

Home and Kitchen Suggestions

Department of Education and Inspiration for the Housewife

EDITED BY

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NEW KITCHENS FOR OLD

New kitchens in new homes are not always perfect. And old kitchens in old homes are more often than not far from perfect. It is sometimes difficult, even in this day, to convince your builder that you must have your sink thirty-six inches from the floor and all working levels equal. Soft tiles for the walls, grey, tan or white, and floors easy to clean and comfortable to stand on, are also most advisable.

Old kitchens were not so compact as present day ones. Pantries not so accessible, sinks and stoves not so conveniently arranged. Floors not so easily cared for. But though all these conditions prevail in your home, do not despair, for even simple changes of layout work wonders toward modernizing a kitchen.

Paint is one important consideration. Walls should be finished with a good washable paint, to offer a hard, smooth surface to dust and dirt. Floors to be painted should have all cracks carefully filled in, should be well prepared for the paint and given a sufficient number of coats. It is poor economy to skimp on paint.

After the floor and walls, the next thing to consider is the kitchen arrangement. Kitchen cabinet, pantry, stove, sink and table should all be arranged to give the most service and to conserve space. The stove, sink and all levels which are used for work should be the same height from the floor. The one exception to this rule is the table where mixing is done. This is usually a few inches lower than the rest of the equipment, as it is easier to knead bread, roll pie crust, etc.

Where a kitchen is unusually large, it is often possible to utilize a portion of it as a breakfast nook. This saves space and countless steps by making it possible to serve many meals in the kitchen.

Sometimes in planning a breakfast nook it is advisable to arrange for additional light. A set of windows may then be cut into the wall above the nook. And it is well to consider here the advisability of more electric switches. A double wall plug, convenient to the breakfast table, makes it possible to use electric table equipment. And may serve for the electric iron, as well.

A quick method of remodeling a kitchen is to install some of the standardized kitchen cabinets and cupboards which may now be obtained in any furniture store.

They come in convenient sizes and are quickly set up.

The question of how far one should go in furnishing and decorating a kitchen is usually a matter of individual taste and of family necessity. In farm kitchens we sometimes see rocking chairs, curtains, braided rugs and other things to give a homelike air. Other kitchens have the severe simplicity of laboratories, which in reality they really are; while the majority are a happy medium between the two extremes.

BIRTHDAY PARTIES

Next to Christmas, the happiest recollections of a happy childhood are those surrounding the birthdays of our youth. Mothers, let your children have their party. There is no child in the whole world who does not long for this treat, and really there is no need that it be reserved only for the well-to-do alone.

Make it simple as can be, with only a few sandwiches, a cake and sweets, all of which can be made at home, and done in the spirit of festivity, will make one of those happy days looked back to from our adult years with so much joy. There are suggestions in the recipes and menus given in our Children's Party Book that will help to make your children's parties easy to prepare and full of joy for the little ones.

Write our Department how to secure one of these Party books.

WEEK END MENUS

- Saturday Dinner
- Chicken En Casserole
- Parker House Rolls
- Butter Pineapple Ice Cream
- Sponge Cakes
- Coffee
- Sunday Breakfast
- Grape Juice
- Corn Flakes
- Corned Beef Hash
- Rolls Oats Muffins
- Coffee
- Dinner
- Roast Lamb, Caper Sauce
- Franconian Potatoes
- Asparagus Salad
- Fig Mousse
- Coffee
- Supper
- Melted Cheese Sandwiches
- Cold Sliced Meat Loaf
- Canned Peaches, Whipped Cream
- Cookies
- Monday Dinner
- (Using Sunday Left-Overs)
- Lamb Souffle
- Escalloped Potatoes
- String Beans
- Peach and Fruit Compote

RECIPES

Coffee and Fig Mousse
1 qt. cold coffee 1/2 cup cold water
1/2 cup syrup 4 egg whites
2 tablespoons 1 cup whipped
gelatin cream

Heat the coffee and syrup to boiling point. Dissolve the gelatin in water. Combine and cool. Beat the whites of eggs until very stiff and when mixture begins to set beat them in. Fold in the whipped cream, turn into a mold and pack in salt and ice. When ready to serve slice and top with whipped cream and fig marmalade.

