

Babe's Meal-Planning Corner

This week's recipe is a new delightful way to bake cornbread; surprise your dear hubby at dinner tonight and watch his delightful smile.

Recipe for Spoon Bread by Mrs. Della Jackson, 2842 N. Vancouver Ave.

SPOON BREAD

1 cup meal
4 cups skimmed milk
1 teaspoonful salt
1 tablespoon baking powder
1 tablespoon sugar
4 egg yolks

Scald milk in double boiler, add corn meal and cook, stir constant-

ly until thick, beat the egg yolks, add and cook with corn mixture, remove from fire, beat egg whites stiff, fold in, set aside to cool, add baking powder, put in buttered baking dish, bake for 1/2 hour or until done. Start at 325 degrees, increase to 350.

Ladies, we can use many more of your recipes.

Send them in and they will be printed so that those who do not have time to select new recipes themselves, can follow those sent in by you without having to look through a cookbook.

MRS. AMERICA SIGNS ON

Remember, Mrs. America, you'll be using only blue stamps instead of the little blue tokens after Oct. 1st for canned fruits and juices, tomatoes, catsup and chili sauce—so hurry and use up those remaining blue tokens between now and the end of the month, for they won't be any good after that. And OPA says it's okay to pool your few remaining blue tokens with a neighbor to get the required ten. Who gets the food is up to you to decide.

Does your family go for baked onions or thick slices of sweet berrudas with their Hamburgers? Then you'll receive with glad acclaim news from the War Food Administration that even heavy government war needs will not use up the bumper crop. So we're all urged to store maximum quantities of the tear jerkers during the peak of the crop, and to increase our files on onion consuming recipes.

Have you noticed how many more things are appearing on store shelves in glass containers? That's because the War Production Board has released more glass for civilian use. The availability of glass containers for packing most foods, drugs, and health supplies is now unlimited, WPB says.

"To market-to-market-to buy a fat pig—" and if you treat Mr. America to juicy, meaty spare-ribs your red points won't suffer any loss. Spare ribs are just one of the many point free cuts of meat—and what better Sunday dinner could you imagine than spare-ribs, baked sweet potatoes, and corn bread? No points—low cost—the housewife's dream.

Did you know that—Irish potatoes stored in light will turn green and taste bitter? They will turn into sugar and taste sweet if eaten at temperature below 40 degrees fahrenheit? They will spoil if frozen? They should be stored in a cool, dark place where the temperature does not rise above 60 or fall below 40 degrees.

"It's an ill wind," my grandmother used to tell me, "that doesn't blow someone some good." So now the tin shortage has been the means of increased production of the June bride's stand-by, the can opener. In recognition of the seriousness of the tin shortage, and in order to assist in the salvaging of tin cans, the War Production Board has authorized the production of household can openers increased by 50 to 100 per cent. Remember, Mrs. America, those tin cans are weapons of war.

Thinking about Christmas yet? If you're planning to send packages you'd better start right now saving packing material of all kinds from heavy shipping containers to lightweight wrapping paper and bags, for approximately 50 percent of our packing materials are now carrying supplies overseas. And not Santa Claus supplies either.

NUTRITION NOTES

Fish, an excellent source of animal protein, is now abundant and reasonably priced. Mackerel, Rose fish and the Whiting varieties are in greatest supply along the Northeastern seacoast. Crowded cold storage facilities and a limited labor supply to handle this year's big catch are forcing a large proportion of the fish normally shipped to the Midwest to be marketed on the East Coast.

One method recommended for cooking fish in hot weather is to cut the fish into serving portions, salt lightly on both sides, and let stand for about 10 minutes to absorb the salt. Then dip the pieces in liquid (beaten egg, milk or water) and coat with some dry cereal. Place fish in heavy frying pan which contains about one-fourth inch of fat, hot but not smoking. Cover and cook in moderate heat, turning it when brown. Slices or wedges of lemon and parsley will help dress up the platter.

A fish salad—crabmeat, tuna or halibut—will provide a nutritious main dish but won't heat up the kitchen or require long hours for cooking.

