

# COOKING SCHOOL AT SALEM ARMORY

## MENUS

**Bread Is Our Best Food**  
Let's Eat More of It  
**KUT** — **CUT** — **KUT**  
Standard Yeast Roll Recipe  
2 cups scalded milk  
1 1/4 teaspoons salt  
4 tablespoons sugar  
1 yeast cake dissolved in 1/4 cup of warm water  
6 cups of bread flour  
4 tablespoons shortening (2 butter, 2 lard)

Into a large bowl pour the milk, sugar and salt. When cooled add the dissolved yeast cake and the shortening and when the mixture is entirely dissolved, add 5 cups of the flour and mix well and then add the other cup. Knead thoroughly. Set aside to double in bulk, and then cut down and let raise until again double in bulk, and then make up into small rolls or into any shape desired. Let raise again until doubled in bulk and then bake in a very hot oven (450 degrees F) for 15 minutes.

**Graham Gems**  
2 cups of graham flour  
2 tablespoons sugar  
3/4 teaspoon salt  
3-4 cup sour milk  
3/4 teaspoon butter  
1 egg

Mix and put together in a similar manner to making white flour muffins, but of course, do not sift the graham flour. Bake 25 minutes at 350 degrees.

**Corn Meal Muffins**  
1 cup corn meal  
1 cup white flour  
1/2 teaspoon salt

**Don't Fuss With Mustard Plasters**

**Musterole Works Without the Blister—Easier, Quicker**  
Don't mix a mess of mustard, flour and water when you can relieve pain, soreness or stiffness with a little clean, white Musterole.

Musterole is made of pure oil of mustard and other helpful ingredients, in the form of white ointment. It takes the place of mustard plasters, and will not blister. Musterole usually gives prompt relief from sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains, sore muscles, bruises, chilblains, frostbite, colds of the chest (it may prevent pneumonia).

**Jars & Tubes**  
**MUSTEROLE**  
WILL NOT BLISTER  
Better than a Mustard Plaster

1 cup milk  
1 egg  
2 tablespoons shortening  
4 teaspoons baking powder  
Bake 20 minutes at 400 degrees.  
**Scotch Scones**  
2 cups flour  
4 teaspoons baking powder  
4 tablespoons shortening  
2-3 cup of milk  
1 teaspoon salt

Mix in the general way and bake on a griddle, turning on both sides until a delicate brown. Split and butter while hot and these are most delicious served with a "wee bit o' jam." When serving place a napkin on a hot plate, place the scones on this and then fold over the corner of the napkin.

**Popovers**  
1 1/4 cups flour  
1/4 teaspoon sugar  
1 cup of sweetened milk  
2 eggs  
Mix all of the dry ingredients. Slowly add the milk (to prevent bubbles of flour forming). To the milk add the well beaten eggs.

Beat the entire mixture thoroughly (3 minutes at the least.) Have baking pans well oiled and bake at 400 degrees F. for about 35 minutes. A heavy cast metal muffin pan is best.

**French Toast**  
12 slices of bread (1/4 inch thick)  
2 eggs  
1/4 teaspoon salt  
2 cups of milk  
Powdered sugar  
Jelly or preserves, or marmalade

Beat the eggs, add the milk and the salt. Dip slices into this mixture and saute in a little hot fat until a delicate brown. Use butter for the fat. Sprinkle with powdered sugar and serve hot with jelly or preserves, or marmalade.

**Hotpoint Cinnamon Toast**  
Slice bread very thin and toast on Hotpoint Turnover Toaster until a delicate brown. While hot

sprinkle with melted butter and sprinkle generously with cinnamon and sugar mixture. Then place the slices under broiler unit in your Hotpoint Electric Range, with Orange Pekoe Tea.

**DURING THE TEENS**  
Healthful progress of a child depends upon the foods utilized during the age of growth and through the teens.

**Scott's Emulsion**  
of pure cod-liver oil is a vitamin-rich food that favorably influences growth and strength. It is a food- tonic of special value during the "teen-age."

Scott & Brown, Bloomfield, N. J.

**Quick Safe Relief CORNS**  
In one minute—or less—the pain ends. Dr. Scholl's Zino-pads is the safe, sure, healing treatment for corns. At drug and shoe stores.  
**Dr. Scholl's Zino-pads**  
Put one on—the pain is gone

## Quickest Hot Cereal



Ready in 2 minutes. New style H-O Quick Cooking Oats—the time-saving, energy-building breakfast dish. Toasted oat flakes that cook into firm, granular oatmeal. Appetizing—delicious—healthful. Filled with flavor—packed with nourishment. Smooth—firm in texture—yet retaining the necessary roughage for quick, easy digestion.

That "all-night-cooked" flavor in only two minutes!  
FOR MORE THAN 30 YEARS MAKERS OF QUALITY PRODUCTS  
H-O HORMEY'S OATS  
HICKORY CREAM PANINA  
HICKORY CREAM BUCKWHEAT FLOUR  
OLD HOMESTEAD PANCAKE FLOUR

