

STERLING CITY NEWS-RECORD

VOL. No. 63

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JUNE 4, 1954

No. 22

Second Half of Softball Schedule Set

The second half of the Sterling City Softball League Schedule has been set. Thirty games have been set and the league is composed of teams of American Legion, Woodmen of the World, Sterling City High School and the Water Valley team.

The Sterling City Lions Club team won the first half and is not participating in the second half.

The schedule for the second half is as follows:

Fri., June 4—Legion vs. W.O.W.
 Monday, June 7—Water Valley vs. High School
 Tuesday, June 8—Legion vs. High School
 Friday, June 11—W.O.W. vs. Water Valley
 Monday, June 14—Legion vs. Water Valley
 Tuesday, June 15—W.O.W. vs. High School
 Friday, June 18—Legion vs. W.O.W.
 Monday, June 21—Water Valley vs. High School
 Tuesday, June 22—Legion vs. High School
 Friday, June 25—W.O.W. vs. Water Valley
 Monday, June 28—Legion vs. Water Valley
 Tuesday, June 29—W.O.W. vs. High School
 Friday, July 2—Legion vs. W.O.W.
 Monday, July 5—Water Valley vs. High School
 Tuesday, July 6—Legion vs. High School
 Friday, July 9—W.O.W. vs. Water Valley
 Monday, July 12—Legion vs. Water Valley
 Tuesday, July 13—W.O.W. vs. High School
 Friday, July 16—Legion vs. W.O.W.
 Monday, July 19—Water Valley vs. High School
 Tuesday, July 20—Legion vs. High School
 Friday, July 23—W.O.W. vs. Water Valley
 Monday, July 26—Legion vs. Water Valley
 Tuesday, July 27—W.O.W. vs. High School
 Friday, July 30—Legion vs. W.O.W.
 Monday, Aug. 2—Water Valley vs. High School
 Tuesday, Aug. 3—Legion vs. High School
 Friday, Aug. 6—W.O.W. vs. Water Valley
 Monday, Aug. 9—Legion vs. W.O.W.
 Tuesday, Aug. 10—W.O.W. vs. High School.

Little League To Be Formed

Coach Diddle Young wants all boys ages 8-12 to meet at the

Lions Club Luncheon

Lion R. T. Caperton presided at the regular weekly luncheon Wednesday noon at the community center. President Long was late in arriving for the luncheon.

A letter from the Lions Crippled Children's Camp at Kerrville was read—thanking the club for their support in helping the camp. The club voted to sponsor getting Gilbert Gaitan to the camp this summer for a stay.

Lion Farnsworth reported that air conditioning committee had mailed specifications to dealers in Sterling for the air conditioning of the community center.

It was reported that the Lion's Club team had won the first half of the city softball league.

A swimming pool in the park was a topic for discussion. Caperton appointed a committee to look into the matter of a real pool and report back to the club. He named John Stuckwish, Billy Roland Conger, Henry Bauer, Fred Campbell and S. M. Bailey.

Soil Conservation News

Tom Humble, who ranches 10 miles east of Sterling City in the North Concho River Soil Conservation District, has done some pitting and seeding on parts of his range land. He did this just before the recent rains.

Pitting was done on the approximate contour. The grass was seeded with the District's grass seed drill following the pitting plow.

Side oats grama, Blue grama, Buffalo grass, and Green sprangletop were the grasses seeded and all have come up and are looking good.

After the rains last month Soil Conservation technicians and Tom Humble made penetration checks and found that water had penetrated to a depth of 23 inches on the pitted areas, whereas on similar sites not pitted penetration was only 7 or 8 inches.

Visit in Fort Stockton

Mr. and Mrs. R. P. Brown visited friends in Fort Stockton last week end. They visited the Oscar and Joe Grahams, Mr. and Mrs. Clayton Williams and Mrs. O. H. Graham. They attended the high school graduation of Oscar Lee Graham, son of the Oscar Grahams.

Mrs. C. N. Crawford made the trip with them, visiting her daughter, Mrs. Dorbandt Barton.

LOST New Hatchet last Monday. If found call 5202.

school Friday at 5:30 p.m. to form a little league for ball. He is trying to form a little league for the younger boys.

Young wants to meet with boys ages 13-14-15 at 6:30 for the same purpose.

