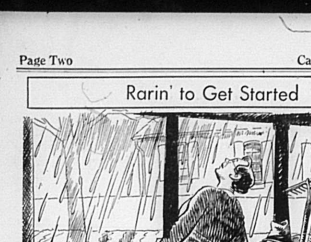
Rarin' to Get Started



(WSU Service)

LOOKING AHEAD

By GEORGE S. BENSON
President, Harding College
Searcy, Arkansas

Field Day

The second paragraph of this article starts off just like the second paragraph of the Declaration of Independence but it does not end the same way. The two sentences do not mean the same thing at all. This one is a parody:

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable rights, that among these are Ease, Security and the enjoyment of Prosperity . . .

The authentic version says "Life, Liberty and the pursuit of Happiness," of course. But in the last **168 years**, such simple privileges **seem to have** lost their popular **appeal. Liberty had glamour back** in 1776 when human freedom was novel, but now it is a worn garment, drab and colorless. The customers want something tailored on more leisurely lines. After all it calls for a certain amount of exertion to pursue anything, even happiness.

The Effort Counts.

Outside my window is the athletic field of a small college. Field Day is soon, and training is in progress. Every few minutes a new group of runners lines up at the starting pole. The gun cracks and all run. In every sense contemplated in the Declaration of Independence, these runners are created equal. Each had an inalienable right to win the prize. But as a matter of fact, only one can win it. Only one will.

Competition, the spirit of contest, makes a good Field Day. Athletes are noticeably keener on it right this Spring, for the obvious reason that war has taken the boys. Last Field Day is not important. Competition breeds training and training makes for development. If all our men were given created equal opportunity every man would be in the running to be fair, there would be no competition, no training, no development.

Like Business

There is no better symbol of Free Enterprise than an athletic Field Day. Our forfathers knew well when they wrote the rules and declared all men equal under the law. Anybody, citizen or alien, is at liberty to pick his favorite activity, for the class in which he belongs and have at it, according to his own capacity. He can win. History has proved that champions are born—luck in advance.

Some athletes are good at only one specific event, are versatile. Sometimes a man of many talents gets two or three ribbons again a specialist excels. But they all try for it. As the result of the competition is a better set of men, better teams, better classes, better schools here and elsewhere — a better nation. Broad-scale progress results from effort, not from prizes.

Open to Any

In business it is much the same story. Nation-wide effort to achieve success accomplishes great things for the whole people. The awards of Free Enterprise are worth having but they are not the main thing. Wealth, prominence, recognition, influence these are the ribbons. They are stimulants, but the competition, but a few winners don't make a nation It is the thoughtful work of many that makes America great.

Every liberty-loving citizen has a duty to keep competition open. Free Enterprise is threatened in many ways by monopolists by those who want very race to end in a draw, the easy and security they seek will not come. But idleness will come and parasite a nation that has set the world's pace for 168 years.

OUR TRAVELING SOLDIERS

(Cincinnati Enquirer)

Much have I traveled In the realms of gold
And many goodly state and kingdoms seen
Round many western islands have I been.

So Keats wrote in that matchless sonnet in which he embodied the tremendous historical error of making stout Cortez instead of Balboa discover the Pacific. Very likely many a college man has repeated these beautiful lines and found new meaning in them—a newer meaning than his classes in English literature also had laid aside his books for an army rifle. Or he may have stayed to fight and die from the oily looked down upon by the cognoscenti. Or it may have been on a ship of war or aground while oceans away. But there great-grandfathers sailed in the Civil War heard the same speech and saw the same sights which were strange, new and wonderful to men 40 different centuries. They have been to where the centuries of history have left their mark; indeed, freedom understated this, for freedom met the beckoning of civilization—Egypt back for at least 70 centuries.

