THE FRONTIER, O'NEILL, NEBRASKA



Tomatoes, Mushrooms, **Eggs and Rice Cakes** Make Good Lunch



A tomato treat that's hard to beat is this one in which cottage cheese is used for stuffing. Frilly sandwiches can be made by spreading thinly sliced bread with mayonmaise, seasoning the lettuce and rolling up the bread.

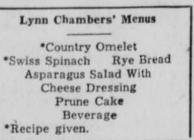
Lunch is often one of the most neglected meals of the day because the whole family is not at home to eat it. Then, too, many homemakers feel they just don't want to bother fixing something palatable and attractive.

But, let's look at it this way. Lunch, according to nutritionists,

should contain at least one-third to one-half the day's calories, and the proper balance of proteins, carbohydrates, vita-

mins and minerals. This doesn't mean that you have to spend a lot of time preparing this noon-day snack, because, ichances are, there are plenty of things in the refrigerator, ready to be made into satisfying, nourishing lunches.

Now that food rationing has eased, it might be a good idea to invite friends in for a quick lunch; or, better still, have a plan whereby you invite four to six people.over for time, and then have everyone take turns having each other to luncheon. It's a neighborly way, and you will be sure to get into better luncheon habits this way. Here is a colorful salad plate that pepper and makes a quick and easy lunch. It looks pretty, too, on gay, informal plates.



I tablespoon melted butter teaspoon salt Dash of pepper 1 teaspoon sugar

Mix all ingredients together in order given. Drop by spoonfuls onto hot, greased griddle. Saute until golden brown on each side, turning only once. \*Swiss Spinach.

Into 2 cups of finely chopped spinach, blend 1/2 cup very thick, wellseasoned white sauce (flavored with onion and a dash of nutmeg), just enough to hold spinach together.

Eggs can always pack a nutritional punch into lunch and still keep a meal on an economical plane. You'll like both of these suggestions, one served hot, the other crispy cold!

#### Sunshine Egg Salad, (Serves 6)

8 hard-cooked eggs 1 cup finely diced celery 1/4 cup salad dressing 1 teaspoon Worcestershire sauce 1 tablespoon lemon juice 1 teaspoon scraped onion Salt and pepper **Celery** curls 6 thick slices of tomate Salad greens

Chop eggs, but not too fine. Add celery, dressing and seasonings. Season to taste with salt and pepper. Press into molds, and chill before serving. Unmold each on a slice of tomato in a bed of salad greens. Garnish with celery curls, paprika and additional salad dressing, if desired.

\*Country Omelet. (Serves 5)

2. cups diced, cooked potatoes 3 slices bacon 1/4 cup minced onion 4 eggs, separated 2 tablespoons top milk 1 teaspoon salt 1/4 teaspoon pepper

chopped parsley.

Beat whites until

stiff and fold into

egg yolk mix-

ture. Heat frying

pan, add 2 table-

slightly under broiler and serve.

There's a surprise in store with

mushrooms de luxe that will make

guests ask for more. An all vegeta-

ble luncheon like this is served with

a smooth, creamy mayonnaise sauce

made by mixing mayonnaise and

An easy, point-free luncheon is

made with mushrooms and served

with vegetables. It takes only about

Mushrooms De Luxe.

(Serves 6)

milk and heating together.

20 minutes to bake.

pepper

1/2 cup milk

utes or until hot.

for dressings.

12 large mushrooms

11/2 teaspoons salt

3% teaspoon pepper

1/2 cup real mayonnaise

1/4 cup dry bread crumbs

1 tablespoon chopped green

1 teaspoon chopped parsley

13% tablespoons chopped onion

Wash mushrooms, remove stems

and chop. Mix chopped stems,

bread crumbs, green pepper, onion.

parsley and seasonings. Brown in

2 tablespoons of the mayonnaise.

Fill mushroom caps. Bake in a

moderately hot (400-degree) oven 20

minutes, or until tender. Serve with

vegetables and mayonnaise sauce,

made by beating remaining mayon-

naise with 1/2 cup milk and cooking

until smooth. This is cooked over

low heat, stirring constantly, 5 min-

A dressing for tomatoes, equal to

none, is made by merely sieving

well ripened avdcado and seasoning

with lemon juice and garlic salt.

This will reduce the pressure on

hard-to-get salad oil, ordinarily used

Released by Western Newspaper Union.

Morrow is VEN Forever.

