

Creamed Dishes Always Appeal

Best Method of Preparing Them Is Quickest.

By EDITH M. BARBER

There are creamed dishes and creamed dishes, and oh, what a difference there may be! Fortunately for the business woman housewife, the best method for most of these dishes is the quickest. Almost all of these easily made main dishes are the better for cooking in butter first, then sprinkling in the flour and when it is well blended with the browned butter, the milk is added.

My famous fried beef, which one of my readers said must be my favorite recipe as I printed it so often, is made in this way. I can't tell you how much I dislike the ordinary creamed beef for which the meat is often scalded first, to remove the salt and incidentally much of the flavor, and then put into a white sauce, often too thick and sometimes even lumpy. If the beef is cooked in the butter, you will not find it too salty.

I use practically the same method for cooking mushrooms, for cooking creamed Hamburg steak and often for creamed chicken and veal. I often use this method as a basic one for creamed soups, cooking the onion in the butter and then adding the flour, milk and strained vegetable pulp.

The only trick to produce a smooth sauce is to turn out your fire when you add the flour and stir it in thoroughly so that every particle is mixed with the butter. In preparing creamed oysters, cook the oysters over heat until the edges begin to curl. I like to add chopped raw celery which I add with the "plumped" oysters. This improves flavor and appearance and

at the same time gives a contrasting texture to the dish. A little raw celery is very good with creamed meat or fish on both these counts.

Quick Meal

- Creamed oysters and celery
 - Baked potatoes
 - String beans with onions
 - Toasted sponge cake with canned peaches
- Method of Preparation: Light oven.
- Scrub potatoes and bake.
 - Open can of string beans, prepare onion, cook in butter, add beans and heat.
 - Prepare oysters
 - Toast sponge cake
 - Open can of peaches
 - Make coffee

- Creamed Oysters With Celery.
- 25 oysters
- 1 1/2 cups white sauce
- 1/2 cup chopped celery
- 1/2 teaspoon Worcestershire sauce
- Clean the oysters and cook until the edges curl. Add oysters to white sauce which has had some oyster liquor used in place of some of the milk. Add celery and seasoning and pour over slices of hot toast.

- Creamed Hamburg.
- 1/2 pound Hamburg steak
- 2 tablespoons drippings
- Salt and pepper
- 5 tablespoons flour
- 2 cups milk
- 5 slices toast

Melt the drippings in the frying pan, add the meat and cook until light brown. Sprinkle with the

Electric Power—In the Making



Looking upstream at the Norris dam, being built by the Tennessee Valley authority on the Clinch river, near Knoxville, Tenn. The dam, as this picture shows, is more than one-third complete. The various sections of the dam now rise more than 100 feet above their solid rock bases. When completed the dam will be 200 feet high and will cost more than \$4,000,000. Note the ends of the two huge penstocks, each more than 20 feet in diameter, between the third and fourth buttress-like sections of the dam. These tubes will pour the dammed-up waters of the Clinch river into turbines for generating electricity. A big powerhouse is to be built at the end of the tubes shown in this picture, and just back of the high retaining wall, projecting from the third section of the dam.

flour and seasonings, stir until smooth, add the milk and boil three minutes, stirring constantly. Serve on toast.

Fried Beef.

- 1/2 pound dried beef
- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- Pepper.

Tear the beef into pieces. Melt the butter in a frying pan and cook the beef in it a few minutes. Sprinkle with the flour, stir well, add the milk slowly and stir until it boils. Let boil one minute, season and serve.

Shows Her Winning Smile



Miss Jean Bauer of Providence, R. I., with the Grace Doherty trophy which she won at the third annual Miami Biltmore Women's golf championship over the links of the Miami Biltmore country club in Miami.

come. Instead of a curse, they may become a blessing. We appreciate something when we have to sacrifice for it much more than when it is handed to us on a silver platter.

Long live the Scout movement! Its rugged life and high ideals have in them the making of true Americans. It is a magnificent sight to visualize a million boys daily doing a good turn, and being trained under expert leadership for future citizenship of our country.

BOY SCOUT ANNIVERSARY

By LEONARD A. BARRETT

The twenty-fifth anniversary of the Boy Scout movement in America was recently celebrated in every city in our country. It was a notable event when on the evening of February eighth, the President of our country, flanked by a guard of honor composed of boys from the Scout movement, delivered an address to the Scouts of America.

