

Carnation Home Cooking Lessons

Conducted by Mrs. Mary Blake

This 1923 series of lessons on milk cookery will appear weekly. Mrs. Blake's counsel will be helpful and stimulating, because of her practical experience in home cooking. She will answer any question on cookery asked by her readers. Address Mrs. Mary Blake, care Carnation Milk Products Co., Stuart Building, Seattle, Washington.

Lesson No. 1

Wholesome Lunches for the Children

MANY a mother faces the problem five mornings in each week, during eight or nine months of the year—"What shall I fix for the children's lunch, today?" Whether they come home to lunch or carry it with them, there is always the certainty that it will be eaten in haste, "swallowed whole" as our grandmothers said, so that it must be easily digestible—not so heavy as to cause sleepiness and poor work during the afternoon and yet full of energy-building material for growing young bodies and active minds.

The richness and high nutritive content of Carnation Milk make it especially valuable for use in many dishes for school children and with its aid the busy mother can prepare a variety of tempting and satisfying lunches.

Where the lunches are to be carried, sandwiches are always staple items. Here's a filling that's easily made and unusually toothsome:

Sandwich Filling

1 cream cheese (4 oz.), 2 tablespoons Carnation Milk, 1/4 teaspoon salt, 1 tablespoon pimentos, cayenne.
Soften the cheese with the Carnation Milk; add the pimentos, salt and cayenne. Mix thoroughly. Spread this mixture between thin slices of unbuttered Carnation Bread (given in Lesson 2).

For delicious little cakes which will be a real delight to every girl and boy, try this recipe:

Fruit Drop Cakes

1 egg, 1/2 cupful sugar, 1/2 cupful water, 1 1/2 cupfuls flour, 2 teaspoons baking powder, 1/2 cupful Carnation Milk, 2 1/2 tablespoons butter or substitute, 1/4 teaspoon vanilla, 1/4 teaspoon cinnamon, 1/4 cup chopped figs, 1/2 cupful chopped nuts, 1/2 cupful chopped dates.
Cream the butter, or substitute, add the sugar, then the well-beaten egg. Mix and sift flour, baking powder, cinnamon, and salt and add alternately with milk, diluted with water, to first mixture. Add vanilla, nuts, dates, and figs. Mix well and drop from a spoon onto a baking sheet and bake in moderately hot oven. This recipe makes twenty-eight cakes.

(Clip and paste this lesson for reference.)

For a simple dessert which has the nourishing qualities so necessary for children, serve

Rice Pudding

2 1/2 cupfuls water, 1 1/2 cupfuls Carnation Milk, 1/2 cupful rice, 1/2 teaspoon salt, 2 tablespoons sugar.
Wash rice, mix ingredients, and pour into buttered baking dish. Bake two and one-half hours in a very slow oven, stirring every twenty minutes the first hour of baking to prevent rice from settling.

Any of the pies described in Lesson 3 will add variety to the lunches or you can add to their popularity with this recipe:

Chocolate Pie

1 cupful sugar, 6 tablespoons flour, 1/2 cupful Carnation Milk, 2 eggs, 1 cupful water, 2 squares unsweetened chocolate, 1/4 teaspoon vanilla.
Mix sugar and flour together; add scalded milk, diluted with water and cook in double boiler until it thickens. Add melted chocolate and yolks of eggs well beaten. Add vanilla and put in baked pie crust. Beat the whites of the eggs stiff, add one tablespoon of sugar and put on top of pie. Set in hot oven long enough to brown the top. This recipe makes one pie.

Questions and Answers

How can I tell when a cake is done?—Mrs. A. B. Q.

Put your ear down and listen. If it has ceased sounding it is done. Or stick a toothpick or straw into the cake. If it comes out with no dough sticking to it you may be sure it is done.

Will Carnation Milk mix smoothly with boiled salad dressing?—Mrs. G. R. W.

Certainly. Try using this recipe: Beat the yolks of 3 eggs till light and thick; add a teaspoonful of mustard, also one of salt, speck of cayenne pepper, 2 tablespoonsful of sugar, same of melted butter, 1 cupful Carnation Milk and 1/2 cupful vinegar, then add whites of 3 eggs beaten stiff. Put all together in double boiler, boil until thick, stirring well while cooking.

Mary Blake

Domestic Science Dep.

Write for free booklet of 100 tested milk recipes. Address Carnation Milk Products Co., Hillsboro, Ore.

BRIGHT FUTURE SEEN FOR OREGON

Milton A. Miller Predicts Fast Growth for State in Coming Years

ENJOYS HIS VISIT HERE

Former Collector of Internal Revenue, Now a Candidate for U. S. Senator, Pays Roseburg Friends Visit

Milton A. Miller, former collector of Internal Revenue for Oregon, now democratic candidate for U. S. senator, spent the day visiting the residents of the Oakland and Sutherland communities. He paid a visit to the Roseburg schools this morning, before going to the neighboring cities to spend the day. Mr. Miller is putting up an active campaign for the office, and says that he is confident of winning the race for the position.

