

COOKING SCHOOL ECHOES

CRISP, WHOLESOME Fried Foods —without smoke or odor

NATURALLY when it comes to frying, the most important ingredient is the fat, so I am going to tell you why I prefer Crisco.

In the first place, Crisco fries the food to perfection before it is hot enough to smoke. So there will be no smoke or unpleasant odor in your kitchen or the rest of the house—no smoke to heat your face while you are frying and smell up your hair and clothes.

Another thing, when food is fried in plenty of Crisco, it is beautifully fried with a crisp, golden brown outside and a tender, digestible inside.

Crisco is odorless, too, and does not carry the taste of one food to another, so you can use the same Crisco over and over again for frying different things.

Crisco Cheese Balls

2 cups grated American cheese
1 teaspoon salt
3/4 teaspoon Worcestershire Sauce
4 egg whites well beaten

Mix in the order given. Form into balls lightly with the fingers. Make them about the size of a small egg. Then roll in bread crumbs using fresh bread. Drop in deep, hot Crisco (375 to 385 degrees F.) or when a piece of bread browns in 40 seconds. Fry until a golden brown. Drain on soft paper and serve hot.

This recipe will make ten balls.

Crisco Potato Cakes

These cakes are delicious with chops or cold meat and it is a good way to use left-over mashed potatoes, or even to cook more than enough and save cooking potatoes the next day.

To every three cups of cold mashed potatoes add one well beaten egg. Shape into flat cakes about one inch thick. Put enough Crisco into a frying pan to cover the bottom well. When hot, put cakes in and brown on one side. Add more Crisco if necessary. Turn with pancake turner and brown on the other side.

Three cups of potatoes will make nine or ten cakes.

Crisco Apple Fritters

2 cups pastry flour 3 eggs
1 teaspoon baking powder melted Crisco
1/2 cup milk 1/2 cup sugar
3/4 teaspoon salt 6 ripe apples

Peel and core apples. Cut in quarters. Beat eggs, add Crisco, then milk, then all dry ingredients sifted together. Dip each piece of apple in the batter and fry until soft in deep kettle of Crisco heated to 375 to 385 degrees F., or when a small piece of bread browns in 40 seconds.

Crisco Apple Griddle Cakes

2 cups bread broken in pieces 2 tablespoons baking powder
2 cups hot milk 1 tablespoon sugar
2 eggs separated 1/2 teaspoon salt
1 tablespoon Crisco 1 cup chopped ripe apples

Soak the bread and milk together over night or until soft. Then rub to a paste. Add the Crisco, sugar and salt; then the egg yolks beaten until light. Add flour and baking powder sifted together. Fold in the stiffly beaten egg whites. Stir apples into the batter with a fork. Drop by spoonfuls on Criscoed griddle. Cook until partly done and then turn and finish cooking. Turn only once.

(All measurements level)

CRISCO is used by Mrs. Sexton in the News-Review Cooking School being conducted this week.



To test your cooking fat—taste it. Crisco's sweet flavor will astonish you.

QUEEN OF SWEETS

WAS ONCE \$6-A-WEEK SALESGIRL

By NEA Service

LOS ANGELES, June 21—One day, a few years ago, a little red-haired, blue-eyed girl took an order for cream wafers in a two-by-four candy shop in Lexington, Ky.

"Yes, she'd be sure to have the order out on time. 'No,' she would not fail the lady who was giving a dinner party.

An hour later the owner said he had been called out of town and would not have time to fill the order. He departed, leaving behind him a worried, anxious, fast-thinking little salesgirl.

"We promised those wafers," she kept saying to herself. "And the lady is going to have a party. She's just got to have them."

Moving cautiously into the kitchen at the back of the shop, where she had often watched confections made, she surveyed the scene.

"Why can't I make them?" thought she. And late that afternoon, after many queer-shaped lopsided, irregular wafers had been made and discarded, she delivered a perfect order to the customer.

"And that was the beginning of my dream come true," laughed Margaret Reardon, now owner of a wholesale candy factory, and manager of a big retail candy concession in a Los Angeles department store.

Two Lessons "Small as it was, the incident taught me two valuable lessons: one, that an emergency must be met, not side stepped; the other, that effort and initiative bring practical returns. The day I delivered those wafers, I determined to have my own candy shop—some day."

From a \$6-a-week sales job in a small store to ownership of a \$100,000-a-year business is an extraordinary achievement in these days of hectic successes. These maxims are partly responsible for it:

"Don't hire people you have to watch.

