



Follow Rules for Melt-in-Your-Mouth Muffins (See Recipes Below)

Lynn Chambers' Menus.

Calves' Liver with Onions

Scalloped Potatoes Green Beans

Steamed Pudding

*Cheese Muffins

·Recipe given.

gradually. Then

add beaten eggs

and mix thor-

dry ingredients

Mix in

rate each muf-

2 cups sifted flour

1 teaspoon ginger

1 teaspoon nutmeg

until done, 25 to 30 minutes.

1 teaspoon salt

1 teaspoon cinnamon

16 cup sugar

1 cun milk

degrees) oven for 25 to 30 minutes.

Spice Muffins.

¼ cup melted shortening

3 teaspoons baking powder

Sift together all dry ingredients.

until smooth. Fill greased muffin

erately hot (400 to 425 degrees) oven

What are our standards for mak-

ing biscuits? Perfect biscuits are

light and fluffed, fairly straight and

even on the sides, level on top,

well shaped and regular. Their ten-

der crust is golden brown and rather

smooth. When broken open, they

show a creamy white, fluffy crumb

Over-mixing, or too long kneading

of the dough makes biscuits tough

with a pale crust. Speed and light

handling are essential for flakiness.

causes lack of flakiness in biscuits.

These biscuits also lack in vol-

ume. The fat needs to be well dis-

The proportions for plain biscuit

ing powder, %

are as follows: 2 cups of flour.

Apple Sauce Biscuits.

3 teaspoons baking powder

1/2 cup tart apple sauce

1/2 cup thick sour cream

Buttermilk Biscuits.

4 teaspoons baking powder

out on floured board and knead for

Place on oiled sheet and bake in

a hot (425 to 450 degrees) oven for

Released by Western Newspaper Union.

¼ teaspoon baking soda

4 tablespoons shortening

2 cups pastry flour

% cup buttermilk

10 to 12 minutes.

1 teaspoon salt

tributed for a flaky texture.

以面別

2 cups flour

1 egg

¼ teaspoon soda

1 teaspoon salt

3 tablespoons fat

Under-mixing, on the other hand,

which is even and fine-grained.

and milk. Add

prunes. Turn into

greased muffin

pans and deco-

fin with a half

a prune and nut.

1 egg

oughly.

Jellied Fruit Salad

Beverage

Quick Hot Breads

Taste-tempting hot breads add a flavorful touch to any meal. Goldencrusted muffins or fluffy biscuits are the perfect accompaniment to meat and salads and go equally well with a glass of milk for a snack or with coffee or tea for breakfast.

Don't shy away from making muffins because you fear only fair results. Quick breads are the most easily mixed of all baked goods and you need to bear in mind only a few simple rules to have success.

The most important point to remember is not to "over-mix." Muffin batter, for example, should be "bumpy" - stirred only until the dry ingredients are dampened by the liquid. Biscuits should not be worked to death-they will be far more flaky and tender if the cook is not too ambitious.

Quick hot breads are an easy way to put appetite appeal into the simplest meal. Served with butter and jam, they will really give the family some-FIFT thing to look forward to even if the main dish is hash from left-

an accumulation of dabs of food in the refrigerator. Cheese adds flavor as well as protein to a meal when made with

over roast or soup and salad from

muffins like the following: *Cheese Muffins.

(Makes 12 medium-sized muffins) 21/4 cups sifted all-purpose flour

3 teaspoons baking powder 34 teaspoon salt

% cup grated American cheese

1 egg

1 cup milk 1/4 cup melted butter

Sift flour once, measure; sift into mixing bowl with baking powder and salt. Add grated cheese and mix thoroughly. Beat egg, add milk and melted butter, and pour into the center of the dry ingredients. Stir quickly until dry ingredients are just dampened. Batter should not be smooth. Fill greased muffin pans about 3/4 full. Bake in a moderately hot oven (425 degrees) for 15 or

hot with butter and jam. If you want to do other unusual things with muffins you might like them with a prune or a spice flavor. Both of these will add extra enjoyment to meals.

20 minutes until golden brown. Serve

Prune Muffins. 31/2 cups flour 1/4 teaspoon salt 4 teaspoons baking powder 1/4 teaspoon nutmeg

3% cup shortening I cup brown sugar

2 eggs 1% cup milk % cup cut, cooked prunes, well

drained Prunes and nuts for decoration Sift together first four ingredients. Cream shortening and add sugar

Lynn Says:

Here are tips on egg cookery: Beads on a meringue come from too much sugar. Frothy meringue comes from too little sugar. Two tablespoons of sugar to one egg white is a good rule to follow.

