

COOKING SCHOOL

by FRANCES JANICEK
1110 Third St., La Salle, Ill.WOMEN NEEDED IN HOME NOW
TO BUILD UP FAMILY MORALE

With those choice vegetables that are being raised in the Victory gardens this year, there are many ways of preparing them, to delight the palate of the family. Here are a few of them:

Western Beets

10 to 12 medium beets, $\frac{1}{4}$ cup sugar, 2 tablespoons flour, $\frac{1}{2}$ cup orange juice, 3 tablespoons lemon juice, $\frac{1}{4}$ teaspoon salt, dash of paprika, 2 tablespoons melted butter.

Cook the beets in boiling, salted water until almost tender. Drain, cook and skin. Cut into thin slices. Arrange in buttered baking dish. Mix together the flour, sugar, salt and paprika. Add the orange and lemon juices and blend thoroughly. Pour over beets. Pour the melted butter on top. Cover and bake in a moderate oven 45 to 50 minutes.

Sweet Sour String Beans

1 pound string beans, salt and pepper, $\frac{1}{2}$ cup bean liquid, 2 tablespoons vinegar, 2 tablespoons sugar, 2 teaspoons flour, 2 teaspoons butter.

Wash and pick over the beans and cut into small pieces. Cook until tender in a little salted water. Save $\frac{1}{2}$ cup of the liquid. Mix this with the vinegar and sugar and thicken with the flour, diluted with a little water. Simmer two or three minutes. Add the beans and butter and simmer until thoroughly heated.

Whole Carrots

6 medium sized carrots, or 12 small carrots, $\frac{1}{2}$ teaspoon salt, 3 tablespoons butter, 1 tablespoon lemon juice, 2 tablespoons chopped parsley.

Wash and scrape carrots; cook in boiling, salted water until tender. Drain; serve on hot platter. Melt butter, add lemon juice and parsley. Serve in pitcher to pour over carrots. Garnish platter with cooked baby lima beans.

Carrot Timbales

$\frac{1}{2}$ cup dry bread crumbs, $\frac{1}{2}$ cup milk, 2 tablespoons salad oil, $\frac{1}{2}$ teaspoon sugar, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 tablespoon chopped parsley, 2 well beaten eggs, $1\frac{1}{2}$ cups grated raw carrot.

Cook bread crumbs and milk until thick; add salad oil, sugar, salt, pepper and parsley. Add eggs combined with carrot. Bake in greased custard cups or fluted molds in moderate oven 45 minutes, or until firm. Serve in cups or unmold on platter. Top with hot mayonnaise. Serves 6.

Honey Carrots

10 to 12 small carrots, 3 tablespoons butter, 1 tablespoon brown sugar, 2 tablespoons honey.

Cook carrots in small amount of boiling water, which has been salted, for 15 minutes or until tender. Melt butter, add sugar and honey; add carrots. Cook over low heat, turning until well glazed. Serves 4 to 6.

Friday Casserole

1 can shrimps, 1 can crabmeat, 4 tablespoons butter, 4 tablespoons flour, salt and pepper, 1 tall can Pet milk, $1\frac{1}{2}$ cups water, $1\frac{1}{2}$ cups cooked vegetables, $\frac{1}{2}$ cup grated cheese.

Cut shrimps in halves and flake crabmeat. Make a white sauce of butter, flour, milk and water. Add the vegetables (peas, diced, celery, diced carrots, mushrooms, sliced and sauteed in butter) and season with salt and pepper. Combine with the crab meat and shrimps and turn into casserole or baking dish. Cover with cheese,

Cleveland, O.—Women who from a mistaken patriotic impulse abandon home and family to take jobs in war industry are in reality harming the nation, Miss Mary L. Callan of Denver, Colo., the most recent addition to the Notre Dame College faculty declared.

Miss Callan, who is the retiring president of the National Catholic Conference on Family Life, teaches courses in textiles, home furnishing and the teaching of home economics at Notre Dame. She came to Cleveland after 16 years in the home economics department of St. Mary-of-the-Woods College, Indiana.

"If the nation's family life fails," Miss Callan said, "what have we left? Woman's place, except when economic or similar reasons force her to do otherwise, is in the home where her presence is especially needed at a time like this in building morale in her family and in rearing her children to sound, constructive citizenship."

