

Safeway Cookery Experts Delight Southern Oregon Housewives

PARTY DISHES ARE SPECIAL FEATURE TODAY'S CLASSES

Novel Recipes Are Demonstrated for Housewives at Safeway Cooking School — Friday Ends Sessions

Food at ever so many local parties is going to be unusually delightful in the future and even the desserts and salads at home are going to take on the gay flavor of parties, if the attendance at the second session of the Safeway Stores Homemakers' bureau's three-day "course in kitchening" this afternoon is any indicator.

For the many who came, saw and were conquered by the delights revealed by Mrs. Marian Spencer and Miss Helen Brown, the bureau's home economists were obviously looking forward with keen anticipation to early opportunities to put their new knowledge into use. As they filed out of the Fox Rialto, they were unanimous in their expressions of pleasure and just which novel recipe won the most favor would be most difficult to decide.

Perhaps it was the coffee-chocolate cake, which may be a little hard to picture, but which is certainly not difficult either to make or to enjoy. Perhaps it was the ginger ale salad, a gay mixture of pineapple, celery, olives, pineapple juice, cayenne, pepper and ginger ale, all made firm and highly edible by the addition of gelatin. Or, perhaps, it was the angel food cake, which was just a little different from other angel food cakes in several respects, and particularly in that it offered the surprising and apparently welcome addition of raisins. It was shown, too, how this cake and the coffee-chocolate cake went economically hand in hand in the matter of cost.

There must have been those, too, who would have given an enthusiastic first prize to the pineapple hamlet, the recipe for which involved, in addition to the unusual combination of pineapple and ham, such surprising elements as milk and mustard, pepper and sweet potatoes, salt, cloves and marshmallows. And what a happy result it achieved in the end there are many who will be willing to testify.

Cake filling and icings came in for their share of the afternoon, too, what with a festive cake filling that was said to improve even angel food and a seven-minute chocolate icing which seemed able to prove its claims even to the satisfaction of the most icing-critical male.

Another feature of the afternoon was a supper salad loaf simply made from an even dozen of varied ingredients that viewed as things apart, seemed scarcely imaginable in combination, but which proved to have a natural affinity for one another.

And the third and last offering of the afternoon took denizens of the deep and made them into a tasty tidbit for those whose appetites run to sea foods.

There was a dainty and very easily completed recipe for margarites, too, using common, every-day sautéed wafers as a base for this pleasant aside when fruits or frozen desserts are served.

Mrs. Spencer and Miss Brown showed conclusively that the day of the new in sandwiches is not yet over, but demonstrating a mixed quartet that promised genuine harmony for an afternoon or evening. They were simple sandwiches, too, involving little more than bread and butter, cheese, milk, raisins and nuts, parsley anchovy and pimiento, the sort of things one finds in almost any kitchen on almost any day.

And for something novel in desserts, Mrs. Spencer and Miss Brown introduced a frozen maple treat that won the hearts of those in attendance and gave promise of winning friends over countless southern Oregon tables in the future.

Commenting on the afternoon's program, Mrs. Spencer said, "The great increase in home entertainment during the past year has given the Safeway Stores Homemakers' Bureau a busy time in providing party ideas. The recipes which we presented at this session were all selected by Mrs. Julia Lee Wright, national director of the bureau, as among the very choicest developed for party purposes in the bureau's kitchen during the past year, but it should also be pointed out that every one of them is ideal for family use, and we are sure that many of them will be used often for just that purpose."

"The third and last session tomorrow afternoon will feature the preparation of meats, including fowl roasted in a blanket, sausage stuffing, standing rib roast of beef and meat dumplings, but will also cover a variety of other dishes of unusual interest. The session will start promptly at 2 o'clock at the Rialto and we are looking forward to a capacity attendance."

TO LIFT QUARANTINE ON STATE HOSPITAL
SALLEM, Feb. 2.—(AP)—The quarantine on the state hospital at Salem, placed on the institution a month ago because of the influenza epidemic, will be lifted Monday, February 6, it was announced today by Dr. R. E. Lee Steiner, superintendent.