"I have enjoyed myself in Roseburg immensely," Mr. Miller says. "I congratulate you on this city and the splendid future that is before you all. I have met many friends and made new acquaintances and hope I may be able to visit the city again."

"I enjoyed a two hours' visit with my old friend, Binger Hermann. We talked reminiscences, etc. I enjoyed meeting among others, Judge Hamilton, with whom I served on the board of regents of the State University for twelve years, O. P. Coshaw, an old schoolmate and lifelong friend, George Neuner, with whom I served in the state senate, also A. C. Marsters and Mr. G. V. Wimberly, who was connected with me in the internal revenue service, and others."

"I am an Oregonian, born and reared here, and naturally am very proud of the state. I sometimes think, perhaps we do not realize the enormity of Oregon and its possibilities. In a way of comparison, let me call your attention to the fact that Oregon has 36,000 square miles. She is larger than New York and Pennsylvania combined, the two states having a population of approximately twenty millions of people. We have not one million. Oregon is as large as the six New England states and West Virginia thrown in. Harney and Malheur counties are larger than the state of Massachusetts. In Switzerland there are 3,600,000 people; Oregon is more than six times the size of Switzerland. Oregon is one-half the size of France, where there are 49,000,000 people. If we were populated as France is, we would have 29,000,000 people."

"Oregon has one-fifth of the standing timber of the United States, has enough water power to run all of the factories in America, and plenty to spare."

"Oregon is being visited now by people who have never been here before. I predict for her a very rapid increase in population and a great development in her natural resources and belief she has the best future of any state in the union. The great future growth and wealth of the United States will be produced in the west. We have not yet developed our manufacturing possibilities. As that increases our commerce will increase and the ships that plow the Pacific will equal those of the Atlantic."

"Let us all get together and Hurrah for Oregon."

NOTICE.

Watches and Clocks repaired. Satisfaction guaranteed. Wilbur L. Spauld, 604 Pine st.

BUILDING PERMITS FOR PAST WEEK

Building permits for the last week of September amounted to \$3,700. Two residences were started and a garage and shed were also provided for. The number of permits last week was not as large as some of the other weeks, but the past month has shown considerable building activity, and will compare very favorably with the same month in past years. The permits issued last week were as follows:

Z. C. Brown, one-story residence, 24x32 feet, 512 Mill street, cost \$2500.
H. F. Snyder, one-story residence, 24x26 feet, northeast corner Cobb and Walte streets, cost \$1000.
H. F. Snyder, shed 12x24 feet, corner Cobb and Walte streets, cost \$50.
F. E. Woot, private garage, 10x18 feet, corner South Jackson and Brockway streets, cost \$150.

IT PAYS TO BUY

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RUSSIAN BUILDS AIRPLANE WITH ADJUSTABLE WINGS

HARBIN, Manchuria, Oct. 1.—(A. P.)—An airplane with adjustable wings, enabling the pilot to alter his speed materially during flight, has just been given a series of tests here with highly satisfactory results. The inventor, J. J. Dill, a Russian engineer, believes his device will correct a long recognized defect in the science of air navigation. Dill's invention consists of an appar-

SERENADERS COMING HERE.

Glen Oswald's Greater Serenaders, that joyful, tuneful bunch of symphonic syncopators, will appear in Roseburg on next Tuesday night, October 2nd, for a dance at the armory. The Serenaders have a brand new program of the late dance hits, and are rarin' to go. Remember the date—Tuesday night, October 2nd.

atus for altering the "angle of incidence" of the plane while flying. In the tests it was found possible to alter the angle eight degrees, causing a corresponding difference in speed ranging from 150 kilometers an hour to 90, and to make a landing within a space of 15 meters.

A 150 horsepower French motor was used and the airplane had a wing spread of approximately 33 square yards. The pilot was a Russian, Kudalchenko, attached to Marshal Chang teo-lin's flying staff.

Dill claims his machine can attain a high speed 40 percent greater than that attainable by the rigid type of airplane; a low speed 26 percent less and a climbing speed 31 percent faster.

HOLIDAY CARDS

Order your holiday cards now. A beautiful engraved line to make your selection from. Orders placed during the next thirty days will not be billed before January 1, 1924. Don't delay. Call News-Review office.

OAK GROVE BIRDS

H. L. Kruse is attending the state fair this week.

Mr. and Mrs. R. F. Owings of Billings, Mont., called at the C. L. Hamilton home Wednesday.

Delia and Gene Severts are attending the high school at Oakland this year.

C. L. Hamilton was a county seat visitor Thursday.

Mr. and Mrs. Clarence Grubbe and children of Myrtle Creek and Mr. and Mrs. Bob Minter and children of Little Canyon, called at the home of Mr. and Mrs. H. F. Secord, Sunday.

