

TABLE SETTING GUIDE TO HELP HOMEMAKERS

Table setting is often a problem for housewives. Books of etiquette sometimes disagree sharply as to what's proper. Sometimes it's a matter of geography, too, with east and west far apart. For western homes, where informality is the rule, the Safeway Stores Homemakers' bureau has prepared a guide. Here in outline form, are the main points:

Table Linen should be spotless. Dishes, either linen or lace, are appropriate for informal luncheons and dinners. Colored linens are used only for luncheon and breakfast. For more formal service completely cover the table, using linen or banquet cloth or an elaborate lace cloth. This is placed on the bare polished table and not over colored cloth.

Linen Should Match
Napkins should match linen in color or if not in material. Breakfast and luncheon napkins may be small, but dinner napkins should be from 18 to 20 inches square. They are placed to the left of the silver or if the table is crowded, on the service plate. They may be folded in a triangle for breakfast or lunch, but are usually folded very simply for dinner. If folded in rectangular shape, place with open lower corner nearest the plate. Never stand a napkin on the table.

Table decorations should be kept simple. A centerpiece is always appropriate, but should be kept low, not obstructing the view across the table.

Candles have no place on the luncheon or tea table unless they are lighted and the room darkened by drawing the shades.

Silverware, whether plate or sterling, should be kept well polished, and courses should not be included in the menu if the proper silver is not available. However, it is possible to substitute for various pieces.

The position of flat silver is, as a rule, one inch from the edge and vertical to the edge of the table, placing it in correct sequence as used, beginning from the outside and working towards the plate.

For Informal Dinner
For informal entertaining at home, not more than four or six pieces of silver (not counting the oyster fork) should be laid on the table at one time. These generally consist of knife, fork, salad fork, spoon. If necessary, additional pieces may be placed on the table before the course is served.

Knives are laid cutting edge toward the plate, next and to the right of the plate.

Spoons are placed next to the knife, bowls up and parallel with the knife. If soup is to be served, the bouillon, cream soup or large soup spoon is placed on the outside; and next, the teaspoon.

Forks are placed on the left of the salad plate, times up. If salad is served western style (before the main course) the dinner fork is placed next to the plate and then the salad fork. If the salad is to be served with the main course, or after the main course, the salad fork is put next to the plate.

Placed on Plate
The cocktail fork or spoon is placed on the cocktail plate, parallel to the other silver on the table. Through popular usage a spoon may easily be substituted for a cocktail fork, unless serving fish.

Silver for the dessert may be brought in on the plate or laid on the table just before it is served. The water glass of goblet is placed above the tip of the dinner knife. If other glasses are used, they are placed on the right of the water glass or in a line slanting from the goblet to the right.

Bread and butter plates are placed above the tips of the forks, in line with the water glasses.

Variety of Ways
Bread and butter spreader may be placed in a variety of ways, laid on the top or right side of the bread and butter plate with the blade toward the center of the plate, or diagonally across the top of the plate.

Salt and pepper containers may be placed at either end of the table within easy reach of the guests; if individual sets are used, they may be placed for each cover or between every two covers.

The cream and sugar bowl may be put on the table; the latter is always filled with lump sugar. If to be used for a hot beverage, if coffee is to be served only with or after the dessert course, the cups and saucers and creamer and sugar bowl are brought on with the course they are to accompany.

Among the ancient Greeks and Romans, almanacs or calendars were not written for the public, but were preserved as part of the esoteric learning of the priests.

CHARMING BREAKFAST TABLE ARRANGEMENT



This breakfast table setting, arranged by the Safeway Store Homemakers' Bureau, shows how simplicity of arrangement, flowers and effective selection of china may combine to make a happy beginning for the day.

OLD FAVORITE GOES MODERN

"Cracker puddin'" was a favorite delicacy back in your mother's childhood days, and if she came from New England or the old south she was sure to have known this tempting concoction.

Particularly in the southern states, where the Aunt Maudy and the Aunt Cindy rules the kitchen, was "cracker puddin'."

Aunt Cindy, wielding her rolling pin to good advantage and substituting a cup of cracker crumbs for a cup of flour, made the first "cracker puddin'."

Although the modern variety of cracker pudding is a far cry from those the colored mamies turned out, it is equally wholesome, and delicious. Today it may be frozen in the electric refrigerator, baked in the fireless cooker, or just made plain.

Graham crackers, particularly those baked with honey, are best adapted to cracker puddings. While their distinctive flavor lends a rich, nutty taste to the dessert, their graham flour content introduces some fibrous material or roughage into the diet, as well as some useful minerals. Being sweet in themselves, the graham crackers save sugar in cooking and make the pudding more economical. Their fuel value is higher, being equivalent to 1555 calories per pound.

