

Washington's 200th Birthday

WE celebrate this month the two hundredth birthday of the Father of Our Country. Two hundred years may seem a long time to an individual, but it is comparatively short when it comes to nations. Two hundred years ago there was no United States.

It was at that time that the blue-eyed, squalling baby who was named George Washington was born. He was a big baby, but probably no better looking than most of his kind. Nobody thought anything special about him—excepting his mother. She knew, of course, that he was going to be the head of something large and important—it turned out to be these United States.

A Naughty Little Boy

George Washington was one of the greatest patriots in all history, and he left behind him the purest name of modern times—but before that he was just a little boy. Cherry tree or no cherry tree, we believe he was truthful, but he tore his clothes and got his hands dirty and the spankings his stern little mother gave him have reached down two hundred years.

Washington was a magnificent character—a calm, audacious general, never crushed by defeat nor elated by success, who led his inexperienced little army through unbelievable difficulties to almost incredible victory. As the president of the feeble little republic which was to become the great United States, he was unfailingly wise and sternly unself-seeking, but with it all he was just a human being with human failings and rather appealing human traits—some of which he inherited from his picturesque though dislaudable mother. Neither of them could ever learn to spell, and both were what amounted to

a veritable passion for dancing. From beneath George Washington's faultless white periwig and sculptured brow looked out a pair of eyes which sparkled with animation at the mention of one of the gay levees which were the mode those days in aristocratic Virginia, and the feet which trod unflinching the ice and snow of



Valley Forge encased in muddy army boots, slipped with alacrity into the buckled pumps of fashion to step with ease and distinction the graceful measures of the minuet and quadrille.

So wouldn't it be most charming and appropriate this month to give a Washington's Birthday Dance? Let us revive as nearly as possible the spirit of the times, gay and witty, but with an underlying decorum.

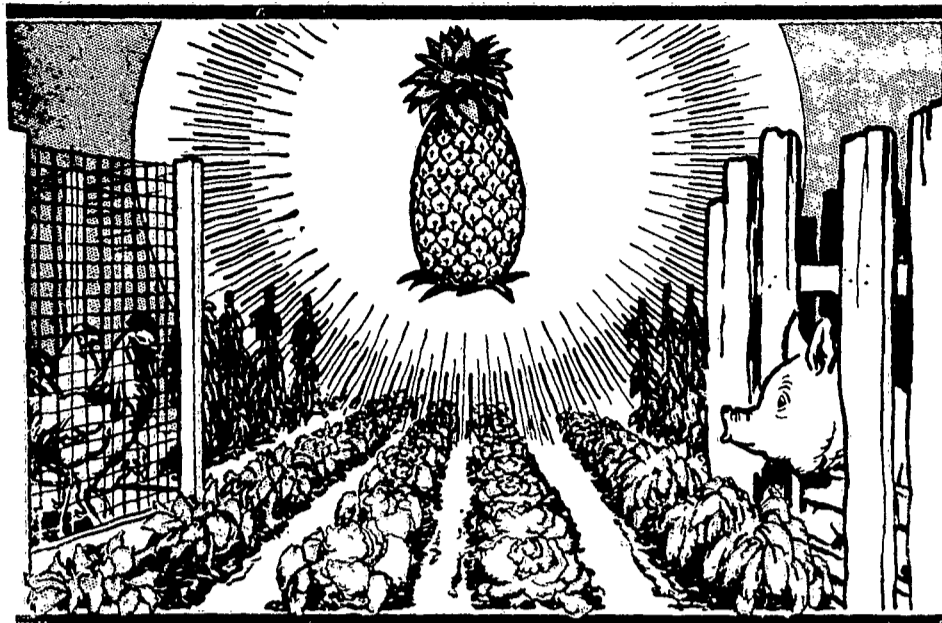
White wigs and spreading gowns should be the order of the evening with the ladies, and cocked hats, stocks and, if possible, buckled shoes, with the men. Costumes and wigs are simply fashioned of crepe paper. The supper, too, should reflect

the spirit of elegance with sparkling glass, white linen and a centerpiece of old-fashioned wax flowers to give a delicate touch of color to the scheme.

THE MENU

- Cream of Mushroom Soup
- Toasted Whole Wheat Fingers
- Lobster Cutlets
- Creamed Peas in Timbale Cases
- Grapefruit Salad
- Iced Fruit Cake
- Coffee
- Washington Punch
- Cream of Mushroom Soup: Drain one eight-ounce can of mushrooms, put through grinder. Cook five minutes in top part of double boiler with one tablespoon water, one tablespoon lemon juice and two teaspoons salt. Make white sauce of two tablespoons butter, four tablespoons flour and three cups milk. Add mushrooms and one cup cream. Keep hot in double boiler.
- Lobster Cutlets: Make thick white sauce of two tablespoons butter, four tablespoons flour, one cup milk, one-half teaspoon salt and one-eighth teaspoon pepper. Add one egg yolk, one teaspoon lemon juice and two cans lobster, minced. Let stand until cold. Shape into cutlets, dip in crumbs, egg and crumbs, fry in deep fat. Serve with tartar sauce. Both recipes serve eight.
- Washington Punch: Drop into one quart water, three-inch piece cinnamon, one teaspoon whole cloves, one teaspoon allspice—boil five minutes. Strain. Add honey to taste, then two cups pineapple syrup (from canned pineapple)—re-heat. Beat eggs well, allowing one-half egg to each glass to be served. Divide the eggs among the glasses, pour hot punch in, stirring well. Serve at once. Makes about one and one-fourth to one and one-half quarts.

