Household News

by Lynn Chambers

Honey Flavors This Fruit Bran Bread
(See Recipes Below)

Substitute Foods

Most vital question every homemaker is now facing is how to substitute certain available foods for shortages. Sugar shortages and reduced supplies of fats, oils and certain imports make it necessary for every one of you to revise your meals in some respects and use substitutes.

Although sugar rationing is to be in effect, you will still be able to get some of it. There are also good substitutes for it such as honey, molasses and corn syrup all of which may be used very easily for cooking and sweetening purposes. Still another excellent source of sugar is in the dried fruits which you can use for dessert to get your daily quota of sugar.

Select recipes which have less eggs, sugar and butter, for although there may not be an actual shortage of all these items, they may be expensive.

Fats are extremely valuable in the current emergency, and you are advised to save as much of fats and oils as you can. Be sure that your butcher puts in all the scraps of fat and trimmings off the meat you buy. You can take these pieces home and clarify them for use in frying, flavoring or actual cooking.

If you have blithely discarded the scraps of butter off the butter plates after dinner, lunch or breakfast, then remedy your habits immediately. Even if you do not use the butter scraps as table butter, these can be used for flavoring vegetables, or in larger amounts for cooking and baking purposes. Be sure the butter is kept in the icebox or at least in a cool place so it will not become rancid.

Butter and its substitutes will be available, but you should plan to use these foods sparingly. You can substitute the corn and vegetable or even mineral oil for salad dressings if you are unable to obtain olive oil.

Cheeses which have been formerly imported are available only in limited quantities, but American made cheeses are coming to the fore, the Bleu and Camembert cheeses being of excellent quality.

Soybeans are becoming a popular, nutritious food during the current emergency. Here is an excellent recipe for:

Soy Bean Yeast Bread.
(Makes 1 loaf)
1 cup milk
1 cake compressed yeast
2 tablespoons sugar
1 tablespoon fat, melted
1 teaspoon salt
3¼ cups wheat flour
¼ cup soy bean flour

Lynn Says:

With new equipment at a premium, you will be a wise homemaker if you give the best care possible to the pieces you already have.

Disconnect electric appliances by grasping the plug itself, not by pulling on the cord. When washing electrical equipment such as coffee pots or toasters or waffle irons, wipe with a cloth rather than immersing in water.

Scouring pots and pans with steel wool pads impregnated with soap, after each meal during which you use pots and pans, will keep them bright and shiny longer.

Keep sulphur away from silverware to prevent tarnish. Eggs, matches, salt, fruit juice and even rubber tarnish silver quickly. When washing cutlery with wooden handles, be careful not to let the handles stand in water or they will become loosened.

Grease new pans before putting them in the oven and they will never rust. For rusty pie tins, rub a raw potato with cleansing powder on it to get rid of the rust quickly.

To sharpen scissors cut a fine grained piece of sandpaper into strips.

This Week's Menu:

*Old Fashioned Boiled Dinner
Pineapple-Nut Salad
*Fruit Bran Bread
*Baked Pears Cookies
Coffee Tea Milk
*Recipes Given

Scald milk and cool to lukewarm. Pour over yeast and sugar in mixing bowl and let stand for ½ hour. Add melted fat and salt and the flours, beating them in well. Knead the dough for about 10 minutes on a lightly floured board. Cover and let rise in a warm place for ½ hour, then knead again for 1 minute. Repeat the rising and kneading process twice more. Shape into a loaf and let rise again in a greased pan until double in bulk or about an hour. Bake in a hot (400-degree) oven about 50 minutes.

Honey or molasses along with fruits rich in carbohydrates contribute to the sugar content of this fruit bread:

***Fruit Bran Bread.**
1 egg
⅔ cup honey or molasses
1 cup buttermilk
2 cups flour
1 teaspoon salt
2 teaspoons baking powder
1½ cups bran cereal
½ teaspoon soda
½ cup chopped figs
½ cup chopped dates
½ cup raisins
½ cup chopped nuts

Beat egg well, add honey or molasses. Add bran and buttermilk. Sift the dry ingredients and add to first mixture with fruit and nuts. Stir only until flour disappears. Bake in a greased loaf pan with waxed paper placed at the bottom before the mixture is poured in. Set the oven at moderate (350 degrees) and bake bread for about 1 hour.

