



## **GUARANTEED TO GET THE FAMILY UP IN THE MORNING**

(See Recipes Below.)

## BREAKFASTS TO GET THE FAMILY UP

"The nice thing about breakfasts," said one newlywed, "is that you don't have to plan them, you just to get a breakfast with whatever | fle iron and serve with butter and there is at hand in the line of toast, coffee, and fruit juices, a little planning does yield big dividends.

For it is planning that makes possible the breakfast specialties that get the laggards out of bed in the morning-and down to eat before they go. And that's important, because they miss the Vitamin C in the orange or tomato juice when they skip breakfast, the Vitamin B in the whole grain cereal, the iron in the egg yolk, which aren't always made up later in the day.

A sketchy, hurried breakfast, or none at all, accounts, too, for some of that mid-morning fatigue. It's a long time to go without food, from six o-clock of one night until noon of the next day.

Here, then, are some breakfast menus, and some recipes for new breakfast special-

atter of shiny



rate eggs. Combine milk, eggs, and cooled melted shortening. Add dry ingredients to milk and egg and stir lightly until just dampened. Fold in grated apple. Beat egg whites until stiff and glossy and fold in, using serve them." Although it is possible a spatula. Bake on pre-heated waf-

> brown sugar. Corn Bread.

cooked) 1/2 cup flour (all-purpose) teaspoons baking powder teaspoon salt cup milk eggs (beaten) 2 tablespoons fat (melted) Sift corn meal with flour, baking powder and salt. Combine milk,

eggs, and shortening and add to dry ingredients. Bake in a well-greased 8-inch square baking pan, in a moderately hot oven (400 degrees Fahrenheit) for 40 to 50 minutes.

Bran Griddle Cakes. (Makes 15 cakes) 1¼ cups milk

1 egg (well-beaten) 2 tablespoons melted fat 1½ cups flour (all-purpose) 1/2 teaspoon salt 21/2 teaspoons baking powder 1 tablespoon sugar 1/2 cup bran cereal

NATIONAL AFFAIRS Reviewed by CARTER FIELD

Federal contract-seekers have a new hurdle to clear—the Defense Commission . . . Political effect of opposition to Lease-Lend bill doubtful. (Bell Syndicate-WNU Service.)

WASHINGTON.-National defense covers a multitude of sins, being spread out thin enough even to cover the old rivers and harbors porkbarrel situation. Back in the years Likely Sampled just before World War No. 1 those bills were a scandal. Then came the famous filibusters, his eightieth birthday anniversary,

led by Sen. Theodore E. Burton of met a harsh challenge from both the Ohio, which gradually built up so lay and professional world, when, 21 much popular opposition to the pork- years ago, he turned from animal barrel system that it was changed. The system gradually evolved for so embroiled in public controversy,

leaving some bacon for the boys in that the Nobel prize, otherwise his, congress to take home to their con- was withheld from him. But this stituents, and thus get re-elected, is is all forgotten now as the professor something like this: First, congress passes a bill di-

recting the army engineers to survey a certain project. Then the engineers, with a weather eye cocked on future promotions, appropriations for their own service, and friendships on Capitol Hill, study the project. In due time, the engineers report. Generally the report, strangely enough, is favorable, or at least can

be so translated by its advocates. AUTHORIZATION NEEDED Now comes the second hurdle. The project must be authorized. That is, congress must specifically approve of the project being put on a list from which those actually to be done are to be selected. Then congress votes a sum, usually under

\$100,000,000 a year, to finance those projects which may be selected. Note that congress no longer-as in the old pork-barrel days-actually makes the final decision as to which projects shall be done this year, and which shall wait, perhaps forever. That decision as to which

projects pass this third hurdle is made by the engineers, always having in mind the elements previously mentioned. Lots of projects on the "author-

ized" list will NEVER reach the pick and shovel stage. Everybody knows it, including its congressional

to get

selves to the new rules. They have

to do their trading with the White

federal money

Combine milk, beaten egg he is fi cooled melted fat in mixing bowl. spent right there. Sift flour once before measuring. To these three hurdles the Presi-Then add salt, baking powder, and dent has now added a fourth. Even sugar and sift again. Combine dry if the engineers like a project on the **Over Americas** a somewhat impredients with bran cereal. Add to similar situation of the constitution of the similar situation of the similar situat ingredients with bran cereal. Add to authorized list, it must be sanctioned milk, stirring until just mixed. Bake by the defense commission. on a hot griddle and serve with but-Because the pork barrel is still ter and strained honey or maple there, the smart pork grabbers on syrup. Capitol Hill have adapted them-



By LEMUEL F. PARTON (Consolidated Features-WNU Service.)

