

The Frontier Woman —

Family Lives to Eat Rather Than Eats to Live, 'Busy Mother' Writes

By BLANCHE SPANN PEASE

Hi there, everyone! Taste-pleasing breakfasts are a must for the summer days when you are off to a long trek on the open road, or before a busy day of vacation sports.

If you choose your favorite quick coffee cakes and give them a summer look, you'll have a chance to join in the fun, too. And how easy it is to dress up these good sweet breads with summer fruits! They'll make their contribution to good nutrition, too, for all of them furnish the important B-vitamins and iron of enriched flour.

Start the easy breakfast menu with canned or frozen orange juice, and accompany the fresh coffee cakes with a platter of scrambled eggs.

Breakfast is certain to be a cheerful starter when you feature apple cheese cake, a fluffy coffee cake with a spicy syrupy apple topping. This cheese-flavored coffee cake can be made the day before the holiday and reheated for service. Wrap coffee cake that's left from breakfast in wax paper and take it

along for snacks on your trip.

APPLE CHEESE CAKE

One and one-half cups sifted enriched flour, 2 teaspoons baking powder, ¼ teaspoon salt, ¼ cup shortening, ½ cup sugar, 1 egg, ¾ cup milk, 1 cup shredded nippy cheese, 1 cup sliced apples (2 medium), ¼ cup brown sugar, ½ teaspoon cinnamon, 1 tablespoon melted butter or margarine.

Sift together flour, baking powder and salt. Cream together shortening and sugar until light and fluffy. Add egg and beat well. Add dry ingredients alternately with milk, mixing well after each addition. Blend in cheese and pour into greased, lined 8-inch layer pan. Arrange apple slices on top. Combine brown sugar, cinnamon and butter or margarine and sprinkle over top of apples. Bake in moderate oven (375 degrees F.) about 35 minutes. Makes one 8-inch coffee cake.

—tfw—
Subscription Winner—

We have a single letter on hand to use today.

Dear Mrs. Pease: Canning time will soon be here again, won't it? I always like this time of year when we can start filling up those empty jars on the cellar shelves again.

Sometimes I think that here at our house we live to eat rather than eat to live, so those jars get empty pretty fast.

I would like to share a couple of favorite pickle recipes with The Frontier readers. These

sweet pickles take lots of time but I've found them worth the extra effort it takes to make them.

SWEET PICKLES

Cover cucumbers with salt brine using ½ cup salt to 1 quart water. Let stand 3 days. Drain and cover with cold water. Let stand 3 days, draining and covering with fresh water each day. Cut in chunks if desired. Combine 2 cups vinegar, 2 teaspoons alum. Heat to boiling. Pour over cucumbers. Let stand 2 days. Drain. Combine 4 cups sugar, 2 cups vinegar with 4 cups of water and 1 teaspoon mixed spices. Heat to boiling. Pour over pickled cucumbers. Let stand 1 day. Pour off liquid, heat to boiling again and pour over pickles on second day. On third day heat liquid, pour over pickles which have been packed in jars and seal.

These are quick and easy to make.

ICE WATER PICKLES

Soak cucumbers in ice water 3 hours. Drain and pack in jars. Combine 2/3 quart vinegar, add enough water to make 1 quart, 1 cup sugar, 1 teaspoon celery seed, 1 teaspoon dry mustard, ½ cup salt. Bring to a boil, pour over pickles and seal. This amount of liquid will fill 3 quarts of pickles.

With 3 children to care for I don't find much time to read but do enjoy it and poems are a favorite with me.

When my oldest boy was tiny, I found this poem and I clipped it out because I think it describes all little boys so well.

WHAT ARE LITTLE BOYS MADE OF?

What are little boys made of? Snips and snails and puppy dog tails? Certainly not! These miniature males are made of wonder and stubborn pride, and chuckles and good clean dirt outside. They are made of sweetness that's 9/10ths guile, and mischief redeemed by an angelic smile. They are made of curiosity and devotion, but mostly they're made of perpetual motion.

—tfw—
GRAPE LEMONADE

Add 2 cups grape juice and 1 cup orange juice to the following recipe for lemonade: 6 lemons, ¾ to 1 cup sugar, 6 cups cold water, lemon slices. Extract lemon juice, add sugar to taste and stir until dissolved. Then add water and serve immediately. Pouring into glasses over crushed ice. Place a lemon slice over the rim of each glass.

FROZEN LEMON SYRUP FOR LEMONADE

One and one-half cups sugar, 1 cup lemon juice, 1 ½ cups water. Combine in the order given and stir until sugar is completely dissolved. Freeze in mechanical refrigerator until syrup forms a snow. Stir 3 or 4 tablespoons into a glass of water to make lemonade as needed. A quick and convenient method for making summer lemonade anytime.

