# Model Kitchen and Pantry

*A Feature Page to Be Published Ten Consecutive Saturdays.*

*DEVOTED TO FOODS, FOOD COMBINATIONS AND HOUSEHOLD CONVENIENCES*

### Evolution and Clean Clothes

It is a far cry from the time of washing clothes in the holy water of the Ganges river between stones and the modern electrical washing machine. As the march of civilization progressed some genius, at least so considered at that time, invented the washboard, which in some places is still used. After a sufficient number of women had broken their backs, or thought so, and refused to labor after this fashion to keep the clothes of the family clean, other ways had to be devised. The commercial laundries, sensing this situation, then made their bid and installed special facilities to wash all the clothes of the family. In this way a large portion of the family wash was done away from home. Some families felt, however, that the friction and the wear and tear of the laundry was rather hard and wanted personally to see the things done. Then electric washing machines were invented and became popular.

One of the best and most widely-used of these electric washing machines is the Laun-dry-ette. It not only washes the clothes by means of two vacuum cups electrically operated, but also does away with the wringer, it being the only one that does away with this adjunct up to this time.

It washes, rinses and blues in the one tub—so extra tubs are needed. This makes it possible to use the Laun-dry-ette in the kitchen, bathroom or cellar with equal satisfaction. Folks who own Laun-dry-ettes wash comforts more frequently, pillows are washed oftener, and blankets and other heavy things cleaner and sweeter because it is so easy to do. The Electric Maid Shop, at 133 Tenth street, is the fortunate possessor of the exclusive franchise to sell these machines in Portland and is such a thorough believer in this machine that it wants it demonstrated and compared with other machines at all times. Many of our housewives already know what a fine thing these machines are because they have them installed in their homes. Those who do not have a real treat in store when they see the Laun-dry-ette. They are economical, the first cost being practically the only cost, and can be secured on very easy terms.

### The Flavor Is the Thing.

There is no doubt that the flavoring of any food decides the palatability of it. If it is meat and vegetables, it is the salt and spices that we put in them that bring out the flavor of the food. If it is cakes, puddings, etc., it is the extracts that answer the same purpose. I do not doubt in the least that this is a cultivated taste, because the lower animals do not have to have their food flavored to make it taste good. But cultivated or not, it is a fact that human beings do not like their food unless it is spiced up a bit. Then the question which arises is what kind of flavoring should we use to get the best results? That is a very important question, too, because some flavorings on the market do not flavor. That is, they bake out—it tastes all right before being cooked, but afterward the food is flat. I speak particularly of extracts. That is why it is so essential to find an extract that is absolutely reliable. You have one here in Portland, the M. & R. Brand. These extracts are thoroughly dependable. They are made by the Acme Extract Co., which is the biggest exclusive extract company on the Pacific coast. Portland can be truly proud of such a splendid manufacturing industry. Be sure you ask for M. & R. Brand.

### Bacon and Apples.

There is nothing which will coax your appetite in just the way that this delicious dish will. Have you tried it since the cold mornings have arrived?

Take six or seven slices of bacon (from Parker's Market) and put in frying pan. Peel and core four small apples. Place apples in frying pan with bacon. Do not cover. Cook gently. The bacon juice will impart a most delightful flavor to the apples.

### The Home Ideal

A home that is ideally furnished is the prime motive and the leading desire of every woman's life. She wants to have the surroundings just as beautiful, just as restful and just as artistic as human hands can make them. A home should be livable and artistically satisfying to those who live in it. There is no need for freakiness, but just a simple need to furnish the home so it will be homelike, and if that end is accomplished then the highest achievement has been fulfilled and, no matter how many years the home may last, it will always be lovely to live in. Use thought and care and study in the selection of your furniture. Look over the stock at the Ira F. Powers Furniture Store. You will find on display at this most complete store everything which your heart could wish, from the plainest to the most expensive. There are the cosy, dainty pieces with which to furnish the small cottage and the heavy, elaborate period designs for the mansion. You will also find expert advice on every furnishing question. Do not fail to avail yourself of this opportunity. Consult the experts at this store on your home furnishing problems. You will be surprised how many delightful new ideas you will get from this source.

