

### About Varying Menu Monotony

#### Tongue, Tripe and Sweetbreads Real Delicacies.

By EDITH M. BARBER

"SEEK other day some one said to me, 'I wish somebody would invent a new animal. I get so tired of beef, lamb, veal and pork.' Of course they are the only animals which in general we use for food, but actually few of us take advantage of the many things which they furnish.

For instance, there is tongue which most of us associate with beef, but lamb, pork and calves' tongues are just as good and usually cheaper. Beef tongue is good either fresh or smoked. The same thing is true of kidneys. Veal and lamb furnish the most delicate, but beef and pork kidneys are good and at the same time inexpensive.

Sweetbreads are perhaps the greatest delicacy of any of this type of food. Those from veal are the choicest. Brains are little used in this country, although those from the calf taste very much like sweetbreads. Tripe, which is the lining of the beef stomach, is not used here as much as it is abroad. If you have ever tasted it you will want to try it again. Perhaps you have had it without knowing it in Philadelphia pepperpot, that very good chowder type of soup. Hearts of beef, veal, lamb and pork are used to some extent and are very good stuffed. They demand a rather long cooking.

The most popular of any of these so-called "organs" is of course liver which once upon a time was inexpensive, but well liked on account of its flavor. Since it has been discovered that liver has such a high nutritive value, it has actually quadrupled in price. The most delicate is calves' liver which is naturally the most expensive. A generation ago it would have been quite shocking to allow children to have liver. Today it is introduced into their diet very early.

Of course, our liking for all of these foods depends upon two things. If we had them in our childhood, we developed a taste for them which carries over to later life. I have known persons, however, who have become very fond of them when they were introduced to them, perhaps while traveling in Europe, where they are used so often in menus and always very well prepared. In England we find the steak and kidney pie and kidney stew particularly well prepared. In France tripe and brains are especially delicious. In Germany and Austria we find liver used in all sorts of interesting ways. I remember particularly well the liver dumplings.

**Tripe.**  
Cook in boiling salted water to which a tablespoon of vinegar has been added and cook slowly about half an hour until tender. The tripe is then ready to be prepared for pepperpot, broiling, frying, or to use in other ways.

**Sweetbreads in Egg Sauce.**  
1 pair sweetbreads  
Salt and pepper  
1 1/2 cups stock  
Few drops onion juice  
2 egg yolks  
1 teaspoon lemon juice  
1 tablespoon flour  
1 teaspoon minced parsley  
6 cream puff shells or patties

To cook sweetbreads, wash them in cold water, cover with water to which one-half teaspoon salt and a tablespoon of lemon juice or vinegar has been added and cook them gently for thirty minutes. When done rinse in cold water, remove

membranes and cut in small pieces.

Heat the stock, season with salt and pepper to taste and add onion juice. Beat the egg yolks, add lemon juice, flour and parsley. Mix well, add stock, and cook over hot water until thickened, stirring constantly. Add cooked sweetbreads, cut in pieces and one-quarter cup of cream, heat well and serve either on toast or in patty or in cream puff shells.

**Heart.**

Insert pieces of fat over the surface. Wash the heart thoroughly and cut out large veins and arteries. It is then ready to be used in any number of ways such as braised stuffed heart, sliced heart in casserole and heart chop suey. For chop suey cut the meat in narrow strips and for pie cut it into small cubes. Dredge with flour, salt and pepper, sear it in beef drippings, add stock or other liquid, cover and cook slowly until meat is tender.

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### On the Catwalk of a Monster Bridge



Here are seen men working on the catwalk of the San Francisco-Oakland bay bridge extending from the San Francisco anchorage to the central anchorage near Yerba Buena Island. The catwalk is made of four cables two and one-quarter inches in diameter with what looks like magnified chicken wire slung between them. The cables from which the bridge will be suspended will be spun three feet above the catwalk.

### "QUOTES"

#### COMMENTS ON CURRENT TOPICS BY NATIONAL CHARACTERS

**BRITISH NOT "ANTI"**  
By ANTHONY EDEN  
Lord Privy Seal.

THE British are not "anti" any nation in Europe. They are not hostile to any people, nor do they regard any as antipathetic to them. The British people have never been good haters. Their inclinations have always been to forgive and forget at once. Sometimes, indeed, this readiness has even seemed a little incomprehensible to those who have been our comrades in arms, but it is an essential part of British character. As in the past, so today. We are not "anti" any nation, but we should be and must be "anti" any who might seek by force to break the peace. We shall always be found arrayed on the side of the collective system against any government or people who seek by a return to power politics to break up the peace which by that system we are seeking to create.

