

# FEMININE NEWS AND VIEWS

## BETTER MEALS FOR LESS MONEY

By Hazel Young

(From the book of the same name.)  
 Into your scheme of thrifty living, no dish fits better than soup. Of course, the clear soup is a bit of an aristocrat. It doesn't do a true soup's job, just paves the way to the main part of the meal. But thick bean or pea soups, rich with flavor and heavy with goodness, are literally the poor man's friend. Cream soups and chowders, too, are filling. Served generously with a little judicious padding, they have fed many a hungry family.

The expression "cream soup" is a bit of a misnomer. At best, we use only the top of the milk bottle, for budget marketing allows little cream. And we save the water in which the vegetables are cooked.

Chowders really head the list of thrifty soups. A chowder is a whole meal. New Englanders love their fish and clam chowder, and minor civil wars are continually being waged as to whether or not the chowder should contain tomatoes. Chowders of corn and mixed vegetables are other possibilities. A big bowl of chowder, with plenty of crackers, a crisp green salad and a fruited dessert, is an honest man's dinner!

A school boy asked to define anatomy wrote as follows: "Anatomy is the human body which consists of three parts, the head, the chest and the stummick. The head contains the eyes and the brains if any. The chest contains the lungs and a piece of liver. The stummick is devoted to the bowels, of which there are five, a, e, i, o, u and sometimes y and w."  
 —Dickson-Kenwin in The Mitre.

### WARTIME TIME TABLE

When the man of the house works from 4 p. m. until 12 M. plan your day as follows:

Housework early a. m. after children's breakfast.

Leisurely breakfast at 10 with husband.

Recreation till 2.

Dinner at 3.

Housework till 5.

Dinner for children at 6.

Mending, ironing, ect., until 9.

Nap till 11.

Lunch for husband at midnight.

Read and talk. Sleep 2 a. m. to 7 a. m.

If your husband works from midnight to 8 a. m., try this plan:

Breakfast, housework, lunch on ordinary daily schedule.

Breakfast for husband at 4 p. m.

Dinner for children at 6.

Evening as you wish.

Start husband's dinner at 10 — serve at 11. Pack lunch.

Vacuum rugs, etc., until 12. Sleep from midnight until 7 a. m.

### "PRETTY IS AS PRETTY DOES"

Someone has said that the secret of beauty is the art of living with people harmoniously. How can a woman be beautiful if she has the habit of bickering and quarreling with people around her? There are many other detrimental little habits that can slip up on one unawares, such as: Staying indoors too much, and not getting enough sunshine, fresh air, and exercise. Or over-indulgence of certain foods in exclusion to others: Sleep, rest, and relaxation are powerful antidotes for over-work to the point of exhaustion in the home, business, or profession. No woman should permit herself the luxury of emotional storms or temper tantrums, as nothing can be so injurious to the nerves and glands that keep a woman young and healthy.

### The Zoo on Wheels

A wise guy stepping up to the bus as it stopped the other morning said to the driver:

"Well, Noah, you've got here. Is the Ark full?"

The motorman answered back:

"Nope, we need one more monkey. Come on in."

### DORIS THORNE PAYS VISIT

Doris Thorne paid Ecusta a visit March 19th and was the object of many admiring eyes as she went down the line in the Cafeteria at lunch time. She was dressed in the uniform of the A. A. T. C. (Army Air Transport Command) and really looked like a million dollars. Miss Thorne has been employed on the Cryptographic Staff and is stationed in Washington, D. C. We all decided her uniform was the best looking one of the feminine variety we have yet seen.

### VANITY IS A VIRTUE

You can't exaggerate the importance of being attractive. Some degree of that belief in man or woman is absolutely essential, not only for happiness but for peace of mind and freedom from anxiety and worry. In fact, I would even say that the right of every woman to be as attractive as she can is an essential of democracy and one of the keynotes of our national morale.

Any woman who does not try seriously to make herself as attractive as her means will allow shows that she is suffering from inhibitions which are keeping her from making the most of herself and from getting the most out of life. From my standpoint, vanity ought to be called a virtue, not the vice our puritan ancestors thought it. It is really intelligent self-salesmanship. In general, the woman who feels that she looks well IS well . . . or at least is better than she would be otherwise, both mentally and physically.—Lawrence Gould in an interview with Nancy Craig, broadcast over station WJZ of the National Broadcasting Company.

### HOMEMAKER'S DIARY

Bread can substitute for rolls if you use a fresh, unsliced loaf, cut it lengthwise down to the bottom crust, then across in wide 2-inch slices, pour in melted butter and heat in the oven. The bread can be pulled apart like rolls.

Dry cake will taste fresh again if it's wrapped in a damp cloth and put in a slightly warm oven until the cloth dries.

For variety use corn flakes or crisp toast instead of cracker crumbs when frying fish. Before baking fillets of fish, cover the fish with French dressing for a delicious flavor.

Use hot milk instead of cold when mashing potatoes; they'll mash more smoothly, be fluffier and stay warm longer.

Actor Fred Lunt gives this cooking advice: "Don't put butter into a cold frying pan; always have it heated if you don't want a terrible taste."

### QUICK TRICKS FOR TYPISTS

Characters possibly not found on the keyboard of your typewriter can be made by overprinting standard characters as follows:

Paragraph mark, parentheses,

Star, capital A and small v.

Division, colon and hyphen.

Dollar, capital S and I.

Pound sterling, capital L and small f.

Exclamation, apostrophe and period.

Equation, hyphen—turn the variable slightly.

Cedilla, small c and comma.

—Courtesy Remington Rand, Inc.

