

Auditorium Filled At Opening of Statesman Cooking School

Prepared Dishes Are Chinese

Real Chinese dishes may be prepared very easily now—added when canned Chinese vegetables and soy sauce are found at the grocer's in the proper proportion for certain dishes. Here's a popular recipe:

EGG FOO YONG

(One dozen)

10 eggs
1 cup shredded onion
2 cups LaChoy sprouts
1 cup finely cut roasted or boiled cold meat of any kind, or shrimp, lobster, crabmeat or tuna fish.

Drain all juice off the sprouts (this is very important). Mix thoroughly with meat and onion. Beat the eggs slightly and add to the mixture. Divide into equal parts by using a soup ladle of three-quarters cup capacity. Lower ladle into a frying pan containing one-half inch of very hot fat and hold until crust on edge is formed. When one side is browned, turn over and brown the other.

Gravy: Thicken the quantity needed of good soup stock with corn starch and brown with LaChoy brown or soy sauce. Add salt and pepper to suite your taste. Serve hot over egg foo yong with rice.

LaCHoy CHOP SUEY OR CHOW MEIN

The prepared LaChoy fine cut chop suey or chow mein is a ready-to-serve food. The ingredients of this delicacy include tender pieces of fresh meat, bean sprouts, celery, onions and water chestnuts.

Delightful for spur-of-the-moment lunches, dinners and suppers. Both children and adults are fond of these foods and will enjoy chop suey or chow mein again and again.

Each can contains two portions. Simply heat thoroughly. Serve piping hot with LaChoy noodles for chow mein or with LaChoy cooked rice for chop suey. Flavor to taste with LaChoy soy sauce.



A REMINDER—Each winter fruit cake is a "must go" on many good cakes' lists. Remember that decoration on the top adds to the interest of the cake if it's to be a gift. White or dark, fruit cake is appreciated as a Christmas gift.

GARNISH FOR CHOP SUEY OR CHOW MEIN

Beat two eggs slightly. Add salt and pepper to taste. Fry in buttered skillet until set but not browned. Turn and cook other side, remove from skillet to bread-board. Slice in very thin strips, then cut into pieces of 2-inch length. Cut one bunch of green onions into thread-like strips. Place green onion strips on center of mound of chow mein and strips of eggs on each side of onion. Sprinkle a few toasted almonds (one cup needed) over each serving. NOTE: This is enough garnish for 12 servings. Reduce quantities of ingredients proportionately for smaller number of portions.

DEVIL'S FOOD CAKE

2 1/4 cups sifted Fisher's Fine Spun cake flour
1/2 teaspoon salt
1 teaspoon double action baking powder
1 teaspoon soda
3/4 cup Ghirardelli's ground chocolate
1/2 cup Crisco
1 3/4 cups White Satin sugar
2 eggs
1/2 cup buttermilk

1 teaspoon vanilla
1 cup boiling water

Sift together flour, salt, baking powder and soda. Cream Crisco, sugar and eggs until light and fluffy, add vanilla and chocolate. Blend well. Add dry ingredients alternately with buttermilk, beating smooth after each addition. Last, add boiling water and pour into two well-lined "Criscoed" 8-inch layer pans and bake at 350 degrees 40-45 minutes. (This makes a very thin batter.) When cool, put together and frost with Verde frosting.

PORK CHOPS AND RICE

6 pork chops 1-in. thick.
Crisco for browning
Henry's Melange Seasoning
6 thick slices onion
2 tablespoons Worcestershire sauce
2 cups hot H-D Tomato juice

Season pork chops with Henry's Melange seasoning and brown in small amount of Crisco. Lay slice of onion on each chop. Add dry rice, Worcestershire sauce and hot tomato juice. Cover tightly and cook on "warm" about 1 hour, or until the chops are tender.

New Container For Coffee

An innovation in coffee packaging is being introduced by Emmrich coffee in its new airtight, moisture-proof, heat-sealed, ploidium lined "Flav-O-Tainer." This new kind of package insures this select brand of imported coffee being delivered to your grocer at the peak of freshness.

