

# For Women—Mostly By PAQUITA FINE

Do you have trouble persuading Junior and Sis to eat their breakfast or to "take just one bite" before they dash out the door for school? Or is breakfast such a monotonous meal at your house that you even hate the thought of facing just one more raw egg starting up at you from the frying pan?

Stop worrying about which came first, the chicken or the egg, and serve the chicken for breakfast if you feel so inclined. You can always fry it the night before and just pop it into the oven the next morning to heat while you're pulling the cover off Junior and guiding Sis towards her toothbrush. Left-over biscuits — split, buttered, and toasted — go great with this.

If you simply must serve eggs, try them baked for a change. This is quicker than frying or scrambling them and leaves you time to help Dad find his cufflinks. All you do is grease a muffin tin, break an egg into each muffin compartment, and into the oven they go. They can be soft-baked or hard-baked. Serve them sitting smack on top of crisp buttered toast. Tastes good and looks good.

If your kids turn up their noses at any and all breakfasts, try cinnamon toast. There's just something about the odor of hot sugar, butter and cinnamon that sends a youngster flying to the table. They're also fond of cheese toast topped off with a strip of crisp bacon. Plenty of protein there, too.

If you're a real sleepyhead in the morning and find yourself going "round-in-circles," here's one you can fix with your eyes shut. Heat a package of pre-cooked frozen blueberry muffins, keep the jelly and butter handy and serve them with a glass of milk or hot tea. Frozen waffles are another "quickie." The kids can put these into the toaster themselves and the waffles don't get cold while you're trying to get everyone to the table.

There are lots of ways to beat the breakfast blues and variety is the keynote. You can take breakfast breads out of the doldrums — and give them more food value — by adding fruits. Try crushed pineapple or bananas in your hotcakes or add

a dash of left-over berry juice.

All kinds of simple variations on the egg theme are possible. Try French toast with strawberry jam. If it's scrambled eggs your family likes, snip vitamin-laden parsley or chives into the next batch, or make an omelette with a filling of cheese, diced potatoes or that little bit of baked ham left over from last night's dinner. Grated onions add a taste treat too. You can always call it a "western" or "cowboy" omelette and the young fry will try it for that reason alone.

Go international occasionally too. The French serve cafe au lait — coffee with lots of hot milk and cream — with French bread and butter, or with croissants which you can buy frozen now and pop into the oven. The Dutch use an assortment of protein-laden cheeses with breads and biscuits for their morning meal. The English are famous

for kippers (fish) at dawn. Or try a French peasant breakfast—soup with a dash of wine. The latter may be going too far, but you'll find that once you've started looking for breakfast ideas, they're all around you—just takes a little imagination.

And there's nothing wrong with "breakfast sandwiches" for your little non-eaters. Most of them go for peanut butter in a big way and it's one of the most vitamin-laden foods on the market. Take your cookie cutter and make the sandwich look like a star one day and a heart the next. He or she will hardly be able to wait to see what you'll dream up for the next day. Vary the filling of the sandwiches. Today it may be ham; tomorrow it may be bananas. Any way you figure it, that's two pieces of bread plus a meat or a fruit that they wouldn't have eaten otherwise, and you aren't left with a guilt complex about sending them off to school unfed.

## CD Instructors Are Being Trained

Training of instructors to provide every community a cadre of local residents trained to measure radiation and manage public fallout shelters is under way in North Carolina, State Civil Defense Director Edward F. Griffin said today. The statewide program is a cooperative effort of the Department of Defense, the UNC Extension Division and the State Civil Defense Agency.

The University Extension Division was the first in the nation to sign a contract with the Department of Defense, Office of Civil Defense, to initiate this nationwide program. There are now 51 universities participating in instructor training. Charles F. Milner is director of UNC Extension and James G. Steagall is coordinator of this special program in North Carolina.

Selected faculty members from several colleges in the State, sent by UNC to the Civil Defense Staff College in Battle Creek, Michigan, for special training, will conduct university level instructor courses in each of the State's six Civil Defense areas. Previously, this type of instructor training has been limited to persons who could attend one of the three national schools operated by the Office of Civil Defense. There is no charge for instruction.