Wherever they go these are to places which are as far removed from American America as it is today from yesterday. Probably they will be just as enthusiastic of war as our fathers are having marvelous experiences. While they are seeing an old world, yet it is new to them. History and geography which once were to them in books, now are living realities. What once were mere names, become actualities. Pre-entity on their northward march they will cross a little stream in Italy called the Rubicon. They will remember that Caesar crossed it and that the Roman Empire began then and there.

And when the boys come home from the four quarters of the globe, they will have had such experiences and such an education in things past and present as no other Americans have had. They will have had an education which books cannot give. To our thinking this will be all to the good.

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Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

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The American Way

AMERICA
NEEDS A MAN
By George Buck

Captain Eddie Rickenbacker, America's Number One Ace of World War 1, and plane-wrecked, rubber-raft survivor of World War 2, has drawn a blue-print of the kind of a man this nation must put into the White House come next January 4th.

We had the pleasure the other evening of hearing him enumerate the fifteen qualifications which the next President must have if this nation is to win the war and what is equally important, win the peace. Captain Eddie has evolved an exacting yardstick but both the Democratic and Republican parties can produce a presidential candidate who measures up to it.

"I wish to make this plain—have no political fish to fry — and only one 'Axis' to grind," he said as a prelude to describing the Man America Needs, whose fifteen specific qualifications he lists as follows:

1. A man who has convictions with courage and character to put them into action.

2. A man who will not cater to or coddle minorities or pressure groups.

3. A man who will think in terms of the welfare of the great American majority.

4. A man who will recommend amending our labor laws to protect the American laborer and women from racketeers and false leadership.

5. A man who will respect States rights.

6. A man who will guarantee to return all delegated wartime power to the elected representatives of the people when the war is over.

7. A man who will surround himself with America's ablest men and women.

8. A man who will eliminate bureaucracy to the minimum.

9. A man who will replace and keep government extenses within in the earning power of the people to pay.

10. A man who will think in terms of labor as First, in order that America will last, as Church, all, Skilled and Whang Kai Shek, think of their souls.

11. A man who will cooperate with other peoples of the world to insure a lasting peace, but not at the expense of the American people alone.

12. A man who believes in free enterprise and our form of government.

13. A man whom the American people can believe after he is elected as well as before.

14. A man who will go to the American people with a promise of legislation for their approval limiting the presidential term to six years, or two terms of four years each — our traditional anti-God-given heritage.

15. A man who will add the Fifty Freedom to the Atlantic Charter—the Freedom of Opportunity. Wit a Fifth Freedom— we are then placing a foundation under the four sides of the Atlantic Charter — permitting it to endure as weather the storms of the ages a have the pyramids that were build ed centuries ago.

We wonder how much the boy on Tarawa are bothered about our post-war program.

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TIDBITS of Kentucky Folklore

By Dr. Gordon Wilson
Western Ky. State Teachers College

The Big World

In my last article I discussed the passing of barriers that no longer cramp us and enlarge us to stay within a very small area. It will be hard to convince the younger generation of the small barriers made so much difference. A good way to see that when our highway systems are based on the old barriers to some extent is to consult a map of Kentucky. Not how easy it is to get from where you live to the county seat, sometimes by a good paved or graveled road, try getting over the county seat by angles to your main road Note how many county seat are on highways radiating like points of a star, while there are a few others elsewhere on the map, merely because, near large towns and cities. Seven to ten such roads are cut making it easy to go from county seat to county seat, sometimes by two equally good roads. To get to a place half as far that is not on one of the main roads, you would have to travel angularly across your county, probably going twice as far as the air-line distance.

