

ALLEY OOP



By V. T. Hamlin

RED RYDER



By Fred Harman

Food For Folks

Did you eat a good breakfast this morning? Here's a three-point test of a good breakfast:

1. It gives you material for body building and repair and to help keep you healthy.
2. It provides fuel for body energy.
3. It tastes good.

A doughnuts-and-coffee breakfast fails the test right on point one. It leaves far too much for other meals to make up.

A fruit-juice and coffee breakfast goes a little way toward point one, but not far enough. It's short on point two also. Between supper and breakfast should supply its share of energy food. How big is a good breakfast?

For many people, and particularly for children, its sound planning to have one-fourth to one-third of the day's food at breakfast. But there's no hard-and-fast rule. A desk worker who eats a substantial lunch early may get along very well on a light breakfast. It's the food you get in the entire day, totaled up, that tells the tale of whether or not you're well fed.

One thing is certain—going without breakfast is a bad start for the day.

It's been found that workers who skip breakfast get less done in the first working hour than those who

tuck away a good meal before work. And as the morning goes on, the hungry ones grow less efficient. After lunch, they do better; then they slow up again. What happens to these workers happens to homemakers, too and to everyone else. It's especially true for children. A child who eats a good breakfast has a better chance to do well in studies and games.

What's in a good breakfast? Here are some patterns, all the way from light to hearty:

- Fruit—cereal or bread—beverage
- Fruit—cereal or bread—eggs—beverage
- Fruit—eggs and bacon—bread—beverage
- Fruit—cereal—meat, such as sausage cakes, hash, fish—bread—beverage

Let's take these patterns apart to see what a good breakfast does for you.

Fruit is in everyone of these breakfasts, mainly for these two reasons: 1. Fruits help to prevent constipation. 2. Some of the fresh fruits are outstanding for vitamin C. Breakfast is the best time to make sure of some vitamins.

C—Rich food. If it's left to later meals entirely, it's hard to get your quota.

Citrus fruits are richest in vitamin C. Half a glass (4 ounces) of orange juice—fresh or canned—or half a grapefruit, goes far toward meeting vitamin C needs for the day.

Use citrus juice unstrained—to get the most vitamins and minerals from the pulp.

AVOCA

Dr. J. W. Brendel made a business trip to Lincoln Tuesday afternoon.

Elmer Hallstrom and J. J. Cullen attended the funeral of Wm. Kruger at Nebraska last Monday afternoon.

Miss Jean Pittman, who is attending the Lincoln School of Commerce, spent the week end with her parents, Mr. and Mrs. M. C. Pittman and Cordy.

Oscar Zimmerer of Nebraska City spent Wednesday in Avoca.

Mrs. Cora Casper of Talmage was a dinner guest of Mr. and Mrs. John Lingle, last Sunday. Mrs. Casper is the nurse caring for B. C. Marquardt.

Mr. and Mrs. Frank Greenrod, Richard and Clara Lou, spent last

Tomatoes, fresh or canned, are also good vitamin C providers, and may take over this job when they are easier to get. It takes about twice as much tomato juice as orange juice to give you an equal amount of vitamin C.

Strawberries, cantaloupe and other fresh fruits have much vitamin C and can take a turn providing it when they're in season and when variety is wanted. Summer or winter, there's something hot, as a rule, in a good breakfast—a hot beverage, or hot cereal, for example.

There's always food for energy in a good breakfast. Cereals, bread, fats are mainstays for this. An active worker or a growing child can have a heartier breakfast by eating both cereal and bread. Choose whole-grain and enriched kinds, for they have added values in B vitamins and minerals.

Milk is part of a good breakfast. It's hard to get enough calcium—important mineral for good bones and teeth—without a regular supply of milk in meals. Same is true about the B vitamin called riboflavin—milk is one of the best sources.

Normal, healthy adults need at least a pint of milk in some form each day. Children should have more, a quart if possible.

The fat in the spread for your bread or in the fat meat helps breakfast to stick to your ribs. That's because fat digests slowly and stays by you longer than most foods.

Eggs, liver, and other lean meats, fish, and dried beans and peas provide high-grade proteins for body building and repair, and they have mineral and other values besides. Building foods of some kind are a "must" in the day's eating.

Sunday evening with Mr. and Mrs. W. L. Greenrod and family in Syracuse.

Mr. and Mrs. Robt. Nutter of Elmwood, Miss Charlene Moseman, of Lincoln, and Walter Halm of Syracuse were guests at the Henry Mace-man home last Sunday.

Mr. and Mrs. Joe Olewine of Omaha, spent last week with her parents, Mr. and Mrs. Wm. Gollmer. The Congregational Ladies Aid met Thursday afternoon at the church basement with Mrs. Ernest Norris and Mrs. Albert Schutz, hostesses.

Mrs. S. S. Jensen spent last week with relatives in Omaha and Valley.

Miss Kathryn Kirchoff spent last week with her parents in Omaha.

