

PRESIDENT'S SPEECH

It was very interesting to get a glimpse of the new congress and to watch the reaction to the President's speech on the floor and in the galleries. Because of my partial deafness I do not always hear every word of the speech, in spite of com plete concentration. However, I find that with every speech that is worthwhile one should read it several times in order to better understand its full meaning.

The President's uncle, Mr. Frederic Delano, went into the Capitol with me and as we went up in the elevator he remarked that each message seemed to have an increasing significance, beginning with the first one when we were facing an unparalleled economic struggle in this country, to the present one when in spite of our greater hopefulness in military fields we face an unknown future for which we will have to find a new solution.

WAR IN 'MINIATURE'

I called on Mr. Alexander Woollcott one afternoon and he certainly has found an ideal place in which to work, in New York city. It is high up, with a wonderful panorama of the city on every level all about

Afterwards I had a few minutes to stop in to see an exhibition of war satires and miniatures by Arthur Szyk at the Seligman Galleries on East 57th street. This exhibition is sponsored by the Writers' War board. I know of no other miniaturist doing quite this kind of work. In its way it fights the war against Hitlerism as truly as any of us who cannot actually be on the fighting fronts today. I cannot say you would enjoy the exhibition, but I am quite sure you would find it extremely interesting.

CHILD CARE IN BRITAIN

In the late afternoon I met with a group interested in child care in the Civilian Defense Volunteer office of Greater New York. I do not know whether I had much that was helpful to tell them, yet I feel that in some ways we are doing as much for the care of small children and older children in this country as is being done in Great Britain. Necessity drives the British to have more day nurseries and resident nurseries -and possibly better ones. But I think we probably have more possibilities for recreation for every age, even though we have not yet begun to use them to the full extent that we will in time.

They are doing more all the time in Great Britain with the 14 to 18year-old youngsters who are out of chool and not yet of draft age. But the pressure of war needs has made this program develop rather slowly over there, and I think the basic fact that we keep our children in school longer is of great assistance to us.

TRIPPED BY NEW WAR RULES

to the new war rules for civilians. I had not read my paper the other evening and so I went out to a concert in the way in which I would ordinarily have gone.

To my horror the next morning I read all the rules and realized I had unwittingly broken one of them, using a ear for pure pleasure, even though I went to a war benefit. Friday evening I dined with a

friend but luckily it was near enough to walk both ways. During the day it was possible to walk to my only other engagements outside the White House. One morning I had promised to speak to a group of young people who are doing salvage work. I also had an appointment out at the naval hospital. Fortunately the two dovetailed very nicely and I think this is the last time I shall have to use a car in Washington for anything aside from taking bags to the station, until the present emergency is over.

As far as food goes, I find the adjustment to those regulations is very easy and I do not think we will have to resort to the substitutes which one of my friends in Great Britain told me about. In spite of the strict rationing, she wrote that she was entertaining some 32 extra persons nearly every week at meals, which required a good deal of planning since there were only three or four ration cards in her family. But she had a cottage with a garden in the country and has been able to bring up from there a variety of vege-

Their growing season is longer than ours, which makes a great difference. Besides she found she could serve as a main dish stuffing, well seasoned with herbs grown in her garden and covered with a rich brown sauce.

TALENT IN ARMY

There is undoubtedly a great deal of talent scattered throughout our armed forces today, but I doubt if any young man in any army wrote as many rhymes and sent them around at Christmas time as did Private Peter McLaren Forin of Buffalo, N. Y., who is in the Canadian army. I think it speaks well for our fighting forces when a private can send General Wavell a Christmas poem and get an answer and that answer also comes back to him in rhyme.

Kathleen Norris Says:

When You Call the Tune

Bell Syndicate-WNU Features.



Helen begged him to help her get a divorce from Harry and legitimize her present position. Dick, newly made a lieutenant commander, would not hear of it. It might break into a scandal that would injure his career.

By KATHLEEN NORRIS

HE story of Helen van Dyne is a most unusual one. Like all the rest of us she has carefully made her own troubles; built herself the cross she has to carry. But in her case it wasn't ignorance, stupidity or mere laziness that some of us can claim as an excuse; Helen deliberately broke the law, and now she has to pay for it.

