

Sixteen Inexpensive Deserts Made From One Recipe

By Mrs. Belle De Graf, Director, Home Service Bureau Sperry Flour Co. Perhaps you will wonder just what a master recipe means. Well, it is to cookery what a master key is to a building—it opens not a door, but the means of preparing a great variety of appealing dishes.

This method of cooking adds new interest to the daily task of planning and preparing meals. The very simple, inexpensive master cake recipe given below can be used, with some slight variations, for more than a dozen distinctive desserts. It is easy to mix, requires very few utensils, and can be baked in most cases in fifteen minutes, and never requires over half an hour.

Your need may be cake for the lunch box, breakfast coffee cake, individual cream cakes for a company luncheon, fruit cobbler for dinner, or cookies for the children. This master recipe can be used for each one of these dishes, and for many other desserts also. Surely it is interesting to be able to make two decidedly different desserts for two days at one time.

Suppose you decide to have cottage pudding for dinner tonight, and cream cakes for tomorrow, or perhaps nut cup cakes for the children's school lunch box. Prepare the master recipe. Use half of the cake batter for the pudding (will serve six persons). If nut cup cakes are wanted, add one half cupful of finely chopped nuts and bake the cakes in shallow, well-greased muffin pans in the oven with the cottage pudding. If you want cream cakes for tomorrow's dinner, omit the nuts, baking the cakes in the muffin pans.

When baked remove from pans and set aside until the following day. The little cakes may be iced if you wish, or used plain. Split half way through the center and fill opening with sweetened, flavored whipped cream. If cakes are not iced, sift powdered sugar over the top.

The following suggestions are only a few of the attractive, easily made desserts made from this one master recipe. Next week I will give you others equally attractive. Other master recipes will also follow.

Master Cake Recipe.

Note: All measurements are level and flour is sifted once before measuring. One-half pint measuring cup is used.

- 2 eggs.
- 1 cup sugar.
- 2 cups Sperry drifted snow flour.
- 2 teaspoons baking powder.
- 1/2 cup milk or water.
- 1-3 cup melted shortening.
- 1 teaspoon vanilla.
- 1 teaspoon lemon.

Measure sifted flour and sift again with baking powder; beat eggs until very light, then gradually add the sugar, beating it in with the egg beater. When creamy add flour alternately with liquid, mixing until smooth. Add flavoring and melted shortening, beating until the batter is smooth. This amount of batter makes 2 large layers or 1 medium-sized loaf cake.

Chocolate Layer Cake.

Prepare the master recipe. Pour into 2 well greased layer cake pans and bake in a fairly hot oven (about 375 degrees F.) 15 minutes. Cool before adding filling.

Chocolate Icing and Filling.

- 2 squares unsweetened chocolate.
 - 1 teaspoon butter.
 - 1 1/2 cups powdered sugar
 - 1-2 cup of hot water.
 - 1 teaspoon vanilla.
- Melt chocolate and butter over hot water. When melted add sugar, then hot water gradually, heating until smooth. Then add flavoring. Let stand until thick enough to spread between layers and on top of cake.

Walnut Cup Cakes.

Prepare the master recipe and add 1/2 cupful of finely chopped nuts after the batter is mixed. Pour into well greased muffin pans and bake in a moderate oven (350 degrees F.) about 15 minutes. Cool, then cut half way through the center. Place a spoonful of sweetened, flavored whipped cream in the opening. Sprinkle powdered sugar over the top or ice on top before you add the cream. A cooked French cream may replace whipped cream. These cakes resemble French pastries.

Up-Side-Down Cake.

Prepare only half of the master recipe. Take a deep layer cake pan and add 3 tablespoons melted butter or substitute; over the butter spread a layer of brown sugar; over sugar arrange sliced pineapple and, if you wish, add 1/2 cupful of chopped walnuts or almonds in between the pineapple slices. Pour the cake batter over the fruit and bake in a moderate oven (350 degrees F.) about 25 minutes. When baked turn up side down at once into a serving plate. Serve

plan or with whipped cream.

Apple Squares.

Prepare the master recipe. Pour into a well greased shallow oblong or square pan. Peel, core and slice cooking apples into very thin slices. Lay slices of apple in even rows, overlapping a little over top of cake. Sprinkle with cinnamon and sugar. Bake in a fairly hot oven (375 degrees F.) for about 15 minutes. Cut into squares and serve hot or cold. If to be served cold do not cut into squares until cake is cold.

Cottage Pudding.

Prepare one half the master recipe. Pour into a well greased shallow pan and bake about 15 minutes in a fairly hot oven (375 degrees F.). Serve with a vanilla sauce.

Vanilla Sauce.

