

### Making Foods Attractive

It would be fine if all women realized that making food attractive and tempting and "different" does not necessarily mean making it more expensive. Older housekeepers, especially, say so often that suggestions for interesting new food combinations are all right for people who do not have to count the pennies, but that they cannot afford to serve anything except plain, ordinary meals in their homes. None the less, I don't believe it costs any more to make the family menu varied and attractive.

Take the matter of mushrooms, which seem to be an especial tender. Four times within the past two weeks, I have heard women say, "As if I could afford to serve mushrooms!" As a matter of fact, around here mushrooms have been selling for 50 cents a pound, and because a few go a long way, half a pound is usually more than enough for an ordinary family. Rather less expensive than a bunch of asparagus! To me, however, the chief value of mushrooms lies in the fact that they turn a very ordinary dish into something unusual and delicious. Some families feel that they can almost never afford a good cut of steak, as they pay 85 cents a pound for the bottom round. Braise it in a slow oven until very tender, and serve it with a sauce made of one good sized mushroom which costs 5 cents. Expensive? Well, hardly.

Then there is parsley. In most places the fruitman or butcher will gladly give you a handful of this familiar garnish when you buy the week's supply of potatoes and carrots and an abets. At most he will charge you only 5 cents for enough to supply you with garnishes for several days, if you will keep it tightly covered in a cool place. It keeps best if sprinkled lightly with water and kept in a tightly closed paper bag in an ice box. Besides being a decoration for meats, parsley has other uses. A little, finely chopped added at the last minute to creamed potatoes, makes all the difference between "leftovers" and a piquant new dish.

Another valuable seasoning, also highly decorative, little used in many homes is paprika, a 10 cent can of which will last a year or so. Although many people seem to think that this spice is very "hot," it is, in reality, extremely mild. Enough can be added to cream sauce to turn it

a delicate pink, without unduly affecting the flavor of the dish. Its most common use, of course, is on salads, where it charms both eye and palate, but it offers dozens of other possibilities, of which "red-headed" mashed potatoes is one.

Two other little used seasonings are celery and onion salts, both of which provide an improved flavor and cost little.

#### TIME FOR COOKING WINTER VEGETABLES

- Squash, one hour to one hour and one-half.
  - Boiled white potatoes, one-half hour.
  - Baked white potatoes, one hour.
  - Boiled sweet potatoes, three-quarters of an hour.
  - Baked sweet potatoes, one-half hour.
  - Turnips, two hours boiling.
  - Beets, two to three hours boiling.
  - Farsnips, one hour.
  - Carrots, three-quarters of an hour.
- If preferred, kale may be boiled in a little salted water. A pint of water, containing one-half teaspoon of salt, will be enough for 2 quarts or 12 ounces of kale. Many people like to cook other vegetables, such as celery or string beans, with kale, or to cook it with a little meat. Ham gives it a very good flavor. However, kale should never be cooked for a long time in a greasy meat stock, as is frequently done.

#### MOST USEFUL KITCHEN TOOLS

We have tried many new popular time and labor saving devices as they appeared for sale in the household utility departments of our city stores and one by one each time we have sworn allegiance to the latest. We think each month we have a pretty complete kitchen when to and behold something else catches our eye and finally finds its way to our kitchen laboratory. These mentioned below are things you'd never do without if you once tried them.

1. A third hand (fork or claw like device) to lift hot pans

2. Set of stainless steel knives.
3. Knife sharpener to fasten on table or wall.
4. Set of measuring spoons.
5. Standard glass and aluminum measuring cups.
6. Kitchen stool.

#### RECIPES

**Frozen Fruit Salad**  
 1/2 cup cooked salad dressing.  
 1 1/2 cups whipped cream.  
 2 1/2 cups fruit mixture.  
 2 oranges.  
 2 bananas.  
 2 slices candied pineapple.  
 1-3 cup candied cherries.

Apricots, peaches, pineapple or any fresh fruit may be used. Whip cream, food in salad dressing and fruit. Freeze to creamy consistency. Pack in molds in equal parts of salt and ice. Serve on crisp lettuce leaves.

**Cream Cheese Cookies**  
 1 cup sugar  
 1 egg  
 1 cup margarine  
 1 teaspoon lemon juice  
 1 cream cheese  
 Rind of 1/2 lemon  
 3/4 cups flour.  
 Roll dough between hand in one inch balls. Bake in an oven for 10 to 15 minutes (375 deg. F.). When cool dip in soft fondant or into a cake icing and roll in coconut.

