NOW AND THEN

THE ECHO PEOPLE
(An Indian Poet Speaks)

When I was young and anxious,
I often sped on rapid legs
To places of rough rocks;
Behind these, with quick eyes,
I tried to see the Echo-people.

Rapid as I was, they always
Taunted me from farther rocks.

Now I know the Echo-people
Can't be caught;
So I call and yell,
Just make them use
Their many voices.

Frank Guhnay

ECHO

Among the old heathen tales was one that told of a youth named Narcissus. Very beautiful he was and all the forest nymphs loved him, But he cared for no one. One of these nymphs was named Echo. She followed him every where, though he treated her with scorn. But one day when he stooped to drink out of the spring he caught a sight of his own image, reflected in the pool. He fell violently in love thinking it was some fair maiden. When he drew near she seemed to draw near to him, and as he looked away she seemed to disappear. In vain, he pled with the reflection. He dared not leave the spring for fear he would lose sight of her, so he staid there, neither eating nor drinking until he died. A beautiful flower sprang up by the stream and is still called by his name, Narcissus.

And poor Echo. What-be-came-of her? She, too, faded away, but her voice is still heard among the rocks and hills, echoing back the voices which she hears.

JUPITER AND SATURN

Last night I was out under the stars. Though the moon was shining brightly the two stars that have been lighting the evening skies for months were not dimmed. A wondrous sight they are. Jupiter and Saturn. Such a sight has not occured before for many centuries, these two together, and will never come again in our life time.

The heathen story is often told of old Saturn, the King of the heaven and the earth. Being warned that his son would dethrone him, he had his children destroyed as soon as they were born, but his wife hid Jupiter and had him transported to an island far away, and so he grew up and when the time came he dethroned his father, Saturn, and became the king of heaven and earth, himself leaving poor Saturn only the task of keeping the time. He thought it a very light job but, I am sure, the old gentleman finds that to keep up with time is anything but an easy one.

And then I thought of the star in the east that guided the wise men to the place where our Saviour was laid. There is no fiction there. The star is still shining, guiding us to our Merciful Saviour and friend.

A VALUABLE CALENDAR

A calendar is a valuable asset, but it is not intended to be used as a purse. We read that the wife of the Chief of Police in Newark, New Jersey, hid her savings behind her calender. Her husband getting a fine one for 1941, took down the old 1940 and hung the new calendar. Just then his wife came home, she screamed, "Where is the old calendar." When her husband found that there were several hundred dollars hidden they both rushed to the waste basket. But they found it empty. Hastening to interview the garbage man. he said it had been emptied in the city trash heap. They broke the traffic laws in speeding to the dust heap. Acres and acres and acres of trash were before them, but just as the day was over they had found the calendar with its treasure still behind it. I suspect she will find another place to hid her savings next time.

PHELPS AND WEST POINTERS

At West Point two hundred Cadets were assembled to listen to a distinguished visitor, William Lyon Phelps. In the middle of the lecture two huge setter dogs loped in through the open portal, trotted down the center aisle, and mounted the high platform. The attending officers and the rigid Cadets appeared to be embarrassed. The professor, however, was equal to the emergency.

"Why," said he, "these are setters and I expected to meet only West-Pointers."

SIMPLE ENOUGH

In Springfield, Lincoln was once solicited for a contribution to help purchase new equipment for the local fire department. After listening carefully to an explanation of what was needed, he said, "After supper tonight, when Mrs. Lincoln will be in a good humor, I will say, 'How about our giving $50 to the local fire house?' She will answer, 'Abe, when will you ever learn to be more saving of your money? Twenty dollars is enough.'"

The next day the man from the fire station called again, and Lincoln made his contribution—$20!

CANARY GUIDES RESCUERS

London

During a recent air-raid on this city a block of dwellings was demolished, and would-be rescuers were digging and removing debris in an endeavor to find those probably buried underneath. Suddenly, from the direction opposite that in which they were working, came the happy notes of a canary's song! Searching for the source of the unusual sound, the workers discovered twisted iron girders and piles of wreckage, the battered remains of a cage with the canary still happily singing.

Guided by the bird's notes, the rescue squads changed the course of their tunneling, and eventually brought to freedom nine people who had been trapped and were too exhausted to cry out.

Surely a refreshing renewal of the validity of the age-old Bible promise—"Thou shalt compass me about with songs of deliverance."

Start The Day Right—Eat A Good Breakfast

Unfortunately, many,many women have completely overlooked the importance of breakfast. It has become something that is thrown together and rushed through in the early hours of the morning. More of a necessity than a pleasure!

