Household News By Eleanor Howe

GUARANTEED TO GET THE FAMILY UP IN THE MORNING
(See Recipes Below.)

BREAKFASTS TO GET THE FAMILY UP

"The nice thing about breakfasts" said one newlywed, "is that you don't have to plan them, you just serve them." Although it is possible to get a breakfast with whatever there is at hand in the line of toast, coffee, and fruit juices, a little planning does yield big dividends.

For it is planning that makes possible the breakfast specialties that get the laggards out of bed in the morning—and down to eat before they go. And that's important, because they miss the Vitamin C in the orange or tomato juice when they skip breakfast, the Vitamin B in the whole grain cereal, the iron in the egg yolk, which aren't always made up later in the day.

A sketchy, hurried breakfast, or none at all, accounts, too, for some of that mid-morning fatigue. It's a long time to go without food, from six o'clock of one night until noon of the next day.

Here, then, are some breakfast menus, and some recipes for new breakfast specialties, that are guaranteed to get the family out of bed in the morning. Just let them get one whiff of a platter of shiny brown sausages garnished with orange slices, like that in the picture above, and no coaxing will be needed to get them down to breakfast.

QUICK BREAKFAST
Chilled orange juice
Hot cornflakes over banana wedges
Oven eggs in cornbread cases
Pan-fried bacon
Coffee, milk

LEISURELY BREAKFAST
Grapefruit halves
Bran flake cereal with brown sugar and cream
Apricot omelet
Buttered toast
Coffee, milk

Raisin Sally Lunns.
(Makes 2 dozen 2-inch Lunns)

1 cup milk
1 cake compressed yeast (½ ounce)
3 tablespoons sugar
½ teaspoon salt
¼ cup melted shortening
2 eggs
3 cups sifted flour (all-purpose)
¾ cup raisins

Scald milk and cool to lukewarm (85 degrees Fahrenheit). Add crumbled yeast, sugar, and salt. Add 2 cups flour, beating thoroughly. Add melted shortening and beaten eggs. Add remaining flour, beating until smooth. Add raisins. Fill greased muffin pans half full. Brush with butter (if desired), cover and set in warm place to rise until doubled in bulk (about 45 minutes). Bake in moderately hot oven (400 degrees Fahrenheit) for 15 minutes.

Eggs in Corn Bread Cases.
(Serves 6)

6 squares or slices corn bread
⅓ cup butter (melted)
6 eggs
Salt
Pepper

Cut off top crusty portion of corn bread. Then remove part of corn bread from each slice, forming a depression. Brush top of each slice with melted butter. Break an egg into each depression. Sprinkle with salt and pepper, place on baking sheet and bake in hot oven (475 degrees Fahrenheit) for 10 minutes or until white of egg is set. For quick breakfast, corn bread should be prepared the day before.

Grated Apple Waffles.
(Makes 8 waffles)

1½ cups flour (all-purpose)
½ teaspoon salt
½ teaspoon cinnamon
½ cup sugar
2 teaspoons baking powder
2 eggs
1 cup milk
1¾ cups cooking apple (grated or cut fine)
3 tablespoons melted shortening

Sift flour once before measuring. Then add salt, cinnamon, sugar, and baking powder and sift again. Separate eggs. Combine milk, eggs, and cooled melted shortening. Add dry ingredients to milk and egg and stir lightly until just dampened. Fold in grated apple. Beat egg whites until stiff and glossy and fold in, using a spatula. Bake on pre-heated waffle iron and serve with butter and brown sugar.

Corn Bread.
(1 8-inch square)

1½ cups yellow corn meal (uncooked)
½ cup flour (all-purpose)
4 teaspoons baking powder
1 teaspoon salt
1 cup milk
2 eggs (beaten)
2 tablespoons fat (melted)

Sift corn meal with flour, baking powder and salt. Combine milk, eggs, and shortening and add to dry ingredients. Bake in a well-greased 8-inch square baking pan, in a moderately hot oven (400 degrees Fahrenheit) for 40 to 50 minutes.