Mildred and George Wilcox attended the reception given at Sutherland Friday evening for the freshmen and teachers of the high school.

Dr. Wainwright of Oakland called on George Eggleston, who is very ill, Wednesday.

The rain did not do the prunes much good and made the growers hustle to get them taken care of. Lewis Eggleston was an Oakland visitor Wednesday.

Most up to date machine shop in Southern Oregon. Job work given special attention. Automatic Electric Brake Co. 121 North Pine st.

CARD OF THANKS

We wish to thank our many friends, also the G. A. R. and W. R. C. for their beautiful flowers and kind words at the burial of our brother and uncle.

N. Stone and Family.

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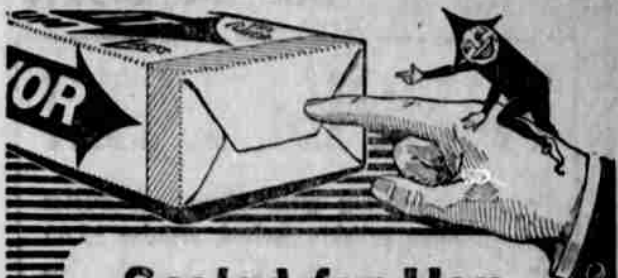
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LOCAL NEWS

Here From Portland—

Milton A. Miller, who makes his home in Portland, is here for a few days, transacting business matters.

Visited State Fair—

George Culver who has been at Salem attending the state fair returned to Roseburg last evening.

Mr. and Mrs. Bowman Home—

Mr. and Mrs. J. W. Bowman, who have been spending the past few days in Portland, visiting with friends and attending the ball games, returned home on the morning train.

Back From Fair—

Deputy Sheriff George Sewell and wife, who have been attending the state fair, returned home yesterday. They were accompanied by Mr. Sewell's brother, W. J. Sewell of Silver-

ton, who will enjoy a visit and deer hunt here.

Marriage License Issued—

A marriage license was issued Saturday to Arch M. Lady and Maud M. Baker of Myrtle Creek.

Passed Through Here—

Mrs. Mary Capenish stopped in this city for several hours on her way to her home in San Francisco.

To Portland—

Glenn Taylor left yesterday afternoon for Portland where he will spend a few days. Mr. Taylor will drive a Willys-Knight car to Roseburg.

Passed Through—

W. J. Vincent and party of seven passed through Roseburg yesterday on their way to their home in Portland. Mr. Vincent was auditor of the Crater Lake Lodge, which was they were accompanied by Mr. Sewell's brother, W. J. Sewell of Silver-

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MANY POLICIES TO BE DECIDED DURING LEGION CONVENTION

(By Associated Press.)

INDIANAPOLIS, Oct. 1.—The American Legion, at its national convention in San Francisco, October 15-19, will take a stand on numerous questions of international and national policy as well as problems relating purely to the affairs of veterans according to reports received at legion national headquarters here.

One of the principal issues to come before the San Francisco gathering is the question of the convening of an international air disarmament conference. A poll, taken of all the United States senators, congressmen, governors, newspaper editors, college presidents and other prominent citizens, expressed overwhelming endorsement of the legion's proposal to hold an international gathering in Washington to reduce military air forces. The suggestion also was approved by the International Veterans' Federation convention in Brussels, which represented the views of fighters from eight allied powers.

Recommendations made by a number of state conventions are that the national body should continue its campaign for the conference until President Coolidge agrees to invite the European nations to confer.

Legion men hope to induce the president to extend an invitation for the gathering, and they plan definitely to consolidate legion opinion and action at the national convention.

A proposal to suspend all immigration to this country for a period of five years appears certain to receive the consideration of legion men. Americanization is proposed in a number of resolutions to be presented at the national gathering. It has been suggested also that the legion support a bill providing for the deportation of all foreigners who have not become citizens within five years

after they come to this country.

The Iowa department will propose a resolution protesting the recognition of Soviet Russia by the United States. Other departments have adopted similar resolutions.

National and state laws to prevent desecration of the national flag and to insure that it will be flown from every school house will be the subject of other resolutions. Liberations of the so-called political prisoners also will be considered.

Adjusted compensation will also come before the national gathering. Almost all state conventions held to date have expressed approval of the bonus measure. The welfare of disabled veterans will be considered in detail, and the convention is expected to consider the retirement of disabled emergency officers on the same status as those of the regular army.

Another issue to be discussed will be the care of orphans of deceased veterans of the war. Various state organizations will bring before the national body a resolution favoring American participation in an international court of justice. The report of the International Veterans' Federation, including a statement favoring the proposed court but the legion has taken no definite action on the specific proposal.

Creation of a standing committee in the House of Representatives to consider all veterans' legislation is the subject of another resolution to be presented.

Return From Trip—

Mr. and Mrs. C. E. Hagar have returned from a ten day trip to Portland, Seaside and the Tillamook beaches.

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