

# CAPITAL JOURNAL COOKING SCHOOL

## LOCAL DEALERS SHOW INTEREST IN COOKING SCHOOL

Local dealers are lending every cooperation to the Capital Journal in making possible the First Annual Electric Cooking School. The prizes in most part have been contributed by local merchants who were able to see the benefit that would be derived for the ladies of Salem by having the school held here.

The first prize for the best cake will be a Hot Point electric range by the Portland Electric Power Co.

Second in the cake division is a forty-two piece set of dishes by the Stiff Furniture Co.; third prize for the cake American Club canned goods by the Willamette Grocery Co.; fourth will be a nine pound can of Crisco; fifth a six pound can of Crisco by Proctor & Gamble Co.

In the pie division the prizes are as follows: first a Eureka Vacuum cleaner, complete with attachment by the Eureka Vacuum Cleaner company; second, an electric Grill by the Bronnell Electric company; third, a forty-nine pound sack of Princess flour by the Willamette Grocery company; fourth, a nine pound can of Crisco; fifth, a six pound can of Crisco; sixth, a three pound can of Crisco by the Proctor & Gamble Co.

The contest will feature the last day of the school, Nov. 25, entries will be made between 10 a. m. and two of that day and the prizes will be awarded immediately after the class.

## Cooking Authority Here



Miss Bernice Lowen, Domestic Science Expert, who arrived here today to open the Capital Journal Free Electric Cooking School.

With the arrival of Miss Lowen, Domestic Science Expert and National Cooking Authority, arrangements for the Capital Journal Free Electric Cooking School reaches a climax. Everything is in readiness at the Salem Armory for the opening class Monday afternoon.

Although the doors will be open at 12:30 p. m., the actual program will not commence until 1:00, when the opening feature will be enacted by Sherman, Clay Selections & Co. A wonderful new Duo-art self-playing piano will render a few numbers for the audience, and Viola Hofman will play several violin selections, and then promptly at 2 p. m. Miss Lowen will be introduced and will proceed with her duties according to the opening day's program.

**PATRONESSES READY**  
True to her profession, no sooner had Miss Lowen arrived in Salem than she was checking up on the various advance details at the

**Musical Program**  
Although the doors will be open at 12:30 p. m., the actual program will not commence until 1:00, when the opening feature will be enacted by Sherman, Clay Selections & Co. A wonderful new Duo-art self-playing piano will render a few numbers for the audience, and Viola Hofman will play several violin selections, and then promptly at 2 p. m. Miss Lowen will be introduced and will proceed with her duties according to the opening day's program.

**Anticipating a large attendance at the classes, the Capital Journal has provided ample seating capacity in the Armory. No seats will be reserved, so those who come early will have their choice of seats.**

**QUESTION BOX**  
A school would not be deserving of the name unless questions were asked and answered. The Free Electric Cooking School will provide for answers to all questions without embarrassment to the person desiring the information. Each guest will be handed a program as they enter the school room. At the bottom of this program will be a detachable question card, which when filled out may be dropped in the question box. The answer will be given by Miss Lowen on the following day.

**TUESDAY Angel Food Cake**  
Whites of 11 eggs, 1/2 teaspoon salt, 1 1/2 cups of granulated sugar, 1 teaspoon cream tartar, 1 cup pastry flour, 1 teaspoon lemon extract. Add salt to egg whites and when half beaten, sift in cream tartar; continue to beat and when stiff, spoon in the sugar; then add lemon extract, and last fold in flour slowly (flour

**Sandwich Loaf**  
Trim crusts from a loaf of white bread and cut lengthwise in four slices. Between first two spread a mixture of hard-cooked egg, bacon, all diced, seasoned and mixed with mayonnaise. For the second layer use chopped walnuts, stuffed olives and mayonnaise. Fill the third layer with

**Stuffed Cabbage**  
One solid head cabbage, 1 pound left-over meat, 1 cupful breadcrumbs, 1-4 cup milk, 1 egg, 1/2 teaspoon salt, salt and pepper. Select a well-shaped head of cabbage, weighing about 3 pounds. Cut a slice off the top and hollow out the cabbage, leaving a thin shell. Make a stuffing of the other ingredients and pack into the cabbage. Fill only 3/4 full. Tie in a cheesecloth to preserve shape. In the Cooker pot add 1 pint of water, bring to the boiling point on "High." Place cabbage in the cooker, continue "High" 15 minutes then "Low" for one hour. Serve with tomato sauce.

**Orange Biscuits**  
Two cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 3 tablespoons lard or other fat, 1/2 cup sweet milk. Sift together dry ingredients. Add shortening and cut into flour until well blended. Grate rind of orange and blend. Add milk; mix with a fork to a soft dough. Turn on a lightly floured board, knead lightly. Roll to 1/2-inch thickness and cut into small biscuits. Into a cup place juice of orange. Immerse small cubes of sugar and when moist place cube of sugar in center of each biscuit.