**ADJUSTING TARIFFS**  
By CORDELL HULL  
Secretary of State.

I WISH to call your attention particularly to the decline in this current year of our exports to many of our best consuming markets in Europe. Thus, our exports to Europe in January and February of this year declined 16 per cent in relation to that of January and February of a year ago. If we place embargoes upon our imports we shall, in the last analysis, witness inevitably the destruction of our export trade. Seized with an unreasoning fear whenever a small dribble of imports of a competitive nature comes over our tariff wall, even when under purely temporary or accidental conditions, such as, for example, the drought, action is urged which, if followed too frequently, may lead to retaliation by other countries, so that step by step such action may lead straight toward a complete embargo of imports all around, and since one country's imports are another country's exports, a like embargo of exports all around.

**RURAL RELIEF**  
By REXFORD TUGWELL  
Under-Secretary of Agriculture.

TO SAVE the land and the people who depend on it is an aspiration in which all of us, it seems to me, can join. It particularly transcends party creed and class. I should like to see the administration of the present program carried out in such ways that this common consent can be won and kept so that our names will be blessed rather than bitter in our children's mouths. And I am willing to take this kind of pledge. But I am not willing to say that if vested interests or partisan politicians begin a fight which involves this movement we shall not fight back.

**BALANCING THE BUDGET**  
By ROBERT LA FOLLETTE  
U. S. Senator From Wisconsin.

IF WE had had the courage to tax as heavily in this country as they have done in Great Britain, we would have had a balanced budget both in 1933 and 1934. Those who are most anxious to balance our budget are most often those who protest vociferously against any attempt to increase taxes upon wealth and income, in accordance with ability to pay. The conservatives, therefore, who are arguing that this government should follow the example of Great Britain and attempt to balance its budget are in a completely inconsistent position until they are ready to accept the tax burden necessary to accomplish that end.

**CURRENCY WAR**  
By SIR PERCY BATES  
Chairman Cunard Line.

THERE is war today, universal war. The weapons are not navies, armies or air-planes, but tariffs, quotas and shifting currencies. There is no authorized standard of national money exchange, and each change in a tariff, quota or currency is nothing other than a hostile move in this war. Worst of all, the situation is not officially recognized as a war, otherwise we might have had a peace conference with far better possibilities for the good of mankind than the disarmament talks in Geneva.

**AAA PROGRAM**  
By HENRY A. WALLACE  
Secretary of Agriculture.

THOSE who charge the AAA with inducing scarcity simply do not know the facts. The American farmer always has produced enough food for every man, woman and child in the United States, and I am sure he will continue to, given a chance to stay on his farm and in business. The adjustment programs have cut down production for an export market which no longer exists.

### The Household

By Lydia Le Baron Walker

**BLANKETS** for summertime should be light in weight. Heavy blankets are for wintry nights. Whether for summer or winter use, wool is the finest material for blanket weaving. A mixture of cotton and wool is next in the scale of excellence. Silk and wool, and rayon and wool are sometimes combined, especially in fancy blankets. All-cotton blankets which are less expensive than wool ones, or cotton and wool, are often chosen for summer use. They can now be made in the soft and fluffy weave similar to all-wool, but they have to be heavier in weight for equal warmth. Wool is somewhat akin to down in that it provides a maximum of warmth for a minimum of weight. Cotton blankets have gained in popularity with the improvements in their texture.



Because lightweight blankets are preferable to heavy ones for summer bedding, old blankets are favorites. These may be quite thin and prove just the things for nights when a sheet alone is scarcely sufficient covering. A pair of these comparatively thin blankets outfits a bed with warm coverings. One extra coverlet, either a blanket, quilt, or Afghan in pastel tones, laid across the foot of the bed is advisable. It can be used in the daytime as a cover during a siesta.

**Seasonal Blankets.**

The competent homemaker has her two sets of blankets, the heavy ones mentioned, and the lighter ones described, each set for its special weather. It is a seasonable time

now to make such divisions, which will prove a saving if planned rightly. The heavy blankets will be moth-proof if they are laundered either at home in lukewarm soapy water and rinsed in water of the same temperature, still having a little soap in it if blankets are pure wool. As soon as thoroughly dry, done dry as is sometimes said, wrap in newspaper and put well-marked bundles in a summer storage closet. Or they are more easily put away if the homemaker has a cedar chest.

