

of
Helps Toward Better Living

The Oregon Statesman, Salem, Oregon, Friday, March 23, 1951

**Care of Cord
Economical
Practice**

Better care of electric cords is stressed by household equipment specialists of the U. S. department of agriculture to keep the home running efficiently and to save such valuable materials as copper and rubber which cords contain. Cords are the life line of electric appliances and thus deserve the care that makes them last long in good condition. Yet electric repair shops often report their biggest business as repairing damaged cords.

Cord casualties probably are greatest from the unfortunate practice of pulling on the cord rather than the plug when disconnecting. This eventually jerks the wire from the plug.

Here's how to disconnect: Turn there's a switch at the outlet, turn it off before you pull the plug. This prevents any rocking between metal prongs and the outlet, which eats away metal and in time causes a poor connection. If there is no switch, disconnect the plug from the wall outlet first. Grasp the plug, never the cord. If the plug sticks, rock gently from side to side as you pull to loosen one connection at a time. It's safest to disconnect the cord from the outlet each time you finish using a heating or cooking appliance.

When cords are off duty, store them in a clean, dry, cool place. Keep rubber-covered cords in the dark because light tends to break down rubber. A permanently attached cord may be wrapped around the appliance loosely, but be sure the appliance is cool. Put cords away from kinks, knots or sharp bends which can break fine wires or the insulated covering. Cords may hang over large, round wooden pegs, or over two or more metal hooks. They also may be coiled loosely on a shelf or in a drawer. Whether on or off duty, they should be protected from grease or other soil and from heat and wet. Plugs need protection from hard knocks.

**Fish Dish Has
Macaroni Base**

Salmon joins macaroni in a very good family supper dish.

MACARONI SALMON FLUFF
4 ounces shell macaroni
1/4 cup butter or margarine
3 tablespoons flour
2 teaspoons salt
2 1/2 cups milk
2 tablespoons chopped pimiento
2 eggs, separated
1 tablespoon minced parsley
1 cup flaked salmon
1 cup cooked cut asparagus
Cook macaroni in boiling salted water about 10 minutes. Drain and rinse. While macaroni is cooking, melt butter or margarine in saucepan. Stir in flour and salt. Gradually add milk and cook until thickened, stirring constantly. Add chopped pimiento. Set aside 1 cup sauce for use as a topping. Add yolks to remaining sauce and blend well. Fold in macaroni, parsley and salmon. Beat egg whites until stiff, but not dry and fold into macaroni mixture. Pour into greased 8-inch square baking dish and set in pan of hot water. Bake in slow oven (325 degrees) 1 hour. Add asparagus to sauce which was reserved, heat and serve over squares of Macaroni Salmon Fluff. Makes 4 servings.

**Coconut Toasted
In Rich Pie**

This mousse pie boasts toasted coconut for a topping.
TOASTED COCONUT MOUSSE PIE
(9-inch pie)
1 cup whipping cream
3 tablespoons sugar
1/2 teaspoon vanilla
1 egg white
1/2 cup coconut, toasted
Whip cream, add sugar and vanilla extract. Beat the egg white until stiff and fold into the cream mixture. Add coconut. Place in freezing tray of automatic refrigerator.
Graham Cracker Crust
2 cups graham crackers, crushed
1/2 cup butter, melted
Combine. Pack into pie pan to form crust. Set in refrigerator to chill. Put frozen mixture in crust and cover with sliced sweetened peaches or strawberries.

**Richer Flavor
Golden West
Coffee**

20 EXTRA CUPS per pound

Favorite Fruit

**Bananas Versatile
Food, Use Frequently**

By Maxine Buren
Statesman Woman's Editor

We're a great one for bananas, we like them to eat right out of hand, and like them in things. Our only regret is that we were born in the era of no bananas for babies, and although we survived, we surely must have suffered a lack of something or other for want of them. How we would have loved to gum them even before cutting our teeth, like the babies do now.

In some households (and ours is one of these) bananas appear frequently as a fruit in the main meal or at dessert time. We've made banana bread, banana cake, banana cookies, and simply adore the combination of bananas and apricots in a frozen dessert.

Just to prove that bananas give a luxurious look to even inexpensive dishes we suggest that you try the Banana Whipped Cream cake pictured elsewhere.