**Preheat oven to 450 degrees. Turn upper unit "Off," set "Heat Control" at 450 degrees and bake ten minutes.**

**Pyramid Sandwich (Commencing at Base)**  
Let round 3 inches in diameter, spread with currant jelly.

2nd round 3 inches in diameter, spread with cottage cheese and finely chopped almonds.

3rd round 2 1/2 inches in diameter, spread with slices of tomato, lettuce and mayonnaise.

4th round 2 1/2 inches in diameter, spread with white meat of chicken, lettuce and mayonnaise.

5th round 2 1/2 inches in diameter, spread with green pepper, lettuce and mayonnaise.

6th round 2 inches in diameter, spread with chopped olives, finely chopped nuts and a little mayonnaise.

**Preheat oven to 450 degrees. Turn upper unit "Off," set "Heat Control" at 450 degrees and bake ten minutes.**

**Preheat upper oven unit on "High" for 10 minutes. Place broiling pan and rack about 1 inch below the upper coil, and when quite hot, remove and place the steak upon the rack, placing as close to upper heating unit as can be conveniently handled. Sear first surface of steak and turn; continue on "High." Let brown well, turn again and brown. Remove to platter, season with salt, pepper and butter. Oven vent directly for broiling and always "High" heat for broiling. Time for broiling this steak will average 10 minutes to 12 minutes. Garnish platter with mashed potatoes, peppers, tomatoes, tomato and parsley.**

**Cranberry Jelly**  
Wash 4 cups cranberries and add 1 cup water. Cook on surface unit "high" until tender, about 15 minutes. Remove and press through colander—add 2 cups sugar and boil about 3 minutes or until jelly. Fill moulds and set aside to cool.

**Boiled Salad Dressing**  
Four tablespoons sugar, 4 table-spoons flour, 1 teaspoon salt, 1 teaspoon mustard, 1/2 teaspoon red pepper, 1 1/2 cup boiling water 2 eggs, 1-3 cup lemon juice or vinegar. Mix and sift dry ingredients. Add water gradually, stirring constantly. Cook in double boiler until thick and smooth. Beat eggs slightly; add to cooked mixture and let cook 1 minute. Add lemon juice or vinegar and beat well.

**Mayonnaise Dressing**  
A double boiler of the 3-pint size is most convenient in making this mayonnaise. Place egg and water in lower part and insert upper part. Drop in 1/2 teaspoon of mustard, 1/2 teaspoon salt, few grains cayenne, 1 whole egg. Beat with Dover beater. Gradually add 2 cups of olive oil, very slow at first but more rapidly later on. At finish add 2 tablespoons lemon juice. Fold in whipped cream when ready to serve. Garnish with paprika.

**Nut and Orange Loaf**  
Sift together 5 cups flour, 1 cup Graham flour, 1 teaspoon salt,

and sugar sifted separately 4 times. Moisten angel food pan, with cold water, shake free from water and pour in the mixture. Place cake in Hotpoint Electric Oven—the oven being cold. Set "Heat Control" for 350 degrees. Turn on lower switch and bake one hour.

**Fruit Salad**  
Four tablespoons granulated gelatine, 1 cup cold water, 5 cups boiling water, 1 1/2 cup sugar, 1/2 cup lemon juice, 1/2 cup orange juice. Soak gelatine 5 minutes in cold water, dissolve in boiling water, strain and add sugar and fruit juice. When about to harden add any kind of fruit desired and turn into center of cake to mold.

**Royal Icing**  
Two cups sugar, 2-3 cup boiling water, 1-15 teaspoon cream tartar, 1/2 cup sugar, 5 egg whites, 1 teaspoon lemon juice. Place 2 cups of sugar in saucepan and add boiling water. Use surface heating unit "High." Stir until sugar dissolves, then wipe down sides of pan. Cover until boiling point is reached, then add cream tartar and boil until syrup spins a thread. Beat egg whites very stiff and gradually add the cup sugar. Add syrup gradually to egg whites. Place pan over steam and recock until icing will hold form.

**Monte Carlo Salad**  
Arrange on chop plate a head of cauliflower which has been steamed, seasoned and saturated with the first dressing given below. Around the cauliflower, arrange a border of shrimp, next a border of egg yolks (hard cooked) next a border of egg whites, and edge of lettuce and parsley. Serve with the second dressing given below.

**Boiled Salad Dressing**  
Four tablespoons sugar, 4 table-spoons flour, 1 teaspoon salt, 1 teaspoon mustard, 1/2 teaspoon red pepper, 1 1/2 cup boiling water 2 eggs, 1-3 cup lemon juice or vinegar. Mix and sift dry ingredients. Add water gradually, stirring constantly. Cook in double boiler until thick and smooth. Beat eggs slightly; add to cooked mixture and let cook 1 minute. Add lemon juice or vinegar and beat well.

