My Week

by Eleanor Roosevelt

WNU Service United Features

A CHRISTENING

Our drive to Hyde Park one day was very pleasant and we stopped in Saratoga, N. Y., long enough to assist at the christening of a very sweet baby girl. She never cried at all when the water was poured over her head, which I am sure means that some day she is going to give her father and mother, Mr. and Mrs. Al William Kresse, a very hectic time. You see, I was brought up on the old superstition that babies must cry the "devil" out of them at their christening, and if they don't it will surely come out later on!

We spent the night with a friend and arrived home to face the usual mountains of mail which greet one after two days without any contact with the postman.

* * *

SAD LETTER

I found a rather sad letter from an old friend of the President's, who has always been very fond of the sea. Like many other people, this friend adopted an orphan during the last World war. But I think he must have taken it more seriously than the rest of us, for he has kept in touch with him and really helped him and known him well.

The other day, the Daily Mail in London carried the story of this boy, now grown to manhood and following the sea, meeting his death, as have so many other gallant English officers, on his ship, the HMS Patria. He was a first lieutenant and, when someone had to go below to free a hundred or more men who were trapped, instead of ordering a junior officer to do the job, he went himself and was never seen again, but nearly all the men on board were saved.

The story in itself will be one more tradition told on British ships on the seven seas to educate the young. It is the quotation in a letter from his wife to my husband's old friend which I want to give you. She writes:

"I am convinced that when he met this last trial, he maintained that quiet confidence, that unbreakable courage, and that smile of his that indicated peace of mind and soul. Danger at sea, he had always met without flinching, and this is as we must remember him. For my part, I am proud to have been his wife, even if for only eight years, and if his sons (there are two, five and two years old) grow up as straight and as fine and clean as daddy, I shall be satisfied."

This is a courageous attitude to take, but it must be hard to attain such fortitude of soul. If that is the spirit, however, in which the British face all defeats and still keep such high courage then we may be sure that in the end, right must triumph over might. If our own courage and determination can be at the same level, perhaps, before long, might will be on the side of right.

* * *

As I write we are having our second day of steady rain. It is the kind of June weather when a fire on the hearth is pleasant. Yesterday I discovered that last year's robins, or their progeny, have returned, not to the same bathroom window, but to the one next to it. Two blue eggs lie in the nest, from which the mother flies away whenever she hears a noise. I really wonder whether they are wet and miserable when the rain beats upon the window and all the protection they have is the ivy vine which grows thick around them.

* * *

CHIEF JUSTICE HUGHES

The news that Chief Justice Hughes is retiring on July 1 comes as a shock. He always seemed to be such a vigorous person that I do not associate him with any particular age. It must be a great satisfaction, however, to reach the point where you feel you can lay aside your work and do only the things you want to do the rest of your life.

To be able to look back, as Justice Hughes can, on a successful personal career, a good name achieved professionally, a happy home in which children have grown to maturity and started out on their own lives with a satisfactory background, a public life which has brought posts of honor as recognition of his high ability and integrity, all this must give the Chief Justice happiness. His countrymen will rejoice with him and do him honor, both in the present and the future.

I cannot close these few words about him without saying how much I have always admired Mrs. Hughes. It seems to me, she has contributed greatly to the success of his career and that some honor and affection from her countrymen are due her as well.

* * *

VALUABLE LIFE

Several days ago I noticed the report in the papers of the death of a woman I have known for a long while. Miss Julia K. Jaffray was associated with the National Committee on Prisons and Prison Labor for 33 years. She came to the United States from Galt, Canada, as stenographer to Miss Helen Varick Boswell, who was secretary of that committee. Miss Jaffray, herself, served as secretary for 25 years. This Canadian woman became a leader and wielded great influence here.

Household News

by Lynn Chambers

EVERYTHING FOR HER NEW KITCHEN
(See Recipes Below)

REALLY PRACTICAL!

