Statesman Free Cooking School Opens Today at Armory

ECONOMIST TELLS

Don't Mix fat too Thor-

oughly With Flour, Is

Warning

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

any type of pastry, a few general

rules should be observed. Do not

mix the fat too thoroughly with

the flour-the coarser the mix-

ture, the flakier the crust will be.

Add water slowly. Add only enough water to hold the dry in-

gredients together in a lump, so

that the mixture may be rolled

"That great American dish,

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 neces-sary to good health."

The following chart is offered to be used as a basis in planning well balanced meals; 1. Protein.: Use: Tissue build- beans, lima. Fruits, maple, cane ing and repairing. Gives power sugar. to work. Sources: Milk, egg.

2. Carbohydrate. Use: Heat and



Helen Goodwin says menus often lacking in essential values

producing. Sources: bone building. Sources-Iron-Bread, cereal, vegetable, potato, Spinach, lettuce, cabbage, prunes, egg yolk. Calcium-milk, green leaf vegetables. Phorphorus-3. Fat: Use: Heat and energy

ive peanut oil, lard.

poultry, meat, fish, legumes, producing. Sources: Butter, ol-4. Mineral: Use: Tissue and

whole grain, cereals and milk. 6. Water: Use-Regulator, solvent for food, carries off waste, regulates temperature.

milk, meat, vegetables. 5. Vitamine: Use; Necessary for growth and body maintenance Sources: Most fruits, vegetables,

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 plece 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 home were Mr. and Mrs. Alvis not have to be washed after ev- Schwenk, nee Alice Hashlebachery 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 execulty. the crust. Fit the crust earefully 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 add-ing the filling, prick it generous-ly with a fork, this will help to

HAZEL GREEN, Oct. 1-Guests to supper Sunday evening at the Fred Hashlebacher Sr.

eliminate "bubbles" in the crust.

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The SPA

WASHINGTON, Sept. 30. — LINCOLN, Oct. 1-Mr. and (AP) — A prediction that the Mrs. Roy Kennedy of Lincoln are production of livestock products the proud parents of an 11-pound will continue to decline was girl born September 27. The baby made today by the department has not yet been named. Both of agriculture in noting the de- mother and baby are reported docrease caused by the drought. ling nicely.

Seasoning... the fine art of the kitchen



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Cocoanut Rice Pudding Bake one and one half hours

1. Try baking meat loaf in the form of a ring or in a ring mold. ed in the center and the butter-

2. Tomato soup, undiluted, used in place of the usual milk in meat loaf, gives a delicious unus-

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

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. Onefourth 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

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

Canada is the leading market for automobiles made in the United States, closely followed this year by Belgium and Argen-

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 Buttered Onions

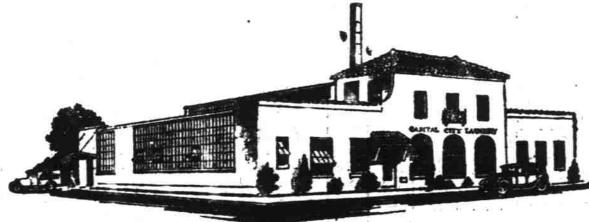
Scalloped Potatoes, Carrots, Peas

ed onions and sprigs of parsley

garnishing the outside.

or cut large ones into fourths.

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