Simplicity will be the keynote of meals so in keeping with that theme, I am including two desserts using fruit flavored with honey.

Broiled Grapefruit.

Wash and dry grapefruit and cut in half crosswise allowing ½ grapefruit per person. With a sharp knife cut around and under the entire pulp being careful to leave all the membrane on the shell. Cut down each side of each section loosening each section completely. Lift out center section or core. This leaves only the separated sections in the shell. Spread the top of each half with honey and dot with butter. Place under a broiler flame in moderate oven until honey begins to carmelize and all ingredients are blended together. Serve hot.

***Baked Pears.**
(Serves 8)
8 pear halves
¼ cup lemon juice
½ cup honey
1 teaspoon cinnamon
2 tablespoons butter

Arrange pears in a shallow baking dish. Pour over lemon juice and honey. Sprinkle with cinnamon and dot with butter. Bake in a moderate (350-degree) oven until tender, 20 minutes if uncooked pears are used.

***Old Fashioned Boiled Dinner.**
(Serves 8)
5 pounds corned beef brisket
1 white turnip
1 head of cabbage
8 onions
8 carrots
8 potatoes

Cover meat with cold water and heat rapidly to the boiling point, then remove scum and reduce heat. Simmer until tender 3½ to 4 hours. Prepare vegetables, cutting turnip into eighths. Peel potatoes, carrots and onions. About 45 minutes before meat is done add vegetables and cook them until tender.

Serving Well Cooked Food.

Warm plates for hot main dishes and well chilled plates for cool salads and desserts can put over the simplest meal and make it a success. A few bits of canned leftover fruit with a dab of leftover jelly will make meat platters an attractive garnish, or sprigs of parsley, watercress, or celery tops for meat and vegetable platters do big things to tempt weary appetites.

If you would like expert advice on your cooking and household problems, write to Lynn Chambers, Western Newspaper Union, 210 South Desplaines St., Chicago, Ill. Please enclose a stamped, self-addressed envelope for your reply.

(Released by Western Newspaper Union.)

Australia, Country of Fighting Men, Faces Greatest Struggle in History

Land 'Down Under' Welcomes Yank Assistance.

By CLIFF LANGE
(Released by Western Newspaper Union.)

Australia, the last practical Allied base for attack against the Japs, is similar to the United States both in size and attitude of its people.

It wasn't but a few years ago —1938—that Australia celebrated its 150th anniversary. But now it is girding and ready for a battle to the death against the foe creeping down from the north, engulfing all territories and peoples before it, like the Biblical deluge.

Most of Australia's inhabitants are of British extraction. But in spirit the "Aussies" are just as American as they are British. The welcome given to American troops upon their arrival there, the demand for General MacArthur to lead the Allied forces in the fighting zone, all clearly show the attitude of the Australians.

Australia's 7,000,000 population is spread over almost 3,000,000 square miles of territory as compared with the United States' total of 133,000,000 population in approximately the same amount of space.

Australia, like our state of Georgia, was first settled by English convicts. That both groups did a good job is evidenced by today's far-reaching developments.

Today most Australians live within a narrow 100-mile coastal belt along the south and east. About half of the population is in the nation's half-dozen largest cities. Sydney, having a million and a quarter inhabitants, is the largest; Melbourne, with a little more than a million, is next largest. Both of these cities are practically at the opposite end of the continent from Darwin, which has been bombed repeatedly.

Vital Defense Road.

From Darwin to the above mentioned metropolitan cities it is little more than 1,500 air-miles. Canberra, the nation's 15-year-old made-to-order capital, is located about 100 miles southwest of Sydney, on the road to Melbourne.

Australia's transportation system now playing a very important part in the nation's defense (and coming offense) is peculiar in that many of the railway lines extending inland come to an abrupt end.

It wasn't until but a few years ago that the railway extending southward from Darwin was connected, by a defense highway, with the railroad extending northward from Adelaide to Alice Springs. This road is the artery through which Australia supplies men and materials to the northern battle scene.

With the exception of most of the coastal regions, the greater part of Australia's central territory is flat, arid and semi-arid land which is practically defenseless. More than a third of it is actual desert. It is in the semi-arid zones that the nation's vast scattered ranches and large grain producing centers are located. As the huge stretches of land located here are irrigated, this section of Australia will be one of the most fertile zones when the war is ended.

