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The Frontier Woman . .

## **Proper Food Keeps One Young**

#### By BLANCHE SPANN PEASE, Homemaking Editor

DINNER IN A DISH

It's hard to believe that it is two teaspoons minced onion, 1/2 boundless interest and enthusiam mid-June. There is so much to be teaspoon salt, one eighth teaspoon that their children do for new done these days, but I trust everyone has finished housecleanpepper. Put the meat through a things to come-that is grow up grinder. Combine with rest of the with your children, share their ing at the Interstate Aberdeening and most of us are working ingredients and shape into eight work and play. with chickens, gardens, flower flat round patties. Coat with

borders and such things. flour. Melt enough shortening in School is out and there is no a skillet to cover bottom gen-nore school lunches to pack for erously. When hot, add patties. more school lunches to pack for the country youngsters-that is Fry until browned on both sides until fall. Cover skillet and cook very slow-

It is a busy time and most of us | ly for five minutes. If gravy is want time and labor saving meals desired, stir 2 tablespoons flour as well as economical on.s. I into shortening left in skillet. Add don't know that this is so labor- 1 1/3 cups milk. Cook until gravy and time-saving, but it is eco-nomical and that is a big factor Serves four. these days of high grocery bills.

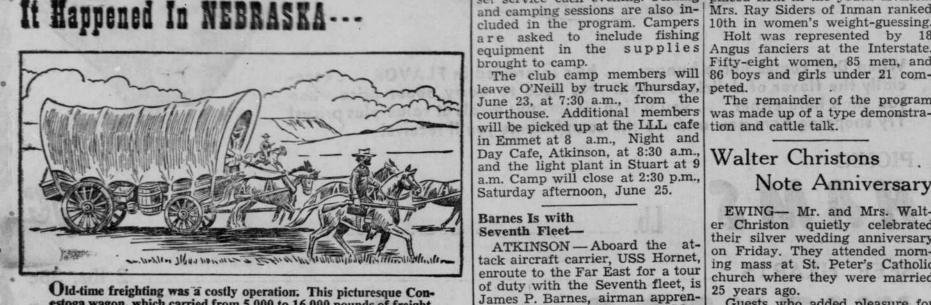
OX JOINTS AND NOODLES You'll need two oxtails, cut in

two-inch lengths. One cup choponion, one tablespoon vineger, one-half teaspoon minced garlic, two teaspoons salt, one-eighth granulated sugar.

Flour and brown well with chop-1 arrange layers of corn (fresh fro- spring tonic. ped onions in hot lard or other zen or canned) meat mixture and fat. Add two cups hot water, vin- sliced tomatoes. Top with butteregar, garlic, salt, pepper and su- ed crumbs. Bake in a moderate Truck to Haul gar. Cover and simmer 31/2 hours, oven of 375 F. for 30 minutes. or until meat is tender, replenish- Will serve four to six people. ing water with boiling water if necessary. Remove meat to a hot Revelling in Past platter and keep warm. Thicken Grewing Old Signliquid for gravy. Serve with meat and hot noodles.

You can extend ground round steak by making beefburgers. I would add my bit. Ground round steak can also be extended by adding cereal cook- I tried, but it is such a nice ed or ready to eat 1/2 to 1/4 cup cereal to one cup ground beet . Here is the way to fix the-

BEEFBURGERS



Old-time freighting was a costly operation. This picturesque Conhich carried from 5,000 to 16,000

Youth looks forward, the best

years are still ahead. One starts to get old, not when he puts on bifocals, but when he begins to dwell on the good old days.

How young you are depends a good bit on your food habits. Check your list and see if you have these foods daily? For protein and tissue repair, a

liberal serving of lean meat, fish or fowl with liver once a week, a Three tablespoons shortening, pint of milk and one or two eggs. one pound ground beef, two green For body regulating materials and needed vitamins, green and yelpeppers, two eggs, two cups corn, ow vegetables plus a salad with dark green leafy vegitables, fruits Lightly fry the beef and pepincluding a citrus fruit or juice pers, cut in strips in hot shorten teaspoon pepper, one tablespoon ing. Remove from stove and stir, and whole grain cereal or bread Wipe oxtails with damp cloth. in eggs. Season with salt and pep-wipe. In casserole or baking dish tective foods-better than any

EX-SCHOOL TEACHER

camp will be held at Long Pine

and closing the afternoon of Sa

set service each evening. Fishing

ATKINSON - Aboard the at-

beginning Thursday, June 23, David City.