This is also a good time for homemakers to take advantage of the big fruit crop by preserving a few jars of fruit butter. These will help you stretch the "spreads" on toast and sandwiches. Fruit butter can be easily made from apples, apricots, grapes, peaches, peas and plums. Some combine apples with grape and this is a delicious treat for winter morning breakfasts.

Tomatoes are now beginning to be abundant in all markets. Eat them fresh, stewed, or in mixed casseroles. Remember that one good-sized, vine ripened tomato will give you about half your day's quota of Vitamin C, as well as a generous amount of Vitamin A. Tomatoes can be served in a variety of ways but their flavor combines particularly well with meats. Try adding 1 cup of fresh or canned tomatoes to your favorite recipe for a 1 1/2 pound meat loaf that calls for about 1 cup of soft bread crumbs as a binder. A delicious gravy can be made if you pour 2 1/2 cups of tomatoes over a pot roast during the last hour of cooking. Add a clove of garlic and a little thyme for extra flavor.

The Department of Agriculture has just issued a bulletin, "Tomatoes on Your Table," which includes many recipes. The folder can be obtained free by writing to the Office of Information, USDA, Washington, 25, D. C., and asking for AWI folder 104.

Peaches are another crop that is in good supply. These, too, should be served fresh as often as possible, and a supply canned for winter. Unless you have a particular taste yen for the white variety of peaches or you know that your normal daily diet has an adequate amount of Vitamin A, it would be wiser to stick to the yellow variety, since these contain a higher amount of Vitamin A.

From the South and West the cantaloupes are coming into market in good supply and at reason-

RATION CALENDAR

Clip and keep for handy reference.

Processed Foods:

Book 4—Blue stamps A8 through Z8 and A5 through L5 valid indefinitely.

Meat, Butter, Fats and Cheeses:

Book 4—Red stamps A8 through D5 valid indefinitely.

Book 4—Spare stamp 25 good for 10 pounds lamb only through October 21.

Book 4—Sugar stamps 30-31-32-33 valid indefinitely, 5 pounds each.

Sugar stamp 40 valid through Feb. 28, 1945 for 5 pounds home canning only.

For more canning sugar apply local OPA board.

Shoes: Loose Stamps invalid.

Book 3—Airplane stamps 1 and 2 valid indefinitely.

Gasoline Coupons:

Not valid unless endorsed.

"A" No. 12 valid through Sept. 21, 3 gallons each. Apply by mail for renewal.

Fuel Oil:

Period 4-5 coupons valid through September 30. New period 1 coupons valid now.

Tire Inspection Records:

Must be presented for gasoline applications.

Stoves:

Apply at local OPA board for purchase certificates.

Wood, Coal, Sawdust:

ORDER NOW! Don't risk shortage next winter.

able prices. Here is just another fruit to add to the long list of fresh foods that homemakers can now choose from. It shouldn't be hard these days to serve foods from Groups II and III of the Basic Seven.

Point Values Soar on Now Rationed Foods

Sharp rise in point values of processed foods which will still be rationed after September 16 is anticipated, Frederic F. Janney, district OPA food rationing executive, advised today.

Use of blue tokens will be discontinued on October 1, Janney explained, and between September 17 through September 30 will be used only in multiples of ten with no change returned. Points in food items will be 10, 20, 30 and so on, with no point values in uneven numbers such as 17, 32, and so forth.

Practically all canned and bottled vegetables and fruit spreads and specialties will be taken off rationing on September 17, Janney pointed out, but points will still be required for canned fruits, canned juices, canned tomatoes, catsup and chili sauce.

LARGER HATS THIS FALL

The "larger" fall hats are going to be in great demand this winter, young or older ladies will look very chic in these swathing higher crowns and slightly heavier trimmings.

Beautiful wide brimmed felts, usually black with dashes of jewel trimmings, will fit the price of Midady's pocketbook, and the cavalier felts, rolled back from the face, are the last minute in style.

Shopping for hats this fall should be a gay excursion for any lady, it will be so easy to find one that beautifies you.

