



Memorial Day officially opened the picnic season and Oregonians will eat a good many meals out of doors during the next three months. Some will indulge in gentlemanly meals like the one pictured here, with attractive appointments. Others will go rugged and cook over

an open fire. But each man to his own taste—even in outdoor meals—and they'll be the year's highlight. Here wieners and pickles are heated on skewers and served in hot-dog type buns. Potato salad,

The Statesman's FOOD SECTION

Omelet Special Dish for Company

A dish for special supper or luncheon menus is this omelet glorified with creamed crabmeat and mushrooms. This two part taste charmer is within the scope of even inexperienced cooks. The simple creamed mixture is crafted first, then heated slowly to serving temperature while the omelet is being completed. Note the simplicity of ingredients, too—canned sliced mushrooms, canned crabmeat, evaporated milk, in the creamed mixture and eggs and evaporated milk for the creamy tender omelet.

CRABMEAT AND MUSHROOM OMELET

- 3 tablespoons butter
- 1 small can sliced mushrooms (2 oz. drained)
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/4 cup liquid drained from mushrooms
- 1/4 cup other liquid
- 1 cup evaporated milk
- 2 7-oz. cans crabmeat
- 6 eggs
- 1/2 cup evaporated milk
- 1 teaspoon salt
- 3 tablespoons butter

Melt the 3 tablespoons butter in a saucepan. Cook drained mushrooms in butter about 5 minutes. Blend in cornstarch and salt. Stir in mushroom liquid and vegetable juice or water. Cook until thickened. Stir in milk and crabmeat. While omelet is cooking, place over very low heat and bring to serving temperature, stirring occasionally.

Beat the eggs until yolks and whites are well blended. Blend in milk and salt. Melt butter in a large fry pan over low heat. When butter just begins to bubble, pour in egg mixture. Cook slowly. With a spatula, lift the cooked egg gently from sides of the pan and let uncooked egg run under. Continue cooking and lifting until omelet is soft and creamy. Set in hot oven (400°) or under broiler (about 5 inches from source of heat) for 2 or 3 minutes to finish cooking top. With a spatula or turner, fold omelet and slide it onto a hot platter. Spread about half the creamed crabmeat between halves of omelet. Cut omelet into 4 portions and serve with remainder of creamed crabmeat on top. Makes 4 servings.



Always a favorite, no matter when or how served, scrambled eggs are pictured here as a Sunday night supper feature. They're served topped with chopped chives and, instead of toast, with small crisp breakfast cereal bites, which have been seasoned with butter and salt and heated well. Green beans are a color and texture contrast.

Elegant Name for Practical Pie

A main dish that has an elaborate sounding name will make good eating at this time of year, when casserole dishes are in demand.

RIO GRANDE PIE

- 1 1/2 cups sifted flour
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1/4 cup chopped parsley
- 3 tablespoons cold water
- Sift together flour and salt. Cut or rub in shortening until mixture is crumbly. Add parsley and mix lightly. Sprinkle with water. Mix lightly until dough begins to stick together. Press together into ball, wrap in wax paper and set aside while preparing Southwest Frankfurters.

SOUTHWEST FRANKFURTERS

- 3 tablespoons fat or drippings
- 1/4 cup chopped onion
- 1/4 pound frankfurters, sliced
- 3 tablespoons enriched flour
- 1/2 teaspoon salt
- 2 1/4 cups cooked tomatoes (No. 2 can)
- 1/2 cup shredded American cheese

Melt fat or drippings in skillet. Add onion and frankfurters and brown lightly. Stir in flour and salt. Add tomatoes and cook until thickened, stirring constantly. Pour into 1 1/2 quart casserole. Sprinkle with cheese. Divide pastry in half. Roll 1/2 dough out to circle 1/4 inch larger than casserole and place over frankfurter mixture. Roll remaining half out to rectangle 1/4 inch thick. Brush lightly with melted shortening. Roll up like jelly roll. Cut into

Lemon, Rice Used In Fluffy Dessert

Lemon rice meringue is an interesting dessert recipe light enough for luncheon or an ample dinner.

