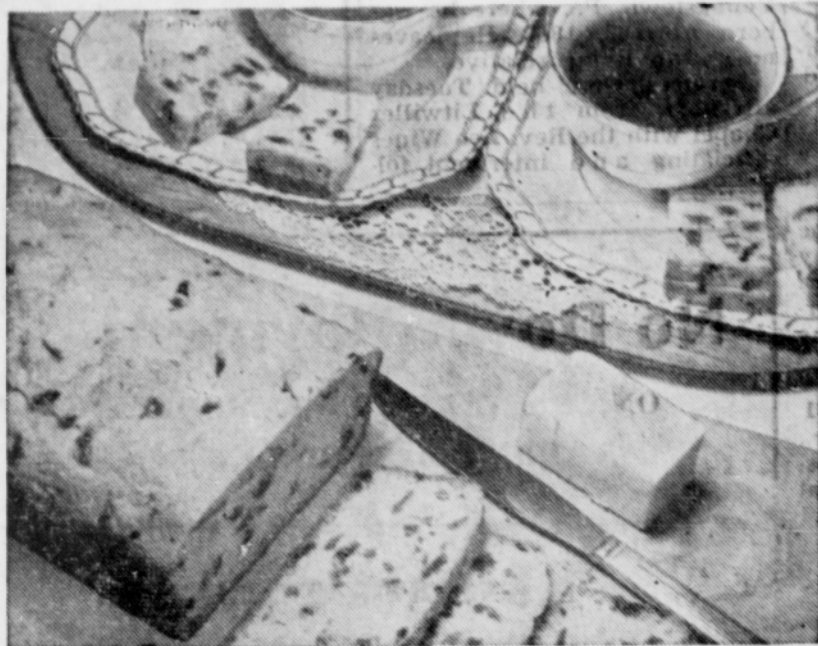


HOUSEHOLD MEMOS... by Lynn Chambers



Homemade Mix Gives Versatility to Baking
(See Recipe Below)

Make Your Own Mix

HOMEMAKERS WHO want to have an easy job of baking cakes, cookies, hot breads as well as a large variety of goodies in their own kitchen can accomplish this with the greatest of ease. The answer lies in making your own mix of carefully measured shortening, flour, baking powder and salt. This saves measuring all the ingredients required at the time of mixing cakes, cookies and breads, thus cutting out many steps and saving time, dishes and work.

All ingredients in the mix are fresh, since the homemaker adds them herself, and baking success is easily assured. The mix given here has been rigidly tested, and in every case, the final dish was judged to be as good as could be made from starting with an original recipe of the product.

Make-Your-Own Mix (Makes about 13 cups)

2 cups shortening
9 cups sifted all-purpose flour
1/4 cup (4 tablespoons) double acting baking powder
1 tablespoon salt
Combine sifted flour, baking powder and salt. Stir well. Stir into large bowl, large pan or onto heavy paper. Add shortening. Use finger tips or pastry blender to distribute shortening throughout the dry ingredients until mixture resembles coarse cornmeal. Store the mix in a close canister on the pantry shelf. It's ready to use for any of the following recipes.

One caution should be observed in the use of the mix. Do not pack it into cups when measuring for use.

Tender-Quick Pastry (Makes 2 8-inch crusts)

2 cups make-your-own mix (do not pack)
1/4 cup butter or substitute
1/4 cup hot water (scant)
Heat butter in water until melted. Sprinkle over mix, blending with spatula or fork. Turn dough onto waxed paper. Shape into ball and cover with paper. Chill in refrigerator for at least 30 minutes before using. Roll out for pastry as needed.

*Cream Puffs (Makes 5 large puffs)

1 cup make-your-own mix
1/2 cup boiling water
2 eggs
Add mix to boiling water in saucepan. Stir over low heat about one minute until dough is smooth, follows the spoon and forms a ball. Remove from heat immediately. Add eggs one at a time, stirring and beating. Beat vigorously. Drop by spoonfuls on baking sheet, and bake at 350° to 400° for 15 minutes. Let stand in a warm oven (with door open) about 10 minutes to dry out.

Apricot Bread (Makes 1 9" x 5" loaf)

3 cups make-your-mix
1/2 cup sugar
1 cup chopped, dried apricots
1/2 cup milk
1 egg, beaten
If apricots are dry, soak in hot water a few minutes, then dry thoroughly and chop. Blend mix,

LYNN SAYS:
Guests Will Appreciate These Special Refreshments

Cauliflower steamed to tenderness, then dipped in egg and bread crumbs and deep-fat fried will send you after second and third helpings for a company dinner.

Spinach can go to a company dinner or luncheon if it's dressed up in this way: mix cooked, chopped spinach with cheese sauce and place in a casserole. Top with fried bread crumbs and grated cheese and heat thoroughly.

