

# Statesman Free Cooking School Opens Today at Armory

## BALANCED MEALS VERY IMPORTANT

Combination of Food Elements Declared Vital by Home Economist

During the course of the cooking school and home economic demonstration to be given by Miss Goodwin at the free cooking school in the Armory this week, there will be presented to Salem housewives, the features which go to make up a well balanced diet for each member of the family.

"A woman may be a wonderful cook with a hobby for certain types of dishes," says Miss Goodwin, "yet if the proper combinations are not used, much of her effort in creating a tasty meal is wasted. Some women have intuitive sense of the proper balance of the various food elements and what they do for the body."

"Yet I find many instances where the weekly and monthly menus for the family food lacks this essential balance, so necessary to good health."

The following chart is planned to be used as a basis in offering well balanced meals:

1. Protein: Use: Tissue building and repairing. Gives power to work. Sources: Milk, egg, poultry, meat, fish, legumes, cheese.
2. Carbohydrate. Use: Heat and



Helen Goodwin says menus often lacking in essential values

energy producing. Sources: Bread, cereal, vegetable, potato, beans, lima. Fruits, maple, cane sugar.

3. Fat: Use: Heat and energy producing. Sources: Butter, olive peanut oil, lard.

4. Mineral: Use: Tissue and

bone building. Sources—Iron—Spinach, lettuce, cabbage, prunes, egg yolk. Calcium—milk, green leaf vegetables. Phosphorus—milk, meat, vegetables.

5. Vitamins: Use: Necessary for growth and body maintenance. Sources: Most fruits, vegetables, whole grain, cereals and milk.

6. Water: Use—Regulator, solvent for food, carries off waste, regulates temperature.

## ECONOMIST TELLS HOW TO MAKE PIE

Don't Mix fat too Thoroughly With Flour, is Warning

"That great American dish, pie! And how sadly some of them look as they emerge from the oven, in most cases just because you have overlooked one of the simple, but most essential rules," says Miss Goodwin, home economist who is conducting The Statesman's free cooking school this week at the Armory.

Continuing, Miss Goodwin says "To obtain the best results in any type of pastry, a few general rules should be observed. Do not mix the fat too thoroughly with the flour—the coarser the mixture, the flakier the crust will be. Add water slowly. Add only enough water to hold the dry ingredients together in a lump, so that the mixture may be rolled out to a sheet. In order to avoid getting too much water in, add a tablespoon at a time. Excess water causes the crust to be tough besides involving difficulty in rolling. Do not use too much flour on the board for rolling. A piece of canvas or a heavy towel spread out and well floured is more satisfactory for rolling the dough than a board or enameled surface. The meshes of the cloth hold just the right amount of flour to keep the dough from sticking. The cloth may be shaken out after each using and fold-

ed up for the next time—it does not have to be washed after every pie. Roll only one crust at a time, using a gentle pressure and rolling from the center out. Lift up the edges of the crust occasionally to see whether it is sticking to the board. If necessary sprinkle a little flour under the crust. Fit the crust carefully into the curve of the pan, leaving no air spaces to bulge the crust up during baking. If the crust is to be baked before adding the filling, prick it generously with a fork, this will help to eliminate "bubbles" in the crust.

HAZEL GREEN, Oct. 1—Guests to supper Sunday evening at the Fred Hashebacher Sr.

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home were Mr. and Mrs. Alvin Schwenk, nee Alice Hashebacher, children Lorette and Alois, Jr., Mr. and Mrs. Peter Erickson, Mr. and Mrs. Al Matley and Mrs. George Erickson, all of Portland, Mr. and Mrs. Albert Denner, nee Anna Hashebacher, of Switzerland, Oregon.

LIVESTOCK SHORT WASHINGTON, Sept. 30. — (AP) — A prediction that the production of livestock products will continue to decline was made today by the department of agriculture in noting the decrease caused by the drought.

KENNEDY'S HAPPY PARENTS LINCOLN, Oct. 1—Mr. and Mrs. Roy Kennedy of Lincoln are the proud parents of an 11-pound girl born September 27. The baby has not yet been named. Both mother and baby are reported doing nicely.

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## MEAT LOAF DINNER EASY TO PREPARE

A meat loaf dinner is not only easy to prepare but is extremely tasty as well, according to Miss Goodwin, in charge of The Statesman's free cooking school at the Armory. She gives the following suggestions for the meal:

Meat Loaf Buttered Onions Scalloped Potatoes, Carrots, Peas  
Cocoanut Rice Pudding

Bake one and one half hours at 375 degrees or two hours 350 degrees.

1. Try baking meat loaf in the form of a ring or in a ring mold. Serve with carrots and peas poured in the center and the buttered onions and sprigs of parsley garnishing the outside.
  2. Tomato soup, undiluted, used in place of the usual milk in meat loaf, gives a delicious unusual flavor.
  3. Carrots may be cubed or cut in strips. If canned peas are used—the juice off the peas will be sufficient liquid; otherwise, use about two-thirds cup of liquid. Add a bit of butter. Covered utensil for both this dish and the onions. Use small onions or cut large ones into fourths.
- Cocoanut Rice Pudding**  
Four cups milk. One tablespoon butter. Three tablespoons rice, uncooked one-half cup cocoanut. One-half cup brown sugar. One-half teaspoon almond. One-fourth teaspoon salt. Flavoring. Wash rice, put it in flat pudding dish with brown sugar, salt, butter and milk. Add cocoanut and almond flavoring upon removing from oven. Bake at 375 degrees for one and one-half hours.

LIBERTY, October 1—Hubert Holder accompanied by a Salem man left Wednesday for several days hunting in the Aisea country. Mrs. Beagrove of Salem Heights is staying with her daughter while Mr. Holder is gone.

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A WONDERFUL OPPORTUNITY—The Ella Lehr Cooking School Thursday, Friday and Saturday at the Armory. Miss Helen Goodwin, like hundreds of thousands of satisfied housewives, has found new ways to kitchen delights and food economies with the General Electric. Don't miss her programs. She uses the G. E. exclusively!

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