

FIRST COURSE IN KITCHENEERING TO BE TOMORROW

(Continued From Page One)

will be demonstrated by Mrs. Spencer before hundreds of local housewives, and which range from soups to desserts with everything in-between included.

When Mrs. Spencer did find time, after getting final arrangements well under way, to catch her breath, she likewise took time to outline something of the treats in store for the local women who are fortunate enough to be able to attend "Kitcheneering" from start to finish.

"In the first place," she said, "Mrs. Wright wants me to bring her personal greetings to every housewife or prospective housewife here, and to invite everyone to come to this great cooking school which we call 'Kitcheneering.' Many months of effort have gone into the preparation of this course, which has been designed to fill the wants of modern women. Every dish which will be demonstrated is easy to prepare and inexpensive, and represents the most exacting attention to tastefulness.

"Broadly speaking," she continued, "each of the three days may be given a different heading, with the first day largely devoted to pastries, honey luncheon dishes, salads, etc.; the second to cakes and dishes for entertainment; and the third day to complete meals."

Mrs. Spencer hastened to point out, however, that each day's program will be far broader than the limitations of any one headline.

"For example," she said, "on the first day, we will have such dishes as a brand new graham cracker crust for pies, a cheese soufflé made with bread, a most practical vegetable salad made in a cabbage head, and a recipe which Mrs. Wright discovered in Canada and revamped for modern usage for Old English beefsteak pie. And one of the most interesting features of this particular day will be the explanation and complete demonstration of an entirely new way to mix pastries, as worked out in the kitchen of the Homemakers' bureau."

The second day's program, Mrs. Spencer stated, will principally be devoted to cakes and to party ideas, would include a revelation of the theory and practice of the making of "Goop."

"Goop," she said with a smile, "may be an odd name, but 'Goop' is a very delicious dish. It's really all that the name implies and, when served with a platter of salad and perhaps a few slices of garlic bread, is a meal in itself. I'm not going to tell you anything about 'Goop' now, but just wait until the second day of the cooking school.

"And," she added, "there's another real mystery on the second day of the cooking school program, its Mystery Omelette, and if I were to tell you its two principal ingredients today you'd laugh, no matter how well you may have been reared.

"Incidentally," Mrs. Spencer said "if anyone thinks she knows an easy and foolproof way to make sponge and angel food cakes, wait until she sees the Homemakers' bureau's new way of mixing them."

Complete meals, according to Mrs. Spencer, will feature the third exciting day of "Kitcheneering," including every phase of stove usage, both surface and oven and high and low temperatures.

"One of the things that everyone enjoys," she said, "is the Porto Rican pot roast with German potato pancakes, and another is two new breakfast dishes that are grand.

"But really," she continued, "one must be present to begin to understand all of the work that the Safeway Stores Homemakers' Bureau has put into 'Kitcheneering' to make such little work for housewives, and to make their work so interesting and their families and guests so delighted. So once more let me extend Mrs. Julia Lee Wright's personal invitation to everyone to be present, and to remind everyone to bring pencil and paper so that nothing will be missed. We're sure you'll enjoy every minute of 'Kitcheneering.'"

With doors opening promptly at 1 o'clock, and with the course starting promptly at 2 o'clock, it is expected that every available seat in the Sacajawea ballroom will be filled by the time Mrs. Spencer presents the first of each day's recipes.

DRIED FRUIT BETTER IF COOKED IN OVEN

Dried fruit is far better if allowed in the oven and can be cooked while baking or roasting other food. Wash the fruit, pour boiling water on it and let it stand in a covered dish until the oven is ready; then add sugar, cover tightly and let the heat of the oven cook them. Prunes especially, are delicious cooked this way. Prunes get a new flavor if a few whole cloves are put into the pan while cooking, or if a slice or two of lemon is added when they are almost gone.

CURE FOR SMOKING KEROSENE HEATER

If a kerosene heater smokes or has a disagreeable odor when lighted, place it on a box about one foot from the floor. A piece of gum camphor dropped into the tank will also remove unpleasant odor and give a clearer flame. If the lighted wick gets turned too high and can not be turned down, throw on a handful of salt to put the flame out at once.

Dinner on Schedule For Mrs. Gardner

Come out of the garden, Maud. At least in time to prepare lunch or dinner. It's a good idea to place an alarm clock in the window when you go gardening, setting the alarm to ring when it's time to preside at the range.

EXPERT SHOPS IN PERSON



Mrs. Marlon Rogers Spencer, director of the Safeway Stores Homemakers' Bureau, who will conduct the Safeway stores course in Kitcheneering, does her shopping at a Safeway Store in preparation for the series of classes, opening tomorrow at the Sacajawea Ballroom.

ANY QUESTIONS, KITCHENEERS? EXPERTS READY TO ANSWER

"Kitcheneers" comprise a most inquisitive group.

This fact is aptly demonstrated by the thousands of letters Mrs. Julia Lee Wright receives each year at the Safeway Stores Homemakers' bureau from western women who are confronted by a wide variety of home-making problems, following her courses in "Kitcheneering."

