

# Many Housewives Enjoy Cookery Sessions

## Care in Handling Food Means Safety, Economy

By the Bureau of Home Economics, U. S. Department of Agriculture. What may be economy in the buying of food, often depends on the means and space for keeping food, and also the care in handling it, after it is bought. With a good refrigerator, the problems are solved, but the home without a refrigerator has its troubles. There are, however, some foods that never should be kept in a refrigerator, but must be cared for in some other way. In any case, care in handling, a knowledge of the dangers of food poisoning, and precautions against contamination of food are necessary to protect the family's health as well as its pocketbook.

The housekeeper must guard against different kinds of spoilage. Some foods change texture, some lose flavor, others become actually harmful. Green vegetables will wilt because their moisture evaporates. Crackers and cookies, on the other hand, take up moisture from the air and thereby lose their crispness. Light affects some kinds of food. It hastens the ripening of fresh fruits and vegetables, and it is bad for fats and oils, which become rancid in the light and warmth.

The most important and the most troublesome causes of spoilage are bacteria, yeasts, and molds—microscopic forms of life which exist almost everywhere and develop rapidly under certain conditions. Careful washing of all fruits and vegetables that are to be eaten raw is one precaution against these organisms, and cooking will destroy them as a rule. Low temperature (between 60 and 40 degrees Fahrenheit) in a ventilated container, will retard their development, and will also check the ripening of berries, tomatoes, peaches and other fruits. Lettuce and all the salad vegetables should be put away in moist wrapping or in a covered dish or pan, in the coolest place available.

Milk presents a special problem. Fresh bottled milk is best kept in the bottles in which it is delivered. They should be brought indoors as soon as possible after delivery, washed, and placed in the coolest part of the refrigerator. The coolest place is near the door, in a mechanical refrigerator the coolest place is nearest the point where the cold air comes from the cooling unit. If there is no refrigerator, evaporated milk and dried milk may be found convenient in summer. Evaporated milk can be bought in cans small enough to be used up at once, and in the unopened can it will keep indefinitely. Dried milk, sold in one-pound cans or larger, will keep for days after the can is opened if tightly covered. Cuts of meat from the market should be purchased as soon as delivered, and the meat put away in a clean, dry, uncovered dish, in the coolest part of the refrigerator. If there is no refrigerator, the meat should be used at once. This is particularly important to remember with reference to liver and the other edible organs, fish and sea foods, which spoil even more quickly than other kinds of meat.

One of the most troublesome problems is the keeping of leftover meats, fish, gravies, dishes with cream sauce, custards, boiled salad dressing, soup, bouillon, sandwich fillings, etc. Cooked meat can best be stored if loosely wrapped or covered, to prevent drying out too rapidly. Keep it as cold as possible and do not allow until just before serving.

All the most cooked foods, in fact, particularly those rich in protein, need careful handling to keep them safe. In hot weather especially, the bureau says, left-overs or perishable foods should be boiled or thoroughly heated before they are served a second time. "Warming up" such foods is not enough. "Cold victuals" of this kind may cause serious poisoning. Without a refrigerator, the safest rule, of course, is to cook only enough for one meal, avoiding left-overs as far as possible. Meat dressings, fat from soup stock, etc., spoil very quickly and ruin the flavor of any food in which they are used. They should be used as promptly as possible, but if a quantity does accumulate, it may be heated with an equal quantity of water at a moderate temperature for a short time, and then strained, while hot, through flannel or thick muslin. When it is cold, the cake of clean fat may be lifted from the

stirring, turning and heating. It is almost human, turning the current on at the desired time and turning the current off automatically when the meal is cooked."

More than a million American women now cook electrically, according to a recent survey and this remarkable showing is increasing rapidly day by day.

**Oregon Weather**  
Fair tonight and Saturday but overcast at times near the coast; moderate temperature; gentle changeable winds offshore.

In Klamath Falls—A. P. Johnson of the local Standard Oil offices, was a guest at the Willard hotel in Klamath Falls this week.

# Strawberry Jam MADE IN 12 MINUTES




**10.00 TO BOIL 10.12 IN THE GLASSES**

BY **Mrs. C. B. Osborne**  
CHAMPION IOWA JELLY MAKER

"In the last 5 years my jams and jellies have won 83 prizes at the Iowa State Fair. And the Certo short-boil jelly making method deserves most of the credit."

