

Sarah Ann's Cooking Class

Wheat, corn, oats and rice are the most important cereals of today. They rank high in nutritive value combine delightfully with many other foods and are among the cheapest energy providing dishes.

Flaked Cereal Betty

3 cups flaked cereal
4 cooking apples
Sugar, Cinnamon, Butter.
Line a well-greased baking dish with cereal, using about 1/4 of it. Cover with a layer of pared, cored and thinly sliced apples, sprinkling generously with sugar with which a little powdered cinnamon or grated lemon rind has been mixed. Dot with butter. Repeat layers, last layer of cereal. Dot with butter, bake in an oven 350 degrees until apples are tender. Serve hot with hard sauce or cold with cream.

Apricot Grapefruit Pudding

1 cup boiling water
1 cup finely chopped dried apricots.
1 cup grapefruit flakes
2-3 cup sweetened condensed milk
1/2 teaspoon cinnamon
1/4 cup raisins
1/4 teaspoon of nutmeg
Salt.
Pour 1/2 cup boiling water over apricots. Cover simmer until tender. Pour remainder of water over grapefruit flakes. Add remaining ingredients. Mix thoroughly. Pour into well oiled can. Cover tightly. Steam 1 hour. Serve warm with hard sauce.

Oatmeal Chocolate Cake

1/4 cup shortening
1 1/2 cups sugar
2 well beaten eggs
1 teaspoon vanilla
1 cup flour
1/2 teaspoon salt
1/2 teaspoon soda
1/4 cup cocoa
1 cup buttermilk
2 cups rolled oats
1/2 cup chopped nuts.
Cream the shortening and sugar. Add the eggs and vanilla; beat well. Sift the flour, salt, soda, and cocoa. Add alternately with the buttermilk. Add the rolled oats and nuts. Bake in a 9-inch by 13-inch pan in oven 350 degrees for 35 minutes. Frost with:

Peanut Butter Frosting

Blend 3 tablespoons of peanut butter, 1/4 cup of cream and 1 teaspoon vanilla. Add 1/2 cup of sifted confectioners sugar. Beat well and spread on cake. Cut into squares.

Puffed Rice Cookies

2 cups puffed rice
3 tablespoons butter
2-3 cup of brown sugar
1 beaten egg
1/2 teaspoon soda
1/2 cup flour
1/2 teaspoon maple flavoring.
Crisp in a slow oven the puffed rice and 3 tablespoons butter. Cream the sugar and butter. Add the beaten egg, soda, flour and maple flavoring. Beat well. Add the puffed rice. Drop from a spoon and bake 20 minutes in an oven 350 degrees.

Scalloped Tuna Fish

2 cups shredded tuna fish
2 tablespoons melted butter
2 shredded wheat biscuits
1 1/2 cups medium white sauce
Paprika.
Arrange alternately layers of tuna fish and white sauce in a well-greased baking dish. Sprinkle with crumbled wheat biscuit. Add butter. Sprinkle with paprika. Bake in an oven 425 degrees for twenty minutes.

Corn Meal Puff

3 cups boiling milk, salted to taste
1/4 cup yellow corn meal
4 eggs
Boil fine corn meal in the milk for 15 minutes, then add butter and allow mixture to cool. Add the well-beaten egg yolks and fold in the stiffly beaten egg whites. Pour into a greased casserole, set in a pan of hot water and cook in an oven low enough for the water to remain below the boiling point. This is delicious served with maple sugar or a cheese sauce.

Luncheon Rarebit

4 shredded wheat biscuits
4 poached eggs
3 tablespoons butter
3 tablespoons flour
1 1/2 cups milk
1 cup grated or diced cheese
Salt and paprika.
4 strips bacon
Parsley.
Crisp biscuits in oven, top each with a poached egg. Cover with cheese sauce made as follows: Cream together butter and flour add milk, salt and paprika. Stir until mixture boils, then cook 3 minutes. Stir in cheese and allow to blend thoroughly. Top with strips of crisp bacon and garnish with parsley.

ORVISTON

(From last week)
There were 147 present at Sunday School.
Jackie Furber of North Bend, is spending several days at the David Confer home.
Mr. and Mrs. John Solt and two grandsons, Teddy and Dick Solt of Altoona, Mr. and Mrs. Joe Burley of Detroit, Mich., were Sunday dinner guests at the Paul Lomison home.
A large number of our people attended the firemen's parade and festival at Howard on Friday night.
Mr. and Mrs. Joseph Confer and daughter Joan of Milesburg, visited the A. J. Confer home on Sunday.
Mr. and Mrs. Lloyd Yeager of Hymer, spent the weekend at the G. H. Gillespie home.
Mrs. R. E. Poorman and daughters Ellen and Jean of State College, spent a few days at the A. M. Shank home.
Roy Ogler and Bill Fisher of Jacksonville, Mrs. Mary Belle Hev-

erly, Nellie and Eunice Hev'ly of Lock Haven, visited the Paul Lomison home Monday.
Mr. and Mrs. John A. Gray are entertaining Mrs. Gray's sister and family of Pittsburgh.
Mr. and Mrs. Paul Hanley gave a surprise party for their son Paul Jr. on Friday afternoon.
Mr. and Mrs. Clair Butler, daughter Emeline, John Delaney and Otto Schenck took dinner with Rev. and Mrs. DeBoer at Monument on Sunday.