The club camp members will 86 boys and girls under 21 com-

The remainder of the program

Walter Christons

Clubbers to Camp-

prought to camp.

**Barnes Is with** 

Seventh Fleet-

### -1115-Dear Mrs. Pease:

four medium tomatoes

We so enjoy reading your column in The Frontier. So thought

It has been several years since 4-H leaders by June 20. spring morning here I thought I to provide fun and recreation 1, 1956. would write and chat about stay- plus a little education. Activities ing young. Here in York we are this year include games, swim- placed 14th in the weight-guessvoting for a new addition to the ming, motion pictures, and music. ing contest. She is Bob's sister.

One-half pound round steak, high school. Parents should stay Special sessions will be given to 1/2 pound ground raw potatoes, young in spirit and show the handicraft. Inspirational periods won second in the men's weight-

**Beelaerts Walk Off with Honors** Father, Mother, Son **Grab Angus Firsts** 

PAGE - The Frank Beelaert family of Page outclassed all competitors in each division of judgable amusement.

Angus Breeders' association contest held at Dakota City on Wednedsay, June 8, at the Charles Eeerman farm. Five hundred participants were divided into three groups-men's, ladies' and youths' (under 21 years of age).

In the men's group. Mr. Beelaert received the silver award offered by the Nebraska Aberdeen-Angus Breeders' association.

He had a score of 195 out of a possible 200. He won the coin toss from O. W. Weidauer of LeMars, Ia. His prize was a silver tray.

Harry Ressel of O'Neill won third with a 194 score—only one day evening, June 7, at the church point behind the first place win- parlors. Supt. Dewit Hoke pre-

In the ladies' division, Mrs. Hoke, Mrs. Florence Butler, Miss ed Wednesday, June 15, to begin Beelaert tied for first place. In Anna Van Zandt, Mrs. Everett the deciding flip of the coin, she Ruby and Mrs. N. A. Bergstrom, received a \$25 United States savwho is secretary of the cradle roll. ings bond offered by the Nebras-Guests at the home of Mr. and

ka State bank of South Sioux Mrs. Jerry Tomjack on Tuesday, The annual district 4-H club City. First prize was a silver tray June 7, were Mrs. Reuben Werner of Battle Creek, Mrs. Harold Filwon by Mrs. Richard Bruner of singer and Cindy of Norfolk, Mrs. In the third division, their son, Henry Haake and Bonnie Rutledge

turday, June 25. Leaders and 4 H Robert, 17, received 187 points out of Clearwater. club members are eligible to at- of a possible 200 and received Mr. and Mrs. Everett Taylor tend. Those members who wish a \$60 certificate to be applied on of Oakdale were guests on Monto do so are asked to notify their any heifer calf, bull or steer pur-

The camp program is planned Interstate association before April Mrs. Jerry Tomjack, and family. In this same division, Becky, 9,

the next two weeks. Mr. and Mrs. Gail Boies and Mr. and Mrs. Leonard Knapp atplaced fifth in the youth division. and camping sessions are also in- Mrs. Ray Siders of Inman ranked cluded in the program. Campers 10th in women's weight-guessing are asked to include fishing Holt was represented by 18 equipment in the supplies Angus fanciers at the Interstate. Fifty-eight women, 85 men, and

Note Anniversary EWING- Mr. and Mrs. Walter Christon quietly celebrated home of her brother-in-law and their silver wedding anniversary sister, Mr. and Mrs. Bernard ATKINSON — Aboard the at-tack aircraft carrier, USS Hornet, ing mass at St. Peter's Catholic Montgomery.

enroute to the Far East for a tour church where they were married

anniversary. EWING- An auction sale of

articles donated by the members was held Tuesday evening, June 7, by the Christian Mothers of St. Peter's Catholic church. Members gathered at the home of Mrs. afternoon, June 6, at the Catholic

church in Tilden. Jerry Tomjack for a regular meet-ing. Mrs. Gail Boies was the auc-A recent guest at the home of tioner. The sale added to the

Mr. and Mrs. John Latzel was treasury and provided considerher stepmother, Mrs. Myra Mc-Beth of Omaha. In the card games, Mrs. Delbert Wednesday evening, June 8, Mr.