Lamb Souffle
2 cups milk
2 tablespoons shortening
2 tablespoons corn flour
1 tablespoon chopped parsley
2 cups chopped cooked lamb
3 eggs
1/2 cup corn flakes
Salt and pepper to taste.

Make a sauce of the shortening, flour and milk. To this sauce add the chopped lamb, corn flakes, parsley, seasonings and well beaten egg yolks. Beat the whites of eggs until stiff and fold into the first mixture. Bake in a baking dish in a slow oven 30 minutes.

Franconia Potatoes

Scrub and pare potatoes of uniform size. Parboil ten minutes, drain and place in pan in which meat is roasting. Bake until soft, basting the potatoes when basting meat. Forty minutes or more will be required for baking, depending upon the size of the potatoes.

COOKING THE CHEAPER

CUT OF MEAT
"We are spending far too large a proportion of our income for food," writes a distracted home manager. "I want something left from our income—we are eating up too much of our income just because I don't seem to know how to manage."

"My family don't like meat substitutes, but I just cannot afford the expensive steaks and roasts we are having."
To this housewife we would say—Buy more of the inexpensive cuts of meat—inexpensive but just as nutritious as the ones she has been buying. Steaks made from either fresh meats or leftovers can be turned into really appetizing dishes. Your neighborhood grocer will always be glad to advise you on these cheaper cuts. And, as this very subject is frequently discussed by food experts in many of our leading women's magazines—suggestions for ways of preparing these cuts and recipes for dishes utilizing left-over meats are to be found—as well as in any of our good cook books.

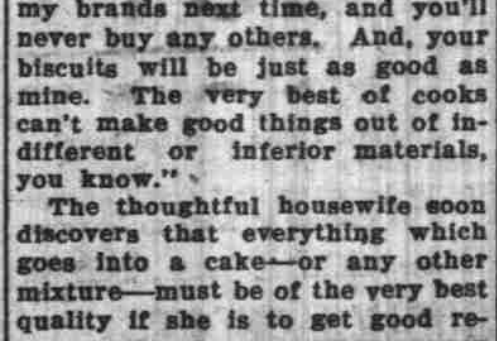
SAFEGUARD YOUR RECIPES

"I use the same proportions for biscuits that you do," said a young housekeeper to an older friend. "but my biscuits are never so good. I wonder why?"
"What shortening do you use and what sort of baking powder do you use?" questioned the older woman.
"Oh, I never pay much attention to the brand of either—my grocer just sends it—I never tell him the kinds I want, nor ask the price."
"My dear, you mustn't judge food by its price. The brand is the only dependable guide. Try my brands next time, and you'll never buy any others. And, your biscuits will be just as good as mine. The very best of cooks can't make good things out of indifferent or inferior materials, you know."
The thoughtful housewife soon discovers that everything which goes into a cake—or any other mixture—must be of the very best quality if she is to get good results.

ROAD IS TO BE FINISHED SOON

County Officials Promise Hard Surface Road to Silver Creek Falls
A hard surfaced road to Silver Creek Falls by way of Silverton is predicted before snow falls next year, according to the report that was made yesterday by County Commissioners Porter and Smith and County Roadmaster Sulver and Frank Johnson, assistant. Assurance was made that a macadamized, rock surfaced road after the inspection was made.

Just two miles of unfinished road remains to be finished. At the present time it is not possible to get a car over the soft red mud, but the trip can be made on foot. The road runs through holdings of the Silver Falls Timber company and is a valuable piece of taxable property.



FOUND AT LAST

For the particular housewife, the bread which has that crisp brown crust and which does not crumb to pieces when cutting it. Try our bread and you will be convinced that it is all we claim for it—a most superior loaf indeed.

"Always a Bit Better"

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sults. Often a beautiful, delicious looking dish proves disappointing. It has been measured and mixed and cooked right—but it doesn't contain genuinely good ingredients—it falls far below perfection. A finished culinary product can be no better than the things it has in it.

