

Hungry Cook

First Fall Nippiness Brings Along Good Appetites, Desire to Cook

By MAXINE BUREN
Statesman Woman's Editor

Though most of us would place summertime as the best season of the year, many draw a happy breath when the first fall chill is felt in the air. For it's then that good appetites make eating a real pleasure and cooking becomes important.

Most all of us get a bit weary with tossed salads and light desserts as a steady diet, no matter how fond we are of them earlier in the season, and welcome something like a good hot casserole dish or a delicious rich dessert for dinner.

Some fresh corn cut from the cob might make a welcome baked dish when a bit of cottage cheese is used. Of course, if preferred, you can use canned corn.

COTTAGE BAKED CORN

1 cup milk
1 tablespoon sugar
2 tablespoons flour
1 teaspoon salt
3 eggs beaten

1½ cups cottage cheese
2 cups corn, cut from cob
¼ cup minced green pepper
8 slices crumbled bacon

Scald milk, pour over sugar, flour, salt and eggs that have been mixed together. Blend. Stir in cottage cheese, corn, green pepper and bacon and put into a casserole. Bake in a pan of hot water at 350 degrees for 50 to 60 minutes. Serves 6.

Or how about using some sour cream (found at most grocery stores now) in a fish dish.

FISH FILLET PUFFS

2 pounds fillet of sole
2 tablespoons lemon juice
2 egg whites

1 cup sour cream
¼ teaspoon mustard
½ teaspoon salt

Arrange the sole (or other fish of your preference) on a shallow baking dish and season with lemon juice. Combine egg whites, cream, mustard and salt and spread over fish. Bake in a hot oven (425 degrees) for 15 minutes or until topping is puffed and golden.

What about a good Swiss steak with herbs? First see that you've marjoram, summer savory, onion and garlic in the house, then proceed. This is for 6 servings, cut 'er down if you've a small family.

SWISS STEAK WITH HERBS

3 pounds Swiss steak
(2 inches thick)
½ cup flour
½ teaspoon salt
Dash of pepper
Fat or suet

Cayenne pepper
1 teaspoon marjoram
½ teaspoon summer savory
1 onion
1 clove garlic

Boiling water
Wipe meat with damp cloth, pound flour into it. It may take some time, as this is quite a bit, so rub and pound it as much as it will take, then set meat aside for half an hour, and add more. Only with this much flour will the meat be just right.

Fry out suet or melt fat, brown meat quickly on both sides, then put into a heavy skillet or Dutch oven, sprinkle very lightly with cayenne, add herbs and garlic, slice onion on top, pour on water enough to barely cover sides of meat, being careful not to wash away herbs. Cover, simmer 2 hours, basting with liquid in pan. At end of first 1½ hours, taste for seasoning. Spoon gravy over top when serving. Serves 6.



Square Dance Clubs Open Season

Square-dancing clubs are launching their fall activities with new classes for the coming season. The YMCA opened a class for beginners a week ago. Classes will be held each Wednesday at the YW between 7:30 and 9 p.m. for all those interested in learning to square dance. This class is under the direction of Clyde Charters, well known Willamette Valley caller and dance instructor.

A social square dance group also meets at the YMCA each Wednesday evening.

Mr. Charters will be the master of ceremonies for the opening dance of the Gatesvengers on Thursday, Sept. 22 at the Washington School from 8 p.m. to 10:30 p.m. He will conduct and instruct the group during the coming season. Guests are always welcome to attend.

Chairmen for Year Named

Mrs. Marvin Miller, president of the West Salem Lions Auxiliary, announced her committee chairmen for the ensuing year at the Monday night meeting at the home of Mrs. E. R. Osborn.

Chairmen include Mrs. Richard Smith, membership; Mrs. Wallace Carlson, program; Mrs. C. A. Rust, historian; Mrs. Richard Covert, inter-club chairman; Mrs. Earl Burk, cheer; Mrs. Leon Tallman, hostess; and Mrs. Chester McCain, Lion Tamer.

The auxiliary voted to continue adopting shut-in pals from the Tuberculosis Hospital. Coffee was served with Mrs. Marvin Miller the co-hostess. The October meeting will be held at the home of Mrs. McCain. A guest was Mrs. C. U. Babbs of San Fernando, Calif.

The Social Afternoon Club of Ainsworth chapter, OES will hold its monthly luncheon Thursday at the Masonic Temple at 12 o'clock. A short program will be presented during the luncheon.

