

Clever Housewife Can Pep Up Low Cost Meal

Housewives often have to fool their families. This they can do quite harmlessly, and be thanked for it besides. If they are clever cooks. The same old soup, the same old greens, the same potatoes, even, says the Bureau of Home Economics, reveal new forms and flavors resulting from changes in preparation and seasoning. But these, like most other things, are harder to do when rationing are short than when there is some leeway in the family purse. How far can inexpensive seasonings go to vary the low-cost meal? What are some of the tricks of getting variety in flavor?

The recipe specialist of the Bureau of Home Economics, Mrs. Fanny Walker Yeatman, has some suggestions about this. Says she: "One of the best ways to give flavor to soups and stews is to brown, in fat, the meat and vegetables that go into them. Also use crisp bits of salt pork or bacon, added at the last minute, instead of putting them in 'as is' and at the beginning. A stew made this way will taste quite different from the stew made of the dried fresh vegetables, or from meat and vegetables simply cooked in water."

Some of the most attractive seasonings actually can be grown in the kitchen—in anything from old saucers or window boxes. Parsley, chives, thyme, mint, tarragon—all of these little plants grow rapidly this way, according to the garden specialist of the Bureau of Plant Industry, Mr. W. B. Beattie, and are very ornamental as well as useful. (For particulars on these little indoor kitchen gardens, write to Mr. Beattie.)

Onion juice if often preferable to chopped onion for seasoning. Dried celery tops (save all your celery leaves and hang them up in a paper sack to dry) are cheap and useful seasonings for soups. So is celery seed. Fresh mint leaves or watercress may be used for the same purpose, especially with roast lamb, and celery seeds are particularly good with potato salad and cold slaw. A German use of mace—ever so little mace—is with green beans, and this unusual flavor adds interest to the ordinary canned beans when creamed. Some people like a "suspicion" of nutmeg in chicken soup, and a "ghost" of curry powder in French salad dressing, while chili sauce or catsup in mayonnaise makes something rather like Russian dressing.

When it comes to cakes and desserts, says Mrs. Yeatman, almond will be found an interesting variation from the standard flavoring extracts such as vanilla and lemon, and the grated peel of an orange or a lemon is excellent. Orange biscuit may be a change, and orange toast or cinnamon toast can be used in place of dessert for supper, say, or with dessert, for that matter—especially with fruit. To make the orange toast, mix the grated peel of the orange with sugar and some orange juice, and spread on the slice of bread before toasting.

A few raisins will change the character of a cake, or of cookies, as will coconut also. Caramel is a homemade flavor which is usually very popular with the family, and costs very little. Chocolate rice pudding is another variation—and one that some children like even, though they refuse the plain rice pudding.

Never overdo the seasoning, says Mrs. Yeatman. This will also make the supply last longer. Here, for instance, is a little budget which is suggested, in addition to salt and pepper, as giving much in little, and which should last for many weeks:

Celery seed, sage, thyme, or poultry seasoning; mustard, curry powder, nutmeg or cinnamon, vanilla.

Cloves, allspice, pickle spice, mixed cake spice, mace, ginger, paprika, bay leaf, bottled horseradish—any of these can be added or substituted at a

LOW-COST MENU FOR ONE DAY

Breakfast
Hot Cereal—Toast or Orange Biscuits
Orange Juice for children
Softee (adults) — Milk (children)

Dinner
Shoulder of Lamb with Mint Dressing
Canned Corn—Snap Beans
Bread and Butter
Milk for all

Supper
Potato Salad with Onions on Lettuce
Toast
Chocolate Bread Pudding
Milk for children

RECIPES
Beef Stew (with browned ingredients)
1 pound lean beef
1/2 cup beef suet (small pieces)
4 potatoes, diced
2 onions, chopped
3 tablespoons flour
1 pint water
1 quart canned tomatoes

Pepper
Wipe the meat with a damp cloth and cut into small pieces. Fry out the suet and remove any crisp pieces. Brown the onion and potatoes in the drippings. Remove the vegetables and brown the meat which has been rolled in the flour. Add the water to the meat and simmer until tender. Then add the browned vegetables and the tomatoes and continue to simmer until the potatoes are soft. Season with salt and pepper and stir in the crisp pieces of fat and serve.

Roast Shoulder of Lamb with Mint or Watercress Stuffing
3 or 4-pound shoulder of lamb
3 cups fine dry bread crumbs
1/2 cup fresh mint leaves, or 1/2 cups finely cut watercress leaves and stems.
4 tablespoons butter or other fat
3 tablespoons chopped celery
1 1/2 tablespoons chopped onion
1/4 teaspoon salt
Dash of pepper

Have the butcher remove all the bones and the fell from the meat. Save the bones for making soup. Melt the butter in a skillet and add the onion and celery. Cook for a few minutes and add the mint leaves or the finely cut cress and the other seasonings, stir in the bread crumbs, and mix all the ingredients together. (When using watercress allow the liquid which cooks out to evaporate before the bread crumbs are added.)