Eggs keep better if they are not washed before refrigerating. Never place meringue on a hot pie filling. It will form syrup between filling and meringue and "skid." Pile the meringue in the center of the pie and anchor to the crust on the edges after spreading.

To open eggs evenly without breaking the shell, crack with a knife that is not too sharp.

The volume of the egg white may be increased slightly when 11/2 teaspoons of water are added to white before whipping. This applies particularly if the eggs are not as fresh as possible.

Negro Victims Get Polio Fund Aid

The paralysis center at Tuskegee Institute has received \$433,236 to date for building and equip. NEW YORK (CNS)-Negro suf | ment and an appropriation of ferers from the dread infantile \$200,000 was given the Institute forded, Negro volunteers are asparalysis are now treated with- for medical care servces. Institu- sisting in many states with great out discrimination in hospitals in tions located in Tennessee, Illin- skill in the campaign to stamp every state in the union, according ois, Florida and Missouri have re-to an announcement made by Mrs. ceived \$19.000 from Federation to

"Miss SOUTHERN"



MISS AVIS BAKER, of Baton Rouge, La., who has been chosen 'Miss Southern', reigned over homecoming activities at Southern university Saturday, November 23. Miss Baker is a senior in business education and president of the Pan Hellenic council and Delta Sigma Theta sorority. (ANP)

"Events and Happenings of Social and Local Importance"

Social-Local News

Just Call HA-0800 to publish your local news in your Newspaper—The Greater Omaha GUIDE.

Miss Agnes Nelson Is Bride Of Mr. ArLander Payne Jr.

Sunday afternoon, December 15th, seas Bake in a moderately hot (400 to 425 1946, at the home of the bride's parents, 2867 Binney Street.

> crepe and satin had a scalloped square neckline and a full skirt, Her tiaras was made of beauti-

ful pearls and she carried a boquet of white carnations. The bride and groom stood under a very attractive arch-way, decorated with holly and which milk. Add dry ingredients and stir performed the ceremony. Miss Nelson is a graduate of St. Benedict's High School and a pans 3/3 full and bake in a mod-

former student of Xavier University, New Orleans, La. Mr. Payne is a graduate of C. 2867 Binney Street.

Visits in Excelsior, Spings Mrs. Hazel Mae Pryor and Mrs. Charlie Mae Eubanks spent Thurs day and Friday of last week in Excelsior Springs, Missouri and reported having had a wonderful

Mr. James Clark, father of Mrs. Pryor, came back with them. Mrs. Hazel Mae Pryor of the wife of Sgt. Grover Pryor, who has twenty-eight years of service in the army to his credit.

Mr. And Mrs. Jimmie Seay Enterain at Christmas Dinner

Mr. and Mrs. Jimmie Seay of 2892 Maple Street, entertained 2 teaspoons baktheir family with a delicious dinner Christmas Day.

teaspoon salt, 5 This family constitutes the foltablespoons short- lowing: Mr. and Mrs. Melvin ening and 1/2 cup Downing, son-in-law and daugh. milk. The dry in- ter and son Larry; Mr. and Mrs. Herman Dryver, son-in-law and gredients are mixed; the fat daughter, and son Herman Mich. cut in, and enough milk added to eal Jr.; Mr. and Mrs. Clyde White make the dough. Knead the dough for about 30 seconds then roll and Ted Arthur; Mr. and Mrs. James for about 30 seconds, then roll and Seay Jr., son and daughter-in-law cut. Use a hot oven (450 degrees) and daughter Gwendolyn; daughters Louse, Ella Jean, Beverly, and Sharon. A guest of the famand bake biscuits for 12 to 15 minily was Miss Imogene Perry.

Mrs. Blanche Curry

Hostess To Party

Mrs. Blanche Curry, 2408 North Twenty-fifth Street, Supervisor of the Mangle Department at the Edholm and Sherman Laundry, Sift dry ingredients. Cut in fat. Beat egg and add to apple sauce Christmas party Friday, Dec. 20. was hostess to her girls at a pre. and sour cream. Add to first mix- The table was set will all cutture. Turn on a floured board and glass and a lovely lace cloth. The knead for 20 seconds. Roll to 1/2 inch centerpiece was American Beauty thickness and cut into 2-inch bis- Roses. The guests were: Mrs. cuits. Place on an oiled cookie Lulu Robinson; Mrs. Lulu Boysheet, sprinkle with grated cheese kins; Mrs. Joy Williams; Miss and bake.