THE STORY THUS FAR: Spratt Herlong, motion picture producer, met and married Elizabeth, whose first husband, Arthur Kittredge, was reported killed in answered, World War I. Arthur, badly disfigured and not wanting to live, had the false report sent out. When he came to America he was employed by Spratt and soon not." became acquainted with the entire famlly. Elizabeth thought that she had met him some place, but his change and the

name of Kessler made it impossible for her to place Kessler. He showed keen interest in Brian's collection of mounted insects, and promised to get and mount a bat for him. All the children became foud of him.

# CHAPTER XV

began writing an order for some tools needed for the Victory garden. She had finished this and several other notes when she heard Dick and Cherry come in. Going to her doorway, she watched them scamper up the stairs, enjoying the healthy windblown look of them. "Did you have a good time?" she

hot dog and Dick ate two egg sandwiches besides."

"They wouldn't give us but one hot dog apiece."

yourself," Elizabeth exclaimed.

why Kessler insisted on taking a taxi when he'd be glad to drive him home. Shaking his head with goodnatured insistence, Kessler said,

"I'm sure Mrs. Herlong will agree with me. I can't drive, but it's one of my principles not to let my friends drive for me if I can help it. It may be convenient tonight, but there will be times when it isn't. Am I right, Mrs. Herlong?"

How sensible he was, Elizabeth thought, to accept his handicaps so frankly. "Yes," she answered, "though either of us would be glad to drive for you, in principle you're quite right."

"Thank you. And now, since I don't know where the telephone is, will you stop arguing and call a cab for me, Mr. Herlong?"



idea." ment. His self-discipline had been learned in a long hard school. He For several weeks Mr. Kessler did nothing about getting a bat for Bri-

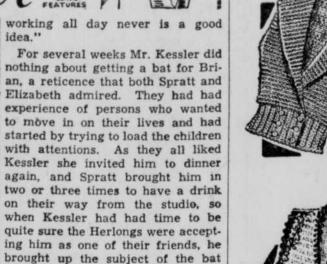
"Before tonight? If we had, Mrs. Herlong, I can't believe I could have forgotten it. No, I am sure we have He had looked up and was regarding her steadily. Elizabeth did not know that letting his eyes meet

hers just then was one of the hardest achievements he had ever accomplished in his life. He did it so well that she nearly believed him. "Maybe I'm wrong, then," she said. "But tonight, as soon as you came in. it seemed to

me that I had seen you somewhere again, to Brian's great delight. Two and I couldn't think where it was." days later he telephoned that he had "Maybe," suggested Spratt, sitting down and taking up the cigarettebox from the table. "you two saw each other at one of those big cocktail parties where you see hundreds of people and don't get to know any

of them." "Very likely," Kessler agreed readily, turning toward Spratt as though welcoming his suggestion.





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obtained the bat, and made a date for Brian to come to see him. It was very kind of him, Elizabeth thought, and she was glad to see her children's increasing friendship with him. Kessler never patronized them, and he had a great talent for minding his own business. He rarely mentioned the war unless somebody else brought it up, and when he did refer to national affairs he OTS of warm sweaters are refrained admirably from making needed by high school and coladverse criticisms of the President lege girls, they say, for campuses and from telling them what he and low temperature classrooms. thought Americans ought to do about anything. In fact, he listened to only warm but exceptionally them a good deal more than he smart looking. The under-thetalked, though none of the children coat vestee at top is knitted of realized it. "He's swell," they said soft wool-the "hearts and flowof him. ers" model is crocheted in white

Kessler said to Elizabeth, with a touch of wistfulness, "There is a great deal of you in all your children." Occasionally she wondered why he seemed more interested in finding her characteristics than Spratt's. He and Spratt were good friends and Spratt frequently said his work on the picture was proving invaluable. But when he came to their home it was primarily to see her, a fact that Spratt observed with a sort of proud amusement. He liked other men to admire his wife.

Brian and Peter Stern visited Kessler so often that Elizabeth was sometimes afraid they were going to be nuisances, though Kessler insisted they were not. Brian saw little Margaret and announced grudgingly that she was not bad, so Elizabeth suggested the party. The next time Brian went to see Kessler she went by to get acquainted with Margaret. Kessler's modest street-floor apartment was kept for him by a motherly woman who came in leading Margaret by the hand and telling

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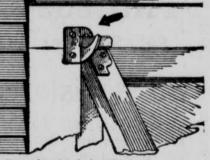
"I am a rural letter carrier. For more "I am a rural letter carrier. For more than 15 years I used a laxative every night. About a year and a half ago a good friend suggested that I try KELLOGG'S ALL-BRAN. I did so-with the result that I have not taken a pill since. I eat ALL-BRAN generously every day. I find it a great help." John H. Martin, West-minster, Maryland.

