

# White Sauce

By Mrs. Belle DeGraf, Director, Home Service Bureau, Sperry Flour Co.

The importance of all sauces can hardly be over-estimated. Sauces are used as accompaniments for fish, meat, poultry and vegetables, and are foundations for soups, purees, bisques and gravies. The difference occurs in the thickness of the sauce, which varies according to the use. Many dishes have their flavor improved by the addition of a sauce and at other times we use a sauce to add flavor to an otherwise tasteless dish. Some vegetables of bland flavor and meat that has been cooked long and slowly need a suitably seasoned sauce to go with them.

A well-made sauce must first of all, be smooth and free from lumps. It should be well-blended and not too highly seasoned, and the thickening must be thoroughly cooked to do away with any raw-taste. Sauces must be made of good materials to have a fine flavor.

Meat stock may be used in place of milk. A variety of flavorings may be obtained by using catsup, chili sauce, Worcestershire sauce, kitchen bouquet, whole cloves, or onions. To keep any white sauce warm for any length of time, put a few pieces of butter on top and cover with a lid and set in a pan of hot water. The butter and cover prevent a scum forming. In case the sauce has not been blended well and is lumpy, beat well with an egg beater. This will beat the lumps out and give the sauce a glossy appearance.

### Master Recipe for White Sauce of Medium Thickness.

- 2 tablespoons butter or butter substitute.
  - 2 tablespoons flour.
  - 1 cup cold milk.
  - 1/2 teaspoon salt.
  - Pepper to taste.
- Melt shortening, remove from fire, add flour and mix until smooth; return to stove, cook until frothy, then add cold milk and cook stirring constantly, until creamy; add seasonings.

### Variations.

- (a) Sauces suitable for toast:
  1. Cream Sauce—Follow the Master recipe, using thin cream or half cream or half cream and half milk. To be used when a richer sauce is desired.
  2. Cheese Sauce—Prepare the Master recipe. For each cup of sauce add 1/2 cup of grated cheese. Season with paprika and salt. To be served over vegetables.
  3. "Eggs a la King"—6 hard cooked eggs. 1/2 cup finely minced chicken or ham. 2 tablespoons shredded green pepper. 2 tablespoons shredded pimento. Double the Master recipe; to this add the pimento and green pepper, cut eggs in halves lengthwise, remove yolk; mash, season and add the minced chicken; refill the halved egg whites piling the mixture high. The mixture can be easily forced through a pastry bag. Place stuffed eggs on a platter and pour hot sauce over them. Serve at once.
  4. Onion Sauce—Prepare the Master recipe. Slice 1 small onion and cook in boiling water until tender. Press through a sieve and add to the white sauce, or grate the raw onion and add to the sauce.
  5. Shrimp or Oyster Sauce—1/2 cup of shrimps or small oysters. 1 teaspoon lemon juice. Prepare the Master recipe and just before serving add the lemon juice and shrimps. To serve over boiled fish such as halibut or pour over toast for a luncheon dish.
  6. Welsh Rarebit—1 cup of cheese, grated. 1/2 teaspoon salt. 1 teaspoon prepared mustard. 1 teaspoon Worcestershire sauce Paprika. Prepare the Master recipe, add cheese and seasonings and stir until melted. Do not allow this mixture to boil after cheese is added. Serve on slices of bread toaster on one side only, pouring the mixture over the untoasted side. Sprinkle generously with paprika and serve at once.
  7. Lobster Wiggle—1 cup lobster. 1 cup peas. 1 teaspoon lemon juice. 1/2 teaspoon salt. 1/2 teaspoon chopped parsley. Dash of red pepper. Double the Master recipe add the lobster and cooked peas and cook 1 minute. Serve hot on buttered toast.
  8. Scotch Woodcock—Prepare the Master recipe, to this add 2 tablespoons of essence of anchovies or anchovy paste, and 4 hard cooked eggs cut into quarters. Pour over toast.
  9. Chicken a la King—3 cups cooked chicken. 4 egg yolks or 2 whole eggs.