Miss Nancy Baker, who is featuring this popular brand of coffee at The Statesman cooking school this week, points out that this novel type of container keeps coffee fresh from three to five times longer than the ordinary type of package, and at no premium price.

The "Flav-O-Tainer" makes important use of the new "ploidium" liner. This liner keeps out all air which would tend to make the coffee stale and rancid.

BUCKWHEAT HOT CAKES

2 cups milk
2 cups boiling water
1 yeast cake
4 cups Fisher's Buckwheat flour
1/2 teaspoon soda
1 teaspoon salt
1 tablespoon molasses
1 cup hot water

Scald the milk, add boiling water, cool to luke warm, then dissolve yeast cake in mixture. Add enough Buckwheat flour to make a batter thin enough to pour. Let rise overnight. In the morning add the soda, salt and molasses blended with the hot water. Bake on hot griddle.

QUICK NUT BREAD

3 cups Fisher's BisKit Mix
3/4 cup White Satin sugar
1 1/2 cups chopped walnuts
1 egg, well beaten
1 1/4 cups milk

Combine BisKit Mix, sugar and nuts, milk and egg and blend well. Pour into well Criscoed loaf pan and bake 50 minutes in a moderate oven (350 degrees F). Serve cold. (Raisins, figs, prunes or dates may be used with the nuts.)

SMALL STANDING RIB ROAST

2 ribs of beef
Weigh meat, season with Henry's Melange Seasoning and place on rack in open roasting pan. Do not add water and do not cover. Set temperature control for 350 degrees, turn switch to "preheat."
Time—Rare 24-26 minutes per pound.
Medium 28-32 minutes per pound.
Well done 33-37 minutes per pound.

PASTRY

1 cup Crisco
3 cups sifted Fisher's Blend flour
1 1/2 teaspoons salt
Ice water

Sift flour and salt. Cut in Crisco, using pastry blender or two knives until particles are about the size of large peas. Add just enough water to barely hold together.

PUMPKIN AND COCOANUT TARTS

2 cups H-D pumpkin
1 1/2 cups White Satin sugar
1 1/2 teaspoons ginger
1 teaspoon cinnamon
1 teaspoon salt
3 well beaten egg yolks
2 cups milk
1/2 cup moist cocconut
3 stiffly beaten egg whites
Fold the egg whites into the other ingredients that have been well blended together. Fill pastry lined tart shells with the mixture and bake at 450 degrees F. for 10 minutes. Reduce heat to 325 degrees F. and bake until set (when knife comes out clean). This may be baked in a large pie as well as the tarts. Serve with whipped cream.

SPINACH LOAF

2 1/2 cups chopped H-D spinach
2 1/2 cups Challenge cottage cheese
2 eggs, beaten
1 tablespoon grated onion
1 bouillon cube
2 tablespoons water
Henry's Melange Seasoning
Dissolve bouillon cube in water. Blend all ingredients together. Bake in Criscoed casserole or loaf pan about 1 hour at 300 degrees. Serve with H-D tomato sauce.

CAMANO BRAND
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Oyster and Clam Soups
made with fresh whole milk.



INSIST ON CAMANO BRAND AT YOUR GROCER

RULES FOR GOOD COFFEE

1. Always use fresh water, and be certain it is boiling.
2. Measure coffee and water accurately.
3. Never allow coffee to boil.
4. Use clean coffee pot and preheat before using.
5. Remove grounds from coffee as soon as it is made.
6. Serve at once or keep hot over very low heat. Never boil.
7. Do not reheat.
8. Serve very hot.

FRIL-LETS WITH RIBBON VEAL

1 8-oz. pkg. Porter Fril-lets
1 cup grated Challenge cheese
1 pound round of Midget veal
1/4 cup Challenge butter
1 can tomato soup
1 onion, minced
1 tablespoon Henry's Melange seasoning

Small clove garlic minced
Cut the veal into ribbons and

brown with the garlic and onion in the butter. Add the tomato soup, and Henry's Melange seasoning. Cover and cook on "low" for half an hour. Add half the cheese and cook on "Warm" 10 minutes. Cook the noodles in boiling salted water and drain well. Place cooked noodles on a platter, make a hollow in the center and fill with the sauce. Arrange ribbons of veal over the noodles and serve with remaining cheese.

