

Lack of Breakfast May Be "Inside Story"

Everyone has an "inside story." A cheerful, smiling person reflects a good inside story, while a grouchy, bad-tempered soul indicates neglect of the inner man. Food has a great deal to do with our moods and how we meet the problems of the day. A well-fed person is much more often happy and cheerful and better able to meet the day's problems than one who skips breakfast, eats a hasty, meager lunch, then overloads at dinner.

Breakfast should provide a third of the day's food needs. It isn't easy to pick them up at lunch or dinner, in fact, nutrition scientists say it is impossible to make up at lunch or dinner what you didn't eat at breakfast.

To start each day right, follow a simple breakfast plan such as this one:

- Fruit
- Cereal or Egg or both
- Bread and Butter
- Coffee
- Milk

APPLE-MINCEMEAT SQUARES

How about trying this simple dessert for dinner tonight? Spread canned mincemeat on the bottom of a baking dish and arrange canned sliced apples on top. Mix a half cup of flour with a fourth cup of sugar and cut in a fourth cup of butter or margarine. Sprinkle it over the apples and bake in a moderate oven until the top is lightly browned. Serve it hot, cut in squares, either plain or with a not-to-sweet sauce.

S & H GREEN STAMPS on watch repairing at SKEIE'S.

This menu can be varied in many ways but if you follow it regularly you'll find that you look better, feel better and work better.

Children need a glass of milk at breakfast and should have one. But adults too, need at least a pint of milk a day. A glass of milk at breakfast not only adds substance and satisfaction to the meal but aids in the assimilation of all protein foods eaten during the day.

Creamy Scrambled Eggs

Combine six beaten eggs, 1/4 cup rich milk or light cream, 1 teaspoon salt, 1/4 teaspoon pepper and 1/4 teaspoon Worcestershire sauce. Cook in double boiler until just set, stirring frequently. Serve immediately. Serves 4.

Breakfast Muffins

2 1/2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
3 tablespoons sugar
1/2 cup butter
1 egg, beaten
1 1/4 cups milk
1/2 cup chopped nuts, dates or raisins

Sift flour, measure; add baking powder, salt and sugar and sift again. Cut in butter with a pastry blender or two knives until mixture is as fine as meal. Add nuts or dates or raisins. Combine milk and egg and add to dry ingredients. Stir until flour is moistened. Fill well-greased muffin pans two-thirds full and bake in hot oven, 425 degrees F., for 15 to 25 min. depending on size. Makes 12 large, 16 medium or 24 small muffins.



PORK CHOPS get a special reception when they're cooked in rosy-red tomato soup. Perch a slice of onion atop each chop as it cooks.

Pork for a Party—or Anytime Fix Chops in Grand Manner

First choice from the meager meat counter these days is very often pork. It's cost is reasonable, and it suits the fancy of most everyone.

When it comes to pork, you can't find a better bet than chops. They're fine to serve to the home-folks or to star at a party. Here's one way to fix them in a grand manner. Cook the chops in a

heavenly rich sauce of tomato soup. Crown each with a round of onion, a ring of green pepper also if desired.

PRIZE PORK CHOPS

6 pork chops
1 tablespoon shortening
Dash of black pepper
6 slices onion
6 green pepper rings (optional)
1 can (1 1/4 cups) condensed tomato soup

Brown chops in shortening in a heavy skillet; sprinkle with pepper. Place an onion slice and pepper ring on each chop; pour soup over all. Cover and simmer about one hour. Makes six servings.

LIMA-CELERY SCALLOPS

2 cups lima beans
2 cups diced celery
4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
2 1/2 cups milk
1 cup grated American cheese
1/2 cup buttered crumbs

Cook lima beans in tightly covered saucepan in 1 inch boiling, salted water about 15 to 20 minutes, until tender; drain. Cook celery (same method as given for beans) about 15 minutes, drain. Melt butter in saucepan; add flour and seasonings and blend. Add milk and cook until mixture boils and thickens, stirring constantly. Stir in grated cheese. Arrange vegetables in layers with sauce in a buttered 1 1/2-quart casserole. Top with buttered crumbs. Heat in a moderate oven, 350° F., until crumbs are lightly browned, about 15 to 20 minutes. Serves 6.