Eighteen years ago she was a beautiful woman of 22, married to the wrong man. There wasn't any question of his being the wrong man; he did not provide for her, he drank, he annoyed and humiliated her with what seemed actual pleasure, and he openly said he didn't like her. She had been married three years when she met the man who, under happier circumstances, would have been the ideal husband for her.

Dick had everything. Charm, gentleness, manner, intelligence, success. He had been a young naval officer in the last war, but had afterward resumed law studies and was a judge in a remarkably short time. Like every other family, we in | Helen suffered all the agonies of frustrated love for a while and then themselves in a western state and When an occasional old friend enthat she had divorced Harry and married Dick, but as a matter of faith in their mother forever. fact there was no marriage. When asked for it, Harry flatly refused to consent to a divorce, and as Helen had already left him and gone to place herself under Dick's protection, she couldn't with any dignity insist upon it.

Happy Home and Children.

Dick and Helen have a lovely home, friends, a prominent position in the small town where they live. The children go to high school and are preparing for college. Richard Junior happens to be a proud and dignified boy; he has literary ambitions and likes to refer to his ancestry, his good blood, his Americanism. Pamela is frail, fine, sensitive and both are devoted passionately to their parents.

Last February Dick quite suddenly rejoined the navy, and was sent overseas. Helen had little time to argue the situation with him before he left, but she did beg him to help her get a divorce from Harry, and legitimize her present position. Dick, newly made a lieutenant commandbreak into a scandal that would injure his career. Rumors would reach their own town and, above all, it would hurt the children. The only thing to do was to go on as they were, until some day Harry died, when they could quietly be married.

Helen has not heard from Dick since early in September. He is Harry has somewhat improved he missing, perhaps dead, and if he might seriously threaten her peace doesn't come back her affairs will of mind, and betray her to her chilbe hopelessly complicated. For dren. there is a rich old grandmother, as | So that the only thing to do is go proud as Richard Junior, who is presently going to leave a good deal hope that time-time that brings of money to Dick's children. But about so many unexpected solutions Helen is still Harry's wife under the to our human mistakes and problaw. Should Harry turn up he could lems-will offer an opportunity soon-

and agonizes over it. peace of mind for months," she consequences, and it is another to writes. bring up this old trouble; no man | much more complicated.

PAYING THE PIPER The "Helen van Dyne"

this letter called the tune 18 years ago, and now she is protesting against the terrible price she must pay the piper. For he will collect, whether she likes it or not . . . It's easy to say you are willing to take the consequences of an unconventional act. It's not quite so simple as all that, because you can't decide what the consequences are to be and when you are to be confronted with them. Sometimes they threaten the very happiness for which you once risked all.

and woman ever felt themselves so truly man and wife as we did. We never thought of the irregularity of our relationship; we had decided once and for all that ours was a truer marriage than hundreds that are approved every day. I suppose we always intended to straighten it out, but the years went so fast and were so happy that nothing seemed to be missing.

Divorce Too Late. "Now, to go back to the old town, hunt up Harry, and make arrangements for a divorce without the children suspecting that something exshe and Dick left town, established | traordinary was going on, is utterly

> "When Dick and I first decided to take this step 18 years ago," the letter goes on, "we faced the consequences - or thought we did. squarely. We even spoke of a possible child, and I remember saying lets or water-repellent rock wool. that if we had one he or she would be a little gipsy who wouldn't worry about conventional oversights. We lated pipe and sides of the box. felt that we were strong enough to After putting on the cover, you can feast. sponsible, idle, impecunious and improvident man like Harry should have any power over our lives.

"But Dick Junior is NOT an unconventional gipsy type of boy, and my little Pamela is the clinging gentle type, and I don't dare think of what the truth would mean to them. What is the right way out, one that

will save us all?" I'm not answering this letter, because as far as I can see, there is no answer. When and if Dick Senior comes home after months, it floor apartment. Since you insulatmight be possible for Helen to per- ed the roof, the radiators in the upsuade him to make things as right stairs apartment apparently are too er, would not hear of it. It might as they can be made now. If he large. Your heating man may be doesn't come back, perhaps Helen able to rearrange the radiators you could confide in her mother-in-law, already have. ask the old lady to make the children of her son her heirs.

