

Grandma's Menu, Too, Had Plenty of Vitamins

Grandmothers were good cooks and turned out meals with plenty of unsuspected vitamins when their store of foods permitted wide choice, but modern cooks in streamlined kitchens must be good cooks and also food engineers who can provide vitamins, calories, and minerals, without stuffing their families, say nutrition specialists at Ohio State university.

Cooks of the old school probably never heard of calories, but they knew folks who had plenty of different things to eat could live, work, and keep warm. Energy for these purposes came from the carbohydrates, fats and proteins, and grandmothers learned quickly that the cooks who used plenty of butter, cream and eggs had the most guests.

Now, the minerals, calcium, phosphorus and iron are given attention by modern cooks because they are likely to be low in the average diet. Calcium and phosphorus form a large part of the bones and teeth. Some of the calcium, however, stays in the blood stream and is necessary for the proper functioning of the heart and the coagulation of the blood.

Vitamins were unheard of a few decades ago. Today, eight have been discovered, but vitamins A, B, C, D and G are the best known. Quantities of vitamins and minerals were thrown away with the liquid from cooked vegetables until nutritionists showed homemakers the importance of cooking foods to conserve these health-giving nutrients.

Nutrition specialists point out that scientists have discovered how certain foods in the diet can prevent or cure pellagra, rickets, nutritional anemia and other body disorders. These findings have been a great boon to society.

A five-point diet worked out by the university specialists will furnish all the nutrients for the average person. It consists of the daily use of milk, tomatoes or citrus fruit, potatoes and green leafy vegetables, whole wheat bread and cereal, and eggs, meat, poultry or fish. Scientists have discovered that each person is a different problem in nutrition so each homemaker should appraise the physical fitness of all members of the family and plan the meals accordingly.

Soldiers Seek Tattoo Marks for Identifications

Tattoo artists in Canada are coming into their own as a result of the war.

According to Montreal's famous tattoo artist, Professor Paul, business is booming as never before since the days of 1914 with the army, navy and air force leading the procession through those narrow and gaudily decorated front doors. They want tattoo marks as identifications.

"Trouble now is," he said, "that there ain't the appreciation of art there used to be. I remember when a man could put in a couple of days doing a picture on a sailor's chest that was something to be proud of, but now it's just initials and numbers. Military numbers, girls' phone numbers, family initials, girls' initials. I'm telling yah, I'm gettin' writer's cramp."

"Tain't only the men that's getting them," he went on. "The women too are coming in here to get their boy friends' initials on their arms and legs."

"Of course," he added, "this idea isn't so good. Suppose a girl wants to change boy friends. Zingol there's trouble. I've blotted out more initials by changing them into roses in the past six months than I've done in the last 25 years. But then, I guess a girl's got a right to change her mind. Got one now who's making her mind up to become a tattooed lady. Trouble with this is that a man gets about half through with them and they change their minds again, and tell me, what good's a half tattooed woman?"

Children Need More Books

In many libraries in the United States and Canada children are reading more books this year than last. Some librarians report that the more interesting and engaging type of children's books which the publishers are now producing may be due to the increased interest of young folks in reading.

Children are delving into books on hobbies, on vocations, biographies, pioneer stories, American history, careers, and adventure stories. Children like to read the thing which touches their own experience, many librarians report.

"The most noticeable trend in children's reading is toward books dealing with boys and girls in other lands," declares Edgar S. Robinson, librarian in Vancouver, B. C. "This may or may not be a reflection of the international situation but I think it is partly due to the number of fine books which have appeared in this field in recent years."

A Statesman is a man who doesn't say: "Can't be done. It would be unpopular."

Writing a business letter in long hand is a courtesy. You cut it short and save the other fellow's time.

In short, we'll be ruined if prices aren't controlled, but we mustn't control farm prices and wages.

Cars With Rear Engines Predicted for Future

Though speculation on what the motor car of the future will be like is no longer novel, it has become something more than an idle pastime. This country now has 5,000 automobile research engineers at work, compared with 150 in 1922. Their work undoubtedly will continue to result in cars that are more efficient, more comfortable and safer than those they displace.

At a recent dinner of the Society of Automotive Engineers, David Beecroft, a past president, predicted that the future will bring cars with engines in the rear, bodies in which the superstructure is a part of the chassis and engines of higher compression ratios, supplying more speed and agility. Tires, he believes, will be made of synthetic rubber and rayon fabric, the latter replacing cotton.

In general, automotive engineers have been limited more than airplane designers by tradition and by consumer preferences. It sometimes has been difficult and costly to induce the buying public to accept useful innovations. Yet major improvements are generally sure of acceptance, if not always as promptly as might be. Changes that may come in the next decade, such as changing the motor to the back of the car, may help to make driving safer than it is today.