As for natural resources, the nation has everything needed for war activity except oil. The oil industry is a recent development and not very encouraging insofar as amounts produced. Last year's production totaled only a few hundred barrels.

Map by WNU Staff Artist

The above uncompleted railroad line, transversing the center of the Australian continent, (connected in its central part by the Defense highway), is the important artery of war which will be mentioned quite often in future war dispatches from there.

The European war curtailed agricultural and grazing activities, but operated to speed up the nation's expanding factory life. Towards the middle of 1939 there were nearly 27,000 plants employing more than a half million people. Reports since then have not been made public.

As gold helped considerably to develop California, its discovery in Australia helped to open up vast territories there. It was first discovered in 1843 and the influx of prospectors raised the population in seven years from around 200,000 to more than 500,000. A story is told about an Australian who crossed the Pacific to take part in the California gold rush. While prospecting in California he noticed that the gold bearing rock and soil of that state had a marked resemblance to territory he had seen in his native land. He found his hunch to be correct when he returned there to prospect.

The Commonwealth of Australia is a self-governing nation, sharing British dominions, to the British king. The Commonwealth is comprised of six colonies called "Original States." They are New South Wales, Queensland, South Australia, Victoria, Western Australia, and the island of Tasmania—plus the Northern Territory and the Canberra Capital Territory.

It wasn't until 41 years ago that the six original states united to form a commonwealth. Up to that time there had been many inter-state quarrels—some of them going so far as to create trade barriers against each other.

Preparing Since '38.

The Australian federal government is similar to our own in many ways. It has a senate and a house of representatives. In case of a prolonged disagreement with the house, the senate can be dissolved and a new one elected. The house, too, can be dissolved under certain exceptional circumstances. A governor general—representing the king of England—is the executive head of the government.

Since the inception of the Labor party in 1938, the government has been vigorously building up the munitions and industries and expanding its land and air forces. In 1938, on down to the present day, the government, as part of its national defense policy, has been urging the manufacture of fuel oil and gasoline from its own coal, and the creation of large plants for the manufacture of industrial alcohol.

At no time during the Twentieth century has this spunky nation deluded itself as to what country was its coming enemy. Trouble, which all Australians saw on the southwest Pacific horizon, had been brewing ever since 1935. In that year the tariff laws which gave a marked preference to Great Britain in the sale of cotton goods in Australia. Japanese markets were practically smashed. As a result the Japs virtually boycotted Australian wool in retaliation.

Today the Australians are fully aware of how correct they were in their assumptions concerning the over-ambitious Japanese. Today, this scrappy little nation that covered itself with glory in World War I, is ready for a repeat performance. The Aussies are determined that their nation shall remain as they have always had it—a land of individualists, rugged and aggressive—a land free from the imprint of a tyrant's heel.

Prime Minister of Australia, John Curtin, who recently clashed with the London government over the selection of Australians who take part in imperial government affairs.

Still Has a Frontier Spirit.

The Yankees, "down under" in Australia, at least 7,000 miles from their native land, will be learning much about the Aussies, and the land they are helping to defend.

True, the Yank will have time to absorb but little of the past history of the nation. He will, however, learn all about present-day Australia for the Aussies, in addition to being excellent fighters, are definitely proud of their native land without being intensively nationalistic.

The Yank will understand the spirit of the country by remembering that Australia today—outside of its metropolitan cities—has the same "frontier" spirit which lived in the United States about 50 years ago.

The average American citizen and the average American soldier associates Australia with kangaroos, early experiments in social legislation, a national scourge of rabbits, and some remarkably courageous fighting men who covered themselves with glory battling the Germans during World War I.

Then the Yanks will see that the cities are just as modern as those in the United States. The East and West coasts of the United States, where the majority of large cities are located, is somewhat like the east and south coasts of Australia where the most important cities such as Sydney, Melbourne, Adelaide, Brisbane, and Maryborough are situated.

They will show the Yanks that despite their arming to the hilt, they aren't by nature warriors, nor do they have disturbing aspirations to be such saber-rattling people.

When Australia raised the age limit for enlistment to 40 years, these men were among the many who answered the call to fight for the motherland. Shown here are veterans of World War I who took part in the fierce fighting with the Germans in France.