Remarks of the street of son; Mrs. Renovia Sales; Mrs. Neoma Edgar; Mrs. Thereasia Lewis; Mrs. Willie Mae bones and Mrs. Thelma Hill. The girls pre. sented their hostess with a beautiful centerpiece for the dining table. A very enjoyable evening Sift dry ingredients and cut in singing Christmas carols with shortening. Add buttermilk and Master George Wheeler Jr., at the quickly mix to a soft dough. Turn piano.

30 seconds. Pat to desired thick- 24 for Tulsa, Okla., where she ness and cut with a small cutter. spent Christmas with her mother.

Visits Omaha Guide Office

Mr. George Jackson of 2914 North 28th Avenue dropped into the Guide office to wish season's greetings to all. He is convalescing from an illness and has just recently returned home from the Methodist hospital.

Harold T. Toor, committee chair, man. As an added service, Negro hospitals receive money to purchase special equipment and services needed to combat the di-

The wedding of Miss Agnes C. Hubbard High School of Seda-Nelson, daughter of Mr. and Mrs. lia, Mo., and a former student of Charles Nelson and ArLander Lincoln University, Jefferson City Payne, son of Mrs. Mattie Crump | Missouri. He served three years of Sedalia, Missouri, took place on and two months in the Navy over-

Mrs. Louise Kercheval was maid of honor. Misses Anna and Imelda The bride's gown of white Nelson, sisters of the bride, and Barbara Brown were bridesmaids. Mr. Roosevelt David was best falling into a train with net at- man attended by Oscar Hodges, Charles Nelson, Jr., and William Brown

The bride was given in marriage by her father Mr. Charles Nelson Sr. The small flower girls were: Karen Trice, dressed in pink; was exceedingly festive for this Judith Trice, dressed in blue; Sanoccasion, Father Moylan I. J., dra Trice, dressed in blue; There-Combine egg, sugar, shortening and Pastor of St. Benedict's Church, sa, dressed in pink; Gloria David. also dressed in pink.

A reception was held at home. The couple left immediately on their honeymoon. They will reside in Omaha at



JEAN STEWART, Sophomore at Fisk University, named a member of the Mademoiselle College Board, following a recent contest sponsored by the fashion magazine. An English major, from N. Y., Miss Stewart is interested in career of creative writing. At Fisk she holds the Sarah McKim Maloney scholarship, and is a member of Alpha Kappa Alpha sorority.

BEST SELLER



Miss Hines left Tuesday, Dec. GEORGE WYLIE HENDERSON selected by two book clubs for dis. tribution, the One World Book club and the Negro Book club. His first novel, 'Ollie Miss' writ-ten in 1935 was a success also. (ANP)

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SWEET DREAMS

CUT for comfort as well as looks is this rayon nightie with drawstring waistline, convertible collar and cap sleeves. You'll like it for yourself, and it makes a fine gift too. Washable rayon nightgowns like this one should be laundered in lukewarm water and mild soapsuds and ironed with a moderately ho iron when almost dry, according to

New Beauty For the Home



NEW YORK — The eight consumer shapes of metal trim shown spell new beauty for the home for millions of home owners who make their own improvements and repairs. It's simple to cut and easy to install. Trim-it-Yourself metal moulding has a lustrous, hard finsh similar to regular industrial and commercial shapes used by architects and builders. Practical designs developed by R. D. Werner Co., Inc., are such that installation requires only a tape measure, screw driver, file and hammer. The mouldings are ideal for brightening up the bathroom, playroom, break-fast room or stairs.

Winter Dickey



Make this article at Home. For complete instructions send a selfaddressed, stamped envelope to the Reader's Department of this paper.

WINTER DICKEY Shirley Allen, who modeled this dickey for Neil Scott & Associates and the Spool Cotton Company, is a professional and is aware when a woman must be well dressed, winter or summer. She has to be fresh and attractive in the winter as she is in the spring. So for the why's and wherefore's of this candy striped dinter dickey, send a self addressed stamped envelope to the Reader's Department of this paper for complete instructions.

Artificial hands, fingers, and even parts of the face may be pro. vided for disabled war veterans, by a manufacturer's new and versatile synthetic rubber plastic.