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Elizabeth turned to the desk and

asked. "Oh yes," said Cherry. "The sea was just beautiful and we all had a

"Meat shortage," Dick explained.

"I don't know why you don't kill

Dick said he felt fine, which he evidently did. They said good night, and Elizabeth went downstairs. Spratt and Kessler should be finishing up their conference by now if they expected to go to work in the morning. They did appear in a short time, Spratt saying he didn't know

| Stuffed | Tomate | Salad | Plate. |
|---------|--------|-------|--------|
|         | (Serve | s 6)  |        |
|         |        |       |        |

- 6 large tomatoes
- 1/2 pound cottage cheese 1 cup chopped cucumber
- 3. tablespoons real mayonnaise Parsley
- Scallions
- Lettuce rolls

Section tomatoes to within 1/4 inch from bottom. Mix cottage cheese, cucumber and real mayonnaise. Fill tomatoes. Serve with scallions and lettuce rolls. The rolls are made by spreading thinly sliced white bread with mayonnaise and then placing a lettuce leaf on each slice. Sprinkle this with salt and pepper. Roll up and fasten with a toothpick. Occasionally we all have some leftover rice in the refrigerator, pos-



with apricot jam or marmalade. and some spinach made delectable with a cream sauce. There you have nourishment plus in addition to a colorful and contrasting menu.

#### Rice Cakes. (Serves 6)

2 cups cooked rice (1/2 cup uncooked)

1 beaten egg 2 tablespoons flour

Lynn Says

Hints for the Home: Sugar bags make good dishcloths. Cut, hem and launder before using. A dishwashing apron is easy to make out of oil cloth. Cut to pattern, bint the edges and you will have a water-resistant apron.

Old pillow cases are excellent for protecting the tops of clothes while they hang in the closet. Use this tip for putting away out-ofseason clothes

Odd bits of linoleum make nice covers for kichen or laundry table and may even be used as shelf covering.

Old socks are excellent for applying wax to furniture; they may be used for cleaning silverware, too.

If you are crowded for space, build a blanket bin across the narrow end of a hall, underneath the windows. This is good to use in storing clothes, too. Fold the latter in clean tissue paper to prevent wrinkling.

1 tablespoon chopped parsley Brown potatoes, bacon and onion

Spratt chuckled and complied. together in a frying pan. Cool. Beat Kessler turned back to Elizabeth. egg yolks slightly, add milk, salt,

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"Mrs. Herlong," he said earnestly, "I can't tell you how happy you have made me."

It seemed a great deal to say in return for a pleasant evening, but he sounded as though he meant it. "We were all glad to have you, Mr. Kessler," she answered. "You

have quite won the hearts of the chilspoons shortening into the pan. Pour dren.' in egg mixture. Cook over low heat "They are delightful, all three of until lightly browned on bottom them. What a joy it is to see a (about 15 minutes). Brown top

home like yours. Your mode of living is so clear that it leaves no room for doubts. No one who spent an hour here could go away asking, 'Are they happy? Are they free? Do they love each other?' The answers are obvious."

Elizabeth stood up to face him. 'Are we really like that? Would you say it just to be pleasant?"

"Indeed not. You should be very proud of such an achievement." "It hasn't been all mine." She

glanced at Spratt, who was returning from the telephone. "I've had a great deal of cooperation."

Kessler's eyes followed hers, then came back to her. "Yes, that is easily seen. I congratulate you both.

Elizabeth and Spratt both smiled back at him gratefully. Elizabeth wondered at their talking like this to a stranger. But just now Kessler

did not seem like a stranger. From being a newcomer among them, he had subtly changed into a friend who made her comfortable with the security of mutual understanding. Whatever memory he had stirred within her, it must be some old experience of peace. Since overhearing the

children yesterday she had felt unsure of herself and of them, but now, hearing him speak, it was as though she had slipped back into some forgotten period of long ago when everything was safe and right. He was saying to them,

"Your children can afford to be cynical about themselves because

are to most of their fellowmen. They believe in the obvious because they've found it good. When you see people deliberately clinging to a belief in abstractions they don't

is unsatisfactory.' "How cheering you are!" exclaimed Spratt.

"Mr. Kessler, have you and I ever

defended.

this often, making an unconscious gesture toward his physical means

of support when his spirit felt un-

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"I have seen him before tonight."