Youths Under 21 Commit 375 Murders Last Year

Juveniles continue to comprise a large portion of the criminal element in the United States, according to a survey by the Federal Bureau of Investigation, based upon records received in its identification division from law enforcement agencies throughout the country.

One out of every three persons arrested for robbery was under 21 years of age, while one out of every two persons who committed burglary had not reached his majority. More than one-half of all auto thefts were committed by juveniles.

More persons 19 years of age were arrested than any other single age group, a condition also prevailing from 1932 until the middle of 1935 and again in the year 1939. From the middle of 1935 through 1938 ages 21, 22, and 23 were most frequently represented. Ages 21 and 22 ranked next in order of frequency to age 19 for the first six months of this year.

The seriousness of the juvenile crime problem is emphasized by the statistics released by the Federal Bureau of Investigation indicating that during the first six months of 1940, 375 persons less than 21 years of age were charged with murder or manslaughter, 1,964 with robbery, 1,796 with assault, 8,223 with burglary, and 14,685 with larceny and related crimes.

Tough Meat Made Tender

Tough beef can be made as tender and fresh as new mown hay, scientists say. All one needs is a violet ray machine. The Food foundation of Mellon institute has announced that fresh beef, if exposed to ultraviolet rays for three days, will be as tender as meat hung in a refrigerating plant for eight weeks. It was only after years of experimentation that this tenderizing process was discovered, the Food foundation has announced. The new method can be applied also to mutton and to fowls, for there is tough mutton and tough chicken under present conditions and these can be made more palatable. Another advantage of this violet ray treatment on meat is that it actually kills any bacteria which might have been in the beef, the scientists say. The day may soon come when the ultra-violet ray treatment may be enlarged to include many other foods in which the growth of bacteria is suspected or possible.

Ruffled Curtains Lend Charm

If you are considering a change of curtains for any room in your house, it is well to see that your choice is in keeping with the character of the room. With or without draperies, ruffled curtains give a pleasant look to an informal room. Tailored curtains of rayon or cotton will cut out unpleasant views and present a simple, dignified appearance. With few exceptions, these should be used with overdraperies. Length is merely a matter of choice. Your curtains may extend to the window sill, the apron beneath the sill, the top of the baseboard or the floor.

Tailored curtains of sheer materials will hang in more graceful folds if they are at least twice the width of the window. Cottage sets, straight curtains for the lower half of the window and tie-back draperies for the upper half, are most attractive in kitchens and bathrooms.

The thing to remember is this. When Russia collapses, only one great army will remain from Siberia to Portugal.

It isn't war news that people are tired of, but only bad news. They'd lap it up and plead for more if it told of victories.

Jape have learned the technique. When they are ready to murder or steal, they first accuse the other side of planning to do it.

Lincoln Was Unknown, Too, When He Was Nominated

"Nothing ever happened like this before," was the remark often heard following the nomination of Wendell L. Willkie. A glance at the history books of political conventions, however, shows that Abraham Lincoln was nominated in so much the same fashion as Willkie that the comparison is almost perfect.

When the 1860 convention delegates assembled, a New York favorite son, William H. Seward, was so far ahead of the field that there was hardly any competition. Stray votes had given him a tremendous lead.

The night before the balloting, the Lincoln crowd gave their first hint of a blitzkrieg. One of their henchmen took the floor and made a speech that lasted until after midnight, eliminating the Seward speeches that were scheduled.

That same night, Ward Hill Lamon went to the printers of convention hall tickets and all night long a corps of young men wrote the names of Lincoln bucks on the tickets.

The next day, rosters stomped the streets and shouted for "Old Abe" and "The Rail Splitter." The Lincolnites took over the Wigwam, the huge old rough lumber barn where the convention was to be held, and when the Seward shouters arrived there were no seats.

As the voting started, Lincoln had barely a hundred votes but every one that was cast for him brought such a din from the galleries that "a thousand steam whistles, ten acres of hotel gongs, a tribe of Comanches might have mingled in the scene unnoticed."

On the third ballot, Lincoln had gone from nothing to a near majority. What he needed, the Ohio delegation provided, and the nomination was won.

'Imaginary' Friends Are Harmful to Children

Better take a chance on flesh-and-blood playmates for your child than on the imaginary companions with which a child is capable of "peopling" his new and small world, counsels Miss Alva Anne Owen, authority on child development and parent education, University of Illinois college of agriculture.

