

Scrambled Eggs on Menu

Many Favorite Recipes for Preparing Them.

By EDITH M. BARBER

SCRAMBLED eggs for breakfast, by lunch, after the theater and for that quick meal. They are always welcome, and did you ever know of any to be left over? Plates and pitchers are always scraped.

Almost everyone has a favorite recipe. One person will insist the eggs must be cooked in a double boiler; another tells you that they need a frying pan. One man who specializes in scrambling eggs for late evening parties insists that the beaten eggs must be mixed with cream. Most recipes call for milk, but some experts will tell you that water is better.

If you like to use cream, but I have been converted to a different method by Nannie, my fine household helper. Nannie has taught me how to make what we all think are the best scrambled eggs in the world. She uses neither cream, milk nor water. She just mixes the yolks and whites slightly and pours them into a frying pan, bubbling with plenty of melted butter. She stirs them over a low fire and, of course, serves them at once.

If you want to dress up your eggs you may add to the butter a few sliced mushrooms, or a little minced onion and green pepper and cook about a minute before you add the eggs.

Variations of Scrambled Eggs
 Scrambled eggs with anchovy paste—add two teaspoonsful anchovy paste to the cooked eggs.
 Scrambled eggs with minced ham; tongue or dried beef—add half cupful minced ham, tongue or dried beef to cooked eggs.
 Scrambled eggs with cheese—add two-thirds cupful of coarsely grated American cheese to the eggs before they are scrambled.
 Savory scrambled eggs—add one tablespoonful chopped parsley, two tablespoonfuls stewed tomatoes and a few drops of onion juice to the eggs as they are cooking.
 For the quick meal I am suggesting:

- Onion soup
- Scrambled eggs
- Crisp bacon
- Corn on the cob
- Mixed vegetable salad
- Huckleberries with cream
- Coffee

Method of preparation: Boil water.

Scout Chief at 85



Daniel Carter Beard, national commissioner of the Boy Scouts of America, photographed at his home in Suffern, N. Y., on his eighty-fifth birthday.

AMAZE A MINUTE SCIENTIFACTS BY ARNOLD

COTTON SURPLUS—The U.S. consumes less than one-half of its annual cotton crop.

ART ANALYSIS—The Louvre in Paris has installed a scientific laboratory to study paintings.

WHITE CROCODILES!—Albino crocodiles are held in great veneration by Nigeria natives.

Taking Amusement to the Eskimos



Setting out from Seattle, this little 24-footer, the Happy-Go-Lucky, pointed for Alaska where, in innumerable inlets and coves she will provide amusement for the Eskimos, but primarily for the fishermen, trappers, hunters, cannerymen and prospectors of the Far North. Capt. Gordon Clements and Mate J. R. Dobbs are carrying a complete equipment of motion picture apparatus and thousands of feet of film. Something new in the show-boat line.

The Household



Seven Chints Wedding Gifts Ranging From the Apron to the Hot Dish Holder

THE second anniversary of a marriage day is called the calico wedding or the chints wedding, as preferred. The latter name is not only more up-to-date, but, in terms of accuracy it ranks a degree higher. Calico originally was just an apt to be unpatterned. The very name comes from the Hindu word "chint," signifying painted or stained, and pertains to the fast coloring of designs or variegated staining of painting. Calico comes from the name of the port of export, Calcutt in India, where fine cotton cloth was woven, and might or might not have designs on it. It was the foundation textile for the "chint" work. In America the name Calico was the quaint one for printed cotton cloth in which designs were generally small, and a bit crude.

With the understanding of the two words calico and chints, it remains for personal preference to decide which to call the wedding anniversary, the calico or the chints wedding, although it is maintained that the latter is the accurate one. Assuming that you all agree that chints wedding it shall be, let me suggest ways of celebrating the day, and gifts appropriate to the occasion. The invitations stress the kind of chints stationery, which, as you know, is of cross-hatch design in two or more colors or tints.

Chints Costuming
 The hostess wears a genuine chints dress, or a cotton print which may be stretched, in textiles, to mean a printed silk. The women guests should wear chints or printed frocks.