Animal Curiosities in Store for Yanks

There are many other unusual animals which the Yankee doughboy might see in Australia.

Like the early days of the West in the United States, in the north section of Australia, live nomadic tribes who make fires with sticks and kill their game with spears. Like many tribes of Indians in early U. S. days, these nomadic people are quite harmless, some of them being friendly with the Australian "frontier" people.

The Yankee soldier, remembering his history, will be interested to learn that in the far north section of Australia, buffalo roam over an area as large as the British Isles, in a territory where few white men live.

There are many other strange creatures there that are peculiar to Australia. There is the wombat which burrows deeply, the dingo and the spotted native cat, and the mole, blind, deaf and dumb.

Your Victory Garden Deserves FERRY Quality SEEDS

● THIS YEAR, your garden *must* produce. It's important to your family's health—to the nation's welfare! Your time is too valuable to gamble on inferior seeds.

● Start right. Plant FERRY QUALITY SEEDS because they are bred to produce the best possible results. Over 65,000 tests are made annually to maintain their quality. Buy them at your local Ferry dealer's.

● Send for "Ferry's Victory Garden Plan," free. Complete plan and growing directions for vegetable garden. Write Dept. W-4.

FERRY-MORSE SEED CO.
DETROIT SAN FRANCISCO

More Raleigh Jingles

Raleigh Cigarettes are again offering liberal prizes in a big jingle contest to be run in this paper. One hundred and thirty-three prizes will be awarded each week.—Adv.

GAS ON STOMACH
What many Doctors do for it
When excess stomach acid causes gas, sour stomach or heartburn, doctors prescribe the fastest-acting medicines known for symtomatic relief—medicines like those in Bell-ans Tablets. No laxative. If your very first trial doesn't prove Bell-ans better, return bottle to us and get double your money back, 25c.

YOU WORK TOO HARD
but there's no way around that if you want to hold a job. If you do not get enough Vitamin B1 and Iron in your regular diet, and your appetite needs encouragement, try VINOL. Your druggist has this pleasant-tasting tonic.

BUNIONS
Get this quick relief. Lifts shoe pressure, soothes, cushions the sensitive spot. Costs but a trifle.
Dr Scholl's Zino-pads

To Relieve MONTHLY
FEMALE PAIN
If you suffer monthly cramps, backache, nervousness, distress of "irregularities"—due to functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound at once! Pinkham's Compound is one medicine you can buy today made *especially for women.*
Taken regularly thruout the month — Pinkham's Compound helps build up resistance against such symptoms. Follow label directions. *Worth trying!*
LYDIA E. PINKHAM'S VEGETABLE COMPOUND

YOUR EYES TELL how you feel inside
Look in your mirror. See if temporary constipation is telling on your face, in your eyes. Then try Garfield Tea, exactly as directed. It's the mild, pleasant way to relieve intestinal sluggishness—without drastic drugs. Feel better, Look Better, work better. 10c—25c at drugstores.
FREE SAMPLE For liberal trial samples of Garfield Tea and Garfield Headache Powders, write: GARFIELD TEA CO., Inc. Dept. 13 A 41st St. & 3rd Ave., Brooklyn, N.Y.
GARFIELD TEA

WNU—4 14—42

Do You Like Jingle Contests?

Raleigh Cigarettes are now running another series of weekly contests for those who can supply the best last line to a jingle. Over 100 liberal prizes each week. Watch this paper for details.—Adv.

A LIFE INCOME FROM A GIFT
An annuity with The Salvation Army assures you a LIFE INCOME that is safe, dependable and regular. Dividends as high as 7% depending on age. Issued under authority of certificate by New York State Insurance Department it gives double security. Thus, you secure an assured income for life, with the satisfaction of knowing that at your decease, the gift, in your name, will carry on religious and charitable work and so minister to the physical and spiritual well-being of those in need.
Write for Booklet
FILL OUT AND MAIL COUPON
NATIONAL SECRETARY
THE SALVATION ARMY
120 W. 14th St., New York, N.Y.
Please send me your Annuity Booklet telling about the plan combining a gift with a life income.
Name.....
Address.....
Date of Birth.....
THE SALVATION ARMY
(A NEW YORK CORPORATION)