

**Campaign Leader Meets Poster Boy**



Basil O'Connor, president of the National Foundation for Infantile Paralysis, chats with Joe Brown, a 1948 Poster Boy for the March of Dimes, at a meeting of volunteer campaign workers held in La Salle Hotel, Chicago, Ill. Mr. O'Connor told workers the thrilling story of Joe Brown's fight against polio. Care and treatment of the boy and thousands of polio victims, through the National Foundation and its chapters, are made possible by funds received in the annual March of Dimes, January 15-30.

**Here's a Flavorful Mainstay for Luncheon or a Meatless Dinner Menu**



**EGGS** and spinach are culinary partners of long and respected standing. Their delicate flavors complement each other, and their contrast of colors is a delight to the eye.

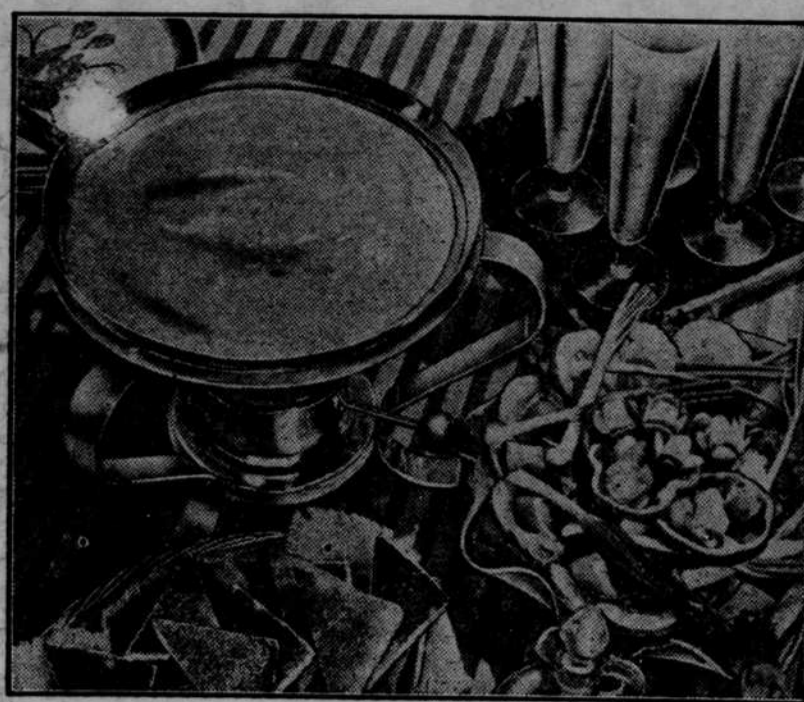
Eggs Florentine, for instance, is a classic dish that is a delicious luncheon mainstay. And in these days of high meat prices, it may well be served for dinner. You can rest assured that the spinach will do its glamorous best to give distinction to the dish if you use the quick-frozen sort. Tender, thick-leaved and flavorful, it is a time saver, too, for it comes to you clean and grit free. Before quick-freezing, it was washed and washed by more water than you could use if you tried, and it is ready to pop into boiling water, still frozen, just as you take it from the package.

Other quick-frozen vegetables can be used to round out the Eggs Florentine into a satisfying main course. Golden sweet corn and French-style green beans, both quick-frozen a few hours after harvesting, are flavorful vegetables to serve with the spinach and eggs. For dessert, a milk pudding will bring up the protein value of your meal; a generous cheese tray, with a bowl of fresh apples and winter pears, is another good choice for dessert.

bring up the protein value of a meatless menu.

- Eggs a la Florentine**
- 1 box (14 oz.) quick-frozen spinach, cooked
  - 1 cup spinach liquid and water
  - 2 bouillon cubes
  - 1/2 teaspoon salt
  - 4 peppercorns
  - Dash of nutmeg and thyme
  - 1 small onion, sliced
  - 1/2 cup cream or top milk
  - 2 tablespoons butter
  - 2-1/2 tablespoons flour
  - 6 tablespoons grated Parmesan cheese
  - 4 eggs
- Cook frozen spinach according to directions on package. Drain, reserving liquid; add water to make 1 cup. Chop spinach. Add bouillon cubes, salt, peppercorns, nutmeg, thyme, and onion to spinach liquid and cook gently 15 minutes. Strain, measure, and add light cream to make 1 1/2 cups.
- Melt butter in saucepan, add flour, and stir until smooth. Add spinach liquid and cream and cook until thickened, stirring constantly. Add 2 tablespoons of the cheese. Pour small amount of sauce into shallow baking dish or individual ramekins. Arrange spinach on sauce; sprinkle with 1 tablespoon cheese. Make four depressions and break an egg into each. Pour remaining sauce over eggs and sprinkle with remaining cheese. Bake in very hot oven (500° F.) 5 minutes, or until eggs are set. Brown in broiler 2 minutes. Serves 4.