Mend the old lightweight blankets, if they need it. Patch them with the good parts of old blankets too worn for other use. Darn with woolen yarn, fine, and matching in color, when darning will suffice. Cut down the blankets when side edges are torn or worn through and make them to fit single beds or cots. Bind all edges for uniformity. Or if the ends are not worn and can be left as is, hem or bind side edges. These reconstructed blankets will wear several years abiding their special season. They are recommended for summer camp and cottage use.

A new type of summer blanket is made of homespun textile. It may be machine or hand woven. Some of the colors are as beautiful in tint as the flowers in the garden, or the blue of the sky through a

### Who Will Solve the Problem?

By LEONARD A. BARRETT

Whatever we may think of the present theories for solving the unemployment problems, one fact challenges our most serious consideration. As business improved we expected a decrease in the amount needed for relief, whereas the opposite has been true. More money is needed today to care for the unemployed than three years ago. Either the number of the unemployed or the amount paid per individual has increased. How many persons are now on relief who could be gainfully employed? How many have been offered work and refused it? These questions merit most discreet investigation. In view of the ultimate solution of this social problem the inevitable question arises, is the present method of granting relief adequate? Will it solve the problem? If not, are other solutions possible?

Among the many solutions offered for consideration, three are receiving serious thought. The most unique plan is known as the Townsend method by which all persons over sixty years of age, regardless of race or social standing, be given \$200 per month upon the agreement, that the person receiving the money will not work for wages and that he will spend the entire amount within the month it is granted. The enormous expense of such a plan is to be raised by taxation. The argument is that it would take 10,000,000 out of the ranks of the unemployed.

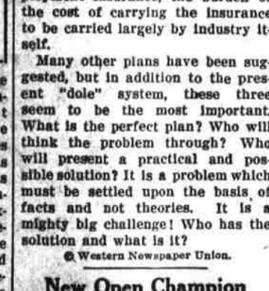
Another plan, championed by Mr. Huey Long, suggests there be no increase in taxes but the entire wealth of the country be divided, so that every person will have a spending allowance of \$2,500 per year. Just how this is to be di-

vided and the method by which more wealth will be created when it all runs out, does not seem to have received earnest consideration.

Another plan is that of unemployment insurance, the burden of the cost of carrying the insurance to be carried largely by industry itself.

Many other plans have been suggested, but in addition to the present "dole" system, these three seem to be the most important. What is the perfect plan? Who will think the problem through? Who will present a practical and possible solution? It is a problem which must be settled upon the basis of facts and not theories. It is a mighty big challenge! Who has the solution and what is it?

### New Open Champion



Samuel J. Parks, Jr., a Pittsburgh professional of only three years' standing and almost unknown outside of his own club, won the national open golf championship at the Oakland Country club with a score of 290 for 72 holes.

**Horse Racing in Ireland**  
Horse racing in Ireland is the sport of all the people. The names of Irish tracks are famous over the world—Phoenix park, Curragh, Baldoyle, Proudstown park, Tramore—these are names to conjure with on the turf in the Emerald Isle. And Dublin—Dublin claims the oldest horse show in the world.

### Satisfaction in "Jiffy" Sweater

By GRANDMOTHER CLARK



Many a woman would like to wear a sweater that she made herself, but does not want to spend weeks to make it. The "Jiffy" sweater shown here is very easily made and takes from three to four days to complete. Here is your chance to have a sweater that costs you very little, is satisfactory when finished, and is just the right thing to wear at this time of the year.

This model No. 728 is made in size 14, requires 775 yards of No. 16 thread to complete, and is worked with size 7 needles.

Package No. 728 contains sufficient cream color "Mountain Craft" cotton to complete this sweater, also instructions how to make it and will be mailed to you upon receipt of 40c.

If you have your own material send us 10c and we will mail you the directions only.

Address, HOME CRAFT CO., DEPT. B, Nineteenth and St. Louis Ave., St. Louis, Mo.

Enclose a stamped addressed envelope for reply when writing for any information.

### FEW UNABLE TO FIND THRILL IN UNCOVERED PAST

What type of heart could it be that would not beat just a little faster over the news that a Harvard expedition will delve into the wilderness of Sinai for the secrets of the Moon Goddess?

What type of mind could it be that did not get a thrill out of Richard Halliburton's experience in the tunnel through which Joab led David's army into the Jebusite city of Jerusalem 700 years before Christ trod its streets? Isn't there a thrill in contemplation of digging into the Mayan ruins in Mexico and Central America, or in uncovering the stonewritten history of Rome?