"Keep your shelves well filled with high quality staple foods, and half the worry of cooking will vanish," said an experienced housewife the other day.

This woman buys a large quantity of standard ingredients at one time and stores the part which is not to be used right away in a convenient place. Then, when the flour bin is empty, or the last jar of something has been used, she only has to go to her storeroom for it. This prevents delay at hurried times and takes fewer minutes from her busy day for ordering.

A generous supply of staple ingredients and a number of cans of various prepared meats, vegetables and fruits will prove an inestimable help to the housewife whose time is constantly in demand for many things. The brand name is of particular importance when buying in quantity or otherwise.

WHY DO LOBSTERS TURN RED WHEN BOILED?

Many persons, unfamiliar with the natural color of the lobster, are under the impression that the bright red of this shell fish is its ordinary hue. But, those who have seen living lobsters or ones which have not been cooked, are familiar with the dull green tint, reminiscent of the salt water in which they live.

The marked change in appearance when the crustacean is put into boiling water is due to a chemical action induced by the heat. The brownish green of the shell turns first to a red-brown and then to a bright fiery red—an alteration which is analogous to that which may be noted when the flesh of animals is boiled or otherwise cooked. Here, however, the change is in the opposite direction. The blood-red tinge darkens and finally becomes a dull lifeless brown, thus completely reversing the operation which takes place in connection with the shell of the lobster.

Nature, which protects living things various ways, has provided the lobster with another defense against its enemies, in addition to the large and formidable claws. The greenish tint of its shell blends in with the surrounding water and renders it practically invisible, while if red were its natural color, it could easily be distinguished, and attacking it would be a simple matter.

SOLONS REFUSE TO HELP COMMISSION

Industrial Accident Body Requests \$175,000 But Receives Nothing

Aid to the state industrial accident commission for a period of two years, amounting to \$175,000, has been denied by the ways and means committee in spite of the appearance of Commissioners Elkins and Marshal and other laudatory speeches.

By unanimous consent of the committee, the \$30,000 appropriation every two years for the maintenance of the battleship Oregon will be discontinued, the committee deciding to repeal the act. The first appropriation, made at the last session, has never been touched.

A total of \$28,000 was sliced from the penitentiary which had requested \$378,024, upon motion of Representative Mark McAllister, of Marion county. Governor Pierce's request for appropriations for the revolving fund and fire protection were held over for further consideration.

Appropriations of \$121,350 requested by the supreme court and \$26,000 for the supreme court library were allowed by the committee.