Frank P. Glass Buried In San Angelo

Funeral services for Frank P. Glass, 63, San Angelo ranchman, were held at 4 p. m. last Saturday in Robert Massie Funeral Chapel.

The Rev. B. O. Wood, pastor of the First Presbyterian Church, U. S., officiated. Burial was in Lawnhaven Memorial Gardens.

Mr. Glass died Friday of last week in St. John's Hospital. He had been ill about three weeks and had left the hospital Tuesday. He suffered a heart attack Thursday night and re-entered the hospital.

A native of Sterling County, Mr. Glass was born April 3, 1891, and had ranched all his life. He attended Texas A&M College three years beginning in 1914.

He had lived in San Angelo 19 years and was a member of the First Presbyterian Church and Woodmen of the World. He married the former Lula E. Vickers June 10, 1927, in San Angelo.

Survivors include the wife; one son, Frank Ray Glass of Houston; one daughter, Mrs. James Strother of San Angelo; his mother, Mrs. J. L. Glass of Sterling City; a twin brother, Harvey D. Glass of Sterling City; and two other brothers, David Glass of Sterling City and Dr. Roy Glass of San Angelo; two sisters, Mrs. S. M. Ray of Belton and Mrs. Erwin Grigsby of Sanderson; and one granddaughter. The family lives at 1225 S. Harrison.

Pallbearers were Herman Everitt of Odessa, Seth M. Bailey and Julius Bade of Sterling City, and Bob Howell, E. A. Vautrain, H. E. McCulloch, all of San Angelo.

Honorary pallbearers were Will Durham, Joel Barton, J. S. Cole, John T. Barton, Claude Collins Sr., H. M. Knight, Nick Nicholson, George McEntire, Clarence Sparkman of San Antonio, John Lee Parker of Garden City and Clyde M. Everett of Fayetteville, Ark., and B. T. Withers.

Two From Here to Marine Camp

Chief Pharmacist Mate John M. Stuckwish and Pfc. Allan D. Campbell of the U. S. Marine Reserves, will leave Sunday, June 6, for a two weeks camp of duty at Camp Pendleton, Calif. They will return on June 20. A group of 68 will leave Goodfellow Field by R-6-D plane and return by plane.

Stuckwish, administrator of the Sterling County Hospital, holds the H. M. C. rank, which corresponds to a master sergeant in the Army. Allen, son of Mr. and Mrs. Earl Campbell, will get two weeks basic training as a recruit.

Receives Degree From S.M.U.

Elizabeth Hildebrand, daughter of Mr. and Mrs. H. L. Hildebrand, received her B. S. degree from S.M.U. Monday, May 31. She was a home economics major, having attended Stephens College for Women at Columbia, Missouri, her first two years.

Elizabeth was one of the high ranking graduates at S. M. U. this spring. She plans to go to Lubbock later this summer to work on her master's degree.

The Roland Lowes went to Dallas last week-end and brought their daughter, Dorothy Sue, home from Southern Methodist University. Sue, a senior now, is a home economics major at S. M. U.

Mr. and Mrs. Erwin Grigsby visited here this week with Mrs. Grigsby's mother, Mrs. J. L. Glass. They attended the funeral of Frank Glass last week.

The Harry Lawsons visited relatives in San Antonio last week-end.

Doug Womack, State Highway Patrolman here, is being transferred to the Pecos office.

Mrs. J. H. Blackburn, Frances and Larry visited Mrs. Blackburn's sister, Miss Ada Davis, in Ft. Stockton over the holiday week-end.

Mrs. H. P. Malloy left Tuesday of this week for a visit in Fort Worth with her sister-in-law, Mrs. Lucille Alexander. From there she will go to Terrell to visit with a niece, Mrs. John Middleton.

Church of Christ Meeting Starts Sunday

The Church of Christ meeting, Tom E. Wallace, Hobbs N. M., as preacher, will be held June 6-13, said Bro. Zuck. Both morning and evening services will be held, at 10 a. m. and 8:15 p. m., it was announced.

SINGING JUNE 6 AT 2:45

There will be a singing at the church Sunday afternoon at 2:45 p. m.

A no-host dinner will be held at the community center following the morning service, said the minister.

