

EGGING YOU ON WITH OMELETS

One of the chief complaints of the American traveler in foreign countries is on the complete absence of eggs, as such. It is possible to get dishes with eggs in them, yes. But rarely do you encounter the good old Yankee combination of ham and eggs, eggs and bacon, or just plain eggs. We eat millions of 'em—in fact, it would keep one healthy, active hen busy most of the days in the year to supply the 22.3 dozen eggs that Mr. Average American eats annually.

The country is fussy about its eggs, too. In New York, the demand is for white eggs; in and around Boston, the natives won't eat anything but brown ones. (Seems fair enough.) Now we hear, eggs are being trademarked, America's passion for branded goods has finally invaded the barnyard. Eggs are being rubber stamped with the name of a certain poultry feed, to indicate that the hen's diet has been strictly up to scratch.

But "eggs is eggs" and most of us like them both plain and fancy. If you want to vary the breakfast theme song once in a while, try Omelet Royale—it's a thrifty four-egg omelet that feeds six people with man-sized appetites:

OMELET ROYALE
 4 eggs
 1/2 cup hot milk
 12 butter crackers, rolled fine
 4 tablespoons butter
 salt and pepper
 1 cup hot creamed chicken
 1 finely minced green pepper
 Separate eggs and beat yolks until lemon-colored. Pour hot milk over crumbled crackers and 2 tablespoons butter, and beat until of the consistency of white sauce. Blend with egg yolks and season. Beat egg whites until stiff and fold into the yolk mixture. Melt remaining butter in heavy frying pan and pour the omelet into it. Cook covered, over very low flame until barely set. When of custard consistency, spread with chicken and green pepper, and fold one-half of the omelet over the other half. Transfer to a hot platter and serve at once.

And now we present Ham and Eggs au Gratin—a dish that gets more than one egg-calls.

HAM AND EGGS AU GRATIN
 4 tablespoons butter
 10 crackers, rolled fine
 2 cups milk
 2-3 cup American cheese, grated
 6 sliced cooked ham
 6 poached eggs
 Melt 4-5 of the butter. Stir in 4-5 of the finely rolled crackers and combine with hot milk, heating until smooth. Add half the amount of cheese, and season. Put slices of ham in large baking pan, place one egg on each slice, and cover with cracker-milk mixture. Sprinkle with remaining cracker crumbs and cheese; dot with remaining butter and bake 20 minutes in hot oven (450 F.).

By MRS. ALEXANDER GEORGE
CORN BREAD, QUICKLY MADE
 A MENU FOR DINNER
 Spanish Steak Potato Cakes
 Buttered Turnips
 Corn Bread Butter
 Lettuce French Dressing
 Date Pie Whipped Cream
 Coffee

SPANISH STEAK
 2 pounds round steak
 4 tablespoons fat
 4 tablespoons chopped onions
 4 tablespoons chopped green peppers
 1 teaspoon salt
 4 tablespoons flour
 1/2 teaspoon paprika
 2 cups tomatoes

Have steak cut about 2-3 inch thick. Pound well on both sides. Heat fat in frying pan. Add and quickly brown steak. Add onions, peppers and celery. Cook 3 minutes. Sprinkle with flour and mix well. Add rest of ingredients. Cover and cook very slowly for 1 1/2 hours. Turn meat several times during cooking to allow even browning.

POTATO CAKES
 (Uses Leftover Mashed Potatoes)
 1 cup
 1/2 teaspoon salt
 1/2 teaspoon paprika
 4 tablespoons flour
 4 tablespoons fat

Mix potatoes, egg, salt and paprika. Shape into 6 cakes and roll in flour. Heat fat in frying pan. Add cakes and cover. Cook 5 minutes over moderate fire. Use spatula and carefully turn and brown other sides. Leftover mashed sweet potatoes may be prepared same way as white potatoes.

CORN BREAD
 2-3 cup cornmeal
 1-3 cups flour
 4 teaspoons baking powder
 1/4-1/2 teaspoon salt
 4 tablespoons sugar
 1 egg
 1 cup milk
 2 tablespoons fat, melted
 Mix ingredients and beat 3 minutes. Pour into shallow, greased pan. Bake 20 minutes in moderately slow oven. Serve warm.

