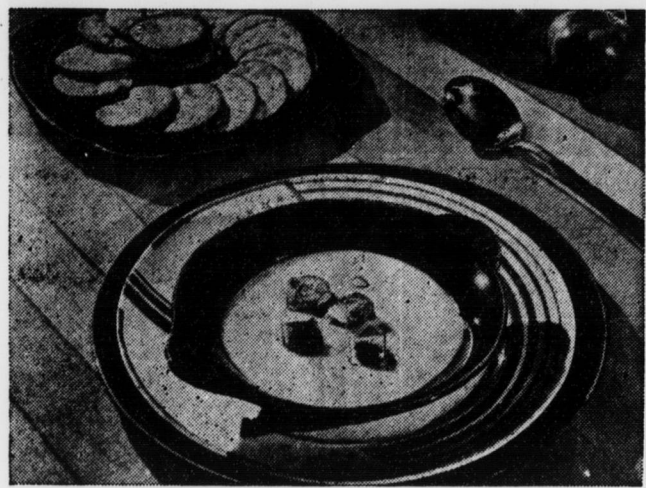


Household Hints

by Lynn Chambers



SOUPS FOR EVERY OCCASION . . .
(See Recipes Below)

SOUP'S ON!

Soups may be a substantial addition to a rather lean menu, or a distinctive touch to a dinner de luxe, for they vary all the way from the thin, clear, delicate consommés and bouillons to the hearty chowders and satisfying cream soups.

Economical, tasty, nutritious—what more could you ask of a dish so versatile? Make soup the mainstay of a family lunch or supper or the perfect beginning for a "company" dinner.

A little "dressing up" can play fairy godmother to the plainest dish—yes, even soup.

Most people eat with their eyes, first of all. So, if you wish your soups to take on a party air, garnish them enticingly. Try sprinkling with buttered croutons, chopped parsley, a few grains of popcorn, toasted puffed cereals, minced chives, a dash of paprika, or a few tiny round crackers; or place a spoonful of whipped cream in the center.

For extra goodness, why not try cheese in soup? It will draw a big stamp of approval, as you will see if you try Potato Cheese Soup. Here's the recipe:

***Potato Cheese Soup.**
(See picture at top of column)
3 medium sized potatoes
2 cups boiling water
2 to 3 cups milk
3 tablespoons butter
½ small onion
1 teaspoon salt
2 tablespoons flour
Pepper, cayenne
1 tablespoon parsley
1 cup cheese, grated

Cook potatoes in boiling salted water until tender. Put through a strainer. Measure the liquid and add enough milk to make four cups. Scald. Melt the butter, add the finely chopped onion and simmer five minutes. Add the flour and seasonings and combine with the potato mixture. Cook three minutes and strain, if desired. Add cheese and beat until smooth. Add chopped parsley, top with buttered croutons.

Manhattan Clam Chowder.
¼ cup diced salt pork
2 cups diced potatoes
1 dry onion, diced
1 cup water
2 cups milk
1 can minced clams (about 1 cup)
Salt and pepper

Cook the diced pork and onion, stirring constantly 'til they are tender but not browned. Add the potatoes and water and simmer until the potatoes are tender. If the one cup of water is not sufficient to cover the potatoes, more should be added. When the potatoes are tender, add the milk and clams and seasonings and heat thoroughly. Serve with crisp, salted crackers.

One Dish Supper Soup.
¾ cup rice
1 cup chopped celery
2 small onions
1 green pepper
1 pint tomatoes
6 eggs
½ cup cheese
3 cups water
Salt

Add chopped celery and onions to a kettle of boiling water. Add chopped green pepper. Cook slowly 15 minutes. Add tomatoes. Just before serving, break the eggs into the hot soup. Sprinkle with cheese. Cover. Keep in warm place 5 min-

LYNN SAYS:

The water in which vegetables have been cooked, and left-over cooked vegetables may often be utilized in making excellent soups.

Minute tapioca, because of its thickening quality and attractive translucence, makes an excellent thickener.

Once thickened to the desired consistency, cream soups should be kept warm over hot water. Evaporation caused by additional cooking may make them thick and pasty.

THIS WEEK'S MENU

SUNDAY-NITE SUPPER
*Potato Cheese Soup
*Apple-Celery Salad With Sour Cream Dressing
Nut Bread
Apricot Jam
Beverage
*Recipe given.

utes. Pour over a mound of hot boiled rice placed in individual soup dishes. Yield: 6 servings.

Duchess Soup.