### Nectar of the Immortals

Honey is the nectar of flowers transformed by the honey bee into truly a liquid for the gods. Flowers are nature's supreme effort and honey is essence of flowers. It is a most nourishing, delicious and delicate food—an ideal sweet for health and beauty. When the bee first brings it home and stores it away in the comb it is not the product which we use on our table, but more like a sweet water. The bee does something to it—what it does is not really known—that produces a chemical change, and in time it thickens to the rich, palatable syrup known to us as honey. Most people use honey only as a spread, but it should be used more extensively. Below I am giving some recipes. You will find them a welcome variation to your menus. One other thing—honey should be kept in a warm, dry place, and not in the refrigerator. It will be much less likely to granulate if so kept.

Always buy a grade of honey that you know is pure and unadulterated. Use Bee Brand Honey. It is a clear, delicious tasting honey. If you buy Bee Brand you will know you are getting the real thing.

### Nucoa Nut Margarine Healthful.

Nucoa Nut Margarine is made to compete with the choicest creamery butter, not with ordinary oleomargarine, and is pure, healthful and nutritious and is nature's added gift to your daily bread.

It is made in the following manner: sun dried meat of the cocoanut being imported from Java and South Seas. This is crushed and refined into snow white solid and does not contain a trace of water. It is just pure cocoanut fat, highly refined; rich peanut oil is added, leaving it just like olive oil in color and texture. Peanut oil makes its mellowness and richness. These two products are agitated with lactic culture, first having been pasteurized. When it leaves the emulsifier it is worked and salted the same as creamery butter.

Any Portland housewife should not hesitate in using this pure product, absolutely pure and free from animal fats. Spreads bread—stays sweet.

### An Underestimated Article of Diet

The recipe given below can very successfully be substituted for the meat dish. Red Rock Cottage Cheese is made from pure, fresh skimmed milk. After it is made, as much cream is poured back into it as it will absorb. So you see it very nearly is as good a food as whole milk, and there is no better balanced food obtainable for children or adults than milk. Milk is the ideal food for everyone, and cottage cheese is only another form of milk. Many people like to take milk in that form rather than drink it. I do myself. When I was a child that was the only way my mother could get me to take milk. Perhaps your child is the same. Try him with Red Rock Cottage Cheese fixed up in some dainty way. You will be very much surprised how readily he will eat it and ask for more.

### Home Industries

We have many home industries in Portland, but few have made such considerable progress in so short a time as the Grandma Cookie Co. It was established in 1914 in a small store room on the east side. Now it occupies a splendid brick building at 272 Third street. Today it is one of the first of its kind on the coast. It turns out 50,000 cookies of many different kinds a day, and also 4000 individual cakes. Additional machinery was installed recently, doubling their capacity for cake baking. A new electric oven is now being built, which will bake 50 dozen cookies every three minutes. Grandma's Cookies are sold in Oregon, Washington, California, Idaho and Montana. At an early date a branch office will be established in Seattle to handle the northern trade. All goods are sold in wrapped and sealed packages to retain the freshness. Exact care in handling the products, as well as the use of the best of materials, is maintained, resulting in a high standard product. Grandma's Cookies and Cakes are much better than the average housewife can bake and there really is no comparison in the price. It would be quite impossible for one to bake either of these two foods at home for the price at which they are sold ready for use. Keep them always in the cake box. They are one of the best emergency foods available.

### Bread of First Importance

The editor thinks she is not assuming too much in making the assertion that bread is the most important single article in our diets. There's nothing like bread to satisfy a real appetite. It builds strong bodies and supplies strength to cover our various duties.