Gifts of chints articles can range from one, two, or more pairs of chints window draperies, or just the tie-backs. The giver should be guided in the selection of the pattern and color to go with the home-maker's decorative schemes, either by consulting her beforehand, by presenting the pair or pairs subject to exchange, or by showing samples for selection on the anniversary.

The tie-backs can be given without such meticulous care, as they are not so important. Smart tie-backs are very inexpensive when made of circles 2 1/2 or 3 inches in diameter, each gathered around the turned-in edge to form little floral cup. Sew these on wide white or green tape, spacing them to touch and allowing enough plain tape to tie about the tie-back hook.

Gifts in Variety
 A chints bedspread would delight a bride of two years, so also would a chints runner, edged with a 1 1/2 inch band of plain glazed cotton cloth, now termed glazed-chints. Chints sofa cushion covers, either on cushions or not, are very welcome especially now when summer covers are wanted. Chints-covered boxes, a chints bag with check-cloth dusters in it, a set of chints-covered hot dish holders, a chints work bag, and the necessary kitchen apron when made of chints, are among dainty and appropriate chints wedding gifts.

The first ten anniversaries are apt to be celebrated each year in turn. Then comes a lapse until the fifteenth, with another between that and the twentieth, which by the way is the china wedding, followed in another five years by the silver. Then comes the long in-

SMALL NEED YET TO WORRY ABOUT ICE RECESSION

It appears that our refrigerating plant is breaking down. The matter of the receding polar ice cap has for a long time engaged the attention of scientists. Within recent times the recession of the cap has been of such proportions that evidence of it has been observed within the span of only a few decades.

For instance, the Russian Arctic expert, N. G. Datsky, in re-examining areas surveyed 40 years before, found that in Siberia, where his predecessor, Professor Shrenk, found eternal frost at the depth of two meters, there was now no frost at any depth, not even in the marshes. In other localities, where Professor Shrenk found only shrubless tundra, Mr. Datsky saw new growths of timber!

Only recently, Prof. R. T. Bakpax of the University of Michigan came upon a pyramid of rocks and a note originally placed at the foot of the Cornell glacier by the late Professor Tarr. The note was dated 1896. In the time intervening, the glacier had moved back three-quarters of a mile from the marker.

R. F. Griggs of the University of Washington tells us that in the Alaskan tundra country the forest line is advancing at the rate of a mile a century. Trees are now growing on land which had been barren for 100,000 years.

If this keeps on, you say, Hudson bay will eventually become a subtropical body of water. Well, what of it? It has been several times before, and, if geological evidence is anything to draw conclusions from, it will be again.

According to W. J. Humphries of the United States weather bureau, if all the ice of the polar caps melted, the ocean levels would be raised 151 feet! And that's something else to try out on the slide rule.—Earl Chapin in Forum and Century.

America Leads in Cars

Of the 35,038,378 motor vehicles known to be in operation throughout the world, at the close of 1931, the United States had 25,814,103, or 73.6 per cent; one car for every 4.7 persons.

England, France and Canada were the only other countries who exceeded the 1,000,000 mark in motor car registrations.

HERE'S A TIP

ON A PIP

IT'S A FAVORITE

HOW THEY CRAVE FOR IT

SWEET AS HONEY IT'S THE MONEY

GRAPE-NUTS FLAKES!

ONCE you taste Grape-Nuts Flakes, you'll cheer too! These crisp, golden flakes have a delicious flavor—and they're nourishing. One dishful, with milk or cream, contains more varied nourishment than many a hearty meal. Try it—your grocer has it! Product of General Foods.

ECONOMIC CONTROL

by LEONARD A. BARRETT

A strong prejudice exists in many minds against economic control. Any form of control means power which may be directed into constructive as well as destructive channels. The electric current passing along the wire may be used either to warm and light our homes or for the purpose of self-destruction. Economic power therefore in itself is neither good nor evil. Its use determines its ultimate value.

Economic power means congestion of wealth which in turn means accumulation of profits which again means activity in some industry beneficial to humanity; otherwise the public would not have purchased that particular commodity. Whether labor was exploited in order to produce profits is another question, and should be settled upon an entirely different basis than the destruction of the means through which labor was made possible and the public benefited.