Whether the bride-to-be is bound for a six-room "dream house" or for a one-room kitchenette apartment, you can't go wrong if you give her a kitchen shower . . . one that's practical, of course!

And, knowing that some of you are anxious for new, clever, unusual ways to entertain, I'm ready with plans for a kitchen shower that's **really** different!

In Chicago's huge Merchandise Mart, where buyers from all over the country come to purchase kitchenware, I found a variety of inexpensive, yet durable gadgets which anyone about to be married would love.

To make the party practically all play and no work for the hostess, I decided to place the gifts on the table (see picture at top of column). When luncheon is over, everything is hers!

The tablecloth is of a fancy new-type oilcloth, and the place mats and napkins are none other than dish cloths.

An angel food cake pan serves as the base for a "gadget bouquet" centerpiece of measuring spoons and cup, carving set, sugar scoop, funnel, spatulas, pancake turner, strainer, tea ball, grater and other vital kitchen helpers.

The plates are pie tins. The flatware is a very inexpensive kind with gaily-colored plastic handles. And note the spice jars to the right which, because they're to be gifts, hold salt and pepper while doing table duty. They're from the Griffith laboratories.

The first course of the luncheon is a tart *Cardinal Salad, set on the table right in its aluminum ring mold. A tasty Beef Stew in a casserole follows. Iced tea is poured from a tall aluminum pitcher into matching "glasses." And rolls, all buttered, are served from a compact, serviceable bun warmer, which may be the hostess' gift. Dessert is *Peach Upside Down Cake, served from a square cake pan.

***Cardinal Salad.**

1 package lemon gelatin
1 cup boiling water
¾ cup beet juice
3 tablespoons vinegar
1 cup cooked beets, diced
½ teaspoon salt
2 teaspoons onion juice or grated onion
1 tablespoon horseradish
¾ cup celery, diced

Dissolve gelatin in boiling water, add beet juice, vinegar, salt and seasonings. Chill until slightly thickened. Fold in vegetables and mold.

***Peach Upside Down Cake.**

1¼ cups sifted cake flour
1¼ teaspoons double-acting baking powder
¼ teaspoon salt
¾ cup granulated sugar
4 tablespoons softened butter or other shortening
1 egg well beaten
½ cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder, salt and sugar, and sift together three times. Add butter. Combine egg, milk and vanilla. Add to flour mixture, stirring until all flour is dampened; then beat vigorously for 1 minute.

4 tablespoons butter
½ cup brown sugar, firmly packed
2 cups sliced peaches (fresh or canned)

Melt 4 tablespoons butter in an 8 by 8 by 2-inch pan over low flame; add brown sugar, (¼ teaspoon nutmeg may be mixed with brown sugar, if desired), and stir until melted. On this, arrange peach slices. Turn batter over contents of pan. Bake in moderate oven (350 degrees F.) 50 minutes, or until done. Loosen cake from sides of pan with spatula. Serve upside down with peaches on top. Garnish with whipped cream, if desired.

Canned pineapple rings, cooked apricots or prunes, or sliced tart apples may be substituted for peaches in this recipe.

Going back to entertaining the bride-to-be, had you ever considered a Recipe Shower? A new idea comes to mind . . . . why not serve a luncheon at which every dish, from the appetizer to the coffee, is prepared according to some favorite and tested recipe of one of the guests. Have each recipe written on the back of a place card, collect these, put them into a file box (gift of the hostess) and present them to the bride-to-be.

* * *

A shower that calls for an almost negligible outlay of money on the part of those who buy the gifts, but which will help the young bride to do some real housekeeping, is a "dime" shower.

The five-and-dime stores are bristling with simple little things the bride will use every day without being aware of them. If you'll contribute two ten-cent items, you'll be doing her a real service.

Matches, gummed labels, paste and waterproof cement (to repair the china she's bound to break sometime or another), playing cards and score pads, plenty of tissue cleansers, electric light bulbs, little wire flower - holders, assorted pads of paper for shopping lists or addresses — they're all so inexpensive when purchased separately, but how they do mount up in cost if the bride has to go out and buy the whole batch at one time!