A Taste of Sunshine



SUNSHINE is always beneficial. Try to have a taste of it in the foods which you serve these grey, chill winter days.

Sun-ripened pineapple combines extremely well with vegetables, and carries into the combination some of the benefits of that tropical sunshine which people nowadays frequently travel many hundreds of miles to enjoy. Here are two recipes in which it is combined with tomatoes—the most popular canned fruit with a succulent fresh vegetable. Try these out on your kitchen stove.

Sautéed Pineapple and Tomatoes: Drain slices of Hawaiian pineapple. Salt and pepper ripe tomato slices, having the same number of each. Sauté separately in a little hot fat. Lay a tomato on each slice of pineapple, and serve around the meat platter.

Tomatoes Stuffed with Pineapple: Cut the tops off four even sized ripe tomatoes, scoop out, and drain well. To the pulp add the drained contents of an 8-ounce can of crushed pineapple, one small minced onion, two slices of diced and fried bacon, and sufficient crumbs to make the combination the proper consistency for stuffing. Season to taste, refill tomato shells, and top with more crumbs, this time buttered. Bake until soft but not broken. Serves four.

The slices from a No. 2 can of Hawaiian pineapple. To the syrup from the can add three-fourths cup sugar, and boil a minute, then pour over. Bake until all very tender, a golden brown and the syrup thickened. Serves five.

Baked Yams on the Half Shell: Select three large even sized sweet potatoes (yams, if possible) and bake until tender. Cut in halves lengthwise, and scoop out centers. Mash, add four tablespoons butter, four tablespoons heavy cream, four tablespoons brown sugar and the drained contents of an 8-ounce can of crushed pineapple. Season to taste with salt, and beat until fluffy. Refill cases, sprinkle more sugar on top, and dot with butter. Brown in oven. Serves six.

A Tasty Omelet: But vegetables are not the only foods to which a taste of tropical sunshine can be added by means of pineapple. The ubiquitous egg, too, can be made into a unique dish in the following:

Pineapple Omelet: Beat until thick four egg yolks with two teaspoons sugar and one-half teaspoon salt. Add four tablespoons syrup from an 8-ounce can of crushed Hawaiian pineapple. Fold in four stiffly-beaten egg whites. Melt a little butter in a skillet or omelet pan, pour in the mixture. Cook over a low flame until brown on bottom, then place in oven until the mixture is cooked on top. Spread with fruit jam made by cooking together the crushed pineapple, one tablespoon butter and two tablespoons sugar, fold over and onto a hot platter. Serves at once. Serves three.

Meats are made better, too, by means of pineapple, the pineapple being a melon of which helps to digest them. It is mighty good with meat.

Meats Made Digestible

Slices of Baked Ham: Broil a slice of smoked ham, lay on a platter, and spread sparingly with peanut butter. Cut in halves. Slices of Hawaiian pineapple, cut the contents of a No. 2 can, cut two oranges in slices, lay on the ham, and spread with one-half cup brown or light-colored and one-fourth teaspoon salt. Lay on the second slice of ham, and pour around one-half cup of the pineapple syrup and one-half cup cider (or a whole can pineapple syrup, if you have no cider). Bake one hour in a 350° oven, removing cover at end of hour. Serves eight.

Stuffed Meat Loaf: Mix together three-fourths pound chopped meat, three-fourths pound chopped onion, one beaten egg, one-half cup milk, one teaspoon salt and a few grains of pepper. Line bottom and sides of greased loaf pan with mixture. Fill cavity with the stuffing, cover with strips of bacon on top, and bake in a 400° oven for about forty minutes. Serves eight.

Stuffing: Add to one and one-half cups dry crumbs, one-half teaspoon sage, one-half teaspoon thyme, and salt to taste. Add two tablespoons melted butter, and mix in the contents of an 8-ounce can of pineapple syrup and one-half cup of crushed Hawaiian pineapple.

Bran Muffins for Health



By Jane Rogers

EVERYONE likes bran muffins. To the housewife who has tried to make tasty, fluffy bran muffins, the recipe given here will be of unusual interest. Followed carefully, complete success is assured.

And while suggesting this recipe, all those who enjoy bran muffins will be interested also in learning certain facts, recently proven by scientific investigation, which show that this toothsome food at the same time supplies several elements of vital importance to any healthful diet.

Bran has been recognized for a long time as one of the most important sources of cellulose or fiber, the food which keeps some of the principal functions of the body in good working order. Its fibers gently exercise the intestinal muscles.