Begin with a simple one-egg cake and make in an 8 x 8 pan. When baked and cooled, split in half. Spread bottom layer with whipped cream and slices of banana, then top with the other half of the cake and spread with whipped cream and top with more banana slices.

Bananas give the flavor to this excellent drop cookie, certainly destined to be popular with the children.

BANANA DROP COOKIES
1 cup butter
1 cup sugar
2 eggs, well beaten
1 1/2 cups banana, mashed
3 cups flour
1 teaspoon baking powder
1 teaspoon soda
1/2 cup sour cream
1/2 cup walnut meats

Cream butter and sugar thoroughly, add eggs and bananas. Add sifted dry ingredients alternately with cream, add nuts. Drop by teaspoonfuls on buttered baking sheet. Bake in a moderate oven (350°) 12 to 15 minutes.

Oatmeal cookies, another new recipe using bananas.
BANANA OATMEAL COOKIES
1 1/2 cups sifted flour
1 cup sugar
1/2 teaspoon baking soda
1 teaspoon salt
1/4 teaspoon nutmeg
1/2 teaspoon cinnamon
3/4 cup shortening
1 egg, well beaten
1 cup mashed ripe bananas (2 to 3 bananas)
1 3/4 cups rolled quick oats
1/2 cup chopped nuts

Sift together flour, sugar, soda, salt, nutmeg and cinnamon into mixing bowl. Cut in shortening. Add egg, bananas, rolled oats and nuts. Beat until thoroughly blended. Drop by teaspoonfuls, about 1 1/2 inches apart, onto ungreased cookie pans. Bake in a moderately hot oven (400°) about 15 minutes, or until cookies are done. Remove from pan immediately. Makes about 3 1/2 dozen cookies.

SAUCE FOR FISH

To prepare Thousand Island dressing to serve with hearts of lettuce, mix a cup of mayonnaise with three-quarters cup of chili sauce, a little finely grated onion, a quarter cup of sweet pickle relish, and a sieved hard-cooked egg. Chopped pimiento and olives may also be added to this dressing.

CLEAN HIGH CHAIR

When washing baby's high chair with soapy water, be sure to do the legs and rungs as well as the upper parts which become obviously sticky and soiled. A little tot uses the chair for support as he toddles about and handles it a great deal while he's waiting to be fed.

SMALL SERVINGS

Don't overload your child's plate or he's likely to get discouraged before he's through eating. Give him small servings, let him clean his plate and then offer him a second helping.

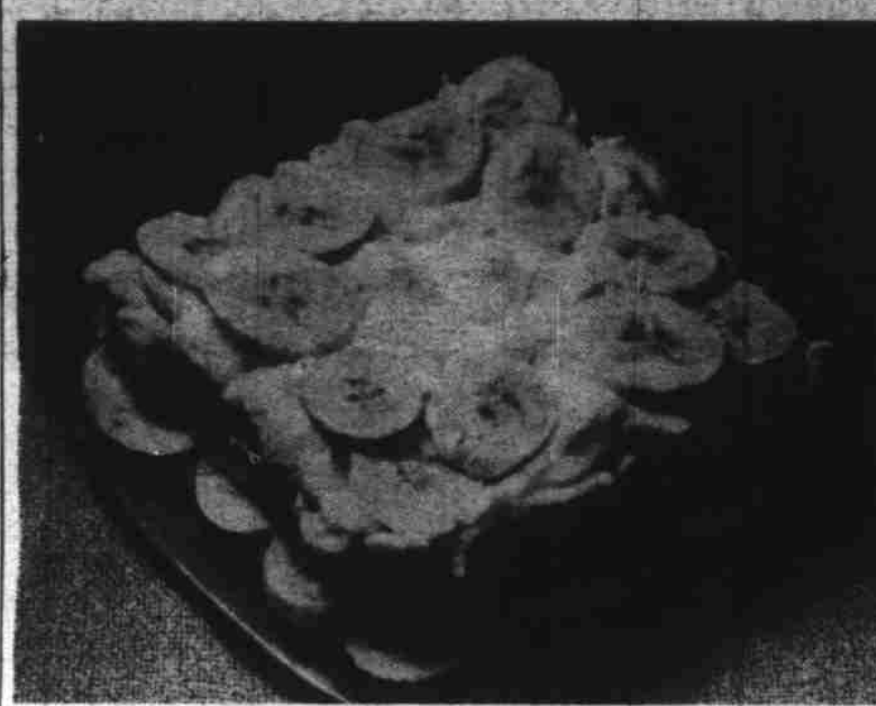
**Peach Salad
Includes Cheese**

We particularly like a fruit and cheese combination in salads when it's a canned peach and cream cheese twosome. This is a square of cream cheese sprinkled with grated orange rind and surrounded by juicy canned peach slices. Bright maraschino cherries make a pretty garnish for it.

