

Holiday Dinners Saturday Feature—Everyone Is Invited to Attend

Plan Supper Ahead for Ease and Economy, Hint

By the Bureau of Home Economics, U. S. Department of Agriculture. Brides and also homemakers of long standing who have been struggling with the endless problem of planning meals for two will find some answers to their repeated query, "What shall we have for supper?" in the following suggestions by the Bureau of Home Economics, U. S. Department of Agriculture.

All perishable food should be purchased with definite plans in mind for using it, the bureau's experts say. This is the most economical plan for buying, since many foods can be served for several meals in a variety of forms. When buying with the meals for several days in mind, the cooking should follow up the economy scheme and plan to save fuel and time. For instance, if potatoes are to be served two days in succession, enough should be cooked the first day, to be re-cooked the following day in some different form. The old standby, hash, is not frowned upon, but ways of serving left overs that are as attractive as the original dish are preferable.

The bureau has developed a variety of tested recipes for the home-makers of the country. Whether it is food for the main dish of the meal, vegetables, salads, or desserts, the bureau has many practical suggestions. Then, too, a continuous supply of recipes and menus from other sources suggests variations. So there is no reason for monotony in meal planning.

Eggs, for instance, need not always appear in the usual breakfast forms, but may be served at any meal. Their adaptability for small families makes them almost invaluable. Baked with cheese or tomatoes, curried, or served as Eggs Benedict they are as appetizing as they are nutritious. Eggs are a good source of efficient protein, and also supply some of the minerals and vitamins so necessary for building the body and keeping it healthy. The bureau points out that success in cooking eggs depends on cooking them slowly at moderate, even heat.

Families of two are well acquainted with ground beef and stewing meat but there are other cuts of beef which can be used to equal advantage. A pot roast can be served hot to begin with, then sliced cold, and finally made into croquettes which also utilize left over mashed potatoes. A beef heart is another wise and economical choice and kidney and liver offer possibilities for variety for two persons or ten.

The breast and shoulder of lamb are small and are less expensive than the leg. When stuffed with a savory dressing, either will form the basis for an excellent company meal. Both these roasts slice well when cold and every bit of meat left over can be utilized cold, creamed, or in curries.

Fresh and cured pork, sausage, and scrapple are desirable for the small family. The shoulders belong in the low cost group and they are as adaptable to meal planning for two as the lamb shoulders. The bureau suggests pork chop suet to those who like Oriental food as a novel way of utilizing left over pork. Roast stuffed spareribs is another dish seldom served but offering a decidedly different flavor.

As for cured pork, its uses are legion. Families of two can serve a small shoulder hot in a variety of ways and need not dread having to eat it cold for days and days. It can be creamed, cooked with noodles, combined with potatoes, and made into different kinds of potato cakes or introduced into salads—all dishes as appetizing as they are low in cost.

Smoked shoulder butts, known by various names in different sections of the country, are available in all markets. They are small, boneless,

and when baked make a choice piece for the whole family.

Cheese is one of the most valuable and inexpensive foods for the small family. A comparatively small quantity can change the entire character of left-overs into a pleasing dish for lunch or dinner. Some easy-to-prepare combinations can be made by baking cheese with fish, vegetables, or spaghetti. Since cheese becomes rubbery in texture and is digested with less comfort when exposed to high temperatures, the bureau's method of using moderate oven heat and always having the top layer of bread crumbs is a wise one to follow.

Many kinds of fresh, canned, and salt fish are available in quantities small enough for 2 persons. Though all fish contain important minerals and ample protein, sea food also has iodine to recommend it to the diet.

The bureau will be glad to supply its general recipe book or any of its series of leaflets on cooking beef, lamb, pork, cured pork, rabbit, or reindeer, which contain numerous recipes suitable for small families. Requests may be sent direct to the Bureau of Home Economics, or to the Office of Information, U. S. Department of Agriculture, Washington, D. C.

