



**RACE TO THE PLANETS**—Most experts are agreed that the first pilotless guided missile will strike the moon within the next 10 years and the first manned moon-rocket probably will follow in the next five years. U. S. and Britain are working to conquer interplanetary space. This artist's conception of the flight appeared in *Mechanix Illustrated Magazine*.

## Your Kitchen Counsellor

by HARRIETT SMITH

Southern California Gas Co. Home Service Representative

### EGGS ALTERNATE FOR MEAT

An egg a day, or at least four or five each week, is an eating "must" for the average individual. That is in addition to the meat, milk and milk products that help supply protein in the diet. Eggs make an excellent alternate for meat in the Lenten menu, or for any other day you omit that favorite food.



When they are used to replace meat in the meal, one should remember that three eggs are needed to furnish the protein equivalent of one good serving of lean meat.

Three eggs at one sitting are too many to digest most of us. However, you'll find tasty dishes that combine eggs and milk or cheese, or both, will be welcome Lenten specials. And when the other foods are included you won't need too many eggs.

**ATTENTION ON THE DINNER**  
Dinners that feature eggs are attended, frequently, because folks miss the texture as well as the flavor of meat. There's nothing like biting into a good piece of meat to make most people happy at meal time.

Maybe that's right. So give a little extra attention to the rest of the dinner. Include other dishes that have a definite texture with the well-seasoned entree made from eggs and we are sure you'll get no complaints.

Baked potatoes, fluffed, and served hot in their jackets will be better than any other style. A crisp-cooked vegetable will be pleasing, too. We like a green one for color.

A crunchy salad made from a mixture of crisp greens, golden shreds of carrots or a blend of fresh fruits and bits of nuts will improve the texture scheme still further. Add a favorite dessert and the meatless meal is a success.

When you use eggs to alternate for meat, you may serve the meal proudly. Take care to make it attractive in texture as well as in flavor and appearance. These Lenten specials will be good.

**STUFFED EGGS AU GRATIN**  
5 hard-cooked eggs  
1/2 tsp. seasoning sauce

1/2 C. butter  
1/4 tsp. prepared mustard  
3 green onions  
4 parsley sprigs  
1 1/2 C. medium white sauce  
Grated cheese

Cut eggs lengthwise. Remove yolks. Mash and blend with seasoning sauce, butter and mustard. Mince onions and parsley. Combine with egg yolks. Stuff egg whites with this mixture, heaping tons generously. Arrange in oiled shallow baking dish. Cover with white sauce and sprinkle with grated cheese. Bake in modern gas range oven at 375° for 20 minutes or until thoroughly heated.

**WHITE SAUCE**  
3 Tbsn. butter  
3 Tbsn. all-purpose flour  
1 1/2 C. milk  
1/2 tsp. salt  
1/4 tsp. pepper

Melt butter. Stir in flour. Gradually add milk and stir until mixture thickens. Continue cooking for 3 minutes, stirring occasionally. Add seasonings.

**CHINESE EGGS**  
1 small onion, chopped  
1 clove garlic  
3 Tbsn. butter  
1 C. whole-kernel corn  
1/2 C. grated American cheese  
1/2 tsp. salt  
1/4 tsp. pepper  
1/2 tsp. paprika  
2 Tbsn. chopped olimentos  
5 eggs slightly beaten

Toast onion and garlic in butter. Remove garlic. Add corn and cheese. Cook slowly for 5 minutes, allowing cheese to melt. Add salt, pepper, paprika and olimentos to eggs. Add to first mixture. Cook slowly until eggs are set. Serve at once with crisp toast.

**EGGS EN JASSEROLE**  
5 or 6 sticks celery  
4 hard-cooked eggs, sliced  
1 1/2 C. medium white sauce  
Seasonings

1 small can mushrooms  
or 1/2 C. sliced ripe olives  
Battered crumbs

Slice celery into 1/2-inch pieces and cook in a small amount of salted water for five minutes. Drain. Place a layer of celery in an oiled casserole. Add a layer of eggs. Pour on half of the well-seasoned white sauce to which the mushrooms or olives have been added. Top with buttered crumbs and repeat the layers. Bake in modern gas range oven at 375° for 25 to 30 minutes.

## Right Guide

This column is designated to give official VA answers to veterans' readjustment problems. Send questions to **RIGHT GUIDE**, 1380 Sepulveda Blvd., Los Angeles 25, California.

