

PLANS FOR SURPRISES ON THURSDAY

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homemakers' bureau testing kitchen and which are to be demonstrated from the stage of the Sacajawea.

"One of these is 'Goop.' It's an odd name, an odd dish, in fact, but very, very delicious. 'Goop' was perfected by one of our own home economists and when served with a platter of salad and perhaps a few slices of garlic bread, it constitutes a meal in itself. But I'm not going to explain all the mysteries of 'Goop' now; you'll have to attend our interesting session Thursday to become a real 'Goop' expert."

"The second big mystery of the day will be a demonstration of a new, original cake appropriately named 'Mystery' cake. There's really nothing complex about it but I am sure you would be tremendously amused if you knew two of the ingredients used."

Cakes are destined to receive considerable attention during the second session of "Kitcheneering" in La Grande. Mrs. Spencer said that one of the featured events will be a demonstration of an easy method to make sponge and angel food cake as developed by the homemakers' bureau during the last year.

Mrs. Spencer declared that she was highly gratified with the response accorded the first session of "Kitcheneering" here. Congratulations were heaped upon her by an enthusiastic audience as she brought the program to a triumphant close this afternoon.

"I hope that many of the La Grande homemakers who were unable to attend our first session will be at the Sacajawea tomorrow," she said.

"The Safeway Stores Homemakers' bureau has devoted months of effort and patient research as a part of the preparation of the La Grande course in 'Kitcheneering.' It has been designed to answer the demands of modern women. Fundamentally the purpose of 'Kitcheneering' is to teach western women the modern art of preparing and serving well-balanced and economical meals with a minimum of time and energy. We have planned our 'Kitcheneering' programs so that every minute is highly interesting and educational."

The third and final session of "Kitcheneering" here Friday promises to be a fitting climax with the program devoted to complete meals. An interesting discussion and demonstration of every phase of stove usage, involving both surface and oven at high and low temperatures will also be included on the last day.

"At the start of the 'Kitcheneering' course we promised to demonstrate more than 35 recipes, and I'm sure our audience will find us more than making good this promise on the final program," stated Mrs. Spencer.

"Friday afternoon we will feature a number of choice breakfast dishes, including fluffy French toast and 'Baked Humpty Dumplings'."

"It's really difficult to briefly tell you all the many surprises and innovations we have planned for the

CULINARY BOARD OF STRATEGY MEETS



Here the Safeway Homemakers' Bureau Kitcheneering staff is shown in the testing kitchen at Oakland headquarters, holding a final review of this year's program under the direction of Julia Lee Wright, who is fourth from the left.

final two days of the 'Kitcheneering' course. I'm sure every homemaker who attends will find every session actually exciting and well worth while. Once again I want to warn homemakers to bring a pencil and paper to the 'Kitcheneering' sessions. Our audience always find there are hundreds of thoughts and hints they want to jot down."

As on the opening day, the doors of the Sacajawea ballroom will be opened at one o'clock to accommodate early arrivals. The sessions tomorrow and Friday will also start promptly at two o'clock. Admission, of course, is free of charge.

Add It to Milk;

There, You Are!

Lemon juice and milk. That's a combination that used to mean curdled milk. But there's a way to avoid that. Always add lemon or orange juice to the milk, rather than the milk to the juice. There will be even less difficulty if the milk is either very cold or very hot, rather than at room temperature.

COOK VEGETABLES FOR COLOR, HOMEMAKERS BUREAU URGES

A great deal of experimental work has been done to determine the best methods of cooking the different vegetables to retain the maximum amount of food value and color.

Following are some Safeway Stores homemakers' bureau rules to observe in preparation of vegetables.

Vegetables should be cooked until tender but still firm. They should be drained at once, as they become

soapy if allowed to remain in the water.

All green vegetables should be put into boiling water and the boiling continued in an uncovered utensil until they are tender.

All root vegetables are placed in cold water; the pan is covered and the vegetables boiled until tender. Peeling the root vegetables AFTER cooking, whenever possible, preserves

more flavor.

Cook vegetables according to color in order to retain as much of the clear, fresh natural color.