Bran Griddle Cakes.
(Makes 15 cakes)

1¼ cups milk
1 egg (well-beaten)
2 tablespoons melted fat
1½ cups flour (all-purpose)
½ teaspoon salt
2½ teaspoons baking powder
1 tablespoon sugar
½ cup bran cereal

Combine milk, beaten egg and cooled melted fat in mixing bowl. Sift flour once before measuring. Then add salt, baking powder, and sugar and sift again. Combine dry ingredients with bran cereal. Add to milk, stirring until just mixed. Bake on a hot griddle and serve with butter and strained honey or maple syrup.

Apricot Omelet.
(Serves 4)

½ pound dried apricots
1 cup water
½ cup sugar
2 tablespoons quick-cooking tapioca
⅔ teaspoon salt
2 tablespoons butter
4 eggs

Prepare apricots ahead of time. Cover them with water and let soak 30 minutes. Then simmer until tender, about 25 minutes. Add sugar and cook for 3 minutes more. To make the omelet, drain juice from the apricots and measure. Fill to the ⅔ cup mark with water, if necessary. Combine tapioca, salt and apricot juice in top of double boiler over boiling water and cook 10 to 12 minutes. Add 1 tablespoon butter, remove from heat and cool. Separate eggs. Beat whites until they are stiff and will stay in a partially inverted bowl. Without washing beater, beat yolks until thick and lemon-colored. Add egg yolks to tapioca mixture, then lightly fold in egg whites.

Melt 1 tablespoon butter in large frying pan (10 inch). Turn in egg mixture. Cook over low heat for 5 minutes, then place in a moderate oven (350 degrees Fahrenheit) to finish cooking for 15 minutes or until golden brown on top and firm to the touch. Make a shallow cut across the omelet at right angles to the pan. Cover half the surface with finely cut cooked dried apricots. Fold over omelet, turn out onto hot platter and serve at once.

Codfish Toasts.
(Serves 4)

2 tablespoons butter
2 tablespoons flour
1 cup milk
2 eggs (hard-cooked)
1 tablespoon green pepper (minced fine)
1 cup shredded codfish (freshened)
Few grains white pepper
Few grains onion salt
4 slices bread
½ cup grated cheese

Melt butter and add flour. Stir to make a smooth paste. Add milk. Dice eggs and add to milk mixture together with green pepper and shredded codfish. Season with white pepper and onion salt. Toast bread on one side, cut in half diagonally and place codfish mixture on untoasted side of bread. Sprinkle with grated cheese and brown lightly in a hot oven (450 degrees Fahrenheit.)

(Released by Western Newspaper Union.)

FIRST-AID to the AILING HOUSE

by Roger B. Whitman
(© Roger B. Whitman—WNU Service.)

Lightning Rods.

QUESTION: What value do you consider lightning rods have in protecting country houses? In making an installation, what are the essential things to look out for? Where can I get information?

Answer: Modern lightning rods and their connections are reliable and give adequate protection. The National Board of Fire Underwriters, 222 West Adams St., Chicago, issues a pamphlet describing the needs. There is also a government pamphlet; Farmers' Bulletin 1512, "Protection of Buildings and Farm Property From Lightning," to be had from the Superintendent of Documents, Washington, for five cents.

Condensation From Gas.

Question: My house is frame, with brick lining and plaster. Since using natural gas, the house sweats. In the kitchen and bathroom water drips off the ceilings and runs down the walls. Can you suggest something to overcome this?

Answer: When natural gas is burned, great quantities of water vapor are formed. If this vapor goes into the air of the house, there will be condensation when the warm and damp air is chilled by contact with cold surfaces. Very evidently the kitchen and bathroom ceilings are cold, probably because they are under an unheated attic. Insulation in the attic floor will keep the ceilings warmer, and there will be less condensation. You can get over the trouble in another way, by connecting all gas burners to flues that will carry the water vapor outdoors.

Lawn Ants.