Hundreds of totally disabled veterans who, even as far back as August 1, 1941, dropped their National Service Life Insurance policies, may be entitled to waivers of premium; reimbursement for premiums paid if total disability was incurred; and, in some instances, reestablishment of their policies if they apply for waivers on or before August 1, 1947.

Likewise, many beneficiaries of deceased World War II veterans may file claims for veterans before August 1 and be entitled to proceeds of policies they believed lapsed as far back as August 1, 1941.

After August 1, 1947, the time limit for such applications is one year. Many veterans and beneficiaries of deceased veterans with cases more than one year old will sacrifice reimbursement of premiums paid and thousands of dollars in needed proceeds of insurance if applications are not filed with the VA on or before August 1.

To illustrate, a veteran was making regular premium payments on his NSLI when he met with an accident or became sick. He became totally incapacitated for work. With a loss of his income, he was unable to continue insurance payments, and he believed his policy was lapsed. He might have made two or three monthly payments—but that was the best he could do.

It was his understanding he would have to continue paying the premiums for six months before he could apply for a waiver, and if he failed to do this his policy lapsed. Therefore, he and his beneficiary believed his NSLI protection gone.

He is entitled to apply for a waiver on or before August 1, 1947, if his disability were continuous for six months or more. He will be reimbursed for all premiums he paid after his total disability was incurred, and if that disability continued thru to the present time, his insurance will be reestablished also without cost to him.

The same entitlement is extended to the beneficiary of a deceased veteran—if the qualifying circumstances are similar. It is regulation for them and for the disabled veteran mentioned above to be entitled to apply if the cases are no more than one year old.

But a liberalization of this regulation is made until August 1, 1947, to extend the same entitlements to those whose cases are older than one year. Beneficiaries may apply for a waiver of the veteran's insurance and be reimbursed for such premiums he had paid after he became totally disabled, and if that disability were continuous to the date of his death they may also apply for the proceeds of his insurance.

A recent survey made in a VA hospital revealed that only half of the members of the staff and hospitalized veterans interviewed had indicated the manner in which they wished their beneficiary paid. A large number said that they wanted their beneficiary paid in cash should anything happen to them but they did not know that they must make a written request for this type of payment.

Others interviewed, some who have been married twice, have not changed their beneficiary

## STATE FAIR BEAR HAPPY AGAIN



The California State Fair resumes in Sacramento August 28 through September 7 and that's why the dancing bear, symbol of the 1947 fair, is in a gay mood. Marilyn Langdon's paint brush puts the finishing touch on the Bruin who'll be used to advertise the 88th exposition from one end of the state to the other.

## Greater Earning Power Estimated

A survey of vital interest to every high school graduate has recently been completed by the United States Army Recruiting Service which has placed a definite dollar and cents value of the type of educational training which enlistment offers.

The survey estimates that the youth who takes advantage of continued opportunities for schooling after graduation will on the average earn \$40,000 more during his lifetime than the classmate who takes no further courses.

"The high school graduate who enlists in the Army," Col. M. L. McCreary, chief of recruiting, Sixth Army Area, pointed out, "has the opportunity to acquire high technical skill in a wide variety of crafts. Thus he prepares himself for this higher bracket income whether he makes the Army his career, or from those indicated on their original policies."

The same sentiment is now a VA contact representative now may save embarrassment for a beneficiary later.

later returns to civilian life. And at the same time he earns at a minimum the equivalent of \$211.46 civilian pay per month.

"Even if the graduate is in a financial condition to continue on to college there are definite advantages to be derived from enlistment now," Col. McCreary emphasized. "Not only will he be better equipped for college by Army training but, in all probability, he will find college campuses less crowded when his enlistment period is over."

Col. McCreary warned, however, that requirements for enlistment in the new Regular Army were constantly becoming more stringent as quotas are filled and urged all those interested in the educational benefits offered to get in touch with their nearest recruiting office without delay.

### JADE MUSIC

Suitably cut jade possesses the property of emitting a very clear musical tone when struck, and of maintaining the vibration for a comparatively long time, according to the Encyclopaedia Britannica.