Don't Need Money

"There are many women today who are entering the industrial field because they feel they are fulfilling a patriotic obligation," Miss Callan explained. "They don't need the money but have a confused feeling that they are not doing enough in the national emergency.

FISHING IS FUN

We went fishing once, but have been spoiled by eccentric we were lucky; the germ per-fished who insist in going fish-lished in our unpiscatorial ing.

FISHING LIAR: A term used by every angler to describe all other anglers, the chief characteristic of a real fisherman being a vivid imagination.

FISHING: A widespread disease, sometimes contagious, for which there is no known cure. It formerly infected only savages, small boys and village loafers; today it attacks presidents, purchasing agents, ministers, judges, doctors and lawyers alike. In some cases the fever can be reduced by placing the patient in the hot sun for several hours.

FISHING CAMP: A place to wear out old clothes, play poker, eat half-cooked food, fight insects and act red-blooded: Liveliest hours are from midnight to daylight. Some very successful fishing trips

LIBERTY LIMERICKS



A go-getting salesman named Bill,
Said—"We've got an order
to fill—
So sign up that pledge,
Buy Bonds—and don't
'hedge.'
We can—and we must—
and we will!"

Help America win the
War. Put 5% of your in-
comes into War Bonds and
Bonds every payday.

and bake in a moderately hot oven for about 20 minutes or until cheese is brown. Will make 5 to 6 servings.

EVERY AMERICAN SHOULD READ THIS

Remember YOU are an American. Remember YOU are a soldier in the "front line" of industry. Remember you are as vital to the security of this nation as any general.

Maintain an eternal vigilance during working hours as to the state of your tools, equipment, and machines, for any sign of breakdown or tampering.

Make an immediate report to your superiors of any act that you consider "suspicious," or detrimental to the plant's production.

Never allow yourself, for personal or other reasons, to point a finger of suspicion at a fellow-employee with a revenge motive.

Be more than willing to cooperate with any suggestions made by your employer for such protective measures as they consider urgent for the plant's protection. (Finger-printing is considered unnecessary and arbitrary by some workers, but anyone who has nothing to hide and is anxious to aid America, should have no objection to submitting to it.)

Don't be offended when plant guards "frisk" you before you enter the plant. This is no condemnation of you personally. You should submit to it with an idea of patriotism. (Many innocent workers carried lethal tubes of nitro-glycerine into plants in their lunch boxes during the last war. When the boxes were opened the innocent workman and his fellow-workers suffered instant death, or crippling injuries.)

Never associate with persons of dubious reputation. This person **might** be working for an enemy agent and even if he is not, suspicion might be cast on you as the result of this association.

If you are in financial trouble, try to iron them out yourself. If you find you can't, seek the advice of someone you can trust. NEVER accept gifts, or gratuities from strangers! You certainly will be indebted to them and they might be hostile agents seeking to win your confidence. Even though you are not responsible for any act of sabotage which might be perpetrated in your plant the fact that you accepted money from an agent might come to light during the subsequent investigation and you'd have a lot of explaining to do.

PLUGS: Imitations of bananas, dill pickles, darning needles, bugs, birds, bees and sundry other fauna. Now manufactured in a wide variety of shapes and sizes, and designed primarily to fool the fisherman and lure a bill from his pocket. There is no authenticated record of their ever having fooled a fish.

ROD: A high class name for any fish-pole costing more than five dollars. Rods are sold by weight; the lighter the rod, the heavier the price.

REEL: A small, compact, efficient looking invention of the devil, designed to snarl any fish-line within an hour, and to fall off the rod during critical moments.

FISH-LINE: An expensive piece of string. All first rate fish-lines are guaranteed by their manufacturers to break at exactly the right time, thereby substantiating alibis about the big one that got away.

WHOPPER: Term used to describe all fish which escape. Synonyms are "whale," "sock-dolager," "granddaddy of 'em all," and "long-as-your-arm."

CREEL: A distinctive item of trout fisherman's uniform; a fragile wicker basket used to secrete a worm can, sandwich es, a clicker, fly-book, etc.; occasionally used to hold small trout.—Selected.

OUR AMERICAN GOVERNMENT

Ed. Note: This document is a revision of Document No. 218, of the House of Representatives, Seventy-seventh Congress, first session. House Document No. 218 was a revision of House Document No. 152, of the same Congress. House Document No. 152 was a revision of 138 questions and answers that were inserted in the Congressional Record September 12, 1940.

