

Well Cooking Economical "In Food, Heat"

Idle on the back of many a kitchen range stands one of its most economical, useful and convenient parts — the deep well cooker. Household equipment specialists of the U. S. department of agriculture suggest that the many families who need to save on the cost of food and also the electricity or gas would be wise to make more use of that covered kettle fitted into an insulated well. As a start, they suggest reading about it in the booklet of directions that comes with the range.

This thrift cooker is ideal for such items as the less tender cuts of meat, dry beans or whole-grain cereals, for example, which need long, slow cooking. In the insulated well these foods can cook to delicious tenderness with the minimum of fuel and without the need of frequent watching to prevent scorching.

The well can save fuel by cooking a whole meal together, or by pinch-hitting for the oven when baking a few potatoes or heating up a few rolls. It is ideal for simmering soups or for steaming puddings, brown bread or custard. The depth of the kettle makes it convenient for steaming bulky vegetables like corn on the cob or kale or other leafy greens.

Other uses are popping corn, sterilizing baby bottles or canning jars, overnight slow cooking of breakfast cereals.

As long as a steady stream of steam arises from the kettle, several different foods may cook in it together, without mixing flavors. Thus a pot roast or stew with vegetables may simmer in the lower half of the kettle while above — on a trivet or rack — a pudding may steam-cook. To keep flavors separate, don't turn off the heat until the food is removed from the kettle. If the cooker must be opened during cooking, turn up the heat for full steam.

When heating rolls or baking potatoes in the cooker, set them on a rack on the bottom and away from the sides of the kettle to prevent scorching.

UTILITY ROOM BRIGHTENERS

Give that work room a treat with a new paint job. It is so much easier to work in a room that sparkles with color and cleanliness, that it is too bad more people are not aware of it. You are not likely to get the wash-day blues in a room where the walls are light turquoise, the ceiling and woodwork white and the linings of the cupboards coral. An all pale-yellow room is another pepper-upper.

Roastin' Ear Goes Modern

The producers of frozen corn have two ways of serving the product — one for off-the-cob type and the other for the corn that's frozen on the ears. Here they are:

Defrost frozen corn on the cob for several hours at room temperature. Arrange in shallow pan or baking dish so that ears of corn are not touching. Place in oven preheated to 400 degrees, for 15 minutes. Remove from oven, brush with melted butter and return to oven for about 5 minutes. Serve immediately.

Or when roasting corn on the cob without previous defrosting, chop the ears in half so that the center of the cob will be completely defrosted at the end of the 20 minutes cooking period. Otherwise the cob will probably stiff contain ice crystals.

PAN-FRIED FROZEN CUT CORN

1 package frozen cut corn
2 to 3 tablespoons butter or margarine
1 tablespoon pimento, chopped (optional)
Salt and pepper to taste

To separate the frozen kernels of cut corn, strike the unopened package several times sharply against the edge of a table. Put frozen corn, fat and seasonings in a heavy saucepan, cover tightly, place over low heat. When corn has defrosted, stir, recover and cook only 1 to 2 minutes. 3 to 4 servings.

Soda Fountain Act at Home

Milk shakes at home can have as much glamor as those at the soda fountain, if served in fancy tall glasses and garnished in a professional way. Tall glasses can be found at the five-and-ten, and they'll soon pay for themselves in pleasure as well as relief from the financial strain of too-frequent down-town drinking.

A banana gives this milk shake flavor:

BANANA MILK FLUFF

1/2 cup banana, mashed
3 tablespoons orange juice
3 tablespoons honey or syrup
1/2 teaspoon almond extract
Salt
2 cups milk
Whipped cream
Nutmeg

Combine first 6 ingredients, beat well with egg beater. Garnish with cream, sprinkle with nutmeg. Serves 4.

Carrots, Corn in Filling Chowder

Frozen or fresh carrots make the beginnings of a good filling chowder.

CREAM OF CARROT CHOWDER

2 cups carrots, diced
2 cups potatoes, diced
5 tablespoons butter
1 medium onion, chopped
1 tablespoon flour
4 cups hot milk
1 1/2 teaspoons salt
1/2 teaspoon pepper

Cook carrots and potatoes until tender. Cook butter and onion in saucepan for 5 minutes. Add flour, stir, add milk, cook about 5 minutes. Add vegetables, salt, and pepper. Reheat. Add a bit of butter to each bowl of soup. Serves 8.