Orange Biscuits
2 cups sifted soft-wheat flour
4 teaspoons baking powder
1/4 teaspoon salt
2 tablespoons sugar
2 tablespoons grated orange rind
3 tablespoons fat
About 2-3 cup milk

Sift the dry ingredients, add the orange rind and fat and mix, well with the tips of the fingers. Make a well in the mixture and add the milk slowly and stir from the center with a fork, until a medium soft dough is formed. Turn on to a lightly floured board and knead a few seconds until smooth. Press into a sheet about 1/4 inch thick, with the palm of the hand. Cut into rounds and cover the top of the biscuits with a mixture of grated orange rind and a tablespoon of sugar. Bake in a hot oven (400 degrees F.) about 15 minutes or until lightly browned.

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Sprinkle the inside of the pocket in the shoulder with salt and pepper, pile the hot stuffing lightly, and sew the edges together. Rub salt, pepper, and flour over the outside. Place the roast on a rack in an open pan without water. Sear for 30 minutes in a hot oven (480 degrees F.) Reduce the oven to moderate temperature (300 degrees F.) and cook the meat at this temperature until tender—from 2 1/2 to 3 hours at these oven temperatures. Serve hot with brown gravy.

FRUIT THINNING DEMONSTRATIONS ARE SCHEDULED

Field meetings for the purpose of demonstrating fruit thinning will be held Tuesday and Wednesday, June 7th and 8th, in various parts of the valley, according to arrangements made by County Agent Wilcox.

The schedule of time and places is as follows:
June 7th, 2 p. m., J. B. Kirk orchard, one half mile east of Phoenix on the Fern Valley road. June 8th, 10 a. m., Young and Hall orchard, one mile east of the Crater Lake highway, Central Point road junction at 2 p. m., D. L. Davidson orchard, north and west of Central point, one

TULE LAKE DUCK SHOOTING SOUGHT

KLAMATH FALLS, Ore., June 3.—(AP)—A resolution favoring establishment of Tule Lake game refuge boundaries to permit water shooting has gained support in this region. The plan has already been approved by the chamber of commerce, several service clubs here and the Grange, American Legion and Chamber of Commerce at Tule Lake.

The movement originated among the Tule Lake organizations who claim that if the game refuge is extended to a new dike being constructed on the east side, there will be no area for water shooting. The resolution is addressed to the U. S. biological survey.

Big Oil Companies Unable To Agree

NEW YORK, June 3.—(AP)—American, British, Dutch and Russian oil executives today announced that they could not reach an agreement for stabilization of the world's export markets.

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COLUMBIA STUDENT ORATOR FROM WEST

SALEM, June 3.—(AP)—Bryson Hays of Columbia university, Portland, Ore., will represent the western states in the national intercollegiate oratorical contest, Washington D. C., this summer. Hays won first place in the regional contest here last night against Bernard Mergen of the University of Nevada.

As a result of his winning the dual

meet here, Hays will represent California, Washington, Utah, Nevada, Idaho and Oregon in the finals.

EUGENE, Ore., June 3.—(AP)—Dr. W. C. Burnhardt, convicted of drunk-driving in circuit court here, was

fined \$100 but received a parole from a six-month sentence in the county jail.

HARBIN, Manchuria, June 3.—(AP)—Major General Teizo Hiraga's 28th brigade of the 14th Japanese

division occupied Hailun, Manchuria, last night after smashing the opposition of Chinese loyalists.

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BEANS Local pack, cut green No. 2 can 10¢	BALCO MALT Highest quality—Hop flavored You'll like it Lge. can 39¢
FRUIT JARS Ball or Kerr Mason Pints 73¢	TOILET SOAPS See our display; many popular brands, including Palmolive Limit 5 Bar 5¢
BEANS Fancy Red Mexicans or small whites 5 lbs. 19¢ 10 lbs. 35¢	BEANS Small size California Limas 5 lbs. 23¢
MACARONI Rose Brand—The Economical Food 3 lbs. 14¢	CHEESE Ladino Eagle Point full cream Correct taste Lb. 19¢
PAROWAX For Sealing Jelly Glasses and Jars 2 pkgs. 15¢	WALNUTS Fancy Large Oregon Lb. pkg. 25¢
JELLY GLASSES Kerr made, 1-3 or 1/2 pint Doz. carton 33¢	RICE Fancy long grain 4 lbs. 19¢
MILK Max-I-Mum Extra Quality Tall can 4 1/2¢	SAFEWAY FLOUR Best quality Hardwheat Use good flour for better results 24 1/2 lb. bag 63¢ 49 lb. bag \$1.15
MAX-I-MUM SYRUP Pure Cane and Maple It is good 2 1/2 lb. can 38¢	BREAD Tusko—A whole of a Value Lge. loaf 10¢
PANCAKE FLOUR Safeway, Best Quality Contains no corn meal 9 lb. bag 41¢	TISSUE Zee, fancy soft tissue Each roll wrapped 4 rolls 19¢
PAR SOAP The fine concentrated soap Most economical Lge. pkg. 39¢	CLEANSER Crystal White cleans quickly 2 cans 5¢
EXTRA GOOD CORN VALUES Valley Pride Golden Bantam Medium cans 3 cans 29¢	Strawberries Local 6 cups 25¢
PAR SOAP The fine concentrated soap Most economical Lge. pkg. 39¢	Lettuce Local, crisp 2 heads 5¢
EXTRA GOOD CORN VALUES Bine and Gold. Whole kernel. 2 cans 29¢	Fancy white Salad Onions 4 lbs. 19¢

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