Many times in these articles I have referred to sections outside of our immediate range as the "big world." That was literally true to us, who had such slow means of getting around and such meager roads, always hampered by bad weather, streams, mud, du-t, and difficult hills. Do you remember how hard the horses had to labor to get up the hills with a wagon only partly loaded? Some of our hills, not large by any ordinary type of measurement, were so difficult to scale that we always planned to walk up some or all of them. Even when we went in a buggy, we usually let out the children to walk up the Jimmy Stubblefield Hill. And when we ascended to the low plateau of the Jackson Purchase. And in the Bluegrass Lane, out in the Flatwoods, where water could not drain off easily, it was nothing unusual to have the high-wheeled buggies mired down. A few miles like this discouraged all but the most persistent. It can recall many times that we up on the mule back right in a **public road** twice in my life, once **a hillside** and once **in a bottom. When** winter came and brought the muddy days, we just left off going out into the big world, except for dire necessity. That was one reason father's profession always impressed me as a perfect occupation, for he could know no weather and no barriers except for the most formidable. Naturally, sickness was worse in the worst weather, when people got sick from cold and from fatty meat and staying at work in the house of ill ease. But I digress. I was fortunate in my parents and wonderful in that occasion. When I went over to school or to teach, it took the better part of a day to get to the railroad station and a large side of a month's vacation to visit. But there there was — my social life, my world. We never planned to go back, but could not get up enough energy to try the trip Caught out in the big world, they stayed made the best of it, and are now heroes and heroines to their tender-hearted parents, who have never known quite what was meant by the phrase "the big world."

Old-fashioned man who called it a telescope now has a son who refers to it as luggage.

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Of The Moody Bible Institute of Chicago.
Released by Western Newspaper Union.

Lesson for April 16

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SAUL'S EARLY PREACHING

LESSON TEXT: Acts 9:10-20; 11:25, 26.

GOLDEN TEXT: I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth.—Romans 1:16.

"A changed man"—that's about the expression assumes real meaning as it is applied to one who has experienced the redeeming grace of God in Christ. In no such way this was true of Paul, whose transformed life amazed those who knew him before he had met Christ on the Damascus road.

In our lesson we find him in three different cities, serving his new-found Master and Lord.

I. At Damascus—Confounding the Jews (9:10-25).

"Straightway." What a good word to apply to the servant of the Lord! Paul did not hesitate to declare his faith in Christ, as soon as he knew it. One who had redeemed him was worthy of his love and service.

It is the normal and proper expression of Christian faith to give testimony to it. This is not only true of every believer. With Paul it was literally true in that he acted to preach, for God had ordained that he should be the chosen vessel for that purpose (Acts 9:15).

Ananias' hesitancy to accept the message. They were "amazed" at Paul and astonished by the truth he proclaimed, but they rejected both it and him, and sought to escape for his life. But another city must hear his witness, so we find him in

II. At Jerusalem—Disputing With the Grecians (9:26-30).

Knowing his violent persecution of the church, the disciples at Jerusalem were suspicious. Perhaps there was a measure of justification for such an attitude, but one is glad that there was present the generous, open-hearted Barnabas, ready to believe in his fellow-worker in Christ and to sponsor him in the church.

A word of admonition to the church of today is necessary, regarding the making of a new convert or a stranger at home in the fellowship of the saints. There is a need of putting such a one quickly into office or a place of honor, and let him know that he is accepted and believed in, and that give him an opportunity to grow.

Paul's preaching to Jewish this time for two weeks (Gal. 1:18), forced him to flee from Damascus for his leadership. That is just what the young Christian needs, and Barnabas knew it.

He also had something to make room for. He had to overcome the Grecian Jews when they disputed with Stephen (6:9) and stoned him. Paul had served it with and joined them in that execution. Now by the miracle of God's grace he was a changed man and is on the exactly opposite side of the fence, and is now defending and declaring that Jesus is the Christ of whom he had once denied.

They refused to believe that Saul was converted, and that he was a true servant of the Lord was kept by Him, and delivered through the good offices of Christian brethren. How often it is true that the minister whose life is changed by the grace of kindness which delivers him from enemies and dangers.

Paul returned for a time to his home city of Tarsus, but when a need of his services arose he was called out, and we find him—

III. At Antioch—Teaching the Christians (11:25, 26).

Persecution spread the believers abroad (Acts 11:19), and like the scattered brands of a burning fire they carried the flame of Christianity far and wide. Thus the gospel came to Antioch, the third greatest city in the world of that day. A revival broke out, and Barnabas was sent from Jerusalem to be of help.