Modern Etiquette
By ROBERTA LEE

Q. What should a person do when with others and they are discussing some subject about which you know nothing?

A. Listen attentively. One may also ask an occasional question to show interest. Do not try to convince the others you are well informed, nor try to change the subject.

Q. Should a dinner guest always push his chair back under the table when leaving it?

A. Not unless space is limited, and his chair would impede the passage of other persons.

Q. Is it permissible for the bride's attendants also to wear white?

A. While this is not customary, it is quite all right if the bride wishes.

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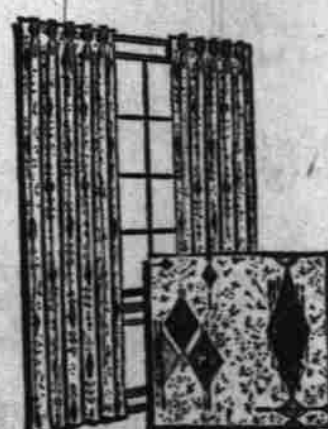
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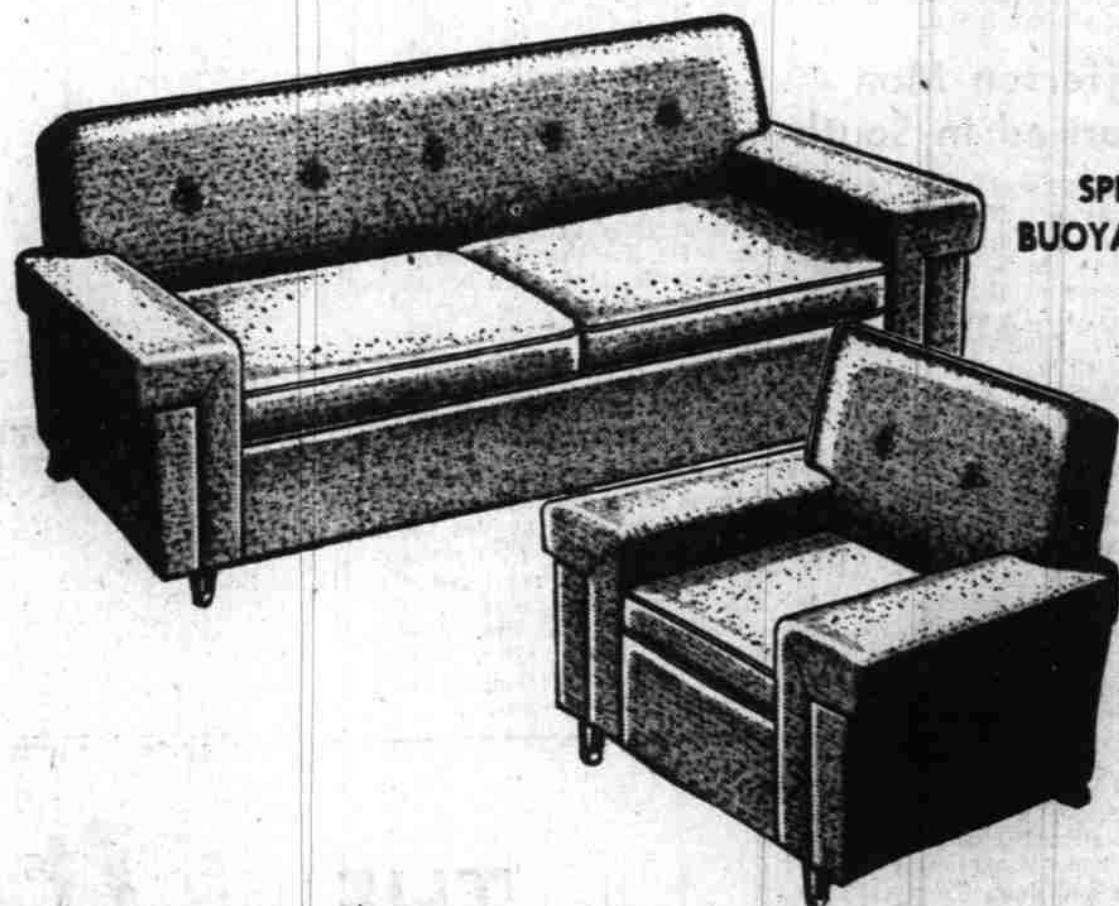
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