- 1 cup boiling water.
 - 1-3 cup sugar.
 - 1 tablespoon flour.
 - 1 teaspoon butter.
 - 1 teaspoon vanilla flavoring.
- Mix sugar and flour until well blended; heat water in a small saucepan; add sugar mixture and stir until sauce thickened, then add butter. Add flavoring when ready to serve. This sauce can be made and kept hot in a double boiler until needed.

If you are interested in these master recipes, Mrs. DeGraf, will be glad to send you her free booklet "50 Food Delights from 8 Master Recipes." A request to Mrs. Belle DeGraf, Director, Home Service Bureau, Sperry Flour Co., San Francisco, Calif., will bring it to you.

He Knew.

"I've just been looking at your last fall's suit, John," remarked Mrs. Spoofoe. "It's in fine condition—good enough for a prince to wear." "Yes," said Mr. Spoofoe wisely, "and with the money I'll save by wearing it I suppose you'll want to buy a new outfit so that I won't be ashamed of you when you go out with me."

This Week



By Arthur Brisbane
AMERICA'S ENEMY—FAT.
A SHORT-HORN BULL.
A ROOF TO THE EARTH.
10-POUND BABY?—WRONG.

What is more dangerous than ocean travel, riding on railroads, or flying in an airplane?
 The answer, given by Mr. Johnson, of the National Life Insurance Company, is FAT.

Fat kills Americans more rapidly than anything else. Fatty degeneration of the heart kills many. Fat accumulates on middle-aged business men, and that kills them before their time.

In old age especially fat is dangerous. And in old age it is most difficult to get rid of dangerous fat. The heart won't stand exercise that might take the fat off. The feeble will cannot control diet.

Learn, proud parents, that the much praised "ten-pound boy baby" isn't the thing at all. The average normal boy baby weighs 7 1/2 pounds at birth.

One learned Italian has written a book to prove that women, by special diet, can and should keep the unborn child from becoming too fat for its own sake and for the mother's sake.

We have a lot to learn about taking care of children before they are born, including the science of saving them from piling on fat that makes birth more difficult and is lost right after birth.

WHY PUT IT OFF

Now is the time to put your roofing on. Wet weather will soon be here.

- ROLL ROOFING, \$1.50 TO \$3.50
- MINERAL SURFACE ROOFING, \$2.75 AND \$3.25
- MINERAL SURFACE SHINGLES, \$6.50 SQ.
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- BLACK ASPHALT SHEATING 85c AND \$1.60 ROLL

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Mt. States Plant Power Center of Half Willamette Valley

The safest place in the world as regards accidents is the cabin of a big steamship on the ocean.
 Next in safety comes a railroad train, and before long the flying machine will be safer than either.
 The man in greatest danger is the fat man past middle age, eating heartily and hurriedly when he is tired. Don't insure him.

Good news for little automobile owners. Gasoline prices are slashed all over the country. Yesterday, in Eastern territory, the cut was three cents a gallon. In the Middle West many buy gas under 14 cents. It makes a big difference to those that count the cost of living and motoring.
 It means nothing to the big men; they don't care what gasoline costs. And many of them, owning oil stocks, feel rather sad. A three-cent cut in gas may mean a \$30 drop in oil stocks.

A short-horn bull was sold in the *Armed Republic* yesterday for \$50,000, record price for that breed. The record price is the price paid in this country by the Carnation Farms Company for a Holstein bull—\$102,000.

These prices show what can be done by breeding among animals. You can get a perfectly good bull for \$40. But a little change in the shape of the animal, produced by a careful selection of the mysterious chromosomes, makes a big difference.
 Students of eugenics think careful breeding will produce equal improvement in human beings. They are mistaken.

Learned men, including churchmen, once taught that there was a roof to this earth, solid, held up by its own strength and called the sky.
 When Galileo denied it and said the earth was a round ball whirling around the sun, he had to get down on his knees saying that he "retracted, abjured and abhorred his false teachings"—which happened to be perfectly true.

The idea of a solid sky above us, with stars planted in it here and there, faded out. But now the radio experts of the Navy say the earth actually has a "roof" of another kind. It exists, presumably, where our thin atmosphere melts away into the ether, "an ionized region in the higher levels of the atmosphere," the scientists call it.

The "imponderable ether," so dense that solid steel in comparison is like a coarse fish net, certainly does enclose our earth and its thin atmosphere.

Radio waves such as we use may be able to travel outside that atmosphere. If so, science will find some other wave that will take messages to other planets.

If light-producing waves can travel from the sun to the earth, men will find some wave that will carry information from the earth to the sun and beyond.

A plant which cost at least \$750,000 when it was constructed in 1911 houses the Mountain States Power plant, located on the railroad near the Booth-Kelly mill. This was not the first Mountain States plant here, the first one being built in 1905.