And there are so many ways in which the clever housewife can offer her bread—plain bread, toasts, sandwiches, heated bread, croutons and combination dishes. Even bread crumbs are indispensable. A jar of them should be kept ready for use at any time. Stale bread crumbs are better than freshly grated crumbs for puddings, stuffings and bread sauce, or for crumbing croquettes and fish.

Butternut Bread is a fine standby and can be used in a dozen different ways. Fresh it is delicious; when stale, it can be used to advantage. A delightful variation may be had by slicing as much of a loaf as will be needed at the meal, cutting your slices only half way through. Press these slices closely together, and keep the loaf formation. Slip into the oven until hot through. About 10 minutes of this heating will transform your loaf into a tender, crisp, delicious hot bread. Perfect digestibility is insured by the driving out of any excess moisture.

Get the habit of buying the larger size loaf. The pound-and-a-half loaf. The Butternut is well wrapped in thoroughly waxed paper and will keep until every crumb is used.

Fernwood milk is the best food for growing children. It contains all the food materials needed for growing bones and muscles. Every child should have at least two big cups of milk a day. Pasteurized milk combined with bread, cereals and vegetables, should be the main part of the diet of boys and girls.

### To Whip Oregon Milk

Place one can of Oregon Milk in water and heat to boiling. Remove promptly and thoroughly chill by placing can on ice. When cool, open can and pour milk (the entire contents of small can or half contents of large can) into chilled bowl, placed in another bowl filled with cracked ice. After milk has become thoroughly chilled, whip in regular way with ordinary egg beater for about five minutes. Sweeten and flavor if desired. Keep on ice until served. Oregon Milk will whip satisfactorily without heating, but better results are assured when above directions are followed closely. Serve on fruits, gelatines and other desserts, as well as with chocolate, cocoa, coffee, etc.

### At School

A teacher asked her pupils
To write a small true rhyme.
It must refer to money
Used at some previous time.
Just then a bright young pupil
Showed brains were in his head.
He gave the true composition,
For this is what he said:
"My mother does save money,
For she saved a third and more
By buying all her groceries
At the Piggly Wiggy Store."

## A Seasonable Menu for a Day

BREAKFAST
Ravalli Rolled Oats — Fernwood Cream
Corn Fritters — Bee Brand Honey
Preferred Stock Coffee

LUNCHEON
Sweet India Relish (Knight Packing Co.)
Spaghetti with Red Rock Cottage Cheese
Multnomah Whole Wheat Bread — Gold Medal Butter
Dickenson's Jelly Tarts
Chevalley's Everfresh Creme Chocolate

DINNER
Cream of Celery Soup — Tru-Blu Long Branch Wafers
Steamed Clams (from Blue Point Oyster Co.
Melted Gold Medal Butter
Prime Roast Beef (from Parker's Market) — Knight's Tomato Catsup
Baked Potatoes — Creamed Cauliflower
Pineapple and Marshmallow Salad — Van Gorder's Mayonnaise
Butternut Bread — Gold Medal Butter
Ice Cream — Grandma's Gold Cake
Preferred Stock Coffee

### Waffles.

To the repeated inquiries that have come for a good recipe for waffles, we print the following. It is an excellent recipe, delicious and dependable:

2 cups Northern flour
4 teaspoons baking powder
1 teaspon salt
1½ cups Fernwood milk
2 tablespoons Gold Medal Butter
2 Nu-Lade eggs

Sift together dry ingredients. Beat egg yolks, gradually add milk, then oil. Stir liquids into the dry ingredients and mix well. Cut and fold in the whites of eggs beaten stiff. Have waffle iron hot. This makes 12 medium-sized waffles.

**Serve With Bee Brand Honey.**

Writing the recipe for waffles reminds me that the Pierce-Tomlinson Electric company, 286 Oak street, has an excellent display of fine waffle irons. If you are thinking of buying an iron you can do no better than to choose from the display of this company. Their waffle irons are thoroughly up-to-date, and reliable.