Mr. and Mrs. Ed. Confer and daughter Rebecca are telling at the Grange Picnic this week.
Mr. and Mrs. Robert Confer and family and Nanette Waite, attended the Granger Fair on Sunday.
William Packer returned home on Saturday after nineteen weeks in the Lock Haven hospital. His many friends are glad to note he is improving.
Mr. and Mrs. G. F. Butler gave a pre-nuptial shower at their home last Saturday evening in honor of Miss Leah Thompson whose approaching marriage to Mr. Walter Driver of Buffalo, N. Y., will take place in early Sept. Leah received many beautiful gifts.
Mrs. Blanche Daley gave a birthday surprise party last Thursday night in honor of her daughter Doris' 17th birthday. The evening was spent in music and games. Doris received some lovely gifts. Refreshments were served to the following: Miss Jean Gardner, Lois Yeager, Vonda Shank, Helen Barnhart, Don and Paul Gray, Marjorie and Clifford Confer, Kenneth Hahn, Verna Shank, Marjorie and Jack Waite, Carl McCloskey and Claud McCloskey, Lester Rhoades, Mrs. A. J. Confer, Mrs. William Gillespie, Mrs. Ed. Holter and daughter Edrie, of Beech Creek; Mr. and Mrs. George Galbraith, Miss Ellen and Kenneth Shady all of Monument.
Mr. and Mrs. C. B. Page entertained last Friday evening in honor of their 30th wedding anniversary. Dinner was served at 8 o'clock to the following guests: Chas. Confer, Mrs. Lester Wyland, of Howard; Mr. and Mrs. Floyd Bechold and Mr. and Mrs. Walter Lindsey and Mrs. Anna Page of Blanchard; Mrs. Annie Confer, Sherman Confer, Mr. and Mrs. A. J. Confer and Mr. and Mrs. Jake Confer, Mr. and Mrs. Roy Cyphert, all of Orviston; Herbie Confer and son Carl of Lock Haven.
A number of town people attended the festival last Wednesday night at Pleasant Valley.

Mrs. Harvey Decker, son Perry and son George and wife of Spring Mills and Paul Wilson of State College motored to Shamokin Tuesday to attend the funeral of the former's aunt, Mrs. Daniel Kenley who had been quite ill for more than a month.
Melvin Houser, of Cleveland, Ohio, called upon many of his old friends in this vicinity while spending a short vacation with his mother, Mrs. Ida Brooks.
Mr. and Mrs. Orie Mulberger and son Harold spent Sunday evening at the home of the former's brother Sam near Zion.
The Harvey Decker property is being improved by the addition of a new porch.
Rev. and Mrs. Bernard Henry spent last week at Chambersburg.
Mrs. Elmer Wilson is here from Pittsburgh, for a visit with her parents, Mr. and Mrs. F. D. Millward.
Mrs. Mary Schreckengast left last Saturday for her home in Texas after visiting for several weeks with relatives and friends in this vicinity, making her headquarters during her stay at the home of her sister, Mrs. Lee Sampoel.
Mrs. David Crumm and children of Meaville, have been visiting at the home of the former's mother, Mrs. Amos Kerstetter.
Mrs. Jennie Shope of Lock Haven is visiting her sister, Mrs. Harry Stover who has been in poor health for some time.
William Royer of Niagara Falls, N. Y., was a caller at the Noll-Melroy home and a dinner guest at the Swartz-Schreffler home, Tuesday.
Ray Melroy motored to White Haven Saturday to visit his father who has been seriously ill since last of September and found his condition about the same. His mother who has been a patient in the Palmerton Hospital for the past ten weeks is not showing any improvement either.
Messrs. Johnson, Stitzer and Russell Spitzer made an automobile trip to Harrisburg, Sunday.
Prof. and Mrs. Lester Baird and sons Billie and George of Mill City have been visiting the former's mother, Mrs. William Baird.
We are glad to see Mr. John Kline able to be about again after a very serious illness.
Mr. and Mrs. C. K. Stitzer spent a day recently with the former's mother near Salona.
Terry Noll, Clark Hile and William Musser attended a model airplane mee: at Bloomsburg, Sunday.
The Alabram family is preparing to move into the one side of the new double house which T. E. Jodon is now having completed. Mr. W. W. Kerstetter is making a number of improvements upon the house they are moving out of and will rent it to the Harrison Walkers, who now live in the Clevelantine house, recently occupied by the Livingstons before they moved to State College.
Mr. and Mrs. John Larimer and children visited the former's brother William Larimer at Mackeyville on Saturday.
Miss Adona Sick of Endicott, N. Y., and Mrs. Warren Gritman of Northmont, Pa., drove from the latter place to Pleasant Gap and State College on Monday where they visited friends at both towns, returning on Tuesday.

