

# HOUSE and HOME

by Mary E. Daque

Author of Sister Mary's Kitchen

There are several good reasons for drying fruits and vegetables besides the comforting assurance that thoroughly dried foods will keep perfectly. Dried foods take up a small amount of storage space, too, while the drying process is very simple to follow.

All fruits and vegetables must be fresh—young, tender and of first quality. Just as in canning, drying fails to improve the quality of the food so be very careful in the selection of your products.

Of course the first thing to do is to wash and clean whatever fruit or vegetable you plan to dry. Then comes the blanching, cold-dipping, draining and spreading on trays for drying.

To dry corn, husk and remove silk from ears. Put in a square of cheese cloth, take up the four corners and plunge into a big pan of boiling water for three minutes. Then plunge the vegetable, still in its cheese cloth square, into a big pan of cold water and keep it there for 30 seconds.

Now cut the corn from the cob, using a sharp knife and being careful not to cut too deep. Spread on trays and let dry until crisp and brittle.

There are splendid vegetable driers on the market but you can improvise one or even use platters. Circulation of air is necessary as well as heat.

An old window screen can be well scrubbed, covered with cheese cloth, spools fastened to each corner to make a very acceptable drier. Cover with cheese cloth while drying. If you are drying a small quantity you can use the oven of your kitchen range. Turn on the minimum amount of heat and leave the oven door open a few inches to allow circulation of air.

Stir the corn occasionally as it dries. When perfectly dry store in an air-tight container.

When you use dried foods you must restore the water that you have removed. Then you can prepare them just as you would fresh ones. Let corn soak in water to cover for two to four hours. Simmer very slowly in the water in which it was soaked for an hour or longer. Season with salt, pepper and butter and serve. As the water cooks away you may like to add milk while simmering the corn.

Dried corn has a nutty flavor that makes it especially good in soups and all kinds of made dishes such as souffles and scallops. Fritters made with dried corn and served with maple syrup will make a hit with your family some cold January night.

# WOMEN

IN THE News

BY JANET CUPLER

**Woman of the Week:** Sergt. Mary Churchill can "take it." Perhaps she got that from her father, Britain's prime minister. "Taking it" has lately included scrubbing floors as a private in the ATS (Auxiliary Territorial Service), seeing action with an anti-aircraft battery during a bomber attack, and being spanked (all in fun) by a six-foot American "non com" who didn't like her joking remarks about his big feet. Like her beautiful mother, 19-year-old Sergeant Mary is charming in a thoroughly feminine way. Like her father, she is completely informal and democratic in manner.

**BOK SCHOOL:** In Philadelphia an interesting experiment is being conducted by the Kellert Autogiro company and the Bok Vocational school. A few months ago officials of the company began assigning women to aircraft jobs and then sending them to school to learn the work. Now the Bok school is turning out, every three or four weeks, a new group of workers "tailor-made" for their particular jobs.

**GUN DRILL:** Although they will not be expected to do combat duty even as members of the WAAC or WAVES, many American women are learning to shoot. Some, like Mrs. Potter Palmer, are outstanding marksmen. Others just want to learn how to "beat the enemy to the draw." But the AWVS (American Women's Voluntary Services) is going about it systematically, with a complete course conducted under army supervision.

**"NO GUARANTEE":** The OPA has followed the WPB order on the manufacture of cosmetics with a warning to women to use the currently adequate supply of cosmetics sparingly. The OPA says there is "no guarantee" that the supply will remain adequate unless the WPB order is supplemented by careful buying.

**SUNNY SIDE UP:** There are really two morals to this story. Maj. Martin Moody, post signal officer at Fort Bragg, N. C., decided that girls could run the telephone switchboard then operated by soldiers. But he didn't have any money with which to hire them. (Moral No. 1: "Where there's a will—"). He obtained girls through the NYA by offering to teach them the telephone business. Later he brought in more through the civil service, and Fort Bragg became the first post to use girl operators in an army owned telephone office. (Moral No. 2: "One good turn—"). The girls have repaid Major Moody by buying, and paying for, smart uniforms.

do they help to justify the hollow back with its protruding abdomen. They would have scorned the flat pelvis and its effects on the rest of the back.

## Lessons in HEALTH

by ARTIE M'GOVERN

The subject of posture has been introduced to the public mind in almost every period of human history. The sculptors of ancient Greece and of Rome seemed to have had the finest concept of the body beautiful. Their models of body perfection have been copied with little variation by the sculptors and painters of all succeeding ages.

Today, ancient sculpture still gives us the best impression of how the body should be in its proportions. Nothing stands out so forcibly in the Greek and Roman classics of sculpture as do the beautiful curves of the spine and back. While the sculptor of old was making his "classic" with an intention to symbolize beauty and strength he was no less intent upon depicting health. His model stands, even today, as the best expression of health from a spinal column which approaches the maximum of perfection in its curves.