Husband Always a Threat. To find Harry now wouldn't do much good because Helen, even if divorced, couldn't be married to Dick until Dick returns, and unless

on this way for the present, and wreck their lives. Helen knows it | er or later to straighten out all this.

It is one thing to call the tune at garage to make the walls waterproof "I have not had one moment's 22, and feel quite willing to face the "We had drifted along com- pay the piper when he comes around fortably for so long without ever with his bill. Real consequences mason material yards handle this suspecting that anything would have a maddening way of being product. It comes as a powder, to



FIRST-AID AILING HOUSE

by Roger B. Whitman Roger B. Whitman-WNU Features,

You may not be able to replace worn or broken household equipment. This is war. Government priorities come first. So take care of what you have . . . as well as you possibly can. This column by the homeowner's friend tells you how.

HOUSE HUMIDIFIERS CAN BE HAD IN MANY FORMS

THERE are many inquiries on methods for humidifying the air of a house. With radiators, water pans can be set on top or hung to one side; but these are of no great effect because radiators do not become sufficiently hot to vaporize the water in any great amount. A much better type consists of two water pans of the same length as the radiator, made so that there is a space between them. A piece of coarse mesh cloth is placed across the space, with its ends dipping into the two water pans. Water absorbed by the ends is carried through the rest of the cloth, and evaporation is rapid by the passage of hot air through the part of the cloth over the open space. Pans of this design are on general sale. The large electrical companies and heating contractors can supply a humidifying device to be attached to the ceiling of the cellar connected to a register in the floor above. A circulating fan, a water spray connected to the plumbing, and air filter, all under adjustment, will provide the house with the degree of humidification that is required.

Moldy Odor

Question: How can we kill the noldy smell in one of our downstairs rooms, caused by ground being unexcavated under the room?

Answer: The best thing to do yould be to put down a good concrete floor in the cellar and to provide more ventilation. Until you are ready to do this, however, it would help to use one of the blanket types of insulating materials, nailed be tween the floor joists. This kind of nsulation is covered with a waterproof paper and is available in one and two-inch thicknesses. The thicker the better. You also can dry up some of the dampness by using calcium chloride, an inexpensive chemical that has the property of absorbing moisture out of the air. Place several pounds of this in a wire basket, and stand it on a pail to catch the water that will form. Your heating plant should help to dry out the air of the cellar.

Protecting Water Pipe

Question: Last winter the pipe leading from the well into my cellar out of the question. And even if I froze up. The pipe is only two feet prospered. They now have a boy of did, what would it accomplish since below the ground level; but it will 16 and a girl two years younger. Dick is not within reach? The slight- be impossible for me to bury it est suspicion of it would break Pam's deeper. My plan is to dig it up and countered her, Helen always said heart, and shame my proud, hand- put insulation around it. What is some confident boy. They would lose your advice on this?

Answer: First, cover the pipe with in making all the joints of the box watertight by forcing in caulking compound. Then place additional insulation in the box, using mica pel-There should be at least three inches of space to fill in between the insurise above the law, and to us both it waterproof the box by applying two seemed preposterous that an irre- heavy coats of liquid tar or asphalt all over it.

First Floor Is Cold

Question: Since I had the roof of my two-apartment building insu- getting the familated, my tenant on the first floor ly on its way out complains of not getting enough heat. How could I cut down the radiation in the apartmnt on the cake mixtures second floor? The thermostat is on | will speed up the the second floor.

Answer: The answer may be to put smaller radiators in the second-

Oilcloth on Leather

Question: Last summer I put oilcloth covers on my leather diningroom chair seats. Because of warm weather, the oilcloth stuck to the leather. How can I get this off? Washing does not help.