Green-colored vegetables retain their color best when cooked in plenty of water in an uncovered pan. Spinach, however, requires very little water. Salt has a tendency to preserve the green coloring matter and at the same time improve the flavor. It is generally added at the beginning of the cooking. Many cooks add a bit of soda to keep the vegetables a bright green, which it does, but at the same time the food value is reduced and it becomes a choice of color or food value.

SOUP TUREEN REAPPEARS ON FAMILY TABLE

The return to good living has brought the soup tureen back to our tables, according to the Safeway Stores Homemakers' Bureau, which offers a few suggestions for preparing and serving soups.

Clear, light soups are always good in spring and summer, while the heavier, heartier soups are the most popular in the fall and winter. However, whether serving the lighter soup for the opening course or the heavier soup for the main course, keep in mind that the perfect soup is correctly seasoned and served with appropriate accompaniments and attractive garnishes.

Covered Bowls Attractive
The petite marmite or small pottery covered bowls are very attractive and different for serving thick soups or chowders informally.

The soup plate is used for the more formal service at dinner. With this we have the choice of a table-spoon, dessert spoon or round bowl spoon.

The cream soup bowl has been popularized for informal dinners and with this is used the cream soup spoon. This is favored particularly for thick soups.

Appropriate to serve with soups are usual plain salted crackers, whole wheat wafers, bread sticks, heart rolls, thick slices of French bread, toasted, or croutons (which are just squares of rather dry bread, buttered and toasted or browned in deep fat), Melba toast, and tiny meat turnovers, about three inches in diameter and filled with highly seasoned chopped meat.

Garnishes suggested
Garnishes and accessories suggested are tiny dumplings, meat balls, and vegetables, grated, diced or cut in thin strips.

Cereals such as rice, barley, tapioca, pastas as macaroni, noodles, vermicelli and alphabeta.

A slice of toast sprinkled with

grated cheese.

Mushrooms, broiled and placed in the center of cream soups, also.

For cream soups, chopped nuts, whipped cream, egg white, popcorn, or any puffed cereal, chopped parsley are appropriate additions.

HAWAIIAN SALAD
One pint thinly sliced crisp cabbage, one cup pineapple, cut in cubes, one tart red apple, one-fourth cup preserved ginger cut in small pieces.

Wash, core and dice the apple, but do not pare it. Mix ingredients together, add pineapple salad dressing. Serve in lettuce cups with pineapple cream salad dressing.

If in normal health, a person should be able to hold his breath for about 40 seconds.

TWO NEW WAYS OF USING BREAD: PATTIES AND SOUFFLE

Two new ways of using bread are recommended by the Safeway Stores Homemakers' bureau.

First, there is a foundation for creamed patties—cut an unsliced loaf of bread into 1½ inch slices, and cut each slice across diagonally. Hollow out each triangle, so that a shell remains with half-inch walls. Toast in a moderate oven (350 degrees F.) until brown and then add hot creamed entrée.

Then there is a new souffle, which the bureau has named fool-proof cheese souffle:

3 slices bread, ¼ inch thick
¼ pound strong cheese or 1 cup grated cheese

3 eggs
2 cups milk
½ teaspoon dry mustard
½ teaspoon salt
Butter bread on one side and cut into cubes. Lay one-half of them in the bottom of the casserole and sprinkle with one-half of the cheese. Add remaining bread and cover with cheese. Beat eggs slightly, add milk, mustard and pour over the bread and cheese. Sprinkle the top with paprika and set in a shallow dish of water. Bake one hour in a moderate oven (350 degrees F.). A cup of ground ham or a cup of vegetables may be added to the souffle. This is served as an entree or main dish, not as a side dish.



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Max-i-mum Syrup is now being featured at Safeway Stores Homemakers' Bureau "Kitcheneering" Courses. It has merited the Homemakers' Bureau Seal of Approval because of the distinctive, true Maple flavor.