In order that questions which occur to homemakers while they are attending the "Kitcheneering" course may receive a prompt answer, Mrs. Wright has arranged to have "question boxes" placed at the exits of the Sacajawea Inn. Queries left there will be collected at the end of each "Kitcheneering" session and either answered from the stage or forwarded to the Homemakers' bureau, where a practical and complete reply will be provided.

It is the proud boast of the Homemakers' bureau that it has never been "stumped" by any problem of home-making, although some "sticklers" have required months of research before a proper solution has been discovered.

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OLD ARABIAN LEGEND TELLS CHEESE ORIGIN

Among the interesting food traditions is that of cheese.

Legend tells us that ages ago, an Arab traveler, stopping one day in the desert for his mid-day meal of dates and milk, found to his surprise the milk, which he had carried in a bag made of a sheep's stomach, was no longer milk but a creamy mass of curd. Being hungry, he tasted it and found it good. The rennet remaining in the dried stomach had curdled the milk and thus cheese came into being.

From Arabia cheese making spread throughout Europe and most of Asia. Each country created its own kind, according to the materials and facilities it had. Today we have more than 500 varieties of cheese from which to choose.

Theory Disproved Uncle Sam has disproved by tests in his own laboratories the theory that cheese is highly indigestible. These tests showed that 99 per cent of all cheese is thoroughly and readily digested.

Cheese is popular since it not only is savory and extremely economical, but is versatile in flavor and uses. It keeps well and is easy to work with.

Cheese which is to be used for cooking purposes should be selected with an eye for flavor and consistency. In each brand of cheese there is one variety which is especially designed for some particular use or method of cooking.

Superb With Spaghetti A hard cheese is best for grating and this is used when cheese is added to a soup or sauce, just before serving, also for sprinkling on the top of meat, fish or vegetable dishes which are to be broiled in the oven. Of course, it is superb with spaghetti mixtures.

Cheese for cutting or melting must be soft enough to be pushed through a coarse wire strainer with the back of a spoon or forced through a potato ricer; or it may be placed on a board and cut or chopped into small pieces with a knife.

WASH WITH SALT Sinks and drains can be kept clean from grease and disagreeable odors by pouring hot salt brine through them once a week. To restore to their original whiteness, enameled bathtubs and washbaths which have become yellow, wash them with salt and turpentine.

Before the coming of the oil lamp, lighthouses were lit by candles or coal fires. The last of the latter was the lighthouse at St. Bees, where a coal light burned until 1822.

AROMA SEALED UP IN FRESH SPICE CAKES

Most of us are inclined to think of coffee merely as a beverage. But it has many other uses in cooking. Who has not enjoyed coffee cakes? Not the variety so-named because they are served with coffee, but those that contain coffee.

But remember, when using coffee in a recipe, pour it off the grounds still hot, as standing on the grounds tends to absorb the fragrant aroma. Here is a recipe for coffee spice cakes, especially good when served warm.

Coffee Spice Cakes
1/2 cup shortening
2-3 cup sugar
1 egg
1 1/2 cups flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 cup cold coffee
1/2 teaspoon vanilla
Cream the shortening with sugar; add beaten egg and mix well. Sift flour once, measure and sift again with baking powder, salt and spices. Add alternately with the coffee. Add

SENSITIVE COFFEE GRATEFUL FOR COOK'S KIND ATTENTION

Coffee is grateful for kind attention. The finished product will repay the housewife who uses care in keeping, preparing and serving it.

Coffee is sensitive. As soon as coffee comes in contact with air oxygen tends to reduce its flavor, so it's wise to keep it as free from exposure as possible. It's a good plan to put the coffee into a jar with a tight rubber ring top as soon as the can is opened, especially when you buy amounts larger than would be used in a week. Ordinarily, coffee will keep fresh for a week in the original can after opening, but don't leave the lid off.

No matter how carefully coffee is prepared the result will be below standard if the pot is not clean. After using always wash it out with soap suds, then rinse and dry. Occasionally soda and water may be used, following with rinsing. Leave the pot uncovered that air may circulate through it.

Ordinarily, coffee making calls for one rounding tablespoon of coffee for each cup of water, but this amount varies according to the strength of the coffee desired.

The new drip pots are simple to use and produce an excellent beverage. The pot should be preheated to keep the coffee hot as it drips through. Percolated coffee may be made with either cold or boiling water, depending on the type of pot. If the spread at the bottom is wide, boiling water is preferable. If it is of the valve type, cold water is best. The boiling water must be drawn to a boil. Ten minutes is the usual time to make good percolated coffee.

Many still prefer boiling coffee. Sometimes a little egg is mixed with it to clear the beverage and add sparkle. Another method is to tie the coffee in a bag, which makes the drink clear without using egg or cold water to settle the grounds. Again, cold or hot water may be used. Blend it with the coffee, bring to a good boil and serve. This is the method used on picnics, as a rule.