Once is Enough "Once, generally speaking, is enough to tell anyone what to do. Too much money invested often spells ruin.

"The more interest you put in-



Margaret Reardon looks capable.

to your business, the more success you will get out of it.

"Don't worry!

"If you are compelled to work with people who may disconcert or belittling things, disregard them.

"Criticism can't stand up long against results. Do your job well. The opposition will soon disappear."

Miss Reardon is a persistent happiness exponent and whole-hearted. Her brow is minus lines or wrinkles.

She is perfectly fit, physically,

though her business demands twelve-month attention with 365 days' problems to solve every year.

Sales Make Friends

"When it rains, business is bad, and the merchandise people in all lines are chirping gloom, I don't lay down on the job. I put on a 'special,' turn over a volume of business on a close margin, make a heap of new friends, and call it a day."

Men, she says, are increasing as customers at the candy counter.

Since the war, she claims, the male fondness for delicious sweets has increased tenfold. Men have contracted the habit of buying a bag of candy for desert instead of taking pie or cake with their meals.

Miss Reardon's parting shot to any woman who proposes to sell edibles is this:

"Don't offer the public anything you would not eat yourself."

DAILY VACATION BIBLE SCHOOLS MAKING PROGRESS

Excellent progress is being made with the work of the daily vacation bible schools conducted under the supervision of the American Sunday School Union, according to Kenneth Tobias, district superintendent. The school at Green has been in operation for a week, and the enrollment has increased from 19 to 28. This school is directed by Miss Bertha Boyer, Miss Lillian Hurst of Albany and Miss Jessie Simonsen of Springfield.

The school is to end next Friday and the instructors have arranged for a demonstration of the most interesting parts of the work. This program will be presented Thursday evening at 8 o'clock, the public being invited.

The South Deer Creek school has also been in operation for a week, the enrollment growing from 14 to 29. Miss Gertrude Minton of Eugene and Miss Naomi Carleton of Springfield are the instructors. A public program by the pupils of the South Deer Creek school will be given at the Pine Grove church at 8 o'clock on Friday evening, marking the conclusion of the school.

Another group has been started at Glenary with Miss E. A. Young and Miss Mary Jane Tanner in charge. Miss Young is also conducting an evening bible study class for adults.

MENU For Tuesday, June 21

Prepared by Mrs. Clara Miller Sexton, conducting the Roseburg News-Review Free Electric Cooking School.

Plain Pastry Apple Pie Butter Scotch Baskets Meringues

A Bundle of Pastry Twigs

PLAIN PASTRY (Jelly Roll Method)

2 1/2 cups flour 1 extra tablespoon shortening
1 teaspoon salt About 6 tablespoons of ice cold water
2/3 cup shortening

Sift and measure the flour, add the salt and sift again. Cut in the 2/3 of a cup of shortening, coarsely. Add the water a few drops at a time, until the mixture just holds together. Toss onto floured board, pat into shape, and roll into long, narrow roll. Dot over with the extra tablespoon of shortening. Roll up like a jelly roll, chill thoroughly. Makes three layers.

APPLE PIE

4 or 5 sour apples 1/8 teaspoon salt
1/3 cup sugar 1 teaspoon fat
1 teaspoon grated nutmeg 1 teaspoon lemon juice
A few gratings of lemon rind.

Line pie plate with pastry (recipe above). Pare, core and cut the apples into eighths, put a row around plate one-half inch from edge, and work toward the center until plate is covered, then pile on remainder. Mix the sugar, salt, nutmeg, lemon juice and grated rind and sprinkle over the apples. Dot with the fat. Wet edges of the under crust, cover with upper crust and press edges together. Preheat Hotpoint Oven to 400 degrees. Turn upper unit "off," leave lower unit on "high" and bake 40 minutes.

BUTTER SCOTCH BASKETS

Make small pastry baskets by baking pie crusts over small inverted pie pans, making handles by twisting two narrow strips of pastry and baking around a half-pound baking powder can. Cream 4 tablespoons shortening, add gradually 6 tablespoons flour, then add 2 cup brown sugar mixed with the yolks of 3 eggs, slightly beaten, and 1/2 teaspoon salt. Scald 2 cups milk (or if coffee custard is wanted, half milk and half coffee). Add 2 tablespoons thick caramel syrup. Add the milk mixture gradually to egg mixture. Use surface heating unit on "high" to start the double boiler and in heating milk mixture—then reduce heat to "low" and continue 30 minutes.

