Household Details Of Mexican Home Are Recalled

MISS LAURA A. MILLER, pro-fessor of home economics at the University of Oklahoma, visited Mexico recently with her eyes open to household details of that country. She brought back a good many interesting facts about life in Mexican homes, She says:

"In contrast to the ultra-modern homes found in parts of Mexico City which are similar to most American modernistic buildings. are found small huts made of ter in a skillet, or use olive oil. adobe or cactus without chim- Fry until clear but not brown, neys or windows,

are found much of the social life with salt and pepper. of the Mexican.

Sits Apart "Different also is the social life and food of a native of Mexico," says Miss Miller. "The head of a house sits apart from the rest of the family at meal time. In case of the death of the father, the oldest son assumes the responsibility and takes his meals at a separate

In regions where poverty is evihuge burdens being carried on human backs. Desks, living room to geese and ducks.

Cooking Is Hot of corn, is the national bread. One gratulated. But those thousands can hear these being made at any of well meaning but unsuccessful time of the day, as they are pat- transplanters have done a grand ted out by hand. The corn is job of clearing our nearby woods with water, patted into shape, cooked on a fire, much as our griddle cakes, and sold right there in the street. Mexican food is always greasy and hot in flavor.

country in terms of miles, but it is entirely foreign in its mode of living. Any American would bet- ing more and more variety in ter understand his own nation, as seeds of native plants. Your nurs- sorbent paper and use as a garwell as Mexico, by a visit to that eryman can suggest many that nish for foods. Parsley is good nearby foreign land, and would will lend themselves nicely to flavor for such moist foods as also profit much by the exper- naturalized planting and go well soup or gravy, and the dried herb iences which would be his during with the real natives that are al- fluffs and brightens up on touchthe journey."

Today's Menu

Fresh halibut again comes into Salem markets, so let's plan our Friday meal around this de-

licious fish.

Jellied orange salad Fruit dressing Halibut with fresh vegetables Boiled potatoes Fresh artichokes Boiled raisin cake Canned peaches

HALIBUT WITH VEGETABLES

Put a generous piece of butsome onions including the tops, "Looking at a house where peo- sliced celery, pape-thin slices of ple of comfortable incomes live, carrot, some chopped parsley one sees only a wall with a few and any other vegetable the barred windows, but once inside cooler yields. Carefully lay the the door a large or small patio sliced halibut on the vegetables, is found with all the rooms open- add water enough to about half cover the fish, cover and sim-"Thus, the whole structure is mer gently until done. A bandbuilt around one unit. Iron bars at ful of mixed pickling spices or windows decorate the sides of the the addition of bayleaf and a narrow streets where cars travel clove of garlic greatly add to at a terrific speed. In these streets the flavor of this dish. Season

Spring Planting Wild Flowers Begins Soon

TOMES the time every spring. when amateur gardeners, inspired by dainty blooming wild flowers, set about to transdent, labor is done by human habitat, to a garden in town. Complant them from their natural beasts. Common is the scene of paratively few ever survive to bloom again next year.

Several reasons are possible furniture, and large baskets of for the cause of failure to sucunwrapped breads are transported cessfully transplant wild flowers sauce. by men and women alike, for the and trees; they are usually dug woman works side by side with when the flower is in bloom; the the man. Everybody is a small plant or shrub is too large; inmerchant, for all of the commun- sufficient care is given after movities have a market at which any- ing; change in soil and growing sidered worthy to be entrusted thing is sold from needles and pins conditions varies too greatly from that natural to the plants.

The grower who successfully "The 'tortilla,' or cakes made moves wild plants is to be conshrubs.

Preservation Plans past few years to increase interest rather than by digging.

Commercial nurseries are offerready in growth in the garden.

Menu Card Yields Ideas for Home Bill of Fare

FTENTIMES the menu card

for daily home meals. Such a bill of fare is that which has been saved since 1930 from "Cambor's-scientific cooking" in Denver. There are many inspirations for salads, sandwiches and desserts, but arrangement is left up to the individual who makes

the dishes. Among the salad combinations listed are: Figs, prunes and cottage cheese.