LEMON RICE MERINGUE

- 2 eggs
- 1 cup sugar
- 2 tablespoons flour
- 1 cup water
- 1/4 cup (about 2 whole) lemon juice
- 2 cups cooked white rice (1/4 cup uncooked)

In the top of a double boiler beat slightly one whole egg and one yolk (white saved for meringue), blend in sugar, flour, water, and lemon juice thoroughly. Cook over boiling water until mixture thickens (about 15 minutes) stirring often. Remove from boiling water; cool. In a lightly buttered 8-inch cake or pie pan, alternate layers of the cooked rice and lemon filling, beginning with rice and ending with filling. Dot with puffs of meringue. (Beat egg white until stiff. Gradually add 2 tablespoons sugar, beating until white forms stiff peaks). Bake in moderate oven (350°) 10 minutes, or until meringue puffs are golden brown. Serve warm or cold. Serves 6.

SOFT MUSIC

Music of a monotonous, but not too loud character, is oftentimes an aid in lulling one to sleep. A comfortable bed is important in seeking sound, relaxing sleep.

pieces about 1/4-inch thick. Arrange cut side down on top of casserole. Bake in moderately hot oven (400°) about 45 minutes. Makes 4 servings.

HANDY

Rich Roman gourmets stored live fish in ponds and huge salt water tanks, from which they were caught just before cooking.

Sweaters' Future Depends on Both Material, Make

A new sweater's future — how well it will wear and keep a good appearance — depends not only on the fiber of which it is made, but also on the way it's made, the knitting stitch, and other details, so says Shirley Johnstone, clothing specialist in the Bureau of Human Nutrition and Home Economics, U.S. Department of Agriculture.

Taking one construction point as an example of how a shopper can learn to judge quality, she explains that a commercial sweater may be full-fashioned or cut-and-sewn, like a dress.

The finest and most expensive sweaters are full-fashioned throughout. That is, the back, front, and sleeves are knit on machines that shape and bind off the edges as they knit. Where stitches are increased or decreased in number to shape the garment, little fashioning marks can be seen. These are found about the armholes, sleeves, sides, and sometimes the neckline.

Fashioning marks are sometimes imitated on cut-and-sewn sweaters, for looks only. You can tell if the marks are genuine, says Miss Johnstone: the rows of stitches on either side of the mark meet at an angle. If the fashioning is imitated, the rows of stitches on either side are simply parallel.

In sweater making it is cheaper and quicker to cut out pieces of knit yard goods by patterns than to knit shaped pieces. So, inexpensive sweaters are always cut-and-sewn, but so also are some better-grade sweaters that are good buys for serviceability and appearance. When buying, look to see whether the sweater was cut out carefully, so that the ribs and courses of the knit goods are straight in the finished garment's front, back, and sleeves. This is easy to see, she explains, in a sweater coarsely knit. It takes a little practice to detect careless cutting in one finer knit.

A shopping guide, to aid home-makers in knowing what to expect from sweaters in service and appearance, has been prepared by Miss Johnstone.

Single copies of "Buying Sweaters for the Family" (H.G. No. 16) can be obtained free on request from the Office of Information, U.S. Department of Agriculture, Washington 25, D.C.

DYE CORDUROY

Corduroy is a good sturdy fabric that proves useful for garments and furnishings which take hard wear. Sometimes it fades, however, but fortunately it takes to a good dye, advises the Dyers Guild. Sometimes if the material has become badly soiled by a spot which will not come out in cleaning, re-dyeing can save the day.

TAX PAYMENT

Spices were so valuable in Biblical times that the Pharisees paid taxes in mint, anise and cummin.

FRUIT MERINGUE

Add a touch of spring to family meals or party refreshments by serving this easy-to-prepare fruit meringue cake. To make it, cover the top of an angel food cake (home-made or baker's) with the drained fruit from half a can of fruit cocktail. Spread a heavy meringue over the fruit and sides of the cake. Place on a cookie sheet and bake in a hot oven for five minutes. Top the meringue with the remainder of the drained fruit cocktail and serve immediately.

Shrimp Bakes in Casserole Mixture

Shrimps and macaroni combine to make an excellent casserole dish to be used at dinner at home, or as a covered dish to take to a community dinner.