**Savory Cheese Dishes Offer Thrifty Solution For Family's Party Menus**



**WHETHER** you entertain your laws or dispense hospitality to the neighborhood bridge club, America's famous cheeses offer a happy solution for party menus that won't unbalance the family food budget.

A Cheese Rarebit, for example, is a savory party treat that has universal appeal. A rarebit is a special boon to the budget, too, because it provides satisfying nourishment and calls for only a pound of grated American cheese, one cup of beer or milk and 2 egg yolks as the main ingredients for six generous servings. When you use beer, be sure to open the container about 15 minutes before adding to other ingredients, as always when beer is used in cooking. Whether you use a chafing dish or a double boiler, be sure to let the cheese mixture come to a boil slowly and remove immediately from the fire.

Or take your cue from the French chefs and use a savory cheese sauce to give extra appetite appeal and nourishment to a main course of fish, eggs or a vegetable.

For the hostess who's making the best of cramped living quarters, a "help yourself" cheese buffet may be the easiest solution of the hospitality. A tray of assorted cheeses or cocktail spreads, pumpernickel bread and crackers, relishes and

- Cheese Rarebit**
- 4 cups (1 pound) grated American cheese
  - 1 tablespoon butter
  - 1 cup beer or milk
  - 2 egg yolks, slightly beaten
  - 6 slices hot toast
  - Dash paprika

Put grated cheese and butter in top of double boiler and melt slowly. When about 1/2 of the cheese is melted, add 1/2 cup of beer slowly and cook until all cheese is melted, stirring constantly. Stir remaining half cup of beer into egg yolks; add slowly to the cheese-beer mixture, stirring constantly until thick and smooth.

Serve at once on slices of toast and sprinkle with paprika. Serves six.

- Savory Cheese Sauce**
- 1/2 pound processed American cheese, diced
  - 1/2 cup beer or milk
  - 1/2 teaspoon dry mustard
  - 1/2 teaspoon cayenne

Combine cheese, seasonings and beer. Place over warm water. Cook slowly, stirring constantly, until smooth. Serve at once as sauce for fish, eggs or vegetables. Approximate yield: 6 portions.

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**CROSSWORD PUZZLE**

**ACROSS**

- 1 Biblical name
- 5 Smash
- 9 Terrible
- 10 Measure
- 11 Delicately
- 12 Wild goat
- 13 Placed on watchfulness (Mil.)
- 15 Fabulous bird
- 17 Wheel groove
- 18 Resort
- 21 Not working
- 23 Sprite
- 25 Fish
- 26 Touches
- 28 Relieved
- 29 Lutetium (sym.)
- 31 Speck
- 33 A contest of speed
- 34 Ostrich-like bird
- 36 Game of chance
- 38 Thrice (mus.)
- 39 Sliding thread holder
- 42 One of Israel's great kings
- 43 Binds
- 45 Prison compartment
- 46 Sea eagle
- 47 Woody perennial
- 48 Pause

**DOWN**

- 1 To append
- 2 A marvel
- 3 Verbal
- 4 Conduit
- 5 Fragile
- 6 River
- 7 Snow
- 8 Witch (Local U. S.)
- 14 Regret
- 15 Firearm
- 16 A small, roofed theater
- 19 Fragment
- 20 Viper
- 22 Old times (archaic)
- 24 Distant
- 27 Able to be dissolved
- 29 Glossy-surfaced cottons
- 32 Little child
- 35 Theater attendant
- 37 Sea mammal
- 40 Robust
- 41 Coins (It.)
- 42 Division of a play
- 44 Place

**Answer to Puzzle Number 52**

APIS BIAS  
LONE RIAL  
ALONG AUTO  
TIVE PLAY NIS  
MISSY  
SHRINK BASH  
POINT BISE  
ATHO BATHO  
RICH  
JOB ANT PERA  
SIVE RING  
TILE SPED  
Series G-46

**Best Mouth Wash**  
American Dental association reports that pure water is the best mouth wash since it is cheap, stable, readily available, non-irritating and harmless, even if swallowed.