It was in the wilderness of Sinai that the Hebrews, led out of Egypt by Moses, wandered 40 years working up the nerve to enter the Land of Canaan. It was on Mt. Sinai that Moses obtained the tablets bearing the Ten Commandments.

Jerusalem, a shrine to Jew and Gentile alike, a pawn in wars that reach back into the dimmest history, holds secrets most normal persons yearn to solve.

The Mayans had a civilization on this continent when our ancestors still were dodging the powerful in Europe and dallying with the idea of political and religious freedom.

It was in Rome that Paul preached the new gospel, and where martyrs to it were burned in pith to light the arena for gladiatorial combats in the Colosseum, which still stands.

Most of our thrills over expeditions of that type are vicarious. We don't go, we can't go; most of us wouldn't go if we could, but that doesn't prevent us from believing we would not from envying the fortunate few who do go.—Kansas City Star.

### NO OCCASION TO BE ALARMED BY FEARSOME NAMES

If you are one of those nervous folks who get upset and frightened when the family doctor spels off some of those jaw-breaking names, just make yourself familiar with the technical terms for some of the more ordinary aches and pains. Many times the old saw—the bark is worse than the bite—is true enough. For instance, if the doctor said the baby was affected by "advanced otaegia resulting in lachrimation" it would only mean that a severe earache was making the child cry. Just for fun memorize the following medical terms and spring them on your friends:

An earache is otalgia; backache, notalgia (do not confuse with nostalgia, meaning homesickness); headache, cephalgia; toothache, odontalgia; ribpains, costalgia; and thigh-pains, meralgia. Any painkiller is an analgesic. Also, smallpox is variola; chickenpox, varicella; whooping cough, pertussis; and measles, morbilli. Near-sightedness is myopia; far-sightedness, presbyopia; crossed eyes, a strabismus, while total blindness is amaurosis.

If you bluster, it is vesication, and if you have difficulty in speaking or swallowing, it is dysphonia or dysphagia, as the case may be. Anorexia means that you suffer from loss of appetite; a cacothetic condition designates merely a bad disposition, or a valgus signifies knock-knees. Anyone who drinks milk is galactophagus. A fat person is adipose, but puffiness denotes tumefaction. A condition of laziness or relaxation is nothing to be alarmed about. It is only atony.—Pathfinder Magazine.

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Gas and Headache  
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Price 25 cents  
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**PARKER'S HAIR BALM**  
Removes Dandruff—Stops Hair Falling  
Imparts Color and  
Beauty to Gray and Faded Hair  
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FLORESTON SHAMPOO—Ideal for use in  
connection with Parker's Hair Balm. Makes the  
hair soft and fluffy. 50 cents by mail or at druggists.  
Hilcox Chemical Works, Patchogue, N. Y.

### Rid Yourself of Kidney Poisons

Do you suffer burning, scanty or too frequent urination, backache, headache, dizziness, swollen feet and ankles? Are you tired, nervous—feel all unwell and don't know what is wrong?

Then give some thought to your kidneys. Be sure they function properly, for functional kidney disorder permits excess waste to stay in the blood, and to poison and upset the whole system.

Use Doan's Pills. Doan's are for the kidneys only. They are recommended the world over. You can get the genuine, time-tested Doan's at any drug store.

### DOAN'S PILLS

**AMAZE A MINUTE**  
SCIENTIFACTS ~ BY ARNOLD

**HOMES OF STEEL**  
ENGINEERS CLAIM  
BESTIES, CHEAPER HOMES  
CAN BE BUILT OF STEEL  
AND INSULATION SLABS  
ARE QUICKER THAN  
PRESENT WOOD,  
BRICK, STONE  
AND PLASTER  
CONSTRUCTION.

**FROG EYES!**  
A SWIMMING  
BULLFROG DRAWS ITS  
SHINGLING EYES BACK  
INTO THEIR SOCKETS  
FOR PROTECTION.

**12-MINUTE BREAD**  
AT A FOOD DEMON-  
STRATION A COMPLETE  
LOAF OF BREAD WAS TURNED  
OUT IN 12 MINUTES.

**THE WORLD OVER**

**MOTORISTS WISE**

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If you want to make your car stay beautiful, there is just one way to do it—Simoniz the finish! So, buy a can of Simoniz and Simoniz Kleener. The remarkable Simoniz Kleener quickly restores the lustre. The world famous Simoniz protects the finish, makes it last longer, and keeps the colors from fading. Really, it is the best beauty insurance you can give your car.