THE FRONTIER, O'NEILL, NEBRASKA

IEW YORK .- Everybody who of-N fered an elixir vitae before Eugen Steinach got much renown

and few disputed them. Professor Steinach, boil-Prof. Steinach ing with energy and full of plans for a His Elixir Vitae long future on

to human experimentation. He was

outwitting the pork hunters, and yet in spite of his scientific aloofness, is appraised for his sound contribution to endocrine research.

The Swiss Paracelus, born the year after Columbus discovered America, was perhaps the first physician to explain life as chemistration, and to set up a process of rejuvenation. His elaborate formula included caustic lime and alcohol, carefully distilled, with a dash of melissa leaves. While he got only 48 years out of this mixture, a stretch which Professor Steinach may easily double, his discovery brought him much more acclaim.

The Nazis drove Dr. Steinach out of Vienna in 1938, confiscating his possessions, including his house, library and art collection. He is happily established again in Zurich, "until better times come back."

He was born and reared in Vienna, was graduated from medicine at the University of Wien in 1886 and, had acquired a world reputation as a physiologist before his sensational experiments of 1920. Many eminent persons in various parts of the world have testified to the effectiveamong them Adolf Lorenz, the great Austrian orthopedic surgeon.

THEN the speech of the children



AKE one rag rug and you will find yourself a member of an enthusiastic clan that gloats over any soft piece of old woolen goods and who count the days until they fall heir to a dress of a particular color that they want. These enthusiasts bleach materials to tone them down; they brighten others with dye; they antique some with tea and they have a wonderful time.

The sketch gives all the directions you will need to copy this fascinating braided rag rug with a flower medallion in the center. Or you may make two of the medallions, sew them together and add a braided handle for a knitting bag. Braid the fabric strips tightly and keep the work flat while you sew the circles for the roses and the loops for leaves; then sew them together. Use carpet thread double for this and for sewing the braided rows around the edge of the rug.

NOTE: There are two other fascinating braided rug designs in Mrs. Spears' Book 3 and the new Book 6 contains directions for a hooked, a braided and a crocheted rag rug. "The Rug That Grew Up

Ask Me Another A General Quiz

The Questions

1. What capital letter is used most frequently in English words? 2. What is a Jolly Roger?

3. Of currants, grapes, cranberries, oranges, tomatoes and baness of his "reactivation" treatment, nanas, how many are classified by botanists as berries?

4. Without stopping to count, give the number of zeros in one billion.

of Shem was confounded and 5. In major league baseball, how boast about it-tell his constituents they couldn't finish their tower of often are games won by a no-hit, Babel, they didn't try singing. Such no-run pitching performance?

## Arctic Eiderdown

A new industry which has sprung up in Arctic Canada should bring prosperity to the 1,500 Eskimos living in that region. The department of mines and research at Ottawa has given permission to the Hudson Bay company to collect eiderdown on the bird sanctuaries along the coast of Baffin island. The collecting will be done by Eskimos in the slack period between hunting and trapping seasons, and they are being taught to pick the down without scaring the ducks and causing them to abandon their homes.

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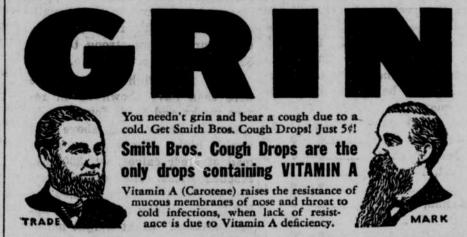
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Wishes , had only one heart; grief, two Anger wishes that all mankind tear-glands; and pride, two bent had only one neck; love, that it knees.-Richter.



Vienna, 1791, yet recently \$600 was 150 Years Too Late The eminent composer, Mozart, given for one of his manuscripts, was buried in a pauper's grave, in an unfinished trio of 91 bars.



