

## Try and Stop Me

By BENNETT CERF

IF IT'S EXCITEMENT you crave, Caskie Stinnett suggests a sure way to provoke same. Just stop by the boxoffice of a theater where a smash hit is playing. The ticket-seller undoubtedly will be talking on the telephone, cradling the instrument on his shoulder. Cough several times, and then start tapping the glass counter methodically with a coin. When he puts the phone down and comes to the window, ask him which way is Eighth Avenue.



P.S. Remember, offensive language can be reported to the license commissioner.

There's a high school football league in a certain midwestern city where rivalry has become so bitter they use only substitutes in the actual gridiron encounter. The first teams are saved for the fights after the game.

Just tied for first prize in a "Most Misunderstood Man in New York" contest: the train announcers at Grand Central and Penn Stations.

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Salem — Bids on 14 highway projects totaling \$5,500,000 will be opened by the State Highway Commission in Portland Oct. 31.

Washington — There have now been more than 1,500,000 cases of influenza in the United States.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Cheese and Onion Baked Sandwiches

These tasty, hot cheese-onion sandwiches are ideal for a company lunch or for family supper service. A green salad topped with a tart French dressing or perhaps a plate of "bunny nibbles" consisting of carrot sticks, slices of green pepper, stuffed celery, and a variety of pickles makes an ideal accompaniment.  $\frac{1}{2}$  pound of cheddar cheese cut in slices

8 slices white bread  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup chopped onion  
2 cups milk  
2 eggs, slightly beaten  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon dry mustard  
 $\frac{1}{4}$  teaspoon garlic salt  
 $\frac{1}{4}$  teaspoon onion salt

Arrange four slices bread in bottom of 9x9x2-inch baking pan or dish. Cover each slice bread with chopped onion and slice of cheese. Cover with remaining bread and top with additional slices of cheese. Combine milk, eggs, salt, mustard and garlic salt. Pour over stacked bread and cheese. Bake in moderate, 350 degree oven for 35 minutes. Do not overcook. Serve hot with perhaps some chili or taco sauce for topping. Makes four servings.

### Applesauce Cookies

Seasonal tart apples combined with plump raisins and chopped nuts blend with enriched flour and spices to make these delightful morsels of good eating.

$\frac{1}{2}$  cup shortening  
1 cup sugar  
1 egg  
2 cups sifted enriched flour  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon cloves  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon soda  
1 teaspoon baking powder  
1 cup thickened unsweetened apple sauce  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  cup chopped nuts

Of course, you can use either freshly made or canned apple sauce. Cream together shortening and sugar until light and fluffy. Add egg. Beat well. Sift together flour, spices, salt, soda and baking powder. Add alternately with apple sauce to creamed mixture. Add raisins and nuts. Drop from spoon on greased cookie sheet about 2

inches apart. Bake in moderate oven, 400 degrees, 15 to 20 minutes. Makes five dozen cookies.

**Breakfast Is Ready and All's Right With the World**

A few weeks ago we ran quite a diatribe about breakfast and its neglect and the sad effect on father and the children. We're not sure how much good it did. But we know that the best way to get an authentic insight into the quality of a family's life together is to catch 'em at the breakfast table.

Here the plain truth comes out. Is there good nutrition in this house? If there is, there's certain to be harmony and security, mutual confidence and love. Breakfast can be the blessing bestowed on each day's beginning; the take-off for each day's flight into life.

Children especially, before they take off into their tremendous little world of buses and books and blackboards, sports and scuffles, and other pell-mell pursuits, need the steadying and reassuring moments in which to imbibe not only their milk and orange juice but that sense of well-being only "the family" can provide.

Parents should pause a moment and take a look at themselves at breakfast. Is this the picture you want the children to carry to school; through life? Wise indeed are those parents who, at some personal inconvenience, are really on the job at breakfast — clothed, composed and if possible, cheerful. Let's face it. A little more bustle in the bedroom can make breakfast a pleasant prospect for the entire family. Now that we think of it a little bustle in the kitchen before bed-time can achieve further remarkable results. In this way parents suggest to imitative offspring a pleasant pattern of good eating habits, good conversation and good temper.

We agree with Hawthorne that "life within doors has few pleasanter prospects than a neatly arranged and well provided breakfast table."

Basic elements of a good family breakfast are fruit, cereal, milk, bread and butter which is pretty fundamental. From there on you dress up the meal by varying the fruit, cereal and bread; adding meat, fish, eggs, muffins, pancakes, French toast or other items from an infinite variety of "breakfast" foods. Breakfast is ready, all's right with the world. Have a good day.

### More to Lamb than Legs, Chops Proved to Foods Editor

A carcass of lamb stole the spotlight from glamorous "presentations" at Chicago food editors conference as the American Sheep Producers Council cut up a carcass proving that lamb isn't all legs and chops. We westerners know and appreciate lamb. We eat 23 per cent of all lamb grown in this country; 10.1 pounds per capita as compared to a national average of only four pounds per capita.

Heavy demands for legs and chops push prices high giving the impression that lamb is expensive. Actually all lamb is tender; can be prepared in any way. Economy cuts include leg steaks, rolled shoulder, rolled breast, spare ribs, sirloin roast, lamb cutlets and short ribs. Lamburger is good, too.

Heavier lambs are being marketed and these prove to be meatier, not fatter; a further economy factor.

### Other Foods in the News

Grocery department items that will help keep the budget in line are many. If you haven't been taking advantage of canned milk and dry milk products, give 'em a whirl. Rice is a featured product this month and can be used in literally a thousand and one ways. Dried beans, peas, lentils are wonderful budget extenders as are macaroni products. Dried fruits, prunes, apricots and raisins, are healthful additions to any meal. Send some to school with the children. Take advantage of specials on canned goods and stock up for the future.

Vegetable buys include carrots, cauliflower, celery, cucumbers, eggplant, onions, potatoes, green peppers and squash. Sweet potatoes are on the increase. Corn is in good supply.

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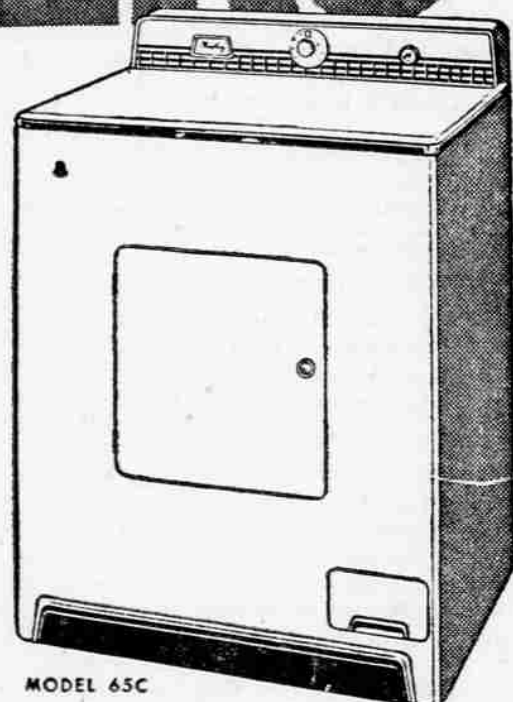
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