

Planked Fish as Choice Dish Told Housewives Thursday

FOOL-PROOF DEVICE AIDS OVEN WORK

Articles appearing in the women's magazines and daily press and in pamphlets, telling of the convenience and the wonders of the modern gas range equipped with an oven heat control, have resulted in numerous questions as to what oven heat control really is. A short article defining clearly the oven temperature control, its simplicity and how it operates, will not be amiss.

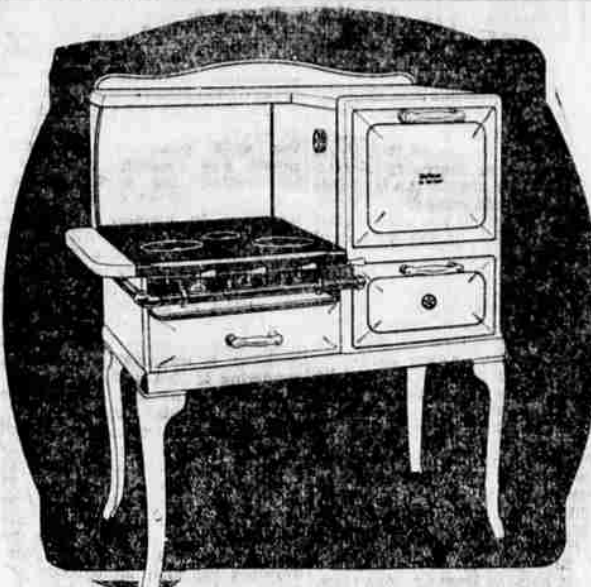
Years ago it was discovered that direct heat expanded or contracted from the effect of heat or cold, expanding a definite amount for a given degree of heat and contracting a given amount for a given degree of cold, and it was found that this contraction and expansion was always the same with a given metal. As a result thermometers and instruments for registering heat and cold were constructed on the principle. Later it was used to regulate the heat of furnaces in rooms and the thermostats were placed at convenient points in the rooms so that the heat might be regulated.

Then some wise scientist decided that it would be not only practical but beneficial to apply the idea to the oven of the gas range.

The modern gas range's temperature control consists of a little wheel, varying in its appearance, but alike in operation. A rod of metal enters the oven and as the oven rises this rod expands, shutting off the gas at the same ratio as the rod expands.

For instance, the dial is set for a temperature of 250 degrees and oven heat turned on. The temperature rises and goes a little beyond the point of 250 degrees. Im-

New Tappan Ranges Attract Attention at Cooking School



Attractive new Tappan range models, which have been displayed at the Mail Tribune and Southern Oregon Gas Corporation's cooking school, have attracted wide attention on the part of women who have attended the service. Miss Warner, herself a member of the Home Service Bureau of the Tappan Stove Company, illustrates her lectures with actual cooking on a new Tappan range.

Immediately the gas is shut off entirely and remains off until the temperature drops below the 250 degrees, when the shrinking of the metal allows the gas to flow.

The flame is re-lit automatically by a device which is foolproof and never gets out of order once it is properly installed.

It so lightens the work of the housewife that it will give her two or three hours a day for other activities.

Duck requires more cooking than turkey or chicken and needs plenty of water in the pan to start with if an open pan is used.

Interesting New Recipes Will Be Taken Up Tomorrow By Dietitian at Cooking School

Some exceptionally delicious dishes will come in for discussion at tomorrow's cooking school at the Presbyterian church. Each day, Miss Warner has selected different and diversified dishes so that women may find it interesting and profitable to attend every day of the course.

Today salads and all-over menus were covered, and tomorrow Miss Warner will delight home cooks with many entirely new and different recipes, including planked fish and desserts. Here are a few of them:

Scale, clean and bone the fish. Place on a heated fish plank, any spaces on the edge not covered by the fish, cover with coarse salt.

Sprinkle the fish with softened or melted butter and season with salt, pepper and lemon juice. Set dial at 450 degrees, preheat 15 minutes. Then turn dial so gas is on full or at highest temperature (570 degrees). While broiling adjust blaze yourself by means of the stop-cock. Have blaze very low for fish. Place fish in broiling oven about one inch from flame and broil slowly but not until well done for cooking will be finished when potatoes are browned.

When fish is nearly done remove from the oven, scrape off salt and force Duchess potatoes thru a pastry tube around the edge. Brush potatoes over with beaten egg and return to the oven to brown potatoes and finish broiling of the fish. Garnish with lemon and parsley. Buttered peas may also be used as a garnish if desired.

Planked steak, Duchess potatoes, jellied vegetable salads, roses, yonkers, pineapple, strawberries and baked Alaska will be among the recipes she will further explain and show her "students" at the cooking school. Baked lemon pudding and lemon mixtures will also be given by Miss Warner.

Baked Lemon Pudding
 2 1/2 cups pastry flour
 2 1/2 tablespoons baking powder
 1/2 teaspoon salt
 1 egg beaten whole
 1/4 cup melted butter
 1/2 cup milk or water
 1/2 teaspoon lemon extract

Sift together all dry ingredients including sugar. Add beaten egg, milk and melted butter. Beat well, stirring in flavoring. Pour batter over lemon mixture in a deep pan and bake at 275 degrees for about 25 to 30 minutes. Brown on a platter and serve or cover with a meringue and brown, placing it on bottom of broiling oven with gas turned very low.

Lemon Mixture
 1 cup sugar
 1 1/2 cups boiling water
 2 1/2 tablespoons cornstarch
 2 tablespoons butter
 1/2 cup rind and juice of 1 lemon
 1/4 teaspoon salt

Grated nutmeg if desired.

Mix sugar and cornstarch together, add water gradually, stirring constantly. Boil five minutes, remove from fire, add butter, and lemon juice and rind. Pour 1/2 of mixture into the bottom of a baking dish and cover with batter. Reserve remainder of mixture to pour over pudding when serving, if necessary. Slice of lemon cut thin may be placed on bottom of pan before pouring in sauce and the lemon rind omitted from the lemon mixture if desired.

Miss Victoria Warner
 Demonstrates and Endorses

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Steak

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One of the Truths to Be Impressed Is That Price is Not the Most Important Thing

When Housewives are Buying Meats

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Miss Warner instructs her classes on how to buy the cheaper cuts and to cook them just right—We specialize in Economy Meats along with service of the more expensive orders.

Our customers profit when buying less expensive cuts—Then just right way of cooking them for flavor, quality and tenderness.

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 at the Cooking School

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After seeing Miss Warner's demonstrations use K. C. in the same way in your own home. Give it the oven test and judge by results.

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