

# THURS. FRI. AND SATURDAY

## ECONOMY WITH FOOD QUALITY IS EXPLAINED

The rapid progress made in recent years in the field of domestic science is due primarily to the great amount of time and money being expended by the leading universities, and manufacturers of foods and cooking equipment, on research work.

The results of this research are being used by schools in their domestic science courses to teach housewives of tomorrow the new and important methods of cooking. The housewife of today is made acquainted with the progress attained in this field through the medium of newspapers, magazines, and local temporary domestic science courses, such as the Westinghouse Cooking School, being conducted by the Capital Journal, February 12, 14, 15, and 16. This course, given gratis by the Journal, is of real benefit to the women of Salem since it enables the housewife to prepare better meals for her family with greater economy.

Domestic science is the complete knowledge of the constituents of foods and the best methods of preparing them. The amount of protein in a food determines its value as a builder of muscle. Meat has the greatest percentage of protein of any organic food substance known. That alone makes meat the most important article of diet on the menu. The amount of protein in the various cuts of meats is practically the same, the difference being the amount of fat, calories. Proper cooking methods make the cheaper cuts as palatable as the choicest and most expensive ones.

There are three methods of preparing meats for the table. It is possible for the housewife to keep well within her budget on food expenditures—provided she uses all of these methods wisely. The first method, commonly known as broiling, is recommended for choice, expensive cuts. Intense heat is applied for a short period which sears the meat and seals in the juices. The second method for the less expensive cuts consists of placing the meat in cold water and cooking for several hours at a low or medium temperature. The toughest cuts are in this way made tender and palatable. This method is commonly called stewing. In the third method—known as roasting—the meat is placed in a cold oven and the temperature quite rapidly brought to the searing point. As in the first method, this seals in the juices. The cooking is then completed by a gradual falling off of the temperature from the searing point to a lower temperature. Cooking continues, however, during the entire period. This is the method which produces the famous Flavor Zone food in the oven of the Westinghouse Electric range which is being used at the Journal's Cooking School.

Vegetables and fruits are necessary for the mineral substances which they contain. Vitamins and mineral salts are essential to the proper development of the bodies of both children and adults. The fallacy that vegetables should be boiled has been totally exposed by modern domestic science research. It has been definitely ascertained that in percent vegetables as high as 31.39 per cent of the vital food elements are lost. Steaming is now the accepted method of cooking

## BAKING CONTEST RULES

The rules are few and simple—here they are:

Articles entered in this contest are to be baked at home in any kind of stove or range.

Any person in Marion or Polk county is entitled to enter this baking contest, except of course, professional cooks and employees of the Capital Journal and their families, or persons who have won a first or second prize from this school in past contests.

The contest is to be divided into two classes: Pie and Cake. The cakes will be divided into three divisions as follows:

Layer cake, first, second, third and fourth prizes.

Angel cake, first, second, third and fourth prizes.

Loaf cake, first, second, third and fourth prizes.

The Grand Prize will be awarded for the best cake in all divisions and the winner of the Grand Prize will not receive a division prize. The prizes in that division being awarded to the second, third, fourth and fifth best cakes.

Any kind of pie or cake may be entered.

All food after it is judged and the prizes awarded will be sold and the proceeds given to some charitable institution.

Prize winning cakes and pies will be displayed in a downtown window and will NOT be returned to the entrants.

Entries will be made between 9 and 12 o'clock Saturday, February 16th next door to the property of the Capital Journal, on High street.

Please do not bring in your entry on a plate you wish to keep. POSITIVELY no plates can be returned.

The judging of the pies and cakes will be handled by a board of judges selected by the Capital Journal. In all cases their decisions will be final.

All food after it is judged and the prizes awarded will be sold and the proceeds given to some charitable institution.

Prize winning cakes and pies will be displayed in a downtown window and will NOT be returned to the entrants.

Vegetables. Vegetables may be placed in a tightly covered vessel which has only sufficient water to form steam at the boiling point to prevent scorching. This method is performed in the oven. With a double boiler or steaming utensil, the vegetables may be satisfactorily steamed on a platform unit.

The salad is probably the most accepted addition to a well-balanced menu. This dish, by furnishing the necessary nourishment to build bones and teeth, not only satisfies the palate, but in reality safeguards the health. It has been proven by chemists that many of the minerals contained in food are lost through cooking. Salads provide an excellent means of serving vegetables in the raw or uncooked state. Especially in summer when body fatigue is more perceptible, salads should form an important phase of the principal meals.

