

Try Lime Frost for Hot Weather Thirst-Quencher



Lime juice, unsweetened pineapple juice, sugar and egg white.

BY MRS. GAYNOR MADDOX
NEA Service Staff Writer

The nutritionists say that every adult needs at least three eggs a week, children more. Hot weather says that tinking glass of fruit beverages, and the markets say tomorrow is Friday and there will be good fish on hand. Let's do something about all this, do it with an eye to the economy of making every recipe earn its keep in vitamins and minerals and protein.

A high glass of pineapple lime frost tastes good and dances with nutrients, being a delicious Hawaiian cooler with multiple value. Here's to your health!

Pineapple Lime Frost

One egg white, 2 teaspoons powdered sugar, 1 tablespoon lime juice, 1 cup unsweetened pineapple juice, cracked ice.

Use a large clean mason jar or cocktail shaker. Drop in the white of an egg, sugar and lime juice. Stir well. Then add pineapple juice. Cover shaker and shake vigorously until frothy. Pour over ice in tall glass. Serve at once.

The egg yolk from that Hawaiian cooler belongs in Friday's picture. Here's another recipe with multiple nutrient value.

Fillet With Cucumber Sauce
(Serves 4 to 6)

Six fillets of white fish, 1 cup

whole milk, 1 small piece garlic, 2 teaspoons chopped parsley, 1 teaspoon chopped celery, salt, pepper, paprika, 2 tablespoons salad oil.

Sprinkle fillets with salt, pepper and paprika. In shallow bowl, place milk, garlic, parsley and celery. Place fillets in milk mixture and stand 3 hours. Drain and roll in flour. Fry in salad oil until delicately browned. Serve at once with the cucumber sauce.

Sauce

One large cucumber, 1½ teaspoons French mustard, 1 tablespoon lemon juice, 1 egg yolk, beaten, salt, pepper and dash of cayenne.

Peel and grate cucumber. Mix mustard and lemon juice. Add to beaten egg yolk. Combine all ingredients. Chill before serving with piping hot fish.

Menu

BREAKFAST: Sliced peaches, dry cereal, toast, coffee, milk.

LUNCHEON: Tomato and cheese toasted sandwiches, sliced bananas, cookies, tea, milk.

DINNER: Fillets with cucumber sauce, parsley potatoes, green peas, molded grape salad, iced watermelon, coffee, milk.

WAR DEMAND BOOST HELPS EXPORT LIST

WASHINGTON, Aug. 23 (AP) — War demands for airplanes, steel, machinery and other vital military supplies boosted United States exports 35 per cent to a \$3,273,000,000 total in the first 10 months of the European conflict.

The commerce department reported Thursday that shipments from Sept. 1, 1939 to June 30, 1940 went in larger quantities to the major parts of the British empire, Latin America and the far east. Gains in these territories overbalanced lost markets in the countries occupied by Germany and blockaded by Great Britain.

American imports increased 19 per cent over the 1939 figures for the same period, and totaled \$2,097,000,000.

"The rise in unit values since the outbreak of the war," the department said, "accounted for a fourth of the increase in exports and for a half of the increase in imports compared with the preceding year."

Another factor in the import increase, officials said, was improved business in this country necessitating larger quantities of foreign raw materials—particularly rubber, silk, jute and wool—and some semi-manufactured items such as tin, copper and oils not available at home. Asia and South America were said to have benefited most from the import increase.

Exports of grain, vegetables and fruit, however, dropped from \$215,100,000 to \$188,800,000, and meat and land shipments fell from \$42,400,000 to \$39,600,000.

RUSSIAN LEADER SAYS TROTSKY DIED BY OWN METHOD

NEW YORK, Aug. 23 (AP)—Alexander Kerensky, Russian leader whose revolution overthrew the czarist government, said Thursday that Leon Trotsky, "most merciless of all Bolshevik terrorists, died by the same means he sponsored."

