

Menu Varieties Offer Tips For Tempting Breakfasts

Muffins put the taste of plenty into any breakfast menu. And they have excellent food value, especially when made with whole grain cereals.

Basic Recipe for Muffins
Two cups sifted flour, 4 teaspoons phosphate or tartrate baking powder or 2 teaspoons combination baking powder, 1 teaspoon salt, 2 to 4 tablespoons sugar, 1 or 2 eggs, well beaten, 1 cup milk, 2 to 4 tablespoons melted butter or other shortening.

Sift dry ingredients together. Combine eggs, milk and melted shortening and add all at once to dry ingredients. Beat barely enough to dampen all flour, about 20 to 25 seconds, leaving dough lumpy, not beating until smooth. Spoon into hot well-greased muffin pans and bake 20 to 25 minutes in a hot oven (400 deg. F.).

Good muffins should be only slightly rounded, without knobs, and have an even texture without the "tunnels" or long holes produced by overmixing.

Whole Wheat Muffins
Substitute whole wheat flour for white flour in original recipe. Brown sugar or molasses may be used in place of sugar.

Corn Meal Muffins
Use 2-3 cup of corn meal and 1-3 cups of flour in place of all flour in original recipe. Use

maximum amount of shortening. **Cooked Cereal Muffins**
Use 1 1/2 cups flour and 1 cup of cooked cereal and decrease the milk to 1/2 cup in original recipe. Combine the cereal with the egg, milk and shortening and mix as usual.

Sour Milk or Buttermilk Muffins

Substitute sour or buttermilk for sweet milk in the original recipe. If milk is very thick (clabbered) increase to 1 1/2 cups. Use 1/2 teaspoon of soda and decrease baking powder to 2 teaspoons of phosphate or tartrate or 1 teaspoon of combination. Sour milk is particularly good in corn meal and bran muffins.

Bran Muffins
Use 1/2 cup of bran and 1 1/2 cups fine ground whole wheat flour in original recipe. Decrease milk to 1/2 of a cup. Substitute molasses for sugar.

MENU BREAKFAST: Mixed stewed dry fruit, cooked cereal muffins, marmalade, coffee, milk.

LUNCHEON: Bacon, corn puddings, bread and butter, stewed pears, tea, milk.

DINNER: Minced chicken and gravy on toast, buttered noodles, canned peas, green salad, rhubarb pie, coffee, milk.

10 Slightly Hurt By Derailment of California Train

WILLITS, Calif., March 7 (AP)—Ten passengers and two crew members were shaken up or slightly injured today when the last four cars of a Northwestern Pacific train were derailed a mile north of here.

All but one of the passengers, after being treated for cuts and bruises at Willits Memorial hospital, were taken on by bus to Eureka, Calif.

Ira Reed of Rohnerville, Calif., was detained at the hospital for further treatment of a cut hand. Railroad officials said the mishap probably was due to a broken wheel or a broken rail.

The other injured: William Duncan, Eureka; Sister Estelle and Sister Antoinette, nurses at St. Joseph's hospital at Eureka; J. E. Doser, San Francisco; M. C. Carter, superintendent of the Humboldt county hospital at Eureka; Hiram Penn, Chicago; E. C. Fuehrer, Oakland, Calif.; Mrs. L. R. Robinson, Spyrock, Calif.; D. E. Johnson, superintendent of the SRA camp at Farley, Calif.; and R. Z. Ganes, San Francisco, and Robert Inman, no address, both train attendants.

The nine-car train left Sausalito, Calif., for Eureka last night. It was traveling about 25 miles an hour through level country 140 miles north of here when a mail car, coach, Pullman and observation car left the tracks pulling the rear trucks off a baggage car with them.

At its narrowest point, Bering Strait, which separates North America and Asia, is only about 56 miles wide.

Defendant Gets Stiff Sentence

Clarence Warner, transient, charged with selling liquor to Indians and vagrancy, drew stiff sentences in police court Friday morning. On the liquor charge Warner received a fine of \$100 and 30 days in jail, and on vagrancy, \$100 or 50 days.

Three drunks and one charged with disorderly also appeared in police court and eight traffic tickets were paid.

Burglar Scared By Police Car

Police prowled cars apparently frightened off a burglar as he attempted to gain entrance to the

WOOD

At present, blocks are scarce and orders delayed.

PINE AND FIR BODY WOOD \$7.50 Cord

DRY PINE SLABS—DOUBLE LOAD \$5

GREEN FIR SLABS

Order a load or two for furnace or heater. It will dry quickly, so you can use it with some dry wood.

