

# 'Busy Mother' Recommends Candy Bar with Cross Face on Wrapper for School Lunches

By BLANCHE SPANN PEASE

Hi there, all you nice people! Trying to think of something to fix to eat today? Take a heavy skillet add a couple of tablespoons of bacon grease, about a quart and a half of finely shredded cabbage, a salt and pepper. Be sure the grease is hot before adding cabbage, use a tight fitting lid, cook only until done. It won't take long. Don't let it burn. I use a skillet with a self basting lid; otherwise, you may have to add a little water.



Blanche Spann Pease

Every try scalloped apples with sweet potatoes? They're good! Four medium sized apples, pared and cored, three medium sized sweet potatoes, 1/2 cup sugar, 1/2 teaspoon salt, three tablespoons butter or other fat. Cook the sweet potatoes in boiling water until tender, cook and skin. Slice the sweet potatoes and apples and place in alternate layers in a greased baking dish. Sprinkle each layer with sugar and salt, and dot with butter. Add a little water and bake for 30- to 45-minutes, or until the apples are soft and the top layer is brown. Serve in the baking dish.

APPLES STUFFED WITH SAUSAGE  
It's one way to have baked apples and sausage both! Pare and core the apples. Fill cavity with pork sausage, either in bulk or in links. Allow a generous amount of sausage to each apple. Any excess that cannot be stuffed into the apple may be put on top or around the apple. Bake until the ap-

ples are soft and the sausage thoroughly cooked. Makes a good luncheon main dish.

### CRANBERRY BREADS

After the season for other berries is over, the considerate cranberry makes a dashing appearance to brighten Fall and Winter meals. National Cranberry week, which begins October 18, ushers in a time of cranberry goodness, not only in the traditional sauce, but in wonderfully-flavored baked breads. Cranberry-stuffed coffee cakes and muffins bring seasonal virtuosity to the menu, and nutrition interest, too, in the B-vitamins and iron of the enriched flour.

Cranberry-banana coffee cake loaf is a decorative coffee cake for Sunday brunch or afternoon tea. Yet it is made with a quick coffee batter that takes so little time to prepare that it belies the elegant appearance. Flecked golden bananas sliced in halves lengthwise, and ruby cranberry sauce are arranged on top of the batter for the decorative accent.

### CRANBERRY BANANA COFFEE CAKE LOAF

Two cups sifted enriched flour, three teaspoons baking powder, one teaspoon salt, 3/4 cup sugar, 1/2 cup shortening, one egg, 1/2 cup milk, 3 small bananas, 1/2 cup cranberry sauce. Sift together flour, baking powder, salt and sugar. Cut in shortening until mixture is crumbly. Beat egg and add milk. Add dry ingredients, stirring only until flour is moistened. Spread dough in greased 7x11-inch pan. Slice bananas in halves lengthwise. Arrange by pairs on top of dough in three crescent shapes. Fill the spaces between the bananas with cranberry sauce. Sprinkle with one tablespoon of sugar. Bake in moder-

ate oven (350 degrees F.) 45 to 50 minutes. Yield: One 7x11-inch coffee cake.

### CRANBERRY SAUCE

One cup cranberries, 1/4 cup sugar, 1/4 cup syrup, two tablespoons water. Cook cranberries with sugar, syrup and water about five minutes, or until cranberries pop. Makes enough for one coffee cake.

Folks "ooh" and "ahh" over cherry muffins and blueberry muffins during the Summer season, so imagine their pleasant surprise when the first bite into muffins with bright tart cranberry bits scattered through and through. Combine ingredients with a minimum amount of mixing, and you will have light-as-a-feather muffins that will lead a hand-to-mouth existence!

### CRANBERRY MUFFINS

Two cups sifted enriched flour, 1/2 teaspoon soda, 1/2 teaspoon salt, one cup chopped raw cranberries, 3/4 cup sugar, one egg (beaten), 3/4 cup sour milk or buttermilk, 1/4 cup melted shortening. Sift together flour, soda and salt. Combine cranberries and sugar. Add to flour mixture. Combine egg, sour milk or buttermilk, and shortening. Add to flour mixture, stirring only enough to moisten flour. Fill greased muffin pans two-thirds full. Bake in a moderately hot oven (400 degrees F.) 30 minutes. Yield: About two dozen two-inch muffins, or about 15 three-inch muffins.

### 3-Months' Subscription Winner

"Busy Mother, of Atkinson, wins our three-months' subscription this week:

Dear Mrs. Pease:

I noticed you asked for school lunch letters. Did you ever send potato chips in the school lunch? A large bag may be divided up and small portions put in sandwich bags and twisted or clipped shut. Our youngsters like them now and then for a change.