USO NEWS

Sunday, Sept. 24, Entertainment C.
Monday, Sept. 25, Sing a letter.
Tuesday, Sept. 26, Games.
Wednesday, Sept. 27, Heaven and Hell party.
Thursday, Sept. 28, Watch this date.
Friday, Sept. 29, Game Nite.
Saturday, Sept. 30, Dance Nite.
Sunday, Oct. 1, Vesper.

LEAVES NEW DEAL



PHILADELPHIA—Mrs. Crystal Bird Fauset, nationally prominent Democratic woman leader of Pennsylvania, who has pledged her support to Governor Thomas E. Dewey, is shown with Republican National Campaign Chairman, Herbert Brownell, Jr., at GOP headquarters, Hotel Roosevelt, New York City, where she discussed ways and means of getting more Negro votes for the militant young New York Governor. Mrs. Fauset served a term in the Pennsylvania Legislature, and was State WPA director of Negro activities in Pennsylvania. She has been one of the most prominent Negroes associated with the New Deal, having been called to the White House by President Roosevelt shortly before the Democratic National Convention in July. She left the Democratic Party because of the innumerable discriminations of the New Deal against the Negro.

SOCIETY DOIN'S

Mrs. Owens' mother, Mrs. Thomas, left the city for her home last Thursday, in Stephenville, Texas.

There were thirty-five Dutch sailors in this city last week.

Miss Melba Thompson and Juanita Brown left the city last week for their home in New Orleans, La.

Miss Frankie Lou Williams, entertained a few of her friends at her home Sept. 1st. The occasion was her birthday.

Mrs. Arthur Burke, a daughter of the Elks, is moving to Sacramento soon. She has been a resident of this city for years.

Mrs. Letha Peck of 163 N. Halsey, entertained a few of her friends with a card party at her home. Among those present were Mrs. Evans, Mrs. Williamson and Mrs. King. A lovely time was had by all.

Mrs. Coddie Mae Williams entertained Mrs. Fountaine's mother Mrs. E. J. Evans at her home 203 N. Halsey Street last week. Mrs. Evans left for her home in Berkeley, Calif last Wednesday.

Mrs. Virginia Jackson is assisting the new dentist, Dr. Carle R. Vickers at his offices, 1417 N. E. Williams Court

Mr. William Harris of 2935 N.E. Rodney Avenue, entertained his two sisters of Oakland, Calif. with a cocktail party at his home on Sunday evening. There were a lot of well known Portlanders present.

Mrs. George Randall of N.E. 3rd Avenue, entertained Mrs. Willa Pearl Curtis of Los Angeles, Calif. with a reception Thursday evening at her home.

Mesdames G. Randall and Winnie Davies were lovely hostesses. The other included Mr. and Mrs. Henry Freeman, Mr. Frank Seymore, Mr. Earl Bushnell, Sgt. Joe Johnson, Miss Helena and Josephine Searcy, Mr. Donald and

S/Sgt. B. Harrison of Portland Army Air Base. The table was a lovely thing to behold, a beautiful bowl of flowers was used as a centerpiece and candles graced each end of the table.

The guests were highly entertained, Mrs. Curtis sang and played a number of lovely selections. S/Sgt. B. Harrison and Mr. Bushnell read some interesting literature. Miss Helena Searcy and Sis. Josephine rendered a number of church songs. Delicious punch and two kinds of cake were enjoyed by all.

Mrs. Willa Pearl Curtis is playing a leading role in the forthcoming picture "Mom & Dad", that has not been released yet. She portrays the role of Junella.

Mrs. Helen Kirkland entertained Mesdames Curtis and Randall with a lovely dinner Saturday evening at her home. Mrs. Kirkland presented Mrs. Curtis with a large basket of fruit to take back to Los Angeles with her.

Irving (Powder) Procter is home on an indefinite stay. He is a Merchant Marine.

Jeanette Donald is home now to all friends.

The Portland Rose Club held its first affair at Myrtle Barno's September 2nd. Dancing and cocktails were enjoyed by the guests. The Club's officers are as follows: Mrs. Irma Johnson, president; Mrs. Wells, secretary and Mrs. M. L. Williams, treasurer

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