

The Frontier Woman . . .

# Food Spending Formula Offered

By BLANCHE SPANN PEASE

Do you know how to spend the money for your food budget to best advantage? Most families need to spend from one-quarter to one-third of their income for food; perhaps more in this time of higher food prices. To be sure that you're getting the food you need, and not overspending, there are some simple rules made up for us by people who spend their lives teaching these things.

1. First a quart of milk every day for EACH child, and a pint for each adult, young, middle-aged or old. Pasteurized, bottled in paper cartons, unsweetened, evaporated, dried milk and such, most have the same food values.
2. You need at least six pounds of vegetables and fruit a week for each member of the family. If you raise a garden and own fruits as far as possible, you are saving that much money.
3. One-sixth to one-half of the food money should go for bread, cereals, macaroni and rice. The weekly allowance for each person should be two to four pounds of bread and one to two pounds of cereal. The smaller allowance for food, the more should be spent on the inexpensive cereals. You can save on this part of your food budget by buying flour in 50-pound sacks, and baking your own bread. Cereals, macaroni and rice are usually cheaper bought in the bulk in cellophane bags than sold under a trade name in paste board cartons, and usually just as nutritious.
4. The allowance for meat should not exceed that for milk, unless you have all ready bought the ideal amount of milk and still have enough of the budget left to buy more meat.
5. Enough butter, margarine, and other fats should be bought to supply between one-half and

seven-eighths of a pound of fat a week for every member of the family over 3-years-old.

You may think that a penny saved here and there doesn't mean anything on your food budget. Nothing could be farther from the truth. A few cents here and there adds up to a neat savings account. Food is bought everyday and 10 cents a day saved, means \$30 dollars a year.

The most expensive food is not always the most nutritious. Planning your meals ahead will save you money and you still utilize leftovers with a flexible weekly food plan. Compare the prices at the neighborhood stores and learn where values are greatest. Give the cleanest store preference. Staple foods can often be bought in large quantities and then be stored.

### Just 'Another Cook Wins Prize Subscription'

Dear Blanche:

Enjoy your column so very much and am really disappointed when the paper comes occasionally and there isn't any Frontier Woman.

Have been busy since our recent rain, sleet and snow storm last week. It made us lots of extra work as we had the yard raked and now it is to do all over again. We had so many of our beautiful trees broken, and limbs and twigs all over. We also had so many fruit trees in bloom and after the sleet and ice melted not too many blossoms were black, but the next night it frosted, or maybe I should say froze, so hard everyone of the trees was black. Imagine that will have finished our fruit crop around here for another year.

It really makes me feel blue for this was the first year our young orchard had blossomed

out for us. We have been watching those plum, apple and apricot trees grow for several years

A few years ago we had a very severe hail storm hit us and I know that it set the trees back a year, maybe two, for I was afraid they would die, they were beaten so badly, some of them still have the blemishes on their limbs from where the hail cut into the bark. But they came through with only one or two dying. Now we will have to wait another year before we will be able to see if we are really going to have fruit like we ordered.

Will be glad when we can fill jars out of our own orchard and have our own fruit to use in all those nice recipes sent in by the readers of The Frontier.

I am enclosing a whipped cream cake which I thought some of the readers might like to try.

### WHIPPED CREAM CAKE

Two cups cake flour, 1/2 teaspoon salt, three teaspoons baking powder, three egg whites, one cup whipping cream, 1 1/2 cups sugar, 1/2 cup cold water, one teaspoon vanilla flavoring, one teaspoon almond flavoring.

I substituted 1/2 teaspoon lemon flavoring because my family doesn't care for almond. It worked out very nicely.

Method: Sift flour, salt and baking powder together three times. Beat egg whites until stiff but not dry. Whip cream carefully, fold whipped cream into egg whites by hand. Gradually fold in dry ingredients alternately with water. Fold in flavoring, using 10 or 12 strokes. Pour into 2 waxed paper lined 8 inch layer cake pans. Bake (325 F. to 350 F.) for 25 to 30 minutes. I used a loaf pan and baked 35 minutes.