Delta Sorority Songs Preserved On Victor Records



Establishing an interesting innovation, Mme. Florence Cole Talbert, famed concert singer and Mrs. Ethel Ramos-Harris, distinguished pianist, record the Delta Hymn and other songs of the Greek letter sorority at Victor Recording Studios in Chicago. Left to right, Mrs. Ethel Ramos-Harris of Pittsburgh at the organ; Mme. Florence Cole Talbert, Memphis; Mrs. Anna Johnson Julian, former grand president, Chicago and Mrs. Reber S. Cann, grand secretary. The records are to be distributed to the members of the sorority.

CRISP__ CHEWY_DELICIOUS! POPCORN M'LAS ... SWEETS Just in time for the holidays are these recipes for yummy Popped Corn and Molasses Popcorn Balls. They're fun to make fun to eat..perfect for informal parties and family gatherings.

Popcorn M'las-Sweets



every daypopping corn the e-a-s-y way!

You don't need any special gadget to make delicious fluffy popped corn! You don't need to use up precious butter, either. Spry-popped corn is so tasty, tender and nutsweet—so inexpensive—and so easy to make, using just a heavy skillet or kettle. Why not gather the fam-ily round tonight and have a popcorn treat? For a special dessert, for parties

or holiday celebrations, make Pop-corn M'las-Sweets and just watch the big smiles. These popular con-fections, Molasses Popcorn Balls, are crisp and chewy, delightful with hot or cold drinks, (Popcorn, you know is also a wholesome you know, is also a wholesome food, high in protein and energy

% cup Spry % cup popco Melt Spry in heavy skillet or kettle and add popcorn. Sprinkle salt over corn and stir until first kernel pops. Cover and shake until all kernels are popped.

Molasses Popcorn Balls cup molasses

Fashion into large balls immediately. When cool, wrap in waxed paper. Makes six 31/2-inch balls.

Cash .. It's Wonderful!

LAKE SHOE SERVICE

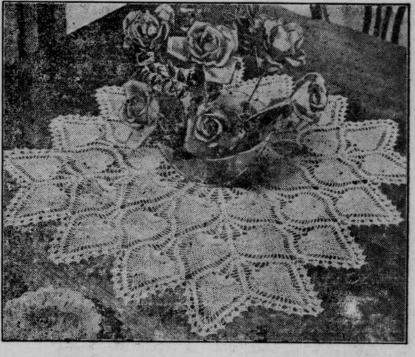
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cal. During this Christmas rush, with the country being swept by strikes, it puts a big strain on your pocketbook to try to be a real Santa Claus. You can be a real Santa Claus, making your family and friends properly app-

Everybody loves popped corn and popcorn balls. They're an old Amer-ican custom. Clip the recipe and enreciative of the Christmas spirit. if you write immediately to the

joy some yourself. Spry-Popped Corn

1 teaspoon vinegar 4 quarts Spry-popped corn

Combine molasses, sugar, water and vinegar, and place over low fire. Cook, with continuous stirring, until a small amount of sirub forms a hard ball in cold water 10°F.). Remove from fire. Pour dy and evenly over Spry-popped corn, mix-

New York (CNS)-The late Mrs. Mary Sheldon Lyon, .who passed away at 85, two months ago, and who left the bulk of her residuary estate to a couple of corporations established by Father Divine, was unduly influenced when she made the will giving the \$500,000 to the cult, according to her brother, Mr. William Hill Sheldon, now living in Rome, It-

Mr. Sheldon obtained a court order giving him the right to ex. amine Patience Budd and Saint

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Something You Should Not Joke About!

So if female functional monthly disturbances are causing you to suffer from pain, nervous distress and feel weak, restless, so cranky and irritable that you almost turn into a 'she-devil'on such days—this is something YOU SHOULDN'T JOKE ABOUT. Start right away-try Lydia E. Pinkrelieve such symptoms. It's famous for this purpose. And don't benefit! All drugstores.



forget - Pinkham's Compound DOES MORE than relieve such monthly pain. This great medicine also relieves accompanying nervous tension, irritability, those tired-out, mean 'pick-oneveryone' feelings-when due to this cause. Taken regularly thruout the month-Pinkham's Compound helps build up resistance against such distress-a ham's Vegetable Compound to very sensible thing to do. Just see if you, too, don't remarkably

Lydia E. Pinkham's COMPOUND