The local plant supplies power to the entire southern end of the Willamette valley, with the exception of about one half of Eugene's total power. Corvallis, Albany, Cottage Grove, Independence, Brownsville, and most other towns of this valley south of Salem receive this service. From the time the present plant was built until 1922, all towns south of Salem as far as Cottage Grove were supplied, but the plant is now a booster plant on the California-Oregon Power company line, from which the Mountain States company now buys power.
 Besides working in this capacity, the local plant also supplies all power and steam for the Booth-Kelly mill here. Six boilers, having a combined capacity of 2300 boiler horsepower, and fed by hog fuel, are included in the equipment. The entire plant has a capacity of 4000 kilowatts, and twelve men are constantly employed there.

MANY FARMERS ON JURY LIST FOR FALL TERM

- Thirty-one names were drawn from the Lane county jury list Monday for the circuit court panel for the fall term starting Monday, October 19.
 The following is the panel drawn:
 C. A. Rust, Blachly, farmer.
 B. E. Hoffman, Mapleton, farmer.
 Wm. Brynd, Florence, merchant.
 H. G. Suttle, Nott, merchant.
 W. M. Forester, Eugene M. R. A. farmer.
 George Neff, Springfield, R. No. 2, farmer.
 Geo. Stewart, Springfield, carpenter.
 Jessie Harper, Junction City, R. No. 3, farmer.
 G. W. Stafford, Springfield, R. No. 1, farmer.
 Mark M. Perry, Springfield, retired.
 L. E. Parks, Creswell, R. No. 1, farmer.
 Ethel Platt, Springfield, R. No. 2, housewife.
 J. E. Richardson, Linslaw, farmer.
 Ira D. Hyland, Fall Creek, farmer.
 Clarence Pitney, Junction City R. No. 3, farmer.
 Jess M. Lozer, Creswell R. No. 1, mill man.
 Dayton C. Thompson, Vida, farmer.
 Emerson Ross, Eugene M. R. A. farmer.
 J. M. Spurgeon, Eugene 368 W. 7th, millwright.
 C. W. Hansen, Springfield, farmer.
 B. C. Hammit, Mohawk, farmer.
 W. P. Lower, Creswell R. No. 1, farmer.

John Costello, Linslaw, farmer.
 Church A. Stephens, Veneta, farmer.
 Mrs. Jennie Lyons, Walton, farmer.
 Kate Richardson, Eugene, Crow stage, housewife.
 Wiley Petty, Creswell R. No. 1, farmer.
 Sam Hill, Cottage Grove, merchant.
 M. L. Wallace, Jasper, farmer.
 Edward J. Weber, Creswell, farmer.
 Frank Tivey, Creswell R. No. 1, 35c The Novelty Store.

Where man's need reaches out for services that we can render we stand ready to serve—to serve with fidelity, with discretion and with tactfulness.

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Women's Shoes

Patent Leather, one strap pump, buckle on side, spike heel, very snappy cut **\$4.95**
 Black satin lattice front or plain one strap pumps, high, medium or low heel
\$3.95—\$4.95
 Tan Oxfords, low or medium heel. For dress and school wear, **\$3.50—\$3.95**

Women's Coats

Fur trimmed coats in latest style and colors, Flare bottom and straight.
 A good variety of women's silk or wool dresses, latest style and colors. Buy early while the assortment is largest.

Misses' Coats

Misses' fur trimmed coats, very neat and stylish.
 Misses' dresses in wool flannel flare bottom, newest colors, **\$4.95—\$5.85**

Blankets

A good assortment of blankets in all colors, cotton, wool mixed and all wool. At lowest prices.

Men's Suits

Men's and young men's suits, in light and dark colors and blue serge, at a saving worth while, **\$19.50—\$27.50**
 A good assortment of Men's overcoats in medium, light and dark colors, **\$16.50—\$24.50**

Leather Coats

Men's leather coats, full leather sleeves, cuffs and collar, blanket lined, warm, serviceable and easy to work in, **\$11.50 to \$16.50**
 Men's moleskin leather lined vests, good strong leather sleeves, knit collar and cuffs, **\$8.50**

Men's all-wool mackinaws, good heavy weight, **\$9.85**
 Men's cotton union suits, medium weight, long sleeves, ankle length, **\$1.50**
 Men's all-wool Bradford union suits, good heavy grade. A real bargain, **\$4.98**

Men's Shoes

Chippewa logger shoes, calked or pegged sole. Will stand hard wear and wet weather. Buy your shoes here and save.
\$11.50—\$13.75

Men's black or tan Oxfords, including Edmunds footfitters, Copeland and Ryder and other good makes, **\$4.95 to \$8.50**
 Black and brown dress shoes, **\$3.45 to \$4.95**
 E. E. Taylor and Copeland and Ryder dress shoes, light tan, brown and black. One of the best shoes on the market, **\$7.50 to \$9.50**
 Men's arch support shoes, black kid, fits snug and gives the wearer the most comfort—**\$6.95**