TO MAKE AND BAKE MERINGUES

Fill pastry baskets with custards, then heap meringue on top. Beat the 3 egg whites very stiff; at this point begin adding 6 tablespoons sugar and beat continually while adding, and last add 1 teaspoon vanilla and arrange on the pie or baskets. Bake meringue at 300 degrees, 15 minutes.

A BUNDLE OF PASTRY TWIGS

With a doughnut cutter, cut rings of pastry. With knife cut straws or sticks. Bake at 450 degrees, until delicately browned. Place as many twigs or sticks in the ring as can be easily arranged. Use each bundle as garnish for a salad.

PERSONALITY IN POSTURE

By JOSEPHINE PETTS
Instructor in Physical Education, Teachers' College, New York City.
For NEA Service.

The other day, a couple of men, well-known in business and political circles, were standing on a street corner in New York, at the intersection of the world—watching the crowd at noon time.

"How many real leaders can you find in that mass of men and women?" How many who get an all-round view of life?" asked one.

"Ask me another," replied the other. "Nobody can answer your question—but anyone can answer mine. How many have the bearing of a leader?"

And they stood watching, and waiting. Tired men and women with drooping shoulders and heavy eyes; "camel backed" girls with bright eyes of youth, waddling along on spike heels; young men slouching along, sagging in every line of their bodies.

And then!

Like a vigorous thrust of a fresh sea breeze came a man, erect, eyes keen and direct, shoulders square, swinging his way through the crowd with ease and assurance just as you knew he would swing his way, mentally, through conflicting activities in his life. And not long after, one woman, stepping easily, poised in body, and (they knew just by looking at her) poised in mind.

Not many (sadly few, in fact) bear themselves like leaders. And yet is there one of us who is average to looking like a leader? What has happened to us?

A great number of things, but first, perhaps, is fatigue, causing us to relax the body so that it slumps; then, there is wrong food—insufficient feeding of the body making us prone to fatigue; and still further, ill-fitting clothing, dragging at our bodies, and poor shoes—always shoes, throwing our whole body out of plumb. Who can stand like a leader when he is tired, poorly fed, and wearing shoes that torture the feet?

How To Walk

And why do it? No one needs to, if he—or she—has a mind to do otherwise. To begin with, a good general rule for standing and walking correctly is to keep the toes straight ahead; the weight on the outer border of the feet, stepping lightly on the heel, then in step, then toes, the whole foot touching the ground at practically the same time. The knees should be slightly relaxed, the hips forward, abdomen in, chest up, shoulders flat, head up, and neck not tense.

To Keep It

Having tried this—how to keep it? Rest properly, eat properly, exercise properly, play properly; in short, balance your day so as to include time for right care of the engine that runs your life and mine. When we do that we can all swing out, body erect, minds clear, owning our souls—and our own particular world.

lost 1; Stoner, Tigers, won 6; lost 1.

BASEBALL MAJOR LEAGUE RESULTS

(Associated Press Leased Wire.)

Splitting even on their two game series, the league leading Pirates and Cubs turned their battling barrages upon slightly less formidable foes today.

When the Pirates downed their challengers the Cubs, 4 to 0 yesterday, they not only retained their narrow margin of leadership in the league, but also held the lead in the private duel between the two clubs of 12 games they have played. The Pirates have won 7 and the Cubs 5.

As the purposely giving the whole stage to the Pirates-Cub battle, rain drowned out the only other two games scheduled, both in the American league.

Road trips ending, the Giants looked forward to a few fat weeks with the eastern teams after meeting many hard knocks in the west. Meanwhile their three rivals in the first division—Pirates, Cubs and Cardinals, will be fighting it out largely between themselves. The Cubs prepared to open a series with the Cards with a double-header, while the Buccaneers meet opposition in the Reds.

BASEBALL STANDINGS OF LEAGUES

National	W.	L.	P.
Pittsburgh	26	19	655
Chicago	35	22	611
St. Louis	31	22	565
New York	28	27	509
Brooklyn	27	32	458
Boston	29	29	408
Philadelphia	22	32	407
Cincinnati	21	37	362

American	W.	L.	P.
New York	29	17	629
Chicago	34	26	567
Philadelphia	31	25	554
Washington	28	26	519
Detroit	26	29	473
Cleveland	27	32	458
St. Louis	24	30	444
Boston	15	39	276

BASEBALL LEADING PLAYERS OF BIG LEAGUES

(By the Associated Press.)
(Including games of June 20.)