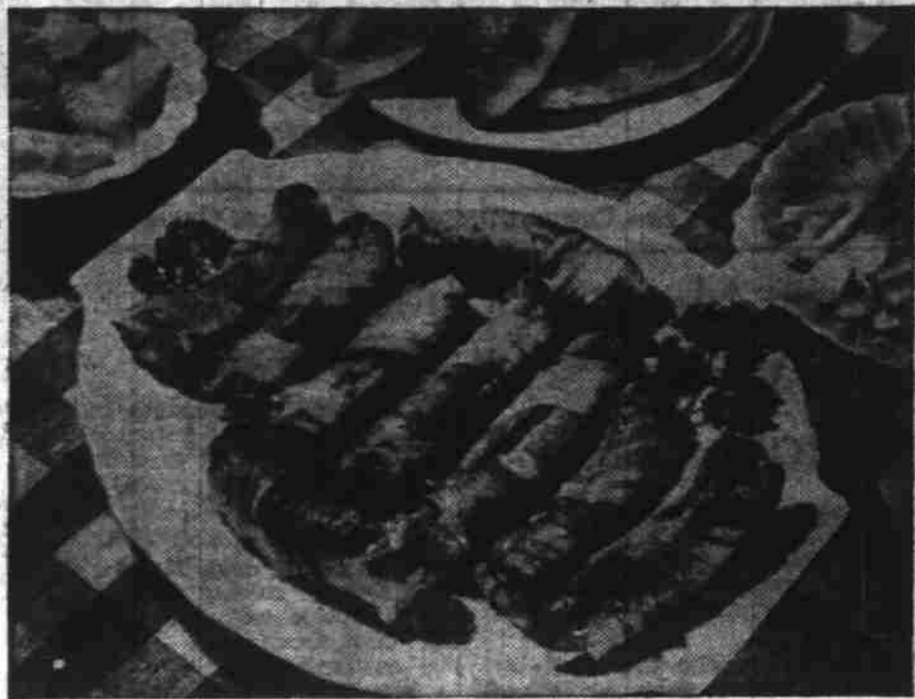
Fluffy Sauce Has Orange Flavor

A handy sauce is this one, which can be used over waffles or desserts and has orange flavor.

BUTTER ORANGE FLUFF

1/2 cup butter
1/2 cup brown sugar
1 teaspoon orange rind, grated
Cream butter and sugar thoroughly. Add orange rind, blend well. Serve on waffles, pancakes, or steamed puddings.

An Old Couple



A favorite pair arrives at the table in a novel way when, beneath bubbling cheddar cheese one finds sauerkraut and plump frankfurters. After being wrapped with bacon they may be heated either in the broiler or oven.

Sauerkraut Takes Spotlight During Week This Month

Back in the Middle Ages praises were sung of frankfurters. Likewise, sauerkraut is no youngster in the family of foods. Today this long popular combination was given special recognition—February 1 through 10 was National Frank and Kraut Week.

To your list of ways of serving these two foods add sauerkraut-stuffed franks. They are quite easy to prepare. Simply slit the frankfurter lengthwise (but not completely through.) Stuff each cavity with kraut, then generously sprinkle with grated cheddar cheese. Wrap the stuffed frankfurters with a strip of bacon and fasten with wooden picks.

Heat Slowly

When heating the franks use either your broiler or oven. If broiling, place them on the broiler rack so that they are about 2 inches from the heat. This allows for a moderate cooking temperature. If heating in the oven proceed the same as when cooking a roast. Arrange the stuffed franks

on a rack in an open roasting pan. Set the oven regulator at 300 degrees. Leave them in the oven until the cheese is bubbling and the franks heated through.

Supply frankfurter buns for eating the stuffed franks. In addition you'll want a fresh vegetable, perhaps green onions or a relish plate. Cream potatoes are an ideal hot vegetable. For dessert you'll want to turn to another favorite food of the month, cherries. This can be a Cherry Upside Down Cake.

More Stuffings

There are numerous other occasions on which you'll want to serve stuffed franks. Along with kraut and cheese, franks may be stuffed with pickle relish, thinly sliced dill pickle, or stuffed olives. Grated pineapple is still a different type filling. Or add minced onion and finely chopped celery to bread stuffing, then wrap with bacon and broil or bake.