PEYTON

AND COMPANY

"Wood To Burn"
915 Market Phone 5149

Color Makes The Kitchen Gay



Household Arts by Alice Brooks

Do Tea Towel Set in Vivid Colors

PATTERN 6914

Let your love of color run riot on these gay tea towels done in simple stitchery. Make them for the bride-to-be; she'll treasure them. Pattern 6914 contains a transfer pattern of seven motifs averaging 6 1/2 by 8 inches; materials needed; illustrations of stitches; color schemes. To obtain this pattern send 10 cents in coin to The Herald and News, Household Arts Department, Klamath Falls. Be sure to write plainly your NAME, ADDRESS and PATTERN NUMBER.

Pastime pool hall on Klamath avenue between 2:30 a. m. and 2:45 a. m. Friday.

Officers investigated and found prowlers had pried off a screen on the alley window of the pool hall. A board was used, police said.



COAST FOLKS SOLVE BUDGET PROBLEMS

Klamath Falls Housewives

prepare energy-rich meals for busy boom-time workers... praise nourishing NUCOA, the delicious modern margarine which helps balance the diet and the budget, too!

No wonder NUCOA is the Coast's fastest selling, most popular margarine! It tastes delicious on lunchbox sandwiches or breakfast toast, for NUCOA is always sweet and fresh. It is made here on the Coast, on order only—never held in storage.

Contains VITAMIN A

You can have every confidence, too, in NUCOA's food value. Made from pure vegetable oils churned in fresh pasteurized skim milk, it furnishes as much food-energy as the most expensive spread for bread (3,300 calories per pound). And, winter and summer, every pound of NUCOA guarantees you over 7,500 units of precious, protective VITAMIN A!



CAKES BAKED WITH NUCOA HAVE THE LUXURIOUS TASTE WHICH ONLY A SPREAD FOR BREAD CAN GIVE—YET IT'S ECONOMICAL TO COOK WITH NUCOA!

NUCOA DATE LOAF CAKE
Easy to make... keeps moist

Cream 4 tablespoons NUCOA, add 1 cup sugar gradually and cream together until fluffy; then beat in 1 egg. Mix and sift together three times, 2 cups sifted cake flour, 2 teaspoons baking powder and 1/4 teaspoon salt. Add 1/2 cup chopped dates. Add flour-date mixture to sugar mixture, alternately with 1/2 cup milk, beating smooth after each addition. Add 1 teaspoon vanilla. Beat well. Bake in well NUCOA loaf pan in moderate oven 50 minutes, or until done.

NUCOA

The wholesome, modern "Thrift Spread" for bread
Made on the Coast for Coast tastes

Oil Executive Confers With Distributors Here

Bringing word from his home office, W. J. Hawkins, assistant manager of refined oil sales of the Gilmore Oil company, met with local Gilmore personnel this week to outline activities planned for a comprehensive spring sales drive.

Hawkins, who was introduced by Keith L. Rice, Gilmore distributor in Klamath Falls, pointed out that with the troubled situation abroad, 1941 is expected to be the greatest tourist year in the history of the United States, and that the Pacific coast in particular would be the focal point for thousands of motorists this summer.

Gilmore, in company with other western organizations, anticipates this extra activity and is preparing its facilities to accommodate the increased business.

Hawkins also reported that the 1941 Gilmore economy run which was held over a new course to the south rim of Grand canyon was the most successful in the long history of this mileage classic. He said that literally thousands of letters and wires requesting information and results had been received by Gilmore from points throughout the country, while columns of newspaper and magazine space had been devoted to the event.

Nearly 50 per cent of the adult population of the world is partially deaf, according to estimates.

4-H Spring Fair Meeting Stated

Members of the 4-H club spring fair committee will meet at 10 o'clock Saturday morning in the

offices of C. C. Jenkins, 4-H club agent, to discuss final plans for the fair slated for April 24, 25 and 26.

Members of the committee include, Anthol Riney and Marshall Eystone of Altamont jun-

ior high school, in charge of track events; Mrs. William Rogers of Merrill, spring fair chairman; and Wilbur Robinson of Fairhaven school, carnival chairman.



When You Have An Extra Burden To Carry—

It's time you began looking for better returns on your Savings Dollar!

YOU GET BETTER RETURNS AND INSURED SAVINGS IN SOUTHERN OREGON'S LARGEST INSTITUTION OF ITS KIND.

FIRST FEDERAL

SAVINGS AND LOAN ASSOCIATION OF KLAMATH FALLS
Member Federal Savings and Loan Insurance Corporation

Sixth at Main

Dial 5195

SUGAR

WHITE SATIN
10 POUND CLOTH BAG
47c
Brown Sugar 3 lbs. 15c



THRIFTY BUYS

for the PENNYWISE who ECONOMIZE!