Stonebraker won high in pitch and Mrs. John Latzel and Debbie, and Mrs. Roy Rotherham, low. In accompanied by Mrs. Eva Kaczor pinochle, the score winners were were guests at the home of Mr. Mrs. Leo Hintz and Mrs. John and Mrs. Eddie Kaczor to join in celebrating the fourth birthday Vandersnick.

Mrs. Boies presided at the busanniversary of their twins, Linda iness meeting. Mrs. Leonard and Larry. Other guests were Mr. Knapp gave a report on the dean- and Mrs. Pat Burke and children. ery meeting held at Lynch. This Mr. and Mrs. Kermit Jefferies, was followed by a general discussion. Refreshments were served by Mrs. Tomjack, Mrs. Max Wan- to spend in the western states. ser, Mrs. Walter Seivers and Mrs. Mr. and Mrs. Howard Andrews

Leonard Knapp. and family of North Platte, ac-

**Other Ewing News** 

several weeks in their home, spent The Sunday-school board of the weekend in Ewing. Mrs. Barthe Methodist church met Tuestak remained here. Miss Joellyn Eacker came Sat-

urday from Lincoln. She returnsided. Others present were Mrs. a summer school course at the University of Nebraska. She was a guest of her parents, Mr. and

Mrs. Ralph Eacker. Mr. and Mrs. Deemer Conner were guests a few days at the home of his brother and sister-inlaw, Mr. and Mrs. Will Conner, in Ewing.

Mrs. Rosa Vandersnick, has spent several months in Chicago, Ill., with her daughter and Wisner. family, returned to Ewing recently and is at home at the Mary

Gokie apartments. Mrs. Frank Rachwitz and sons Mrs. Elmer Bergstrom and Kay of Omaha arrived in Ewing Sat-Mrs. Robert Krachie.

Miss Fern Pruden' and mother, Mrs. J. L. Pruden, were in Lintended the Clearwater Pinochle coln Tuesday, June 7, and called at the home of P. B. Cooper in

> urday. Mr. and Mrs. Leonard Norwood,

Mr. and Mrs. Elvin Hamilton and family were 6 o'clock dinner guests Wednesday, June 8, at the

Proceeds from Basket Supper for Camping er. On Monday, June 6, they went to Atkinson where they attended the alumni banquet. Mr. Miller's class was celebrating its golden On Tuesday, June 7, Rev. Mrs. Ozie Wattelton and daughter, Mrs. C. C. Hahlbeck Is Ozie Wattelton and daughter, Auxiliary President Alice Fay, of Omaha and Mrs. Doris Jones of Columbus returned

to their home after spending a few days at the Ernest Norwood home to Jerome Pitterch, held Monday

the presidency. the past week were: Mrs. Nellie Komer, Mr. and Mrs. Andrew Fern Pruden, secretary. Mrs. M. Closson, Mrs. Nita Closson, Mrs. E. Huffman was reelected treas-Frank Myers, Mr. and Mrs. Erurer. Retiring officials are Mrs. nest Norwood, Philip and Linda Norwood, and Mrs. Amy Jacob-L. M. Carter, president, and Mrs. sen, who remained as a guest at

Everett Ruby, secretary. The nominating committee included Mrs. R. H. Shain, Mrs. Alfred Napier, Mrs. Lois Schmidt and Mrs. Clifford Hahlbeck.

It was voted to donate one picnic table to the Ewing park. It was also voted to pay the freight on a wheel chair from the state of Washington, which is being donated to the American Legion and auxiliary for community service project.

EWING-Mrs. C. C. Hahlbeck,

who has served as vice-precident of the American Legion auxiliary,

post 214, for the past year, last

Chursday evening was elevated to

Other new officers are: Mrs.

Loyd West, vice-president; Miss

Mrs. Clifford Hahlbeck gave a report on the poppy day. Sales totaled \$53. Refreshments were served by Mrs. Frank Walters, dames Allen Pollock, Max Wanser and L. M. Carter.