Because of the carbohydrates which they contain, pastries are necessary to supply the body with heat. Much of the indigestibility attributed to this form of food is in reality the fault of the cook. When dough is placed in the oven the water it contains turns to steam and the pressure exerted breaks the small particles of starch.

The protein of the flour stiffens

about the bubble formed through these miniature explosions and a light, porous, easily digestible substance results. Guesswork in preparing pastries invites disaster and can be eliminated only through a thorough knowledge of oven temperature conditions. The electric range provides this positive knowledge and performs the operation automatically.

During the warm seasons the most popular form of diet includes frozen dishes and iced drinks. Digestive inconveniences during the summer months of light foods of a summer army easily be avoided by low calorie value. Frozen salads made from gelatin, raw vegetables and fruits are very attractive in the most exacting household. Ice cream and iced tea or coffee round out any delicious menu.

The Journal's Cooking school is being held in the Elsinore theatre on High street. The doors will be opened at 2 p. m. daily and each woman will receive a copy of the Flavor Zone menu to be prepared that day.

ATTENDS PORTLAND MEET. Hubbard—Dr. Ethel Riley spent Tuesday in Portland attending to her duties as a member of the state board of chiropractors.

## MOLALLA HAS MEET TO PLAN FOR BUCKAROO

Hubbard—Dr. and Mrs. P. O. Riley were in Molalla Monday evening, the former to attend a special meeting of the Molalla firemen and the latter as guest at the Gordon Taylor home.

The special meeting was called for the purpose of planning the annual Buckaroo to be held July 2, 3 and 4 at Molalla. The meeting proved most enthusiastic and many plans were made to improve the rodeo over what it has been in past years in order to provide better and more seating for the immense crowds attending.

\$10,000 was set aside for that purpose. This money will be used to rebuild and add to the grandstand and the parking space for cars.

It was further planned to make the first day fully as big a day as the last day and that all entries and entertainment provided would be complete the day before the rodeo opens.

GERVAIS

A. E. Clement, U. S. postal inspector, made his official visit to Gervais postoffice Monday afternoon.

Fred Turner of Portland visited with his two small daughters Sunday at the home of Mr. and Mrs. Sumner Stevens.

Mr. and Mrs. Matt Bann and two sons were guests of Mr. and Mrs. S. D. Manning on Monday.

I. V. MacAdoo, editor of the G. W. DeLay house and will move here as soon as the weather permits.

Sunday Mr. and Mrs. S. D. Manning gave a dinner party honoring the birthday of their daughter, Mrs. Harold Aspinwall. Their guests included Mr. and Mrs. I. B. Jenson and children of Portland, Mr. and

Mrs. Harold Aspinwall of Woodburn, Cecil Manning, Kenneth Manning and the host and hostess. Mrs. J. V. Keppinger of Tait arrived here Saturday and will spend the week visiting at the home of her parents, Mr. and Mrs. Brasil De Jardin.

Mr. and Mrs. G. J. Moisan accompanied by Mrs. Sumner Stevens and Benjamin Moisan motored to Portland Monday on a business trip. Benjamin Moisan will remain for the week in the city.

CLUB MEETS THURSDAY

Brooks—The Brooks Community club will hold its regular meeting on Thursday afternoon at the home of Mrs. Frank Ramp. Miss Ellen Hackitt and Mrs. C. A. Bailey will assist Mrs. Ramp at the tea hour.

Independence—George Strong of Calgary, Canada, a boyhood friend of E. A. Weddle, called here this week to visit his friend and family. This is their first meeting in 30 years.

## BRUSH CREEK CLUB PLANS ANNUAL PLAY

Brush Creek—The Booster club will hold its regular meeting at the schoolhouse Friday evening. A short program by the members has been prepared but the feature of the evening is the appearance of a committee from the Silverton chamber of commerce. Members of this committee will speak before the club members.

The Booster club announces that its annual play will be given on March 1 this year. The play is being directed by John Goplerud and is entitled "Yumme Johnson's Yob."

The Booster club has recently purchased a four by six flag which is flying over the schoolhouse.

Visit the Capital Journal Cooking School at the Elsinore Theatre

## White Cake that's really white

A white cake that is a white cake is only possible when one uses a shortening like Crisco, pure, tasting like unsalted butter fresh from the churn... and white! Crisco blends quickly and thoroughly with the other ingredients and makes a cake of an even and fine-grained texture.