A poor breakfast has the same effect as getting out on the wrong side of the bed and should be avoided if the day is to be a success and the disposition gentle. Be wise, start the day off right with a filling and nourishing breakfast. Here is an example:

Chilled melon
Pecan waffles
Honey in comb
Little sausages
Coffee

A waffle, well made, is certainly a tempting tid-bit and when made with pecan nuts is an extra-special treat:

PECAN WAFFLES

1¾ cups pastry flour
3 teaspoons baking powder
1 tablespoon melted butter or other shortening
½ teaspoon salt
1½ cups milk
2 eggs

Mix and sift the dry ingredients. Add milk gradually, yolks well beaten and salted shortening. Fold in stiffly beaten egg whites. Sprinkle the waffle iron with pecan meats and pour the waffle batter over the nuts. The nuts may be mixed into the batter if preferred.

Ice Box Entrees

There is something about an ice box entree that suggests time and careful preparation, yet a frozen entree is one of the simplest things to prepare. And in spite of their expensive appearance, they can be most reasonably made, using up left overs from any meal of the day. Here is one that is worth trying as it is bound to please.

STUFFED EGGS IN TOMATO JELLY

4 eggs, hard cooked
4 tablespoons mayonnaise
½ teaspoon salt
½ teaspoon pepper
Paprika
2 cups tomatoes

Cut hard cooked eggs in halves. Mash yolks with mayonnaise, salt, pepper and paprika and refill the whites.

1 teaspoon grated onion
½ teaspoon salt
⅛ teaspoon paprika
2 teaspoons sugar
4 teaspoons gelatine
¾ cup cold water

Soak gelatin in cold water. Cook tomatoes with onion, salt, sugar and paprika and put through strainer. Dissolve the gelatin in the hot liquid then cool. Fill mold with layers of stuffed eggs and tomato jelly, letting each layer harden before adding the next one. Chill in ice box until firm. Serve on hearts of lettuce.

Scalloped Eggs And Onions, Variety Menu

It seems to be the easiest thing in the world to postpone trying new dishes in spite of the fact that we clip them and save them and make a special note to try this dish, or that one. But all this postponing usually means only one thing—we're slipping into that well known "rut" of serving the same things week in and week out—things we know how to prepare and possibly prepare very well—but per usual—"variety is the spice of life" so try something new and interesting before the family gets around to mentioning it. Here is one dish you'll be sure to want soon.

SCALLOPED EGGS and ONIONS

12 small onions
8 slices bacon, cut in pieces
2 cups medium white sauce
6 slices hard cooked eggs
½ cup buttered bread crumbs

Peel and slice onions. Cook the bacon until crisp and break into small pieces. Cover the bottom of a well-greased casserole with white sauce; lay a layer of raw onions in it. Sprinkle with half the bacon; cover with half the eggs. Repeal, making the last two layers onions and white sauce. Sprinkle with buttered crumbs. Bake in moderate oven (350 F.) for about 1¼ hours or until the onions are tender. Serves 5.

One Way To Use Leftover Mashed Potatoes

They say that the longer one lives the more she learns and it's all too true. I haven't lived so terribly long but have just discovered that I don't know anything yet. In fact, I'm just learning ways and ways for using up left-over mashed potatoes. Here is one that came as quite a surprise to me and if it is a surprise to you, I think you'll find it quite a success:

POTATO BISCUITS

1 cup mashed potatoes
1 cup flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons shortening
½ cup water or milk (about)

Sift together flour, baking powder and salt. Work in the shortening with a fork or knife. Add potatoes and mix thoroughy. Then add enough liquid to make a soft dough. Roll the dough lightly to about ½-inch thickness and cut into biscuits. Bake for 12 to 15 minutes in a hot oven (400 F.)

To make a crumbly crust, sift flour and salt. Do not chill the butter or shortening. Cut the shortening into the flour as finely as possible. Add just enough water to hold the dry ingredients together.

One Night This Week Serve A Brown Veal Stew With Dumplings

It will be hard for any woman to recall a time when her husband wasn't completely satisfied with a stew dinner. There's just something about such a meal that appeals to him and makes him want more of those dinners. Occasionally a beef stew, then a good rich lamb stew with vegetables and potatoes and as a special treat, a brown veal stew with dumplings. This stew is given as Tuesday's dinner this week but it will be just as appropriate on Saturday or Monday—any night at all. The dumplings with this stew are an added treat, one that no man in his right mind will want to miss:

VEAL STEW

2 pounds veal breast or shoulder
⅛ pound salt pork
2 teaspoon salt
1 cup peas
½ green pepper
2 tablespoon flour

Cut the salt pork in cubes and fry until brown, add floured veal cut in pieces and brown well. Add 2 cups cold water and salt and cover closely. Let simmer 1½ hours. Add peas and drop in dumplings.

DUMPLINGS

2 cups flour
½ teaspoon salt
4 teaspoons baking powder
¾ cup diluted evaporated milk

Sift flour, salt and baking powder and add all the milk at once stirring only enough to mix lightly. Drop by spoonfuls onto the meat in the stew cover closely and let steam 15 minutes. Do not remove the cover until the dumplings are done.

Engineers in White

To conform with the color scheme of one streamlined train, the engineer and his assistant are dressed in white instead of in the usual blue overalls.

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