And you are a Spartan woman, indeed, if you can leave the fascinating display of electric devices on exhibition here without "casting one longing, lingering look behind." But poetry aside, there are splendid values in grills, percolators, chafing dishes and heaters in their display room that you will enjoy seeing very much.

### Spaghetti With Cottage Cheese.

1 cup Porter-Scarpelli uncooked spaghetti
¾ cup diced mushrooms
2 tablespoonfuls Gold Medal butter
¾ cup Preferred Stock stewed tomatoes
¼ cup Red Rock cottage cheese
½ tablespoonful chopped onions

Cook the spaghetti in boiling water for 15 to 20 minutes. Drain and add mushrooms. Cut mushrooms into small pieces. Melt butter, add onion and cook three minutes. Add mushrooms and cook five minutes. Add tomato and salt and cook five minutes longer. Stir in the spaghetti and reheat. When ready to serve, sprinkle with cheese that has been forced through a puree sieve or colander.

Flat silver may be cleaned in the water in which potatoes have been boiled.

### Olympia Oysters in Pepper Cases

(Oysters from Blue Point Oyster Co.)

6 green peppers
1 pint oysters
1 small onion
1 heaping tablespoonful of Gold Medal butter
Cracker crumbs, salt and pepper

Cut off the tops of the peppers and remove the seeds; boil for ten minutes and drain. Chop the onion and mix this, the Tru-Blu Cracker crumbs and butter with the oysters. Season with salt and pepper and stuff into green peppers. Cover with cracker crumbs and bake in a quick oven for 20 minutes.

### A Delicious Luncheon Dish.

**Deviled Otter Clams.**

1 teaspoon Gold Medal Butter
1½ tablespoonfuls Northern flour
1 cup Fernwood milk.
1 can Otter minced clams
2 teaspoonfuls lemon juice
1 small onion.
1 tablespoonful chopped parsley
2 Nu-lade eggs (beaten together).
salt, pepper, celery salt, paprika and a dash of cayenne
Tru-Blu cracker crumbs

Melt the butter in a stew pan and cream in the flour; add the milk, eggs and the liquid from the clams. Cook until thick like gravy. Season with salt, pepper, celery salt, lemon juice, onion, parsley and other condiments and add clam meats. When thoroughly creamed and mixed turn into casserole, sprinkle with buttered cracker crumbs and bake 20 minutes.

### Pineapple and Celery Salad.

2 cups fresh pineapple, diced
1 cup celery, diced
¼ cup chopped walnut meats
½ cup Van Gorder's mayonnaise
12 Krause's marshmallows

Cut the pineapple in cubes. Mix with celery and moisten with dressing. Arrange on lettuce leaves. Sprinkle with nut meats and marshmallows cut in pieces, and garnish with a little of the dressing. This makes seven servings.

For cleaning paint try the following recipe: Two quarts of hot water, two tablespoonfuls of turpentine and one pint of skimmed milk, with soap enough to make a weak suds.

### Corn Fritters.

1 cup Northern flour
2 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1 Nu-Lade egg
1 tablespoon Nucoa nut margarine
1 can corn (2 cups) Preferred Stock

This makes 12 fritters.

Sift flour, baking powder, sugar and salt together. Add well-beaten egg, Nucoa nut margarine and corn. Beat until thoroughly mixed. Drop from tablespoon into hot Nucoa nut margarine and fry golden brown.

### Waldorf Salad

Use equal portions of apples and celery cut in small pieces, mixed with a few finely chopped nut meats and enough Van Gorder Mayonnaise salad dressing to hold together. Moisten well. Serve in cups made of bright red apples hollowed out, on crisp lettuce leaves. Garnish with celery tips.