Beets and nuts. Stuffed tomatoes with cabbage, nuts and mayonnaise. Lettuce, tomatoes, dried olives (we call them Greek olives) goat's cheese (use Swiss or American). Oriental salad-lettuce, cucum-

bers, green onions, green peppers, olives, goat's cheese, olive oil and Fruit and vegetable combina-

Date and cottage cheese,

Carrots and cocoanut. Grapefruit salad with orange sauce and nuts. Desserts use fruits and include such combinations as: Stewed fresh rhubarb with honey

Date-nut cup custard. Pineapple and pears. Sandwiches include combinations using goats cheese: Date, nut, marmalade combina-

Olives, nuts. Cottage cheese, nuts.

Carrots and dates. Crab loaf sandwich on whole wheat bread, with fresh mushroom

Only women were permitted to bake brea din Syria in the fifth century since men were not conwith the making of an important food. Among the Redouin Arabs it is regarded as a serious breach of etiquette to pass a man's tent without stopping to eat his bread.

Serving the whole main course ground on a stone by hand, mixed and fields of wild flowers and on one large platter is a plan that's received with pleasure by the family dishwasher. One of Wild flower preservation socie- those large pottery plates will ties have been organized in the hold the roast, baked or browned potatoes, onions and root vegetain native plants, and to urge their bles and if the foods are arranged "Mexico may be an adjoining growing from seeds and cuttings in groups, the dish makes an attractive whole course.

Chop parsley, let it dry on abing the liquid.

Main Dish Includes Simple Ingredients

satisfactory ways possible to give style and flavor to casseroles, salds and hot dishes. Just ads and vegetable dishes is to add plain kitchen variety in the very given dear old circular ripe or green olives. Appear and the same of the control of from some favorite eating either ripe or green olives. Appe- small size makes a dish to hold place will offer many suggestions tite appeal is boosted away up the luncheon salad mixture, lar-

example of a way to make a per- ing. fectly grand dish out of simple ingredients. The cheese added is not enough to make the dish a

meat substitute.
RIPE OLIVES AND CARROTS ESPANOLE 10 cooked medium sized carrots

14 cup oil small clove garlic cup sliced onion

teaspoon paprika sauce 1/2 teaspoon salt tablespoon chili powder

cups cooked tomatoes

cup ripe olives ½ cup grated American cheese Heat oil, add minced garlic and onion, and fry until onion is wilted. Combine paprika, Worcestershire sauce, salt, chili powder and sufficient tomato juice to moisten, and stir until smooth. Add tomatoes and ripe olives and blend. Place carrots in an oiled casserole, add the tomato mixture and sprinkle grated cheese over top. Bake

in a hot oven (400 degrees) about Cinnamon Toast
20 minutes or until cheese is melted and vegetables are heated Has Never Dross through. Serves 6.

when the dish is garnished with ger ones will hold enough for the bread! whole family. A plain wooden fork This recipe for carrots is a good and spoon set is handy for serv-

ferent size would be appreciated. thin, and toast in the oven.

Has New Dress

VEN dear old cinnamon toast L has gone modern, so try this over on your brown or white

Cut a loaf of fresh bread lengthwise as thin as possible. Spread with butter, and a mixture of cinnamon and sugar to which has A nice carving set is a good been added enough evaporated wedding present and also an annimit to make it sticky. Now roll versary present if the couple the bread slice up like a jelly roll hasn't a good one already. Some- and leave until ready to serve. times those on hand are either (Should be wrapped in a cloth or too large or too small and a dif- waxed paper.) Then slice, not too

teaspoon Worcestershire Follow Vicks Plan for Better Control of Colds



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When the bread is arranged in Other sandwich rolls may be toastrefreshments for evening.