Good and spiritual man that he was (Acts 19:22, 24), Barnabas did nothing to hinder the work of God, but admonished the people to "cleave unto the Lord," that is, to follow Him closely. Would that all spiritual leaders had such a spirit of such sound judgment.

He was also wise in sensing his need of help. So he went after Paul, the very man to teach these young Christians, and to lead them out into a radiant and abundant Christian life.

Here it was that the beautiful name of "Christian" was first applied to believers. It is believed to have originally been a term of ridicule, but even then it was a testimony, for it declared that these believers were devoted to Christ and concerned only with pleasing and serving Him.

NEWS in the WORLD of RELIGION W.N.U. REID

Designed to call attention to the need for local communities to guard family life and the American home against hazards that seem to mount as the months of war continue, "National Family Week" will be observed in thousands of communities from May 7 to 14 by Jews, Catholics, and Protestants in many towns and cities there will be united services and mass meetings emphasizing the place of religion in the safeguarding of the home and urging parents to see that all children receive religious instruction. Leaders in the movement are Dr. Harry C. Coiro, of the International Council of Religious Education, Chicago; the Rev. Edgar Schmiedeler, of the Catholic Conference on Family Life, Washington, and Rabbi Abram Ospher, of the Synagogue Council of America, New York.

The Rev. Dr. Ralph W. Sockman, radio preacher and professor of Christ- Methodist Church, New York City, has announced as chairman of the inter-faith committee or Protestants, Jews, and Greek Orthodox churchmen formed to support Russian War Relief as "a practical expression of appreciation to a people who have contributed much to a United Nations victory." The committee repre-ents 17 American Jewish organizations that will be urged to participate in sending 3,000,000 household emergency kits to distressed Russian families, and to the reconstructed war areas of Russia Bishop Charles K. Gilbert and Rabbi Israel Gold-tein are vice-chairmen of the committee

The fifteen million or more women employed in war industries every day will not be content to be walled-in workers tomorrow, but will demand their share in the industrial life of post-war America, according to conferees at a recent conference of this subject in New York City under the auspices of the Woman's Society of Christian Service of the Methodist Church The conference was directed by Miss Thelma Stevens of the Church's Department of Christian Social Relations. The Conference found that much the same conditions exist in other nations where women have been called into the war industries. In many cases they are expected to "return to the home." Since the entrance of women into industry is a reality, speakers said, the church must see that adequate provisions are thrown around the women, as regards wages, type of work, pot opportunity to join unions, re-trictions because of color or creed, etc; and at the same time every care must be taken to protect fatherless children and women are by natural guardians.

It is more than a century since any religious group organized a new church in the heart of New York's financial district. That is partly because of the price of land and partly because of the shift of population. Wall Street being a rather barren lane on Sunday. Now the Roman Catholic Church

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Of Interest to Farmers of Nicholas County

Best Kentucky Youth Not Going to Cities

The widespread theory that the most intelligent boys and girls quit the farm for the city receives no support in a survey made by the Kentucky Agricultural Experiment Station. A report on the study says that there need be no fear that loss of bright young people is lowering the general quality of the farm population Kentucky.

It is natural that some Kentucky people move to cities, says the Experiment Station. The population of the United States is constantly being redistributed in relation to jobs and resources. However, there is no reason to think that only the best people leave farms for the cities.

Experiment station figures show that about a third of all Kentucky-born people now live in other states. It is probable that they include a fair sample of all levels of native ability, says the report, but it also is indicated that they include a large share of Educated Kentuckians.

While it is not always the most intelligent farm people who go to the cities, it is the youth of the farm rather than the middle-aged or old people that migrate. Also it is often the individual who has received the most schooling, the report shows.

The Experiment Station studies show that size of family, changes in employment opportunities, and many other factors are as important as intelligence in determining which youth will leave the farm.