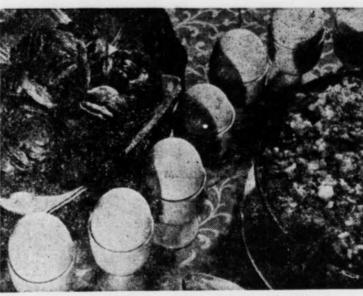
Answer: With a dull knife try to scrape the bits of oilcloth off the leather. Do this carefully and slowly. Another method is to remove the bits by rubbing lightly with very fine steel wool. Polishing with a paste wax may be advisable

Paint for Cement Block

Question: What kind of paint should I use on my cement-block nside and out?

Answer: Use a cement base paint that contains a waterproofer. Most be mixed with water.

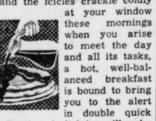




Wake Up and Shine . . . for a Hearty Breakfast! (See Recipes Below)

Winter Breakfasts

Though the wind may howl moanfully and the icicles crackle coldly at your window these mornings



time. Fruit or fruit juice will wake you first, then eggs, hot cereal, rolls or flapjacks will do the rest toward getting you on your way.

Citrus fruit crops are especially good this winter and will be at your breakfast service with all their rich vitamins, minerals and health-giving qualities. Their sparkle and freshness will give you a new start these busy mornings.

Vitamin Cereals.

It's a wonderful idea to follow up the fruit course with one of those quickly prepared hot cereals which are so rich in vitamin B1-that important vitamin you need daily for preventing nervousness, fatigue and restlessness.

There are several ways of doing up the hot cereals. The quick-cooking wheat and oat cereals may be readily prepared along with the rest of breakfast-in just a few minutes' time. If you have a deep-well cooker on an electric range you can place the cereal in glass jars along with dried fruits you are able to obtain, turn on the unit overnight, and have fruit and cereal ready-to-

Don't hesitate at cooking the quick-cooking cereals longer-they are improved in flavor and more palatable if you give them a few

Coddled Eggs.

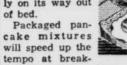
Coddled or soft cooked eggs are made by bringing a sauce pan of water to a good boil. Then turn out the heat transfer into it the eggs with a spoon. Cover and let stand 5 to 10 minutes depending upon the consistency of egg you desire. This a thick felt insulation. Then box it is a good way to fix eggs—you can and blend with 2 cups flour. Beat place them in the water while you're getting the rest of the breakfast.

Change Your Breakfasts. Fried mush is a wonderful breakfast food; serve it with syrup, butter and honey, and even fried apple rings-for a late Sunday morning

Toasted English muffins teamed with poached eggs-and a piece of broiled ham in-

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between will work wonders toward



fast time. Serve them with butter or vitaminized margarine-honey and butter syrup, melted together, or dark corn syrup flavored with a maple extract are all that could be desired, luscious indeed.

No. I haven't forgotten omelets! For a fluffy omelet allow 3 eggs for 2 people. Separate eggs, and beat each separately. Add 1/2 tablespoon cream to yolks, salt and pepper,

Lynn Says:

Saving it Briefly: Saute minced onion and green pepper with leftover meat and enclose in pastry Bake until crisply squares. brown and serve with gravy.

Alternate slices of sauteed eggplant and slices of leftover meat in casserole. Pour over it some tomato soup, sprinkle with grated cheese, heat, and presto! Your main dish is ready!

Boil large onions, scoop out cen ter, fill with hash, and heat, serve

with gravy or tomato sauce. Scoop out centers from potatoes, mash potatoes, mix with ground, leftover meat, refill, heat and bring to the table.

Sliced Oranges Hot Oatmeal Honey Top Milk Coddled Eggs *Butterscotch Pecan Rolls Beverage *Recipe Given

This Week's Breakfast

then fold in stiffly beaten whites. Heat butter in skillet, pour in eggs. cover and cook over low heat until mixture puffs, about 8 minutes. Uncover and finish cooking in slow oven (325 degrees) about 20 minutes. Fold over and serve on warm platter

Omelet Variations. If you have leftover ham, sprinkle

few tablespoons of minced ham over omelet while it is cooking. For a jelly omelet, spread a tablespoon of jelly over surface of omelet before folding it over-after it has

finished cooking completely. For special occasions, spread sauteed chicken livers before folding omelet.