DRIP COFFEE

Use 1 rounding tablespoon Emmrich coffee for each cup (1/2 pint) of boiling water. Preheat coffee pot. Put coffee in container. Pour on fresh, briskly boiling water. Cover and put in warm place until water has dripped through once. Remove upper part cover and keep hot. Flavor usually better if allowed to stand about five or ten minutes after water has dripped through.

LARGE QUANTITY COFFEE

Put 1 pound ground Emmrich coffee in a cheese cloth or muslin bag which is large enough to hold twice the amount, to allow for circulation of water. Place bag in a large kettle containing 2 gallons of boiling water. Cover tightly, reduce heat to under boiling and let stand 8 to 12 minutes. Remove bag and keep hot. Serve about 40.

"HENRY'S" SALAD DRESSING

(Sufficient for six people)
1 teaspoon Melange
1 teaspoon White Satin sugar
2 tablespoons Dundee catsup or H-D tomato juice
2-oz. water
2 oz. olive oil
(or any salad oil)
2 oz. vinegar
1 teaspoon tarragon vinegar

Place all ingredients together and mix well with an egg beater.

Lutefisk Dinner Set at Woodburn

WOODBURN — Mrs. William Nelson entertained the officers of the Ladies Aid of the Immanuel Lutheran church at her home and plans were made for the annual lutefisk dinner December 6, at the Lutheran hall.

Mrs. Chris Oure will be chairman of the food committee and Mrs. Henry Mathieson is chairman of the dining room committee.

Dinner will be served at noon and also at night starting at 8 o'clock.

The menu will include the traditional "lutefisk" Swedish meat balls and "lefse."

The Marion county Christian Endeavor retreat at Nelscott was attended by Georgia Frenz, Emir Templeton and Marie Morrison, First Presbyterian church, Woodburn.



Nancy Baker

Miss Nancy Baker, Economist in Charge of The Oregon Statesman "Happy Kitchen"