If your sink has become clogged, throw a handful of baking soda down the drainpipe, then pour in a half glass of vinegar. The combination effervesces and thoroughly cleans the pipe . . . Painted woodwork can be washed more satisfactorily if a tablespoon of baking soda is added to the water.

Wife: "Did you see those men staring at that beautiful girl as she boarded the train?"

Husband: "What men?"

## Cafeteria Chapter

Well, another month has rolled around and brought new gossip. . . . New folks joining the Knot Hole gang are Wilma Hensen, Mr. Hawkins and Slim King. Slim worked with us for a long time and is no stranger. He reports the birth of a son recently named Robert Lewis King . . . Those leaving recently for the service are Dan Edens and Fred Arnette of Rosman. Best of luck, boys . . . Mr. Hart has answered the call to the farm. We don't know whether he got an overdose of spring fever or just likes to farm . . . Mac is having a terrible time since Mrs. Mac is in Florida. Mrs. Mac writes that she is feeling fine and we are glad. Also we rejoice with Mac that the lost has been found. You guessed it—the pig. He was gone for about a week but it happened he strayed to Mr. Felix Norton's and was well cared for. Mac is some farmer; garden, pig and chickens too—and all within the Brevard City limits . . . Red Chapman is the proud father of a pretty young lady about three weeks old. Miss Doris Brenda . . . At last John Jones has a happy expression on his face, the reason being that his wife and babies have come to live in Brevard . . . Spring is almost here. Doris and Ethel are sporting new white shoes . . . We were happy to have as luncheon guests Misses Guyma Stover and Dorthea Ann Russell recently . . . Lance goes around with a happy expression since he moved into his own home after boarding for some time . . . Frances Van Steenberg is happy over getting changed to the same shift with her husband . . . Red Chapman and Charles Sherrill, both of the Navy, were visitors here last week . . . We all regret that Mac is absent from work because of illness. He went to the hospital last night but we think he will be back soon.

"The doctor gave me the most marvelous reducing diet today—a European ration card!"

A man hopes that his lean years are behind him; a woman, that hers are ahead.

Customer: "Will this suit hold its shape?"

Salesman: "Absolutely, that suit is made of pure virgin wool."

Customer: "I don't care about the morals of the sheep. Will it hold its shape?"

We build our ideals and they in turn build us.—Le Conte.

### OFFICE BITS

Spring must really be very near when thoughts of love are taking our young "war widows" in search of the objects of their affection. Reba Russell has gone to Louisiana to see her Charlie and New Orleans. Betsy Vannah's probably gone to Africa and Chris Johnson is going to Moody Field, Valdosta, Georgia. We asked our young little unmarried crowd what they were doing about spring and thoughts of love and they said they would just have to take it out in letter writing 'til after the war. Muriel must agree with this as she had a letter from Buddy Neill and said it was not for publication. Rose Alice and Ruth are not waiting for the mailman I understand as they have been having some exciting times with the soldier boys . . . Lil Clarke is back at work and says she is feeling fine and mighty glad to be back "Child" . . . Lita is running on railroad time and some folks think it's a great joke . . . Charlie Matthews and Al Brombacher have started a new business that is cutting in on Macie's trade. Any old bones? Any old bottles? Any old rags, today? . . . We understand that Obbie was entertaining two good looking soldier boys in the library the other day—they weren't her brothers either . . . J. O. is wearing his Sunday suit to work every day and he said it was because he had popped the knees out of his everyday suit. Sounds as if he might have been doing a lot of kneeling lately—

## Musical Introductions



ROLAND WILBER

Introducing next Mr. Wilber, better known as the Man Behind the Bass Horn. It's sometimes hard to see him because that tuba's so large, but if you listen you'll find he's right there.

We'll have to talk a little about band music in general to give you an idea of Roland's part in our band. The bass horn is the "backbone", the structure which must be firm before the melody can be added to make a piece of music. Without bass notes music sounds hollow—the background is missing. Maybe this will explain why Roland is valuable to us. His instrument is important in any band, but we are exceptionally fortunate in having someone with a great interest and an ever-ready willingness to give time and energy and thought to doing his part, and more, in mastering his instrument and working with and for the Band.

Roland has done another kind of "background" work for us. He was President of our Band during its first, and probably hardest, year. He has helped enormously to keep our Band alive, working behind the scenes to solve our problems.

It made us very happy to discover that our Band has enabled Roland to realize one of his ambitions—none other than playing the tuba. When he first tackled it, the tuba almost won out, because he had to play it and hold it in his arms at the same time. That, plus all the wind it takes to get notes out of a tuba, is too much for the strongest of men. He has a stand for the horn now, and they are on the best of terms. Listen for him April 10, and you'll see what we mean.—By Bandana.

Everything about the British air headquarters was interesting to the visitor, and he asked a never-ending string of questions.

"Say," he exclaimed, "how is it that you have so many Scots among your pilots?"

The guide, a bit fed up, snatched at the opportunity.

"Well, sir" he said, "since the Scots have learned that every cloud has a silver lining, we can't keep 'em out."

He who swells in prosperity will shrink in adversity.—Anon.

standing in the need of prayer? Justine and Lita made a flying trip to Washington the first of the month and had a grand time just looking at the sights after milling around with the great crowds in Brevard and Pisgah Forest for the past eighteen months. They spent some time with Mag Jones while they were there. . . Gisselle spent several days in Miami and said the mountains look better than ever . . . Mildred Carpenter attended a dance in Spartanburg last weekend and was surprised to see there were still human beings of the opposite sex between the ages of fifteen and forty years . . . Spring is still a dream but dust off your seed catalogues and order your seeds right away because in just a few weeks it will be time to dig in the good earth—so yours 'til butterflies! April Fool!