Find- Satisfaction in Food Production

That there is real satisfaction in producing food for the family, was expre-sed by Mrs. Henry Lee, Christian county, who last year canned more than 800 jars of fruit, vegetables and meat, in addition to all of four. In addition, root vegetables were stored. Peaches, pears, grapes and berries were grown on the farm, along with garden which provided a variety of vegetables That head lettuce grown from plants and asparagus, are worth while was stated by this homemaker Recently Mrs. Windle canned 200 quarts of beef, which with pork and chicken already put up, will simplify meal preparation in the busy days ahead. Mrs. Win'ee is assisting Home Agent Marc-Ellen Murray in helping farm and rural people of that county to produce and conserve all of the food their families will need.

Gardeners Should Consider Soybeans

One way a gardener can make his time and labor count the most is to plant vegetables which are high in food value. Soybeans are tops in this regard ccmpared to other beans and peas, not nutritionists at the Kentucky College of Agriculture and Home Economics. Recent scientific tests show soybeans to be twice as rich in protein as green peas or lima beans, seven times as rich in fat as limas, and 11 times as rich as green peas. Soybeans are good when eaten green, but also may be prepared as dry beans. Their great advantage to gardeners is that they thrive in the hot, dry weather that only when there are no other beans in the garden.

This Woman Knows About Farm Life

Mrs. Vercil Utterbach of Franklin county, who is working with Home Agent Frances Sayre to assist farm and rural people in preserving their own food supply, knows the problems of the farm. Last year, when her husband was away from home on a defense job, Mrs. Utterbach, with the aid of a 70-year old helper, put 1,000 glass cans, farmed 133 acres. There were crops of hay, corn, wheat and tobacco to care for, besides six cows, pigs, chickens, a garden and a strawberry patch to tend. Mrs. Utterbach reports that she spent approximately two hours of her time on farm jobs. Then she canned around 400 quarts of food, did the housework, took an active part in her homemakers' club and assisted in demonstrating pressure cooker and hot-water-bath canning in different parts of the county. Mrs. Utterbach is a member of the Women's Land Aarmy.

Hemp Seed Pays

Bradley Clark of Jackson county received approximately $600 for hemp seed produced on five and a half acres. Mr. Clark says that, considering the cost of labor required, the crop was the most profitable he ever produced.

SILK STOCKINGS SELL FOR $40

Don't ask where the boys got them or what they are going to do with them but silk stockings sold for $40 a pair and 15-cent lipsticks were auctioned off for $8 to $10 each at a prisoners-of-war fundraising party at a U. S. bomber base in England.

It was one of many "pay day" parties held at American bomber bases over the week-end as a stimulant for getting cash to aid prisoners of war in camps in Germany. The airmen didn't need much encouragement and the total take is expected to run into thousands of dollars.

Recipe of The Week

THE GARDEN
Timely Topics

The weather as this is being written notwithstanding, spring is here and gardens are being started. And, as is the custom, soon the insects will start returning from where they spent their winters.

The first likely will be plant lice on "frostproof" cabbage, but some of these may have come with the plants. This suggests that before any "frostproofs" are set in the garden, their tops be dusted with rotenone or dipped in tobacco "tea" or in Black Leaf 40 solution, to choke off this invasion.

There are, however, Kentuckians who grow cabbage, Irish potatoes, tomatoes, pastor- and cucumbers, will have to battle all available "special" services. Handicapped men will be grateful if friends and families increase the handicaps and accept them at once as useful members of society."

The American Board of Foreign Missions of the Congregational Christian Churches (14 Beacon St., Boston, Mass.) has issued a call for 158 young people, college graduates, to serve for the period of a year at least, as a volunteer for missionary service in Africa, Free China, Ceylon, India, Micronesian Islands, Greece, Turkey, and Mexico. The call is for both men and women and married couples, trained as doctors, nurses, teachers, agricultural-, pastor, religious educators, or social workers.