Question: My lawn is fairly riddled with holes around which are swarms of small brown ants, and a larger variety with wings. Could these be termites? How can I get rid of them? And how can a lawn be cleared of Japanese beetle grubs?

Answer: Those insects are not termites; they are varieties of ants. Ant traps of different kinds can be had at a hardware or garden store; these or some other ant poison scattered around a lawn will get rid of the trouble, for the worker ants will carry the poison back to the queens on the nests. A lawn can be cleared of Japanese beetle grubs with arsenate of lead, which, however, must be handled with great care because it is poisonous, and can kill your pets and birds as well as the grubs. The usual method is to mix with four times as much sand, to scatter it over the lawn, and then wash it into the ground with a hose.

Warped Floor Boards.

Question: On advice of a contractor, who guaranteed that moisture would not come through, an oak floor was laid in asphalt mastic on a concrete slab laid on the earth. Moisture has come through, and the floor has buckled so greatly as to be of no use. How can this condition be taken care of? What kind of flooring suitable for a living room would be successful.

Answer: If your contractor is responsible, you should hold him to his guarantee. The floor can be made waterproof by taking up the boards, putting down one or two thicknesses of heavy, impregnated felt, and relaying the floor with mastic on top of the felt. The trouble seems to be in the thinness of the coat of mastic, and the fact that the waterproofing felt was omitted.

Care of Floors.

Question: Having recently purchased a new home with hardwood floors, we would like to know how to take the proper care of them, and if water can be used to clean them, or if it turns them dark.

Answer: It is advisable to wax the floors with paste floor wax. Clean regularly with a dry brush or mop; never use an oil mop. Take up dirt with liquid wax—not water wax—or with a cloth slightly damp with water, and immediately wipe dry.

Apply new wax once every few months or when wear begins to show at doorways and other points of heavy traffic. Use a polisher at least once a week. Do not use water on a hardwood floor, for it may make black spots.

Ping-pong Table.

Question: What are the correct dimensions for a ping-pong table? What wood should be used?

Answer: For a really good tennis table—and no other quality should be considered—the details of construction will take much more space than I can give.

Plans of a table tennis outfit may be secured from the Handicraft department, P. O. Box 75, Station O, New York, N. Y., on payment of 10 cents (in coins).

Patterns SEWING CIRCLE

IF YOU'RE taking a midwinter vacation, you'll certainly want this tailored frock, in white sharkskin or luscious pastel flannel. And it's an excellent style to fit into town wardrobes, too—made up in bright flat crepe or a tailored print. Design No. 8814 is one of those slick, immaculately tailored styles that form the backbone of a busy woman's wardrobe the year-round. And the lines of stitching, the turned-down corners of the pockets, make this an unusually interesting version of your favorite button-front classic.

There's mighty little to the making, as you can see. Just a few long seams, a few simple darts, to create a tailored effect of faultless chic. And this is a style becoming alike to misses and to women. Sew chart included.

* * *

Pattern No. 8814 is designed for sizes 12, 14, 16, 18, 20; 40, 42, 44, 46 and 48. Size 14 requires 4⅝ yards of 39-inch material without nap. Send order to:

SEWING CIRCLE PATTERN DEPT.
247 W. Forty-Third St. New York
Enclose 15 cents in coins for
Pattern No..... Size.....
Name .....
Address .....

Ask Me Another
A General Quiz

The Questions

1. What capital letter is used most frequently in English words?
2. What is a Jolly Roger?
3. Of currants, grapes, cranberries, oranges, tomatoes and bananas, how many are classified by botanists as berries?
4. Without stopping to count, give the number of zeros in one billion.
5. In major league baseball, how often are games won by a no-hit, no-run pitching performance?
6. Are glow worms worms?
7. Where in the United States is the longest stretch of railroad track without a curve?

The Answers

1. The letter "S," according to Funk and Wagnalls New Standard dictionary.
2. A pirate flag.
3. All of them.
4. Nine—count them—1,000,000,000.
5. Only one in about 1,400 games.
6. No, glow worms are actually beetles. The males can fly, but the females cannot, so they light up to let their lovers know where they are.
7. North Carolina claims this record. Between Wilmington and Hamlet, a distance of 78.86 miles, there is a stretch of track without a single curve.