(Released by Western Newspaper Union.)

SO YOU'RE TO BE MARRIED!

The date is all set, invitations mailed, your dress, white and simply beautiful, is hanging in the closet . . well, then the rest is easy. But, in case you're perplexed about the after-ceremony refreshments, whether they be in the form of a breakfast, garden reception or dinner, please read next week's column. Lynn will tell you how to entertain your wedding guests correctly, yet inexpensively . . . Watch for "After The 'I Do's' " . . .

LYNN SAYS:

There'll be lots to talk about at your party, and conversation, plus opening of shower presents may well fill up the allotted party time, but just in case . . . here's a clever game that suits a bridal shower to a "T."

To each guest pass a slip of paper titled "Things Found in the Bride's Home." 'Neath the title are these words (1) engar, (2) gothorphrpa, (3) elmiunol, (4) fubfet, (5) hicra, (6) rifhifcoen, (7) pavndorte, (8) blaet, (9) nurcaef, (10) pardyer, (11) kccol, and (12) pocarbud.

Ask each person to rearrange the letters in each of these 12 words to make them spell an article of furniture that would be likely to appear in the bride's new home.

The answers are (1) range, (2) photograph, (3) linoleum, (4) buffet, (5) chair, (6) chiffonier, (7) davenport, (8) table, (9) furnace, (10) drapery, (11) clock, and (12) cupboard.

To make the game more interesting, you might set a definite time limit. Collecting all papers after, perhaps, five minutes. Lollipops or some similar original, inexpensive gift may be awarded as first prize.

Sportlight

by Grantland Rice

WNU Service

THE most astonishing single factor connected with Joe Louis and his career has received only scant attention. It concerns his weight.

When Louis came to the top of the plateau a few years ago he was fighting around 202 pounds. The point was made then, by this writer and many others, that the man to beat Louis would be a fellow named Louis. It was well known at the time that the Bomber's deep inward yearning consisted largely of two elemental details. One was food—and the other was sleep.

Grantland Rice

Steak, chicken or both together filled part of his daydreams. After that came the deep desire for sleep or repose. This combination seemed to be pointing directly at increasing weight. Many believed that within five years' time Louis would be in the puffy neighborhood of 225 pounds or more.

Yet when Louis faced Buddy Baer in Washington there he was again within a few ounces of 202.

In his 17 title defenses—in practically every fight he has known from the start—Louis hasn't varied his weight scale by as much as two pounds. In most instances he hasn't been a pound away from his starting displacement.

The Weight Battle

Dempsey weighed 183 pounds when he slaughtered Jess Willard. Against Gene Tunney seven years later Jack was up to 193 pounds.

Tunney, starting as a light heavyweight, was always working to pack on a few pounds until he came to a mark between 185 and 190.

Jess Willard weighed 240 pounds against Jack Johnson in Havana—265 when he met Dempsey at Toledo.

The greatest weight shift I've known belonged to Ace Hudkins, who fought at 135 and then skyrocketed after his ring career to 225 when he went in for horse racing.

But Louis goes marching along at 202, a number that is now his official landmark. There isn't the slightest change in his physical makeup after seven years.

The answer to this is fairly simple. Mike Jacobs and the Bomber's managers have kept him too busy for any accumulation to make any headway.

In the last three years Louis has spent the greater part of his time in some training camp. There is no other champion in ring history, with the money Louis has collected, who would have faced such a long grind.

Most fighters hate training—the drudgery of camp life. Louis has accepted the same without a squawk. And this has been the main reason that he has kept his weight in full control.

A Training Angle

A few days ago I was talking with one of our best known trainers and condition builders.

"The biggest mistake any athlete makes," he told me, "is getting out of condition. By that I mean well out of condition. You can get so far out of condition in two weeks that it might easily take two months to repair the damage. It is so easy to get out of shape and so difficult to get back in again."

This is one mistake Joe Louis has never made. I doubt if he has been far away from first-class condition since he first came along the road.