More than one million copies of these publications have been printed and distributed. The House of Representatives has, on three different occasions, unanimously passed resolution requesting that these documents be reprinted.

The list of questions and answers was compiled by Congressman Wright Patman of Texas aided by Mr. C. W. Gilbert of the Legislative Reference Service of the Library of Congress. This series is taken from a booklet published by courtesy of Congressman Martin L. Sweeney of Ohio.

What are the salaries of the the Capitol. This was due in Representatives and Senators large part to the difficulty of in Congress?

Representatives and Senators receive the same pay, \$10,000 a year each.

Keep in mind that each soldier in the field must have three workers in the factories and plants behind him. For every worker who shirks his job, that soldier is one-third less effective. When YOU shirk on the job you undermine our national defense.

Don't TALK to strangers! Careless talk may cost lives; walls have ears; gossip and rumors are the tools of the saboteur; telephones are not instruments to be used in dispensing secrets. BEWARE of the inquisitive stranger, particularly the "friendly fellow" who wants to know all about your job. Saboteurs prefer to work through willing, or guileless workers. It removes them from risk of detection and arrest.) Remember: Silence is golden at all times; in an emergency it is more precious than gold.

Watch your physical condition. A sluggish body or mind, might cause you serious injury or death. It might cost the limb, or life of a fellow-employee. It might disrupt plant production. **Don't take chances!** Be alert for the new worker who has not as yet learned the importance of safety and who, through carelessness, may jeopardize the safety of others, as well as the effectiveness of the plant and equipment.

In the push for production, equipment may sometimes be overloaded — fire hazards greatly increased. Promptly report dangerous situations of this sort to your supervisor.

Report immediately any series of minor delays which seem needless, or "suspicious" to you with a view toward localizing the causes and the accessibility of certain persons to the scenes of these delays.

Be alert to the introduction, or substitution of inflammable materials, or liquids into production in place of the safer fluids already in use.

Make it your job to see that all inflammable materials are disposed of properly. (Arson is the chief weapon of the saboteur.) See to it that fire exits, fire escapes, and other exits, and entrances, are kept clear.

If you see a stranger within the confines of the plant who does not seem properly identified, do not hesitate to ask who he is. Check up on him until the proper authorities have assured you his presence is proper.

Keep in mind that the army Hitler and his partners fear most is the army of American workingmen on the march to the plants of this nation. Hitler knows a united America can produce in greater quantities than any other nation on earth—BUT—he knows America **must** be united; have the good will of the nation's workers, to accomplish this gigantic task.

Lastly, be **American**. Be an all-American! We must all pull together regardless of race, creed, or color, or political faith. America **must** produce! America **must** grow strong!

NAMING LIDICE
EXPRESSES SPIRIT
OF AMERICA

Lidice, III.—"The dedication of this town as Lidice, formerly Stern Park Gardens, expressed the spirit of America," Joseph Zalar, supreme secretary of the KSKJ told a throng of 50,000 attending the dedication.

"It shows that in America it makes no difference whether you are Slovak, Irish, German or any other nationality," he said.

President Roosevelt telephoned a message to the assemblage.

Wendell L. Wilkie, 1940 Republican presidential nominee was the principal speaker. Eduard Benes, Czechoslovakian president in exile, cabled a message from London.

BOB IS SAFE

Joliet, Ill.—Pvt. Robert Kosmerl has safely reached his destination overseas, it was revealed last week. Bob, former employee in the KSKJ Home Office and ardent sports fan, can be contacted by writing to:

Pvt. Robt. Kosmerl, A. P. O. 1850, care Postmaster, San Francisco, Calif.



"Junior catches on quick!"



Naši čvrsti borci za domovino!

Brez oklevanja so odšli na bojno polje, da branijo naše meje in da pomagajo Združenim narodom v boju proti diktatorjem, za odrešenje zasužnjenih narodov. Slava jim, tem našim junakom!

Mi pa ki smo ostali doma, storimo vse v svoji moči, da bodo fantje dobili dovolj orožja, dovolj letal, dovolj ladij. Najbolj bomo pomagali s tem, da kupujemo vojne bonde in znamke. To naj bo naša domača fronta.

TO JE APEL NA VSE ČLANSTVO OD GL. ODBORA

Kranjsko-Slovenske Katoliške Jednote