Lynn Chambers' Menu
*Hot Ham Mousse
Parsleyed Potatoes
Green Beans
*Cole Slaw with Bacon Dressing
Rolls
Butter
*Cream Puffs with Berries and Ice Cream
Beverage
*Recipes Given



sugar and apricots. Add combined egg and milk. Beat until well blended. Turn into a loaf pan (9x5x2 1/4 inches) after rubbing bottom of pan with shortening. Bake in a moderate (350°) oven for one hour. Twelve hours storage improves flavor and texture.

Chocolate Cake
(Makes 8x8x2 inch cake)
2 cups make-your-own mix
1/2 cup sugar
1/4 teaspoon soda
1/4 cup sour milk
1/4 teaspoon vanilla
1 1/2 ounces unsweetened chocolate, melted and cooled
1 egg, well beaten
Blend mix, soda and sugar. Add milk and vanilla; beat well. Stir in chocolate. Add egg and blend. Pour batter into cake pan, the bottom of which has been rubbed with shortening. Bake in a moderate oven (350° F.) for 35 minutes. Turn out on rack when cool. Frost as desired, or serve with whipped cream or sprinkled with confectioners' sugar.

Baked Fudge Pudding
(Serves 9)
1 1/2 cups make-your-own mix
1/2 cup sugar
2 tablespoons cocoa
1/2 cup chopped nuts
1/2 cup milk
1 teaspoon vanilla
Combine mix, sugar, cocoa and nuts. Stir in milk and vanilla. Blend thoroughly. Spread in a pan 8x8x2 inches, the bottom of which has been rubbed with shortening. Combine the following ingredients for topping and pour over fudge batter: 1/4 cup cocoa, 1/4 cup brown sugar and 1 1/2 cups hot water. Bake in a moderate (350°) oven for 40 minutes.

Two excellent dishes for summertime eating used in the menu are a Hot Ham Mousse which uses leftover ham, and a Cole Slaw which has the piquant flavor of bacon.

***Hot Ham Mousse**
(Serves 4)
2 cups ground cooked ham
2 tablespoons butter or substitute
3/4 cup thin cream
6 tablespoons milk
1 egg yolk
2 tablespoons flour
1 1/2 teaspoons lemon juice
1/2 teaspoon grated onion
2 egg whites
Melt butter, blend in flour and mix well. Stir in cream and milk and cook until thickened; add egg yolk, lemon juice and onion. Stir in ham; fold in stiffly-beaten egg whites. Turn into one-quart mold which has been buttered generously. Bake in a slow (325°) oven for 50 to 55 minutes. Serve with mushroom, parsley cream sauce.

Small thin gingersnaps prepared as follows make a hit with oldsters or youngsters: mix together orange marmalade and cream cheese and spread this paste as filling for two gingersnaps.

Mix Roquefort cheese with heavy cream and add to French dressing for a peppy salad dressing with greens. It's excellent for that special steak dinner.

For late evening snacks, try spreading toast with chutney and pouring Welsh rarebit over it.

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Farm Topics

Farm Safety Week Observance in July Fifteen Simple Rules Of Safety Outlined

National Farm Safety Week will be observed in the United States during the week of July 23-29. The annual losses represented by farm accidents and fires are estimated around one billion. To reduce this enormous loss, 15 simple rules are outlined for Farm Safety Week:

1. Keep walkways and steps in good repair, unobstructed and well lighted; 2. Keep ladders in good repair and easily accessible in case of emergency; 3. Always stop a machine before unclogging, oiling,



NATIONAL FARM SAFETY WEEK JULY 23-29, 1950

or adjusting. Keep all machine guards and safety devices in place; 4. Don't wear loose and floppy clothes around machinery; 5. Start tractors smoothly and turn corners slowly—avoid ditch banks and soft ground—always hitch to the drawbar; 6. Speak to animals when approaching them. Keep them calm by acting with calm self assurance yourself; 7. Always keep bulls in safe bull pens. Never handle bulls unless they are properly restrained; 8. Know and obey all traffic laws; 9. Keep your back straight and lift heavy loads with your leg muscles; 10. Use the right tools for the job—make sure they are in good condition—keep them in a safe place; 11. Give prompt attention to even minor injuries; 12. Keep guns unloaded except when actually using them; 13. Don't use kerosene to start fires; 14. Don't smoke around the barn; 15. Never swim alone. Never dive into water without first determining the depth.

Hoe Safer Than Spray For Gardens, Report

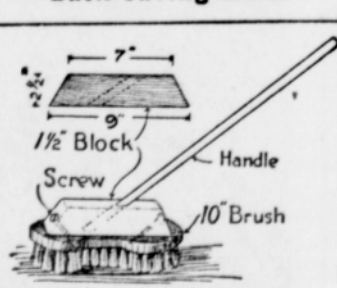
The U. S. department of agriculture advises against using a chemical weed killer in the home garden to avoid more damage than gain to the vegetable crop.

In a recent bulletin, the department reported spraying with chemical weed killers is effective and a work-saver if done with care to avoid injury to vegetables.

In the home garden, rows are close and several of the favorite garden crops—tomatoes and beans, for example—are highly sensitive to weed killing chemicals.

