

GOOD WEATHER BRINGS BRISK MOVE IN TRADE

NEW YORK, March 6 (AP)—With improved weather serving as the principal stimulus, retail trade experienced a brisk recovery during the past week, said Dun & Bradstreet today in their weekly summary of trade conditions.

The distribution, "in many instances," reached the highest totals since last December, and wholesalers were reported prepared for long over-due shipments and received postponed commitments for spring merchandise.

The summary also reported stronger indications of general industrial expansion, with the durable goods division favored.

"Except in the few districts where the thaw brought a disturbing menace of floods, retail sales for all the principal centers of distribution rose, with the gains over the week previous running as high as 25 to 30 per cent."

"This lifted the estimated average for the country 8 to 12 per cent above the comparative 1935 period."

"Widening the improvement that started in the week previous, greater activity spread to practically all branches of the wholesale trade, with buying particularly accelerated in spring merchandise."

"Retailers hastened to place their long-postponed orders for goods required in pre-Easter promotions and made generous specifications for staples needed for current demand, as consumer buying continued to rise."

"Home furnishings, floor-coverings and furniture continued to move well, merchants stating that many families were making replacements for the first time since 1929."

SPORT SHORTS

By EDDIE BRIETZ

Associated Press Sports Writer
ST. PETERSBURG, Fla., March 6. (AP)—Right off the bat, Joe McCarthy says if Charlie Ruffing throws for the Yanks this year he'll have to sign at the club's figure—and like it. . . . Cousin Ed Harrow must have spoken, sure enough. . . . Tip-off: Ruffing, who swore he'd be on his way to Chicago if the Yanks didn't adjust his contract in 24 hours, still is around enjoying the sun-bug pardon-rain. . . . Casey Stengel visited the Yanks yesterday, presumably to get away from the Dodgers. . . . He looks more morose than ever. . . . The dope from Clearwater is the Dodgers are nothing else but.

Dizzy Dean doesn't need advice, but when this bureau first saw Catcher Virgil Davis, the first thought was: "What great big fists you've got, Grandpa." . . . St. Peter Independent prints a swell group picture of four golf champions. . . . from left to right, Johnny Revolta, Lawson Little, Jr., Mrs. Glenna Collett Vane and Sam Parks, Jr. . . . Among them they have a winning title. . . . The Braves wish Wally Berger and Hal Lee would show up and sign up. . . . The Cards are having to do without the services of Dr. Harrison Weaver, their crack trainer, unable to leave St. Louis because of the serious illness of his wife.

The champion hotel lobby alter in Florida is Ray Bengo of the Braves. . . . Dizzy Dean, who is supposed to have written Branch Rickey that the trouble between them was incompatibility, couldn't pronounce it over the telephone the other night. . . . But maybe he can write it. . . . Everybody who was surprised when Dick Shikat beat Danno O'Mahoney, please stand up. . . . Ah, we thought so. . . . The Irishman wasn't only due to lose—he was overdue. . . . Well, that young Minnesota high school star who advertised for a football job, finally got a nibble.

THESE FACTS ABOUT BRAN HAVE BEEN PROVED BY TESTS

Supplies Gently Acting "Bulk" to Aid Regular Habits

Now and then, in talking with your friends, the subject of bran has come up. So that real facts might replace unsupported opinions, the Kellogg Company has aided for some years research in leading nutrition laboratories.

Studies made on a group of healthy women showed that two tablespoons of bran daily continued to relieve constipation over a period of months. How different from cathartics—where dosage often must be increased.

Another series of tests on men indicated that, with some people, the "bulk" in bran was much more effective than that found in fruits and vegetables.

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*Constipation due to insufficient "bulk."

Rioting Reds Defy Armored Car's Deadly Guns in Madrid



The first to reach America from Spain since the radical victory in the general elections, this picture shows one of the mobs that surged through the streets of principal cities, battling police, burning churches and releasing political prisoners whenever possible. Disregarding the juggernaut and its death dealing machine guns, the demonstrators block the advance of an armored car in Madrid. Soldiers and police generally refused to attack the mobs, yet more than 30 were killed in the disturbances.

Recipes Show New Ways of Preparing Meat

By HENRIETTE QUILTING
K. U. H. S. Domestic Science Dept.
For Mrs. Anna Hayes' request—

Boiled Fruit Dumplings
Gertrude Cox, Algoma, Oregon.
Make a dough of 1 quart of flour, 1 tbs. lard, a little salt and a teaspoon of soda mixed with sour milk enough to make a dough that will roll.