'ANOTHER HOLT READER'

## Miss Kaster Bride of Floyd Henn

DELOIT—Miss Marlene Ann Kaster, daughter of Mr. and Mrs. John Kaster of Clearwater, became the bride of Floyd L. Henn, son of Mr. and Mrs. Sylvester Henn of Elgin, June 2 at 10 a.m.

The double-ring ceremony was performed at St. John's Catholic church west of Clearwater with the Rev. Alfred Hoessing singing the nuptial high mass. Wayne Muff and John Minarik served.

Wedding music was played by Miss Helen Thiele of Omaha, cousin of the bride. Mrs. Mark accompanied St. John's choir and Jack Funk and Phillip Thiele sang duets.

Given in marriage by her father, the bride wore a gown of white Chantilly lace and tulle over satin. The fitted bodice was overlaid with lace and finished with a sequin-trimmed mandarin collar. It had long fitted sleeves. The floor-length bouffant satin, extended into an asile wide train.

Her angel-glow fingertip veil, edged with illusion lace, was held in place by a crown of overlace trimmed with seed pearls centered with rhinestone. She carried a beaded colonial bouquet of lavender orchid and lilies of the valley and wore pearl earrings, a gift of the bridegroom.

Bridesmaids were Carol Kaster, sister of the bride, and Dolores Henn, sister of the bridegroom. They wore orchid floor-length bouffant dresses, respectively, double net over taffeta and strapless bodices with lace bolero jackets. Their matching hats and gloves were orchid and they carried colonial bouquets of yellow carnations with yellow laceron and satin streamers. Judy Kaster and Lois Henn, sisters of the bride and bridegroom, respectively, were junior bridesmaids. Their gowns were of pale maize point de esprit with double net over taffeta. They wore matching net head pieces and gloves and carried colonial bouquets of orchid carnations with orchid laceron and satin streamers.

The bridegroom was attended by his brothers Danny D. and Dean S. Henn. Ushers were his brother, Col. Roger Henn, and Wilbert Thiele, cousin of the bride.

A wedding dinner was served to 170 guests at 12:30 in the church parlors. Table decorations were done in yellow and lavender and the bride's table was centered with a four-tier wedding cake.

About 250 guests attended a reception at the home of the bride's parents in the afternoon.

The bride is a graduate at St. Mary's academy at O'Neill and Mr. Henn attended St. Boniface School in Elgin. He has served two years in the army in Korea.

After a wedding trip to Colorado and California, the couple will be at home on a farm southwest of Clearwater.

### 'Asia Participation Folly', Butler Says

Sen. Hugh Butler (R-Nebr.) in a statement on the floor of the senate last week called upon President Eisenhower to keep all members of the senate informed as to threats to peace arising from developments in French Indochina and other parts of southeast Asia. Such information on day-to-day developments on the foreign scene should not be restricted just to those senators who are members of the foreign relations and armed service committees, Butler emphasized.

"If the international situation reaches a point where it is as serious as a considerable number of persons seem to think it is, I certainly believe that all members of the senate should be advised, and also the people of the country," he continued.

Throughout the Indochina turmoil, Butler has repeatedly expressed his disapproval of any possible commitment of American forces in the conflict. "It is pure folly to entertain hopes that problems in the farflung corners of the earth can be solved by continual United States intervention," Butler stated.

## O'Neill School Levy Lowest in County

### 39.80 Mills at Inman Considered High

Tax levies for 12-grade schools in Nebraska towns and cities and cities range from 60.75 mills to seven mills.

This wide spread is revealed in the second statewide study of school taxes by the Nebraska State Education association.

The spread of levies is due largely to wide differences in the amount of valuation within districts and to varying educational programs which the districts support.

In Holt county, mill levies for 12-grade schools included: O'Neill, 13.20; Ewing, 19.40; Atkinson, 20.30; Stuart, 20.40; Page, 29.80; Chambers, 34.00; Inman, 39.80.

The highest mill levy for general school purposes for districts having grade through high school program in Nebraska is Brownville's 60.75 mills. In addition, Brownville in Nemaha county had a 4.34 mill levy for school bonds or a total of 65.09 for school purposes.