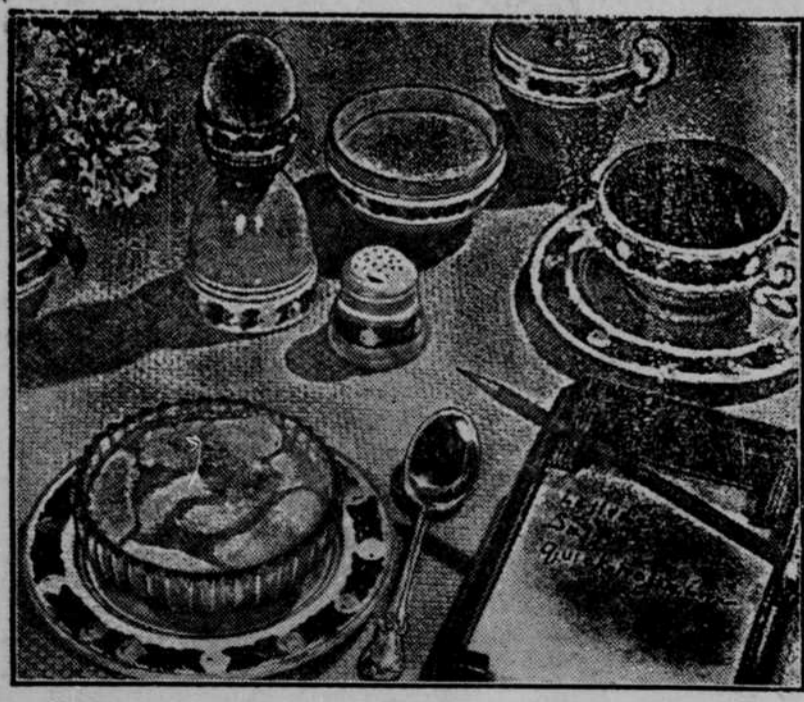
**Outlawed Scotch Plaids**  
There was a time when Scotch plaids were as politically significant as the swastika or the hammer and sickle—and the English law prohibiting use of the plaids wasn't repealed until 1782.

**From Sweden**



"In Sweden, we cannot afford to waste food," says Sonja Liljenroth, who came to United States to take a job on a newspaper. "And we know the value of fats and oils, for food and for industry. I am delighted to hear that American women salvage used cooking fat. Such a practice saves more fats available to the hungry and homeless than is done in Europe," she says.

**When You Make Menus Plan On A Treat To Give Them Interest**



**MENU** making at breakfast is fun. The day's work hasn't yet begun and between sips of coffee you can jot down your marketing list and dream up a thrifty luncheon and dinner that are full of eye appeal and good appetite satisfaction. And if you forget individual preferences or run out of ideas you can appeal to the family for help.

Put down the needs first, like salt and sugar and eggs. And then plan meals that include a treat or two. You can do this with quick-frozen fruits and vegetables, which, in these mid-winter days, bring summertime freshness to your table. Quick-frozen spinach, for one, is delicious with baked ham—or with a cheese soufflé. Quick-frozen golden sweet corn is conversation making, whether it comes on the table with a rare roast beef or with hamburgers. These vegetables, like French-style green beans, green peas, and all the other quick-frozen family, have all their flavor and goodness sealed in when they are quick-frozen within a few hours after picking. And they are all ready to cook just as they come from their packages. Quick-frozen mixed fruits or sliced peaches make gala desserts, with no work for the chief cook. And if you want to start

- Peach Bavarian Icebox Cake**
- 1 box (1 pound) quick-frozen sliced peaches, thawed
  - 2 teaspoons lemon juice
  - 1 tablespoon quick-method unflavored gelatine
  - 4 tablespoons sugar
  - Dash of salt
  - 1 cup cream, whipped
  - 12 lady fingers or strips of sponge cake

Drain peaches; reserve juice. Cut peaches in small pieces and add lemon juice. Combine gelatine, sugar, and salt in saucepan. Add peach juice. Place over medium heat until gelatine is dissolved, stirring constantly—about 2 or 3 minutes. Cool, then fold in fruit. Chill. When slightly thickened, fold in cream. Line bottoms and sides of mold with lady fingers. Fill with peach mixture. Chill until firm. Garnish with whipped cream, if desired. Serves 8.