Here is one characteristic cracker pudding:

Graham Cracker Betty
3 graham crackers
2 tablespoons strained applesauce
Whipped cream
Chopped walnuts
Roll graham crackers fine, three for each dish. Put in glasses with a hollow in the center. Fill hollow with applesauce, flavored with cinnamon and cloves, spread with whipped cream and sprinkle with walnuts. Chill in electric refrigerator and serve very cold.

NEW PROTEGES FOR GRAHAM

Dr. Sylvester Graham, after whom Graham flour and Graham crackers were named more than a 100 years ago, wouldn't recognize his versatile proteges today, according to home economists. Graham cracker "cookery" has become a new vogue.

Every day there are new recipes published on the use of Graham crackers to make such taste-tempting things as Dr. Graham never dreamed of. Graham cracker ice box cake, Graham cracker pie, Graham cracker cake, sandwiches, bread and even souffles. The brown betty of childhood days becomes, with Graham crackers, a frozen dish from the refrigerator all covered with whipped cream and sprinkled with nuts. For children, a "mere pudding" becomes a wonderful "treat" when made with Graham crackers, mothers familiar with the new vogue, have discovered.

Home economists point out that Graham cracker "cookery" is based upon the sound contribution to health made by Graham products. This is recognized by dietitians and in many schools. Graham crackers with milk are a daily classroom treat.

THIS INVENTORY TO KEEP YOU POSTED

It's a good idea, if you have a well stocked cupboard of canned goods, to list the contents on a card, tack the card on the cupboard door or

shelf and check off as the products are used. With this inventory one always can tell when the stock is running low, what's on hand and when to buy.

Six women have swum the English channel.

FAMILY WON BY HOT BREAD

Hot breads for breakfast, lunch or dinner—and nothing else matters—much. On cool days hot biscuits or muffins seem almost necessary, at least once a day. How good they taste for breakfast with some of the strawberry jam mother made in June, or orange marmalade, if you prefer. Ever try hot biscuit with plenty of nice sweet butter and maple syrup? You just can't get enough. It isn't possible!

Of course, there is just one drawback to all this. Once you have started, there is no place to stop, the family will demand more and more. You may just as well invest in a large sized sack of flour and look up all the old and new hot bread recipes—and proceed to outdo yourself.

Muffins always make a hit, too, and you can add almost any kind of fruit or berries for variety. Serve them at any meal. With bacon and coffee you have all the breakfast you want. Berry muffins make a grand dessert served with a good liquid pudding sauce.

Berry Muffins

2 cups flour
1/4 cup sugar
2 teaspoons baking powder
2 tablespoons butter
1 cup milk (scant)
1 cup berries
1/2 teaspoon salt

Mix and sift dry ingredients twice; work in butter with tips of fingers, add milk and berries. Bake in greased muffin pans 25 minutes in hot oven (400 deg. F.).

FATHER ISN'T OVERLOOKED— KITCHENEERS SUGGEST PARTY

"Kitcheneering" apparently leaves out father, although you'd be surprised at the number of men who attend the cooking schools. So that father won't feel neglected, the Safeway Stores Homemakers' bureau suggests something for him.

Every man enjoys a stag party and, of course, it goes without saying the better the food the better the party. This doesn't mean "frills" or "fancy cooking" either, for when men entertain their own friends in their own way they invariably choose plain rather hearty food.

As a real stag party no woman should appear, and the hostess' only duties are the "before and after" one of preparing the food and cleaning up after the party.

If father is the type who has some special pet recipe which he is fond of concocting, by all means make that the high light in the meal, for he will take great pride in making something just a little better or different than anyone else.

Broiled steaks or juicy prime rib roasts of beef are favorites with masculine cooks and are also quite simple to prepare.

A dinner which is quite sure to please is:

Thick Soup, as Potato or Split Pea
Prime Rib Roast of Beef or Broiled Steaks
Potatoes, Mashed or Au Gratin
Baked Onions or a Buttered Green Vegetable
Crisp Green Salad with Sharp French Dressing
Pie or Pudding
Coffee
Sugar and Cream

Baked or broiled fish may take the place of meat. Pie seems to be a favorite dessert and the only care you need to take is to provide plenty

of it. The course with which the coffee is served depends on the host, but it is a pretty safe thing to count on most of the men preferring it with the main course, and then some more with dessert.

Of course, father may be an inexperienced cook who has never been allowed to "try his hand" and he may feel a little timid about experimenting on his guests. In this case a meal could be planned to be actually cooked ahead of time. Then soup can be kept warm in a double boiler or be replaced by a clam broth or sea food cocktail which is on the table when the guests arrive. Baked ham is good either warm or cold and scalloped potatoes are easy to heat in the oven.

