

OVEN DINNER APPEALING DIVERSION FOR PICNIC

Miss Nye Outlines An Attractive Menu For Out-Of-Doors

Wouldn't you like to make a picnic of that oven dinner? When the family says "Let's go out on a picnic tomorrow" do you wonder what to fix that will be different, or do you dread the work involved in fixing "transportable" food? At any rate, the less work required for the housewife usually means the more she will be able to enjoy that picnic or camping trip with the others.

In planning oven dinners it is not necessary to have all the foods requiring the same time for baking; nor is it necessary to pre-cook those that take the longest. Schedule time according to the food requiring the longest baking, then at least no foods will be raw. If some take much less time, either add more liquid or put on a tight cover to keep steam in. The oven may be removed during the last of cooking to avoid browning.

Here is one oven dinner that can very easily be put in the oven even the night before, if so desired, to be cooked and ready to take with no last minute rush and bother. And what tastes better than a hot dinner out in the open air—especially without the usual accompaniment of ashes, smoke or insects?

TAMPA MEAT LOAF
1 pound ground round steak
2 cups crushed cornflakes
2 eggs, slightly beaten
Strips of bacon
2 tbs. chopped onion
1 teasp. salt
1 1/2 cups tomato puree
Mix thoroughly all ingredients except bacon and pack in oiled loaf pan. Press slices of bacon over top.

SCALLOPED LYONNAISE POTATOES
Place layer of thinly sliced potatoes in buttered casserole dish, then thinly cut onions and seasoning to taste. Repeat until desired quantity is in dish. Cover with milk. Cover dish until last half hour of baking. If desired, grated cheese may be sprinkled over top at this time.

STUFFED BAKED BELL PEPPERS
Remove seeds and membrane from inside as many peppers as wanted. Stuff with filling, place in baking pan close together and fill pan one-fourth full of water. Leave cover on for baking if filling is very dry.

BACON DRESSING
2 tbs. flour
4 tbs. bacon fat
1-3 cup vinegar
1/2 teasp. mustard
1 cup boiling water
1 egg or 3 egg yolks
Salt and pepper
Brown flour in fat. Add slowly the vinegar and water. When creamy, remove from fire and stir in slightly beaten egg or yolks, seasonings, and return to fire for slight cooking. Diced bacon also improves flavor of dressing.

PEACH AND RAISIN PUDDING
3 cups sliced peaches
1 cup sugar
1 cup water
3 cups stale bread cubes
1 tbs. butter
1 1/4 cup raisins
Slightly pre-cook peaches in sugar and water. Brown bread cubes in butter. Place alternate layers of peaches, bread cubes and raisins in buttered baking dish, having layer of bread cubes on top well pressed down into peaches. Pour peach syrup over whole. Rhubarb, apricots or apples may be substituted for peaches of this recipe.

WHOLE WHEAT COOKIES
2 cups oatmeal or rolled oats.
1 cup whole wheat flour
1 cup brown sugar
1/2 teasp. soda
1 teasp. salt
1/2 cup melted fat or cooking oil
1 egg, beaten

1/4 cup milk
1 cup nuts, chopped
Mix all dry ingredients together, then rub in fat with fingers. Add egg and milk mixed together, and nuts at last. Drop spoonfuls on well-oiled pan and press flat with bottom of spoon or spatula. Bake in moderate oven, 350 degrees, for ten minutes.

With this oven dinner, the meat loaf, potatoes, peppers and pudding may be prepared and placed in the oven even the night before the picnic with baking timed to be ended just before time to leave. The cookies, of course, should be baked in advance. For oven arrangement, place the meat loaf and potatoes on the bottom rack, with peppers in front, and pudding and peppers on top. Set oven temperature at 400 degrees and cook one and three-fourths to two hours.

Queries Invited

Miss Mildred Nye, home economics expert for the Portland Electric Power company has been named to write a series of articles on food problems and food preparation, for the benefit of Capital Journal readers. Her knowledge is founded on personal experience and proven methods. Questions addressed to Miss Nye in care of this newspaper, or in care of the Portland Electric Power company, Salem, Oregon, will be answered through these columns as space is available, while additional information may be obtained directly from Miss Nye by telephoning her at 85. When it is desired, Miss Nye will answer questions by direct mail providing self-addressed, stamped envelope is enclosed for reply.