Freshly baked rolls with swirls of brown syrup and whole pecans on top are bound to make your breakfast a real pleasure. Make the rolls in the afternoon-reheat for breakfast, for these won't dry out:

*Butterscotch Pecan Rolls. (Makes 3 dozen) 1 package yeast, compressed or

granular ¼ cup warm water % cup milk, scalded, cooled to lukewarm

1 teaspoon salt 1/2 cup sugar

¼ cup melted shortening 2 eggs, well beaten

About 4 cups sifted all-purpose 1 cup butter, softened

1 cup brown sugar, packed firmly 1 cup pecan meats Pour ¼ cup lukewarm water over yeast, add 1 tablespoon sugar, stir,

let stand about 5 minutes. Dissolve salt and remaining sugar in milk. When lukewarm add yeast very thoroughly. Next, add eggs and shortening. Mix well and beat three minutes. Add remaining flour enough to make a smooth dough. Knead lightly on board about 5 minutes. Use only enough flour to keep dough from sticking. Dough should be kept as soft as possible. Grease

until doubled. To shape: roll dough into oblong pieces until ¼ inch thick. Spread with butter, brown sugar and nuts. Roll as for jelly roll. Cut into 1 to 14-inch slices. Use muffin tins, add 1/2 spoonful of butter, and a few nutmeats to each pan. Place rolls of dough, cut side down on each pan. Let rise again until dou-Bake about 12 to 15 minutes in a hot (400 to 425-degree) oven Remove from pans immediately.

top and let rise until doubled. Fold

dough down again and let rise again

Quick Coffee Cake. 1/4 cup butter 1 cup sugar 1 egg 1% cups flour 21/2 teaspoons baking powder

¼ teaspoon salt

oven 25 to 30 minutes.

1 cup milk

1 teaspoon vanilla Cream butter and sugar. Add egg and beat until light. Add sifted dry ingredients alternately with milk and beat for several minutes. Add vanilla and pour into a greased, shallow pan. Spread with topping and bake in a moderate (350-degree)

Topping. 2 egg whites 1 cup brown sugar Nutmeats

Beat egg whites stiff. Fold in sugar. Spread on batter and sprinkle with chopped nutmeats.

Have you a particular household cooking problem on which you would like expert advice? Write to Miss Lynn Chambers at Western Newspaper Union, 210 South Desplaines Street, Chicago, Illinois, explaining your problem fully to her. Please enclose a stamped, selfaddressed envelope for your reply Released by Western Newspaper Un

THE VITAMINS

Physicians who have followed the history of the vitamins will remember that vitamin C was one of the first vitamins to gain fame as it was

found that scurvy could be prevented by eating foods rich in vitamin C. Later came the very great interest

in vitamin D because it prevented rickets (rachitis) which up to that polish. time had been widespread. Today, fortunately enough, one

Dr. Barton rarely sees a case of misshapen legs in children that is due to rickets. Still later came the knowledge of the benefits derived from vitamin A; infections warded off and night

blindness prevented. Finally came vitamin B, with its family-B1, B2, B complex and others-as a nerve builder, a definite treatment for neuritis, an appetite builder and an aid to various run-

down conditions. Lately we have been reading about vitamin B complex as delaying the onset of fatigue. An interesting experiment on the use of vitamin B complex in the treatment of fatigue is recorded in the Journal of Industrial Hygiene and Toxicology by Drs. E. Simonson, N. Enzer, A. Baer and R. Braun. These physicians put 23 persons to various fatigue tests. First they found what each individual could do in the way of work before he became fatigued; then 12 were given vitamin B complex in tablet form and 11 were giv-

ance containing no vitamin B complex but with the same taste. From the standpoint of fatigue of the muscles those given the vitamin B complex tablets showed no greater improvement than the ones who received no vitamin B complex. However, from the standpoint of fatigue of the nervous system, measured by the flicker light test, considerable difference was shown. Of the 12 given the B complex, 5 required a great deal more time to become tired, 3 showed moderate amount more time and 4 showed no change. In the 11 who received no B complex, there was no change in the amount of time it took to cause tiredness of the nervous sys-

en plain tablets similar in appear-

Exercise Essential For Folks Over 40

Some months ago articles appeared in the medical journals in which two prominent physicians warned those over 40 of the dangers of exercise. They pointed out that after 40, we are on the way down hill and that exercise would be dangerous to heart and blood vessels. Neither the heart nor the blood vessels should be asked to do any unnecessary work, not even "lift a

Most physicians will agree with the idea that strenuous exercise in those at and past middle age is not necessary to maintain health and can do more harm than good.