BANANA SALMON SALAD

One-half cup diced canned pineapple (about 2 slices), 3 ripe bananas, diced, 1 ½ cups canned salmon, ¼ cup diced celery, ¼ teaspoon salt, 1 tablespoon chopped pickle, mayonnaise to moisten, lemon. Drain pineapple well. Mix together bananas and pineapple. Add salmon from which bones and skin have been removed. Stir in remaining ingredients. Garnish with lemon slices or greens.

—tfw—
Send Us a Letter—

Needless to say, we are very much in need of letters for The Frontier Woman. We had only 1 letter to use today where ordinarily we use 2 and give the writer of each a 3-months' subscription to The Frontier.

Why don't you write us a letter? Send it to Mrs. Blanche Pease, The Frontier Woman, Atkinson, Nebr.

SANDHILL HAL

Nothing quite equals the relief of getting all the kids to bed at night unless it's stopping the aching of a tooth.

If Coolidge were alive today, might it be that he would find some things to say.

When Junior writes home from college for more money, that is what is known as a rah deal.

Never is a woman more cooperative than when she is helping a man make a fool of himself.

Lots of people who don't believe in any kind of human cooperation, scream like heck when there are only 3 legs on the table.

A small boy is a noise with an appetite inside.

Sgt. Mullen on Japan Fighter Base

Itazuke Air Base, Fukuoka, Kyushu, Japan—Sgt. James F. Mullen, son of Mrs. Henry Mullen, of O'Neill, has recently been assigned to the Eighth motor vehicle squadron, Itazuke air base, located on the southern-most Japanese home island of Kyushu. He will perform duties as a senior mechanic in the vehicle maintenance shops.

A student at St. Mary's academy at O'Neill, he entered the army in December, 1939. During World War II he served with the Ninth division in the European theater of operations. In 1946 he entered the air force and was assigned to the occupational air forces in Europe, where he was stationed for duty at Weisbaden, Germany.

Prior to his present overseas tour, Mullen was on duty at Offutt air base, Omaha.

Arriving in Japan in May, 1950, he was assigned to the Fifth air force and subsequently reassigned to Itazuke air force base, the home of the "combat-ready" Eighth fighter-bomber wing.

Rural Electrification Demonstration Given—

The South Fork Community club met Monday, June 26, at the home of George Fullerton.

All members but 5 answered roll call. Seven members reported that they were going to attend 4-H camp at Hidden Paradise.

The members taking stock-keeper judged a class of 4 calves and gave their reasons.

The rural electrification boys are planning on working up some demonstrations.

Mrs. Fullerton served a delicious lunch of sandwiches, cake and koolaid.

The next meeting will be held at the C. F. Small home July 18. — By Beverly Small, reporter.

Sons of Soil on Overnight Trip—

The Sons of the Soil 4-H club held a meeting on Saturday, June 24. The meeting was a special overnight camping trip held at the Emmet Revell lake.

Ben Sanders and John Ether-ton, our leaders, accompanied us. We arrived at about 6 p. m. on Saturday, went fishing and swimming on Sunday, and early in the evening Mr. Davies came and took some pictures of us and explained some different trees.

We returned home about 7 p. m. Sunday. We had a very good time.—By Charles Pierson, reporter.

Up-and-At-It Holds 2 Sessions—

The Up-and-At-It 4H club met at the home of Joan Lansworth on Thursday, June 15.

At the close of the meeting 2 teams demonstrated. After the demonstrations a lesson on judging was given by our leader and plans were made to attend the practice day.

We met at the home of Barbara Streeter on Thursday, June 27.—By Patty Pierson, reporter.

Miss Zakrzewski Commerce Grad—

Miss Victoria Zakrzewski, formerly of O'Neill, and daughter of Mr. and Mrs. Sylvester Zakrzewski, of O'Neill, was a member of the graduating class of the Lincoln school of commerce at the school's 66th annual commencement Friday evening, June 30. Miss Zakrzewski, who had previously

graduated from the St. Mary's academy, is employed in a business position in Lincoln. She is an assistant to the general sales manager for the Nebraska Salesbook company. Victoria graduated from the Lincoln school of commerce in the stenographic course.

S-Sgt. Charles E. Worth returned to Chanute Field, Ill., Friday after having visited his parents for six days.

LETTER TO EDITOR

It was erroneously stated in your paper that the Inman church received 9 ½¢ per pound for blue grass seed. They were paid 8¢ per pound, the prevailing price. They were given 1 ½¢ per pound for stripping and hauling this to the bluegrass yard, but this amount was donated in cash by a local member of the church.

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