I like to use a mayonnaise sandwich spread which I buy. It has pickles, pimientos and such in it for making deviled or stuffed eggs for the lunch box. I fasten the two egg halves together with a tooth pick.

If send a candy bar I cut it up and put in an envelope on which I draw a very cross face. This is to indicate that I will be an old "bear" if they do not eat their lunch before eating the candy bar.

A handful of raisins is nice for a treat, if wrapped in greased paper. Washed prunes are good. Take out pit and stuff with a walnut half or cream cheese for a chewy bit.

Send those little round salted crackers some times for a change in the lunch boxes. Send a small glass of easily spread cheese along and let the youngsters spread their own. Don't forget a knife.

Send a filled salt and pepper shaker to school. Let the children keep it there for their own use. Saves sending such seasoning for boiled eggs, tomatoes and so on.

"BUSY MOTHER" Atkinson.

Send Us a Letter -

We need letters for The Frontier Woman. We'd surely like to hear from you. Surely you write us one. It can be about anything you like—reci-

### Sand Hill Sal

The person with the "big head" is a hard one to fit.

When we say that somebody is as common as an old shoe we don't always mean that they're a little run down at the heel.

Do you think black walnuts would taste so good if you didn't have to work so hard to get them?

If you're looking for the fountain of youth, get an interesting hobby and learn to ride.

Somewhat I never learned to cooperate with a horse when riding. I always met the horse coming up when I was coming down!

pes, hints, school lunch ideas, how to make Christmas gifts, anything of that sort. Send it to Mrs. Blanche Pease, The Frontier Woman, Atkinson, Nebraska. We give a 3-months' subscription for each letter used in our department.

### REDBIRD NEWS

Elmer Luedtke and family were Saturday evening callers at Redbird.

Larry Halstead was in Redbird Saturday, October 2.

Harry Truax and Beryle Bessert were in Redbird on Monday, October 4.

Leon Mellor and family were callers in Redbird Monday, October 4.

Michael Hull and Peter Spencer autoed to Lynch on business Monday, October 4.

H. V. Rosenkrans, of near Dorsey, were in Redbird on Tuesday, October 5.

Halsie and Chancie Hull were callers at Redbird Tuesday, October 5.

Mr. and Mrs. Will Conard were in Redbird Tuesday evening, October 5.

Thomas Hiscocks was here on Wednesday, October 6.

Ray Wilson was in Redbird on Wednesday, October 6.

Edward Krugman, of Minneola, called at Redbird Wednesday, October 6.

Berl Moody, of near Lynch, was a business caller at Redbird Wednesday, October 6.

Mrs. Ray Wilson gave a party at her home Wednesday, October 6. Nine neighbor ladies were present. Mrs. Wilson served refreshments after the party.

Howard Slack was in Redbird enroute to Lynch Wednesday, October 6.

Clifford Wells and Lou Lyle were in Redbird Wednesday, October 6.

Mrs. H. Tomlinson, of O'Neill, was a visitor at the Mrs. Ray Wilson home Wednesday, October 6.

Mr. and Mrs. Cecil Witherwax were in Redbird Thursday, October 7.

Mr. and Mrs. W. H. Hartland drove over to Boyd county Friday, October 8, to visit Fred E. Truax, jr., and family.

Mrs. Pete More autoed over to Opportunity Friday, October 8 to visit her daughter, Mrs. Harvey Krugman.

John Hull was a visitor in Redbird October 8.

Jess Carson, of Hastings, is visiting at the Edward Carson home this week. Mr. Carson is a brother of Mrs. Edward Carson.

Mr. Cronin, of Lynch, surveyor with the Missouri river project, was a business caller at Redbird Friday, October 8.

Miss Delores Mellor was a caller at Redbird Friday, October 8.

### ATKINSON NEWS

Mr. and Mrs. Ed Welton returned from Omaha Saturday, October 8. The Weltons have been away about three months. During that time, Mr. Welton, 82, had a major operation, but is "improving" at this time.

Mrs. Frank Skrdla, Mrs. Henry Henton and Mrs. El McConnell, of Atkinson, and Mrs. Wesley Cobb, of Stuart, were in Scottsbluff from Tuesday until Saturday last week. Mrs. Skrdla, Mrs. Heuton and Mrs. Cobb attended the district convention of Garden clubs and Mrs. McConnell visited her sister and brother-in-law, Dr. and Mrs. Henry Zahrodneek, and also, her daughter, Marilyn, who is attending college in Scottsbluff. Miss Marilyn does part time typing at a lumber yard in Scottsbluff.

Miss Dona Shellhase spent the weekend at home with her parents. Dona is taking pre-medical work at Norfolk junior college.

Mr. and Mrs. Orville Siebert and son, Vernon, and George Allbrecht were in Norfolk last Thursday.