REFRESHMENTS FOR SIX
 Crabmeat a la King
 Jellyed Fruit Salad
 Bread and Butter Sandwiches
 Coffee
 Spice Nut Cookies

CRABMEAT A LA KING
 6 pieces hot buttered toast
 8 tablespoons butter
 8 tablespoons flour
 2 cups milk
 1/4 cup crabmeat
 1/2 cup chopped cooked celery
 1/2 cup chopped pimientos
 2 eggs, beaten
 1/2 teaspoon salt
 1/2 teaspoon paprika

Melt butter and add flour. When blended, add milk and cook slowly until creamy sauce forms. Stir constantly. Add crabmeat and seasonings and cook 2 minutes. Add eggs and cook one minute, stirring constantly. Pour over toast and serve at once.

JELLYED FRUIT SALAD
 1 package lemon flavored gelatin mixture
 1-2 cups boiling water
 1/2 cup lemon juice
 3 tablespoons sugar
 1-2 teaspoon salt
 1 cup seeded white grapes
 1 cup diced pineapple
 1/2 cup seeded white cherries
 1/2 cup red cherries

Pour water over gelatin mixture and stir until dissolved. Add lemon juice and sugar. Cool and allow to thicken a little. Add rest of ingredients. Pour into glass mold and chill until stiff. Cut in squares and serve on lettuce. Top with salad dressing.

SPICE-NUT COOKIES
 (Ice Box Kind)
 1 cup fat
 2 cups brown sugar
 2 eggs
 2 tablespoons cream
 1 teaspoon vanilla
 1/2 teaspoon salt
 2 teaspoons cinnamon
 1 teaspoon cloves
 1 teaspoon nutmeg
 1 egg chopped nuts

A Smart Model In Beige Plaid



The high necked brown wool blouse gives 1934 chic to this brown and beige plaid wool suit designed by Molyneux. It is worn with a brown felt Robin Hood hat finished with a long brown feather.

4 1/2 cups flour
 2 teaspoons soda
 Cream the fat and sugar. Add eggs and cream and beat 2 minutes. Add rest of ingredients and mix well. Press dough into greased loaf pan. Chill 12 hours or longer. Unmold, use very sharp knife and cut off thin slices. Place 3 inches apart on greased baking sheets and bake 12 minutes in moderate oven.

culture of geranium plants. Each fall he hangs the plant, which he purchased four years ago, upside down in the basement to dry. In the spring he re-plants it in rich soil, feeds it plenty of water, and cares for it tenderly. This spring the plant had 99 blooms.

MENU CONTAINS CHEAP DISHES

It's a great mistake to economize on food so hard that your family is undernourished. But when you can serve six people a dinner like the following for only \$1.50—25 cents per person—it's well worth doing—and eating. Try it out yourself, in your own neighborhood, and see if these prices are not approximately right. They may vary a few cents in some localities, but they give a fairly accurate average for the whole country. Here's the menu and prices:
 Ice Tomato and Clam Juice 15c
 Broiled Lamb Chops with Fried Bananas 52c
 Buttered Lima Beans 19c
 Whole Wheat Bread and Butter 10c
 Fruit Salad 40c
 Cheese Crackers 5c
 Iced Tea 6c

Here the recipes for two of the dishes which may be new to you:
ICE TOMATO AND CLAM JUICE
 Chill well the contents of a 15-ounce can of tomato juice, two-thirds cup bottled clam juice, salt, pepper and a few drops of tabasco sauce. Serve over cracked ice.

FRUIT SALAD
 Lay a slice of canned pineapple on each of six leaves of lettuce. Peel two fresh pears, cut in halves, and remove cores. Then slice them lengthwise in thin slices and swirl around the center hole of the pineapple, flower-fashion. Stone twelve stewed prunes and stuff them with one package cream cheese mixed with two tablespoons mayonnaise. Lay two on each salad. Dress with one-half cup French dressing.

METHODS FOR DANCES DIFFER

New York (AP)—There are just two ways of getting ahead in the show business. These divergent methods are best exemplified by Mildred Webb and "Baby" Volk, members of the chorus of "Take a Chance," the musical film being filmed on Long Island.

Mildred, dark and charming Oklahoma girl, is the cleverest dancer in the chorus. "Baby" (no one except the studio cashier knows her real name) is just a Broadway "hooper" and not a very good one at that.

Mildred works hard, frowning slightly as she watches Dance Director Bobby Connolly go through a new routine and, as a result of her concentration, she is able to

duplicate and even improve on his steps at the first try.
 Baby wouldn't think of frowning. It might spoil her fragile blonde beauty. She saves her face.
 Mildred practices during rest periods in order that she may be letter perfect.
 Her rival sneaks away for a nap at every opportunity and usually can't be located when Connolly calls for the girls to line up. She needs her rest.
 Moral (as expounded by Connolly): "Both of those girls will go far. Their technique is different, but at least it's not indifferent, as is the case with so many members of the chorus."