State and local Civil Defense agencies are recruiting qualified persons in each area to take the 40-hour Shelter Management Instructor Course and the 30-hour Radiological Monitoring Instructor Course which will be offered. Graduates will return to their home communities qualified to train others as shelter managers and radiological monitors. A

total of 12 instructor courses will be scheduled.

Also included in the contract are six area conferences for public officials, to delineate the civil defense responsibilities of Federal, State and Local governments. These conferences will last from 4-6 hours and will include all county and municipal government officials within the area.

"The main purpose of this long-range effort," Mr. Griffin said, "is to make it possible for the citizens of the State to fully utilize the protection from radiation that will be offered by public shelters in event of nuclear disaster. We have well over a thousand buildings located that can offer adequate protection to from 50 to 25,000 persons each. Many are already identified and stocked for use as public shelters. Each facility should have a minimum of four trained shelter managers. In addition every community will need a large number of people trained to detect and measure radiation from fallout. We are confident that the training program now under way will meet with good response."

Persons interested in instructor training are urged to contact James Steagall, telephone 942-5056, 209 Abernathy Hall.

### Duplicate Bridge Winners Listed

Winners in last Friday night's game held by the Duplicate Bridge Club:

NORTH-SOUTH — 1. Mr. and Mrs. James M. Pinney; 2. Mrs. Bob Quincy and J. C. Masson; 3. Mr. and Mrs. Rex Hudson; 4. Mrs. E. K. Wade and Mrs. Dick Chapman.

EAST-WEST—1. Mrs. Vic Huggins and Forrest Mixon; 2. Mr. and Mrs. Jerry Fink; 3. Dwane Anderson and Vic Huggins; 4. Mr. and Mrs. George W. Harris.

The next game will be Master Point and will be played Friday night, beginning at 7:45, in the hall of the Chapel of St. Thomas More. All games are open. Mrs. Phil Jackson is the director.

### Mrs. Yost Dies in Chapel Hill

Mrs. Daisy Yost, widow of John B. Yost, died Monday afternoon at the home of her daughter, Mrs. George Scheer, in Chapel Hill.

Surviving are her daughter and one grandson. The body will be sent to Shelby, Mo., for burial.

### Graveside Service For Edwards Child

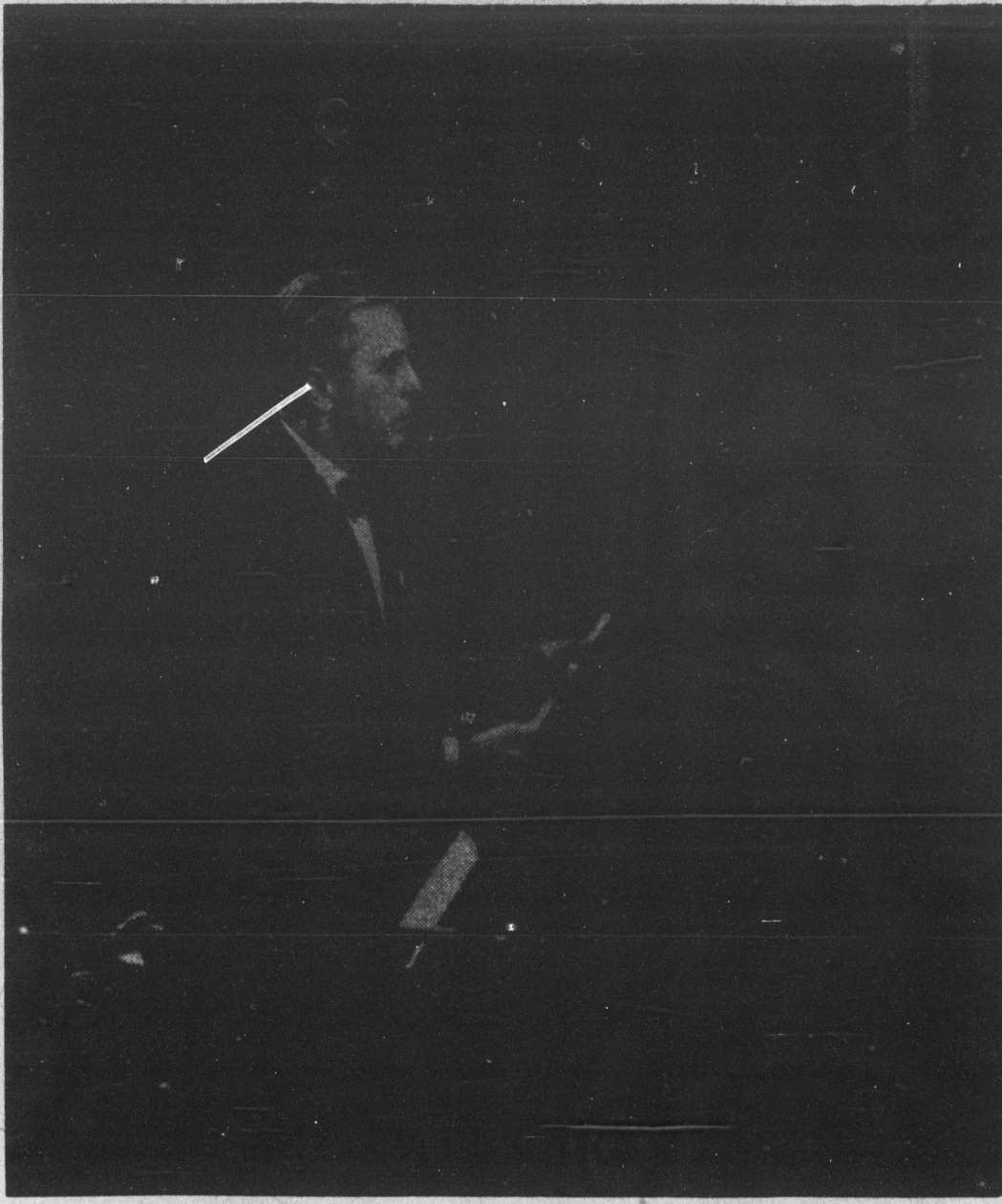
Graveside services were conducted yesterday for Jerry Edwards, 4, of Route 2, Chapel Hill.