OVERTONS ON VACATION

Woodburn—Judge and Mrs. Hiram Overton left Thursday morning in their car for Capolis, Wash., where they will spend several days for the benefit of Mrs. Overton's health, who has just recovered from a severe illness.

Seven of nine children of Edward H. Wilson, Choctaw Indian, have attended or are attending Oklahoma A. and M. college.

Secret Of Success Of Good Jelly Roll Depends On Recipe

Query—I have had trouble rolling a sponge jelly roll. Does the trouble lie in the recipe or in my method? In rolling, I place the warm cake on a slightly damp cloth, but it seems to fall apart despite this. My recipe is enclosed. Mrs. L. T.

Answer—The secret of making good jelly rolls lies first in a good recipe, then in the manner in which it is rolled. This should be done quickly and deftly when the cake is still hot, using a sugared cloth under the cake to hold it together. This recipe makes a delicious cake, used with any kind of tart jelly, preferably of a contrasting color.

SPONGE JELLY ROLL

3 eggs
1 cup sugar
1/2 cup cold water
1 cup pastry flour
1 teasp. baking powder
1/2 teasp. salt
2 teasp. hot melted butter
1 teasp. lemon extract

Sift flour once to measure; add baking powder, salt and sift again. Break eggs into a mixing bowl and beat to a froth; add sugar, water, extract and flour, beating thoroughly with a large rotary beater after each ingredient enters the bowl. Last, whip in the hot melted butter and pour into buttered pan in a very

thin layer. Bake in moderate oven (350 degrees Fahrenheit) about ten minutes. Turn out immediately on sugared cloth, sprinkle with tart jelly that has been very slightly heated and mashed to spread easily. Pick up cloth with cake to hold in place while rolling. Leave cake wrapped in cloth until cool.

Chocolate Cream Roll—Use above recipe, adding to the batter three tablespoons cocoa mixed with the cold water. Spread with sweetened whipped cream instead of jelly.

Query—I heard an assertion made that the iron in our bodies is the same as the metal iron. If so, would it not be just as reasonable to eat iron filings for this part of the diet? This does not seem correct.

Answer—The iron in our bodies differs from the metal iron in that it is a form capable of being utilized

by our bodies. Plants can convert the metal into substances to be used by us while if we were to "eat balls" they would pass through our bodies in very much the same form as they entered.

To quote from the Science of Eating, a book of nutrition written by Alfred W. McCann: "Plants are capable of taking the non-living matter (such as food elements or minerals) from the earth, compounding or organizing it into the wonderfully complex substances which form their structure. Animals do not possess this power.

"Animals depend for their existence upon foodstuffs prepared from the non-living matter of the earth by 'the plants that have the power to prepare them. Otherwise man could eat earth, stone, or clay and thus obtain all the elements necessary to his existence."