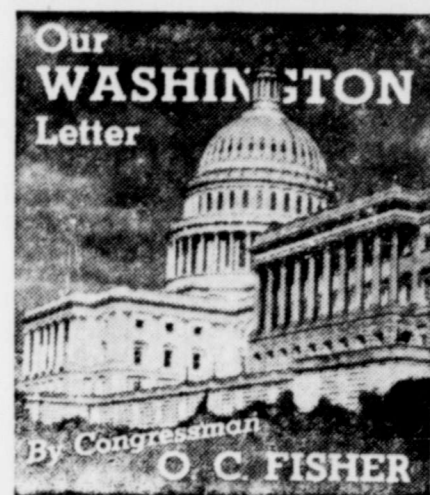
A cordial invitation is extended to all to attend the meeting and the singing.

Methodist Pastor Returned

The Rev. Bruce Medford, pastor of the First Methodist Church here, was returned by the Southwest Texas Methodist Conference for another year. He has served here the past two years. His congregation here was hoping he would be returned to serve another year.

Medford succeeded W. J. Weimer two years ago. Weimer was sent to Palacios this year. Ed Lovelace was returned to the Goldthwaite church for his sixth year. Medford said Dr. Chess Lovern, who held a fall revival here, was sent to the First Methodist Church at Lubbock from the Laurel Heights, San Antonio church.

Mr. and Mrs. C. A. Long, Hector and Mike Williams went on a fishing trip to Lake Buchanan last week-end.



Why is coffee so high? Going at \$1.30 a pound here in Washington, coffee drinkers grumble with good reason at reports of speculation, cornered markets, impounding surpluses and alleged profiteers.

But evidence recently collected by a Congressional committee indicates it is just a case of supply and demand. The world is simply consuming more coffee than is being produced.

The big jump in price a few months ago can be blamed on a little-noticed frost that struck coffee producers in Brazil last July 4. For a while the effect was discounted, but the markets finally had to face up to it. At the beginning of 1953 estimates placed world exportable production for the season at 33 million 132-pound bags, of which Brazil was expected to contribute 17 million or over 50 percent.

But that frost clipped three million bags from Brazil's exports. And Brazilian exports are expected to be even less during the next year.

Present coffee troubles can be traced back to the 20's when prices were good and production jumped, only to exceed consumption requirements in the depressed '30s. Then the market nose-dived, with spot prices of green coffee going as low as 5 cents per pound on the New York markets in the '30s.

In desperation, many Brazilian growers abandoned their plantations or uprooted trees. Heavy taxes were imposed on any new trees that were planted. So that Brazil's three billion trees in 1933 dropped to 2.2 in 1942.

It takes five or six years for a new tree to produce, and the first thing anyone knew consumption demands exceeded production. It found Brazil producing 40 percent below the average of the '30s.

Along with this, consumption increased. In the U. S., for example, consumption is up 46 percent over pre-war, and in Western Europe consumption jumped from five million bags in 1946 to 10 million in 1953. World consumption is up an average of 16 percent over the '30s.

This all added up to an annual deficit of 1.7 million bags annually from 1946 through 1952, cutting away at reserves. And, step by step, with declining stocks, prices continued to rise. There was a 26 cent rise during a six-month period back in 1949. And we all know what happened recently.

The outlook? The expected decrease in production in Brazil, where half of the world's coffee is produced, may be almost offset by larger crops in other parts of the world, notably in Columbia and Mexico—second and third, respectively, in world production. Mexico now produces 1.2 million bags annually, double the pre-war average. Little if any reduction in prices can be expected during the next year.

AMONG recent visitors have been Col. and Mrs. John F. Guillet and son, John Jr., of Chevy Chase, Md. Col. Guillet, who recently returned from a three-year tour of duty in Germany, formerly commanded Goodfellow Air Base. He plans to retire and return to Texas to live later this year.

Mr. and Mrs. C. D. Reed of Brady along with Mrs. Reed's sister, Mrs. Robert H. Ray, came by. The latter's husband, Major Robert H. Ray, is now Chief of Criminal Investigation, OSI, in Washington.

Other Brady visitors included Mr. and Mrs. Herbert Harkrider and son and daughter, Herbert Jr. and Mrs. Jennie Mae Debandt, Jr. The son will enter Ft. Knox for military training soon.

Mrs. John Stuckwish and her three boys are visiting relatives in Cleburne while Mr. Stuckwish is at Marine Camp.