Unfortunately, the Greeks and Romans left no record of weak, unhealthy or faulty postures of the people of their day. Then, as now, the only postures worth a place on record, are those of people who express the maximum of health and strength in their physical appearance. The ancient records show no military backs to praise, no round shoulders to emulate, no slumping posture to help popularize our growing girls. Nor

Watch the posture of growing children for any faults for then is the time to correct this posture. The posture of many adults also can be corrected by trying. So for better health correct your posture.

Protein foods are essential to the body for tissue repair and new tissue growth. Proteins are of both vegetable and animal types and each is needed. By including in your daily diet such foods as fish, poultry or beef, cheese or eggs you can supply this need. The best ways to cook these foods are boiled, baked, broiled or roasted.

The daily intake of protein food should be at least 4 ounces. In the child, protein is used for building new tissues and enlarging the body. In the adult proteins are used for tissue repair.

When you fight your conscience and get licked—you win.

### 'Chip Off Old Block'



Young Connie Mack, third grandson of Connie Mack, manager of the Philadelphia Athletics, helps the A's catcher, Bob Swift, with his equipment. Mack the Third is learning the game from a past master, and hopes to turn out to be as good as his granddad.



## SUCCESSFUL PARENTHOOD

By MRS. CATHERINE CONRAD EDWARDS  
Associate Editor, Parents' Magazine

### THREE ASPECTS OF DISCIPLINE

Parents are frequently told, if having difficulty with an unco-operative child, that the best way to win him to greater effort is to make him responsible for certain tasks. The theory is that he either does them and enjoys the benefits or neglects them and suffers the natural consequences.

Now this is in many respects a good theory but unfortunately a lot of parents find that it doesn't work. There are two basic reasons for these failures. One, the child may be too young for the chosen task. Feeding pets, for instance, has too dire consequences if neglected to be handed over to a child under ten without supervision.

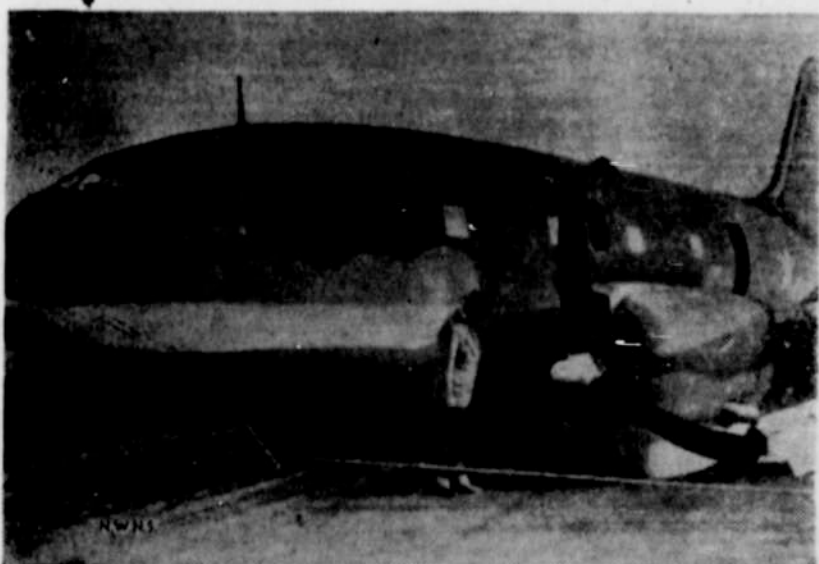
The other mistake parents make is in giving children responsibility in cases where what they really want from them is obedience. We shouldn't, for example, give a boy of any age responsibility for keeping snow off the sidewalks in winter or the grass cut in summer. If these are his jobs we should exact obedience in getting them done, for the consequences of their being left undone would be far more unpleasant for the rest of the family than for the boy himself. Icy sidewalks to skate on clear to the door and tall waving grass to run through in summer would please most boys tremendously. They probably think your ideas on the subject just grownup nonsense anyway, with the sole purpose of robbing them of their leisure. Thus the penalty for disobedience here would have to be denying the child something he prizes—such as a fishing trip or Dad's participation in a ball game—because a smooth lawn and clean sidewalk mean responsibility by having a child. But you can teach a sense of responsibility by having a child take over a project in which he is interested—such as a picnic for his pals—and not stepping in when his interest flags and doing all the

work yourself. And you should give him the responsibility, as soon as he is old enough, of caring for his toys, his books, his collection of stamps or stones or what not. If they are lost or broken as a result of his carelessness he should be let do without. On the other hand, you can't give a child responsibility for the care of his clothes, for if he loses a cap or gloves in cold weather you would not make him go without replacements at the risk of his health. You can, of course, try to train him through pride in his appearance to value his clothes and to treat them accordingly.

But what we are saying is, that training, obedience and responsibility are three different aspects of discipline and knowing when to use one or the other comes with experience and thinking things through before you start.

