



NATIONAL CRACKER MONTH is being observed in October. There are more crackers purchased in October than any other month of the year, manufacturers and retailers say. Here is a display put up last week at Market Basket No. 1 containing 100 dozen boxes of National Biscuit Company's new Snowflake pack. The crackers in this one display weigh more than half a ton.

Better Breakfasts

Better breakfasts are easier to sell your family when the weather gets cooler, and a temptation for morning appetites is our recipe for Apple Crunch Muffins, enriched with nourishing instant nonfat dry milk.

It is so easy to use instant nonfat dry milk in this Apple Crunch Muffin recipe for it is simply sifted together with the flour and other dry ingredients, and then water is used as the liquid. This affords a gold nugget of enrichment for it is possible, by using nonfat dry milk powder in this recipe, to have a higher concentration of milk nutrients without increasing the quantity of the recipe.

Instant Starlac nonfat dry milk is known as "the heart of milk" because it is a rich source of all of milk's important nutrients—protein, calcium and riboflavin. Use it as you use milk—for drinking and in cooking and baking. It mixes immediately, even in ice water.

A good buy in nutrition, instant nonfat dry milk is most economical. The family size package makes 12 quarts of nonfat milk for as little as eight cents a quart. It also is available in two other convenient sizes, tailored to meet individual family needs: (1) A one-pound package which makes five quarts of nonfat milk and (2) A pre-measured package which contains three individual foil envelopes, each making one quart of nonfat milk.

APPLE CRUNCH MUFFINS
(Makes 15 medium-size muffins)
2 cups sifted flour
2-3 cup instant Starlac nonfat dry milk powder
6 tablespoons sugar
3 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon cinnamon
1/4 cup shortening
1 large tart unpeeled apple, coarsely grated
1 egg, well beaten
1 cup water

Sift together flour, instant Starlac nonfat dry milk powder, sugar, baking powder, salt and cinnamon into bowl. Cut in shortening with a pastry blender or two knives until mixture resembles fine corn meal. Stir in apple. Combine egg and water. Make a



A NOURISHING breakfast is pictured, highlighted by fruit, an egg, a glass of milk and Apple Crunch Muffins. Photo and recipe are courtesy of Starlac Division, The Borden Company.

well in center of dry ingredients; add liquid all at once; stir just enough to moisten and blend dry ingredients. Do not beat. (The batter will look lumpy.) Fill well-greased 2 1/2-inch muffin cups 2/3 full. Sprinkle with Nut Topping. Bake in hot oven (400 degrees) about 20 to 25 minutes, or until golden brown. Serve hot.

NUT TOPPING

Combine 1-3 cup sugar, 1-3 cup chopped nuts and 1/2 teaspoon cinnamon.



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CAKE-PIE

For a Halloween treat, make ice cream and cookie cake. Roll into crumbs enough old fashioned ginger snaps to make 3 cups of crumbs. Add 1/4 cup softened butter or margarine and 1/4 cup sugar and blend. Press firmly on bottom and sides of an 8-inch spring form pan; chill. Fill the pan with layers of orange, chocolate and white ice cream. Freeze. To serve, invert cake to unmold and cut in slices.

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins

Editor

Herald and News



THE NEW SUNBEAM Blade-Electric Shavemaster promises new comfort and convenience to every man who shaves. It's the only electric shaver with a real hollow-ground, double-edge blade, powered by a real 16-bar armature-type motor.

NEW SUNBEAM SHAVEMASTER

An electric shaver has been introduced by the Sunbeam Corporation which promises new comfort and convenience to every man who shaves. It's the all-new Sunbeam Blade-Electric Shavemaster razor, the only electric shaver with a real hollow-ground double-edge blade, powered by a real 16-bar armature-type motor for top performance.

According to the manufacturer, Shavemaster actually shaves below the beard line, because the big, single, smooth head flattens the skin around and pops the whiskers high, to be whisked-off by the lightning-fast double-action of the cutter blade. The shaving head's rounded, smooth design picks up all the whiskers, because its thousands of round openings are spaced much closer together than the whiskers on the face, assuring cleaner, faster shaves. The user shaves with a gentle, circular motion that massages the skin. The hollow-ground blade is self-sharpening, too!

Shavemaster's more powerful motor has the necessary built-in stamina to maintain top performance through the years. There is no gradual slowdown with use.

One new Sunbeam Blade-Electric Shavemaster is available in the handsome masculine colors of Saddle Brown, Burgundy, Ranch Tan, Surf White, Cadet Gray, and Jet Black, complete with a self-contained traveling case that converts to a convenient wall cradle holder. Another new model, available in Saddle Brown and Jet Black, includes a genuine leather zipper case. A handy travel kit is also available. These outstanding electric shavers are on sale wherever Sunbeam products are sold.

FIRST COURSE

Sally crackers, prepared nuts and popcorn are always welcome with a first course drink such as tomato juice. They stimulate the appetite and prepare the taste for things to come.

WRONG AGAIN

Sitting down to do the ironing or to peel the potatoes only makes housework harder, says a report just released by the New York State College of Home Economics at Cornell. For many years, experts on household management have advised homemakers to work sitting down whenever possible, but in the recent study, they discovered that the average amount of energy consumed while sitting and working is greater than while standing. Arms get twice as fatigued from the effort required to raise them from a sitting position as they do from work performed at their natural level. And answering the telephone, "turning down the oven and seeing who's at the door is so much easier when you're already on your feet."

SARDINE TIDBITS

On thin fingers of toast which have been lightly spread with butter, arrange whole Norway sardines. Sprinkle with a little lemon juice and serve at partytime or as a between-meals-snack.

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FRUIT CAKE

Rich and flavorful with raisins, nuts and candied fruits, Honey Fruit Cake is delectable for holidays, parties. Both light and dark raisins go into the spicy batter, along with figs, almonds, apricot whole fruit nectar and candied fruits.

HONEY FRUIT CAKE

3 cups golden seedless raisins
3 cups dark seedless raisins
1 1/2 cups dried figs
3 cups unblanched almonds
1 1/2 cups halved candied cherries
3 cups cut citron
1 cup cut preserved orange peel
1/2 cup currant jelly
1-3 cup apricot whole fruit nectar
4 cups sifted all-purpose flour
3 teaspoons baking powder
2 teaspoons ginger
2 teaspoons cinnamon
2 teaspoons mace
1 1/2 cups butter or margarine
2 1/2 cups sugar
1 tablespoon vanilla
7 eggs
1-3 cup honey

Rinse raisins and figs in hot water (if figs are very dry, let stand two or three minutes); drain. Clip stems from figs and

cut figs into thin strips with scissors. Chop almonds coarsely. Combine fruits, peel, almonds, jelly and nectar. Sift flour, salt, baking powder and spices together. Add one cup to fruits, and stir to coat well. Cream butter, sugar and vanilla; add well-beaten eggs, and beat until light and fluffy. Stir in remaining flour mixture; then fruit mixture. Grease and line a ten-inch tube pan and a 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan with two thicknesses greased brown paper. Spoon in batter. Heat honey and brush on cakes. Bake in slow oven (300 degrees) about 3 1/2 hours for tube pan; 2 1/2 for loaf, with shallow pan of water in bottom of oven.

BALANCED
double-action
means BETTER
Baking!



CHOCOLATE-CREAM TOPPING
For an excellent topping for a torte or a frozen pie, combine 1/2 cup heavy cream with 3 tablespoons confectioners' sugar and 3 teaspoons instant cocoa mix (try Nestle's new Instant Dutch.) Whip until stiff. Spoon over top just before serving. This amount will serve four to six persons.



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