Billy Joe Swann, son of Dr. and Mrs. Swann, is leaving leaving this week end for Austin where he will enroll in Texas University as a student. He plans to major in Petroleum engineering.

A Royal Touch

By Betty Barclay

WHEN chocolate was first discovered, it was served only to persons of royal birth. Nowadays a chocolate dessert can easily add the princely touch to a plain meal.



When supper has to be a simple affair, dress it up a bit by serving this very special Chocolate Tapioca Cream. Made with quick-cooking tapioca, milk and an egg, it is a dessert that's good for you, as well as good!

Chocolate Tapioca Cream
 1 egg white; 2 tablespoons sugar; 1 egg yolk; 2 cups milk; 1/2 cup sugar; 1/2 teaspoon salt; 2 tablespoons quick-cooking tapioca; 1 square unsweetened chocolate; 1/2 teaspoon vanilla.

Beat egg white until foamy throughout; add 2 tablespoons sugar, 1 tablespoon at a time, and continue beating with rotary egg beater until mixture will stand in soft peaks. Set aside.

Mix egg yolk with about 1/4 cup of milk in saucepan. Add 1/2 cup sugar, salt, tapioca and remaining milk, and chocolate. Place over medium heat. Cook until mixture comes to a boil, stirring constantly—this takes 5 to 8 minutes.

Pour small amount of hot tapioca mixture gradually on beaten egg white, blending well. Then quickly add remaining mixture, stirring constantly. (The hotter the tapioca and the faster it is blended in, the thicker and fluffier the pudding will be.) Add vanilla. Cool, stirring once after 15 to 20 minutes. Chill. Makes 4 or 5 servings.



O. F. CARPER, JR. PROMOTED TO CORPORAL

O. F. Carper, Jr., son of the Ollie Carpers, was promoted to rank of corporal recently. O. F. is now serving with the army at Taegu, Korea. He is in the personnel and finance branch.

THE AMERICAN WAY



Free Tax Rider

Methodist Vacation Bible School

The Methodist Vacation Bible School will begin on June 7 and run through June 11. The school will enroll children from 4 years of age through the intermediate age group. The kindergarten age group will hold daily sessions from 9 a. m. to 11 a. m. The rest of the school will have daily classes from 9 a. m. to 11:45 a. m. The tentative list of workers is as follows: Mrs. Lester Foster, Mrs. H. L. Hildebrand, Mrs. Finis Westbrook, Mrs. Bruce Medford, Mrs. Jack Douthit, Mrs. Coe, Mrs. Dayton Barret, Mrs. Lee Augustine, Mrs. Charlie Speck, Mrs. Worth Durham, Miss Jo Retta Owen and Mrs. Lee Reed. All the children of the community are cordially invited to attend this school.

Palace Theater

Fri., Sat., June 4-5
"WAC From WallaWalla"
 Judy Canova, Stephen Dunne
 Sun., Mon., Tues., June 6-7-8
"Three Young Texans"
 Mitzi Gaynor, Jeff Hunter
 Wed., Thurs., June 9-10
Ma & Pa Kettle at Home
 Marjorie Main, Percy Kilbride
 Fri., Sat., June 11-12
"Jubilee Trail"
 Vera Ralston, Forrest Tucker

C. T. JOHNSON
 A DEMOCRAT FOR LT. GOV.
 CUT HIGH PHONE RATES
 \$100 MO. PENSION AT 65
 \$5000 BONUS FOR ALL VETS
 SAVE WATER-SAVE FARMS



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 Life Insurance, Hospitalization, etc.
 Phone 94 or 115 Sterling City

How much would you collect IF YOUR HOME BURNS?

Would your insurance replace it and your furnishings at today's prices? Get your FREE copy of State Farm's Household Inventory and put today's values on your belongings—then compare them with your Fire Insurance Protection. Call today and ask for your FREE Household Inventory. There is no obligation.
 It Pays to Know Your STATE FARM AGENT
G. C. MURRELL
 Phone 30 or 199 Sterling City

HOSPITAL NOTES

Patients in the Sterling County Hospital on Thursday morning of this week included—
 Mr. and Mrs. D. P. Glass
 Dismissals since Thursday morning of last week include—
 Mrs. J. L. Glass
 Mrs. J. V. Hale, Water Valley

NOW YOU CAN LICK ATHLETE'S FOOT WITH KERATOLYTIC ACTION
 T-4-L, a keratolytic fungicide, SLOUGHS OFF the tainted outer skin, exposing buried fungi and kills on contact. Leaves skin like baby's. In just ONE HOUR, if not pleased, your 40c back at any drug store. Today at LONG DRUG CO.