JOHNSON TO IOWA

Roy D. Johnson spent the weekend visiting his wife and their merly of the Lohaus Motor company, recently purchased a Ford agency at Brooklyn, Ia., located on U.S. highway 6 about 75 miles sons plan to sell their home and move to Brooklyn in a short time.

will be in O'Neill on FRIDAY, JUNE 24 9 A.M. to 5 P.M. At the Hotel Golden **Glasses Properly Fitted** Eyes Scientifically Examined Dr. Edw. J. Norwood, O.D. Optometrist, from Crawford, Nebraska,

**INSURANCE COMPANIES** PAID OVER \$35,000,000 IN CROP LOSSES

day, June 6, at the home of their chased from any member of the son-in-law and daughter, Mr. and On Tuesday, June 7, Mr. and Harvey Krugman of O'Neill will be provided through the sun- guessing contest. Eddie Krugman

club at the home of Mr. and Mrs. Arthur Jaake. High score winners Ashland. Mrs. Cooper and daughwere Mr. Jaake and Mrs. Boies; ter, Linda, accompanied them low score went to Mr. Knapp and

Mr. and Mrs. Frank Bohn, accompanied by Mrs. Gail Boies, went to Omaha to attend the graduation exercises at Creighton university. Fred Prellwitz, a sonin-law of the Bohns, was one of the graduates from the dentistry

Mr. and Mrs. Harold Savidge and family of Kearney spent the

weekend with his mother, Mrs.

Mrs. Charles Rotherham and daughter, Rowena, attended the wedding of Miss Marylin Peterson

man.

Eva Kaczor.

Those from Ewing attending the camp meeting held at O'Neill

the home of Mrs. Marie Schellmeyer for a few days. Mr. and Mrs. Gilbert Chichester left Sunday to return to their

home at Rockford, Ill., after spending the week with her parents, Mr. and Mrs. Walter Christon. Miss Catherine Christon re-Judy and Jerry, left Monday for a turned to Yankton, S.D., the same week's vacation which they plan day after spending the weekend at the parental home.

Guests at the home of Mr. and Mrs. Will Conner on Sunday were companied by her mother, Mrs. Mr. and Mrs. Sylvester Schlot-Agnes Bartak, who has spent man.

Miss Irene Kaczor, who is em- Mrs. Martin Van Conet and Mrs. ployed at Norfolk, spent the Robley Sisson. Refreshment comweekend with her mother, Mrs. mittee for July will include Mes-

Mr. and Mrs. Donald Dunaway of Oakland, Calif., are visiting in Ewing. They also have visited his parents, Mr. and Mrs. Roy Dunaway and his brother, Robert Dunaway, and family, all at Hast- five children. Mr. Johnson, for-

Herman Kornock at the C. C. Hahlbeck home had as his guests on Sunday Ed Marks, Mr. and Mrs. Ellery Marks and their east of Des Moines, Ia. The Johndaughter, Mrs. Thomson, all of

A Sunday dinner guest at the home of Mrs. Edne Lofquest was Mrs. Wilda Johnson of Clearwater.

Weekend guests at the home of took Mrs. May Gemmill to Sioux urday to spend some time at the Mr. and Mrs. Elvin Hamilton City. She will visit relatives for | home of her parents, Mr. and were Mr. and Mrs. Dale Gentzler and daughter of Clarkson and Mr. and Mrs. David Hamilton of Norfolk.

Mrs. Irwin Cloyd and daughter, Judy, are guests at the home of relatives in Norfolk this week. Mr. and Mrs. M. E. Worden and

family of Gordon, accompanied by her mother, Mrs. Shinn, were overnight guests on Monday, June 6, at the home of his sister

Philip and Linda visited his parents on the weekend of June 3. and brother-in-law, Mr. and Mrs. Philip and Linda remained for a Ray Butler. The Worden family was enroute to Omaha. Don't Gamble with Nature --. BUY, HAIL INSURANCE

NOW

# Mrs. Walter Patras.

college.

home to be their guests until Sat-



O'Neill Agent for North-Central Nebraska Moulding & Frame Co.

"PICTURES AND FLOWERS FOR ALL OCCASIONS"

for the cup to her door and her virtue becomes the sport of tyrant legions. Adults 50c; children 12c; matinee Sun. 2:30. All children unless in arms must have tickets

SHIERK MOTOR COMPANY 212 SOUTH FOURTH ST., O'NEILL