

Helpful Hints for the Hoover Household

In this space we will print those useful recipes for saving sugar and wheat that come to us from the Food Administration, from the Home Economics department and from local people.

We urge every reader to send us those recipes which she has tried and found good. The simple ones are as much needed as the more complex ones. Write them briefly but clearly on one side of the paper about 6x9

"Wheatless Till Harvest" Helps.

Here are three recipes, tested and found excellent at the Food Administration War Kitchen, Liberty Temple, Portland, Oregon. Try them:

Mrs. Hawley's sponge bread (wheatless)

- 1 pint of milk, scalded
- 1 pint of water
- 3 tablespoons Karo
- 2 tablespoons substitute shortening
- 1 tablespoon salt
- 1 1/2 cups barley flour
- 1/2 cup potato flour
- 1 yeast cake

Note—those living in isolated places and unable to get potato flour may substitute the same portion of wheat flour—nothing else will serve as a successful "binder" in this recipe.

Scald the milk; add the shortening and Karo; add water. When entirely cool add the dissolved yeast. Beat in part of the flour and continue to beat the mixture WELL. Add the rest of the flour, with the salt mixed in. Let rise well and make into loaves. Let rise about one-half hour. Bake. Be sure and sift the flours together TWICE.

Three valuable tips in substitute baking:

Must not rise so long after bread is in the pan.

Must always be stiffer.

Salt should be added towards the last with the last flour. If added at first it interferes with the rising. A good test of when the substitute bread has risen enough is to stick the finger in the loaf, and it is ready if the gas escapes and leaves the dough collapsed around the finger. This is for the first rising. The second rising should be only from half to three-quarters of an hour.

War Kitchen Sponge Cake.

- 4 eggs
- 1/2 cup granulated sugar
- 1/2 cup Karo
- 8 tablespoons boiling milk
- 1 tablespoon lemon juice
- 1/2 cup rice flour
- 1/2 cup potato flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt

Beat the yolks to a lemon color; gradually add the sugar, beating all the time. Add Karo gradually; alternate hot milk and sifted flour. Fold in the whites of the eggs which have been well beaten. Bake in a very slow oven.

Famous Drop Cookies.

One-half cup sugar, 1/2 cup shortening, creamed together; add 1/2 cup Karo, two eggs well beaten, five tablespoons clabbered cream or milk, and one

inch and sign your name. We will pay no attention to unsigned communications.

In every case we will credit the recipe to the sender unless requested to publish it without the name of the sender. To protect ourselves and our readers, we will reserve the right to publish the name of the sender of any recipe that fails when tried, unless the sender is willing to demonstrate its practicability.

teaspoon each of cinnamon and nutmeg, then add, in the order given one and one-half cups rolled oats; one cup barley flour, one-third cup rice flour, one-third cup potato flour all sifted together with one-fourth teaspoon soda and two teaspoons baking powder; one-half cup raisins, cut, and one cup of chopped nuts. Drop and bake in moderate oven.

For Simple, Sugarless Desserts.

Hot rice or hasty pudding (cornmeal mush) served with a sweet sauce makes a simple, wholesome and nourishing dessert. Chopped raisins or dates may be added to either, but no sugar is needed. Here are some easily made sauces:

Honey Sauce—1 cup honey; 1/4 cup water; 1 tablespoon butter substitute; 1/4 teaspoon salt; 1/4 teaspoon cinnamon, dash of nutmeg, juice of one lemon or two tablespoons vinegar. Boil together for 25 minutes. The juice of one orange and grated peel may be used instead of the lemon and seasoning in this recipe.

Molasses Sauce: 1 cup molasses, or syrup; 1 tablespoon cornstarch, stirred smooth with water; 1 tablespoon butter substitute; 1/4 teaspoon cinnamon and pinch of salt; lemon juice or vinegar to taste. Boil all together for 20 minutes. Hot molasses flavored with ground ginger makes an excellent sauce.

Chocolate Sauce: Add one square melted chocolate to one cup hot corn syrup; season with vanilla.

Fruit Sauce: To 1 cup corn syrup add 1/2 cup chopped raisins or dates and heat.

WOOD BIDS WANTED.

Sealed bids will be received at the clerk's office of School District 48, Washington County, Oregon, up to 8 o'clock P. M. July 3, 1918, for 60 cords of slab wood; also for from 40 to 100 cords or more of first-class old growth, four-foot wood, cut from live fir timber. All to be delivered acceptable to the school board on school grounds not later than September 14, 1918.

The board reserves the right to reject any or all bids.

- A. A. PIKE, Chairman.
- C. E. HEDGE, Clerk. 25-26

TWO FRESH COWS

for sale. Inquire Matt Bloomquist, R 4, Beaverton, Ore. 25-26

FAIR BOARD MEETING.

At a meeting of the executive committee of the Washington County Fair Board called by the president, Mr. Westcott, it was decided to hold the fair this fall and it was also decided that a manager should be elected to take charge of the work and to whom the responsibility of staging the fair should be turned over. At the same meeting the board of the old fair association was present and the books and other property of the old association were turned over to the new officers. The matter of place to hold a fair was also taken up and on learning that the properties now owned by the Fair Association and put in place in Forest Grove could not be duplicated in another location for less than \$1,000 it was decided to temporarily locate the fair at Forest Grove and for next year to obtain a permanent location for the fair and to get grounds for same.

The resignation of Secretary N. C. Jamison, was tendered it being felt that members of the board and its officers should represent definite localities or particular interests in the county wide organization.

The date of the fair was also decided upon for September 19 and 20. Price of tickets were also decided upon. Two day tickets being placed at 50 cents, single admission tickets at 35 cents and family admission tickets at \$1.00. N. C. JAMISON, Secretary, pro tem.

FAREWELL GIVEN TO ERNEST LEHRER

Cedar Mills Residents do Honor to Machinist Enlisting in Uncle Sam's Service.

Mr. and Mrs. E. S. May gave a delightful lawn and music party at their home last Thursday evening in honor of Ernest Lehrer, who had volunteered his services to Uncle Sam. He goes as one of the twelve that enlisted as mechanics in Washington County, and left Saturday for extra training as auto mechanic at the Benson Polytechnic School in Portland. Mr. Lehrer's parents reside in Winnipeg, Canada. Some years ago the family lived near Phillip.

Among those present Thursday night were: Mr. and Mrs. Jake Sammons, Mrs. Mary Reeves, Mr. and Mrs. Stephens, Mr. and Mrs. B. B. Reeves and children, Gertrude and Elmer, Mr. and Mrs. William Berens, and baby Donald, Mr. W. G. Thompson, Mr. and Mrs. Jess Sargent and daughters Fern and Opal, Myrtle Thompson, Mr. and Mrs. Russell, Mrs. Ella Pruden, Mr. and Mrs. Ira Sweetland, Mr. and Mrs. Wyess, Mr. and Mrs. M. C. Larsen, Mr. and Mrs. Ernest Stauss and daughter, Miss Stauss, Miss Ona Amsberry, Lucy Amsberry, Mary Amsberry, Miss Clara Bennett, Clara Katterman, Miss Margaret Stark, Miss Bessie Pruden, Maybel Pruden, Grace Pruden, Nellie Larsen, Helen Eggers, Miss Katherine Kerron. (Continued on last page.)

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The Beaverton Times.

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