Contrasting colors in napkins the oven, lay close together so and cloth give life to a table set-the heat won't unroll the strips. ting and offer an excuse for using ting and offer an excuse for using ed too, and they make delicious dishes that may not exactly match.



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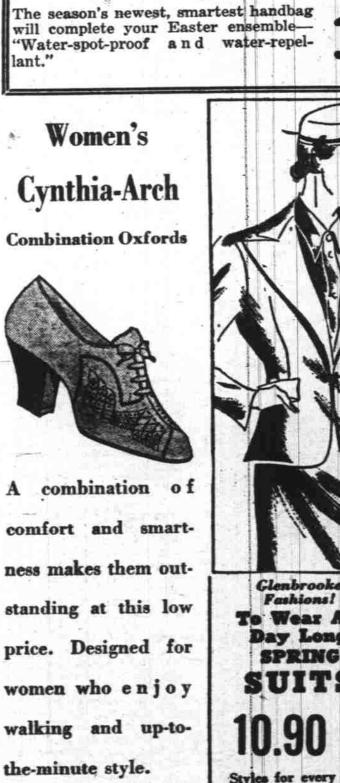
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WEEKEND FEATURE

Women's Tri-Lo Handbags





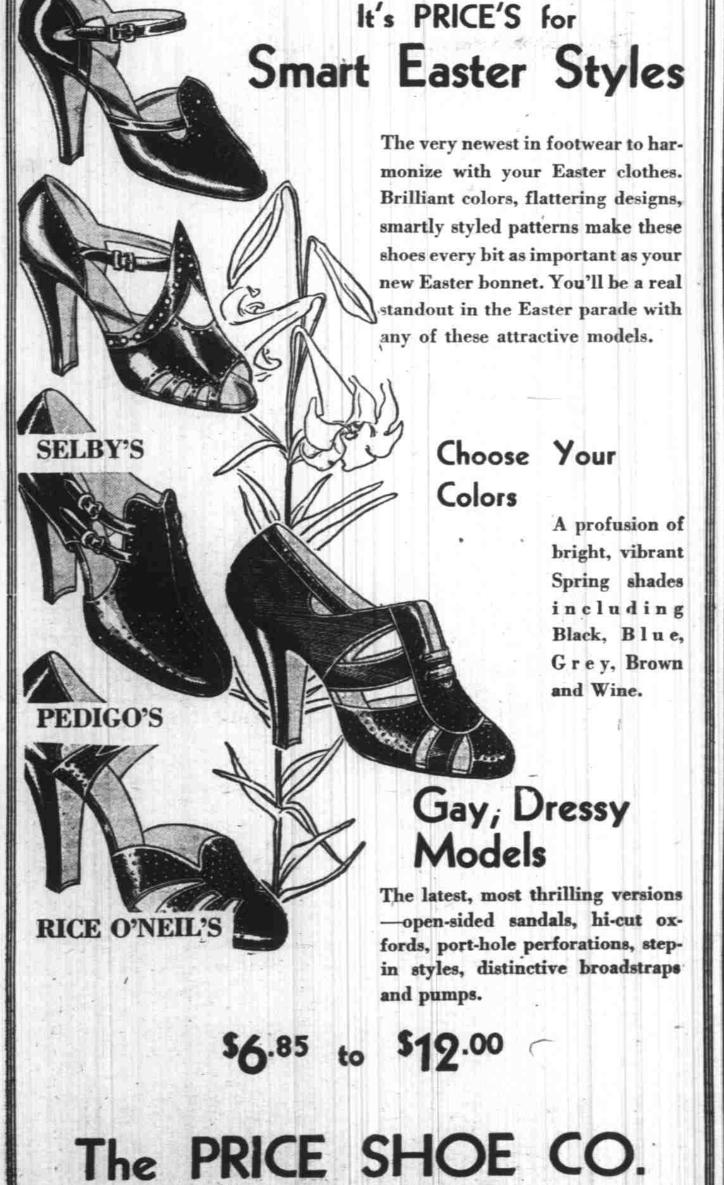
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