### Featherweight White Cake

|                |                           |
|----------------|---------------------------|
| 3/4 cup Crisco | 3/4 teaspoon salt         |
| 1 cup sugar    | 2 teaspoons baking powder |
| 3/4 cup milk   | 3 egg whites              |
| 2 cups flour   | 1 teaspoon vanilla        |

Cream Crisco. Add sugar gradually. Stir in alternately milk and sifted dry ingredients. Fold in thoroughly stiffly beaten egg whites. Add vanilla. Turn batter into 2 greased layer cake pans. Bake in a moderate oven (350° F.), 15 min. with any desired icing.

(To make it into a Lady Baltimore Cake, use a filling of dates, figs and nuts moistened with lemon juice, and ice with boiled icing.)

This recipe has been tested and approved by cooking authorities. You will get best results by using level measurements and the ingredients specified.



Crisco is the registered trademark of a shortening manufactured by The Procter & Gamble Co.

Think how lumpy the cereal would be if you cooked a year's supply

# Once

The smooth, uniform flavor of Hills Bros. Coffee is the result of roasting a few pounds at a time by a patented, continuous process. No bulk-roasting method can roast every berry—every pound so evenly and produce such an unusual rich goodness.

HILLS BROS COFFEE



Fresh from the original vacuum pack. Easily opened with the key. © 1929

IRENE CLARA KERR

IS USING A

## Frigidaire

to keep her food products fresh and sweet

B. A. AMY

LOCAL DEALER

Next Door to the Cooking School

SIFT YOUR FLOUR—The more you sift it the better the results.

# Fisher's BLEND FLOUR

## Even If You Are "SOME COOK"

you will find lots of helpful suggestions at the Cooking School. Mrs. Irene Kerr, in charge of the demonstration work, used FISHER'S BLEND FLOUR exclusively—even her unquestioned skill is helped by the unvarying quality of this every-purpose flour—as good for cakes and pastry as for bread. You, too, can get better results by using FISHER'S BLEND FLOUR.

REMEMBER—Fisher's Blend Must be Used In All Contest Entries



Tune in on KOMO Seattle

## AGAIN—

### MRS. IRENE KERR

Economist of wide renown has especially requested that she be supplied with



"Last year I used Marion Creamery Butter; please arrange to have this brand specified on the grocery list, I was more than pleased with its sweet, soft tone of taste and you know we must be particularly careful in the school."

Mrs. Irene Kerr.

Your Grocer can Supply YOU with Marion Butter

VALUABLE DOOR PRIZES EVERY DAY

Westinghouse Automatic Iron—Westinghouse Hotplate—Westinghouse Warming Pad and a great many other valuable merchandise prizes

## SWEEPSTAKES PRIZE!

For the BEST CAKE (Any variety) entered in competition during the Cooking School and Contest period, a beautiful WESTINGHOUSE Full Automatic, All Enamel, "Console Junior" model ELECTRIC RANGE, as illustrated at top, will be awarded.

## PIE CONTEST

|                                                                                                                   |                                                   |
|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| 1st PRIZE—Electric Percolator Set. Value \$32.00.                                                                 | 4th PRIZE—9 Pound Can CRISCO.                     |
| 2nd PRIZE—Electric Urn Percolator Set. Value \$33.50.                                                             | 5th PRIZE—49 lb. Sack Flour.                      |
| 3rd PRIZE—A beautiful "Wentworth" Waffle Iron with the exclusive Westinghouse "pull-down" feature. Value \$16.00. | 6th PRIZE—6 lb. can CRISCO and 10 lb. sack Flour. |

The Flour by "Fishers Blend" Crisco by Procter & Gamble.

## Cake Contest

(Individual prize winners also eligible for sweepstakes prize for Best Cake of show) but sweepstakes prize winner will not receive any other prizes. All of these prizes will be in the form of high grade Electrical Merchandise and other high grade merchandise.

LAYER CAKE Contest—4 Prizes.

LOAF CAKE Contest—4 Prizes.

Angel Food or Sponge Cake Contest—4 Prizes



All Cooking School Demonstrations by Irene Clara Kerr Famous Home Economist and Electrical Cookery Expert

## Westinghouse

THE ELECTRIC RANGE WITH THE AUTOMATIC FLAVORZONE OVEN

See it at the EL SINORE THEATRE