THE FRONTIER, O'NEILL, NEBRASKA



No.....

banks.

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Chrysanthemum for Musso When Hirohito conferred the Supreme Order of the Chrysanthe-

mum upon Mussolini last summer, the name of the decoration was omitted in the Italian press and in news releases to other countries because, in Italy, the chrysanthemum is symbolic of death.

GROVE'S COLD TABLETS A Real Medicine

Grove's Cold Tablets are prompt in action-decisive in results. They're s multiple medicine-an internal medicine. Go to work in a businesslike way to work on all these usual cold symptoms at the same time. Relieve headache—case body aches reduce fever-relieve nasal stuffiness. Grove's Cold Tablets give wonderful comfort! Take exactly as directed. Rest, avoid exposure. Ask your drug-gist for Grove's Cold Tablets.

Save Money-Get Large Economy Size FOR FIFTY YEARS NOWN TO MILLIONS AS BROMO QUININE COLD TABLETS

HOUSEWIVES: $\star \star \star$ Your Waste Kitchen Fats Are Needed for Explosives TURN 'EM IN! $\star \star \star$





Pure-Bred Sires Help Conserve Feed

Better Grade Animals Give Higher Return

Marketing inferior animals and the use of improved sires will help in partially solving the feed shortage and at the same time bring great improvement in livestock development, says E. H. Hostetler, in charge of animal industry research for the North Carolina state college experiment station.

A recent test shows that when nondescript cows were bred to a purebred bull, their calves averaged 53 pounds heavier at weaning time. In the feed lot, these calves required less feed per unit of gain and made cheaper gains than those calves produced from bulls and cows of inferior breeding.

Furthermore, the carcasses of the cattle sired by the purebred bull were fatter and contained a higher percentage of tender meat.

Hostetler suggests that the sow of poor conformation and those consistently producing small litters be sent to market. The beef animal that is a "shy breeder" or below the average quality of the herd can be sent

Good sires cost money and there is often a question in the mind of many cattle growers as to how much they are really worth. In the test referred to above the purebred bull added about \$10 more per head to the value of the calves and with a herd of 25 cows the annual return on the bull would be about \$250 as compared with an inferior bull. In poultry farming, too, superior sires are worth the cost. The importance of good cockerels can be shown by citing the performance of two birds when mated with two separate hens. Male No. 40 had 86 daughters whose average annual production was 186 eggs. Male No. 4815 had 146 daughters who averaged 249 eggs per year. Each daughter of Male No. 4815 laid, on average, 63 more eggs than the daughters of Male No. 40. At 45 cents per dozen for ungraded eggs, each daughter of Male No. 4815 produced \$2.26 more income than the daughters of Male No. 40.

Neither of these two males was rated above the other in appearance



often lately, and so today's column will give suggestions for these cuts of meat.

Fortunately a great many of these lower-point meat cuts belong to the variety class, add "variety" to meals and are a wonderful source of vitamins and minerals. You'll like them this way:

> Corn Biscuit Pies. (Serves 4 to 6)

1 veal kidney Melted butter or substitute 1 cup cooked, chopped meat 1 cup cooked peas

1 cup cooked carrots 2 cups well-seasoned medium white sauce **Corn** biscuit

Wash kidney; remove outer memrane. Split through center:

Liver Loaf.

(Serves 6)

Lynn Says

Balance the use of cereals with

plenty of vegetables and fruit.

Naturally cereals and breads

have to carry more of a load

these times, but they can't take

the place of meat and vegetables.

Use them to make the flavor of

Buying in season is your great-

est help for vegetables and fruits.

Rich-in-vitamin fruits and vege-

tables can be found in winter, too!

you put into them. Economizing

on too many items in the recipe

will give you-you know what. If

you want precious ingredients in

recipes use them sparingly these

times-for the recipes with a

pound of this and a dozen of that

have been put away for the dura-

Recipes are as good as what

meat and fish go further.



DUE TO MUSCULAR PAINS! slow or moderate heat. A stuffing adds loads of good flavor: **Baked Stuffed Beef Heart.**

(Serves 6) 3 to 4 pound beef heart 2 slices bacon 1 cup fine bread crumbs 1/2 teaspoon herb or poultry

1 hour. For sauce add milk 15 min-

Variation: Grind half beef heart

and use in place of beef liver. Or,

grind pork heart and omit fat in

recipe. Add 1/2 teaspoon poultry

Heart is not a tender cut of meat

and is good only if you cook it prop-

erly. That means slow cooking at

utes before taking from oven.

seasoning.

Naturally a man looks old beyond his years when he's sore from lumbago or other muscle pains. The famous McKesson Laboratories developed Soretone Liniment for those cruel pains-due to exposure,



fed to hogs, will in no way cause an off flavor of the meat. The same is true for properly processed fish meal. In the case of feeding fish, however, where there is a high oil content, this will cause the development of an off, or rancid, flavor in

Farm Notes

WFA points out that farmers can save money and at the same time make a substantial contribution to the war effort by buying higher analysis fertilizers. . . .

Formaldehyde is now available for agricultural uses, according to the AIF News, publication of the Agricultural Insecticide and Fungicide association.

Save Used Fats!

tion.

seasoning 1 small onion Salt and pepper Flour for dredging Fat or oil for browning

Wash heart and remove enough of center portion to admit addition of dressing or stuffing. Dice bacon and fry until crisp. Combine with bread crumbs. Season with finely minced onion. Season cavity within hearts, fill with stuffing and fasten with skewers. Roll in flour and brown quickly in hot fat in heavy kettle. Add small amount of water or beef stock. Cover and cook slowly 2 to 21/2 hours in a moderate oven (350 degrees) until done. Thicken liguid for gravy, if desired.

Kidney Stew. (Serves 5 to 6) 2 beef kidneys 1/2 cup flour **3** tablespoons drippings Salt and pepper 4 cups water 1 bay leaf Pinch rosemary 2 tablespoons dried celery leaves 1 cup carrots, sliced 1 cup onion, sliced 1 cup potato, cubed Remove skin and fat from kid-

all other ingredineys, wash and split lengthwise. Reents except milk. move core and cut in small pieces. Mix thoroughly. Dredge with flour and brown in hot Shape into loaf; drippings. Place in kettle, add wabrush top with ter, vegetables and seasonings. Simadditional melted mer 11/2 to 2 hours. If desired, shortening. Place broth may be thickened with a little loaf in baking flour and water.

Variation: If desired, use half kidney and half stew beef.

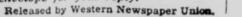
> *Stuffed Spareribs. 21/2 sheets of spareribs

Stuffing: 1/2 loaf bread, cubed 1 onion, minced fine Salt, pepper, sage to taste 1/2 cup toasted brazil nuts, sliced 1/2 cup boiling water 4 tablespoons drippings

Toast the cubed bread in a hot oven, turning to prevent burning. Add onion, seasonings and sliced nuts. Mix well. Melt drippings in hot water. Add to bread and toss lightly with fork.

Place dressing in center of one sheet of spareribs. Cover with second sheet. Draw edges together and sew in place. Salt outside of meat. Pepper, dredge with flour. Place in shallow roasting pan. Bake in a moderate (350degree) oven. Cover bottom of pan with a little water. Roast for 11/2 hours. Make gravy from drippings in bottom of pan.

If you want sugar-saving suggestions, write to Lynn Chambers, Western News-paper Union, 210 South Desplaines Street, Chicago 6, Illinois. Don't forget to enclose a stamped, self-addressed envelope for your reply.





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