"Certo, first of all, reduces boiling time to one minute for crushed strawberry jam, for instance. And this fact explains both the speed and economy of the Certo method of making jam or jelly, as well as the quality of the product that results."

"For with only 1 minute's hard boiling needed, 12 minutes is ample time to make a full batch of prize-winning jam or jelly. And since no fruit juice has time to boil away, I often save as much as 2 1/2¢ per glass over jam or jelly made the old long way."

"And my Certo-made jam tastes better, too... simply because the short boil keeps the ripe, delicate flavor of the fruit itself from boiling away in wasteful steam."

Why don't you do as Mrs. Osborne suggests and order a supply of Certo today—with your strawberries? You will be delighted at the time and money it will save you. And the extra flavor it will give your jams and jellies, too... if you will follow carefully the Certo recipe that comes in the booklet attached to every Certo bottle. Get your bottle from your grocer's today. It is a product of General Foods Corporation.

## WOMEN WELCOME MODERN AIDS IN PREPARING FOOD

The average woman who faces the problem of getting three meals a day—a thousand meals or more a year—wonders all modern ideas and appliances which lessen the drudgery of a meal preparation.

"Electricity has helped to solve the problem of cooking, as well as that of most other household work," says Miss Estella Dorgan, Home Service Director of The California Oregon Power company.

"Now comes the new electric range, bringing speed and economy to aid in meal preparation. Moreover, it brings release of time to the housewife, for with its automatic timer, meals are cooked while the housewife visits shops or does other work. It eliminates the watchful waiting, the estimating, trying and tasting, the

**ONE BOTTLE**  
TWO BATCHES  
One bottle of Certo will make not one batch, but two full 10-oz. glass batches of strawberry jam... or two full batches of jam or jelly from many other fruits. See recipe book under label.

**IT'S STRAWBERRY JAM TIME!**

# WHY Jean Arthur LAUGHS AT FAT!



Place: Miss Arthur's lovely apartment in New York City

INTERVIEWER: What a glorious figure you have, Miss Arthur! You must spend hours in gymnasiums.

MISS ARTHUR: No gymnasiums for me! The Best Foods Slennerizing Plan keeps my weight right where I want it.

INTERVIEWER: Is that one of those "starvation" diets, Miss Arthur?

MISS ARTHUR: Starvation nothing! The Best Foods Slennerizing Plan lets you eat almost everything you want. Simply substitute two salads daily topped with Best Foods Mayonnaise for too many heavy soups and rich fattening foods. If any woman will only stick to that simple plan she will be amazed at the way her figure will improve.

Miss Arthur, a Paramount Star, is now appearing in "The Lawyer's Secret." Her slender grace has already won for her millions of ardent admirers. So accept her advice. Rely on her plan for youth and health! Be sure that your mayonnaise is Best Foods. It contains breakfast eggs, salad oil, vinegar and rare spices. All carefully double whipped to a secret recipe. Certain mayonnaise makers have recently introduced cheap, inferior fillers in a frantic effort to lower prices. This we flatly refuse to do! So order your jar of Best Foods Mayonnaise today!

TUNE IN! Billy Jones and Ernie Hare, radio's greatest song and comedy team, every night except Saturday and Sunday over N. B. C. Blue Network at 6:45 C.S.T. Listen in for frequent Big Cash Prize Contests.

**BEST FOODS MAYONNAISE**  
FREE OF ALL CHEAPENING INGREDIENTS

# SAFEGWAY STORES

DISTRIBUTION WITHOUT WASTE

## Royally Received!

For the past three days Margaret Lenore Coates has been conducting the Homemakers' Cooking School at the Fox Rialto Theater. The last session was held today and we have been truly astonished at the record attendance this unique school drew. We want our friends to know we sincerely appreciate their enthusiasm, and we invite you to make free use of the Homemakers' Bureau at all times through the mail.