In a family-sized garden the job of using a hoe or cultivator would probably take less time than to spray with a weed killer since the chemical must be precisely measured and mixed and the equipment thoroughly cleaned afterwards, the department pointed out.

Back-Saving Brush



One of the hardest jobs of the housewife is scrubbing, as it necessitates her getting on her knees. Use a labor-saving helper and obviate that everlasting scrubbing floors on the knees. It is made of an ordinary 2 1/2 by 10-inch fibre brush by attaching a block of wood to the top. The block is 1 1/2 inches thick and 2 1/2 inches wide and 9 inches long at the bottom and beveled to 7 inches at the top. The corners are rounded. After the block is planed it is attached to the brush at both ends.

Learn, Obey Farm Safety Rules, NFSW Theme

The background for National Farm Safety Week, to be observed July 23 to 29, is a picture blacker than it need be. It includes an annual 17,500 fatalities from accidents, and 1,500,000 disabling injuries. Also about 35,000 buildings are destroyed by fire. The annual loss, much of it preventable, is estimated at about one billion dollars. "Learn and Obey Farm Safety Rules" is the theme.

SPORTSCOPE By JOE MAHONEY

James Fuchs

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SPORTLIGHT

Stars of 'All Time' Don't Exist

By GRANTLAND RICE

IN THIS GOLDEN jubilee year which Connie Mack isn't enjoying too much with his Athletics, he has at least struck the smartest note in the manner of selecting all-time teams.

His embattled ball club may not be celebrating Connie's 50th year at the helm in the proper manner, but then Connie isn't doing any of the pitching or the hitting.

In attempting to get a deep background on all-time stars from the famous veteran, we ran into this rebuttal:

"I don't believe in picking outstanding stars except for every 10 or maybe 20 years. There can be no such thing as the greatest star over a period of 40 or 50 years. This goes for pitchers and hitters. It also goes for all football players and football teams. I'd say that a ranking every 10 years would be fairer. There are too many changes that take place—changes in methods of play, changes in equipment—that must be considered."

Mr. Mack happens to be 100 per cent right. Who, for example, could set Young, Johnson, Alexander and Mathewson against the best pitchers of today? There is no possible basis for any comparison. The old-timers threw a dead ball which could be fuzed, emerald, watered, doctored and otherwise maltreated to such an extent that any number of odd things could happen.

Batters couldn't afford the Babe Ruth blast, the Ted Williams swing or the full-rounded clout that 90 per cent of the players use today. Ty Cobb might easily have been one of the best of all homerun hitters, using the modern system of swinging—full tilt. Babe Ruth might have batted over 400 many times by choking up his bat and going for singles. Cobb broke loose once in St. Louis and his five home runs in two days. Many of Ruth's strike-outs would have been singles and doubles with a shorter swing.

Baseball has become an entirely different game from what it was from 1890 to 1920.

Old-time pitchers might easily have had as much trouble winning 20 games today as they had in winning 35 or 40 over 30 years ago. It doesn't seem possible now that Babe Ruth came on as a slugger 31 years ago. Even at that time Ty Cobb said one day, shortly after the homerun outburst opened — "The old game is

gone. The day of the pitcher and the base runner is over."

Many modern pitchers might have been 30-game winners back in other and entirely different years—the Fellers, the Lemons, the Sains, etc. But this is something no one can ever prove. Dizzy Dean was the last 30-game winner back in 1934, a matter of 16 years away.

Same in Football

The same periods of comparison belong to football. No all-time stars can involve both the pre-forward-pass year and the era following 1905. The two games—from 1870 to 1905, from 1906 to 1950—are nothing alike.

In the brave days of old, 11 men often played the entire game. Substitutes rarely got to play. Seventy-minute men were common. Later 60-minute men were not unusual.

Today the football athlete is a member of a large platoon. Or rather two platoons. Leading squads have an offensive team and a defensive team. Few football players, working on both offense and defense, can last 50 minutes.

So there is no way to compare a football player, such as Willie Heston of Michigan, with a modern back. Heston was probably the finest ball carrier of all time. But he came before the passing game arrived. Heston weighed 190 pounds and could beat Archie Hahn, national sprint champion, for 50 yards. He once jumped over Walter Eckersal, in the safety position.

They are always tinkering with football rules. No two decades are alike. It would be impossible to compare players of the 1910-1920 period with players of the 1940-1950 period.

In the same way it is impossible to compare Jones, Hagen and Sarazen from 1930 to 1930 with Hogan, Nelson and Snead.

The implements are different. For example, smart golfers figure the modern wedge saves from two to three strokes a round. They figure it is worth at least 10 strokes in a 72 hole test.

Certainly the finely tempered steel shaft is a big modern aid. In the old days a pro needed his own clubs. Now he can walk into a shop and pick up a new set before his round and play as well.

Courses are better groomed. Most of the low scores today are made over easy courses. Quite a change takes place when they go from a 270 scoring test to Merion with its 287 count. Many courses today lack the guarding rough.

How to Fix It By HAROLD ARNETT



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