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With or Without

Food Allergics Can Eat Pie, Cake If Right Recipes Can be Found

By MAXINE BUREN Statesman Woman's Editor

Allergies are quite the fashion these days, and without one you're pretty far behind the times. But this business of food eccentricities isn't always as pleasant as one might think, and food allergies are a very real and definite thing with many folks

They affect you in different ways: they may come on you any time, or you may outgrow your lack of tolerance for certain focds, but the one who cooks for the allergic is the one who really pays.

In cooking, one may sometimes merely substitute one in-gredient for another. Most cakes are just as good using water as milk. Rice or barley flour can sometimes take the place of wheat flour. In case of some allergies, however, an entirely new set of recipes has to be used, or even a new scheme of eating.

Here is a recipe for pastry dough that uses rice and barley flour, found sometimes at health food stores or specialty groceries.

	BARLEY AND RI	CE FLOUR PASTRY
1	cup barley flour	1/2 teaspoon salt
12	cup rice flour	1/2 cup shortening
	teaspoon baking	¼ cup cold water (about)

Sift together the flour, baking powder and salt; cut in the shortening; then adding water, a little at a time, mix with a knife to a paste of a consistency to clean the mixing bowl of all flour or paste. Turn on a board lightly dredged with flour, to coat the surface with flour; then use as desired. This is enough paste for one large pie and two or three tarts. Clarified chicken fat makes good pastry. This is good-tasting pastry. It is handled, or rolled, more easily if left to stand overnight, covered, in a cool place.

And here is a prune cake with no wheat flour. We've never tried the recipe but it comes from a reliable source.

1.1	PRUNE	CAKE		
1/4	cup shortening	1/2	teaspoon nutmeg	
- 34	cup sugar		teaspoon cinnamon	
	eggs	31/2	teaspoons baking	
1/2	teaspoon vanilla		powder	
1/2	cup fine white rye	3/4	cup sour cream	
	flour	3/4	cup water	
1/2	.cup rice flour	1/4	cup chopped, stewed	
3/4	cup cornstarch		prunes	
1/4	teaspoon salt	34	cup chopped almonds	
	teaspoon soda		(optional)	
		14	the second of the second second second	

Cream the shortening, add the sugar and cream together. Add one egg (unbeaten), beat; add the other egg and beat. Add the vanilla. Sift the dry ingredients together. Mix the cream, water and prunes. Add alternately with the dry ingredients to the egg mixture. Fold in the nuts-if you can eat them. Bake in a greased pan fifty minutes in a moderate oven (350 degrees).

A Brown Betty here takes rye bread, which is used by many allergics who can't take milk or eggs, and can tolerate only a minimum amount of wheat flour, (There is a little in most rye bread, though not a lot.)

	APRICOT	BROWN BETTY
1%	cups rye bread	1/2 cup sugar (or more
	crumbs	34 teaspoon cinnamon
	cup melted butter cups apricots, canned or stewed	1/4 teaspoon nutmeg



The wedding of Miss Carol Adene Rasmussen, daughter of Mr. and Mrs. Henry Rasmussen, and Derl Wayne Parsons, son of Mr. and Mrs. C. F. McCrary, took place on August 28 at the Labish Cent-er EUB Church at 3 o'clock. The Rev. Lyman Myers officiated at theh rites.

was given a bridal shower by Mrs. Miss Gaynelle Metheny was the vocalist and Miss Janet. Pearsall was the pianist. Miss Phyllis New-Guests were Mrs. George King,

land lighted the tapers. and lighted the tapers. The bride wore her sister's dig, Mrs. Charles Hodson, Mrs. Elwedding gown of white marquisette his Bryant, Mrs. Bill Lash, Mrs. and lace fashioned with lace Kenneth Matthews, Mrs. Martin panels on the skirt and a ruffle Myers, Mrs. Oscar Noreen, Mrs. around the botton extending into Alfred Yoast, Mrs. Gay Barnett, all a short train. A Juliet cap of lace of Willamina, Mrs. Martin Grosser and seed pearls held in place her of Sheridan, and Mrs. Leonard He-fingertip illusion veil. She carried witt and Mrs. Arthur Hewitt of a bouquet of white stephanotis cen- Grand Ronde. tered with a white orchid.

Sold Out

The Pentacle Theater's final production, "Girl Crazy," which Saturday night will complete its

phenomenal nine - day run, is sold out for the entire week,

according to the harassed ticket committee. It's just too bad but

even your best friends in the

cast, cannot get you a ticket,

Circus, Revue and Racing

STATE FAIR

they tell us.