Against this method there was the case of Jack Dempsey who was out of the ring and away from action three years between the Firpo and the Tunney campaigns. Dempsey, fighting once or twice a year during that period, at least would have been in far better physical shape later on.

The Measure of Health

One of the greatest combined coaches and trainers I ever knew was Keene Fitzpatrick who gave nearly 50 years of his life to conditioning before he retired.

After leaving Michigan, Keene came to Princeton, where he trained Tiger entries in football, track and crew. He never missed a day's work in 44 consecutive years.

"When I was over 60 years old," Fitzpatrick told me, "I was in much better physical shape than many of the young athletes returning to college after a summer's vacation. I could actually outrun them. I tired far less than they did. Some of them returned to college far overweight, facing a long struggle to get right again."

"I am a great believer in watching your weight carefully," Keene added. "I've seen too many serious things happen to those putting on 10, 20 or 40 pounds. Diet and exercise will take care of this."

Keene was 100 per cent right. One answer to his idea is the case of Joe Louis who might easily have put on 15 or 20 pounds, but who has never varied more than two pounds in his ring career. Any athlete who has to keep putting on and taking off weight is facing a heavy handicap, no matter how good he may be.

Things for You to Make

Transfer Z9333

ENRICH a protective chair set with this graceful waterlily motif. The leaves and stems are to be appliqued in green; pastel blooms and a basket of brown are embroidered. You'll be proud to display this easy-to-make set to your friends.

* * *

Matching sets for divan and chairs may be made from transfer Z9333, 15 cents, since it is one of the new improved hot iron transfers which will stamp more than once. This could also be used for an attractive buffet set. Send your order to:

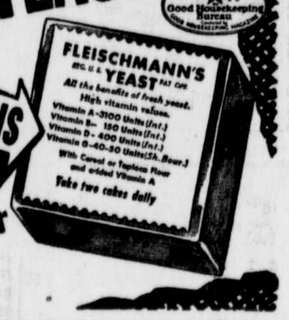
AUNT MARTHA
Box 166-W Kansas City, Mo.
Enclose 15 cents for each pattern desired. Pattern No.....
Name .....
Address .....

Age of Plants, Animals

Plants exceed animals in the length of their lives and, surprisingly enough, in the shortness of their lives also. Parrots belong to the century group; elephants may attain an age of two centuries. A good record for the animals, but on the plant side we have the California Sequoia trees living for 50 centuries.

At the other extreme are some bacteria which have a life cycle of only 20 minutes, shorter than any animal's life.

If you bake at home, use
FLEISCHMANN'S FRESH YEAST
RICHER in VITAMINS
The Household Favorite of Four Generations!



Beating Defeat

"The world wants the kind of men who do not shrink back from temporary defeats in life, but come again and wrest triumph from defeat."—Theodore Roosevelt.

Unsought Thoughts

The thoughts that come often unsought, and, as it were, drop into the mind, are commonly the most valuable of any we have, and therefore should be secured, because they seldom return again.—Locke.

CHECK UP ON VITAMIN C

It's one you need fresh daily!

Get it deliciously from fresh orange juice!

You cannot "store up" vitamin C in your body. That's why you need a *fresh and full* supply each day to help you look and feel and do your best!

It's hard to get enough unless you have an abundance of citrus fruits. But it's *easy* with orange juice—an excellent, *natural* source! Eight ounces supplies all the vitamin C you normally need each day—*plus* valuable amounts of vitamins A, B_1 and G; calcium and other minerals.

Enjoy a BIG glass every morning. Make it with trademarked Sunkist Oranges, the finest from 14,000 cooperating California-Arizona growers. *Best for Juice—and Every use!* Copyright, 1941, California Fruit Growers Exchange

Hedda Hopper's Hollywood—CBS, 6:15 P.M., E.D.S.T.—Mon., Wed., Fri.

Sunkist
CALIFORNIA ORANGES
Best for Juice—*and Every use!*