National.

Batting—Harris, Pirates, 429.
Runs—P. Waner, Pirates, 54.
Hits—P. Waner, Pirates, 52.
Doubles—P. Waner, Pirates, 17.
Stephenson, Cubs, 17.
Triples—P. Waner, Pirates, 13.
Home runs—Wilson, Cubs, 13.
Stolen bases—Frisch, Cardinals, 17.
Pitching—Macdows, Pirates, won 10; lost 1.

American.

Batting—Gehrig, Yankees, 391.
Hits—Gehrig, Yankees, 86.
Runs—Ruth, Yankees, 69.
Doubles—Barnes, Indians, 23.
Triples—Manush, Tigers, 8.
Home runs—Gossile, Senators, 10.
Home runs—Ruth, Yankees, 22.
Pitching—Thomas, Yanks, won 6;

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LINDBERGH'S NEXT TASK TO ANSWER 50,000 LETTERS

(Associated Press Leased Wire.)

ST. LOUIS, June 21.—After a day spent mostly at ease, Colonel Charles A. Lindbergh today planned to browse through stacks of mails received since his epochal trans-Atlantic flight, and also give consideration to several attractive offers, now awaiting his decision.

More than 22 sacks, containing approximately 50,000 letters, most of which arrived by air mail, have been received and the air hero has indicated that he and a staff of helpers will spend considerable time going over their contents and making necessary replies. Most of the letters opened so far ask for a photograph of the flyer, personally autographed.

Colonel Lindbergh still remains silent as to his plans for the future. It is understood, however, that he is giving some consideration to returning to New York and Washington next week to attend several business conferences. Whether or not he will fly east in his Spirit of St. Louis, if he decides to make the trip, is unknown.

Some of the St. Louis backers of his flight are of the opinion that Colonel Lindbergh will turn over his plan to the Smithsonian Institute to be preserved with other great historic relics, although the birdman has not made the slightest intimation of what he intends to do.

BORN SIMMONS—To Mr. and Mrs. Thomas Simmons of Roseburg, Sunday, June 19, 1927, a son.

—Broccoli transplanters at Wharton Bros.

Buy hay machines for which you can readily get repairs. A delay at cutting may lose your crop sometime. We sell the McCoy Mink-Deering line of hay machines and binders. Wharton Bros.

NEW BAKE-DAY DISCOVERIES —BETTER WAYS TO PRODUCE BETTER BAKINGS ALL EXPLAINED

At ROSEBURG NEWS-REVIEW Free Cooking School AT THE ARMORY THIS WEEK

The baking methods of "yesterday" are just as much out of date as the gowns of bygone times. Systems have changed radically. Great progress has been made. Baking is no longer the difficult, tiresome, uncertain task that it used to be.

Come and let Mrs. Clara Miller Sexton one of America's foremost Domestic Scientists tell you all about the remarkable new bake-day discoveries—how you may become a better cook—produce better, more wholesome bakings. See her demonstrate

DOUBLE ACTING BAKING POWDER

means a baking powder with two leavening units. One begins to work when the dough is mixed, the other waits for the heat of the oven, then both units work together.

EARTHQUAKE IN "WILD CHINA" IS VERY DESTRUCTIVE

(Associated Press Leased Wire.)

LONDON, June 21.—An earthquake on May 23 ruined the greater part of Luichow, in the northern part of Kansu province, near the Mongolian border. It is reported in despatches from Shanghai today.

A message received by the Daily Mail says the chief magistrate and many others were killed and that all the towers of the city gates and two Pagodas 2000 years old were demolished.

The United States coast and geodetic survey, Washington, made calculations the end of May indicating that the terrific earthquake recorded by observations on three continents on May 22 occurred in the remote Kansu province, in the "wild west" of China. Because of the difference in time, an event in China in the forenoon of a certain day would be recorded in the western countries as of the previous day.

PATRONIZE NEWS-REVIEW ADVERTISERS

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Feast your eyes on the delicious foods she prepares—listen to her interesting talks in which she explains how to avoid bake-day failures, disappointments and loss. Then, go home and Surprise your family with the most palatable pies, cakes, biscuits, doughnuts and cookies you ever served. You can, if you'll come.