YOUNG LADIES ARE NEEDED IN INDUSTRY

The Printing Industry standing in the forefront of the Battle for Progress is broadcasting a call for young lady trained workers

Young ladies with a high school education, or its equivalent, soon are needed in this most important and permanent industry. Printing is an art more than a trade, developed to do creative work, stimulating and appealing to advance to a craftsman and increase your earnings.

There are several branches of the printing industry to which young ladies are particularly adapted namely, Hand Composition, Press, Linotype and Intertype, and Proofreading. The fundamentals of these trades may be learned within a rea-onable length of time by an intensive, practical, on course in a printing trade school.

The Southern School of Printing is splendidly equipped to give this training and for over two years, it has successfully trained and placed in the graphic arts publishing industry a large number of young ladies who are making good.

Attractive payment plan for tuition. For complete information and free catalog write the Southern School of Printing, Box 1187, Nashville, (2) Tennessee.

A British newspaper remarked that the U-boat given the world its first "frightful fire fighter."

An analyst is a man who charges for saying what he thinks.

Recipe of The Week

How to get the family members to eat the foods they think they don't like, takes skillful work on the part of every homemaker at some time or other. In peace or wartime, it is necessary to be a camouflage artist. Her secrets include combining foods to make their flavor, adding a stronger flavor to conceal the original, or using varied ways of preparation each time the food is served.

For carrot objectors, food specialists at the Kentucky College of Agriculture and Home Economics suggest a carrot ring with a center of new peas. It will make an attractive dish for the Easter dinner.

- 2 cups Carrot Ring with Peas
- 2 cups cared pulp
- 3 eggs
- 1 teaspoon chopped onion
- 1 teaspoon salt
- 1 cup milk
- 2 cups peas
- 2 tablespoons butter

Cook carrots until tender and press through a sieve, or put raw carrots through the food chopper, cook in a small amount of water and drain. Beat eggs slightly, add pulp and milk, then combine with carrots. Pour into a well-greased ring mold. Set in pan of warm water. Bake in moderate oven, 375 degrees, for 35 minutes. Heat the peas in a saucepan with add butter. Turn carrot mold out on serving plate and fill center with buttered peas. Serve at once.

Easter dinner's filled tomato bouillon, roast leg of lamb, carrot ring with peas, parsley buttered potatoes, gelatine vegetable salad, hot rolls and butter, sponge cake and ice cream.

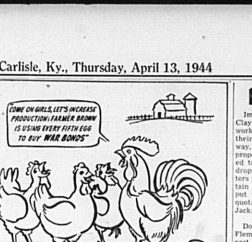
On Kentucky Farms

It is estimated that 25,000 plants of the Tennessee Shipper variety of strawberries can be set out in Marshall county this year.

Approximately $3,000 worth of war bonds were sold by the Waterloo 4-H club in Hart county.

Farmers in Ohio county are using ammonium nitrate as a topping red for an airplane that will soon battle airlon. Highly skilled technicians perform 105 precision operations in reducing the casting blank from its original weight of 72 pounds.

* Buy More War Bonds.



No Thumbs Here

DETROIT, MICH. — The cashier register exactly 18 pounds as Hedda Hopper, inspector at the Graham-Paige Motors plant, here, makes the final tests on a master connecting rod for an airplane that will soon battle airlon. Highly skilled technicians perform 105 precision operations in reducing the casting blank from its original weight of 72 pounds.

He's Heard Daily On "Crossroads"

Jerry Belcher, public events director of WCKY, Cincinnati, is heard every day on the CBS station's "Crossroads" program broadcast daily at 2:30 p. m. from the USO Service Center in Cincinnati's Union Terminal. Belcher interviews members of the armed forces as they enter or leave the city and gives each one a carton of cigarettes with the compliments of WCKY. In the short time the program has been on the air, Belcher has interviewed men from every state in the union and has given away an average of 4,000 cigarettes a week.