For engraved announcements, cards, letterheads and envelopes, see the News-Record. Prices are reasonable.

Maxwell PACEMAKER
 THE ALL PURPOSE
 BEST TYPE PLIER TYPE & TACKLER STAPLING MACHINE
 ECONOMY MODEL 17 STAPLES AND TACKS PRICE \$1.60*
 REGULAR MODEL 17 STAPLES AND TACKS PRICE \$2.00*
 DELUXE MODEL 17 STAPLES AND TACKS PRICE \$3.00*
 THEY LEAD 100 STAPLES AND FASTEN UP TO 20 SHEETS.
 Built on a New Principle DUGGED—FOR YEARS OF SERVICE
 USED AT 74% DEEP THROAT PLAS STAPLER
 USED AT LIGHT DUTY TACKER
 FOR OFFICE—FACTORY—HOME—STUDENTS ETC.

Donkey Softball Game Here June 15

Bill Loven announced last week that a donkey softball game would be held on the local field on the night of June 15. The players of the regular teams here will be the players and the donkeys are being furnished by Cliff Durham of Crescent, Oklahoma. Money raised will go toward defraying the light bill at the field, said Loven.

CARD OF THANKS

I want to thank my friends and relatives for the nice gifts, cards and flowers I received while at St. John's Hospital.
 Spencer Jackson

Have You

been visiting had visitors sold anything bought anything had a party been to one joined a club or been thrown out of one got engaged been jilted got married been divorced had triplets quadruplets or even one baby?

That's News!

and we, and your friends would like to know about it. Call The News-Record ask for the society editor, that's me

Or If You're Scared

we can't spell your name or somebody else's. Then Write It Up on a piece of scratch paper and bring it in or mail it in or something and we'll all know it and we'll all be happy!

Thank You!

Economical for the home! Use cone-shaped paper drinking cups. 2,500 for only \$6.50 at News-Record.

STERLING LODGE A. F. & A. M. No. 728

Regular Meetings on the Second Tuesday of Each Month



GUARANTEED WATCH, CLOCK AND JEWELRY REPAIRING
A. L. HART
 Water Valley Texas

SPORTING GOODS

FISHING TACKLE, GUNS, AMMUNITION, CAMPING, etc.
C. C. AINSWORTH
 PHILLIPS 66 STATION Phone 148
 FIRESTONE TIRES Sterling City, Texas

Lunch Room

Lunches, Sandwiches, Short Orders, Hamburgers

Grace's Drive-In

Homemade Pies by the Slice or Whole To Go.
 Fresh Vegetables Meats Groceries

the most... the best... for your money!

Never before has General Motors offered so many features of its higher-priced cars in its lowest-priced line...



TRY IT AND YOU'LL TELL US THAT YOU GET THE BEST OF ALL 3—PERFORMANCE, ECONOMY, PRICE!

This is Chevrolet's greatest car and today's greatest value! We're so sure of it that we invite you to prove it to yourself by any test you like. Look it over—try it out. See how it gives you features and advantages you'd expect to find only in much higher-priced cars!

Only Chevrolet in the low-price field gives you all these "Best Buy" values—
 • BIGGEST BRAKES • HIGH COMPRESSION POWER • FISHER BODY QUALITY • SAFETY PLATE GLASS
 • FAMED KNEE-ACTION RIDE • FULL-LENGTH BOX-GIRDER FRAME

Come in now and prove it for yourself! **CHEVROLET**

Now's the time to buy! Get our BIG DEAL! Enjoy a New Chevrolet!

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STERLING CITY NEWS-RECORD

JACK DOUTHIT, Publisher

Entered Nov. 10, 1902, at the Sterling City postoffice as second class matter.
PUBLISHED EVERY FRIDAY

SUBSCRIPTION RATES
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RECORD established in 1899
Consolidated in 1902

All classified ads, public notices cards of thanks, legals, and such advertising are charged for at regular rates—2c per word. Display rates are 42c per column inch.