The services were conducted at the Mt. Zion Baptist Church in Chatham County by the Rev. W. R. Foushee.

The child died Sunday in Memorial Hospital. Surviving are the parents and two brothers.

The Weekly's Classified Ads work around the clock for you.

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CONCERT—Czech pianist Rudolph Firkusny will perform Schubert's "Impromptu in A Flat," Schumann's "Fantasy in C," and Moussorgsky's "Pictures at an Exhibition" in a special NET concert to be broadcast over WUNC-TV, Channel four, Friday and Sunday at 8 p.m.

### Rebecca Wells Is Women's Executive Group Meets Here Army Student Nurse

Rebecca A. Wells, a student at the University School of Nursing, has enlisted in the Army's Student Nurse Program. Miss Wells, now a junior at UNC, is the daughter of Dr. and Mrs. Warner L. Wells of Chapel Hill. Under the program, Miss Wells will continue her nursing studies at UNC while the Army pays for her tuition, books, and incidental fees as well as paying her a regular monthly salary. Upon her successful completion of the state board examination she will be commissioned a Second Lieutenant in the Army Nurse Corps. Young women desiring further information concerning any of the Army Nurse Corps programs are invited to contact local Army Recruiter Sergeant David D. Crunkleton at his office in the Post Office Building in Chapel Hill.

Representing thirty-three statewide organizations with a membership of over one-half million women, the Executive Committee of the North Carolina Council of Women's Organizations will meet tomorrow at 10 a.m. in the Pine Room of the Carolina Inn. Mrs. Harold J. Dudley of Raleigh, president of the council, announces the meeting as "The spring-board for launching the year's program," and urges officers, committee chairmen, and interested members of the affiliate organizations to be present. Attending from Chapel Hill will be Mrs. David T. Lapkin, secretary; Dr. Guion Johnson, policy chairman; and Mrs. Reba H. Lineberger, public relations chairman.

**Laura H. Kennedy**  
Piano Studio  
A.B. in Piano — University of Rochester: Eastman School of Music  
M.Sc. in Piano — Julliard School of Music  
Advanced Study — Indiana University  
Piano Pupil of  
Cecile Genhart, Edward Steuermann, Bela Bozormenyi—Nagy  
—For Information Call 942-1974—

### League To Discuss Economic Policies

The Chapel Hill League of Women Voters will hold unit discussion meetings on Foreign Economic Policy on October 8, 9, and 10. Balance of payments, private investment to developing countries, as well as foreign aid will be discussed.