- 1/2 green pepper, shredded.
- 1/2 pimento, shredded.
- 1 cup mushroom caps.
- 1 teaspoon lemon juice.

Double the Master recipe; using 1 cup of thin cream and 1 cup of chicken broth in place of milk. Set dish over hot water, add chicken sliced or cut in cubes, and pimento; let cook until hot, then add well-beaten eggs and seasonings. Serve on toast or in ramekins.

If you are interested in these Master recipes, Mrs. De Graf will be glad to send you her free booklet "30 Food Delights from 5 Master Recipes." A request to Mrs. Belle DeGraf, Director, Home Service Bureau, Sperry Flour Co., San Francisco, Calif., will bring it to you.

### TUBERCULOSIS DISCUSSED BY BOARD OF HEALTH

Is tuberculosis curable? Yes, if good medical advice is obtained early and followed closely.

Is it preventable? Yes, by following the rules of hygiene and correct living.

At what age is tuberculosis most likely to occur?

It may develop at any age when the physical resistance is low enough to allow infection. It is most likely to occur in late youth and early adult life, that is below the ages of fifteen and twenty-five. The prevention of the disease among children has only recently been appreciated.

How may physical resistance be built up?

Keep the body in the best possible condition by good, nourishing food, plenty of fresh air day and night, and abundance of sunshine.

What causes tuberculosis?

The tubercle bacilli discovered by Robert Koch in 1888.

What parts of the body do the bacilli attack?

The organism may attack any part of the body. Tuberculosis of the lungs is the most common type.

How is human tuberculosis spread? By the infected person who is coughless, by dust and by food products, the most important of which is milk.

What are some of the symptoms of tuberculosis?

Loss of weight and appetite, a daily afternoon rise of temperature, continued cough and general feeling of fatigue.

What should one do if he has the slightest reason to suspect tuberculosis infection?

Go to a physician at once for a complete examination. Is the infected person a menace to his family? Yes, unless he observe the most

careful precautions to prevent the spread of the germ.

What indication leads one to suspect tuberculosis in children?

Continued fatigue, loss of weight, irritability and a daily afternoon temperature above 98.6 degrees.

How is tuberculosis in children healed?

By the same program of rest, fresh air, and good food that accomplishes results in adults.

Should one go to a sanitarium?

The program of rest, fresh air and good food can best be followed in a sanitarium.

What can the people of Oregon do to further the cure and prevention of tuberculosis in Oregon?

They can vote to establish a sufficient number of beds to accommodate all needy victims of tuberculosis.—State Board of Health.

### FARMERS SELL PRODUCTS BESTOWED UPON THEM BY NATURE IN THIS SECTION

Nature's willingness to contribute to the farmer's prosperity in the Springfield district, provided the right resources are tapped, is proven in the case of L. E. Bentley of Springfield Junction, and J. W. Bertsch, of Thurston.

Bentley is making thousands of bricks from clay found in the bottom land on his ranch. Bertsch is this week selling for a good price the burls on the maple trees in a large grove on his Thurston property. Both are making money out of things that might have passed unnoticed for generations.

Thirty years ago Bentley came into this territory, and noticed the streaks of brick clay in the Willamette river bottom land in the vicinity of what is now Springfield Junction. He settled on the land, but, before developing his brick-making industry here, he worked for several years in the brick business at Corvallis.

Returning, he began making bricks from the clay soil on his farm, and today has 70,000 bricks stacked up there ready for sale, and disposes of thousands of them yearly. The clay is ground by a one-horse mill on the Bentley property, and the bricks are moulded and dried there. Due to the conditions under which he works, Bentley can only make bricks in summer. He does all the work himself.

The burls being obtained from the maple trees on the Bertsch ranch are to be shipped east for an experiment in making veneer from maple wood. These huge, overgrown, gnarled knots on the maple trees, it is believed, have great possibilities for use in the making of veneer. The company that is conducting the experiment also is obtaining burls from maple groves in various parts of California.