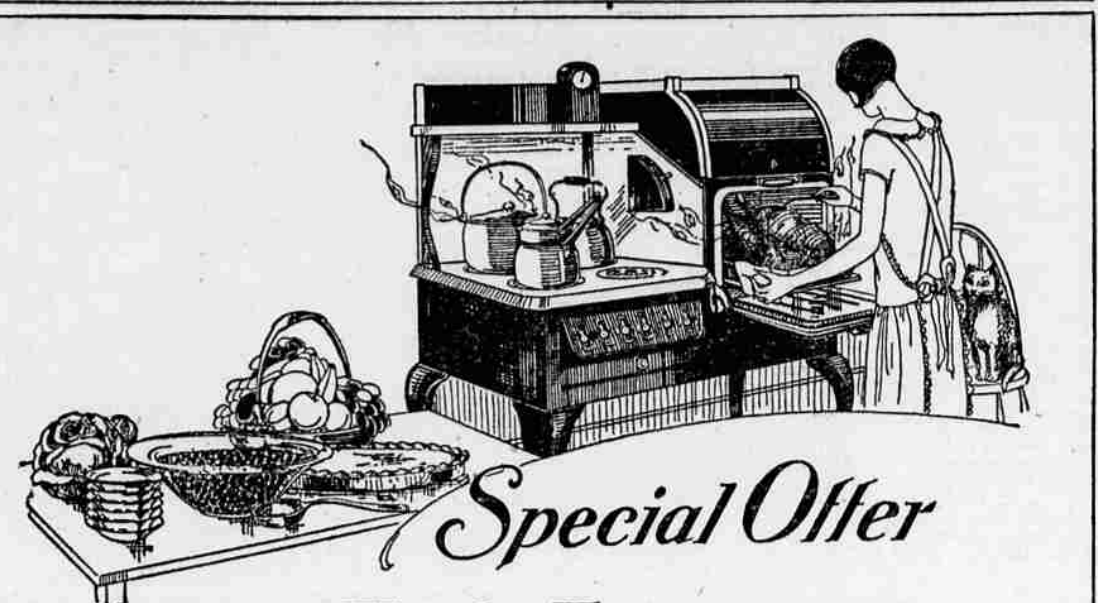


An educational tour of France, under the auspices of the French government, was made last summer by 130 boys and 20 teachers from the New York city schools.

The party was in charge of the director of foreign languages of the New York schools.

Journal Want Ads Pay

Journal Want Ads Pay



## Special Offer Ends To-morrow

It will be greatly to your advantage to come in and arrange to enjoy the opportunity afforded by the very convenient terms still in effect tomorrow!

You'll find an electrified, modernized kitchen so attractive, so pleasant that your baking and cooking will become a joy rather than a burden.

There are so many points of superiority about—the famous

## Hotpoint ELECTRIC RANGES

they are spoken of as "the almost human ranges."

Miss Lowen always uses a Hotpoint Range in her cooking school.

It is truly marvelous to see how they cook your meal—turning the oven heat ON and OFF—maintaining perfect oven temperature—whether you're home busy about other duties—or miles away—enjoying a drive in the Autumn woods, perhaps!

A Hotpoint Range is as easy to clean as a china plate. All corners are rounded. A single wipe with a damp cloth—and the top is cleaned!

With the Holiday season at hand—and big turkeys, other fowls, hams, roasts or other goodies to be baked—you'd enjoy a wonderful holiday with a new Hotpoint in your kitchen.

Why not have a Hotpoint for a practical holiday gift? It would be impossible to find a better!

Go to Miss Lowen's cooking school tomorrow—it is the last day—then come in and choose your Hotpoint on the most convenient terms ever offered here—

**\$14.45 DOWN** —the balance on convenient monthly terms.

We shall be glad to show you the various types and sizes. There's a HOTPOINT here for every home and we'd count it a privilege to show them to you.

**Portland Electric Power Co.**  
237 North Liberty St.  
Salem, Oregon



WEDNESDAY'S MENU

Roasting Turkey  
Dressing for Turkey  
Cranberry Jelly  
Plum Pudding  
Tip-Top Pastry  
Pumpkin Pie

## BUSICK'S

STANDARDIZED CASH STORES

SALEM  
CORVALLIS

ALBANY  
WOODBURN

## Cooking School Patrons Let Us Supply Your Needs

### CRISCO

3 lb. tins . . . . .67c  
6 lb. tins . . . . .1.23  
9 lb. tins . . . . .1.84

Fisher Blend

### FLOUR

49 lb. Sack

**\$2.29**

Crown Flour, 49 lb. sack

**\$2.29**

Vim Flour, 49 lb. Sack

**\$2.14**

Pure Cane

### SUGAR

100 lb. Sack

**\$5.53**

Schilling's Best

### COFFEE

1 lb. 55c

### GRAPENUTS

2 pkgs. 35c

### Flavoring Extracts

Schilling's Pure Vanilla and Lemon Extract.

### For the Puddin'

Raisins, Dates, Figs, Oregon Italian Prunes, Smyrna Figs, Currants, Citron, Orange and Lemon Peels.

### All the Fix'n

Cranberries, Sweet potatoes, Sweet Relishes, Salad Dressings, Salad Oil, Pimentos

Also many other items needed to complete Thanksgiving dinner such as spices, oranges, lemons, bananas, celery hearts, walnuts, almonds, filberts, mince meat, candies, sweet potatoes, also a generous supply of fresh vegetables.

### BAKING POWDER

Calumet, 1 lb. tins . . . . .29c  
2 1/2 lb. tins . . . . .57c  
5 lb. tins . . . . .1.10

### American Beauty

### SHRIMP

3 cans 45c

### Fancy White Meat

### TUNA

Fresh Large Size Tin

**27c**

1/4 lb. Size Tuna

**18c**

### Swans Down

### CAKE FLOUR

Large Size Sack

**39c**

### BRANDY

For Sauces—2 oz. Glass

**39c**

Rum for sauces . . . . .39c