

FEMININE NEWS AND VIEWS

BETTER MEALS FOR LESS MONEY

Spanish Delight

(Serves 6)

Here's how one of our local chefs prepares a distinctive and delicious main dish with a minimum of meat:

- 1 1-2 lb. ground beef
- 2 or 3 medium onions
- 1 garlic bud
- 1 green pepper
- 1 pkg. spaghetti
- 1 can tomatoes (or one can condensed tomato soup.)
- 1 small can whole kernel corn.

Brown diced onions, garlic, in fat. Add chopped pepper. Add ground beef, seasoned with salt and pepper. Cover and let simmer over a low flame until done. Add corn and tomatoes. Bake in a moderate oven (300) for one hour.

Nut Gingerbread

"Party stuff" and maybe there'll be some left over.

¼ cup shortening; 1-3 cup sugar; 1 egg, 2-3 cup molasses, 1 cup chopped peanuts; 2 tablespoons molasses; 2 cups flour, sifted; 1¼ tablespoons ginger; 3-4 tablespoons baking soda; 3-4 tablespoons salt; 1 cup whipped milk.

Cream shortening. Add sugar gradually, beating as you add. Add egg and beat well. Mix 2-3 cup molasses and the milk together. Add sifted dry ingredients to shortening mixture alternately with the mixture of molasses and milk, beating well between each addition. Add chopped nuts. Pour batter into a well-greased nine-inch heat resistant glass pie plate (nice if you have the new one with the crinkled edge.) Bake in moderate oven 350 degrees F. about 40 min. Sweeten the whipped evaporated milk with molasses and use as a topping. (Evaporated milk whips if you chill it several hours in the refrigerator.) Serve hot. Serves 6-8.

HINT FROM A COUNTRY DOCTOR

As everyone knows, Vitamin A is necessary for healthy eyes which are so essential to a pilot. The war demands for vitamins is making it harder to obtain them in concentrated form so we have to look to other sources. The lowly decorative green Parsley has a larger amount of Vitamin A than any other edible plant; 3½ oz. containing 30,000 units. Why not add a little parsley to your dinner and keep your eyes in shape? (Quoted from Aero Insurance Underwriters News Letter.)

ORDINARY FAMILY (Continued From Page 2)

—a white flag with a blue star in the center. My brother left, as many other boys had, to don a uniform for his country.

Still we were an ordinary family. Then one day Mom had to get another flag. I thought since this is also my country, my war and my liberties and freedom at stake, that I should fight, too. Now Mom has a flag in the window with two blue stars. My Dad still works every day, Mom manages with the point rationing and tends to the Victory Garden while my brother and I, in khaki, do all we can.

There are millions of homes throughout the country whose hallways are more silent and whose doorbells have little use now, and in whose windows fly flags bedecked with blue stars. Some windows already have gold stars but the lives given on the battle field for freedom will be remembered forever. All of us in uniform have pledged to avenge their deaths and once again bring peace and happiness to an oppressed peoples and a war-torn world. It will be a long, hard fight but I pray that soon all of us in uniform can go home and take down our own blue stars from the window, see Old Glory's white stars against freedom's sky and, with God's help, once again settle down to being just an ordinary family in America — in a world at PEACE!

Saline Sapience

For the Busy Housewife

1. To speed up that tiresome cream whipping and spare your arm, add a pinch of salt to the cream before you begin.

2. Silver cleaning recipe: 3 tbs. salt; 3 tbs. soapflakes; cold water to cover in an old aluminum pan. Boil. Cool. Wash in hot soapy water. (Don't use on French finish!)

3. Do you want whole nutmeats to decorate a special cake? Then, soak nuts overnight in salt water before cracking. (The water expands the shells while the salt preserves kernels' sweet flavor.)

4. To prevent those nasty, painful burns you get when the fat mixes with the liquid meat juice and sputters out at you, sprinkle a little salt in the pan before you start frying those steaks and chops.

5. Clothespins will last longer and won't freeze onto your clothes this winter if you soak them in a strong salt solution.

6. Put a teaspoon of salt in the cooking water if you want to prevent some of the nutritious contents from oozing out of those cracked eggs.

7. Because salt resists the growth of decay bacteria, a little of it in the water will keep that bouquet of flowers in your living room fresh much longer.

8. Don't scratch mosquito bites! Apply a paste of equal parts salt and bicarbonate of soda moistened with water. For itching skin, try a bath of salt water and one-half pound of bicarbonate of soda.

9. Spilled the ink? Pour table salt immediately on wet spot. Brush off. Apply more until wet spot is bleached. Old spots may be lightened by wetting with water and following above directions.

10. Brass, copper and pewter respond brilliantly to a paste of half salt, half vinegar, thickened with flour. Apply paste. Leave for hour. Wash and polish.

11. One-half teaspoon of clean salt added to one pint of warm, boiled water makes a perfect wash for tired or inflamed eyes. You'll find it very soothing.

12. Don't play tiddly-winks when cleaning fish! Make them skid-proof by dipping fingers in a dish of salt before starting.

13. Keep that pretty, new cotton dress from fading by soaking it before you wash it for the first time, in cold water to which a big handful of salt has been added.

14. Hot weather tip: Add a pinch of salt to your own, as well as Fido's drinking water to replace salt lost from the body by perspiration.

15. Avoid rings after cleaning spots by rubbing washable material with a strong solution of salt before applying cleaning fluids.