2 tablespoons minute tapioca
1 teaspoon salt
½ teaspoon pepper
1 tablespoon onion, finely chopped
4 cups milk
2 tablespoons butter
½ cup grated cheese
2 tablespoons parsley, chopped

Combine dry ingredients, onion, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), cook 5 minutes, stirring frequently. Add remaining ingredients; cook until cheese is melted. Serves 6.

Old-Fashioned Vegetable Soup.

2 quarts soup stock (see directions)
1½ cups potatoes, diced
¼ cup celery, cut in strips
2 small onions, sliced
½ cup peas
1½ cups carrots, cut in strips
1½ cups canned tomatoes
Salt and pepper

2 tablespoons parsley finely chopped
Heat stock, add vegetables and seasonings, and cook gently until vegetables are tender. Add chopped parsley and serve. Makes 8 portions.

Cream of Onion Soup.

2 tablespoons rice
2 medium-sized onions
2 tablespoons butter
1 cup water
1 teaspoon meat extract or bouillon cube
3 cups milk
Salt and pepper

Chop the onions and cook in the fat until slightly yellow. Add the water, rice and meat extract or bouillon cube, and cook until the rice and onions are tender. Add the milk, reheat, and season with salt and pepper. Yield: 4 cups.

Russian Borsch.

1 pound soup meat
6 cups water
1 teaspoon salt
¼ teaspoon pepper
1½ cups potatoes, large cubes
½ cup grated raw beets
1 tablespoon chopped parsley
1 large onion
1 large carrot
1 tablespoon butter
2 cups medium-chopped cabbage
1 cup beets cut in ¼-inch strips
6 tablespoons sour cream

Cover meat with water, add salt and pepper and boil for 10 minutes. Cut onion and carrot in strips and brown in butter. Add to soup and boil for 1 hour, replacing water as it boils away. Add cabbage and beet strips to soup and cook until beets are tender, about 30 minutes. Add potatoes and cook until tender, or about 15 minutes. Just before serving, add grated raw beets and pour immediately into serving dishes. Place 1 spoon of sour cream in center of each serving and sprinkle with parsley. Makes 6 servings.

Soup Stock.

3 pounds shin of beef
3 quarts cold water
Cut meat in pieces free from fat, and place in kettle. Add water, partly cover, and heat slowly to boiling point. Simmer gently five hours, removing scum as it forms. Keep meat well covered with water. Then remove meat and set broth aside to cool. Skim fat from broth. Strain liquor carefully through fine sieve or cheesecloth. Chill. This gives a clear broth, free from fat, to be used as basis for soups. Makes about 2 quarts stock.
(Released by Western Newspaper Union.)

Washington Digest

Capital Housing Problem Vexes District Officials



School and Water Supply Facilities Are Also Seriously Taxed by Influx of Defense Workers.

By BAUKHAGE

National Farm and Home Hour Commentator.

WNU Service, 1343 H Street N. W. Washington, D. C.

WASHINGTON.—Millions for defense but not enough sense to contribute sufficient funds to the District of Columbia budget. That is the Washington city government's present charge against congress.

The other day I sat in the office of one of the district commissioners and an army officer who had been drafted to help work out the city's housing problems, and they seemed pretty helpless.

"We haven't got the money to meet the emergency situation that is growing in the district as a result of the defense program," was the burden of their song.

Washington is run by a commission—three men—our three "mayors," if you will, appointed by the President. Our board of aldermen are the district committees of the house of representatives and the senate. The federal government bears a share of the expense of running the city—but not enough, say the citizens of the district. All they can do is "say," for they have no vote, either locally or nationally.

The emergency is bringing thousands of new workers here. From June, 1930, to January of this year nearly 25,000 new government employees moved in. The figures for February, due to be released in a few days, are expected to show a big increase.

The Washington Board of Trade estimates that 55,000 new residents have moved into the District of Columbia in the last year.

Question of Schools.

In addition to these extra beds and baths that must be provided, there is the question of schools. The commissioner with whom I was discussing the situation, cited one example.

"Down there between Bolling field which will soon be the center of American aviation and the naval research laboratory," he said, "the federal government has built 600 family units. It will probably be increased to 1,000. These are just for the navy yard workers. Right there will probably be enough children to fill one schoolhouse alone."

A million and a quarter dollars, it is estimated, should be spent on schools alone in Washington as a result of the influx of residents. This is to say nothing of the next most pressing need—facilities to increase the water supply. The Canal Zone is not much hotter than Washington in the summer. People take a lot of showers. We have a Potomacful of water but we need more pipes and pumps.

The greatest portion of the city's expense, however, goes to taking care of the homes and the offices and people which make up the federal government.