Balsburg Lutheran
Sunday school, 9:30; worship and sermon, 10:30; C. E., 6:30 p. m. Shiloh—Sunday school, 9:30; worship, 7:30 p. m. Pleasant Gap—Sunday school, 9:30; Christian Endeavor, 6:30 p. m. Vespers and sermon, 7:30 p. m. Let each member realize his church obligations in worship, support, and the blessings of daily life. L. J. Kaufman, pastor.

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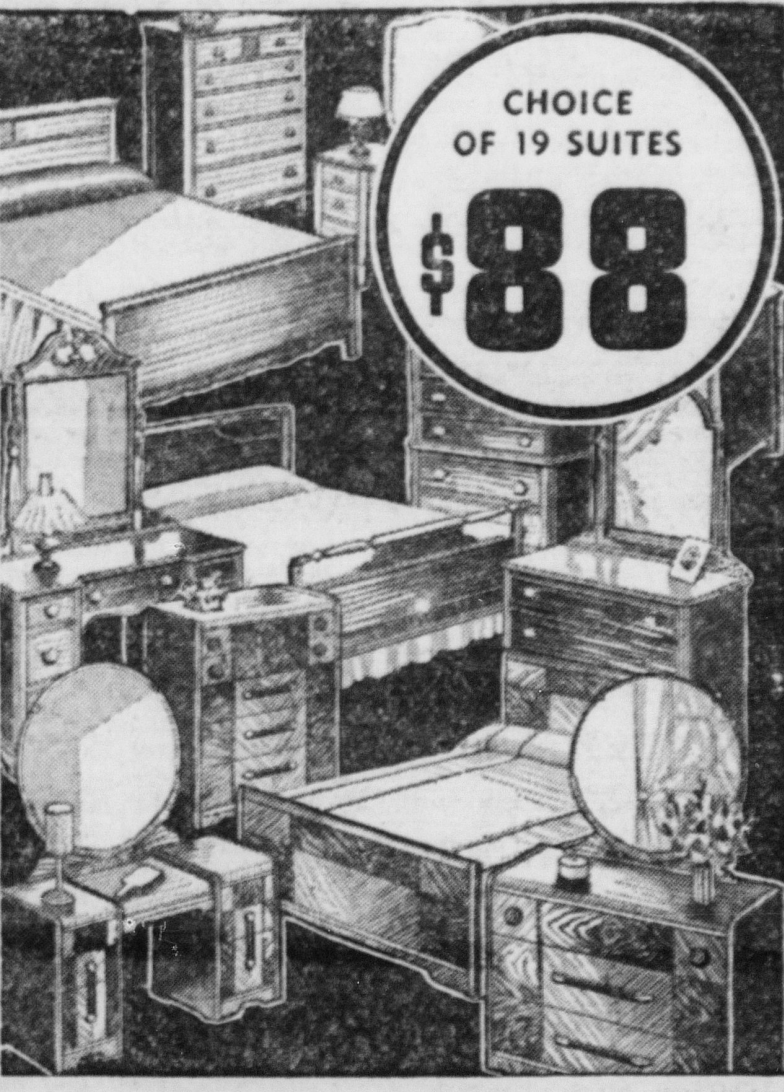
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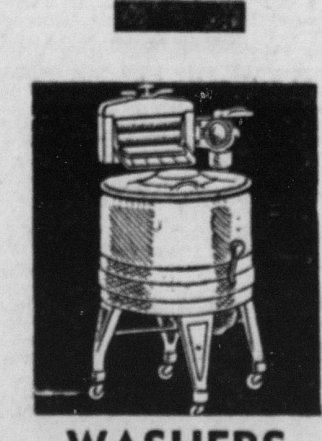
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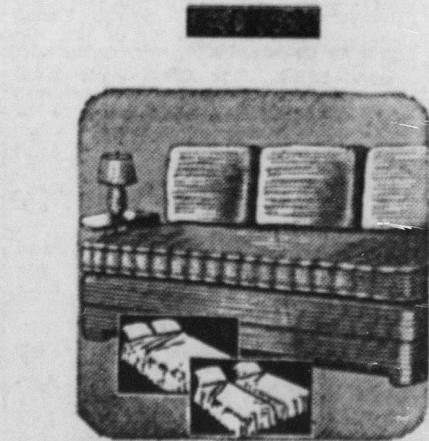
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\$1.00 Delivers



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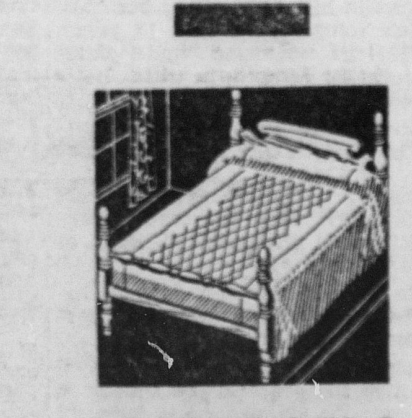
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