The formality of the dining depends on the host. If he wants to serve everything on one plate, eat all the food with the same fork, and leave the dishes on the table, he should feel free to do so. However, it is the hostess' job to make sure that the correct silver is on the table or the guests are liable to find they have to choose between a butter spreader and a teaspoon with which to eat their pie.

Everyone praises a good cook, so give father his turn in the limelight.

HANDY TWINE HOLDER

A handy twine holder is a small funnel, suspended from the kitchen wall in a convenient place by the small ring attached to it. Place the ball of twine inside and run the end of the string out through the funnel end.

The Southern railway was the first British system to adopt the steel sleeper.

GLAZED HAM EASILY MADE

When we see the luscious baked ham that are used in advertisements our mouths water but we think, "That's only a picture, for no one could bake a ham that would look like that!" But—that is just where you are wrong, for it is the easiest thing in the world to bake a ham that looks as attractive as any picture you ever saw, and that tastes even better than it looks. Best of all, it is almost as easy to prepare it for 20 as for two people, so it makes an ideal meat for any type of dinner.

Prepare smoked ham in usual way by boiling in water till tender. Skin place in baking pan, stick whole cloves in top and place in moderate oven (350 F.) until heated thoroughly. During last half hour of cooking, pour on enough syrup to coat ham, add water in bottom of pan to prevent caramelizing and continue baking, basting occasionally. Small canned hams or slices of ham may also be glazed in this way.

Horseshadish is an ideal accompaniment for baked ham, especially this horseshadish cream sauce:

Horseshadish Cream Sauce
Blend equal parts of prepared ground horseshadish and slightly sweetened whipped cream. Serve in lettuce cups which come from instant leaves and serve one lettuce cup full of the sauce on each plate.

SAVE THAT EGG!

If a boiling egg is cracked, do you remember a pinch of salt added quickly to the water may prevent the egg from boiling out? And do you know that adding a tiny pinch of salt to fresh milk will make it keep much longer?

CRACKER COOKERY gives you one good surprise after another



**QUICK-
AND-EASIES
SOMETHING NEW
FOR YOUR SUNDAY
NIGHT SUPPER CROWD**

Anchovy Special

Blend anchovy paste with an equal amount of butter. Spread on Toasted Whole Wheat Dainties and garnish with slice of stuffed olive.

Springtime Snow Flakes

Cream butter with lemon juice and minced onion. Spread on Snow Flakes and garnish with coarsely chopped water chest.

Trick Treats

Mix 1 tablespoon horseshadish with 2 tablespoons cream cheese. Spread between Toasted Whole Wheat Dainties.

Note: Prepare garnish ahead of time, but spread on crackers at the last minute.



Look!
**THIS SNOW FLAKE
SOUFFLE CALLS FOR
only 2 eggs**



10 Snow Flake soda wafers (crumbled fine)
1 oz. chocolate
1 cup milk
1/4 cup sugar
1/2 tsp. cinnamon
1 tsp. vanilla
2 egg yolks
2 egg whites

Crumble crackers into top of double boiler, add chocolate, milk, sugar and cinnamon and cook over hot water 10 minutes, stirring occasionally. Remove from fire and add to beaten egg yolks. Then fold in stiffly beaten egg whites and add vanilla. Turn into buttered baking dish, set in a pan of hot water and bake in moderate oven (375° F.) 45 minutes. Serve at once with peppermint sauce or cream. Preparation, 15 minutes. 6 portions.

Did you know that such easy-to-make good things could come out of cracker packages? And there are still more to come! For instance—get a package of Snow Flakes (the family-size carton is thrifter) and see how many delicious recipes there are, right on the package!

And try crisp Toasted Whole Wheat Dainties... plain, with cheese, or with salads. Or try giving the children Honey Maid Grahams and milk when they're hungry between meals. Lots of good nourishment there!

Whether you use Honey Maids, Snow Flakes, or Toasted Whole Wheat Dainties, plain or in cookery, you will find these crackers have perfect flavor. They're oven-fresh, always. Fast delivery service from nearby bakeries promises you that.

NATIONAL BISCUIT COMPANY

Uneeda Bakers



**Make
HONEY MAID MUFFINS
without using flour**

18 Honey Maid Graham crackers (crumbled fine)
3 tbsps. melted shortening 1/2 cup milk
2 tbsps. baking powder 1/4 tsp. salt
4 tbsps. honey 1 egg

Mix shortening and honey and add well beaten egg. Crumble crackers and add milk, salt and baking powder. Put mixture into greased muffin pans and bake in a hot oven (425° F.) 20 minutes. 12 small muffins.



Look over your grocer's biscuit department! See the dozens of good things the Uneeda Bakers make that are waiting you there—all oven-fresh.



COME EARLY!

Doors of Sacajawea

OPEN AT 1 P. M. SAFEWAY

Stores Homemakers' Bureau

Course in

KITCHENEERING

Starts Promptly at

2 O'clock