**KITCHEN LESSON**



A new generation learns one of the cooking essentials: salvage of used cooking fat. Dorothy Kilgallen, newspaper columnist, shows her daughter, Jill, how to pour kitchen grease into the fat container. The fat salvage campaign, started before Jill was born, is still necessary because the war drained the world of vital supplies of fats and oils.

**Oriental Rug Colors**  
The colors and forms of nature have been the inspiration of weavers of Oriental rugs through the ages. Because of this the basic colors and fundamental designs of Oriental rugs have a fresh feeling which, as one decorator points out, imparts a touch of warmth and hominess to modern interiors.

**Measured in Billions**  
Five years ago altitude records were measured in feet. Now, however, researchers try for added miles with each rocket altitude attempt.

**THE SERVERETTS**  
The Serveretts met Thursday, January 6, at 2 p. m., at the waiters club to reorganize their club and elect new members.

The following persons were elected for a six-month term: Alberta Brown, president; Mary Lou Wilson, vice-president; Marva Blackburn, treasurer; Vera Hopkins, secretary; Martha Smith and Amelia Drewson, business managers; Mr. Victor Motover of the Waiters Club was elected our mascot.

We are asking all members and those interested in becoming members please be present at our next meeting, which will be held January 13th at 11 a. m., at McGills Blue Room, 24th and Lake. This is in order that everybody interested may attend.

Alberta Brown, president,  
Tressa Herman, reporter.

**McDONALD REPORTING**  
You will keep in mind the Smith Drug Store. They have everything in the line of drugs and many things that are needed in the house. You can help yourself to anything you want. Prices are always right and the customer is the boss. Try Smith Drug Store.

**LOOK! WHERE? AT PEOPLES MISSION CHURCH**  
(1710 No. 26th St., Time, 3 p. m.)  
A special financial effort program will be rendered at the People's Mission Church Sunday, January 25. You will miss a treat of your life, if you fail to hear the Pleasant Green Male Chorus and the Gate Way Quartet and the Faithful Wonder Quartet.

Rev. Jesse Manley will be guest speaker. Mrs. Jessie Manley will be soloist. Mrs. Ella Gibbs will lead devotions. Everybody is welcome.

Mrs. Alice M. Duty, sponsor,  
Rev. Wm. L. Farmer, pastor.

**NOTE**  
The Omaha Guide, always alert to bring its readers up-to-date news and features affecting Negro life, will carry a regular weekly radio column called "On The Beam With John Milton," beginning in the issue of January 24, 1948.

Through this timely radio column we plan to keep our readers informed about programs, personalities and developments in this important industry, emphasizing the manner in which they involve or affect Negroes.

**"Give... For Life and Health"**



**Composition of Coffee**  
The organic composition of all coffee is exceedingly complex and contains constituents from many groups—fats, oils, waxes, proteins, carbohydrates and others. Probably the most characteristic is the active principle caffeine, or trimethyl xanthin.

**Calling Mrs. Veterinarian**  
Women members of the veterinary profession are forming a new national organization of their own. All women who are graduates of recognized veterinary colleges are eligible for membership, whether or not they are still active in animal health practices.

**THEY'LL NEVER DIE By Elton Fax**

**Wm. J. TYERS**  
GIFTED MUSICIAN OF VIRGINIA

PETERSBURG, VA. IS THE BIRTHPLACE OF WILLIAM TYERS. THE TIME 1870 HE WAS REARED IN N.W. CITY, HOWEVER, AND AT 17 HAD COMPOSED A NUMBER OF POLKAS AND WALTZES. 3 YEARS LATER TYERS TOURD EUROPE AS A LIBERARIAN IN A MUSICAL CO-MUNION. WHILE THERE HE STUDIED INSTRUMENTATION UNDER GOSPARI, RETURNING TO THE U.S.A. MR. TYERS MADE ARRANGEMENTS FOR A NUMBER OF N.Y. PUBLISHERS AS WELL AS FOR STARS OF LEADING MUSICAL SHOWS. HIS COMPOSITIONS INCLUDE "TROCHA" "LA MARIPOSA" AND "LA COQUETA." HIS WALTZES HAVE BEEN COMPARED TO THOSE OF STRAUSS!

Continental Features