SALMON RAREBIT

Working girls who must keep quick-dish-ideas in mind will find Salmon Rarebit a "topper" for the list. Add grated mild cheese to a can of condensed cream of mushroom soup. Add a can of salmon with the liquid and oil and heat it, stirring gently once or twice. Season with salt and pepper and serve on hot biscuits, toast or cooked rice. Keep the mixture hot in your chafing dish, if you're the lucky owner of one.

A sweet potato topping tastes good over casserole of creamed vegetables; mash boiled sweet potatoes with hot milk, melted butter or margarine, and an egg.

Travelers Like Vichyssoise At N. Y. Hotel

International travelers who like to vie with one another on their superior knowledge of food, claim that the vichyssoise cream soup at the Park Lane Hotel in New York, is one of the finest in the world. Louis Lau, famous chef at the Park Lane, thinks that every housewife should know the secret of a good vichyssoise. It will keep for several days in the refrigerator and is the perfect "glamour" soup for spring and summer meals. And of course, for formal party dinners, nothing starts the meal off with quite such elegance as this great French invention. Here is the inside story on how Louis Lau makes his vichyssoise.

Cream Vichyssoise Soup

6 white leeks
1 medium Spanish onion
2 ounces of sweet butter
6 medium sized Maine potatoes
1 qt. of water or chicken broth
1 tablespoon of salt
2 cups of milk
2 cups of medium cream
1 cup of heavy cream

Chop the leeks and the onion very fine. Brown very lightly in butter. Add thinly sliced potatoes. Then add water or broth and salt. Boil for 40 to 45 minutes. Crush and run mixture through a fine strainer. Return to flame and add 2 cups of milk and 2 cups of medium cream. Bring to a boil. Cool and rub through a fine strainer once more. When soup is cold add the heavy cream and chill thoroughly before serving. Finely chopped chives may be sprinkled on top of the soup before serving. Serves 8.

Home Dress Shop Opens

ELMIRA—A new business was introduced to Elmira ladies last week, when Mrs. Leonard Rust opened her Home Dress Shop with a party and preview of spring fashions.

Four nationally known lines, Fashion Frocks, Harford, Melville, and Sun West Fashions, will be on display in her home. Included in

the lines are children's and men's clothing; women's, misses and junior styles in lingerie, hosiery, sport and dress clothes in regular and half sizes.

Appointments to see the clothes may be made by calling 2898 Veneta. The Rust home is located approximately 3/4 mile west of the schools on Warthen Road.

SHISLER'S FOOD MARKET

Groceries — Fresh Produce — Meats
Mixers — Beverages — Magazines — Ice Cream

OPEN FROM 9 A.M. DAILY & SUNDAYS TILL 11:00 P.M.
13th at High St. Dial 4-1342

Health Is Wealth and Sickness Is Poverty

If you suffer with colds, lumbago, rheumatism, neuritis, arthritis, or any other aches and pains that may be due to poor blood circulation in general or local places, I have the answer to offer you to help relieve your aches and pains without any drug or medicine.

(With knowing how!)
Having 35 years of experience (the best teacher of all) in Physiotherapy and Massage plus study at various drugless healing schools in the U.S.A. and Europe, I feel sure capable of giving you the best of care according to your individual case. I administer effective and intelligent treatment by massage and hydro-electric therapy (steam and nets) — also — Physiotherapy prescribed to patients from medical doctors.

FOR BETTER HEALTH — TAKE BEST STEAM CABINET AND MASSAGE REGULATORS
STATE LICENSED, REGISTERED MEDICAL MASSEUR

VICTOR F. SVOBODA

610 Willamette St. Hampton Building
Member of Oregon State Medical Masseurs Assoc. Phone 5-XXXX

SAVE 10¢ with COUPON
On Page 21

15¢ lb.