Prominent among the traits of character which the Boy Scout movement tries to inculcate into the developing life of the boys of our country is persistence to overcome obstacles, which again is reflected in the oath which every boy takes when he joins the organization: "To keep myself physically strong, mentally awake, and morally straight." We can well imagine that Lincoln was in spirit at least a real Scout. The principles of the Scout oath dominated his life. By obedience to them he rose from the ranks of poverty to the highest position in our country. Since Lincoln's day, other men of our age have followed

the same Scout principle. Woodrow Wilson rose from the humble home of a country parson to become president of a great university, governor of the state of New Jersey, and then President of the United States. Charles Augustus Lindbergh, whose mother taught in the public schools of Detroit, overcame by the Scout spirit the limitations of financial income, and made for himself an heroic place in the history of our country. Obstacles created by hardships such as limited incomes, physical handicaps, can be over-

The Household

By Lydia Le Baron Walker

PATIENCE is one of those virtues which is often as effective as will power. It can work wonders, and in so smooth and gracious a manner that no one is disturbed, annoyed or upset. It is not entirely a passive virtue, one that makes for finer character in the one who exercises it. There is a definite force in it which influences other persons also. It has been thought of too long as passive, as representing almost an inertia of spirit, something that will hold back action not alone by force of mentality, but by a passiveness that found objections too difficult. This is paying too big a price for the reflex action of the virtue.

There are times when to be patient is a fault. When the person knows that endurance by refraining from saying or doing something will bring disaster to another, this is paying dearly for withholding comment or action, even though by so doing a disturbance would be created. This is not genuine patience but the fruit of fear of commotion.

The Finest Patience. Patience in the finest form is an element of loving devotion whereby others are helped at the price of personal comfort. Or it is a marvelous means to an end which is worthy. Patience of these types is selfless.

Patience which is akin to will power, is another beautiful type. It is true that to exercise patience often requires a profound self-control, but it is when it has the working energy of force in business and home management that it is being used wisely. The statement "Everything comes to him who waits," is futile unless it is a working patience. It must be the kind which has actual power to aid in bringing about the desired end. How this is done cannot be stated with precision, but it is reminiscent of the other truth that "Faith without works is dead."

Patience in speech is a virtue. It can control outbreaks of anger in others as well as in oneself. This

POTPOURRI

Carborundum
Carborundum, a hardy substance used in place of emery and sandpaper for polishing, is a manufactured product. Proper proportions of coke, sand, sand-dust, and a little salt, are mixed together and subjected to intense heat for hours. It comes from the furnace as coarse crystals which are then ground to powder.

Father Sage Says:

It must be a pleasure to have a lot of smart children and note the different ways in which they become famous. Then, truly, is life worth living.

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A Canadian company produces 20 per cent of the world's nickel.

AMAZE A MINUTE

SCIENTIFACTS - BY ARNOLD

STEEL AT ONE-FIFTH STRENGTH!
STRUCTURAL STEEL HAS A TENSILE STRENGTH OF ONLY 89,000 POUNDS PER SQUARE INCH AGAINST 400,000 FOR PLAIN WIRE.

ATTRACTIVE MATTER -
THE POSITIVE AND NEGATIVE ELECTRICITY IN A SINGLE CUBIC INCH OF MATTER IF PLACED ONE INCH AWAY WOULD ATTRACT EACH OTHER WITH A FORCE OF 500,000,000,000,000,000 TONS.

SAND GLASS -
GLASS IS COMPOSED THREE-QUARTERS OF SAND.

LAST WORD IN SAFETY VAULT

With the government's statement that it was in the market not only for old gold, but for old silver as well, the question arose: "Where is Uncle Sam going to store this hoard of newly acquired treasure?"

The answer to this query is found in the new storage vaults in the old courtyard of the Treasury building at Washington. These vaults are, according to government officials, absolutely fireproof, explosion-proof and burglar-proof.

Never before have such intricate mechanical devices been conceived and employed in the construction of a safety vault, and their success will no doubt revolutionize the construction of future bank vaults.

No tap of hammer, no click of a chisel, not even the suspicious whisperings of persons within the vaults can go unheeded by the sound-detecting microphones, which are concealed within the vaults.

All the entrances are likewise protected by hidden circuits which project about the steel door jamba, ready at the slightest provocation to transmit an unusual disturbance to the detecting microphones. These microphones are in turn wired direct to the captain of the watch's office and emergency alarm system.

No sooner would such an alarm sound than all exits to the Treasury building would automatically close under lock and key, and would stay closed until opened by the captain of the guard himself. Meanwhile, from all over Washington would come emergency police and fire engines in answer to the treasury's call for help.