MARYLAND SHRIMP BAKE

- 6 ounces elbow macaroni
- 3 tablespoons butter or margarine
- 3 tablespoons chopped onion
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1 1/4 cups milk
- 1 egg yolk
- 1 tablespoon lemon juice
- 1 tablespoon minced parsley
- 1 cup cooked shrimp
- Buttered bread crumbs

Cook macaroni in boiling salted water until tender (about 10 minutes). Drain and rinse. While macaroni is cooking melt butter or margarine in saucepan. Add onion and brown lightly. Stir in flour and salt. Add milk and cook until thickened, stirring constantly. Remove from heat and cool slightly. Quickly blend in egg yolk, lemon juice and parsley. Fold in macaroni and shrimp and mix lightly. Pour into 1-quart casserole. Sprinkle with buttered bread crumbs. Bake in moderate oven (350°) about 20 minutes. Makes 4 servings.

Foreign Dish is Practical to Make

This curry lends an exotic touch to spring menus. Make the curry with a can of mushroom soup, add cooked shrimp and cubes of hot fried avocado, and serve on hot rice.

EASY SHRIMP CURRY

- 4 green onions
- 1 tablespoon butter or margarine
- 1 (10 1/2 ounce) can cream of mushroom soup
- 1/4 cup milk
- 1/4 teaspoon curry powder
- 1/2 pound cleaned cooked shrimp
- 1 medium-sized avocado
- Hot cooked rice

Slice onions and cook very slowly in butter 5 minutes. Add soup, and gradually blend in milk. Stir in curry powder and shrimp, and heat thoroughly. To prepare Calavo, cut into halves and remove seed and skin. Dice fruit. Stir into hot mixture and heat a minute longer, just to warm the Calavo cubes. Do not overcook. Serve at once on hot rice. Serves 3 to 4.

Soak-Washing Technique Best for Woolen Blankets

Shrinkage of wool blankets from laundering in a washing machine is caused mostly by the agitation and mechanical action of the wool fabric in the water rather than by the temperature of the water, according to a study at the Ohio Experiment station.

To save blankets from shrinkage, the station developed a method of soak-washing. Blankets were soaked 15 to 20 minutes in warm water containing a synthetic detergent. The soaking readily removed the soil so that no agitation in the water was required. After the soak-washing, the water was spun off and then the blankets were soaked in two different rinses of clear warm water for five minutes and spun again to remove the water.

Measurements of 20 new all-wool blankets, laundered by this

method, showed no more than 2 per cent shrinkage. When the blankets were blocked and brushed with a small wire bristle brush to fluff up the surface, they came back to their original length and a few even became slightly longer.

As a result of these studies the Ohio scientists report that wool blankets can be washed successfully in an automatic washer if:

(1) The washer does not agitate or tumble while filling with water, or, if it does, the lid or door can be opened and the blanket added after the tub is filled.

(2) The washer control dial is flexible so that the cycle can be changed by hand operation at any point.

Not all automatic washers have these features and thus not all are suited to blanket-washing.

NOTES FROM THE
**BEET SUGAR
KITCHEN**

By Nancy Haven

Packing Them in

Bridal Sweets

"Show-Off" for Brides' Stepmom!

Beet Sugar and 2 cups water (yields 2 1/2 cups syrup). To keep golden, stir in 1/2 teaspoon ascorbic acid powder to each 1 1/2 cups cold syrup just before pouring over fruit in containers.

FREE—Beet Sugar's new booklet—"Well Preserved"—a variety show of jams, jellies, preserves and relishes, starring surprise treats of uncooked jellies, frozen jams and garnishes. Helpful tips and charts, too. (Also still available—"Answers By The Canning Doctor"—56 pages on the "how to" of home-canning and freezing.) Send for your free copies now. Address below.

Apricot-Pineapple Conserve

The Beet Sugar aids flavor, helps preserve color; adds food energy.

- 8 lbs. (about 50 medium) apricots
- 1/2 cup (No. 1 flat can) crushed, drained pineapple
- 1 1/2 tps. finely grated lemon rind
- 11 cups Beet Sugar
- 1 1/2 cups coarsely chopped, blanched almonds, or 1/2 tsp. almond extract

Wash, pit and quarter unpeeled apricots. Measure 1 1/2 cups. Combine fruits, lemon rind and sugar in large preserving kettle; stir to blend in sugar. Bring to a rolling boil on high heat. Reduce heat; boil 20 minutes, or until two thick heavy drops run together off clean metal spoon (219° F.), stirring often. Remove from heat; skim. Stir in chopped nuts and almond extract. Pour into hot sterilized jars. Seal at once. Makes about 7 pints.

Did you know...

Chemists have proved that sugar is sugar, whether from sugar beets or sugar cane. Pure sugar cannot be traced to its source by any chemical test.

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