Divide the dough in dumplings and roll each dumpling 1 inch thick.
Cover with any kind of fruit. Sprinkle with sugar and spices. Roll up carefully pinching the ends together to prevent the escape of juice.
Put the dumplings in a well floured bag and boil one hour. The water must be boiling when the dumplings are put in and must continue to boil without interruption until the dumplings are done. Serve with any preferred sauce.

The chief food of the cave man was meat. One of the chief foods of man today is meat. However, we have advanced in our civilization enough to realize that cooked meat is preferable to uncooked meat.

Too often we are willing to fall back on the old methods of preparing meats. Just a plain roast or good old steak with no imagination used to make it different. In what the majority of housewives depend upon.

Recipes sent in this week are very good for fixing up some of the ordinary cuts of meat in new ways, and, if you don't know how to fix liver or sweetbreads, we have excellent suggestions.

Next week send in your recipes using rice in some way.

11 awards to
Mrs. J. A. Leech, 732 N. 11th St.
Tampa Meat Loaf

1 lb. ground round steak
2 cups crushed corn flakes
2 eggs, beaten
1 1/2 cups tomato puree
1 teaspoon salt
1 teaspoon pepper
1 tablespoon chopped onion.
Mix all ingredients together

and put in greased pan with strips of bacon across top. Bake 1 hour and 15 minutes.

Liver in Aspic
Mrs. L. L. Hendricks, 318 N. 2nd.
1 1/2 pounds of liver
1 pound of veal
1 pound cured ham
1 small onion, chopped
2 tablespoons chopped parsley
1 teaspoon salt
2 tablespoons powdered sage
1 teaspoon pepper
1 box gelatine

Allow the liver to stand five minutes covered with boiling water. Dry and chop fine. Grind the veal and ham fine. Add the onion, parsley and seasonings. Mix thoroughly. Press into a plain buttered mold, cover, and boil or steam 3 hours. Then remove the lid and pour off liquid into a sauce pan, and when hot add gelatine which has been soaking in cold water. Stir until it has dissolved, adding salt and pepper. Pour this liquid on top of mold, and it will fill up the space allowed by shrinkage of the meat. Shake mold carefully so that liquid will settle around the sides of the meat. When cold the meat will turn out in a casing of jelly. The liver gives a delicious tenderness, and those who usually dislike liver will not detect it. Cut in slices and garnish with lemon and parsley. Its very appearance is appetizing.

250 awards to
Mrs. R. B. Spencer, Rt. 1, Box 77X
Frikkedella or Danish Meat Balls

1 pound ground beef
1 egg, well beaten
2 cups milk
1 cup quick cooking oatmeal
1 finely minced onion
1 teaspoon salt and a little pepper.
Mix all thoroughly and form in balls or pat out in pan with spoon. Fry until a nice brown and well done and then make a gravy and pour over before serving.

Gertrude Cox, Algoma, Oregon.
Liver Dumplings
Chop 1 pound beef liver very

fine, and reject all skins and fibres. Add to this chopped liver, 2 beaten eggs, 1/2 teaspoon salt, a generous sprinkle of ground allspice, and after beating all thoroughly, stir in 2 large cups flour.
Drop by tablespoonfuls into the boiling soup and boil about 8 to 10 minutes.

Mrs. K. M. Peterson,
1342 Pleasant Ave.
Liver Cakes

1 pound liver
1 medium onion
6 soda crackers
1 teaspoon salt
1 teaspoon pepper
2 tablespoons milk
2 eggs, slightly beaten
Put liver, onion, and crackers through food chopper using medium knife. Add salt, pepper, milk and eggs and mix thoroughly. Drop by tablespoonfuls into skillet containing melted shortening and fry until nicely brown on both sides.
Serve liver cakes with scalloped



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FULL FLAVOR AT ANY STRENGTH

tomatoes, boiled potatoes and corn muffins.

Mrs. V. LeFayer, Pacific Terrace

Fried Sweet Breads
Parboil for five minutes after which wipe dry, and lard with strips of salt pork. Have the fry-AD RECIPES
ing pan hot and well greased with lard or butter. Turn frequently while frying, and when fully cooked, they will have a crisp, brown appearance.