ANNOUNCEMENT COLUMN

The following candidates are announcing for the offices as listed, subject to the action of the Democratic Primary in July:

For COUNTY TREASURER:
MRS. SALLIE WALLACE

For U. S. REPRESENTATIVE, 21st CONGRESSIONAL DISTRICT:
SAM CONNALLY

O. C. FISHER

For REPRESENTATIVE, 101st Dist:
OBIE BRISTOW

For COUNTY JUDGE:
G. C. MURRELL (Reelection))
T. E. (Gene) CARR

For COUNTY & DISTRICT CLERK:
W.W. DURHAM (Reelection)

For SHERIFF, TAX-ASSESSOR AND COLLECTOR:
W.O. (Bill) GREEN (Reelection)

For COUNTY ATTORNEY:
WORTH B. DURHAM

For COMMISSIONER, Prec. No. 1:
ROY FOSTER

For COMMISSIONER, Prec. No. 2:
DAYTON BARRETT

For COMMISSIONER, Prec. No. 3:
RALPH DAVIS

For COUNTY COMMISSIONER, PREC. No. 4:
E. F. McENTIRE

For JUSTICE OF THE PEACE:
A.W. DEAREN (Reelection)

IRA RATLIFF

WOMEN WANTED
Chance make money every week mailing postcards. Work home spare time. Box 9 Watertown, Mass.

What's Doing in the Churches

FIRST METHODIST CHURCH
Bruce Medford, Pastor
Church School 10:00 a.m.
Morning Worship 11:00 a.m.
Evening Worship 8:00 p.m.

CHURCH OF CHRIST
Wayne Zuck, Minister
Bible School 10:00 a.m.
Morning Worship 11:00 a.m.
Young People's Classes 7:30 p.m.
Evening Worship 8:15 p.m.
Tues. Ladies Bible Class 9:15 a.m.
Wednesday, Mid-Week
Bible Study 8:15 p.m.

FIRST BAPTIST CHURCH
Robert Ritchie, Pastor
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
B.T.U. 7:00 p.m.
Evening Worship 8:00 p.m.
Wed. Prayer Meeting 7:30 p.m.
Wed. Choir Practice 8:15 p.m.

FIRST PRESBYTERIAN CHURCH
Baxter D. D. Greer, Pastor
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Evening Worship 7:30 p.m.

PRESBYTERIAN CHURCH
The regular worship services will be conducted Sunday at the First Presbyterian Church. Dr. Baxter Greer will preach at 11 a. m. and 7:30 p. m. By invitation of the First Presbyterian Church, Carlsbad and by permission of the Session of the Sterling church, Dr. Greer will conduct preaching services at the Carlsbad church the first and third Sundays of each month, until the Carlsbad church gets a regular pastor. The first service under this arrangement will be this coming Sunday, June 6, at 4 p. m. Dr. Greer will return in time for the evening worship service here at 7:30 o'clock.

New Almanacs at News-Record.

The Texas Co.
Petroleum and Its Products
HENRY BAUER, Jr.
Consignee
Phone 157



You too can lead a double life



She's doing the laundry—her automatic electric washer and dryer have taken charge.

* DO TWO THINGS AT ONCE WHEN YOU LIVE ELECTRICALLY!



She's cooking dinner—her automatic electric range has "put it on."



She's washing the dishes—her electric dishwasher is washing and drying them.

*Electric Service Is Today's Biggest Bargain! Today the average cost of a kilowatt-hour of electric service in homes served by WTU is 22% LESS than it was ten years ago.