(1 8-inch square) 1½ cups yellow corn meal (un-

brown sausages garnished with orange slices, like that in the picture above, and no coaxing will be needed to get them down to breakfast. QUICK BREAKFAST

Chilled orange juice Hot cornflakes over banana wedges Oven eggs in cornbread cases Pan-fried bacon Coffee, milk LEISURELY BREAKFAST Grapefruit halves Bran flake cereal with brown sugar and cream Apricot omelet Buttered toast Coffee, milk Raisin Sally Lunns. (Makes 2 dozen 2-inch Lunns)

1 cup milk 1 cake compressed yeast (1/2 ounce) 3 tablespoons sugar 1/2 teaspoon salt 1/4 cup melted shortening 2 eggs 3 cups sifted flour (all-purpose)

3/4 cup raisins

Scald milk and cool to lukewarm (85 degrees Fahrenheit). Add crumbled yeast, sugar, and salt. Add 2 cups flour, beating thoroughly. Add melted shortening and beaten eggs. Add remaining flour, beating until smooth. Add raisins. Fill greased muffin pans half full. Brush with butter (if desired), cover and set in warm place to rise until doubled in bulk (about 45 minutes). Bake in moderately hot oven (400 degrees Fahrenheit) for 15 minutes.

Eggs in Corn Bread Cases. (Serves 6) 6 squares or slices corn bread 1/4 cup butter (melted) 6 eggs Salt Pepper

Cut off top crusty portion of corn bread. Then remove part of corn bread from each

slice, forming a depression. Brush top of each slice with melted butter. Break an egg into each depression. Sprinkle with salt and pepper, place on baking sheet and bake in hot oven (475 degrees Fahrenheit) for 10 minutes or until white of egg is set. For quick breakfast, corn bread should be prepared the day before. Grated Apple Waffles. (Makes 8 waffles)

11/2 cups flour (all-purpose) 1/2 teaspoon salt 1/3 teaspoon cinnamon

1/2 cup sugar

2 teaspoons baking powder

2 eggs 1 cup milk

1% cups cooking apple (grated or cut fine)

**3** tablespoons melted shortening

Sift flour once before measuring. Then add salt, cinnamon, sugar, and baking powder and sift again. Sepa-

**Apricot** Omelet. (Serves 4) 1/3 pound dried apricots 1 cup water 1/2 cup sugar 2 tablespoons quick-cooking tapioca 3/3 teaspoon salt 2 tablespoons butter

4 eggs

Prepare apricots ahead of time. Cover them with water and let soak 30 minutes. Then

simmer until tender, about 25 minutes. Add sugar and cook for 3 minutes more. To make the omelet, drain juice from the apricots and

whites until they are stiff and will

stay in a partially inverted bowl.

Without washing beater, beat yolks

until thick and lemon-colored. Add

egg yolks to tapioca mixture, then

Melt 1 tablespoon butter in large

lightly fold in egg whites.

2 tablespoons butter

2 eggs (hard-cooked)

Few grains white pepper

(Released by Western Newspaper Un'or + |

Few grains onion salt

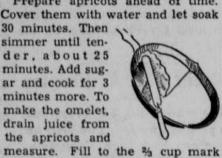
1/2 cup grated cheese

4 slices bread

2 tablespoons flour

1 cup milk

fine)



House, now, instead of with their colleagues. So don't let the shock affect your heart when your senator votes for something the President wants that you know personally the senator thinks is cockeyed. He's just straightening out the national defense situation back in his state.

Making the engineers, AND the defense commission, AND the President, see how important that dam on Podunk creek is to help Britain.

SPECULATE ON EFFECT **OF LEASE-LEND BILL** While there is no desire on the part of most observers here to charge

that opponents of the lend-lease bill to aid Britain are playing poliwith water, if necessary. Combine tics with national defense, there is a tapioca, salt and apricot juice in top good deal of speculation as to what of double boiler over boiling water the effect will be when the political and cook 10 to 12 minutes. Add 1 wheel does turn, as it has a way of tablespoon butter, remove from heat doing. and cool. Separate eggs. Beat At the present moment, as re-

vealed in all sorts of ways, including the polls, the public is in favor of going to any necessary length to noted orchestra conductors on tours aid Britain by something approaching a three to one majority. Hence Heralds Music lieves that it might seem poor politics regard. it might seem poor politics, regardless of other motives, for men who Soothing Tongue get snarled

frying pan (10 inch). Turn in egg are ambitious for their own political mixture. Cook over low heat for 5 futures to side with the minority. minutes, then place in a moderate This would be more important, so oven (350 degrees Fahrenheit) to far as the senators are concerned, music is a great help. His own finish cooking for 15 minutes or un- if that facing of the constituents had career tends to bear out that theory. til golden brown on top and firm to to be done SOON. As it is, even the touch. Make a shallow cut the next congressional election, across the omelet at right angles to when only one-third of the senators the pan. Cover half the surface are up, is almost two years away,