Gen. Eisenhower "Reviews" War Dog Hero

"Chips" — famous War Dog Hero being "reviewed" by Generl Eisenhower — will be allowed to keep his decorations, War Department officials have announced, but in the future medals will be awarded at ceremonies "Chips" is to be kept confined for service by Dogs for Defense. These dogs are highly trained for homefront and battle service. Major General Edmund B. Gregory, Army Quartermaster General, recently congratulated owners of dogs supplied for service, and said that advances made with dehydrated dog food have made it possible to preserve dogs without relying on meat, as other foods where quantities are limited. Dehydrated food has also helped in the feeding problem by making it possible to keep dogs in training service, and are proving to be "man's best friend" on the battle-fronts of the world.

NEWS OF KENTUCKY

Impassable dirt roads caused Leonard C. Smith, of Georgetown, deputy state banking director, was temporarily appointed director, succeeding Hiram Willbolt, of Versailles, who resigned.

Five men convicted of participation in an illicit liquor ring in Campbell County were given prison sentences ranging from four to eight years.

The Southeastern Greyhound Lines has sought State permits to operate helicopter lines over thirteen air routes over the state.

Charles W. Trawl, 69, Maysville jeweler for more than thirty-five years, died Friday at his home.

The Kentucky Dental Association, meeting in Louisville last week chose Dr. L. G. Singleton, Bowling Green, as 1945 president-elect and installed Dr. Russell I. Todd, Richmond, as their 1944 president.

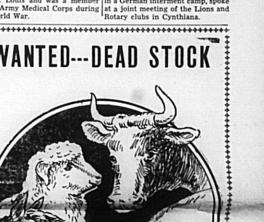
The first WAVE grandmother in Kentucky and possibly the first in the United States enlisted in Lexington last week. She is Mrs. Flossie Summers, 35, from Somerset.

Anna Frances Lyons, two-year-old daughter of Mr. and Mrs. Merrit Lyons, was killed instantly when she was struck by a freight train as she was at work of the Southern depot in Nicholasville.

Dr. Chester Arthur Stebbins, 60, Lexington physician for fourteen years, died at his home there. He formerly practiced in Mephis and St. Louis and was a member of the Army Medical Corps during the World War.

Richard Ammerman, who recently returned to the United States on the Gripsholm after 27 months in a German internment camp, spoke at a joint meeting of the Kiwanis and Rotary clubs in Cynthiana.

WANTED---DEAD STOCK



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WHAT'S WRONG WITH THIS PICTURE?

MATHIAS INSURANCE AGENCY

FROM THREE LAMB CHORS, FIVE TEASPOONS OF FAT

We visited Mrs. A in her three room apartment and found her a conscientious fat-saver who turned in about three pounds a month.

"That's possible," she said, "because I save fat religiously, and drain out the last drops. My husband and I don't like friend foods so I don't re-use much fat, but I can certainly use the extra ration points I get for it as we have only two ration books."

She showed us the meat she had bought for luncheon. Three shoulder lamb chops, already so closely trimmed practically no white was visible beyond the pink meat.

Wise Butcher

"My butcher knows I want meat, not fat, when I buy chops," she explained as she produced them. "So he always trims them closely."

She reached for the frying pan, but we pointed out that she would get more fat from the meat if she broiled the chops. She humored us, saying she preferred them that way.

When the chops had been under the broiler long enough to be nicely brown on each side, the broiler pan yielded 2½ teaspoonfuls of fat, which really surprised us.

Our real chance to demonstrate fat saving came later, however, when she cleared away the dishes. We stopped her just in time to rescue the bones and scraps left on the plates from the garbage pail.

A Surprise Finish

"No, no," we remonstrated, "put those scraps and bones in a frying pan over a low flame for a few minutes and see if you don't extract a little more fat.

"That," she admitted, "is a real surprise. I didn't realize there was fat in those scraps. After this, I'll keep a can on the table and scrape in every bone and scrap left on plates, and melt it down all at once when I'm baking. This will mean even more ration points."