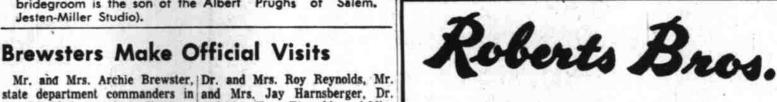
Mrs. Henry E. Lehnherr of Jef-

ferson was her sister's honor ma- Grace Klampe and Mrs. Herbert tron and she wore a white or- Stepper. Cutting the cake were gandy waltz dress and carried Mrs. Jack Wohlgemuth. Assisting vellow tuberous begonias. Miss were Misses Marilyn Myers, Pat Carolyn Haselebacher was the Burris, Gelberta Bates, Shirley bridesmaid and she wore a yel- Pugh and Lois Cann.

low net and taffeta dress and car-ried white begonias. After a wedding trip to San Francisco, the newlyweds will C. F. McCrary served as best live in Salem at 921 S. 13th St. man for his step-son and ushers live in Salem at 921 S. 13th St. were Harry E. Lehnherr and Don- For traveling she wore a costume ald McCrary, brother of the groom, ensemble of slate blue with yel-Groom's Sister Flower Girl low and grey accessories.

Flower girl was Wynell Mc-Crary, sister of the groom. The bride's mother wore a navy blue taffeta gown with white accessories and Mrs. McCrary chose a maroon knit suit with pink ac-

Ticket Sale Now cessories. Thier corsages were pink STATE and LIBERTY A reception was held in the-10 to 6 Daily Except Sunday church parlors. Pouring were Miss



177 North Liberty



Farewell Party Fetes Matron

Mrs. Arthur Rockafellow, Mrs. Ebright, Leon Hansen, Oval Ray Wolf, Mrs. Axel Jacobsen Harris, C. M. Hixson, Lennie and Mrs. Earl Burke were host-Irvine, Laura Johnson, Trilla esses for a farewell party at the Oatman, Nora Pearce, Tom Roformer's home in compliment to maine, Harvey Scheidel, Wanda Mrs. Al Niederberger, who is moving to Springfield. A dessert supper was served and a gift pre-Misses Janice Burk, Betty Jean

sented to the honor guest. Honoring Mrs. Niederberger, Mrs. Frank Carnathan and Chris-were Mesdames Bill Bowman, tie Carnathan of Portland, and

Mary Cox, Vernon Decatur, Scott the hostesses.



Mix the bread crumbs with the melted butter. Arrange a layer of the crumbs with the meited butter. Arrange layer of the crumbs in a well-buttered baking dish, then a layer of apricots; sprinkle with a part of the sugar, cinnamon and nutmeg. Repeat layers until all the ingredients are used. Cover the dish and bake for 1 hour at 350 degrees, removing the cover during the last fifteen minutes of baking.

Sherry Spaniol Is Bride of Mr. Prugh

Beginners Dance Class The Homesteaders dance will be held Friday night at the Izaak Walton clubhouse at 8 p.m. Guests are invited to attend.

Homesteaders are starting a beginners class in square dancing STAYTON - Tall baskets of and any couple wishing to learn cerise gladioluses decorated the should register soon. Registra-Immaculate Conception Catholic tion closes after the third ses-Church Saturday morning at 11 sion. The second session will be o'clock for the wedding of Miss Sherry Joan Spaniol, daughter of Mr. and Mrs. Eugene Michael Spaniol of Stayton, and James

Warren Prugh, son of Mr. and Mrs. Albert I. Prugh of Salezn. The Rev. Math. Jonas offici-

Salem, sang. The bride wore a gown of

white eyelet embroidery over organdy, designed by her mother. The ruffled skirt was of eyelet embroidery and the bodice had a scoop neckline and cap sleeves.

A circlet of pink elfe roses and pleated net held in place her veil of silk illusion. She wore short gloves of white embroidered nylon and carried a bouquet of pink elfe roses and stephanotis. She carried a white lace handkerchief, a gift from her great-aunt, the late Mrs. Katherine Macuen.

Attendants Carry Baskets Miss Shirley Jeanette Minten, Stayton, was maid of honor. Miss Jane Cox, Stayton, Miss Carol Jean Robbins, Hillsboro, cousin of the bride, Miss Janet Johnson, Medford, and Miss Judy Lavin-der, Lafayette, Calif., were bridesmaids. All wore white floor-length gowns which had pink flocking with matching pic-ture hats. They carried lace baskets of pink wire adorned with

a single rubrum lily. Melvin Johnson of Portland was best man. Ushers were Gary Spaniol, brother of the bride, Jack Darley, Richard Heater, and Stanford Smith. Idaho. Her fiance also attended Salem Academy and Seattle Pa-cific College. Sergeant Reimer is stationed at Camp Pendleton with the U.S. Marine Corps.