Smiles

Cause Enough

"I'm afraid of my own shadow."

"No wonder. It's so large it looks like a crowd following you."

Sailors Don't Care

The "tubby" sailor was telling the old lady all about his life in the navy.

"What sort of ship are you on?" she asked.

"Submarine, mum," he replied.

"And what is your particular job?"

"Well, mum, I runs for'ard and tips her up when we wants to dive."

Love, says the doctor, is just a softening of the hearteries.

Consolation

"I thought you were MY girl friend. What was the idea of inviting Dick over last night and cooking dinner for him?"

"But, darling, that shouldn't make you angry. After all, it gave him indigestion."

In Pinch, Baggageman Was True to His Trade

Along the dark and lonely road plodded a solitary figure. Behind him lurked three shadows, which chose their moment and sprang upon the unwary one.

Three to one! The odds were heavily against the victim, but did he falter? Not on your life! One by one his assailants were sent flying, to lie bruised and stunned on the cold, wet ground.

Up dashed a policeman. He surveyed the wreckage, and then turned to the hero, who was coolly lighting a cigarette.

"Jujitsu?" he asked admiringly.

"No," was the reply. "Railway baggageman."

FREE
AT YOUR GROCER'S
BIG CANNON DISH TOWEL
SIZE . . . 17 X 30
WORTH 10¢ OR MORE
YOU GET IT FREE WHEN YOU BUY A BOX OF SILVER DUST THE SUDSY, SNOWY WHITE SOAP FOR DISHES AND LAUNDRY

Everything in Use

What one has, one ought to use: and whatever he does he should do with all his might.—Cicero.

MIDGET RADIO GIVEN
Yours without a cent of cost for simply selling 40 packs American Vegetable and Flower Seeds at 10c per large pack. Write now for FREE LARIAT, seeds, and BIG GIFT BOOK showing over 70 other prizes to choose from. SEND NO MONEY—WE TRUST YOU.
SINGING LARIAT given FREE for answering this ad
AMERICAN SEED CO., INC. Dept. B-244 Lancaster, Pa.

Increasing Doubt

We know accurately only when we know little; with knowledge doubt increases.—Goethe.

GRIN
You needn't grin and bear a cough due to a cold. Get Smith Bros. Cough Drops! Just 5¢!
Smith Bros. Cough Drops are the only drops containing VITAMIN A
Vitamin A (Carotene) raises the resistance of mucous membranes of nose and throat to cold infections, when lack of resistance is due to Vitamin A deficiency.
TRADE MARK

150 Years Too Late

The eminent composer, Mozart, was buried in a pauper's grave, in Vienna, 1791, yet recently $600 was given for one of his manuscripts, an unfinished trio of 91 bars.

FOR PERFECT BAKING RESULTS . . . USE
CLABBER GIRL
BAKING POWDER
An old standby in millions of homes

Wishes

Anger wishes that all mankind had only one neck; love, that it had only one heart; grief, two tear-glands; and pride, two bent knees.—Richter.

THE SMOKE OF SLOWER-BURNING CAMELS GIVES YOU
EXTRA MILDNESS, EXTRA COOLNESS, EXTRA FLAVOR
AND 28% LESS NICOTINE
than the average of the 4 other largest-selling cigarettes tested—less than any of them—according to independent scientific tests of the smoke itself.
LIKE ANYONE WHO SMOKES A GOOD DEAL, THE EXTRA MILDNESS IN SLOWER-BURNING CAMELS IS IMPORTANT TO ME. AND THE FLAVOR IS SO GRAND!
A FLASHING STAR ON ICE
EVELYN DOMAN—FIGURE-SKATER—SNAPPED AT SUN VALLEY
THE SMOKE'S THE THING!
CAMEL THE SLOWER-BURNING CIGARETTE