### O'NEILL LOCALS

Mr. and Mrs. Clarence Berger, of Butte, were Saturday overnight guests of Mr. and Mrs. James G. Fredrickson. While here they attended the annual Consumers Public Power district employee party.

Mrs. O. W. French returned Tuesday, October 5, after spending a few days visiting in Omaha and Lincoln. Mr. and Mrs. Frank Wagner of Norfolk, Mr. and Mrs. Henry Meiers and Mr. and Mrs. Frank Weber, of Lincoln, spent Sunday with Mrs. Catherine Ebbenhause.

## Sub Chaplain to Speak At Ewing

EWING — Special services will be held at the Ewing United Presbyterian church on Thursday and Friday evenings, October 14 and 15. Rev. Frank C. Black, DD, pastor of the Central United Presbyterian church, of Omaha, will be the guest speaker.

Doctor Black came to Omaha in 1945, after serving for almost three years as a Navy chaplain. He served six months at Great Lakes naval station and 19 months in the Pacific theater of war with submarines. At the present time he is a part time instructor in New Testament and Ethics at the University of Omaha. He plans to use as his subjects while speaking at the Ewing church, "The Keys of the Kingdom" and "Excuses."

### RAITT REALTY REPORTS

SUCCESSFUL AUCTION  
The Riatt Realty Co., of Ainsworth has reported a successful auction on the sale of the J. H. Stenson ranch that was sold September 16 to the Snyder Brothers and Lewis Brothers. This ranch is being divided between the two above parties who own adjoining ranches. Possession of this ranch is to be given March 1, 1949.

Try Frontier Want Ads!

## BIBLE COMMENT FOR SUNDAY, OCT. 17

### A DEEPER RESPECT OF LAW NEEDED TO FULFILL ITS PURPOSE

"O How Is Love Thy Law," declares the Psalmist in Psalm 119-97.

It would be a remarkable statement, if it were found anywhere else but in the Bible, and on the part of anyone but a devout Israelite. The good citizen, in the most law-abiding community, may have respect for the law. He may obey it scrupulously, or resist it, if he feels any of its provisions to be unjust. But he hardly feels any affection for it.

Why, then, did the devout Israelite profess such a deep and intense affection for the law?

It was because "the law" to the devout Israelite represented the perfect ideal of individual character and of the relations of men to one another. It was the law of God, the expression of God's will, inviting the deepest and highest thoughts and meditations of the sincere, and full of wondrous things (Psalm 119:18).

It was the tragedy of Israel that the law, which to the noblest and the devout was concentrated in the purpose to love God with all the heart, soul, mind and strength, became corrupted into a multiplicity of rites and observances that had lost any real moral value.

All law, whether of God or of man, is subject to such degradation. Men interpret and pervert the laws of God to

their own ends, presuming to attach divine sanction to their own purposes and enactments. The law that ought to be the bulwark of freedom, for the maintenance of human rights and deense against wrong, in the hands of dictators and usurpers of power, becomes an instrument of oppression.

The laws of man may fall far short of the law of God as the perfect ideal, but insofar as they represent order, security and protection, we need an increasing vision of what law can be and ought to be. We need a deeper respect for law in fulfilling its purpose.

And insofar as law is a fundamental instrument of democracy, perhaps we need a love of the law, akin to that of the devout Hebrew.

### Ewing Minister Fails to 'Escape' from Holt

EWING—It's hard to "get away" from Holt county! Recently while attending a church meeting at the Central Omaha United Presbyterian church, Rev. C. Donald Vogel, of Ewing, ran into Holt county connections everywhere!

The first man he met was Carl Soderstedt, of Omaha, whose sister, Mrs. Harold Lindberg, lives in O'Neill.

He was entertained for the two nights of his stay in Omaha at the home of Mr. and Mrs. Vinton Simonson, who used to live northeast of O'Neill.

While eating breakfast there one morning, one of the callers was Mrs. James Robertson, of O'Neill.

The Frontier: 7c per copy.

# Frank Nelson



O'NEILL, NEBRASKA  
Candidate on the Non-Political Ballot for the  
State Legislature  
28th District . . . Holt, Boyd, Rock and Keya Paha Counties  
A NATIVE NEBRASKAN

- ★ I live on, own and operate a farm 17 miles North and 4 miles East of O'Neill, or 9 miles Southeast of the Spencer Dam, and have served my community on the school board and as township treasurer, clerk, justice of the peace and assessor; also in other positions of trust.
- ★ In my 42 years of residence here the problems that have arisen have been similar to your problems; therefore this experience should enable me to be of service to you.
- ★ If my qualifications meet your approval and you want farmer representation in the legislature, I shall appreciate your support at the polls November 2nd, 1948.

Send Us a Letter - We need letters for The Frontier Woman. We'd surely like to hear from you. Surely you write us one. It can be about anything you like—reci-

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