**Charlotte Russe**  
 1/4 box gelatine.  
 3 cups whipping cream.  
 1/2 cup cold water.  
 1/2 cup cream.  
 1 teaspoon vanilla.  
 1-3 cup powdered sugar.  
 6 lady fingers.  
 Soak gelatine in cold water, dissolve in the cream, scalded. Add powdered sugar and vanilla. When it begins to thicken fold in the whip from 3 cups of cream. Line molds with lady fingers, turn in the mixture and chill.

**QUESTIONS AND ANSWERS.**  
 Question: Please give me a recipe for Chicken a la King.  
 Answer: Heat one minced green pepper, one pimiento cut in strips, one cup of quartered mushrooms and two cups of chicken cooked and diced. Two hard-cooked diced eggs may be

used as a garnish or added with the other ingredients. This may be served in timbale cases or in cronstades.  
 Question: How is Yorkshire pudding made?  
 Answer: One cup of milk, two eggs, one cup of flour and one-quarter teaspoon of salt. Mix salt and flour and add milk gradually to form a smooth paste; then add eggs beaten until very light. Cover bottom of hot pan with same of beef fat tried out

from roast and pour mixture in pan one-half inch deep. Bake 20 minutes in hot oven, basting after well risen, with some of the fat from pan in which meat is roasting. Cut in squares for serving. If preferred, bake in greased, hissing hot iron gem pans.  
 Question: Will you kindly let me have a recipe for graham cracker cake? I have eaten it and found it delicious, but have not been able to find a reliable with same of beef fat tried out

Answer: Cream one-half a cup of butter; add three-fourths cup of sugar, beat together, and add the beaten yolks of two eggs. Have ready three-fourths pound of graham crackers, first dried in the oven, then cooled, and rolled as fine as possible. Mix these with two teaspoonful of Calumet baking powder and one-fourth of a grated nutmeg, and add to the creamed mixture alternately, with one cup of milk. Beat all together vigorously. Add to the mixture one-half cup of white Sultana raisins. Beat the whites of eggs with one-fourth a teaspoonful of salt, and beat these into the cake batter. Bake

in square pans, greased and floured, for half an hour or until well done in a moderate oven.

**YOUTH FACES LIFE TERM**  
 YAKIMA, Oct. 30.—Tried of James Teasley, 23, on a charge of being an habitual criminal, opened this afternoon in superior court. Teasley has been convicted in Yakima courts three times on felony charges, has been implicated in three attempted jail breaks here and has been in trouble which has taken him into juvenile court, officers said.

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**2 Dunbar Shrimp 39c**

**Dromedary Dates pkg. 22c**

**Wesson Oil quart 52c**

**Hershey Cocoa 1-2 lb. 17c**

**3 Large Libby Sliced Pineapple 85c**

**3 Large Rosedale Pineapple 73c**

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Princess Flour Idaho Hard Wheat Every sack with a money-back guarantee \$2.20 sack—\$8.60 bbl.	<b>A Complete Service</b> To be able to purchase all your table supplies at one place—one order—one delivery and on one account is a convenience that saves the time and energy of the busy housewife.	Stark's Delicious Apples See them in our window Orchard Run, box . . . \$2.50 Fancy Pack, box . . . 3.00 Extra Fancy, box . . . 3.50 Northern Spys, box . . . 2.25 Spitzenbergs, box . . . 2.00 Grimes Golden, box . . . 1.50
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Alaska Herring 10c each	<b>New Pack Pineapple</b> You should have a liberal supply of this fine fruit on your shelf as it can be served in so many different ways.	<b>California Fancy Fruits</b> We have just received our Christmas pack of Fancy California Figs, Dates, Raisins, Nuts in fancy redwood boxes suitable for shipping. A large assortment to select from. \$1.75 to \$6.50 Boxes
Have you made your Christmas Fruit Cakes Currants, Raisins, Lemon, Orange and Citron Peel, Candied Cherries, Spices, Rum Sauce, Sherry Sauce.	<b>Libby Sliced Pineapple</b> 3 large cans 85c	<b>Home Made Mince Meat</b> Our own make 20c lb. A pound makes a pie
<b>Fruit Cakes</b> We have made our Fruit Cakes of these materials, the best our large store affords. Two, three and four pound sizes 75c a pound	<b>Rosedale Sliced Pineapple</b> (with a lighter syrup) 3 large cans 73c	<b>New Pack Kraut</b> Crisp and white 15c Quart
<b>New Crop Walnuts</b> 3 pounds 98c	<b>Dromedary Grape Fruit</b> 3 cans 85c	
<b>New Crop Filberts</b> 2 pounds 35c	<b>Porto Rico Grape Fruit</b> 3 cans 73c	
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