Although there are still some parents who feel that the neighbor's children are not desirable companions, the imagination, a desirable characteristic in any child, can be carried to an extreme wherein the child prefers to play with himself and does not reap the benefit of contacts with other children, Miss Owen reports.

All children need to play with children who are younger, of the same age and older, so as to learn how to lead and direct others, learn equal competition and learn what it is to be inferior and yet be all right.

The guilty feeling which a child is likely to acquire if he does not seem to be able to be spontaneous and natural and at the same time come up to family standards is a product of the over-zealous intentions of parents, Miss Owen says. The higher the standards of the family, usually the harder it is for them to accept their mistakes.

NATION'S CAPITAL LEADS

Washington, D. C., in the last decade — 1930-1939 inclusive — showed the greatest percentage gain in the number of telephones in service with 58.29 per cent. New Mexico with 51.25 per cent lead all the states in percentage gain. In second place was Delaware, with a gain of 42.35 per cent, and Florida was third with 40.24 per cent. Nevada, Virginia, Arizona and Maryland gained more than 30 per cent in the number of telephones in service.

At the close of the decade, five states had more than 1,000,000 telephones each. In the order of greatest number, they are New York, Illinois, California, Pennsylvania and Ohio.

FERRY RATES BEING CASHED

The State Roads Commission has paid out only about \$25,000 of the total of \$58,000 owed to holders of Chesapeake Bay ferry rebate tickets, William A. Codd, commission auditor, said.

A court order last month ordered the Roads Commission to redeem all the coupons within sixty days, before September 25th.

The rebates were issued by the Annapolis-Clabourne Ferry Company between July 1, 1940, and June 9, 1941, after the company obtained an injunction restraining the Public Service Commission from putting into effect reduced passenger fares.

Mr. Codd said the rebates were now being redeemed only at the Roads Commission offices in Baltimore. They may be cashed there either in person or by mail.

TIME TO MAKE MORE COOKIES

Housewives will enjoy this helpful article, which offers many new recipes for making small cakes so popular with the children—and oldsters, too. Read this feature in

THE AMERICAN WEEKLY the big magazine distributed with the BALTIMORE SUNDAY AMERICAN

People don't dread inflation. Each fellow thinks of what he has to sell—not of the things he must buy.

Pictureque Spanish Moss Now Has New Jobs

Long noted for its picturesque contribution to Florida's scenery, Spanish moss is developing into a definite economic asset furnishing employment and income to hundreds of Floridians, according to J. S. Foley, chairman of the industrial committee of the Florida State Chamber of Commerce.

For years the springy, hair-like fibers of the cured-and-"ginned," long, gray strands have been used for stuffing upholstered furniture and mattresses. But today many new uses are being discovered, and Spanish moss is being found in many guises, he declared.

One of these new uses for Spanish moss fibers has been developed by the modern air-conditioning industry. The fibers are woven into a mat, held in a wooden or metal frame, and placed in the air-intake to clean and filter the incoming air. Off times the mat is moistened with a sticky, resinous oil, and it will then pick up all dust particles as the air winds its way through the labyrinth of small air passages in the fiber mat.

Similar air-cleaning use of Spanish moss fiber is made in filters attached to carburetors on automobile, airplane, and other internal combustion engines.

Spanish moss has also been discovered to be a valuable source of nourishment for range cattle. And, while rather bulky for cooking in an ordinary kettle, man could use its broth as a vegetable broth if so minded.

Despite its range of occurrence throughout the South, Spanish moss enters commercial channels almost entirely from the states of Louisiana and Florida, it is stated. Florida has 10 firms supplying commercial Spanish moss, according to the Florida Industrial Directory of 1935.

Persian Inscriptions May Prove Big Historic Find

Recently discovered inscriptions, made about 290 A. D. by Kartir, a Zoroastrian high priest and power behind the throne, are hailed by University of Chicago archeologists as of vast importance in the study of ancient languages and history.

Dr. Martin Sprengling, internationally known authority on ancient languages, made the translations from photographic enlargements of the inscriptions. He compared them in archeological importance to the Rosetta stone, which unlocked the ancient Egyptian language.

Dr. Sprengling estimated the inscriptions were made about 290 A. D. by Kartir, a Zoroastrian high priest and kingmaker, whose career interlaced those of four ancient Persian rulers.

The inscriptions were in Pahlavi, a Middle Persian language which contains words of both Semitic and Parthian origin. They were discovered near the ancient city of Persepolis by archeologists from the University of Pennsylvania, and the Boston Museum of Fine Arts.

The Kartir stones reveal, Dr. Sprengling said, that the ancient Persians did not practice religious tolerance, contrary to previous conclusions from romantic literature. Religious groups using sacred writings for guidance were persecuted, according to the new translation.

