



FOOD & MARKET PAGE



HOT BREAD IS EASY TO MAKE RECIPES GIVEN

Nothing tastes better and adds more to the luncheon, dinner or after theater supper, than a quick hot bread does. Science and modern recipes have made the once dreaded problem an easy one and one that is becoming more popular as time goes on. Following are some suggestions which may be used very profitably by the average housewife in the culinary department:

QUICK BREADS
Quick breads are those breads made with baking powder as a leavening agent, thus eliminating the long period of waiting for the bread to rise as necessitated when yeast is used.

The type of baking powder determines the way of handling the mixture. Phosphate baking powder, sometimes called double acting baking powder, is one that has two actions one taking place when the mixture comes in contact with it and the second action taking place when heat comes in contact with the mixture after it is placed in the oven. When phosphate baking powder is used, the various mixtures may be handled more and is sifted with the rest of the dry ingredients.

Cream of tartar baking powder is sometimes called single acting baking powder because the action takes place almost as soon as the moisture is added to it. It is therefore thought by many, best to add it last or half sifted with the dry ingredients and half just before the final stirring or mixing takes place. Both types of baking powder are desirable—but most women have their preference.

Quick breads may be improved in flavor and texture by the addition of eggs, sugar, shortening, salt, etc. Prepared flours are those which contain all ingredients except moisture, and can be used for hot cakes, waffles, muffins and quick breads. Shortening may be added to enrich these prepared flours. Careful reading of directions on these prepared flour packages is advisable.

FOUR TYPES QUICK BREADS
(1) Four or Thin Batter—This will pour easily from a spoon or pitcher, but varies in degree of thickness. Popovers, waffles and hot cakes are of this type of mixture.

(2) Drop or Thick Batter—This type of mixture drops from a spoon, and might be shaken to free it.

TWO HELD IN VICE MURDER CASE



Sam Cohen (right) and John Radloff (center), attorney, whose names appeared in a diary kept by Vivian Gordon (lower left), slain vice inquiry witness, shown above during their arraignment in a New York court as material witnesses in the case. Benita Bischoff, 16, daughter of the slain woman, is shown right.

Fritters and muffins are this type of mixture.

(3) Soft Dough—This may be handled more or less. Biscuits and cookies are types of this mixture.

(4) Stiff Dough—This type of mixture can be handled easily and is a little more difficult to roll out. Noodles are examples of this type.

PROPORTIONS LIQUID & FLOUR

(1) Four or Thin Batter—One cup liquid to one or one and one-half cups of flour.

(2) Drop or Thick Batter—One cup liquid to one and one-half or two cups flour.

(3) Soft Dough—One cup liquid to two or two and one-half cups flour.

(4) Stiff Dough—One cup liquid to four or five cups flour.

Biscuit method. All dry ingredients are sifted together, the short-

ening cut in fine pieces but the fat must be kept firm until the dough goes into the oven. Melted shortening results in not a flaky product, which is not desirable. I prefer lightly kneading biscuits, but this is frowned upon by many authorities.

Biscuits are best baked at once in a hot oven 450 degrees, but if rolled out, cut, placed in pans and kept in a cool place, may stand and be baked several hours afterwards with very good success.

If "crusty biscuits" are desired—roll out thin and do not allow biscuits to touch one another. If light biscuits without so much crust are desired they should be rolled to about 1 1/4 inches thick, cut and placed close together. It is not necessary to grease the pans for ordi-

nary biscuits, but if other ingredients are added, such as sugar, etc., pans should be greased.

Muffin Method. Sift dry ingredients together, then egg and milk are added. If egg is used it is often desirable to combine egg and milk together. Melted shortening is beaten in. This mixture should be beaten only enough to combine ingredients thoroughly. Muffins should be baked immediately.

Cake Method. Sugar and shortening are creamed, dry ingredients are sifted together and a little added (this coats the fat, preventing curdling), eggs are then added according to directions. Liquid is then alternated with dry ingredients.

Pop Over Mixture. This mixture should be thoroughly beaten with egg beater. This introduces air into the mixture. This batter should be poured immediately into pans. Metal containers should be heated so baking will start immediately. A hot oven 450 to 500 degrees is needed at the beginning of the baking period and continued until batter reaches full height. Then it may be reduced to prevent burning.

BAKING OF QUICK BREADS

All quick breads are baked in a moderate and hot oven, 350 to 450 degrees.

STANDARD BISCUIT MIXTURE

(Note order of ingredients as given makes for easier remembering. 1, 2, 3, 4.)

1 teaspoon salt

2 cups flour

3 tablespoons shortening

4 teaspoons baking powder

1/2 cup milk

One egg, 2 tablespoons sugar and butter may be added to enrich the mixture.

Sift dry ingredients together and cut in the shortening fine. Add milk to make dough. Place on floured board and (I prefer to knead mixture lightly—it is easily handled) roll out as desired, bake in hot oven, 450 degrees.

VARIATION BISCUIT MIXTURE

Short Cake. Add 1 egg to milk and proceed as directions given above. Cut in large thin biscuits, placing one biscuit on top of the other. (This will make them separate more easily).

Clover Rolls. Use standard biscuit and enriched recipes and proceed as directions given above. Roll small amount of dough about size of walnut in hands lightly and place three such pieces of dough in each well greased muffin cup. Bake at 450 degrees, or hot oven, 15 minutes.