NIGHT HAWKS GET WELCOME

Denver, Colo. (AP)—The western night hawks were welcome vacationists in Denver and other communities along the fringe of the Rocky Mountains in August and September.

The short visit of these expert and especially well this year because of the unusual annoyance caused by insects. So swift and daring are these birds which are closely related to the whip-poor-wills they can plink insects out of the air and none is too fast for them.

The western night hawk spends the early part of the summer, according to Robert J. Niedrach, bird expert of the Colorado museum of natural history, on the prairie where it hatches its eggs without benefit of nests. Sometimes they hatch them on the flat roof of a high building in Denver.

After a short sojourn the bird heads southward, in about mid-September, feeding as it goes on aerial insects. The birds are gray, with white bands under the wings. They are noticeable by their graceful and swift flight.

1933 Revelry About On Par With 1733

Hartford, Conn. (AP)—Residents, disturbed by jazz bands and happy drinkers in the taverns which have sprung up since beer was legalized in Connecticut, are no worse off than their forefathers, who berated such goings on 215 years ago.

An old record in the office of Town Clerk John A. Gleason reveals that in those early years revelers sometimes created disorders in taverns, to such an extent that the town fathers ordered the constables and grand jurymen to suppress such disorders and bring offenders to trial.

GREEN PEAS PELLGRA CURE

Everyone knows that peas are mighty good to eat, but it took the United States Public Health Service to find out that they are a good preventive of pellagra. Since fresh green peas were not available for the length of time required for the human test which the Service made of this, the canned product was used, and here is the test's summary and conclusion:
 "Canned green peas supply the pellagra-preventive factor, and may be found a highly practical and convenient source of this essential in the pellagrous sections during the spring months when pellagra-preventive supplements (to the diet) are scarcest."
 Since pellagra occurs principally

in the South, here's a Southern recipe for peas, but it tastes just as good North of the Mason and Dixon line:
SOUTHERN PEAS AND ONIONS
 Clean one bunch of young onions, cut off the tops and split lengthwise. Then add with one slice bacon to half the contents of a No. 2 can of peas. Add three-fourths cup hot water, and boil until the onions are tender. Add more water, if necessary. Remove bacon, season to taste with salt and pepper and serve. The liquid should be cooked almost away. This recipe serves four, and costs in most places about eleven cents.

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Says Rum Runners Await Prohi Repeal

Philadelphia (AP)—That rum runners, anticipating the repeal of prohibition with an attendant decrease in the cost of handling liquor, have been caching boatloads of smuggled rum along the Jersey coasts was indicated here by Federal agents.

The price of smuggled liquor to the consumer is reported to be about \$25 a case, and the cost to the rum runner for shipping, trucking and incidentals is approximately \$13.50 a case, leaving the smuggler a profit of \$11.50—if all goes well.

Since a case of liquor can be bought in St. Pierre de Miquelon for as low as \$5 a case, and the heavy cost of smuggling will be eliminated by a repeal of the prohibition laws, rum runners will be able to make a much larger profit by simply storing a large supply and "sitting pretty." Federal agents said.

RAISES GERANIUMS
 Pontiac, Ill. (AP)—George Mann has found the perfect method for

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WILTED VEGETABLES

You'll find the fresh vegetable department a delight to the eye, clean as a pin. Our new vegetable equipment retains that garden freshness so desirable for salads and of course just as desirable for those to be cooked. Here are a few items especially attractive for this week-end:

Medium Size Seedless Grape Fruit doz. 25c 1/2 doz. 15c

FANCY BANANAS Nice trim ripe fruit. Not over-ripe or culls, to be exact they're the best, so is the price— 4 Pounds 17c	SWEET POTATOES Fancy No. 1 grade Bright in color 4 Pounds 15c	OODLES OF OTHER FRESH VEGETABLES Such as Ripe Tomatoes, Celery, Lettuce, Carrots, Beets, Cucumbers, Cauliflower, Green Corn and String Beans, Summer Squash, Cabbage, Cantaloupes, Grapes and Peaches.
WATERMELONS A little late to be sure but look at the price, quality melons— Per Pound 1c	BURBANK POTATOES Graded and washed No. 2 grade 10 Pounds 11c	ELBERTA PEACHES As long as in stock Bu. Box. \$1.45

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