MENU FOR ONE DAY

- Breakfast**
Cooked cereal with Milk
Toast — Coffee
- Dinner**
Ham with Noodles
Turnip tops or other Greens
Baked Apple
Milk
Supper
Vegetable Soup
Cottage Cheese Salad with
Mixed Sweet Relish
Muffins
Tea

RECIPES

- Ham with Noodles**
(Serves 2 persons)
1 tablespoon butter or other fat
1 tablespoon flour
1 cup milk
1 cup cooked noodles
1 cup ground cooked ham
Salt
Pepper
½ cup white bread crumbs
Make a white sauce of the fat, flour, and milk, and add about ¼ teaspoon of salt, depending on the saltiness of the ham. Make alternate layers of noodles and ham in a shallow baking dish, pour on the white sauce, sprinkle buttered crumbs over the top, and bake about 15 minutes in a moderately hot oven (375 degs. F.)
- Curried Lamb**
(Serves 2 persons)
1 cup chopped cooked lean lamb
½ cup chopped celery and tops
1-3 medium-sized onion, chopped
¼ cup brown gravy or broth
1 teaspoon butter or other fat
Dash of curry
Dash of tabasco
Salt
Cook the celery and onion in the butter. Add the meat, gravy, and seasonings. Stir until well mixed and hot. If too dry, add one-half cup of boiling water. Serve the curried lamb with a border of flaky boiled rice, garnished with parsley.
- Codfish, Spaghetti, and Tomatoes**
(Serves 2 persons)
¼ pound salt codfish, dried
1 cup spaghetti, broken in small pieces
1 pint canned tomatoes
1 bay leaf
½ onion, sliced
1 tablespoon chopped parsley
1 tablespoon olive oil or other fat
Chopped olives

Salt if needed.
Soak the codfish in cold water to cover for 2 hours or longer, until sufficient salt has been removed, and drain. Cook the spaghetti in boiling salted water about 15 minutes and remove the bay leaves. Cook the onion and parsley in the olive oil for a few minutes, combine all the ingredients, and cook for a few minutes longer. Serve hot.

Baked Eggs and Cheese
Break the desired number of eggs in a shallow, greased baking dish, add a few tablespoons of top milk and salt enough to season, and sprinkle with a mixture of grated cheese and fine dry bread crumbs. Set this dish in a pan containing hot water and bake in a moderate oven (350 degs. F.) until the eggs are set and the crumbs are brown. Just before serving add a few dashes of paprika.

Roast Stuffed Spareribs
(Serves 5 persons)
2 sections of spareribs
1 cup fine dry bread crumbs
¼ cup diced salt pork
½ cup chopped celery
½ cup chopped onion
½ cup chopped parsley
5 tart apples, diced
¼ cup sugar
¾ teaspoon salt
¼ teaspoon pepper

Select well-fleshed rib sections that match. Have the breastbone cracked so that it will be easy to carve between the ribs. Wipe the meat with a damp cloth. Prepare the stuffing as follows: Fry the salt pork until crisp and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces of apples are candied. Mix with the apples the bread crumbs, crisp salt pork, cooked vegetables, salt, and pepper. Lay one section of the ribs out flat, sprinkle with salt and pepper, and spread with the hot stuffing. Cover with the other section and sew the two together. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and sear in a hot oven (450 degs. F.) for 20 minutes, or until the meat is lightly browned. Reduce the oven temperature rapidly to very moderate heat (300 to 325 degs. F.) and continue to cook for about an hour longer, or until the meat is tender. Remove the strings before serving the stuffed spareribs on a hot platter.

Stuffed Beef Heart
(Serves 5 persons)
1 beef heart
2 tablespoons bacon fat or drippings
1 small onion, chopped
½ green pepper, chopped
3 cups bread crumbs
½ teaspoon salt
1 cup chopped celery

Wash the heart and remove the gristle and veins. Make a slit in the side and fill with stuffing made as follows: Melt the fat, cook the onion and green pepper for a few minutes, add the bread crumbs, salt, and celery, and stir until well mixed. Sprinkle the heart inside and out with salt and pepper, fill with the hot stuffing, and sew up the slit. Sear the heart in hot fat, place in a baking dish, add ½ cup of hot water, cover, and cook until tender in a very moderate oven (300 degs. F.) This will require about 2 hours. Remove the heart and add flour to the drippings and enough water to make a thin gravy. Serve surrounded by the gravy.

McMinnville—William F. Quigley received \$21,175 contract for construction of hospital building.

3-volt, 13-plate batteries, \$5
1-yr. guarantee . . .
Battery Recharging 50c
Severin Battery Service
1522 No. Riverside

JUNIORS' ACTIVITY COMMITTEES ARE NAMED FOR WORK

The junior class, usually credited as being the most active class in school, held their first meeting of the year October 21, at the senior high school.

It is the custom of the junior class to present the junior prom, the junior assembly and the junior carnival and it was for the purpose of announcing the committees in charge of the first two that the meeting was held. Committees for the junior carnival have not yet been announced.

Following are the committees for junior assembly and junior prom:

Junior assembly, Armistice day, November 11: Chairman, June Davis; Elmeda Harper, Velma Smith, Doris Gass, Enid Dressler.

