

**From where I sit... by Joe Marsh**  
**Surprise Ending!**

That raffle for our Volunteer Fire Department went over fine. We're going to have money to get a new engine—and then some.

Our local merchants really donated some wonderful prizes. Like Buz Ellis, the radio-TV dealer, giving that big television set... and the Superior Motors putting up a brand-new car.

There was a humorous note, too. The prize of a year's supply of coal—donated by Baker Coal Yard—was won by Mrs. Thayer, whose husband is the biggest fuel-oil dealer in the county! What did

Mrs. Thayer do with the coal? She gave it to a church she's not even a member of. (Her Church uses her husband's fuel oil.)

From where I sit, that's real generosity. But then, Mrs. Thayer never did believe in dividing people into groups. She's "for" everybody—whatever church they go to, whether they like TV or radio, people who enjoy temperate beer, people who don't. A really warm-hearted person.

*Joe Marsh*

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**Mild Winter Is Bringing Bumper Egg Crop to Market**

The mild Michigan weather we've had has increased egg production, so that homemakers are finding a real food bargain of quality eggs on the market. Egg prices are down and probably will be down for the next few weeks and the increased use of eggs can make a real saving in the food budget.

Eggs are one of our most valuable foods. They can be used as a meat alternate because the protein is complete—which means it contains all the amino acids necessary for building and repairing body tissues. Eggs also contain valuable minerals, iron and phosphorus, as well as Vitamins A, D, riboflavin and thiamine. Two large eggs give the same amount of protein as an average serving of meat.

**EGG DISHES ARE** easily and quickly prepared, alone or in combination with other foods. Moderate to low temperatures should be used in cooking eggs. High temperatures and overcooking toughen eggs and shrivel eggs. Use eggs as a thickening agent in puddings and custards and as a leavening agent in baking. They add color, flavor and richness to many different dishes.

As salads, garnishes for soups and the coating in breaded meats, eggs can add food value and color to the ordinary meal. As omelets, souffles, baked in potato nests or combined with cheese, they can become the "main dish" of the menu. In baked goods, custards, puddings and pies they make excellent desserts and party refreshments.

**BUY EGGS** from a refrigerated display at your grocer's. Eggs are very perishable and must be kept cool to retain their quality. They keep better in a covered container so that moisture is not removed from the eggs. Keep them refrigerated at home and take out only the ones to be used.

Look for both the grade and size in figuring how to get the greatest value for your egg money. Grade A, Grade A or Grade B eggs can all be used for table eggs, but Grade B eggs probably should be used up fairly soon. Compare the price of different sizes of eggs of the same grade, but be sure to include plenty of eggs in your menu for good nutrition and for food economy.

It is remarkable what one can do with a grey suit, basic dress or separates. The dress can be used with a box coat and different kinds of accessories to make it seem something else again.

Beige is being used with grey, gold is good with grey, as is black. A bit of ingenuity in combining shoes, gloves, hat, bags or scarfs with such a dress, will go a long way toward getting a smart wardrobe within one's budget.

Velvet and tweed make a striking combination for a black and white suit. The skirt is of black velvet and the jacket is of white and black tweed with velvet trim.

Black and white tweed is also used to fashion a shirtwaist dress with white linen collar and cuffs.

Black is always good and while different colors will be favored at different seasons, the girl with the basic black frock always has a good looking costume to fall back on. She can dress it up or down according to the occasion or season.

A perky bright hat or flower can change a completely from what it seemed to be the day before.

**Leisure Clothes for Leisure Hours**

**Lovely Loafing Clothes**

BY EDNA MILES

The trend to clothes designed especially for leisure hours is at home in a noticeable one. It's a practical one, since the day of the elaborate tea gown and the flowing house gown has long since gone.

Such leisure as the average woman does have is highly valued. For this time, they want fashions that are pretty and comfortable, that wear easily and iron without difficulty. Designer Harry Berger does clothes that meet all of these requirements and have designed fair as an added bonus.

A mandarin coat in three-quarter length is printed in giant gold-tipped butterflies. The coat is quilted and has long sleeves that flair in a wide circle at the wrist. There are big square pockets for holding the little incidentals that women like to carry about the house with them. The coat tops narrow two-piece pajamas in solid aqua broadcloth. These have the mandarin collar too but sleeves are short. Both coat and pajamas are completely colorfast and washable.

For the very young housewife and the career girl, this same designer has done a short coat and two-piece pajamas. The quilted coat shell is in plaid broadcloth lined in solid color. It's reversible, has big pockets, man-tailored collar and long, full sleeves with adjustable cuff-lengths.

Pajama top is in plaid with pants in solid color. Top and trousers can be worn outdoors as well as in; both are meticulously tailored. These three pieces are completely washable.



This three-quarter length mandarin coat in gold butterfly print is worn for leisure hours over aqua broadcloth pajamas. Both wash and iron beautifully.

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**Food Sense — Not Nonsense**  
 Calories Make the Difference

KEEP IT BALANCED

Peck's bad boy couldn't have taken more punishment than has the abused calorie, yet no one could live without it. Whether you are big or little, you need energy to work and enjoy life. That energy can come only from calories furnished by food.

Today, good diet has an indirect enemy—the calorie—because some folks forget that a key to healthful living is balanced eating. So much is said about hazards of overweight that the food needs of the underweight person or the energetic youngster are overlooked. Extreme thinness, though fashionable, is a real hazard. It is easy enough to see the results of too many calories. Likewise a lack of calories is evident before the lack of proteins or any one of the vitamins or minerals sounds a warning. Under-eating leads to nervousness, irritability, loss of appetite, indigestion, listlessness, lack of vitality and lowered resistance.

The energy to live comes from food and the amount of energy supplied by that food is measured in terms of calories. Actually, food is fuel. Fats be they gasoline or apple pie, put the "go" in your car or your body. Your age, how hard you work physically, and your size decide how many calories you need. Too many calories go to waste, on your waist.

Fats give about twice as many calories as do sugars, starches or proteins. Foods high in fat have a high calorie count. Some foods, such as water are very low in calories. Nutritionists consider bread and lean meat as having in-between calorie values.

Calories from enriched bread and cereals are economical sources of energy. In some cases, these foods furnish good protein for as much as one-half the cost of high-protein foods.

- Tomato Cateau**
- 1 peck tomatoes
  - 3/4 gallon vinegar
  - 3 onions
  - 1 teaspoon mace
  - 2 tablespoons cloves
  - 2 tablespoons cinnamon
  - 1 teaspoon spice.
- Sugar and salt to taste. Slice tomatoes and onions, add 1 pint of water, boil until soft, mash through a sieve. Add vinegar, mace, cloves, cinnamon, spice, sugar and salt. Boil until thick. Pour into bottle and seal.



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