### Scales Heights



George H. Jones adds his name to the long list of self-made men in American industry. 35 years ago he was a stenographer. Today he heads Standard Oil.

### Marriage Licenses Issued.

Marriage licenses were issued during the past week by the county clerk to the following: Frank Lows and Sybil Wakefield, both of Blue river; William Craig, Cottage Grove, and Margaret Plants, Seattle; Bert Snook, Springfield, and Muriel Clutz, Weiser, Idaho; E. C. Hedin, Portland, and Margaret Bettis, Eugene; W. R. Ashworth, and Neta Compton, both of Eugene; Orville Springsteen and Ada Kelley, both of Eugene;

### Wanted---A Job

I want to work for YOU: I can double the amount of work YOU now produce! And thereby increase YOUR income. I can cut in half YOUR daily worries! And double or treble YOUR enjoyment of LIFE! I can, in short, make LIFE itself a pleasure! And I come where the door is open! I will cost you less than I earn!

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### Geo. A. Simon

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Clarence Brown and Carrie Richardson, both of Leaburg; John Macauley, Mabel, and Jimmie Preuß, Eugene; John Van Curler, and Hilda May Hockley, both of Elmira; Alton Hampton, Eugene, and Edith Potter, Bakersfield California; Clifford Boggs, and Nita Titus, both of Marcola.

we were married you said you had plenty of money!

Hubby: "I did then."

Boss: "I'm expecting a collector in soon; act like I'm out of town!"

Clerk: "I don't know whether I can do that or not."

Boss: "Sure you can, just sit there doing nothing."

**Dress Making Classes at Willkenzie**  
Miss Esther Cooley, extension clothing specialist at O. A. C., is conducting three-day classes this week in the Willkenzie community. Classes are being held Tuesday, Wednesday and Friday. Individual dress design is being taught with the women making dresses in the classes.

**Ask Dad He Knows.**  
Disillusioned Wife: "It seems you're always broke now, but before

### Reunion in Portland.

Recorder R. W. Smith returned from Portland, where he spent Thanksgiving visiting relatives. A reunion of the Smith family, with the exception of Byron, who lives in Detroit, Michigan, was held. Among Mr. Smith's daughters present were Mrs. W. A. Emery, Mrs. Lawrence Kaiser, Mrs. Doris McElroy, and Miss Lucille Smith. All are well-known here.

## CHRISTMAS GIFTS SUGGESTIONS

### For Her

- Perfumes
- Candy
- Stationery
- Combs
- Toilet Sets
- Brushes
- Cameras
- Novelties
- Water Bottles, Etc.

### For Him

- Razors
- Strops
- Cameras
- Stationery
- Brushes
- Flashlights
- Fountain Pens
- Silver and Gold Pencils
- Cigars, Etc.

### For the Children

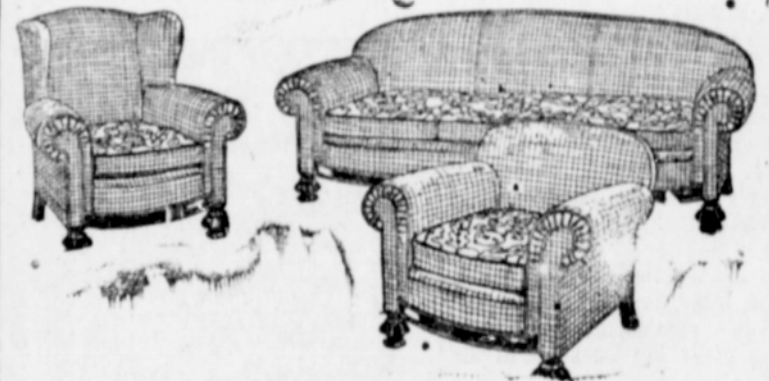
- See our Wonderful Line of Dolls.
- Children's Toilet Sets
- Baby Water Bottles
- Children's Brushes
- Stationery
- Children's Combs
- Fancy Candies
- School Supplies
- Photo Albums



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