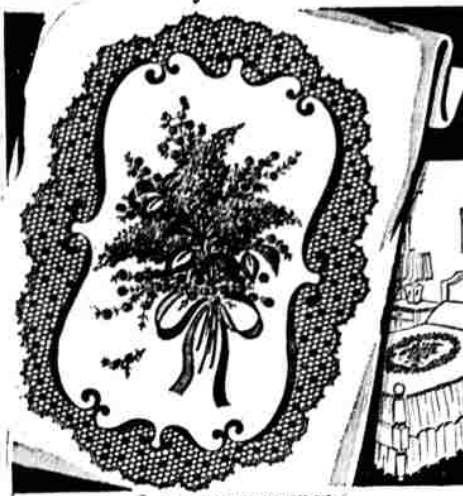
He agreed that Trotsky's death was "dictated by Stalin."

"He was the victim of the system of secret police instituted by him and Lenin against all opponents," Kerensky continued, describing Trotsky as an "admirer of the terroristic system of government."

Kerensky, who voiced his opinions in a press conference, asserted that this "is not the first assassination by Stalin and his agents. In 1937 Stalin's agents assassinated a man of great influence in Switzerland, while in Paris two white Prussian generals were killed by Bolshevik secret police."

PARTICULAR WITH DIET? Civilized people enjoy eating the scavenger animals, crabs and shrimps, but shudder at the thought of eating worms and grasshoppers, which feed on healthy vegetables.

Motif Lovely On White Or A Color



PATTERN 6759

Lilacs, lovely embroidered on a bedspread, are given the added touch of a border that looks like lace. It's done in easiest stitchery. Pattern 6759 contains a transfer pattern of a motif 14½x20½ inches, 4 motifs 31x51 inches; materials needed; illustration of stitches.

To obtain this pattern send ten cents in coin to News-Herald, Household Arts Dept., Klamath Falls, Oregon. Be sure to write plainly your name, address and pattern number.

By MRS. GAYNOR MADDOX

NEA Service Staff Writer

KEEP cool with economy. All those specialties which make summer more pleasant, such as ice cream, frozen desserts and tall glasses of sparkling beverages, can find a welcome in the "spend wisely" food budget. In order to spend wisely and still have the so-called little luxuries of summer, the rule to follow is a simple and sound one.

Serve no food or drink unless it contains an abundant supply of nutrients.

An egg is a rich source of many nutrients whether it is served scrambled for breakfast or shaken to a froth in a fruit beverage. Milk is a valuable source of nutrients, whether drunk in a glass or eaten in the form of a fruit ice cream.

You can take your daily quota of fresh fruits either from the fruit bowl or else in tall glasses of sparkling beverages or in smooth sherbets. However, make it an absolute rule, never to serve any food, no matter how tempting you may be, unless that food contains some of the requirements in nutrients which you know every member of your family must have each day in

order to insure growth and vigorous health.

By studying your markets, the daily food requirements for your family and your newspaper food columns and cooks books, you can make many menus tailored for the summer appetite, full of sheer appetite pleasure and at the same time basically economical because no matter how luxurious and special the food and drinks may seem, they still provide food in its true meaning, the source of growth and health.

FROZEN LEMON PIE

(Serves 6 to 8)
Three yolks, well beaten, 1 cup lemon juice, 1 lemon rind, grated, 1 teaspoon salt, 1 cup

Household Arts by Alice Brooks

Quickly Stitched Spread Gives Lacy Effect

plus 1 tablespoon sugar, 3 egg whites, stiffly beaten, 1 cup of heavy cream, whipped, 1 cup crushed vanilla wafers.

Combine first 5 ingredients, and cook until thick like a custard. Cool. Fold in whipped cream and stiffly beaten egg whites. Sprinkle half the finely crushed vanilla wafers in freezing tray of gas or electric refrigerator. Pour over mixture and cover with remaining crumbs. Freeze until firm. Serve in finger-length slices.

MENU

BREAKFAST: Stewed fresh plums, bacon rolls, jelly, coffee, milk.

LUNCHEON: Buttermilk pancakes, fruit syrup, tea, milk.

DINNER: Vegetable soup in cups, meat gravy (left over) with steamed brown rice, green corn, radishes, frozen lemon pie, coffee, milk.

DE SOTO TO HAVE NEW FLUID DRIVE

DETROIT — (Special) — Perfected Fluid Drive and Simplified Transmission will be available on the 1941 De Soto, it was announced here today by L. G. Peed, vice president of the De Soto division of Chrysler corporation.