Mrs. Leo Kamps, 722 N. 10th St.
Breaded Sweetbreads

Parboil the sweetbreads, split and spread on both sides with tartar sauce. Roll in crumbs, eggs and again in crumbs. Fry. Serve with tartar sauce served separately. Garnish with lemon and parsley.

Mrs. M. McWhitney, 722 N. 10th.
Stuffed Lamb Chops

Have chops cut 1 1/2 inch thick, split the lean meat in half, cutting to the bone. Stuff with good sausage and sprinkle with salt and pepper, dredge with flour. Have 2 bunches of celery tops tied and 1 bunch parsley.
Put these greens in a heavy dripping pan. Put your chops in frying pan in a little fat and brown nicely on both sides then lay them in the dripping pan on the greens. Pour 1 cup hot water in frying pan and let come to boil, then pour over the chops, cover and let cook slowly 1 hour or until done. Remove chops to

platter and keep in warm oven. Remove vegetables and leave 3 tablespoons fat to which add 2 tablespoons flour, stirring well. Add sufficient hot water to make a good creamy gravy. Add 2 drops kitchen bouquet and 1 teaspoon A-1 sauce. Garnish with parsley and pour a little melted butter over each chop. Pass the gravy.

Mrs. H. M. Brown, 435 Jefferson.

Raisin-stuffed Heart

1 calf's heart about 1 pound in weight. Wash it thoroughly and remove all veins and arteries. Soak about 15 minutes in acidulated cold water. (Use 1 tablespoon of vinegar to 1 quart of water.) Combine 2 cups of soft bread crumbs, 2 tablespoons of seedless raisins, 2 tablespoons butter, 1 teaspoon salt, 1 teaspoon pepper and 1 teaspoon each of paprika, powdered sage, onion salt, and marjoram. Add enough hot water to moisten the bread crumbs to consistency right for stuffing. Then stuff the heart with half of this mixture. Sew the opening together, sprinkle the heart with salt and pepper, dredge with flour and brown quickly in a hot, greased frying pan. Then remove to a covered baking dish in the bottom of which 1 small onion has been sliced. Half cover the heart with boiling water, and bake slowly for 2 hours in a hot oven of 450 degrees, basting occasionally. Place the remaining stuffing in a

greased dish and bake 30 minutes. Serve with the baked heart on a platter with gravy made from the liquor in which the beef heart was cooked, poured over all. This serves four.

Mrs. N. Ward, Route 2, Box 111.

Spareribs and Sauerkraut
Bake spareribs in a little water until tender. Cover with a cap of sauerkraut, drained, then sprinkle with a little brown sugar and a pinch of powdered clove.

Bake in a moderate oven for 1 1/2 hours and allow plenty for each person.

Mrs. E. H. Helken, 410 Owen St.

Fresh Ham Stuffed and Roasted
Parboil and chop three large onions. Add one-half an apple, chopped, and enough dry bread crumbs to make the required amount of stuffing. Season with salt, pepper and sage. Add the yolk of an egg. Have the bone removed from a fresh ham. Fill with the dressing. Sew in place and bake until brown in a 450° oven. Then reduce the heat to 350° and cook, allowing 30 minutes to the pound.

Ham Sauce

Place one-half cupful prepared mustard and one-half cupful of currant jelly in a bowl. Beat with a rotary beater until thoroughly blended. Serve with above recipe.

Mrs. R. E. Wattenburg,

219 Pine Street.

Beef à la Mode
Mix together 1 1/2 teaspoons salt,

1 teaspoon pepper, 1 teaspoon ginger, 1 teaspoon mace, 1 teaspoon cinnamon, and one of cloves. Rub this mixture into five pounds of a round of beef. Let stand over night. In the morning make a dressing or stuffing of 1 cup bread crumbs, 1 pound fat pork, diced, 1/2 teaspoon ground thyme, 1/2 teaspoon pepper, 1/2 teaspoon nutmeg, a little cloves, a small onion minced fine, moisten with a little milk or water. Stuff this mixture into the place from where you took out the bone. With a long skewer fasten the two ends of the beef together, so that its form will be circular, and bind it around with tape to prevent the skewers giving away. Make incisions in the beef with a knife, and fill them very closely with the stuffing. Dredge with flour. Put in roaster and add 1 pint of water. Roast slowly until tender. If the meat is to be eaten hot, skim off the fat from the gravy, into which, after it is taken off the fire, stir in the beaten yolks of 2 eggs.

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