**SATURDAY AND MONDAY SAVINGS**

<b>BEANS</b> Fancy Small Whites 5 lbs. 18¢; 10 lbs. <b>34¢</b>	<b>AIRWAY COFFEE</b> First Quality Brazilian Santos Coffee. Good Coffee at Low Price 23¢ lb.; 3 lbs. <b>65¢</b>
<b>Sandwich Spread</b> Best Foods, Quality Prepared Spread Pint jar <b>25¢</b>	<b>RED BEANS</b> Fancy Red Mexicans 7 lbs. <b>24¢</b>
<b>GINGER ALE</b> Pale Face, Cooling Summer Time Beverage 2 bottles <b>25¢</b>	<b>LIPTON'S TEA</b> Black Orange Pekoe World's Best Tea 1/2 lb. can <b>39¢</b>

**FRESH PRODUCE**

<b>Peas</b> Fresh full pods. Local grown 4 pounds <b>11¢</b>	<b>MALT</b> Balco, Quality Malt. Buy now before the tax is effective. Lge. can Case \$4.49
<b>Grapefruit</b> Fancy Quality, Seedless Each <b>4¢</b>	<b>SHRIMP</b> Guif King Medium Fish No. 1 can <b>12¢</b>
<b>Watermelons</b> Nice Big, Red, Ripe Klondikes Pound <b>3 1/2¢</b>	<b>CLAMS</b> Underwood's Fancy Whole Clams No. 1 can <b>10¢</b>

**SALAD DRESSING**  
Best Foods, a favorite Salad Dressing that is economical  
Full Quart **24¢**

**FORMAY**  
The Perfect Shortening. Obtain a Pastry Flicker Free with each can top **49¢**

**BAKING POWDER**  
K. C. Most Economical  
25¢ can **17¢**

**KRAFT CHEESE**  
Your Choice of Limburger, Pimento Cream Spread or Kay  
6 oz. jar **15¢**

<b>FREE SUGAR</b> 5 Lb. Package With Each 49 lb. bag Corona Fancy Hardwheat Flour Each <b>\$1.37</b>	<b>CORN BARGAINS</b> Your choice Golden Bantam or Minnesota White Corn. Medium cans 3 cans <b>25¢</b>	<b>BREAD BLUE RIBBON</b> Finest quality White or Whole Wheat Lge. loaf <b>10¢</b>
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**PEANUT BUTTER**  
Oregon Ground Fresh Made  
2 lbs. **19¢**

**PAR SOAP**  
The Perfect Concentrated Soap—so Economical  
Lge. pkg. **33¢**

**LUNA SOAP**  
F. & G. Co. New Bar for the Laundry  
10 bars **23¢**

**JAR RUBBERS**  
Red Double Lip  
3 pkgs. **10¢**

**PAROWAX**  
The Perfect Seal for Jams and Jellies  
Pkg. **8¢**

**CERTO**  
Sure Jell Every Time  
Bottle **22¢**

**MATCHES**  
Highway Best Quality Blue Tip  
6 box carton **16¢**

**BROOMS**  
Kitchen 4-tile. Big Value  
Each **33¢**

## SAFEGWAY MARKET SAVINGS

<b>Pork Roast</b> . lb. <b>9 1/2¢</b> Choice Shoulder Cut	<b>Pot Roast</b> . lb. <b>9 1/2¢</b>
<b>Lamb Roast</b> lb. <b>12 1/2¢</b> Fancy Milk Fed Lamb	<b>Bacon</b> . . lb. <b>14 1/2¢</b> Swift's Sugar Cured
<b>Lamb Steak</b> 2 lbs. <b>25¢</b> Lean and Tender	<b>Lard</b> . . 4 lbs. <b>29¢</b> Pure Fresh Rendered
<b>Bacon Squares</b> lb. <b>10¢</b> Sugar Cured	<b>Pork Steak</b> 2 lbs. <b>25¢</b>
<b>Hamburger</b> . lb. <b>9 1/2¢</b> Fresh Ground	<b>Sliced Bacon</b> . lb. <b>20¢</b> Swift's Sugar Cured

33 No. Central and Main at Holly

Say "Gear-ar-delly" to your grocer...



**"Thank you!"**

TO THE WOMEN WHO HAVE SHOWN SO MUCH INTEREST THIS WEEK!

You have seen Ghirardelli's at the Cooking School, and we know you have been interested. We hope you find, as millions have, that Ghirardelli's is safe, timely and tastes better. Why not try "Gear-ar-delly" to your grocer... right now!

**GHIRARDELLI'S**  
Ground CHOCOLATE