SMALL WORLD

LANCASTER, Pa. (AP) — It was indeed a small world that separated Mrs. John Wagner and her sister, Miss Norma Heffly. They lost track of each other 18 years ago after adoption by different families.

Reunited through a chance meeting arranged by a mutual friend, impressed by their resemblance, the sisters discovered they lived only 24 miles apart.

ARTIST

ORANGEBURG, S. C. (AP) — Warrants were delivered to the sheriff here charging a vegetable buyer being a bad check artist — but an artist.

The warrants, delivered by a magistrate, charged him with passing 317 worthless checks to farmers for produce. They ranged from 30 cents to \$200.



OBSERVER—To serve as a special naval observer, Rear Admiral Robert L. Ghormley, assistant chief of naval operations, has been sent to U. S. embassy in London.

ELMCREEK, Neb. (AP) — Archie Bell, Kearney policeman, recognized immediately two hitch-hikers he picked up near Odessa. They were his own sons, AWOL.

WEATHER

NORTHERN CALIFORNIA: Generally fair tonight and Saturday, but scattered thunderstorms over high mountains, and overcast tonight and Saturday morning on coast, little temperature change; moderate north-west wind off coast; Sunday fair.

WASHINGTON AND OREGON: Generally fair tonight and Saturday, but considerable cloud or fog near coast; slightly warmer inland over west portion Saturday; moderate northwest wind off coast, and gentle variable wind over inland waters of Washington; Sunday fair.

CHANGES IN STATUS

At one time Finland was part of both Russia and Sweden. It became a part of Sweden near the end of the 13th century, and, in 1809, became part of Russia, winning its freedom and becoming a republic after the fall of the czar.

WHAT COFFEE WINS THE DECISION FOR FLAVOR?

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Two Coffees—Percolator and Drip

French Blackberry Chiffon Cake Is Thrifty Dessert

BY MRS. GAYNOR MADDOX

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No sweets without vitamins and protein is the rule for the economy budget when you plan a special dessert for Sunday dinner. The following recipes give high nutrient value.

Fresh Blackberry Chiffon Cake

Blackberry Chiffon Layer: 1 envelope plain unflavored gelatin, 1 cup cold water, 1 cup hot water, 1 cup sugar, 1 cup mashed fresh blackberries, 2 teaspoons lemon juice, 1 cup sugar, 1 cup whipping cream.

Soften gelatin in cold water and dissolve in hot water. Add 1 cup sugar, salt, lemon juice and mashed blackberries. Stir well. Cool, and, when mixture begins to thicken, fold in stiffly beaten egg whites to which remaining 1 cup of sugar has been added.

Fold in whipped cream. Have sponge cake baked in spring form pan. Pour the gelatin mixture on cake. Chill. When gelatin layer is firm, remove side of pan and frost cake with whipped cream. Garnish cake or platter with whole blackberries.

Sponge Cake Layer: 2 egg yolks and 1 whole egg, 1 cup sugar, 3 tablespoons boiling water, 1 cup cake flour, 2 teaspoons baking powder, 1 teaspoon salt, 1 teaspoon vanilla.

Beat eggs until light, add

sugar and hot water gradually. Beat well. Sift flour and salt and baking powder together. Add vanilla and pour in spring form pan. Bake 40 minutes in moderate oven (350 degrees F).

Here's an inexpensive Sunday treat, with extra vitamin D and fresh gooseberries.

Gooseberry Float

(Serves 6 to 8)

One pint gooseberries, 1 cup water, 1 cup sugar, 1 cup irradiated evaporated milk. Pick over berries and wash thoroughly. Boil with sugar and water until tender. Press through sieve and chill thoroughly. Chill milk thoroughly and whip until stiff. Fold in cold gooseberry pulp. Pile lightly on soft custard, or else serve on slices of stale sponge cake.

Menu

BREAKFAST: Cantaloupe, waffles with crisp bacon, honey, coffee, milk.

DINNER: Watermelon cup, roast chicken with herb dressing, mashed sweet potatoes, green corn-on-cob, watercress salad, blackberry chiffon cake, coffee, milk.

SUPPER: Chicken and green pepper hash on toast, lettuce and tomato salad, gooseberry float on sponge cake, tea, milk.

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