Just recently, however, much more has been learned of the reasons for bran's unusual value in the diet. It has been shown that, in addition to the protein and minerals in bran there also are def-

inite quantities of the important vitamin "B", which improves the muscular tone. And the high content of iron in bran, it has been proven, is readily assimilated by the blood because of the further presence of copper and other minerals.

But, to get back to this guaranteed recipe:

All-Bran Muffins
Cream 2 tablespoonsful of shortening and ¼ cup of sugar together, add one egg. Mix and sift 1 cup of flour, ½ teaspoon of soda, 1 teaspoon of salt, and 1 teaspoon of baking powder. To the creamed mixture add one cup of all-bran then one cup of sour milk, alternatingly with the sifted dry ingredients. Pour into greased muffin tins, and bake in a moderate oven (375° F.) for twenty minutes. Yield: 12 muffins. If sweet milk is used instead of sour, omit the ½ teaspoon of soda and use three teaspoons of baking powder. Raisins or dates may be added to the muffins if desired.

Children's Crusade in Middle Ages Dwarfed by School Army of Today



CLEAN AND HEALTHY!

If America's army of school children should form a single procession, it would dwarf the Children's Crusade of the Middle Ages into a thin line of dusty stragglers.

More than 21,000,000 children attend the elementary schools, says the American washing machine manufacturers' association. The duration of attendance is constantly lengthening. Ten years ago it averaged completion of the sixth grade. Now the national average is finishing of the seventh. Some states now reach high school in their average, clearly pointing the upward rise.

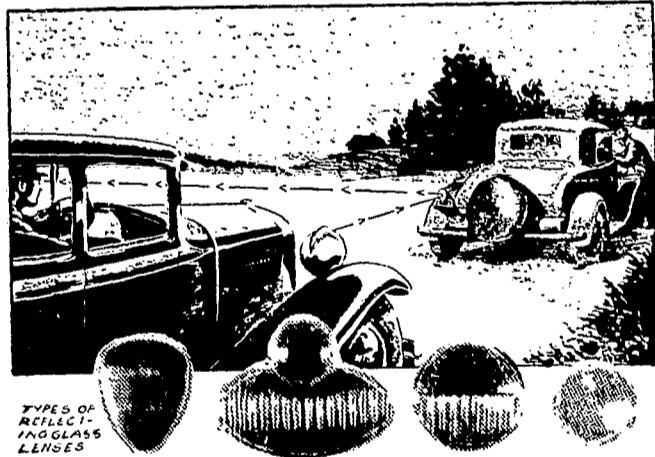
"Mothers, moreover, realize it is important are other factors in preparing their children to fight life's battles, the association comments. They look sharply to health and cleanliness. This has brought greater demand for washers, electrical or gas-engine, to solve the problem of keeping the school child in clean clothes at great money-

saving and without wear and tear on mothers' nerves."

With this rising tide a slow transformation in clothes is noted. Little knitted suits, colored blouses and dainty dresses, cleansed as easily in the washer tub as are all the family's things by the touch of a button, predominate to a greater extent.

Cleanliness, sunshine, fresh air and proper food are fast forcing down the mortality rate among children, with more than 8,000,000 electric washers playing a prominent part in the program, the association says.

New Cars Use Reflecting Warning Glass



By J. EDWARD SCHIPPER
(Member of Society of Automotive Engineers)

A survey of cars exhibited at the National Automobile Show, at New York, made on the opening day by one of the trade paper editors brought to light the fact that more than eighty per cent are equipped with reflex glass in the tail light. This type of reflecting glass has been adopted by practically all of the leading manufacturers because of the need for protecting cars on the highways in case of failure of their own electrical system or when parked with the lights turned out.

On these cars, although the tail light may not be lighted, the new reflex glass covering flashes a warning to approaching drivers by means of reflected lights from the head lamps of oncoming cars.

In adopting these lamps passenger car manufacturers have followed the lead established by truck makers who have used reflex glass for several years and, in fact, more than 20 states now require that all trucks be equipped with reflex reflectors on their rear. It is claimed by safety engineers that in a short time reflex lamps will also be re-

quired by many states for passenger cars as well as trucks.

The new reflectors are a distinct relative of the high powered flashing light used in light houses and invented by Dr. Nils Gustaf Dalen, eminent Swedish engineer. The first use of this principle from an automobile standpoint was in the manufacture of the large red reflector signals which flash a warning on curves and at dangerous spots when illuminated by the headlights of approaching cars. Full credit for this came the adoption of the reflex glass for truck usage and now it is standard on most American cars. The same type of glass is also used as standard warning equipment at crossings and railway crossings, the material being made by Bell, railroad and highway authorities.

An amusing situation at the New York Show and one which has been several times reported by the press, is that of a car which had a reflecting glass in its rearview mirror. The car was in the "show floor" and the reflecting glass was used for illuminating the Grand Central Terminal. A bright glow in the rearview mirror of the car thus equipped.