Junior prom committee: Decoration, chairman, Ruby Stone; Alice Prock, Zoe Dell Lantis, Elmer Zumburn, Barbara Hall, Russell Hogue, Richard Sleight, Wildon Colbaugh, Bob Prentice. Program, chairman, Barbara Hall; La Verne Anderson, Anna May Fuson, Max Roe, Bob Sherwood, Bernal Slead. Refreshments, chairman, Marjory Gregory; Helen Stuart, Evelyn Herman, Doris Patton, Clyde Fichtner, Phil Quisenberry. Orchestra and dance, chairman, Bill Cummings; Margaret Warner, Leabel Miller, Maurice Shields, Connie Latham, Ardyece Lindley. Invitations, chairman, Betty Stennett; Mary Van Dyke, Bobby Root, Frances Perry, Jack Terrett, John Dal-laire. Clean-up, chairman, Bill Knips; David Lowry, Russell Hogue, Ruby Stone, Barbara Wall, Jack Hood, Ray Love, Maurice Putney, Enid Dressler, Pat Hayes, Sam Kroschell, Elmeda Harper, Conway Latham, Clyde Fichtner, Winifred Roseborough, Erna Niedermeyer, Dorothy Willis, Jack Paxton, Ed Bennett, Tom Estes, Margaret Warner.

RAINIER—Sidewalk and parking space laid on Laing corner.

Expert Radio Repairing
Rebuilt Batteries \$3.00
Batteries Charged 50c
SERVICE ELECTRIC CO.
111 South Holly Phone 1270

Bridge Barber Shop
BEAR CREEK
Solicits Your Patronage
IRA DAVIS, Prop.
Childers Bldg.



ETHEL HALL

Ethel Hall—

Cookery Expert and Dietitian at the
Mail Tribune's School of Home Economics

Will Use a



Electric Range

FREE OFFER FOR 30 DAYS ONLY (OCT. 22 TO NOV. 22)

Sunbeam Electric MIXMASTER

—Think of it! A \$22.50 SUNBEAM MIXMASTER—that stirs, whips, beats and mixes—will be GIVEN FREE with each range sold to a new electric range user—This offer is for 30 days only!

Easy Terms on Your Favorite Range

A Beautiful 1932 Model

"Hostess" Hotpoint Range

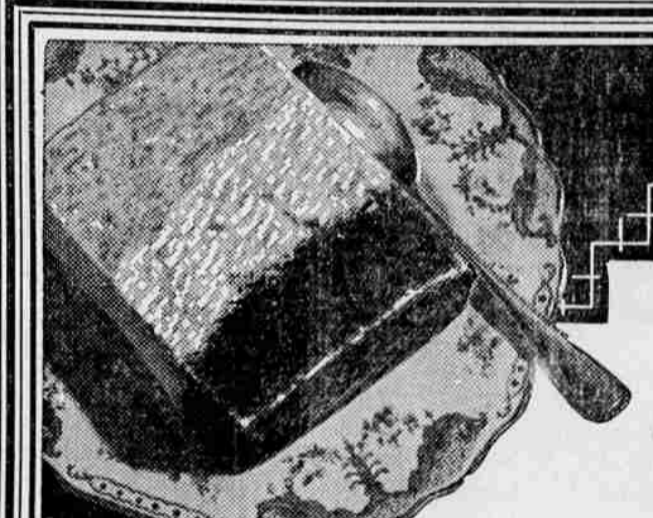
Featured At The Mail Tribune Cooking School
Will Be On Display At Our Store This week

Peoples Electric Store

O. O. ALENDERFER

212-214 W. Main St. — Telephone 12

A. B. OUNNINGHAM



Gold Seal
WITH EVERY MEAL

—At the
Mail Tribune's School of Home Economics

PRODUCTS
Will Be Especially Featured

Ethel Hall, Famous Home Economist, Will Use
DELICIOUS GOLD SEAL ICE CREAM
In Preparing Tasty Frozen Salads and Desserts
Gold Seal Milk, Butter and Cottage Cheese
Will Also Be Extensively Used In The Mail Tribune School



Gold Seal Products Are Sold Everywhere in Southern Oregon

DRIFTED SNOW FLOUR
at the
COOKING SCHOOL



Sperry Flour Co.

Medford Oregon

And In Your Own Kitchen
Makes Your Favorite Recipe Better

All Good Grocers in Southern Oregon Stock
—DRIFTED SNOW FLOUR—