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vanilla and beat thoroughly. If desired, half a cup of seedless raisins, cut into pieces, may be added. Pour into greased muffin pans and bake in a moderate oven 375 degrees F., about 20-25 minutes. Serve fresh.

RADIO CHATS FROM BUREAU COVER WEST

To keep thousands of western home makers constantly informed of the latest discoveries made at "kitcheneering" headquarters in Oakland, the Safeway Stores Homemakers' bureau features its director, Mrs. Julia Wright, on radio programs over 18 stations each Friday morning.

These programs cover important subjects pertinent to homemaking as well as news of the latest findings in the bureau testing kitchen. Along with this timely information, the programs have also become popular because of the sparkling entertainment provided by radio stars.

On the National Broadcasting company network, Mrs. Wright's radio programs are released over KFI, Los Angeles; KGO, Oakland-San Francisco; KGW, Portland; KOMO, Seattle; KHQ, Spokane; KOA, Denver; KDYL, Salt Lake, and KTAR, Phoenix.

A supplementary "week network" includes KPFL, Klamath Falls; KORE, Eugene; KUI, Walla Walla; WFAA, Dallas; KIDO, Boise; KGGM, Albuquerque; KGIR, Butte; KMBE, Medford; KTSM, El Paso, and KXO, El Centro.

A MONEY-BACK GUARANTEE OF COMPLETE SATISFACTION

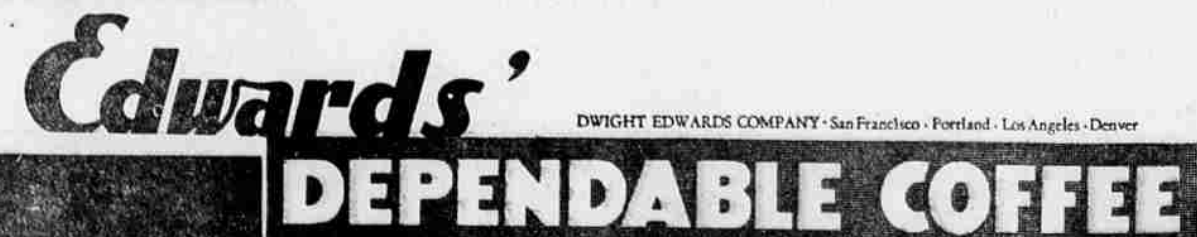


EDWARDS' DEPENDABLE COFFEE is Guaranteed to please you!

So sure are we that this choice quality coffee will please and satisfy you, that we make this unqualified offer:

Buy a pound can, use half of it by your favorite method of making coffee—remember Edwards' Dependable is correctly ground for any approved method of brewing—then, if you are not entirely pleased and completely satisfied in every way, return the balance and your grocer will gladly refund your money.

Can any offer be more fair? Could any offer more nearly indicate our faith in this popular blend which has been pleasing coffee-particular people for more than 30 years? Try Edwards' Dependable today. Learn more about this choice quality coffee sold at a low price!



★ Featured in the Safeway Cooking School ★

It's really wonderful how one good cheese dish can transform an ordinary menu into quite a festive meal. Try these easy recipes and just see! And when you do, make sure the name Kraft is on the package, or on the foil of the loaf from which your dealer cuts your slices. For that name—Kraft—means cheese at the peak of its flavor . . . cheese that is always uniform . . . cheese that is pasteurized, like milk, for your protection.

Cheese and Crab Delight
lives up to its name!

Cook 2 tablespoons chopped green pepper in 2 tablespoons of butter. Blend in 2 tablespoons flour, 1/2 teaspoon mustard, salt and pepper. 1 cup stewed tomatoes, 1 package of Kraft American Cheese, grated, and one slightly beaten egg. Add 1/2 cup of hot milk and 1 cup of crab meat. Serve hot on toast or in pastry cups. Kraft American Cheese, you know, is the pasteurized, packaged American, famed for its full, natural Cheddar flavor!

Velveeta Crisps
... perfect for parties!

Over hot water, soften a package of Kraft Velveeta . . . the delicious cheese food that's digestible as milk itself. Cut fresh bread in very thin slices, trim crusts and spread with Velveeta. Roll up, skew with toothpicks and toast under broiler flame, turning often.

Hidden in Velveeta's deliciously mild Cheddar flavor are the health-protective elements of many foods, richly concentrated. A wonderful food for children.

Creamed Old English
for a husband's pie

Apple pie and cheese . . . straight road to a man's heart! Shred Kraft Creamed Old English, the deliciously sharp Cheddar. Sprinkle on pie—generously! Kraft Creamed Old English toasts beautifully—spreads easily, too!

After the bridge game
... this Swiss Sandwich!

Lightly butter two slices of bread. Spread with mustard and top with slices of the deliciously nut-sweet Kraft Swiss cheese. Toast under the broiler flame. Serve as a two-deck sandwich garnished with pickles and crisp broiled bacon.

The World's Finest Cheeses are made or imported by **KRAFT**