Cocktail Has New Taste

The ketchup in this cocktail will surprise and please the diners. Combining fruit and ketchup is new.

GRAPEFRUIT COCKTAIL

2 large grapefruit
1/2 cup ketchup
3/4 teaspoon salt
3 tablespoons lemon juice
1 1/2 tablespoons Worcestershire sauce

Peel grapefruit, separate into segments. Chill. Mix ketchup, lemon juice, Worcestershire sauce and salt. Chill. Arrange grapefruit sections in sherbet glasses; add cocktail sauce. Serve immediately.

HOLIDAY SALAD

Washington's birthday or Valentine's day salad is red-and-white and is made with bright red-skinned apples, cored and sliced into rings. Spread apple ring slices with Roquefort or cream cheese. Fill centers of stacked salads with chopped apples and walnuts. Top with French or mayonnaise dressing.

MORE FLAVOR

Some women like to use apricot whole fruit nectar as the base for gelatine salads. Its richer flavor is good with either fruits or vegetables and it is a delightful accent for cottage or cream cheese.

Dual Purpose Bed in Poem

Dual purpose bedding was quite a luxury in the 18th century. So unusual was it in that time that Oliver Goldsmith, one of the leading poets, thought it worthy of mention in one of his poems.

"The chest, contriv'd a double debt to pay—
A bed by night—a chest of drawers by day."

Since Goldsmith's day, however, dual purpose bedding has gone through many revolutionary changes until it has now reached an amazing degree of practicality, comfort and beauty. If Goldsmith was impressed with the dual purpose equipment of his day, imagine his pleasure if he were to enjoy our modern sofa beds.

PHONE SCHOOL

WASHINGTON (INS)—A 10-year-old polio victim in Washington is going to school for the first time in four years thanks to an ingenious two-way hook-up developed by telephone engineers. Connie Castellano is still unable to leave her home, but classroom comes to her by telephone. She

listens to classes over a loudspeaker. When she wishes to recite or ask a question, she simply presses a button and can talk to the teacher.

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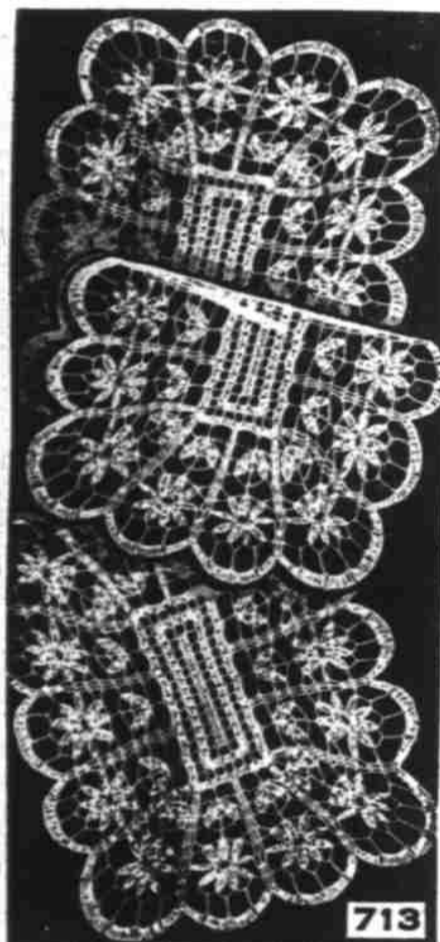
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SEND TWENTY CENTS in coins for this pattern to the Oregon Statesman, Needlecraft Dept., P. O. Box 948, Chicago 90, Ill. Print plainly PATTERN NUMBER, your NAME and ADDRESS with ZONE.

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Deschutes Potatoes

"NETTED GEMS"

How to do it...



Heat 2 tablespoons bacon drippings and 2 tablespoons butter or margarine in a large, heavy skillet. Dice 3 cups cooked Deschutes potatoes and mix with 1 tablespoon finely-chopped onion, and salt and pepper to taste. Spread evenly in skillet and cook without stirring (shake skillet occasionally) until brown crust forms.



With spatula, turn crusted potatoes. Add 1/2 cup cream or top milk without stirring. Continue cooking until potatoes are browned on bottom. Crisp, golden hashed-browned Deschutes are perfect for breakfast as well as dinner.