**Mayonnaise Dressing**  
A double boiler of the 3-pint size is most convenient in making this mayonnaise. Place egg and water in lower part and insert upper part. Drop in 1/2 teaspoon of mustard, 1/2 teaspoon salt, few grains cayenne, 1 whole egg. Beat with Dover beater. Gradually add 2 cups of olive oil, very slow at first but more rapidly later on. At finish add 2 tablespoons lemon juice. Fold in whipped cream when ready to serve. Garnish with paprika.

**Nut and Orange Loaf**  
Sift together 5 cups flour, 1 cup Graham flour, 1 teaspoon salt,

## Coolidge Cook



Leona Baldwin, of Montpelier, Vt., will head a group of Girl Scouts to the White House, where she will direct them in the preparation of the Coolidges' Thanksgiving dinner. The turkey, raised on the Baldwin farm, will grace the table.

6 teaspoons baking powder, 1 cup sugar. Add 1/2 cup candied orange and 1/2 cup chopped pecan nut meats. Mix thoroughly. Beat 2 eggs, add 1 1/2 cups milk and add gradually to first mixture. Turn into an oiled bread pan. This makes one large or two small loaves.

**Preheat Electric Oven to 350 degrees. Turn upper unit "Off," lower unit "Medium," with temperature control set for 350 degrees. Bake one hour.**

**Boiled Porterhouse Steak**  
Wipe a 1-inch or more porterhouse steak with piece of cheesecloth wrung from cold water. Skewer together, if necessary.

Preheat upper oven unit on "High" for 10 minutes. Place broiling pan and rack about 1 inch below the upper coil, and when quite hot, remove and place the steak upon the rack, placing as close to upper heating unit as can be conveniently handled. Sear first surface of steak and turn; continue on "High." Let brown well, turn again and brown. Remove to platter, season with salt, pepper and butter. Oven vent directly for broiling and always "High" heat for broiling. Time for broiling this steak will average 10 minutes to 12 minutes. Garnish platter with mashed potatoes, peppers, tomatoes, tomato and parsley.

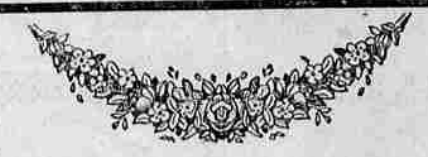
**Cranberry Jelly**  
Wash 4 cups cranberries and add 1 cup water. Cook on surface unit "high" until tender, about 15 minutes. Remove and press through colander—add 2 cups sugar and boil about 3 minutes or until jelly. Fill moulds and set aside to cool.

Winter's Rainbow  
Foley's Honey and Tar  
Coughs  
Colds  
Quick Relief  
For Old and Young

**DISTURBANCE IN A LOCAL THEATRE**  
The patrons of a local show house were very much disturbed and annoyed by the continuous coughing of a person in the audience. Don't be a nuisance because you have a cough or cold. A few doses of Foley's Honey and Tar Compound taken promptly will bring speedy relief. Mrs. W. A. Clary, White Plains, Va., writes: "We have used Foley's Honey and Tar Compound for colds and bad coughs with splendid results."

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## Kitchenware



A wonderful collection of labor saving devices to lighten the labor for the good housewife. Call any time and talk it over with us.

Use our Easy Payment Plan to equip your kitchen and dining room.

**GAHLS DORF'S**  
STORE OF HOUSEWARES

# Miss Lowen Has Selected For Her Daily Menu

- FONTANA NOODLES
- WHITE STAR TUNA
- AMERICAN CLUB PEAS
- AMER. TINY REF. BEANS
- DELMONTE FRUITS
- ASPARAGUS TIPS
- PINEAPPLE

A cooking expert such as Miss Bernice Lowen surely realizes the necessity of using good materials. You will learn many cooking ideas from her lectures at the Cooking School next week—and, incidentally, you would do well to note the brands of products she uses.

# Willamette Grocery Co.

"Wholesale Grocers"

If your grocer does not happen to have them in stock he will get them for you if requested.

## Sherman, Clay & Co.

presents the  
INCOMPARABLE  
DUO-ART  
REPRODUCING

## PIANO

in concert daily from 1 to 2 p. m., at the

Salem Armory  
Monday, Tuesday,  
Wednesday

Solos played by the world's greatest artists, Paderewski, Hofmann, Corot and many more, on the Duo-Art will be given each day and the Duo-Art will also be used as accompanist to Viola Vercler Hofman playing the violin in solo.



A cordial invitation is extended to hear the Duo-Art in these special concerts or at any time at our store.