Cinnamon Rolls. Use enriched or plain biscuit recipes. Roll out thin, dot with butter (1 tablespoon), then sprinkle with cinnamon and sugar mixed together. Nut meats may also be used. Roll up like jelly roll, cut in pieces about 1 inch or more.

Place cut end down on well greased cookie sheet or in muffin tin. Placing these rolls cut end on sides and close together in a shallow pan is good, too. Bake in hot oven 15 to 25 minutes.

Orange Rolls. Roll enriched or plain biscuit mixture out thin. Dot with butter, sprinkle with sugar and then strips of candied orange peel. Roll as for jelly roll and proceed as for cinnamon rolls. When baked, remove from oven and place on cake rack to cool, then ice with orange icing.

BREAD PUDDING
Pour two cups milk over one cup soft bread (no crust) and allow to stand until soft. Add yolks of two eggs slightly beaten, three tablespoons sugar and grated rind of one lemon. Pour into buttered baking dish and set in pan of water, baking it until set.

Beat whites of two eggs until stiff and dry, then beat in four tablespoons sugar and a dash of lemon extract. Pile this on top of the pudding and brown.

Cool and just before serving, place a tart jelly in the middle of meringue and serve.

Mill City—Mr. and Mrs. Frank Phillips are the parents of a baby girl, Dorothea Marie, born Wednesday evening. A baby girl arrived at the L. O. McDonald home Sunday evening. Dr. W. W. Allen was the attending physician in both cases.

SAME PRICE

OVER 40 YEARS

25 ounces for 25c

KC BAKING POWDER

It's double acting
Use KC for fine texture and large volume in your bakings.

MILLIONS OF POUNDS USED BY OUR GOVERNMENT

Thousands of women know this matchless FLAVOR!



"It's that unmistakable Golden West Flavor" . . . thus do western women tell of their satisfaction with Golden West Coffee. Back of that "Golden West flavor" enthusiasm is a story . . . the story of green coffee quality . . . of critical care in roasting, grinding and "sealing" in vacuum.

It's the standard that, year by year, has added thousands of new enthusiastic users . . . for "flavor" in coffee knows no substitute.

Select Golden West the next time you buy coffee . . . make it in the Golden West "drip" coffee-maker. Your grocer has both. The maker is \$1.00 complete.



"The World's Finest Coffee"

CAPITAL JOURNAL WANT ADS SATISFY THE WANTS

YOUR DOLLAR DOLLAR DAYS

STARTING SATURDAY, MARCH 14—ENDING SATURDAY, MARCH 21, INCLUSIVE

STEUSLOFF'S MARKET

Free Delivery

Phone 1528, 1529, 1530

Every item offered in this Dollar Day Sale is Guaranteed to be the finest quality obtainable at any price. You couldn't buy better merchandise if you paid a Dollar a PACKAGE.

MONARCH PEAS

No. 2 Sifted Sweet
5 tins \$1.00
No. 2
Extra Sift Early June
4 tins \$1.00

MONARCH COFFEE

3 Pounds \$1.00

MONARCH COCOA

4 lbs. \$1



MONARCH TONIC WENIE BRAND TOFFIES

"America's Best Candy"
4 lb. pkg. \$1.00

MONARCH SUGAR

Best Cane
20 lbs. \$1.00

MONARCH GRAPE FRUIT

No. 2 Tins
5 for \$1.00

MONARCH Vacuum Pack Sweet Potatoes

No. 2 1/2 Tins
5 for \$1.00

MONARCH Diced BEETS

No. 1 Tins
5 for \$1.00

MONARCH SOUP

A delightful blend of full-ripe tomatoes, pure milk and creamery butter.
10 1/2 oz. Tins
14 for \$1.00

MONARCH RHUBARB

No. 2 Tins
4 for . . . \$1.00

Famous Sweet Corn

No. 2 Tins
6 for . . . \$1.00

MONARCH CUT STRING BEANS

No. 2 Tins
5 for \$1
QUALITY FOR 75 YEARS

MONARCH HOMINY

No. 2 Tins
8 for \$1
QUALITY FOR 75 YEARS

MONARCH TOMATO JUICE

4 for \$1
QUALITY FOR 75 YEARS

MONARCH CUT WAX BEANS

No. 2 Tins
5 for \$1
QUALITY FOR 75 YEARS

MONARCH GRAPE FRUIT JUICE

No. 1 Tins
8 for \$1
QUALITY FOR 75 YEARS

MONARCH Fresh Whole Fruit Preserves

16 Oz. Glass
4 for . . . \$1.00

JELLO—14 packages . . . \$1

National Biscuit Co.'s FRESH ASSORTED COOKIES, lb. . . . 29c

3 CHEESE WAFERS— . . . \$1.00

3 MONARCH APRICOTS, No. 2 1/2 . . . \$1.00



MONARCH CATSUP—5 14-oz. bottles . . . \$1

MONARCH CHILI SAUCE—4 14-oz. bottles . . . \$1

MONARCH COCKTAIL SAUCE—4 14-oz. bottles . . . \$1

Monarch Food of Wheat 4 Packages for \$1.00



Fontana Mac NOODLES
Vermicelli and Spaghetti
12 pkgs \$1.00