The lowest mill levy in the state is Minden's 7 mills. Minden, site of extensive school district reorganization in Kearney county, also has a 2 mill school bond levy for a total of 9 mills.

The average levy for general school purposes in class II districts is 25.23 mills in 1953-'54 compared with 25.93 in 1952-'53. Class II districts offer both elementary and high school classes in towns under 1,000 in population.

The average mill levy for the class III districts this year is 22.74 mills, compared with 26.74 last year, probably as a result of increased valuations. A class III district offers elementary and high school education in cities and towns with 1,000 to 50,000 population.

### O'Neill News

Mrs. W. J. Biglin and Mrs. Margaret Boler drove to West Point Sunday where they met Mrs. Biglin's son-in-law and daughter, Mr. and Mrs. John Carroll, and family of Lincoln. The children, Michael and William, returned to O'Neill with their grandmother and aunt and will visit here for several weeks.

Mrs. Louis Reimer, Jr., and Jimmy went to Omaha Monday where they will spend several days.

Ira Moss, P. C. Donohoe and M. H. Horiskey left over the weekend on a fishing trip to Big Pine resort at Perham, Minn.

Saturday evening guests at the S. Brittell home were Mr. and Mrs. Donald Fernau and Mr. and Mrs. E. L. Fernau and Larry. They called on Mrs. Dickie Fernau, who is visiting in the Brittell home.

Mr. and Mrs. Elden Butterfield were guests Sunday of Mr. and Mrs. Carl Grosse in Creighton.

Weekend guests of Mr. and Mrs. Donald Clyde were Mr. and Mrs. Frank Harder and family of Hastings, Mr. and Mrs. John Klein and family of Dallas, Tex., and Harry Rohrer of Winnetoon.

Lila Daily left last Thursday for Torrance, Calif., where she will visit for a month to six weeks with her brother-in-law and sister, Mr. and Mrs. LeRoy Rossman.

Capt. and Mrs. H. M. Christenson and family of Ratoon, Ill., arrived Wednesday in O'Neill and will visit at the home of her

mother, Mrs. Edna Coyne for two weeks. Captain Christenson is stationed at Chanute Field, Mr. and Mrs. J. K. Bausch and family of Denver, Colo., will arrive Friday to visit her mother, Mrs. Coyne, for one week.

Mr. and Mrs. Harden Anspach spent the weekend visiting in Hamburg, Ia., and St. Joseph, Mo., while they were gone Mrs. "Chuck" Marston and Debby spent the weekend at the R. B. Marston residence in Dorsey.

Mrs. Gene Mudloff and son, Dale, of Page and Mrs. Tony Mudloff and daughter, Brenda, of Page were last Thursday guests of Mr. and Mrs. Francis Belzer.

Mr. and Mrs. L. A. Serck and daughter of Denver, Colo., arrived Friday and will visit this week in the home of her mother, Mrs. Ray V. Eidenmiller.

The Misses Mary Joan Donlin, Barbara Miller, Janice Turner and Jeanie Marushak left Wednesday for Abie where they will be guests of Miss Marushak and her parents, Mr. and Mrs. William Marushak, until Saturday. Miss Marushak has been entered by a civic group to compete for the title of "Miss Abie" in a contest being held there Thursday evening. Miss Abie will compete with other town titleholders in the "Miss Liberty" contest being held in David City, July 3.

Mr. and Mrs. Donald Nissen and family of Page were Sunday dinner guests of Mr. and Mrs. Raymond Eby.

In O'Neill over the weekend from Wayne State Teachers College were the Misses Karen Donohue and Joan Langan.

G. C. DeBacker and Rev. Thomas E. DeBacker left Wednesday, June 9, on a vacation trip through Kansas and Missouri. They will return to O'Neill this week and Reverend DeBacker will leave for Omaha, where he will assume his duties as assistant pastor at St. Agnes Catholic church there.

Nuns from Yankton Conduct Classes—

LYNCH—The Christian doctrine instruction classes of the Catholic church began Monday, June 14, for a two weeks session with the Venerable Sisters Josephine and Ludvica of Yankton, S. D., instructing the children at the Assumption BVM church.

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