STAR GAZER		
By CLAY R. POLLAN		
<b>ARIES</b> Mar. 22 Apr. 20	To develop message for Tuesday, read words corresponding to numbers of your Zodiac birth sign.	<b>LIBRA</b> Sept. 23 Oct. 23
1 He 2 Good 3 Make 4 New 5 Plans 6 Smart 7 Sociability 8 Luck 9 Negative 10 Pop 11 Gain 12 Gain	49 Upon 41 To 42 Think 43 And 44 People 45 Let 46 Do 47 Before 48 Those 49 Be 50 Do 51 Sleeping 52 Friends 53 New 54 Plans 55 You 56 You 57 Sell 58 59 Silent 60 You 61 Avoid 62 Constructive 63 Changes 64 Money 65 Featious 66 Ideas 67 Matters 68 69 Into 70 Favored 71 Friends 72 Planning 73 Plans 74 Travel 75 Plans 76 Lie 77 Out 78 New	13-25-35-41-64-67 SCORPIO Oct. 24 Nov. 22 42-47-59-55-61-63 SAGITTARIUS Nov. 23 Dec. 22 1-6-45-48-51-70-76 CAPRICORN Dec. 23 Jan. 20 4-5-7-14-17-24-31 AQUARIUS Jan. 21 Feb. 19 22-23-39-46-53-66-73 PISCES Feb. 20 Mar. 21 2-8-12-16-40-60
<b>TAURUS</b> Apr. 21 May 21	1 He 2 Good 3 Make 4 New 5 Plans 6 Smart 7 Sociability 8 Luck 9 Negative 10 Pop 11 Gain 12 Gain	
<b>GEMINI</b> May 22 June 22	1 He 2 Good 3 Make 4 New 5 Plans 6 Smart 7 Sociability 8 Luck 9 Negative 10 Pop 11 Gain 12 Gain	
<b>CANCER</b> June 23 July 23	1 He 2 Good 3 Make 4 New 5 Plans 6 Smart 7 Sociability 8 Luck 9 Negative 10 Pop 11 Gain 12 Gain	
<b>LEO</b> July 24 Aug. 23	1 He 2 Good 3 Make 4 New 5 Plans 6 Smart 7 Sociability 8 Luck 9 Negative 10 Pop 11 Gain 12 Gain	
<b>VIRGO</b> Aug. 24 Sept. 22	1 He 2 Good 3 Make 4 New 5 Plans 6 Smart 7 Sociability 8 Luck 9 Negative 10 Pop 11 Gain 12 Gain	

## Order Governing Wages For Minors And Women Out

Paul Scharranberg, director of the department of industrial relations, announces that the Industrial Welfare commission of the State of California has enacted ten new industrial orders governing the employment of women and minors, which became effective on June 1, 1947. The industries covered are:

- Manufacturing industry.
- Personal service industry.
- Canning and preserving industries.
- Public housekeeping industry.
- Mercantile industry.
- Transportation industries.
- Professional, technical, clerical and similar occupations.
- Laundry, dry cleaning and dyeing industry.

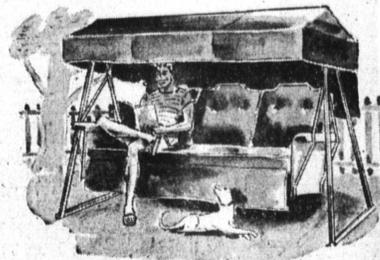
Industries handling farm products after harvest. Amusement industry. The new orders fix a minimum wage of 65 cents an hour. The orders also provide for a penalty rate of 65 cents a day for women and minors working on split shifts and six hours which may be worked and standard working conditions. The latter includes a 10-minute paid rest period for every four hours worked by all women employees.

Six suits had been filed in the Supreme Court of the State of California by employers seeking to set aside the orders on the ground they had not been properly enacted. On June 16 the Supreme court denied the request of the petitioners for writs to enjoin enforcement of the orders.

The Division of Industrial Welfare, 515 Van Ness avenue, San Francisco, is the state agency charged with enforcement of the revised orders and employers must adjust their payrolls from June 1, 1947 to meet the requirements of the new orders.

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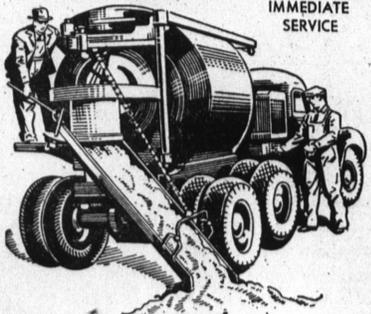
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