We destroy initiative and creative enthusiasm the moment we deprive industry of the power to accumulate profits. The inevitable question arises, can we have material prosperity without economic control? The driving force in any kind of business is not altruism. Many business men, however, are imbued with the altruistic spirit and cheerfully give away large sums of money, which must be made out of profits before it can be distributed for the public good. Most of our colleges, libraries, art museums, public parks, and many other institutions were grants from men, who, because they had accumulated large wealth, were able to make the gifts. Money must be earned before it can be given away. We cannot give something we do not possess.

This does not argue, however, that the congestion of wealth which means economic control is not dangerous; frankly it is, but again, like dynamite, it depends upon how that power is used.

Why not argue that economic control be directed into channels of social values and moral uplift rather than destroyed by legislation? Is it not a problem which could be better solved by a proper appraisal of social values with an appeal to conscience? In short, it is a moral and not a legislative problem, and should be settled upon an authorized system of moral values which, according to the spirit of our democracy, is our inalienable right of "Life, Liberty and the Pursuit of Happiness."

My Neighbor Says:

Fruit stains may be removed from table linen if sponged with lemon juice and washed with hot water.

Hybrid tea roses will bloom late in the fall if after the summer blooming bushes are cut back to two eyes and given a feeding of bone meal.

Glazed chints covered with white organdie and bound with chints bias binding in contrasting color makes an attractive bridge table cover.

CARL MAKES A COME-BACK

CARL, YOUR DISPLAY OF TEMPER CONVINCED ME I CAN'T USE YOU IN THE TOURNAMENT! YOU'RE ALWAYS BLOWING UP!

AW—TELL HIM TO GO STRING HIS RACKET—HE'S A LOUSY COACH ANYWAY!

HELLO, CARL! I HEAR YOU'RE GOING TO PLAY IN THE INTER-STATE TENNIS TOURNAMENT!

WELL, I'M NOT! THE COACH KICKED ME OUT! SAID I LOSE MY TEMPER TOO EASILY!

I NEVER DID LIKE THIS DOCTOR! HE'S TOO SMART... HE'LL MAKE TROUBLE FOR ME YET!

AS I'VE TOLD YOU CARL, YOU HAVE COFFEE-NERVES. THAT'S WHAT CAUSES YOUR HEADACHES AND INDIGESTION—AND BAD TEMPER!

IF I HAD MY WAY, I'D TAKE ALL THE DOCTORS IN THE WORLD AND DROWN 'EM!

SHUCKS, DOCTOR... COFFEE DOESN'T HURT ME!

MY ADVICE IS CUT OUT COFFEE AND SWITCH TO POSTUM. YOU'LL SEE THE DIFFERENCE!

WELL—ALL RIGHT, DOCTOR—IF YOU SAY SO!

CURSES! THAT BLASTED MEDICO KNOWS THAT POSTUM ALWAYS DRIVES ME OUT!

CARL IS PLAYING A MARVELOUS GAME... BUT AREN'T YOU AFRAID HE'LL BLOW UP?

NOT A CHANCE! SINCE CARL SWITCHED TO POSTUM, HE'S FELT SO GOOD THAT NOTHING UPSETS HIM!

"Why was coffee harming me, Doctor? I thought only children should never drink it!"

"Oh, no! Many adults, too, find that caffeine in coffee can upset digestion, or nerves, or prevent sound sleep!"

If you believe coffee disagrees with you... try Postum for 30 days. Postum contains no caffeine. It's simply whole wheat and bran, roasted and slightly sweetened. It's easy to make... and costs less than half a cent a cup. It's delicious... and may prove a real help. A product of General Foods.

FREE! Let us send you your first week's supply of Postum free! Simply mail the coupon.

GENERAL FOODS, Battle Creek, Mich. W. H. U. 7-22-32
 Send me, without obligation, a week's supply of Postum.
 Name _____
 Street _____
 City _____ State _____
 Fill in completely—print name and address
 This offer expires December 31, 1935