Unit I will meet on Tuesday, Oct. 8, at 10 a.m. at the home of Mrs. John Schwab, 1030 Highland Woods. Unit II will meet on Tuesday, Oct. 9, at 8 p.m. at the home of Mrs. Robert Wettach, 615 Greenwood Road. Unit III will meet on Wednesday, Oct. 9, at 8 p.m. at the home of Mrs. Charles Wright, 505 Pittsboro Street. Unit IV will meet on Thursday, Oct. 10, at 10 a.m. at the home of Mrs. James Mullen, 413 Granville Road.

The discussion leaders will be members of the National Agenda

Study Committee under the chairmanship of Mrs. Martin Wallach. League members and others interested in this subject may attend any one of the meetings. The same subject is discussed at each.

AT ALUMNAE MEETING Mrs. Clifford Pace was in Lynchburg, Virginia, last week at a meeting of area chairmen for alumnae fund raising for Randolph-Mecon Woman's College. Mrs. Pace was representing Mrs. Ted Oldenburg, who could not attend the meeting.

You will always be pleased with the results that come from using the Weekly's classified ads.

**WALKER'S FUNERAL HOME**  
The Home of Service J. M. Walker, Manager  
Ambulance Service Day or Night  
120 W. Franklin St., Chapel Hill — Telephone 942-3861

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Model D-10-63  
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- Only Frigidaire brings you so much quality and convenience in a compact 10 cubic foot refrigerator.
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124 E. FRANKLIN ST.

**HUGGINS'**  
Thanks Mrs. Rainey

Macon, Mississippi  
September 23, 1963

Huggins' Hardware  
Chapel Hill, N. C.  
Dear Sirs:

Several weeks ago while visiting in Chapel Hill I had the pleasure of shopping in your store; and if you remember, purchased four of the little old-time nutmeg graters. They were 29 cents each. Since returning home so many of my friends have asked me if I could get them one so I am enclosing check for \$1.50 and please send me four of the graters. If the balance does not take care of the postage will you kindly let me know and I will send you the balance.

I found your merchandise so very attractive it was hard to pull myself away and I sincerely hope that some day I may return to Chapel Hill and again visit your store. My son and his wife are living there while he is doing work on his Masters Degree at UNC. They are Mr. and Mrs. William M. Rainey and I hope you have the pleasure of meeting them.

Thank you for your attention to this order, I beg to remain,

Yours very truly,  
/s/ Mrs. William R. Rainey,  
603 8th Street  
Macon, Miss.

Free Parking while you shop with Huggins

**HUGGINS' HARDWARE**

Self-Service or ask for clerk-service

NOTE: Our first announcement of this special HENREDON offer was one of the biggest ads we've ever run. Yet many of our regular ad readers missed it completely. (That's what we get for trying to show off.) So we're back to normal. This ad is small, but the savings are tre . . . Well, they're pretty big.

Open Week Days 'til 9 PM, Saturdays 'til 6 PM

Last Call On HENREDON Chairs and Sofas

Buy 'em by the inch!

How about that! You can buy any chair or sofa in the elegant Schoonbeck collection by HENREDON custom tailored in any Henredon fabric. You select the frame you want—arms, backs, legs, and flounce treatment too. Have it made to the exact size you want and covered in the fabric material and color that's right for you. Delivery in a few weeks in plenty of time for the holiday season ahead. All this plus guaranteed savings up to 35 percent.

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"SHOWROOM OF FINE FURNITURE"  
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Kenneth C. Royall, Jr., President

I'm Jackson!

Looking for something to do on a dull Saturday morning while the kids are hogging the cartoons on television? Then tune in Sports Gabfest, WPTF, Raleigh, 680 on your dial, with Wally Ausley and Bill Jackson. Each Saturday morning at 8:45 AM. It's a pretty sorry show as far as football score predictions are concerned, but they have some great commercials about Style Craft. (NOTE TO MEN: Try to find out what it is about these two old croakers that attracts the ladies so.)

I'm Ausley!