West Texas Utilities Company

MARKET SPECIALS

Beef Ribs, lb. 29c

Bologna Swift's All Meat lb. 39c

SWIFT'S Premium Pound 79c
SWIFT MAKES IT! 12-oz. 45c

Cokes 12 Bottle Carton 45c

Miracle Whip 1-2 pt. 21c
Pt. 37c Qt. 59c

Dog Food 3 Cans Kim 25c

Tomato Juice 46-oz. Can Del Monte 27c

Sugar Powdered or Brown 2 for 25c

Vanilla Wafers 2 15c pks 25c

5 lbs. 49c
10 lbs. 95c
25 lb. sack 2.09



SURF lrg. 19c

Lipton TEA 1-4 lb. 33c
1-2 lb. 65c
1 lb. 1.29

Pound 1.15



Jello 3 for 25c

Crisco 3# 89c

Specials Sat. & Mon. June 5 & 7

Cigarettes Carton \$2.09

Premium Crackers 1# 23¢ 2# 45¢

Napkins Colored 15¢

Bread sml. loaf 16¢

Sweet Cream Butter, lb. 65¢

Heinz Baby Food 12 for \$1

Morton's Salt Box 10¢

CHAPPLE'S FOOD STORE

Specials for Saturday and Monday

We Appreciate Your Business

Food Sense—Not Nonsense



Let's Have No 11 o'clock Drag!

Breakfast habits of many Americans on-the-go are due for a change—a change back to better breakfasts. Too often, this first meal of the day could no longer qualify as one of the good old-fashioned "three squares a day." People who skip breakfast or eat a skimpy one are apt to drag by 11 o'clock.

These are the people who may say, "I'm not hungry early in the morning." Perhaps they may not be, but are they alert at this time or does it take a good lunch to get them into action? Those who lack an early morning appetite might start the breakfast habit by eating small portions of a balanced breakfast, stepping up the quantities gradually.

The cost of mid-morning hunger has been checked in an extensive study at the University of Iowa School of Medicine. During late morning hours, college students who ate a good breakfast turned out more work, were quicker in their reactions—both mental and physical—and did not tire as easily as when they either ate no breakfast or had only unsweetened coffee.

Scientists say that those who skip over this meal or who eat a slim one, frequently fail to get enough of the needed nutrients in luncheon and dinner. For example, fresh fruits which furnish vitamins for sparkle are not always included in the last two meals of the day.

What is a good breakfast? Authorities say that breakfast should furnish from one-fourth to one-third of the daily food needs. Plenty of fatigue-chasing protein should be in the breakfast—at least one-fourth of the daily protein needs should be included if that let-down feeling is not to appear by mid-morning.

A good breakfast can follow a basic pattern—fruit, a main dish such as eggs or a breakfast meat, enriched bread or toast, and milk. All of these foods except fruit are top sources of protein; they feed out a steady supply of energy. Enriched bread supplies not only protein but the essential B-vitamins, riboflavin, niacin and thiamine. Served as French toast, bread can be the basis of a high protein dish which combines eggs, milk and bread.



Be sure oil is heated to correct frying temperature before adding food. For best results use a deep-fat thermometer.

Mazola Salad Oil comes ready to use. You will like its convenience... being liquid it pours and measures easily.



You can re-use oil. That makes it economical to use for frying. But it must be properly strained and stored in refrigerator for next use.

The secret for perfect frying is the choice of bland, fresh tasting corn oil and the correct frying method for the food.

Chart for Correct Frying Method

How Much Oil: Use 1 quart oil for a 3-quart frying kettle. Never fill more than 1/2 full.

When To Fry: Heat oil to 375° F. Test with frying thermometer or bread cube. 1-inch square of day-old bread turns to a golden brown in 30 to 40 seconds. Never add food until correct temperature is reached for frying.

How To Prepare Food: For coated foods (chicken, fish) keep flour or crumb coating light and even. Shake off excess before frying. For moist foods, like potatoes, dry with towel before frying.

How To Fry: Add foods to hot oil slowly to prevent excessive lowering of temperature. Do not overload fryer. Fry to a golden brown. Drain foods thoroughly on paper towels. Cool oil, then strain into dry container. Cover and store in refrigerator for next use.

How To Care For Used Oil: After each use, allow oil to cool slightly then strain through cheesecloth into dry container. This removes food particles and crumbs. Be sure the container is dry. Let oil cool completely, cover container tightly and store in refrigerator.

Get Ready For FATHER'S DAY

- House Shoes Sport Shirts
 - Ties Sox Belts Luggage
 - Billfolds Shirts (Dress) Hats
- Take a Look Over Our Gift Line for Men

BAILEY BROS.



Dear Editor:

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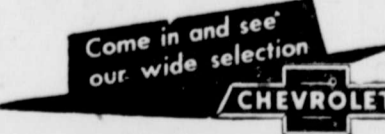


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Appro: the gift

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Appro: Told

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Miss spring... High S... Mr. and

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