It was indicated that the Zoroastrians then had no such sacred book of their own. The Zoroastrian Kartir, Dr. Sprengling said, is revealed as having been one of the most important religious figures of all time. Inscriptions mentioning him were discovered in 1936, but he then was spoken of only as an obscure young churchman.

Would Aid Nature Lovers

National recreation leaders who have been busy organizing games in city parks for people's leisure time are placing more emphasis this year on appreciation of natural beauty in the out-of-doors. V. K. Brown, president of the Midwest Institute of Park Executives, told a conference on nature recreation and education recently.

It appears that the new leisure time has sent people to parks to ask officials to map out more softball diamonds, more cricket fields, more tennis courts. The whole movement of organizing people into teams and tournaments for various kinds of organized play has gathered such momentum, recreation leaders point out, that some of the good old-fashioned enjoyment of the out-of-doors has been pushed to the background.

As some of the speakers expressed it at the conference, the extension of playfields in some cases has shut out the man who just wants to be quiet and observe the trees, flowers, birds, squirrels, and take in a little sunshine. Extended beaches, for instance, have cut off the view of the people who just want to leisurely sit and watch the waves roll in.

Army War College

The Army War college at Washington, D. C., is one of the general service schools of the army. It is the highest unit in the military educational system, having as its object the training of selected officers for duty in the war department general staff and for high command in accordance with methods approved by the war department. In addition, it supervises the activities of the historical section.

KEEP WOOD DRY TO PREVENT WARP

Bulged table tops, sticking wood drawers, and warped ironing boards are familiar household problems in summer. Wood experts of the Forest Service of the U. S. Department of Agriculture explain that, in hot humid weather, raw wood swells from absorbing moisture from the air. To help prevent this trouble, close the pores of the wood with a coat of varnish, or other moisture-resistant finish while the wood is dry—it isn't a job for a rainy day. Apply spar varnish to all sides of drawers inside and out and to the underside of tables that have been left unfinished. Wooden ironing boards are especially likely to warp from the moisture-aggravated by the heat of ironing. Cover all sides of the well dried board with phenolic resin varnish before padding.

PAPER FROM "WEED" TREES

In the face of mounting shortages of critical defense materials, the Department of Agriculture has called attention to a high-yield semi-chemical pulping process that permits the use of the "weed" hardwood species in newsprint paper. This offers the possibility of lessening the shortage of pulp and paper due to the curtailment of supplies from Scandinavian sources. The process, recently developed by the Forest Products Laboratory is also applicable to low-cost container boards and, by a new technique, to an exceptionally high-yield and high-quality alpha cellulose which has possibilities of direct nitration into explosives.

The Department points out that the reduction of imports of European pulp at a time when the demand is greater than ever before has emphasized the importance of broadening the utilization of domestic species. Normally, half of our paper consumption is imported in the form of either wood, pulp, or paper. Imports are being curtailed while paper consumption continues to increase. From 13 million tons in 1938 consumption rose to approximately 18 million tons for 1940.

WHEAT FARMERS ORGANIZING

Formation of the Pennsylvania Farmers Organization at Hershey at a mass meeting of wheat growers for the purpose of working for repeal of the Agricultural Adjustment Act under which wheat quotas were established on the 1941 crop, has already gained nation-wide attention. Contracts have been made with the temporary headquarters of the new organization established in Harrisburg by many of the farmers' groups formed in 13 other states for the same purpose to procure information to proceed along similar lines and affect state-wide organizations of wheat growers.

Definite plans of procedure for attainment of the objectives for which the farmers organized will be adopted and promoted by the executive committee. Among the efforts to be made will be to establish working committees of the central organization in every county of the State through which the purposes of the organization as well as full information about the effects of the present law upon the State as a whole will be brought before all the people of Pennsylvania.

FOOD SELECTION SHIFTS

People eat about the same total quantity of food now as they did 30 years ago, but the composition of the dietary has changed, the U. S. Department of Agriculture notes. Consumption of wheat and other cereals, potatoes, and apples, beef, veal, and tea has declined, says the Bureau of Agricultural Economics, but consumption of vegetables (other than potatoes), citrus fruits, sugar, poultry, eggs, milk, manufactured dairy products (especially ice cream), edible fats and oils (other than lard and butter), cocoa, chocolate, and coffee has increased.

Consumption of lamb and mutton, pork and lard, butter, and sweet-potatoes has varied during the last 30 years, but the general level of consumption of these foods has not changed.

At last car manufacturers have stopped all noises but the one from the back seat and made everything foot-proof except the gas feed and steering wheel.