with finely cut cooked dried apriand two years in the present intercots. Fold over omelet, turn out national situation is a mighty long onto hot platter and serve at once. time indeed. Codfish Teasts. **RECALL 1920 ELECTION** (Serves 4) In the 1918 election, it is recalled,

certain popular figures who had opposed going into the war did not fare well. For example, Clarence C. Dill, a member of the house from Wash-1 tablespoon' green pepper (minced ington, was defeated chiefly because he had voted against the war dec-

cup shredded codfish (freshened) laration. years after the Armistice, the voters cross-country flight to bestow an orturned on the Democratic party very chid being just like a stroll down largely because of the war and Melt butter and add flour. Stir to peace conference aftermath:

make a smooth paste. Add milk. Dice eggs and add to milk mixture majority at the time. If one is to music, and twice has won the award together with green pepper and succeed in politics one must be able presented by the nation's airlines shredded codfish. Season with white to guess what the popular reaction to America's most traveled plane pepper and onion saft. Toast bread will be a couple of years later. If passenger. He thinks music, airon one side, cut in half diagonally you are just a voter, you can swing planes, radio and all agencies of and place codfish mixture on untoasted side of bread. Sprinkle with But if you are an elected official grated cheese and brown lightly in you have to be a long-distance poa hot oven (450 degrees Fahrenheit.) litical weather forecaster.

Waving the 'Good artifice was left to a later Neighbor' Baton day, to meet

tion. North American folk songs, love songs, and jazz are now heavy exports to Latin-America. Redressing the rhythm balance are the Latin opposite numbers of romance, adventure and syncopation, gaining

favor in the U.S.A. Dr. Andre Kostelanetz, famous orchestra conductor, who was a pioneer of this musical entente, informs this reporter that this cultural exchange is working out beautifully. He says American batoneers, radio program directors and song writers are swinging in handsomely.

"This is giving South America a better understanding of North America and they are beginning to like us a lot more." said Dr. Kostelanetz. "Our songs are filtering in everywhere in the Argentine, Chile, Brazil and 17 other Latin-American republics. We are similarly responding, with Latin melodies being listed among our current musical favorites. Incidentally, we are learning a lot of hemisphere geography from the songs, and that knowledge is helping us to understand our southern neighbors."

About two years ago Dr. Kostelanetz began marshaling a parade of of the Western hemisphere. He be-In Upset World up, and can't talk to each other, the international language of

Somewhat of an infant prodigy, he made his debut as a concert pianist at the age of eight. He was 19 when he applied for a job as assistant conductor of the Petrograd Grand Opera. He played a dozen operas and got the job in spite of his youth. Russia fell into turmoil which not even music could soothe and Dr. Kostelanetz came to the United States. He was almost immediately on tour as an accompanist with Metropolitan and Chicago Opera stars.

Courting Lily Pons for a long spell But in the 1920 election, just two made him an airplane addict, a the street for an ordinarily groundling. After marrying Miss Pons he So it is not enough to be with the kept up with both his flying and his and right-about-face with impunity | travel and communications are unifying forces and that they stimulate understanding, against a trend of confusion and disruption.

Are glow worms worms? 7. Where in the United States is the longest stretch of railroad track without a curve?

8. Is the train of a peacock its tail?

9. What is the proper way of disposing of an American flag after it is worn out and no longer fit for display?

## The Answers

1. The letter "S," according to Funk and Wagnalls New Standard dictionary.

2. A pirate flag. 3. All of them.

4. Nine-count them-1,000,000,

000.

5. Only one in about 1,400 games.

6. No, glow worms are actually beetles. The males can fly, but the females cannot, so they light up to let their lovers know where they are.

7. North Carolina claims this record. Between Wilmington and Hamlet, a distance of 78.86 miles, there is a stretch of track without a single curve.

8. No. The beautiful, long plumes that the bird raises into a large, fan-shaped shield are in front of the short tail feathers that are used as a support.

9. Custom decrees that it should be burnt, or destroyed privately in some other way. To cast it among trash is considered a desecration. the sweetest of the plums.

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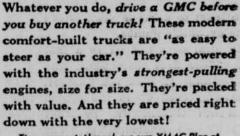
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