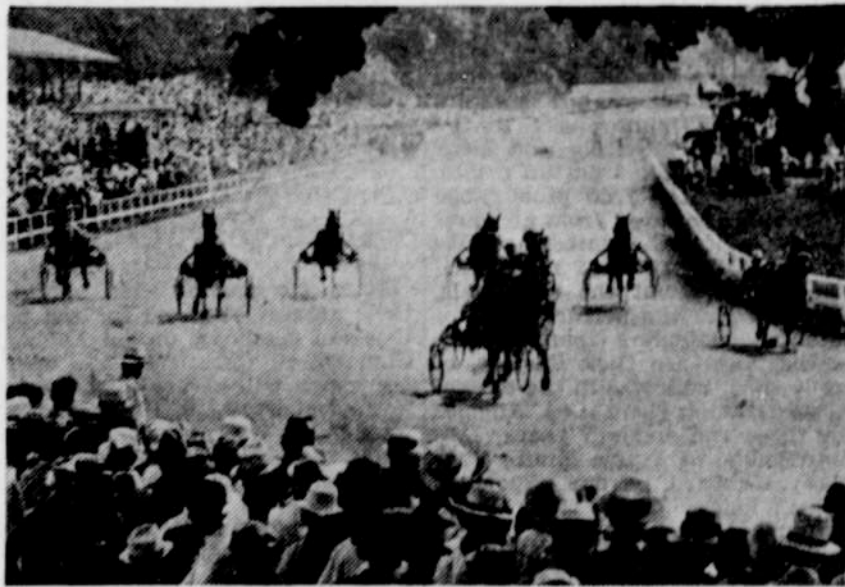
Citizens of Elwood, Ind., are sprucing up the town in preparation for an invasion of 300,000 visitors when Wendell L. Willkie formally accepts the Republican nomination for President, on August 17. Willkie will make two speeches, one from the steps of the Elwood high school and the other at the park. Above, left, is shown the house in which Willkie was born, below, Mr. and Mrs. Willkie and right, the high school.

### 'Liquorless Night Club' at W.C.T.U. Convention



Members of Youth's Temperance council will attend a "Liquorless night club" as one of the attractions of the annual convention of the National Women's Christian Temperance Union which opened at Chicago, August 7, to continue for the rest of the week. Milk and soft drinks will be served as evidence of the increasing trend among young people toward temperance. In inset at left is shown Mrs. Ida B. Wise Smith, national president of the W. C. T. U. and at right is pictured Frances Willard, its founder.

### Trotters Get Ready for Race Classic



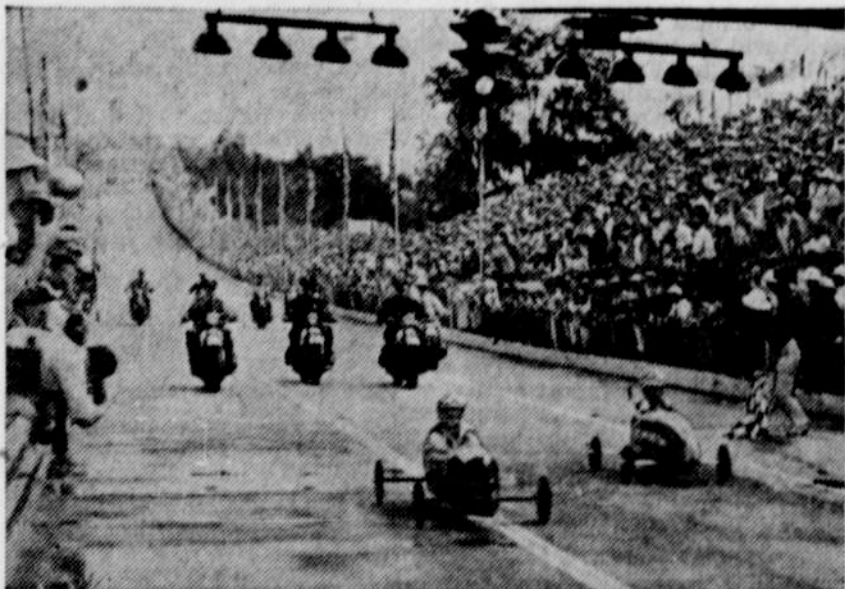
Outstanding harness horses of America will run in the historic Hambletonian Stake at Goshen, N. Y., on August 14. Biggest race of its kind in the United States, the event annually attracts thousands of lovers of trotting races. Above is pictured a typical scene at the famous track. Scores of champions have been crowned here.

### 66th Milestone



Congratulations on his sixty-sixth birthday will be in order for former President Herbert Hoover on August 10. Mr. Hoover will observe the milestone at his home at Palo Alto, Calif. He was born at Long Branch, Iowa.

### Hot Competition in Soap Box Derby



Piloting homemade cars costing not more than \$10, hundreds of boys from the ages of 11 to 15 will compete for prizes at the All American and International Soap Box Derby at Akron, Ohio, August 11. The grand prize is a four-year college scholarship to one of America's leading universities for the lad who comes in first at the finals.

### Eagles' Conclave



Charles McCann of Newark, N. J., is expected to be elected Grand Worthy President of the Fraternal Order of Eagles at its three-day convention at Chicago, which opens August 15.