### Bran Gems

2 cups bran
1 cup Northern flour
1½ cups buttermilk
1 level teaspoonful of soda
3 tablespoonfuls of Bee Brand honey

Mix bran, flour, salt and buttermilk in which soda has been dissolved, and last the honey.
Bake until thoroughly done.

### Mayonnaise Is the Life of the Salad

In order to balance the ration, salads, especially those made of green vegetables, should appear on the table at least once a day and for the sake of health twice a day is better. Many housewives complain that their families do not like salads, but when this is the case the fault generally lies with the salads and not with the family.

There are two absolute essentials to be considered in compounding a salad—the vegetables should be fresh, crisp and cold and the salad dressing perfect in texture and consistency and adapted to the particular type of salad for which it is intended. Van Gorder's Mayonnaise lends itself admirably to all types of salads. For lettuce or other crisp green salads it is best used plain or with the addition of various chili mixtures or chutney. It makes a delectable thousand-island dressing. For fruit salads the addition of a little whipped cream is to be recommended, though it is often used without thinning.

The skill of the cook is nowhere shown to greater advantage than in the assembling and blending of salads. In fact, a perfect salad is the supreme creation of the culinary artist, and yet once the simple rules are mastered, salad making is absurdly simple. By keeping Van Gorder's Mayonnaise always on the pantry shelf, salad making is greatly simplified. It is the perfect dressing, whether used plain or as a base for the more elaborate dressings. Van Gorder's Mayonnaise may be secured from first-class grocers or direct from Van Gorder's Exclusive Delicatessen, 446 Washington street.

If a slice of lemon is added to the water in which is placed parsley, carrots or celery leaves, ferns or bouquets, they will keep fresh and green indefinitely. Fresh vegetables are always kept well in this way.

Grease the pan in which you cook your oatmeal and you will find it much easier to wash.

Nuts which have grown stale may be freshened by soaking an hour in milk then placing in oven to dry.

A cut lemon may be kept fresh for a long time by laying it on a piece of waxed paper, cut side down, folding the paper over it in such a way as to exclude the air.

When ironing, if the clothes become scorched from too hot an iron, the scorch can be removed with peroxide of hydrogen.

When using a recipe which must be referred to often, copy it and fasten to the wrist with an elastic band.

### What a Pleasure

It is a downright satisfaction to have one article in the household that can be used for everything for which that article may be used. Take soap, for instance—most all housewives have a different kind for every purpose. One for dish washing, another for the laundry, still another for the toilet and perhaps a different kind for bathing. Now I use one kind of soap for everything. It is composed of extra refined Oil of Cocoanut, combined with a large percentage of Borax. It is absolutely free from all impurity, and is recommended for all uses for which soap is required.

It is the most economical soap for washing dishes, while its freedom from all offensive material especially recommends it for this use. No person of discriminating taste should ever permit ordinary soaps made from all sorts of refuse material to be used for this purpose.

For the laundry it is the most efficient cleanser ever made. It excels all so-called "flannel soaps" in restoring the finest woolen goods to their original softness, without any shrinkage.

It is J. C. Luckel's Steam Refined Borax Soap and is made right here in Portland. Get in the habit of using it for everything and you will begin to realize what a luxury you have been overlooking. Just as fine for toilet use as any high-priced toilet soap.

A quart of Pasteurized Fernwood Milk a day will make every child, who is free to gain, strong and healthy and give him the chance in life he deserves.