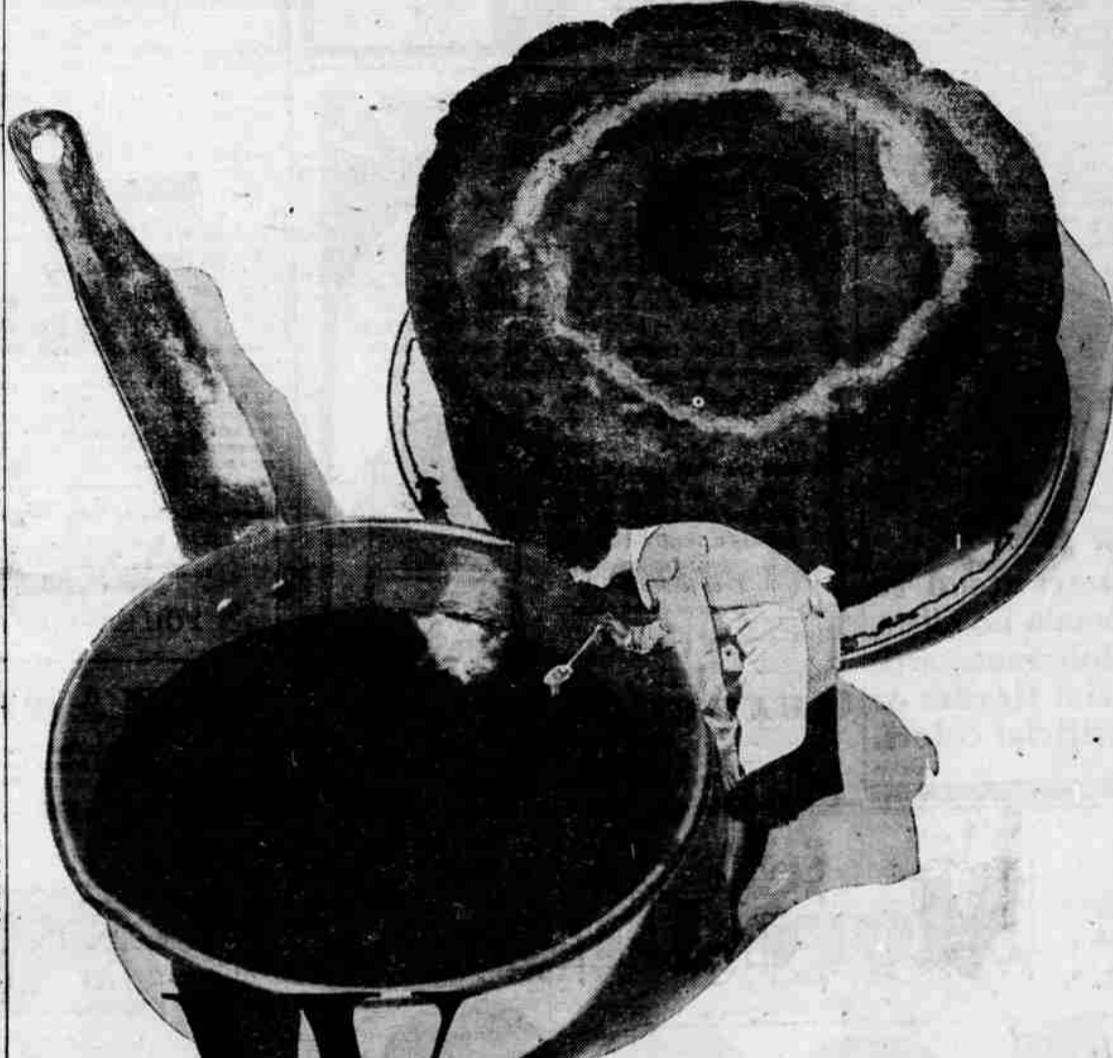
This book was written primarily to reach the general public through the newspapers in order to clear up many food fallacies and to promote better dietetic standards. Being less technical, it is therefore interesting reading material as well as a source of facts regarding what we should eat and why.

Nearly \$8,000,000 worth of toilet preparations and soaps were exported from the United States in the first half of this year.

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Crisco, 3 lb. tin.....65c —SAVE—	Campbell's Soup, 3 for .25c All Flavors—Save
Thompson's Chocolate MALTED MILK45c —SAVE—	Salt—Leslie Shaker Ordinary 15c package 3 for25c
SPINACH, choice fancy cleaned, 3 tall cans.....39c	PEAS, sweet tender, early Junes, new pack, 5 tall cans.....48c
CALO DOG FOOD, wonderful cat and dog food, 3 cans.....37c	SWANSDOWN CAKE FLOUR, always safe.....35c
WALDORF TOILET TISSUE, health and comfort, 3 rolls 17c	FEDERAL MILK, rich creamery, most delicious, 3 cans.....25c
SALAD DRESSING, full pints24c	
SMALL WHITE BEANS New stock 3 lbs.39c Early best cookers	INSTANT POSTUM Large size can39c
Salad Oil qt. 35c Wesson type oil in bulk	FLOUR Piggly Wiggly Montana Hardwheat, much lower than the market price—Sack\$1.93 Blended for all purposes—guaranteed
POTATOES Clean solid stock	9 lbs. 19c
ORANGES Sweet and juicy 3 dozen medium size35c	Ice Cream Watermelons Guaranteed 10c each 15c each

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