

The Frontier Woman —

'Fatty' Cuts Down on Eating When Tummy Acts Up, Also During Lent

By BLANCHE SPANN PEASE

Did you win a prize for your cake at the county fair? You didn't? Well, we can't all be fair prize winners but we can be better cake makers, if we'll try.

Before you start to make a cake, read the recipe all over, be sure you have all the ingredients and get them assembled. Be sure you have the size cake pans the recipe calls for.

Grease the pans well, and it will save washing if you'll line the pans with waxed paper cut to fit the pan. Grease both the pan and the paper.

Use squares of paper on which to sift the dry ingredients. Cream the butter and sugar mixture until it is really light and fluffed up. Beat in the eggs vigorously so as to beat and whip in more air in the cake. When you add the sifted flour mixture, add it alternately with the liquid in small amounts and be sure you begin and end with the flour.

After the cake is baked, let it stand in the pan on the cooling rack for 5 minutes, then turn it out on the rack to cool it before you frost it.

Don't guess at the oven temperature when you bake a cake. Be sure it's right. Shortening will work easily and quickly if you

have let it stand at room temperature for awhile before making the cake.

Be sure that all measurements are accurate and level. Use standard measuring cups and spoons.

Good luck—and good cakes to you, lady! Ask me over when you have a super one. Grin.

—tfw—

"Fatty" Wins Subscription Prize—

Dear Blanche:

Did you know you are what you eat? And I am one who likes big gobs of potatoes and gravy (the potatoes because I'm Irish, maybe). Pie, cake, and lots of gooey desserts—so what does that make me? Fair, fat and 40—well, almost. Fortunately I never get too fat—just middle age spread.

Every little while I decide to cut down a little, but, boy, it's so hard to do. Salads, fruits and vegetables are good—for a meal or 2.

Every once in a while when my tummy kicks up a fuss from too much rich food or when Lent rolls around then I do cut down in earnest. What's good for the soul is good for the body, you know.

Then about 1 good day's work and here I go again. Does anyone else have my problem? None of my family cares much for vegetables or salads, possibly because daddy doesn't, so I make a big bowl of salad and then throw most of it out.

Sometimes I think it would be a good idea to go on a black-strap molasses, yogurt and wheat germ diet.

The Yugoslavs are supposed to live on yogurt and live longer than the people of other lands. But as a lady remarked, if you have to live on THAT, who wants to live longer?

But I do think we Americans use too much refined flour, sugar and the like. Our grandparents didn't have too much such stuff and I'm willing to bet they had better health. I'll bet they had better teeth anyway.

All that with today's rush to get there or get something done is too much. We just live too fast.

Sincerely

"FATTY"

It's Nice to Know That...

Some folks call Atkinson the windmill town—because it has so many windmills in the outlying district. Just a sign the residents are ambitious to raise gardens, I'd say!

It is said that in Western, Nebr., one early day settler had to milk his cows and prime the pump with milk, in order to get water. The Ceia school house is so old that it has square nails.

SAYS SANDHILL SAL

She played so long as "hard to get" that she's 38 and single yet. Some brunettes are light headed.

A person is eccentric when their views are different than yours.

A radical is a man who belongs to the opposite political party. Of all the people that I meet, the ones that really bore me, are not the folks who talk too much, but the ones who just ignore me.

Mr. and Mrs. Jess Davis, of Atkinson, were Friday guests of Mr. and Mrs. David Bellar.

Page Frosh Absorb Upperclass Rule

PAGE — The senior class of Page high school initiated 20 green freshmen Friday. The freshmen were dressed as characters in a circus: Siamese twins, fat lady, strong man, tattooed man, barker and snake charmer.

An initiating program was held in the morning. Some of the highlights were Siamese twins jumping rope with hands and feet bound and their feet covered with molasses and feathers. The trapeze performers eating their "bird-food" (raw hamburger with cod liver oil).

At 12:30 the circus paraded through town with the able help of the seniors. On main street the freshmen were made to bow to the seniors and say this poem, "I'm a freshie, green and dumb; you are mighty, I'm a crumb; I will bow or curtsy neat, to each senior that I meet."

A party was held at night in honor of the freshmen, welcoming them into our high school. A short program and games made up the entertainment for the evening. Refreshments were served at the end of the program.

Other Page News

The progressive visitation plan of the Woman's Society of Christian Service was completed on Thursday afternoon. There were 13 hostesses each inviting 10 guests. The hostesses were: Mesdames Frank Snyder, Edgar Stauffer, Kenneth Heiss, Harry Harper, Alton Braddock, Raymond Heiss, Dale Stauffer, Harold Kelly, Ivan Heiss, Soren Sorenson, jr., Frank Beelaert, Elmer Trowbridge and M. G. French. A results meeting will be November 1 in the general meeting of the W.S.C.S.

Mr. and Mrs. Otto Matschullat, Mr. and Mrs. R. F. Park, Mr. and Mrs. Melvin Lamason and family Mr. and Mrs. Alton Braddock, Mr. and Mrs. Charlie Cronk, Mr. and Mrs. A. B. McClure and daughters and Mr. and Mrs. George Clasey enjoyed a no-host weiner roast at the Clasey home Friday evening.

A no-host dinner was enjoyed Sunday at the home of Mr. and Mrs. N. D. Ickes and family. Others present were Mr. and Mrs. Russell Sorenson and daughter, of Creighton; Mr. and Mrs. Nels Linquist and family, of O'Neill; Mr. and Mrs. Soren Sorenson, sr., Mr. and Mrs. Bill Sorenson and family and Mr. and Mrs. Soren Sorenson, jr., and daughter, all of Page. Mr. and Mrs. Edwin Porter, of Orchard, and Mr. and Mrs. M. G. French and Bettie were afternoon visitors.