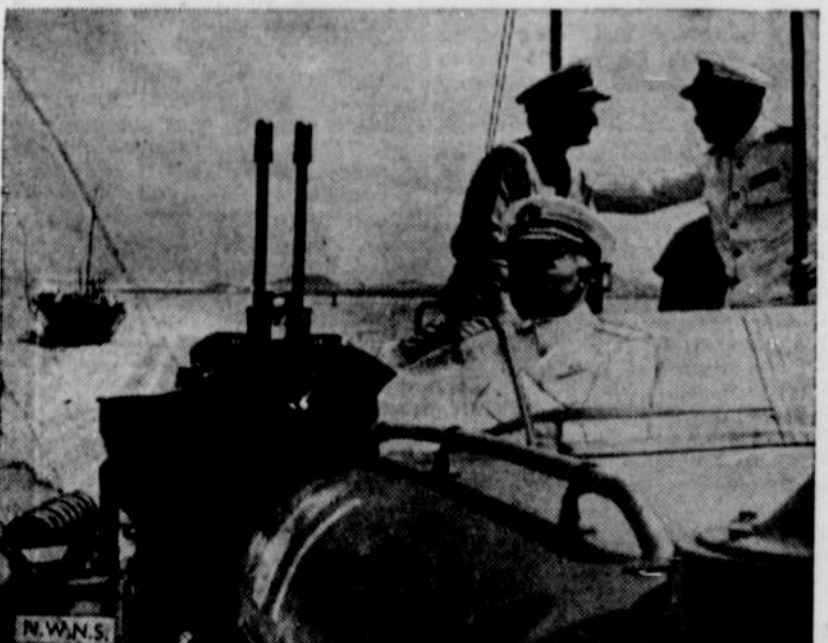


### Pilot's Skill Saves Seven Lives



Its propellers bent and its undercarriage damaged, this huge Curtiss Commando transport plane rests on its fuselage at Buffalo, N. Y., airport after an emergency landing. The plane stayed aloft more than eight hours while crew members tried to get the landing gear to function. None of the seven men aboard the "aerial troopship" was injured in the landing. Test Pilot Herb Fisher brought the plane down.

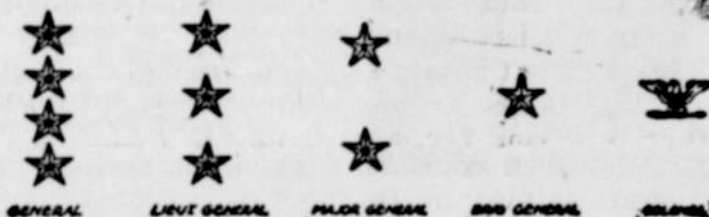
### New Base Opened to Protect 'Life Line'



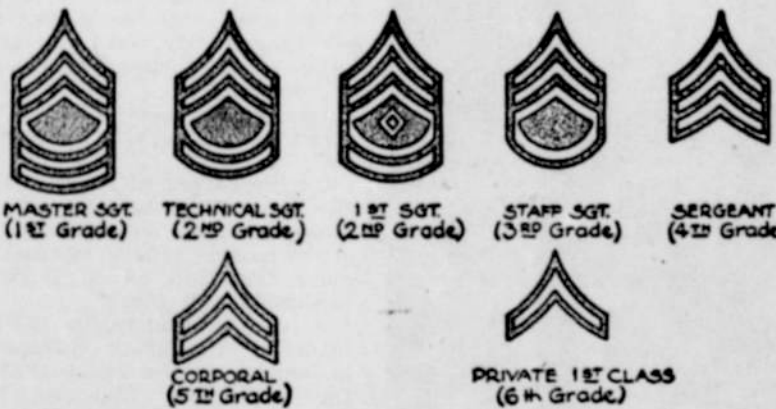
A new U. S. naval base has been built at Taboga island, off the Pacific end of the Panama canal, to help defend that vital life line. Photo shows Rear Admiral Clifford Evans Van Hook, 15th naval district commandant, foreground, aboard speedy PT-boat en route to the ceremonies which marked commissioning of the new base.

## U.S. Army Insignia of Rank

### Commissioned Officers



### Non-Commissioned Grades



## Rail oddities

A DISTINGUISHED EX-RAILROADER IS ADMIRAL ERNEST J. KING, COMMANDER-IN-CHIEF OF THE UNITED STATES NAVY. ONE OF HIS FIRST JOBS WAS THAT OF "RIVET HEATER" IN A RAILROAD BOILER SHOP IN OHIO.



A RAILROAD LOCOMOTIVE, QUICKLY PARKED OUTSIDE A WAR PLANT'S FENCE AND CONNECTED TO THE FACTORY'S STEAM LINES, SUPPLIED POWER AND SAVED PRECIOUS TIME RECENTLY WHEN SPIT BOILER TUBES THREATENED TO STOP PRODUCTION.

ENEMY SUBS CAN'T SINK RAILROAD TANK CARS. THE VOLUME OF OIL THEY NOW BRING INTO THE ATLANTIC SEABOARD AREA OVER RAILROAD TRACKS IS EQUIVALENT TO PROVIDING UNCLE SAM WITH 150 UNSINKABLE OCEAN-GOING TANK SHIPS WITHOUT USING UP ANY OF THE STEEL SUPPLY.



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