"I've been forced against my will to attend several of those. Or possibly," he added, "you saw me at the studio. You come there now and then, don't you, Mrs. Herlong?" He glanced at her an instant as he spoke her name, and then became occupied with watching Spratt blow smoke-rings. "You might have caught sight of me walking from my bungalow to a projection room-

chance glimpses like that sometimes tease our memories unmercifully.' "I suppose it must have been something of the sort," said Elizabeth. But she was still not satisfied. She continued, "But do you know, Mr. Kessler, when you came in I thought I knew you, and I thought you gave me a sort of startled look,

as though you knew me too. You didn't?' "If I stared at you rudely, I hope

you will forgive me, Mrs. Herlong." He spoke lightly, almost humorously, as though it were a trifling matter. "I hope you will remember that I had been looking forward to

meeting you, more eagerly than you realize. Attractive women have not been a great part of my life recently, or happy homes either. In the life of an exile they assume an im-

portance that you do not understand, and I hope will never have to understand.'

Elizabeth thought, "He protests too much," but Spratt was agreeing, "Yes, I should think they would. Is that your taxi pulling up, Kessler?"

"I believe it is," said Kessler. "Good night, and thank you both again."

Spratt walked out to the taxi with Elizabeth took a cigarette him. from the box on the table and stood looking down at the remains of the fire. When Spratt came in she turned around. Since Margaret's party was going

"Spratt, I don't care what that man says. I have seen him before tonight.'

suggested that he bring Kessler over Spratt shrugged. "Wherever it that evening, leaving him there was, you went there without me. I've been with Kessler every day for the while he drove Margaret and some of the other guests home, and then that past couple of weeks, and it never he, Kessler, Elizabeth and the two entered my head I'd seen him beolder children go out for dinner. fore. Probably a cocktail party, Elizabeth agreed gladly. She had Elizabeth, or rambling about the managed to keep servants so far. studio.

but she wanted to give them no "It wasn't. I tell you, I know grounds for complaint. The party him. went very well, for Margaret was

"All right, all right, you know not shy among friends of her own him. He doesn't know you. He said so. I'm going to sleep on my feet. We talked and talked, and didn't get a thing done."

"You didn't? I'm sorry."

"His mind wasn't on his work. He kept bringing himself back from a great distance and repeating something he'd said fifteen minutes ago. I never saw him like that, he's usually sharp as a whip. Tired, I suppose-working all evening after

her to speak nicely to the lady, which Margaret did. She was an intelligent-looking child, with big blue eyes and two fat pigtails, shyly polite; as Elizabeth rarely had any trouble getting along with children, their acquaintance began without difficulty. Margaret had learned the English language very well. Oh yes, she said, she went to school and she was learning to swim, and when asked if she would like to have a party with her school friends she nodded eagerly. When they had got that far in their conversation Kessler came in, having left Brian and Peter blissfully occupied with the bones of the bat. "I'm going to have a party!" Margaret announced to him Kessler looked down at her and

smiled fondly. Again Elizabeth felt a flash of recognition. "I've seen him somewhere, I know I have," she thought. "Maybe he doesn't remember, but I'm sure of it." However. she did not mention the subject, for Margaret was talking, and by the time they had arranged the date of the party and other details she felt it was time to go.

On the way home she made up her mind that though he might think her foolish for persisting, the next time she happened to be alone with Mr. Kessler she was going to ask him to rack his brain and figure out where it was she had met him. There was no good reason why it should seem so important to her to remember, since it must have been a very casual meeting to have escaped her so thoroughly, but these occasional twinges of recollection teased her. Just for the instant when he had looked down at Margaret with a tender little smile, not only the expression of his face but his whole attitude had been so familiar that she had felt as though she was watching someone she had known for years. Then it was gone, and now she could not remember at all.

to strain their already overtaxed

problem of household help, Spratt

age. They played in the pool, gob-

bled sherbet and cake without no-

ticing that war exigencies had made

it impossible to get ice cream, and

were happily tired when they were

finally coaxed back into their clothes

and their parents began to arrive to

take them home. Margaret came

"Thank you for the party, Mrs.

Herlong. We had a very good time."

(TO BE CONTINUED)

over to Elizabeth.

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they don't know how superior they

know anything about, you can be pretty sure they need to do it, because everything they do know about

Elizabeth was looking up at Kessler. She asked.

met before?" He started. For a moment he looked down. She looked down with him, and saw his hand tighten on his cane. She was to learn that he did