W. E. Snyder, of Ainsworth, came Thursday, September 13, for a short visit with his brother, Frank Snyder, and wife and his 2 daughters and sons-in-law, Mr. and Mrs. Melvin Carson and Mr. and Mrs. Lowell Miller.

The Get-To-Gether club met on Friday afternoon at the home of Mrs. Glen Harris for a revealing day. There were 13 members present and 1 guest. The secret sisters were revealed and the names of new sisters were drawn for the coming year. The hostess served lunch at the club.

The Bid-or-Bye bridge club met Wednesday afternoon, September 12, at the home of Mrs. Harold Kelly. Mrs. Alton Braddock and Mrs. John Lamason were guests. Mrs. Herbert Steinberg held high score and Mrs. C. E. Walker received the all cut prize.

Mr. and Mrs. Allen Haynes left Thursday morning, September 13, for Denton where they plan to spend a week at the home of their son and daughter-in-law, Mr. and Mrs. Roy Haynes.

Mr. and Mrs. Elwood Sparks and 3 children, of Breeding, Ky., spent from Tuesday until Friday

last week visiting Mr. and Mrs. I. O. Wood. Mr. Sparks is a nephew of Mr. Wood.

Mr. and Mrs. R. D. Copes returned home Wednesday evening, September 12, after being away almost 4 weeks visiting with relatives at Stromsburg, Lincoln and Omaha.

The Royal Neighbor Kensington met Wednesday afternoon, September 12, with Mrs. Otto Matschullat. Eight members and 1 guest were present. A covered dish lunch was served.

Mr. and Mrs. Donald Nissen and family, Mr. and Mrs. Anton Nissen and Otto Wahletz enjoyed a fish fry Friday evening at the home of Mr. and Mrs. Lorenz Nissen.

Mrs. Addie Kelly returned home Friday after spending a few days with her brother-in-law and sister, Mr. and Mrs. John Burt-whistle, at Pilger.

Mr. and Mrs. Lowell Miller, of Gresham, Ore., and W. E. Snyder, of Ainsworth, were Friday evening dinner guests of Mr. and Mrs. Edgar Stauffer.

Mrs. Harriet Carson was hostess to the Just-a-Mere club Friday afternoon with 7 members present. The afternoon was spent playing rook. A buffet luncheon was served.

Mr. and Mrs. Anton Nissen were Sunday dinner guests at the home of their son, Dale Nissen, and family at O'Neill.

Mr. and Mrs. Bill Alm and daughter of Dorsey, were guests Sunday of Mr. and Mrs. Milo Landreth.

Mr. and Mrs. Floyd Frahm and family spent Sunday at Neligh at the home of Mr. and Mrs. Alvin Rabbass and family. Mr. Rabbass is a brother of Mrs. Frahm.

Mr. and Mrs. Don Nissen and family were dinner guests Sunday of Mr. and Mrs. Raymond Eby and family at O'Neill.

Dr. and Mrs. C. A. Rost, of St. Paul, Minn., spent from Friday until Monday at the home of the former's brother, George Rost, and wife.

Mr. and Mrs. Albert Seithers and son, David, of Wilmington, N. C., spent from Tuesday until Wednesday with Mr. and Mrs. Lorenz Nissen. Mrs. Seithers is a cousin of Mrs. Nissen.

Mr. and Mrs. Melvin Roach and son, Larry, visited at the Tony Schmitz home in Bonesteel, S. D., Sunday.

Dr. and Mrs. C. O. Rost, of St. Paul, Minn., were dinner guests Sunday of Mr. and Mrs. Ralph Larson. Doctor Rost is an uncle of Mrs. Larson.

Mr. and Mrs. Carl Clemans, of Creighton, were guests Sunday of Mrs. Helen Steinberg and John. Mr. and Mrs. Herbert Steinberg were afternoon visitors.

Mr. and Mrs. John Friday, of Orchard, visited Sunday afternoon with Mr. and Mrs. A. B. McClure and Artha.

Rev. and Mrs. D. S. Conrad and Mr. and Mrs. H. B. Burch went to Pickstown, S. D., Saturday on a sight-seeing trip.

Venetian blinds, prompt delivery, made to measure, metal or wood, all colors.—J. M. McDonald Co., O'Neill. 1114



GRAND CHAMPION... Lynn Larson, of Page, exhibits his purple ribbon Shorthorn dairy calf—grand champion in the dairy calf division at the recent Holt county fair. At left is Bob Reimer, of Inman, with his Guernsey purple ribbon winner. Larson was erroneously identified as Marcus Pierson, of Ewing, in the September 6 issue.—The Frontier Photo & Engraving.

REAL ESTATE TRANSFERS

WD — Louise B Perkins to Fred Ermer & wf 8-24-51 \$4000-SE 1/4 6-26-11
QCD of oil, gas & mineral rights- Federal Farm Mtg. Corp to Sadie Bursell 8-9-51 \$1- S 1/2 NW 1/4 14- S 1/2 NE 1/4 15-32-12
WD — Hazel Hill to Mary M. Pribil 7-23-51 \$27,200- NW 1/4 25- S 1/2 SE 1/4- NE 1/4 SE 1/4- SE 1/4 NE 1/4 26-28-12

Mr. and Mrs. G. M. Hubby, Mr. and Mrs. Laurence Rouse and Mrs. Howard Rouse were Thursday guests at the home of Mrs. Carrie Borg.

Mr. and Mrs. Dwayne Philbeck and family visited relatives in Newport Sunday.

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