## Sherman, Clay & Co.

## MENUS

### Every Man Likes Pie

To make good pastry have all ingredients cold. Use plenty of shortening, as little water as possible—just enough to hold the pastry together. Handle as little as possible and bake in a piping hot oven. Custard pies are better flavored if baked in a baked pie shell. Do not stretch pastry when putting it into pan.

**Apple Pie**  
Plain Pie Paste—2 cups flour, 2-3 cup shortening, about 6 tablespoons cold water and 1/2 teaspoon salt. Sift flour and salt, chop in shortening and sprinkle in water.

4 to 6 tart apples  
1/2 cup cold water  
1 cup sugar  
1 teaspoon nutmeg  
1 teaspoon butter  
Bake 50 minutes. Heat oven to 450 degrees, leave pit in at this heat for 20 minutes and then reduce heat to finish baking.

**Delicious Apple Tarts**  
1 cup apple pulp  
1 tablespoon butter  
Sugar to taste  
1 teaspoon lemon juice  
1 teaspoon grated lemon rind  
Pile all ingredients into a well baked pie shell, garnish with whipped cream and candied cherries.

**Banana Roll**  
Peel bananas and cut into halves crosswise. Roll puff paste to one-eighth thickness. Cut into pieces. Dip each piece into ice water and then wrap it around a piece of the banana. Bake at 400 degrees for 25 minutes. Place the side where the crust meets down in the baking pan. Serve with fruit sauce.

**Honolulu Pineapple Pie**  
To make a good fat pie, use:  
3 cups of grated, drained pineapple  
3/4 of a cup of sugar  
3 tablespoons corn starch  
3 egg yolks  
3 tablespoons of butter  
Mix the corn starch and the sugar together. Heat the pineapple and then the dry ingredients and then the egg yolks and cook until it has thickened. Remove and add the butter, and when cool pour into a baked pie shell. Cover with meringue made of the three egg whites and 7 tablespoons sugar. Delicious.

**Crabapple Puffs**  
Line muffin tins with puff paste, fill with crabapple jelly, cover with paste and bake for about 15 minutes at 400 degrees. Remove from the while hot and serve with melted crabapple jelly.

**Custard Pie**  
4 eggs  
1 teaspoon vanilla  
1/2 cup sugar  
2 1/2 cups of milk  
1/2 teaspoon nutmeg  
Pinch of salt  
Beat eggs and sugar together until lemon colored. Add nutmeg and 1/2 vanilla to milk and add to the egg and sugar mixture. Pour this mixture into an unbaked pie paste and bake for about 10 minutes. Put pie into a hot oven (450 degrees) for 15 minutes or until crust begins to brown, then reduce heat and finish baking until custard is firm.

### MISCELLANEOUS RECIPES

**Eggs in Bacon Rings**  
6 long slices of bacon  
6 eggs  
Salt and pepper and parsley  
Arrange the slices of bacon around the inside of muffin pans or small ramekins. Break an egg inside of each bacon ring and season with salt and pepper and bake until egg is set but not hard. Remove carefully so that eggs remain inside bacon rim. Garnish with parsley. Bake at 350 degrees for about 15 minutes.

**Apple Omelet**  
5 tart apples  
1/2 tablespoon butter  
1 cup sugar  
2 eggs  
Cinnamon or other spices  
Cook apples till very soft and then mash. Add the butter, the sugar, eggs and spices. Bake in a shallow pudding dish. Bake at 300 degrees for 20 minutes.

**Plain Fluffy Omelet**  
4 eggs  
4 tablespoons hot water and butter  
Salt and pepper to taste  
Beat the egg whites until stiff; beat the yolks until light and lemon colored, beat into the egg yolks and hot water and then add the salt and the pepper. Then fold in the beaten whites. Place batter into a thoroughly warmed, oiled pan. Cook slowly until puffy and then place in the oven until dry. When top can be touched without sticking, crease and fold over.

**Current Mint Sauce**  
2-3 cup of currant jelly  
2 tablespoons of chopped fresh mint and shavings from orange rind.  
Separate the jelly but do not beat it. Add the chopped mint

and the orange shavings. Serve around roasts.

**Jelly Sauce**  
1 glass jelly (currant or grape)  
1 teaspoon dry mustard  
Beat the jelly to a foam and then add the mustard and beat thoroughly.

**MONDAY Thickened Milk**  
The basis of many soups, creamed meats, fish, croquettes, vegetables, cooked salad dressing, puddings:

Melt two tablespoons butter in upper part of double boiler; add two tablespoons flour, one cup of milk, seasonings according to use. Add boiling water to lower part of double boiler—steam thirty minutes. Surface heating unit "High" in starting, then "Low."

**Noodle Souffle**  
White sauce, use above recipe, adding one teaspoon salt to mixture. When sauce is done, add 3 egg yolks. Remove from boiler, fold in three cups cooked noodles, rice or macaroni. Season with little onion, pepper, celery salt. Beat whites of eggs stiff and fold into mixture.