

Statesman's HOME Panorama

Women . . . Music . . . Fashions . . . Features

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With or Without Food Allergies 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 foods, but the one who cooks for the allergic is the one who really pays.

In cooking, one may sometimes merely substitute one ingredient 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 RICE FLOUR PASTRY

1 cup barley flour
1/2 cup rice flour
1/2 teaspoon baking powder

1/2 teaspoon salt
1/2 cup shortening
1/4 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.

PRUNE CAKE

1/4 cup shortening
1/4 cup sugar
2 eggs
1/2 teaspoon vanilla
1/2 cup fine white rye flour
1/2 cup rice flour
1/4 cup cornstarch
1/4 teaspoon salt
1/2 teaspoon soda

1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
3/4 teaspoons baking powder
1/4 cup sour cream
1/4 cup water
1/4 cup chopped, stewed prunes
1/4 cup chopped almonds (optional)

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 allergies 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 1/2 cups rye bread
1/2 cup sugar (or more)
1/2 cup melted butter
1/4 cup apricots, canned or stewed

Mix the bread crumbs with the melted butter. Arrange a 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

STAYTON — Tall baskets of cerise gladioluses decorated the immaculate Conception Catholic Church Saturday morning at 11 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 Salem.

The Rev. Math. Jonas officiated at the double ring ceremony. Miss Josephine Brand was organist and Mrs. Robert Sullivan of Salem, sang.

The bride wore a gown of white eyelet embroidery over organza, 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 Jeapette 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 Lavinder, Lafayette, Calif., were bridesmaids. All wore white floor-length gowns which had pink flocking with matching picture 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 Heister, and Stanford Smith.

For her daughter's wedding, Mrs. Spaniol wore a dress of navy blue with matching accessories and corsage of white cymbidium orchids. Mrs. Prugh attended the wedding wearing a suit of light blue silk faille with black accessories and a corsage of gardenias.

A reception in the garden of the Spaniol home followed the ceremony. Mrs. Edwin L. Jenkins of Hillsboro, cut the cake. Mrs. John McKeivitt of Eugene was at the coffee urn. Assisting

Beginners Dance Class

The Homesteaders dance will be held Friday night at the Izak Walton clubhouse at 8 p.m. Guests are invited to attend. Homesteaders are starting a beginners class in square dancing and any couple wishing to learn should register soon. Registration closes after the third session. The second session will be held in the West Salem City Hall, Thursday, September 1 at 7:45 p.m.

Engagements Revealed by Two Couples

The ever-growing list of bride-elect is augmented this morning with two betrothal announcements.

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 Salem High School and her fiancé 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 betrothal 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 Salem Academy and Northwest Nazarene College at Nampa, Idaho. Her fiancé also attended Salem Academy and Seattle Pacific College. Sergeant Reimer is stationed at Camp Pendleton with the U.S. Marine Corps.

Mr. and Mrs. Lawrence Smith, Mrs. James Briles, Miss Sandra Davis, Miss Sally Studnick, Miss Carol Courtney and Miss Rose Foltz.

When the couple left on a trip to Mexico, the bride wore a winter cotton of charcoal and blue with black accessories and a corsage of lavender orchids. After September 18 they will be at home at Las Cruces, N.M.

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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 Prugh of Salem. (Jesten-Miller Studio).

Brewsters Make Official Visits

Mr. and Mrs. Archie Brewster, Dr. and Mrs. Roy Reynolds, Mr. and Mrs. Roy Reynolds, Dr. and Mrs. Jay Harnsberger, Dr. and Mrs. Evan Reynolds and Miss Ellen Reynolds attended a district meeting at Hudson Park near Rainier on August 21, August 28 Mr. and Mrs. Brewster and Mr. and Mrs. Jay Harnsberger attended a district meeting at Eugene.

Church Rites Unite Couple On Sunday

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

Miss Gaynelle Metheny was the vocalist and Miss Janet Pearsall was the pianist. Miss Phyllis Newland lighted the tapers.

The bride wore her sister's wedding gown of white marquisette and lace fashioned with lace panels on the skirt and a ruffle around the bottom extending into a short train. A Juliet cap of lace and seed pearls held in place her fingertip illusion veil. She carried a bouquet of white stephanotis centered with a white orchid.

Mrs. Henry E. Lehnher of Jefferson was her sister's honor matron and she wore a white organza waltz dress and carried yellow tuberous begonias. Miss Carolyn Haselebacher was the bridesmaid and she wore a yellow net and taffeta dress and carried white begonias.

C. F. McCrary served as best man for his stepson and ushers were Harry E. Lehnher and Donald McCrary, brother of the groom. Groom's Sister Flower Girl Flower girl was Wynell McCrary, 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 accessories. Their corsages were pink roses.

A reception was held in the church parlors. Pouring were Miss

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, they tell us.

WILLAMINA—Miss Bonnie King was given a bridal shower by Mrs. Gerald Edwards and Mrs. Frank Smelser at the Smelser home. Guests were Mrs. George King, Mrs. Evert Gess, Mrs. Oscar Rudig, Mrs. Charles Hodson, Mrs. Ellis Bryant, Mrs. Bill Lash, Mrs. Kenneth Matthews, Mrs. Martin Myers, Mrs. Oscar Noreen, Mrs. Alfred Yoast, Mrs. Gay Barnett, all of Willamina, Mrs. Martin Grosser of Sheridan, and Mrs. Leonard Hewitt and Mrs. Arthur Hewitt of Grand Ronde.

Grace Klampe and Mrs. Herbert Stepper. Cutting the cake were Mrs. Jack Wohlgemuth. Assisting were Misses Marilyn Myers, Pat Burris, Gelbera Bates, Shirley Pugh and Lois Cann.

After a wedding trip to San Francisco, the newlyweds will live in Salem at 921 S. 13th St. For traveling she wore a costume ensemble of slate blue with yellow and grey accessories.

Circus, Revue and Racing **STATE FAIR** Ticket Sale Now **STATE and LIBERTY** 10 to 6 Daily Except Sunday

Roberts Bros.
177 North Liberty

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Values to \$25.00 **LADIES SHORTY COATS \$9.99**

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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.

Farewell Party Fetes Matron

Mrs. Arthur Rockefeller, Mrs. Ray Wolf, Mrs. Axel Jacobsen and Mrs. Earl Burke were hostesses for a farewell party at the former's home in compliment to Mrs. Al Niederberger, who is moving to Springfield. A dessert supper was served and a gift presented to the honor guest.

Honoring Mrs. Niederberger were Mesdames Bill Bowman, Mary Cox, Vernon Decatur, Scott Ebricht, Leon Hansen, Oval Harris, C. M. Hixson, Lennie Irvine, Laura Johnson, Trilla Oatman, Nora Pearce, Tom Romaine, Harvey Scheidel, Wanda Smith, George Thomas, Ray Heckinger, Kerby Johnson, Misses Janice Burk, Betty Jean Bergner, Carolyn Neiderberger, Mrs. Frank Carnathan and Christie Carnathan of Portland, and the hostesses.

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TOP FIGURE: Perfect uplift with clever stitching and elastic inserts for perfect separation. Wonderful, easy-to-wash fabrics.

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

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