ANOTHER REASON FOR MATRIMONY'S FAILURE

"Why should I try to be entertaining and charming? We're married now."

LET US BE GRATEFUL FOR QUIZ PROGRAMS

If they quit, we'll have no good entertainment left except police calls.

PITY THE TAX-POOR NOBLEWOMAN

An absorbing story telling of a nobleman's wife who found out that the only way to get rid of her tax burdens is to divorce her titled husband. Don't miss this illustrated feature in

THE AMERICAN WEEKLY

the big magazine distributed with the BALTIMORE SUNDAY AMERICAN

A "State of emergency" doesn't seem to change things much. You get used to it after eight years.

WOMAN'S DIVISION MD. COUNCIL OF DEFENSE

Americanism will be stressed by the Women's Division, Maryland Council of Defense, during the coming winter.

Mrs. John L. Whitehurst, Chairman, appointed Mrs. Rudolph S. Allen, former president of the Maryland Federation of Women's Clubs as chairman of this committee.

The women of the state are asked to display the American flag on all clubhouses and to use their influence to have flags flown on all public buildings.

They intend to ask all motion picture theatre owners to display the American flag on the screen prior to showing feature productions and to have the National Anthem played.

In an effort to further national unity seek to abolish attacks on any religion or race.

Encourage the establishment of as many classes in Americanization as the School Board can provide, with the help of recognized patriotic and lay groups.

Forums and Debates—To encourage forums in an effort to acquaint our people with the benefits derived in a Democracy.

Libraries—To ask for special tables in all libraries for Americanization readers.

To make a definite check on books for school children.

CANNING FOR DEFENSE

The Women's Division, Maryland Council of Defense has launched a campaign on canning fruits and vegetables.

Mrs. John L. Whitehurst, Chairman of the Women's Division, said: "We hear that 45% of the selectees were turned down due to malnutrition it is time for the women of the country to do something about it—therefore, the Women's Division has taken for its slogan "Defense Begins in the Kitchen."

"There is a definite shortage in cheese and tomatoes in this country. In addition, England needs cheese due to the scarcity and high cost of meat."

"Women should can tomatoes so that the canners could send more tomatoes to England."

Mrs. Bartlett Johnston, Chairman, Conservation Committee of the Women's Division of the State Council of Defense, says: "The women of Maryland should start classes and competitions in canning, drying and preserving. Get into the front line trenches if you are real Americans. Our canners were asked to can 50% more tomatoes this year. Every can of tomatoes you can in your own home will mean an extra can may be shipped to England."

CHRISTIAN SCIENCE SERVICES

"Christ Jesus" will be the subject of the Lesson-Sermon in all Churches of Christ, Scientist, on Sunday, August 31.

The Golden Text will be from Romans 1:16, "I am not ashamed of the gospel of Christ; for it is the power of God unto salvation to everyone that believeth."

Among the citations comprising the Lesson-Sermon will be the following from the Bible, Jer. 6:16: "Thus saith the Lord, Stand ye in the ways, and see, and ask for the old paths, and walk therein, and ye shall find rest for your souls."

The Lesson-Sermon also will include passages from the Christian Science textbook, "Science and Health with Key to the Scriptures," by Mary Baker Eddy, among which is the following, page 30, "As the individual idea of Truth, Christ Jesus came to rebuke rabbinical error, and all sin, sickness and death, to point out the way of Truth and Life."

ABERDEEN AND EDGEWOOD PROJECTS APPROVED

Approval of the WPA of three projects totaling \$351,852 for Edgewood Arsenal and the Aberdeen Proving Ground has been announced by Senators Tydings and Radcliffe.

Part of one \$42,754 project at the proving ground will be concerned with the construction of bomb-proof shelters. The building of power and sewer lines, and a swimming pool, also is included. Another Aberdeen project amounting to \$90,811, deals with road grading and widening and improvements to the buildings.

INFANTILE PARALYSIS PRESENT IN AUGUST AND SEPTEMBER

August and September are the months when poliomyelitis, better known as infantile paralysis, is especially apt to be present, according to our Health Officers.

Symptoms of infantile paralysis are colds, headache, nausea, vomiting and weakness, particularly where the child seems sicker than the fever would indicate. The disease should be suspected in the case of any child taken ill now and there should be immediate consultation with the family doctor.

Keep children who become ill, however mild, away from other children. Keep them away from public gatherings, as far as possible. Be more careful than usual to see that they avoid using public drinking cups, towels, and other articles used by the general public. Do not handle young children unnecessarily yourself, and do not permit others to fondle them.