For her daughter's wedding, Mrs. Spaniol wore a dress of navy blue with matching accessories James Briles, Miss Sandra Davie, and corsage of white cymbidium Miss Sally Studnick, Miss Carol orchids. Mrs. Prugh attended Courtney and Miss Rose Foltz. the wedding wearing a suit of When the couple left on a trip light blue silk faille with black to Mexico, the bride wore a windenias.

A reception in the garden of sage of lavender orchids. After the Spaniol home followed the September 18 they will be at ceremony. Mrs. Edwin L. Jen- home at Las Cruces, N.M. kins of Hillsboro, cut the cake. Mrs. John McKevitt of Eugene was at the coffee urn. Assisting

Capital Drug Store

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ated at the double ring ceremony. Miss Josephine Brand was organ-ist and Mrs. Robert Sullivan of **Two Couples**

> The ever-growing list of brides-elect is augmented this morning with two betrothal announce ments.

Mr. and Mrs. Ernest H. Evans are announcing the engagement of their daughter, Carole Marylou, to Wayne David Youman, son of Mrs. Mary Schuett. No date has been set for the wedding.

Miss Evans attends North Sa-lem High School and her fiance is a graduate of North Salem He is now with Parker and Schram Construction Co.

Miss Armstrong to Wed Mr. and Mrs. Clifford M. Armstrong have revealed the be-trothal of their daughter, Elsie, to Sergeant Jerry Reimer, son of Mr. and Mrs. Ben Reimer of Dallas. The wedding is planned for this winter.

Miss Armstrong attended Sa-lem Academy and Northwest Nazarene College at Nampa, Idaho. Her fiance also attended

were Mrs. Lawrence Smith, Mrs. accessories and a corsage of gar- ter cotton of charcoal and blue with black accessories and a cor-





A bride of August 27 at the Immaculate Conception

Church in Stayton was Mrs. James Warren Prugh, the

former Sherry Joan Spaniol. The bride is the daughter of

Mr. and Mrs. Eugene Michael Spaniol of Stayton and the

bridegroom is the son of the Albert Prughs of Salem.

the Disabled American Veterans and Mrs. Evan Reynolds and Miss

and Auxiliary respectfully, mot-ored to Portland recently and were meeting at Hudson Park near joined there by the national serv- Rainier on August 21. August 28 ice officer, Gerald Kelsy. Togeth-er they made an official visit to Pendleton, La Grande and Baker. and Mrs. Jay Harnsberger attend-

The Brewsters accompanied by ed a district meeting at Eugene.

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Brewsters Make Official Visits

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USUALLY \$45 EARL FALL WOOL MILIUM-LINED TRAVEL COAT

Handsome lined wool coat with button turn back sleeve tuxedo front. Available at this saving for sizes 8 to16.



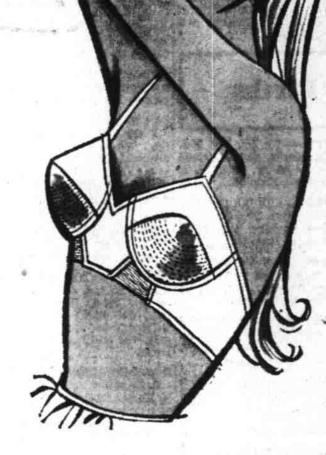
Coats-Second Floor



JUST 3 OF 5 GAY **GINGHAM CHECKS**

See this group of crisp cotton checks at amazing low price. Hurry to buy several. Sizes 12-20, 141/2-241/2. TOP: Plaid torso dress with lace collar. Red or green. MIDDLE: Scalloped collar and pocket detail or 3/4 coat dress. Green, blue.

BOTTOM: Green or blue with white in short sleeve dress.



Pretty Figures Going back-to-school

> Are All Wearing famous figure-shaping

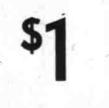
bestform bras

No question about it . . . Bestform Bras will be in every girl's school wardrobe! Girls like the way they fit . . . the smooth comfort . . . the ease-of-care . . . the light, low prices of Bestform.

TOP FIGURE:

Perfect uplift with clever stitching and elastic inserts for perfect separation. Wonderful, easy-towash fabrics.

White Cotton



32-38, B 32-44, C White Nylon 32-36, A 32-38, B

32-36, A

BOTTOM FIGURE:

"Bosom Friend" bra with "bulid-up" bult right in! Layers of soft foam rubber firmly stitched into cup -won't sag, slip, bunch. Elastic insert in band for separation.