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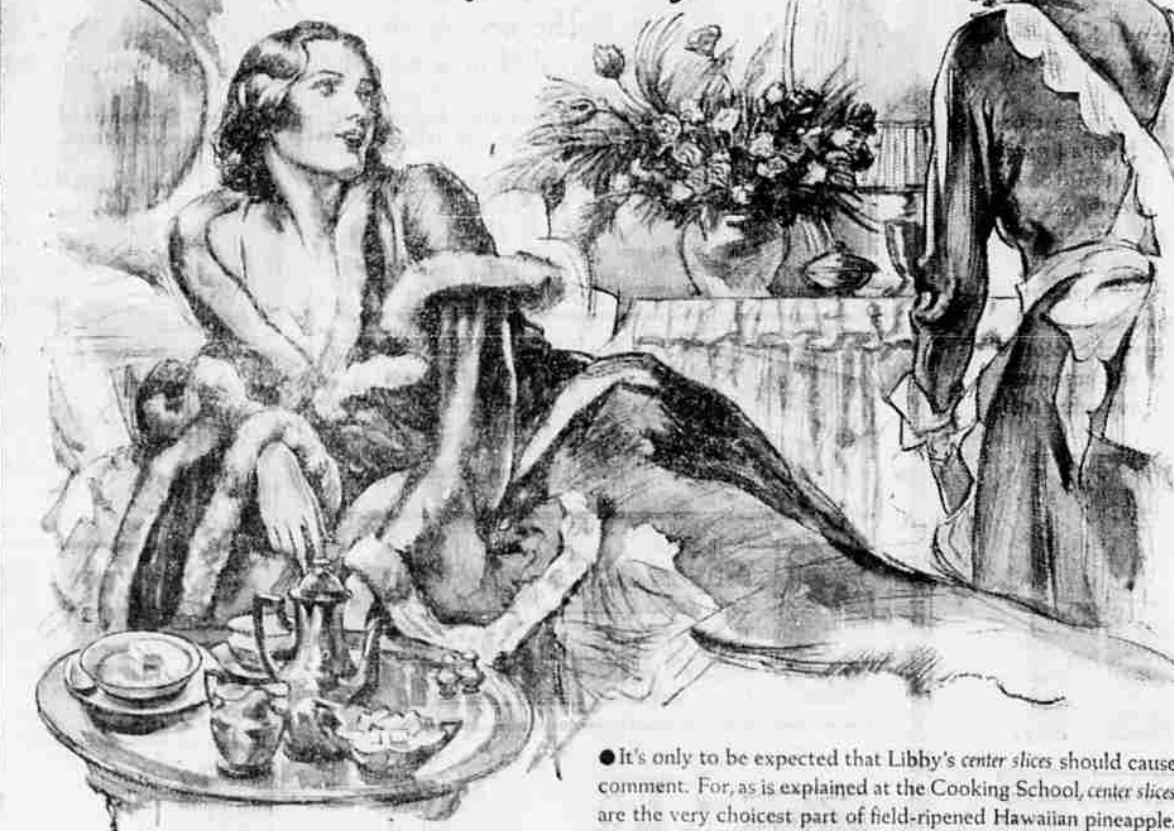
BEAN HOLE BEANS
The bean lover's choice
Plump, white beans, blended with pork, molasses, brown sugar and mustard—by a process which makes them more delicious and easier to digest! Bean Hole Beans are ready to serve, just as they come from the can. But if you want to taste them at their very best, heat the contents of one can in a covered casserole for about 15 minutes. This brings out all their full, wholesome flavor. If you like a crisp top layer, heat them a few minutes longer! Serve them often—they're a welcome, easily prepared and economical treat for all the family.

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"Superb pineapple. Marie! Libby's center slices, did you say?"



● It's only to be expected that Libby's center slices should cause comment. For, as is explained at the Cooking School, center slices are the very choicest part of field-ripened Hawaiian pineapple. Most tangy and delicious in flavor. Most uniformly fine in color, texture, shape. And Libby gives you center slices exclusively at no extra cost! ● Nor do you want to forget Libby's Crushed when buying your pineapple for health. It is delightful in flavor and texture, perfect for the Pineapple Cup. Ask your dealer always for Libby's Hawaiian Pineapple. Libby, McNeill & Libby, Hawaii.

New! Thrillingly delicious! Libby's Hawaiian Pineapple Juice, rich in natural Esters (the flavor-carriers). Unsweetened, not a syrup, this tangy juice is marvelous for breakfast. Healthful, too—among other benefits it provides vitamins A, B, C.



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