What is a middle-aged man or woman who walks to his or her employment instead of riding, does the housework, or plays a round of golf a couple of times a week, or takes five minutes' exercise every morning, going to think about this business of "not lifting a finger unnecessarily?"

He or she is going to lift the finger, the erm, the feet, bend the body, walk home hundreds of yards at least daily because they know that as far as they are concerned the exercise they take is necessary

We all have sense enough to know what would happen to our heart muscle our lungs, our muscles, our blood vessels, our digestion, our skin, if we loafed or sat down all the time. Every physician knows that he must not let the middle aged or the elderly loaf or take to bed. They would soon become bedridden. Simple everyday exercise such as

walking, housework, noncompetitive golf, or swimming, stimulates heart action, keeps blood vessels elastic, stimulates flow of blood through all the organs and working processes, maintains the appetite and prevents constipation.

What these physicians who advised "no exercise" are really telling us is that, as we grow older, we must get rid of the idea that we "need" regular strenuous exercise to keep ourselves healthy. This strenuous exercise may lessen our reserve strength.

HEALTH BRIEFS

The term Diabetes Mellitus comes from the Greek words that mean "Passing through of honey."

Diabetes is a condition in which the body cannot make use of all the sugar which enters the bloodstream from digested food. The symptoms are increased thirst and desire for food; loss of weight, weakness, pains in the legs and general irritability. Diabetes can be controlled. Consult your family physician at once by all

radiators; don't put it near open windows; and don't let your house get too dry.

The National Bureau of Standards does not recommend the use of oil paints on concrete, but says that if the concrete is thoroughly dry and remains dry, house paints can be used.

Kerosene will soften shees and boots that have been hardened by water, and will render them pli-

In lieu of anything better, cigarette ashes make a good silver

Cook rice quickly in a quantity of salted boiling water and pour it into a colander. The grains will be tender and whole. But be sure to save the water, to starch any delicate-texture wash goods.

. . . Mice have a great dislike of peppermint. A little oil of peppermint placed round their haunts will soon drive the pests away.



MENTHOLATUM

Few Chinese Words In the Chinese spoken language there are comparatively few words, but each has many differ-

ent meanings.

SAVE MEAT WITH TASTY ALL-BRAN **MEAT PATTIES**

Here's a grand recipe for these times! Delicious, nourishing meat pat-ties—made with KELLOGG'S ALL-BRAN. Makes meat go further. Gives these patties a tempting, crunchy texture—plus all the nutritional benefits of

ALL-BRAN: valuable proteins, carbohy-drates, vitamins and minerals. Try it!

Kellogg's All-Bran Meat Patties 1 egg
2 teaspoons salt
34 teaspoon pepper
1 tup milk
2 tablespoons
minced onion
1 pound
ground beef

Beat egg, add salt, pepper, onion, parsley, milk, catsup and All-Bran. Let soak until most of moisture is taken up. Add beef and mix thoroughly. Bake in hot oven (450° F.) about 20 minutes or broil about 15 minutes. or broil about 15 minutes. Remove meat patties from pan. Add some milk and seasonings to drippings. Thicken slightly to make gravy. Yield: 5 serv-



 Economy rules today, even with the least costly ingredient in your baking recipe...and, Clabber Girl's top quality at low cost joins in the war on waste.

For best baking results, and for real economy, use Clabber Girl exactly as your recipe directs . . . levelling every teaspoonful. You levelling every teaspoonful. You pay less for Clabber Girl's high lity but you use no more. Your grocer wants to help you stretch your food budget . . . He'll not disappoint you when you ask for Clabber Girl.

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