Anyone who thinks the life of a government worker is all roses, frankincense and myrrh in these days needs only to listen to the local director of the Housing association who says:

'Doubling Up' Complaints.

"Frequent complaints of doubling up in apartments and rooming houses come to us. One bath for 15 to 20 persons is a common grievance. Three to six unrelated roomers in the parlor of a once fine private residence is not uncommon."

Very bad, say the health authorities, for sanitation. Very bad for morale, too.

And then Washington has on its periphery a number of army camps, cantonments and forts. By July the boys on leave will be flocking in from an army of nearly a hundred thousand men. Their welfare and amusement have to be taken care of, too.

The district government, therefore, is struggling with the congressional committees, attempting to convince them of Washington's needs. A bill is now being considered which would increase the proportion which the federal government contributes to the federal city, but the officials cannot bank on the money until it is in hand.

American Housewives And Vitamins

An efficient secretary laid a newspaper clipping on my desk. The same day's mail brought a letter en-

closing a magazine article from a farm-woman listener.

The newspaper clipping said: "The housewives of the United States are soon to receive the most thorough education in how to feed their families ever provided by any nation in the world . . . the American housewife is going to learn a great deal about vitamin B and about all the other vitamins . . ."

I ran through the magazine article. It was written by Velma Carson 12 years ago and in it she remarked on what a misapprehension most city people have concerning the modern farm woman. The author told how a companion in a Pullman made some pitying remark about a woman they passed who was hoeing in a garden. Miss Carson said:

"I explained that quite likely the pathetic creature we recently had passed would be in a chiffon dress by afternoon, powdered with the same brand Lady What's-Her-Name has indorsed, marcelled into shining waves, and driving her car to a meeting where a professor from the state university would give latest gossip on vitamins—a subject so fascinating to farm women ever since they have discovered hidden forces in the old familiar 'greens.' As one progressive, earnest, white-haired lady said to me once after a home demonstration agent's lecture, 'Well I always fed my family on just what we had on the farm—milk, butter, eggs, cheese, and vegetables, and such. It sure was a piece of luck these things all had vitamins.'"

Flapjacks

For the Navy

When the cooks of the U. S. S. Wyoming—or any other ship with a complement of 1,200 men—get their pancakes, it is quite an undertaking to provide them. Down at the navy department you can see a cook book with recipes just like any cook



Sea air makes for big appetites. A cook in the galley of the battleship U.S.S. Wyoming prepares flapjacks by the hundreds for breakfast.

book—but the figures are different. I looked at the recipe for flapjacks the other day. Here it is:

120 lbs. flour
10 dozen eggs
10 lbs. sugar
7½ lbs. baking powder
2½ lbs. shortening
10 lbs. evaporated milk
70 qts. water
2½ lbs. salt

The same men who dispose of this order of cakes in one day will eat 1,500 pounds of fresh meat, 3,200 pounds of fresh vegetables, 1,300 pounds of fresh fruit and 120 dozen eggs, to say nothing of the canned goods consumed.

Bears Get 'Friendly' In National Parks

The bears in our national parks are getting too pally with tourists, so the national park service has issued a warning.

It seems that when humans begin fraternizing with a bear the bear begins to treat them as equals. This means that when a human gets between a mother bear and her offspring, ma chases him out of the way, sometimes administering a well-aimed swat in the process.

"Bear incident" is the government's name for damage to property and injuries to persons as a result of the public's disregard of rules against getting too familiar with bruin.

Moral: Don't treat bears as equals.

BRIEFS . . . by Baukhage

¶ Von Ribbentrop has been able to fool most of the small nations of Europe. But after the revolt in Jugoslavia he can no longer be called Hitler's ace "dupelomat."

¶ Leopold Stokowski has been commissioned by the war department to modernize army bands. That seems to call for hand organs and music boxes in a mechanized army.

¶ Washington has the highest ratio of mental patients of any jurisdiction in the country. This record is not based on the ravings of the politicians. Nuts from all over the country come here to tell the President how to end the war or balance the budget, or make two rabbits grow in his hat where one grew before. They are tenderly turned over to St. Elizabeth's hospital.

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Blessed is he who expects nothing for he shall never be disappointed.—Pope.

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While at Peace
Even a fool, when he holdeth his peace, is accounted wise.—Proverbs.

"The Self-Starters Breakfast"

helps keep me feeling brisk and efficient."

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says
BERNICE MERRICK,
Registered Nurse



Fame Not a Property
Fame, we may understand, is no sure test of merit, but only a

probability of such: it is an accident, not a property of a man.—Carlyle.

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