PEACH NUGGET SALAD

1 (3-ounce) package cream cheese
Salad greens for garnish
1 teaspoon grated orange rind
2 cups canned cling peach slices
Maraschino cherries
Divide cheese into quarters and place 1 cheese square on each of 4 garnished salad plates. Sprinkle cheese with orange rind and arrange drained peach slices around cheese in a sunburst pattern. Decorate with halved maraschino cherries. Serves 4.

Good Enough for the Best



This luscious, rich appearing dessert is not as expensive as looks would indicate as it is a simple one-egg cake with bananas and whipped cream.

**Ham, Noodles in
Flavorful Dish**

You'll find this an excellent dish:

NOODLE HAM PATTIES

4 ounces fine noodles
1/4 cup butter or margarine
1/4 cup enriched flour
1 teaspoon salt
1 cup milk
1 egg, slightly beaten
1 tablespoon minced parsley
1 cup diced cooked ham or table ready meat (3/4-inch cubes)
1 egg
Enriched fine bread crumbs
2 tablespoons water
Horseradish sauce

Cook noodles in boiling salted water until tender (about 5 minutes). Drain and rinse. While noodles are cooking, melt butter or margarine in saucepan. Stir in flour and salt. Gradually add milk and cook until thickened, stirring constantly. Add egg and blend well. Fold in noodles, parsley and ham. Chill thoroughly (about 1 hour). Shape mixture into patties about 2 1/2 inches in diameter. Break egg into shallow bowl, add water and beat slightly. Roll patties in bread crumbs, dip in egg, then in bread crumbs. Fry in melted fat or drippings in skillet until brown. Serve with Horseradish Sauce. Makes 4 to 6 servings.

HORSERADISH SAUCE

2 tablespoons butter or margarine
2 tablespoons enriched flour
1/2 teaspoon salt
1 tablespoon horseradish
1 teaspoon prepared mustard
1 cup milk
Melt butter or margarine in saucepan. Stir in flour, salt, horseradish and mustard. Gradually add milk and cook until thickened, stirring constantly. Makes 1 1/4 cups sauce.

GOOD WASHING AT NIGHT

Cardinal rule for all beautiful skins is a thorough washing at night. Never jump into bed without giving your skin a careful scrubbing with soap and water. For a day's make-up, plus dirt and perspiration, have clogged pores more than you know.

BACON-EGG CUPS

Serve novel bacon-egg cups for breakfast brightness. Place bacon slices in frying-pan and cook slowly until transparent. Then line muffin pans with the slices. Place an egg in each pan, season with salt and pepper and bake in a 300° oven for 15 minutes.

**Glue Found
For Variety
Of Purposes**

When furniture needs re-gluing, the question of which glue to use arises. Mrs. Myrtle Carter, home furnishings specialist at Oregon State college, suggests several types of glue. Each is suited to a particular job. Animal glue is strong, but needs careful handling because it hardens in about a minute. It does not stain the wood, but neither is it waterproof. It is sold in dry form. Small amounts may be prepared as needed and used while hot.

Fish glue is ready mixed, strong, and easy to use. It hardens slowly and does not stain wood, but is not waterproof. Many popular brands of prepared glue are fish glue and are used cold, directly from can or tube.

Casein glue, a milk product, is strong and hardens in about 15 minutes. This glue is waterproof, but discolors wood. It sells in powdered form under various trade names, is mixed with water, and used cold.

Plastic-resin glue is strong, easy to apply, and waterproof. It does not dry out easily or stain the wood, it, too, is sold under trade names and is mixed according to directions on the package.

Cements are good for some small jobs, the specialist says, but are not strong enough for big areas because they do not penetrate the pores of the wood.

GERMAN RECIPE

A streusel mixture is delicious sprinkled over coffee cake made with a baking powder batter. To make the topping mix a third of a cup of chopped walnuts or pecans with a quarter cup of brown sugar, a tablespoon of flour, a teaspoon of cinnamon, and a tablespoon of melted butter or margarine.

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