Constructed at a cost of \$455,000, and possessing storage space of 185,000 cubic feet, these vaults are designed to provide storage for all reserve stock of paper currency needed at any time by the treasury, as well as storage for all gold and silver coin necessary to hold in the treasury.

The vaults will also store the metal needed for any activities of the department, and have a special

compartment for the reception of bonds and stocks.

The new structure contains two vaults, one above the other and independent of each other. The lower vault has ten major compartments, each 22 by 49 feet large, and 10 feet high. The upper vault contains six major compartments, somewhat smaller than those on the lower floor.

An almost staggering amount of material has been used to insure the imperviousness of the vaults. The doors and partitions alone amounting to 300 tons of steel. Besides this, 390 tons of steel plate lining, 1,200 tons of cast-iron wall and roof slab, and 1,050 tons of steel reinforcing were used.

Doctors Know!

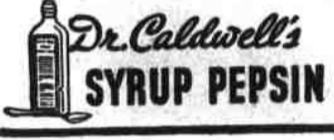
... and they use liquid laxatives

You'd use a liquid, too, if you knew how much better it makes you feel. A liquid laxative can always be taken in the right amount. You can gradually reduce the dose. Reduced dosage is the secret of real and safe relief from constipation.

Just ask your own doctor about this. Ask your druggist how popular liquid laxatives have become. The right kind of help—and the right amount of help—when the dose is repeated, instead of more each time, you take less. Until the bowels are moving regularly and thoroughly without aid.

People who have experienced this comfort, never return to any form of help that can't be regulated! The liquid laxative generally used is Dr. Caldwell's Syrup Pepsin. It contains senna and cascara, and these are natural laxatives that form no habit. It relieves a condition of biliousness or sluggishness without upset.

To relieve your occasional upsets safely and comfortably, try Syrup Pepsin. The druggist has it.



Three Simple Steps to Ease a Sore Throat in Three Minutes



1. Crush and stir 3 BAYER Aspirin Tablets in 1/2 glass of water.



2. Gargle Thoroughly—throw your head way back, allowing a little to trickle down your throat. Do this twice. Do not rinse mouth.



3. If you have a cold, take 2 BAYER Aspirin Tablets. Drink full glass of water. Repeat if necessary, following directions in package.

Modern Scientific Method Wonderfully Easy

REMEMBER PICTURES HERE

Here's a safe, modern and effective way to relieve sore throat. A way that eases the pain, rawness and irritation in as little as two or three minutes. Many doctors advise it and millions are following this way. Try it.

All you do is crush and stir 3 BAYER Aspirin Tablets in 1/2 glass of water and gargle with it twice—as pictured here. (If you have signs of a cold, take BAYER Aspirin and drink plenty of water.)

Get real BAYER Aspirin Tablets for this purpose. They disintegrate quickly and completely, making a gargle without irritating particles. BAYER Aspirin prices have been decisively reduced, so there's no point now in accepting other than the real Bayer article you want.

NOW 15¢ PRICES on Genuine Bayer Aspirin Radically Reduced on All Sizes

Important Point
Vocalist—I'm going away to study singing.
Friend—Good! How far away?
Friend—Hamburg.
Friend—Good! How far away?
Friend—I bought your book in Hamburg.
Author—Oh, so it was you.

MAKES DULL CARS LOOK LIKE NEW AGAIN!

It's marvelous the difference Simoniz makes in the appearance of a car. It brings back all the beauty and lustre your car had when new. Not only that, but Simoniz keeps the finish beautiful. So always insist on Simoniz and Simoniz Kleener for your car.



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Kid McCoy Shines Again



Norman Selby, better known as Kid McCoy, one-time ring star and idol of old-time fight fans, is now being considered as the outstanding civilian hero of the past year in Michigan by the Rainbow Veterans association for its annual award. McCoy was largely instrumental in the saving of 11 people, including four children, when a rowboat overturned in Bass Lake, near Detroit, last summer. Two lives were lost in the tragedy, but McCoy's timely warning and assistance was largely instrumental in saving the others. The ring veteran, now sixty-three, has been employed at the Ford Motor company since his parole from San Quentin prison, where he was serving a life term for manslaughter.

DON'T NEGLECT YOUR KIDNEYS!

If your kidneys are not working right and you suffer backache, dizziness, burning, scanty or too frequent urination, swollen feet and ankles, feel lame, stiff, "all tired out"... use Doan's Pills.

Thousands rely upon Doan's. They are praised the country over. Get Doan's Pills today. For sale by all druggists.

DOAN'S PILLS

Chafing and Itching Rash easily soothed by the bland medication of Resinol

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