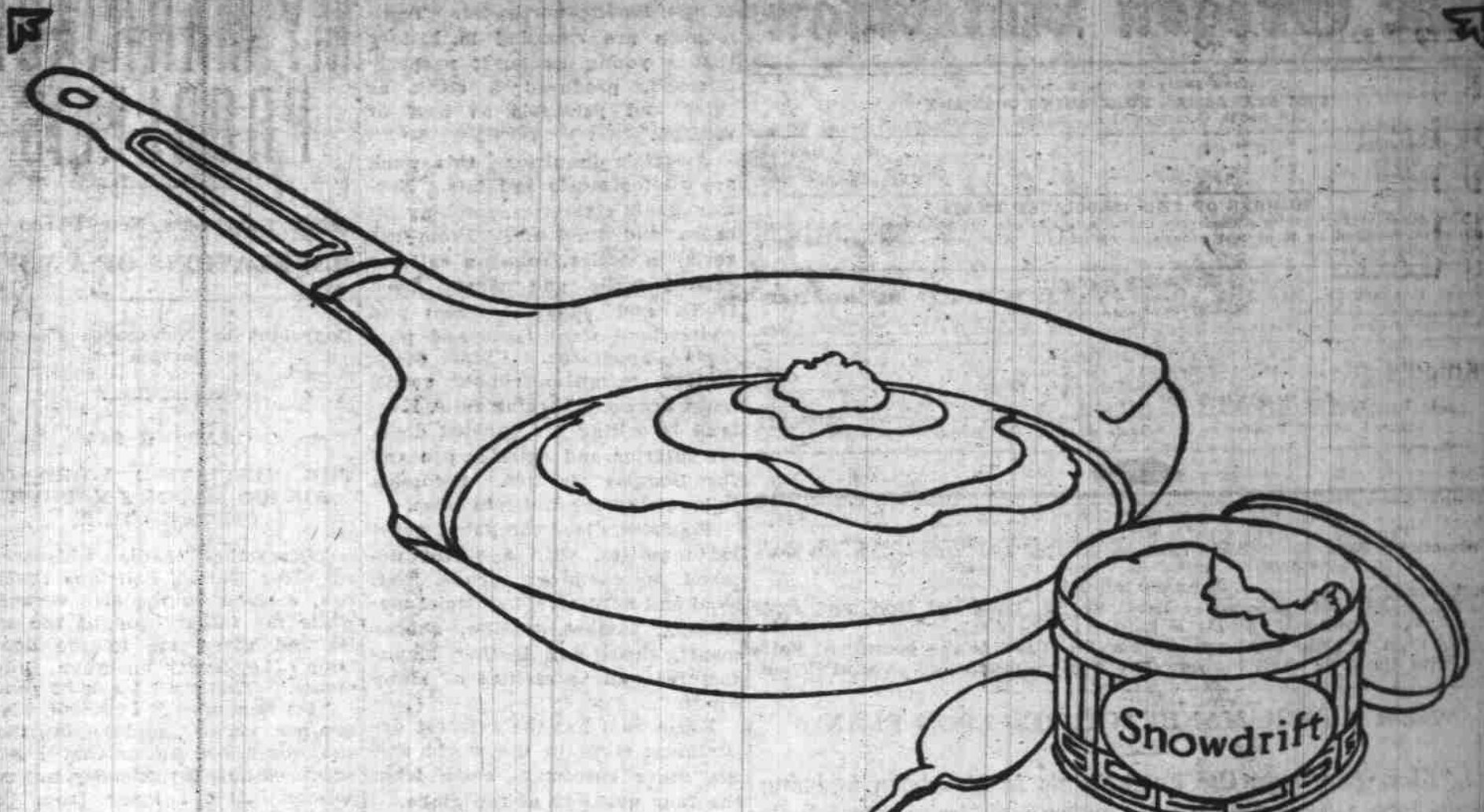
Work of considering items will continue next week.

NEW LAMP BURNS 94% AIR

Beats Electric or Gas

A new oil lamp that gives an amazingly brilliant, soft, white light, even better than gas or electricity, has been tested by the U. S. Government and 35 leading universities and found to be superior to 10 ordinary oil lamps. It burns without odor, smoke or noise—no pumping up, is simple, clean, safe. Burns 94% air and 6% common kerosene (coal oil).

The inventor, V. M. Johnson, 151 North Union Ave., Portland, Ore., is offering to send a lamp on 10 days' FREE trial, or even to give one FREE to the first user in each locality who will help him introduce it. Write him today for full particulars. Also ask him to explain how you can get the agency, and without experience or money, make \$250 to \$500 per month.—Adv.



Frying

Fry in Snowdrift and see how delicious and wholesome fried food can be. A crispy brown crust forms so quickly that the food does not absorb too much fat, but inside this thin crust it cooks to a tempting lightness and daintiness.

Snowdrift—is made by the Wesson Oil people out of oil as good as a fine salad oil

OREGON HAS BIG PROBLEM TO FACE

Educational Demands Exceed the President Resources of University

The University of Oregon gives educational advantages to fully 250,000 people in the state of Oregon each year, declared Dean W. G. Hale, executive of the law school before the Lions club at their regular luncheon at the hotel Marlon yesterday.

About 2700 students are reached on the Oregon campus at Eugene during the regular sessions, and 900 persons during the summer school, and 200 in the medical school. There are 1900 persons reached through the extension department and an additional 1900 through the Portland extension department, while 45,000 people are reached through the educational lectures, thus making it possible for the University of Oregon to reach the 250,000 people each year.