COOKING SCHOOL

WILL FEATURE

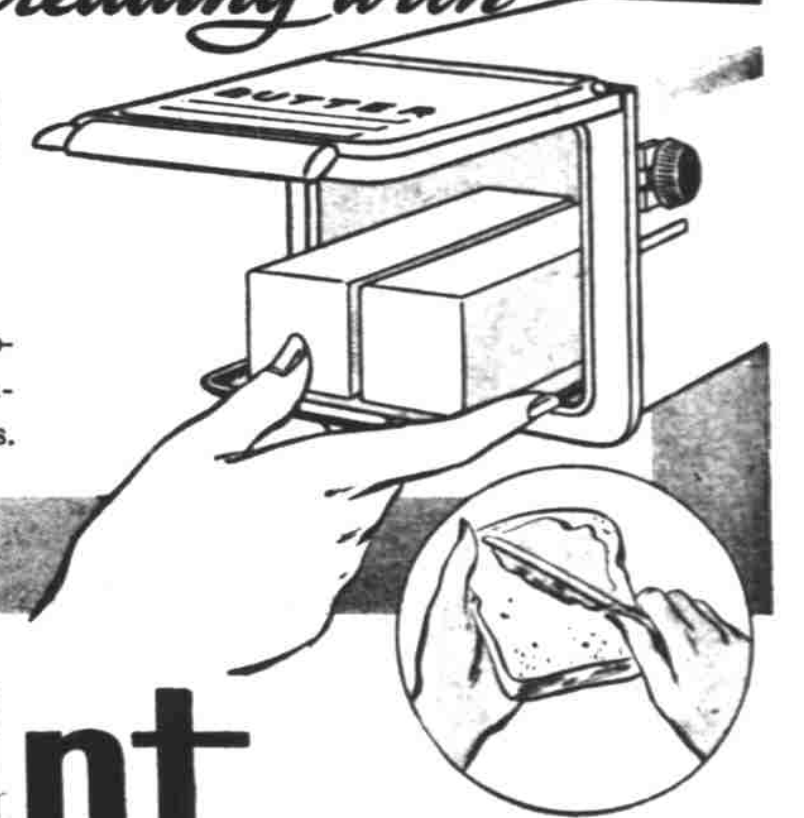
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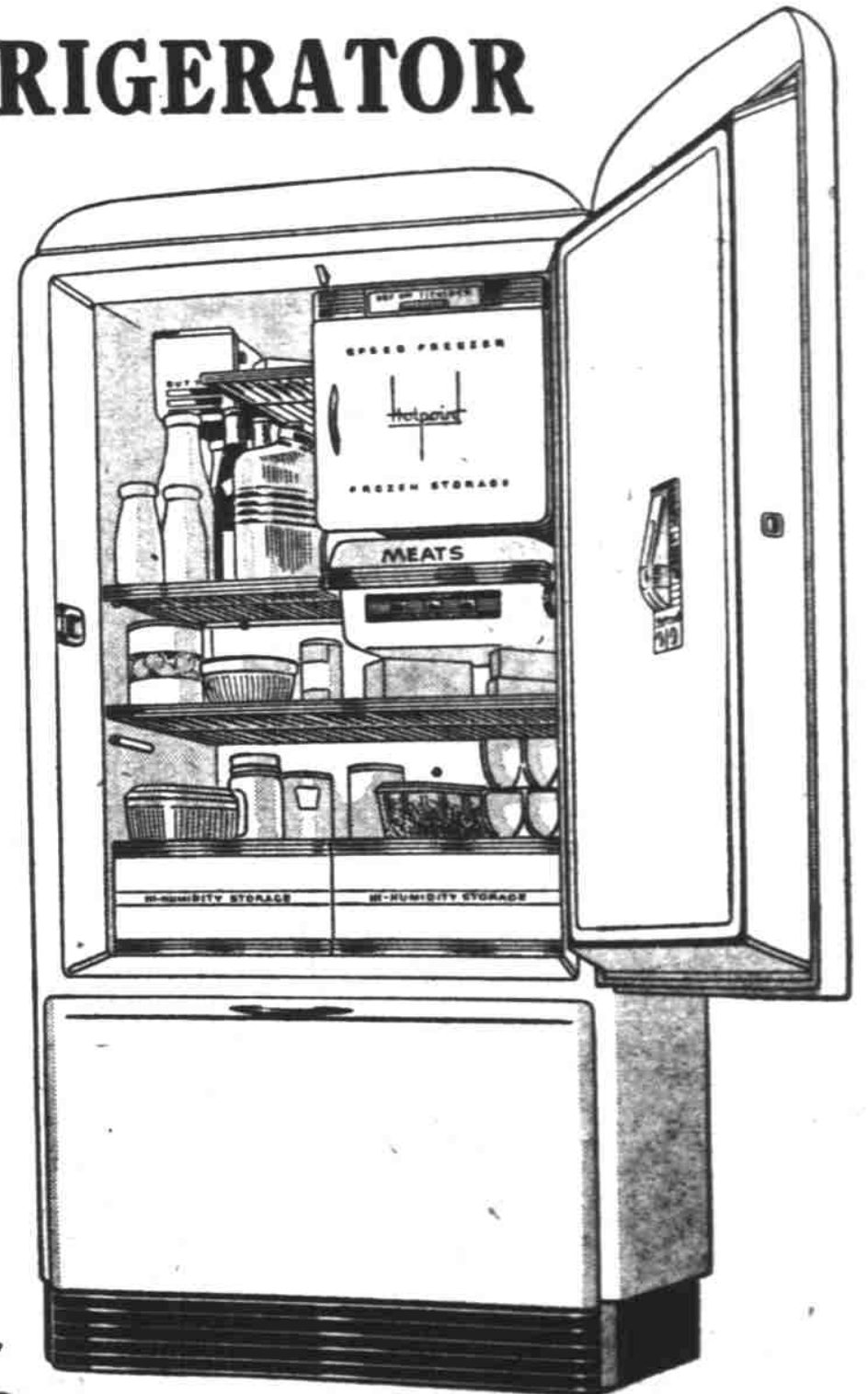
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