At Your Favorite Irish & Swartz Store

For the Greatest Food values in Lane Co. see our two page anniversary ad—Main News Section pages 10 & 11

IRISH & SWARTZ

Shopping Centers

PRODUCER'S PUBLIC MARKET

FROM LANE COUNTY FARMS — TO YOU

Good Values On Quality Merchandise—Two Parking Lots Nearby

Cliff Johnson

Your Friendly Blind Merchant

Clearance Dutch Boy PAINT

We are Closing our our entire stock of Dutch Boy Wholesale Price or Below

CARTER'S STALL 86

DRIED PRUNES
Walnuts - Filberts
Black Walnuts
Comb and Extracted Honey
Fresh Vegetables

S & H GREEN STAMPS GIVEN ON ALL PURCHASES

LINDLEY'S FLOWER SHOP PH. 5-6322

STRETCH YOUR BUDGET DOLLARS WITH THESE

MEATS

at Jack's Market

— PUBLIC MARKET — PHONE 4-4043 —

TOM'S POULTRY and DELICATESSEN STORE

FARM FRESH POULTRY

PHONE 4-1112

• WE HAVE MOVED TO BACK OF MARKET. •

Try Our: Fresh Ranch Eggs, Red Fryers (Fan Ready), Colored Young Hens

PUBLIC MARKET . . . BROADWAY & CHARNELTON

PICNICS TENDERIZED SHORT SHANK Lb. 39¢

CHICKENS FRESHLY DRESSED—LOCAL BIRDS Lb. 39¢

SL. BACON SUGAR CURED Lb. 39¢

Peoples Market

THE NEW OWNERS WANT YOU TO COME IN—GET ACQUAINTED
"Quality Meat at Fair Prices Always"

U.S. GOOD MUTTON HALF or WHOLE Lb. 39¢

SHOULDER ROAST lb. 39¢

LEGS, half or whole lb. 49¢

LOIN CHOPS lb. 49¢

FRESH KILLED Fryers Lb. 37¢

BACON JOWLS and HAM HOCKS Lb. 25¢

SWIFT'S Bacon Ends Lb. 25¢

LEAN Pork Chops Lb. 59¢

SEA FOODS FOR DELICIOUS MEALS

FRESH - FROZEN - CANNED SMOKED - SALTED FISH OF ALL KINDS
NEWMAN'S FISH MARKET

COUNTRY STYLE SAUSAGE Lb. 39¢

REAL TASTY—LARGE WIENERS Lb. 25¢

PLEASANT HILL FARMS
Public Market—Stall No. 70 and 80 Phone 7-XXXX

★ EXTRA SPECIAL ★

★ TURKEY HENS (10-12 lb. Aver.) Grade A Lb. 55¢ Grade B Lb. 49¢

★ TURKEY STEAKS ★ TURKEY LOAFS ★ FARM FRESH EGGS

★ FRUITS and VEGETABLES

"I CANNOT TELL A LIE"

CROWN FLOUR

MAKES THE PERFECT CRUST FOR EVERY CHERRY PIE

It's cherry pie time!...and Mrs. John Snider, Crown's cook-of-the-month from Medford, says, "Baking for my family is a pleasure, thanks to Crown Flour."

The best cooks in town use Crown — Crown unbleached Flour . . . the only unbleached all-purpose flour milled in the West.

CROWN UNBLEACHED FLOUR

CROWN'S COOK-OF-THE-MONTH
MRS. JOHN W. SNIDER
Medford, Oregon

LATTICE-TOP CHERRY PIE

PIE CRUST:
Mix together: 2 1/2 cups sifted Crown Flour, 1/4 teaspoon salt, 3/4 cup cold shortening. Cut in: 1/2 cup cold shortening.

Add a few drops at a time, mixing lightly with fork, 4 or 5 tablespoons ice water.

Toss with fork until particles are slightly moistened. Press into a ball. Divide in half. Roll on lightly floured board to 1/8-inch thickness. Place in 9-inch tin. Add cherry mixture. Put top crust on pie. Place in very hot oven (450° F.) for 15 minutes, then reduce heat to moderate (350° F.) and bake about 30 minutes.

CHERRY MIXTURE:
1 1/2 cups drained canned fruit, 1/2 cup fruit juice, 3 tablespoons Crown Flour. Sugar if desired, 1/4 teaspoon salt.

For other Cook-of-the-month recipes, write Celia Lee, Crown's home economist, c/o Crown Mills, Portland, Ore.