Army Administration School
WAAC Branch No. 4
Denton, Texas

Dear Justine,

I'll admit I lied to you terribly when I said I'd write some things for the Echo and send them back but I have been so busy learning how to become a soldier I have hardly had time for anything. I took my basic training at Fort Oglethorpe, Ga., and came here March 5th to take a six weeks' course in Army Administration. Today I got my diploma and will be shipped out soon for parts unknown. I'll try to write more often when I get settled for I should have more time then. I am enclosing a "thing" I wrote yesterday which I hope will serve as a message through the pages of the Echo. I enjoy getting the news so please don't let me down. I'll send my address as soon as I get settled and I'd like some good old gossip from the plant. How's about it? There is nothing like mail to get a soldier's morale up and nothing like gossip to keep it up.

Always,
Mary Rickman, Aux. 1-c

NOTES ON HOW TO MAKE A LITTLE BUTTER DO A LOT OF WORK

1. Cream ¼ pound softened butter with ¼ pound colored margarine, also softened; gradually work in 1-3 to ½ cup undiluted evaporated milk, using egg beater, electric mixer or wooden spoon. Pack into small bowl, cover and chill. For a creamier spread, add to the milk ½ envelope plain gelatin softened in 2 tablespoons water; then gradually beat into the butter.

2. Cook vegetables quickly in as little water as possible. Do not drain. Pour into serving dish, and put a pat of butter on top as it goes to the table.

3. When you're having baked potatoes, serve a pitcher of hot milk with a pat of butter melted in it. If you like baked stuffed potatoes, mash them with more milk than usual; add a little fat from your dripping jar. Serve with a quarter pat of butter garnishing the top of each potato.

4. If you crave a real butter flavor in plain cake or cookies, grease your pans lightly with butter, and use vegetable shortening in the butter.

From Woman's Day, March, 1943.

Marriage Announced

On March 28th, at Bennettsville, S. C., Miss Eunice Brooks of Black Mt., was married to Cadet Gordon Fowler, formerly employed in Champagne and now a Cadet in the Army Air Corps. In attendance at the wedding were Mrs. Robert Jackson, brother of the groom, Cadet Leonard Goldman of Ohio and Cadet Fred Fulton of Michigan. Congratulations and best wishes!

Gordon enlisted last August and is now stationed at Shaw Field, Sumter, S. C., where he is receiving basic training. Mrs. Fowler is employed by Endless Belt Corp.

NO PORK

The Nazis can imprison, torture and kill the conquered peoples of Europe, but they can't stop them from circulating stories that ridicule the conquerors. Here's one that is going the rounds now. It seems that the morning following the attempted bombing of Hitler in the Munich Brauhaus (which the Nazis thought they had hushed up) the following notice appeared in several butcher shop windows in Prague: "There will unfortunately be no lard or pork today—because the swine wasn't killed yesterday."

"So you met Marian today?"
"Yes. I hadn't seen her for ten years."

"Has she kept her girlish figure?"
"Kept it? She's doubled it."

Little Algernon (to the old lady who had just arrived, and whom he had never seen before): "So you're my grandmother, are you?"
Old Lady: "Yes, on your father's side."

Algernon: "Well, you're on the wrong side; I'll tell you that right now."

Tact is the knack of keeping quiet at the right time; of being so agreeable yourself that no one can be disagreeable to you; of making inferiority feel like equality. A tactful man can pull the stinger from a bee without getting stung. — George Horace Lorimer.

Know you are right before you begin, then tackle the task with vigor and vim.

A dog with money is addressed as "Mr. Dog."—Spanish Proverb.

No one but myself can be blamed for my fall. I have been my own greatest enemy, the cause of my disastrous fate.—Napoleon.

He who strikes the first blow confesses that he has run out of ideas.—Chinese Proverb.

Musical Introductions



FRANK KERBER

Frank Kerber is next on the roll call of band personalities and being our president is only one of the many reasons we want you to know him.

He has been working in Champagne for about eight years. Before coming to Brevard to live, he played saxophone with a club band in New Jersey. Being an experienced musician, he was right on the spot when the notice was given for the first meeting of the Ecusta Band. In fact, he was responsible for recruiting many of the other members.

Having served on the Band Executive committee since its organization, we have always found him to be helpful, faithful and inspiring. His humor often makes things easier for the rest of us when the going gets rough.

Frank holds up a section of the band which has had its many ups and downs. We have had several saxophone players since the band was organized over a year ago. When Francis Stafford joined the WAACS, Frank found himself the only member of the "sax" section. However, he is doing a grand job with the instrument that contributes greatly to the tone color of reed section in the band. Mr. Eversman tells us that he has two new saxophone players on the way up to join the band so, Frank, you will soon have some help.

"Bandana"

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popular selections under the direction of Mr. Eversman. Before and after the "fun festival" performance, square dancing was enjoyed.

Next on the new program of Ecusta entertainment is a Carnival of Games which will be in the Cafeteria on Friday night, April 30. Many card games are planned, such as Bridge, Set-back, Rummy, and Liverpool Rummy. Five Hundred and Pinochle. Other games offered will include Checkers, Chinese Checkers, Monopoly, Parchesi, Ping-Pong and Conflict. The evening will be concluded with the playing of "Wahoo" by everyone attending the party. Wahoo is a game similar to Bingo and during the playing of Wahoo many valuable prizes will be given.

Coming Events

The next events scheduled by the Activities Committee and the Recreation Department is a Square Dance and Stunt Night Friday, May 21.

Tryouts for the Minstrel Show will be held in the Cafeteria Monday night, May 3, in the afternoon from 2:30 to 4:00 and in the evening from 8:00 until 10:00. All Ecustans who would like to take part in the Minstrel Show please be present for the tryouts. This is to be an ALL Ecusta show; we need singers for solo numbers and to sing in the chorus, also we need end-men, dancers, and other specialty acts. If you can sing, talk, act, dance or what-have-you, you can help with our Minstrel show.