### Strictly Home-made.

Every housewife knows that fruits and preserves are the best when put up fresh, and not only fresh, but freshly picked. That is the reason the editor of this department is enthusiastic over Dickenson's Preserves and Jellies. The cannery where these most wonderful products are made is situated about two miles south of the city, right in the heart of the berry and fruit district. Many of the fruits are grown on the Dickenson farm itself, and all of the other fruit is raised on the surrounding farms. The Mr. Dickenson who superintends the cannery told me that he learned to make most of his delicious spreads from his mother, and he continues to make them in the same way, always making them out of the full fruit juices—not diluted with apple juice, and making them in small quantities. All good cooks know that jellies are much better if only a small amount is made at a time. This is one of the rules of expert preservers. Mr. Dickenson follows the same plan. He has a row of small steam-heated copper kettles in which the preserves are made and a very small portion is made in each one at a time. He told me that when they enlarge the cannery, which is to be done shortly, he will only extend the row of his small copper kettles and still continue making small quantities at a time. It is unusual to find a quantity producing manufacturing plant operating in that way. The Portland housewives should applaud Mr. Dickenson for placing on the market such a splendid food at such a reasonable price. If you will compute your time, heat, fruit and sugar in making things of that kind at home, you will readily see that you can buy Dickenson's products cheaper than you can make them, and they are truly homemade and dependable.

### A Condiment of Quality

Last week I told you about sauer kraut as good as my grandfather used to make. This week I would like to tell you about catsup, as good as my grandmother made. Cooking in our family seemed to be a natural inclination, not an acquired talent. My grandmother was an excellent cook, my mother was not to be excelled, and I never had to learn how. I just cooked, and most people who dined at our house, including the family, liked it. However, I learned many things about scientific cooking long after I could cook a delicious meal. Good cooking—that is palatable cooking—doesn't necessarily mean correct cooking. But that wasn't what I started out to tell you. My grandmother used to make a wonderful catsup, and it seemed to me when she started to make it she got out every known spice and herb in the pantry. The making of it was a long-drawn-out process of cooking. The result was perfect, but the work was enormous. Thank goodness, we do not have to depend upon our own efforts today for the very delectable condiment called catsup, for we can buy catsup just as good and made in every bit as sanitary a manner here in Portland, put up by the Knight Packing Co. However, they do not have their catsup plant here, but in southern Oregon in the midst of the tomato-growing country. The tomatoes grown in that sunny, southern climate are so much meatier, larger and so much better flavored than the ones that grow here in the north. Mr. Knight soon discovered that fact, and the result was a factory in that territory. Knight's Catsup is a perfect catsup. The bottle is always wrapped in a paper carton to preserve its color, so that you are always assured of getting a full-flavored condiment of the right color.

### Stoning Raisins

Place the raisins on a tin plate and heat them thoroughly in a hot oven to make them split open easily for removal of the stones.

### To Remove Soot Marks.

Cover the spot thickly with dried salt. Let stand an hour. When the salt is removed no stain will remain.

### Guides to Health for School Children

Drink at least one pint of Fernwood Pasteurized Milk every day.

Eat cereal with pasteurized milk for breakfast.

Eat fruit and a vegetable other than a potato every day.

Drink cocoa made with pasteurized milk.

Drink at least four glasses of water every day.

A full bath oftener than once a week.

Sleep long hours with the windows open.

Play out-of-doors every day.

Fernwood Pasteurized Milk is the most nutritious as well as the most economical, of all foods.

Grandma Cookies are a delightful confection between meals. Without being too sweet and rich, they are wholesome and nutritious. A mother can safely give her children access to the cookie jar when it is filled with Grandma Cookies.

### For the Convalescent

Not only the person with a sensitive stomach, but also the healthy, well person may profit by eating regularly Multnomah Whole Wheat Bread. This bread is made of pure whole wheat and is perfectly adapted to the constitution. Multnomah Whole Wheat Bread has been on the market for many years and is well known among connoisseurs of breads. It can be obtained at many of the markets and grocery stores.

### Careful Attention

Careful attention should be given to the plumbing and heating of the kitchen. A sink with running water and good drainage connection, and a hot water heater for constant use—these are indispensable to the busy housewife.

If you are building a new house, be sure to get the services of the Portland Plumbing & Heating Co., at 867 Sandy boulevard. If you need repairs in your plumbing or heating system, call up East 519. This company will render excellent service either for repair or new installation.

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