Stock your pantry now while you can buy at these bargain prices!

SPECIALS FOR FRI., SAT., SUN., and MON.

Choice Quality Meats — Sat. Only

HAMS Swift's Prem., 1/2 or whole lb. 29c
BACON Armour's, 1/2 or whole... lb. 25c
BEEF ROAST Blade cuts, steer beef lb. 23c
SHORT RIBS For braising lb. 15c
LEG of PORK 1/2 or whole lb. 25c
PORK CHOPS Cut for dressing lb. 29c
FRESH SIDE PORK Sliced or piece, Well streaked with lean lb. 18c
SAUSAGE Country style 2 lbs. 25c
PEANUT BUTTER Ground fresh 2 lbs. 25c

SOUTH 6th STREET

GROUND ROUND
Freshly ground lb. 23c
HAM, Large center slices ea. 10c
SALT PORK lb. 18c
HAMBURGER 2 lbs. 29c

Produce Specials — Fri. and Sat.

Daffodils Nice Fresh 2 doz. 19c
New Cabbage Lb. 2 1/2c
New Peas Fresh tender, full pods 3 lbs. 21c
New Potatoes 5 lbs. 23c
Lettuce Extra Solid heads 3 for 11c
Rhubarb Hot House 2 lbs. 15c
Sweet Potatoes Fancy Medium Size 4 lbs. 23c
Lemons Large Jumbo size 15c
Oranges Fresh shipment from Redland, Finest Quality and Guaranteed Sweet. At Low Prices.

FLOUR

DRIFTED SNOW
HOME PERFECTED
49-LB. BAG \$1.45

OLD DUTCH

CLEANSER

3 CANS 20c

Griffin's SAFETY-WAX FOR FLOORS

Griffin's SAFETY-WAX FOR FLOORS
Gives floors lustrous non-slippery finish. Self-polishing, washable, durable.
MONEY BACK OFFER
FULL PINT plus 4-OUNCE CAN BOTH FOR 59c

Post Toasties

GIANT PACKAGE
2 for 15c

Corn Flakes

Large Package 5c
Eggs, Grade A Large Size Doz. ... 19c

Creole Salmon

For This Recipe You'll Need—
Salmon Midnight Sun, can 25c
Rice M.J.B. 2-lb. box 19c
Tomatoes Bagley's can 10c
IRRADIATED
Pet Milk Tall cans 20c
— ASK FOR RECIPE —

Campbell's Soup . . 3 CANS 25c

CHICKEN and MUSHROOM . . . 10c

Miracle Whip . . . Qt. jar 29c

Hormel Soup LARGE . . 3 for 25c

Formay Shortening 3-LB. PAIL 39c

Corn Del Monte Cream Style No. 303 can 10c
Beans Lorraine Sliced, No. 2 can 3 for 29c
Peas Trellis No. 303 can 3 for 25c
Corn Tender Sweet, No. 303 can 3 for 25c
Corned Beef Swift's Premium can 19c
Shrimp Phenasant 2 cans 25c
Oysters Tillamook 2 cans 25c
Vienna Sausage Swift's Premium 3 cans 25c
Deviled Meat No. 1/4 can 3 for 10c
Hot Sauce Westward 3 cans 10c
Spam 2 cans 49c
CHILI CON CARNE Hormel, tall can 19c
YEAST Fleischmann's 3 for 10c
SWIFT'S TOMATO JUICE No. 2 1/2 can 10c
PEACHES Westward, No. 2 1/2 can 2 for 25c
ORANGE JUICE Meco, 46-oz. can 19c
GRAPE JUICE Churches, quart bottle 27c
GRAPEFRUIT Meco, No. 2 can 10c
MACARONI, SPAGHETTI in bulk 3 lbs. 14c
BLACK PEPPER Schilling's, 1-lb. can 23c
M-D TISSUE 3 rolls 25c
P & G SOAP Regular size bar 6 for 17c
IVORY SOAP Medium size bar 5c
Giant bar 3 for 25c

Salmon

Midnight Sun, Ocean Caught, CoHo Med. Red
TALL CAN
2 for 49c

KRAFT Cheese

Velveeta or American
2 lb. Loaf
55c
FREE—Cheese Slicer with 2 pounds.

Emil's

SUPER MARKET - 122 No. 9th - Dial 3168
Rights Reserved to Limit Quantities
STORE No. 2 - 1338 Ore. Ave. - Dial 4714
STORE No. 3 - 2200 So. 6th - Dial 6875

Make the SECOND BOTTLE test!

SATISFY YOURSELF that one bottle doesn't take the edge off your enjoyment of the next one! Next time "Try Two"

Blitz WEINHARD
GUARANTEED SATISFYING BEER