Dr. and Mrs. J. W. Brendel and Mrs. H. H. Marquardt were in Lincoln last Thursday.

Mrs. E. G. Spencer of Talmage and Mrs. F. R. Amsbaugh of Omaha spent several days last week with their father, B. C. Marquardt.

Mrs. Tony Wirth entertained the ladies of the Holy Trinity Guild Tuesday afternoon.

Mr. and Mrs. Wm. Meyers and Billie of Greenwood visited last week at the Robert McDonald home.

Emery Voyles and Edwin Terrell were in Plattsmouth last Tuesday.

Mr. and Mrs. Elmer Hennings, Mrs. A. W. Carr and Mrs. Tom Akeson were in Lincoln Tuesday.

Mr. and Mrs. Harvey Abker and Larry of Syracuse spent last Saturday evening with her parents, Mr.

and Mrs. Robert McCann.

Mr. and Mrs. Paul Wolph entertained at a dinner last Sunday evening. The following guests were present: Mr. and Mrs. Ray Norris and Mr. and Mrs. John Norris of Weeping Water, Mr. and Mrs. Hall Pollard and son James of Nehawka, Mr. and Mrs. Clarence Tefft, Mrs. Lois Tefft, Mrs. Emma Rawalt, Mr. and Mrs. Tom Akeson and Mr. and Mrs. Wm. Maseman.

Peter M. Jorgensen, 84, fell Friday evening at his home and broke his ankle in two places. He was taken to the St. Mary's hospital in Nebraska City.

Mr. and Mrs. A. W. Carr of Avoca have been notified that their son, a prisoner of the Japs on the Philippines had been moved to Japan.

The Congregational church is being redecorated on the inside with paint, paper and new curtains.

Mr. and Mrs. Ernest Emshoff and family were guests of Mrs. Dena Ruge and Frances, last Sunday.

Mrs. John Mohr was on the sick list last week.

(Continued on Page 6, Col. 1)

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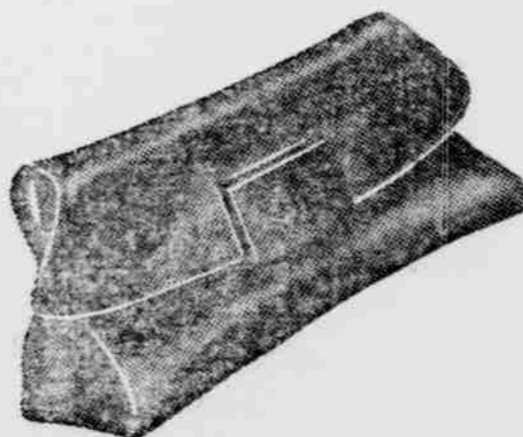
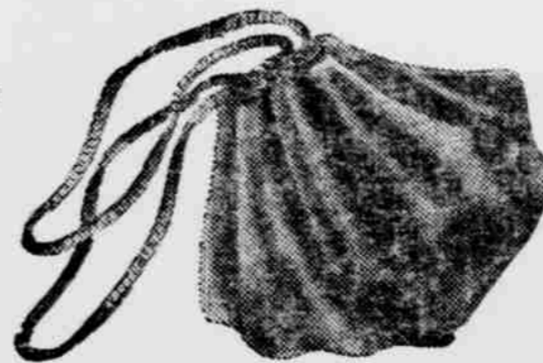
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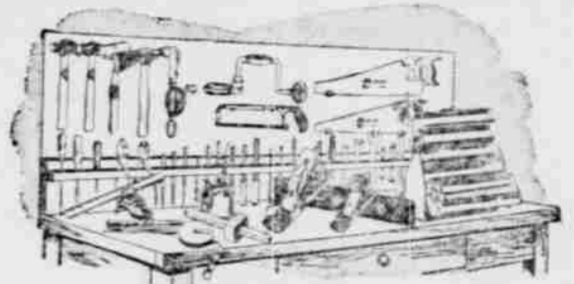
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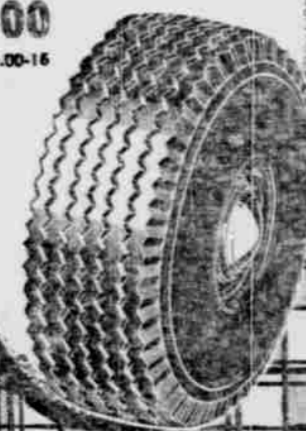
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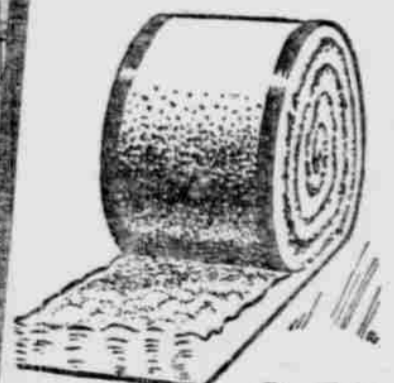
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