This tremendous growth in higher education has brought its problems which have to be solved, Dean Hale said. Eleven years ago the university had a student body of 732. Following the years 1913-14 the student body has increased over 400 per cent. The problems that have arisen, started while the educational program was small and have increased at a tremendous pace, declared the speaker.

With the increase of wealth large numbers of students are enabled to acquire higher learning and as time goes on the number will grow larger. The five per cent increase in resources, which the University has had does not equal the 56 per cent increase in educational demands which have come to the institution.

The Willamette university "Roguish Umps," under the direction

of Miss Grace Jasper entertained the Lions with serenade music. The personnel is Helen Johnson, Mildred Drake, Clara Jasper, Clara Smith, Mae Badley, Polly Bartholomew, Ruby Delk, and

Marjorie Brown. Lion Doane won the attendance prize by his limerick. Mistress—Aunt Mandy, you are always mentioning the names of

your family; how many children have you anyway? Aunt Mandy—Well, at de las census de man said he counted 14 head, an' I b'lieve Ise had three or foah moah since den.

Money saving SKAGGS Cash UNITED STORES stores

SATURDAY PRODUCE FEATURES

APPLES—Rome Beauty, all good fine flavored \$1.19 POTATOES—Idaho Rurals, smooth and sound, 100 lb. sacks \$1.98

All Week Prices	Saturday Features	All Week Prices
PINEAPPLE—Broken slices, best grade, No. 2 1/2 tins \$1.35	Ivory Soap—Medium size, bar Limit 3 bars. 70c	ROLLED OATS—9 lb. bag 49c
6 tins \$1.35	Sugar—Pure Cane: 10 lbs. 70c	CORN MEAL—Yellow or white, 9 lb. bags 39c
COFFEE—Skaggs—No. 1 blend, high grade Coffee in bulk—saves the cost of expensive tins, 49c	100 lbs. sack \$6.98	CRACKERS—Fresh and crisp, 3 lb. box 49c
3 pounds \$1.39	Butter—Skaggs best, pound 45c	PRETZELS—Fresh Penn Butter Pretzels, pound 29c
SKAGGS SYRUP—Delicious blend of cane and maple sugars, 5 lb. tin 89c	2 pounds roll 89c	BREAD—Fresh, 4 one-lb. loaves 25c
10 lb. tin \$1.69	Shredded Wheat, pkg. 10c	GOLDEN DATES—Fancy new stock, 2 lbs. 25c
RAISINS—Market Day Seedless, 4 lb. bags 39c	Cream of Wheat, fresh stock, pkg. 19c	GEM NUT MARGARINE—made fresh in Portland, 3 lbs. 65c
	Crystal White Soap—10 Bars 39c	

SATURDAY MARKET FEATURES

HENS—Milk Fed, medium size, drawn, pound 30c	SPARE RIBS—Fancy, from young pigs, pound 14c
HAMS—Pride of Oregon—Sugar cured, whole or half, pound 26c	BACON—Swift's Empire, 8 to 10 lb. average, lean, pound 29c
SKAGGS ALL PORK SAUSAGE—The Sausage that is sausage, 100 per cent pork, pound 23c	

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GOOD MEATS

The quality of our Meats is unexcelled and as for prices—well, look them over, they speak for themselves. For Saturday we offer:

Delicious SIRLOIN STEAK 15c lb.	Prime BEEF ROASTS 12 1/2c lb.
Good BOILING BEEF 8c lb.	Beef POT ROASTS 10c lb.
Best Creamery Butter, lb. 45c	Nut Margarine, 2 lbs. 45c
Grain Fed Pig PORK ROASTS 17c lb.	Fresh HAM ROASTS 22c lb.
Sugar Cured PICNICS 17c lb.	A Breakfast Treat LINK SAUSAGE 20c lb.
Fancy Dressed Chickens, completely dressed, lb. 30c	
Columbia River Smelts, now at their best, 4 lbs. 25c	

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