Noted Cookery Experts Shopping at Safeway Store



Mrs. Marian Spencer, left, and Miss Helen Brown, noted cookery experts with the Homemakers' Bureau, who are conducting the Safeway school this week at the Fox Rialto theater. Mrs. Spencer and Miss Brown are shown here shopping in a local Safeway store before the Rialto "kitchening" sessions.



CULINARY CRAFT

By Estella Dorgan, Director of Home Service, California Oregon-Power Co.

Eat Vegetables Now for Health.

This is the season when we need to check up on our habits regarding the type of foods we are serving or eating. Some way, we just naturally turn to a vegetable diet now, but there is a very real need to keep as physically fit as possible to resist the ills prevalent in winter.

We offer suggestions to help you. Here is a list of vegetables good to serve these days and available to all: Cabbage, cauliflower, string beans, Brussels sprouts, beets, carrots, parsnips, celery, tomatoes (canned), sauer kraut, spinach (canned). Most of these are delicious cooked in a very small amount of water for just the amount of time to make them tender and seasoned lightly with salt, pepper and butter. Or, better still, some of them may be eaten raw, either in a vegetable plate or as a complete salad with a light dressing. However, for those of you who like your vegetables dressed up and flavored in different ways, we shall give the following recipes:

- Cabbage Au Gratin.**
Slice cabbage and cook in salted, boiling water 15 minutes, then drain. Butter baking dish and place layer of cabbage in first, then alternate with white sauce seasoned as you wish, plain or with cheese. Repeat and sprinkle top layer with buttered crumbs. Bake one-half hour in moderate oven (350 degrees).
- Deep Fried Cauliflower.**
1 head cauliflower
1 egg
1/2 cup milk
1/4 teaspoon salt
P. O. pepper
Dried bread crumbs

- Frying fat.**
Soak the cauliflower, head down, in cold, salted water, then drain until very dry on towel. Break into flowerets and dip first in the slightly beaten egg, mixed with the milk, then in bread crumbs, seasoned. Fry in deep fat at 370 degrees until golden brown.
- Brussels sprouts and Chestnuts**
1 qt. Brussels sprouts
1 lb. Italian chestnuts
1-3 cup butter
Boiling water.
Boil the sprouts in salted water until tender, about 20 minutes. In the meantime put the chestnuts in cold water and bring to the boiling point and boil five minutes. Remove the skins and put layer of sprouts alternately with a layer of nuts in a buttered casserole. Season with salt, pepper and dots of butter. Add enough water to cover bottom of dish about one-fourth inch. Cover and bake one-half hour in a moderate oven, 350 degrees.

- Beets With Raisin Sauce.**
12 small cooked beets
1/4 cup sugar
1 tablespoon cornstarch
1/4 cup vinegar
1/4 cup seeded raisins
1 tablespoon butter.
Cut beets in slices or cubes, or leave them whole if very small. Mix sugar and cornstarch, add vinegar and boil five minutes. Add to the beets and raisins and let stand on warm element one-half hour. Just before serving add the butter.
- Shredded Carrot With Pearl Onions.**
Shred carrots and cook with about one-half cup of water. 1 teaspoon of salt, 2 teaspoons of sugar and a dash of nutmeg. Steam in thrift cooker or oven at 350 degrees for one hour. Meanwhile, have the onions soaked in cold water, then put in pan with 1 cup of water, one-half teaspoon of salt. Cover and cook with the carrots in oven or cooker. Make a "nest" of the carrots with onions in center. Cover with cream sauce.

- Celery en Creme.**
1 quart diced celery
1 cup rich milk
1 tablespoon butter
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon nutmeg.
Cook the celery until tender in small amount of salted water. Meanwhile heat the cream and add the butter and seasonings. Pour hot over drained celery in serving dish.
- Parsnip Fritters.**
2 cups mashed parsnip
Pepper
Salt
1 egg

- 1/4 cup flour.**
Boil the parsnips and when tender, mash fine. Add seasonings and will beaten egg. Add the flour and drop by spoonfuls on hot griddle or into deep fat. Fry until delicately browned. Serve with small amount of melted butter.
- Italian Spinach.**
1/2 cup macaroni, broken into inch lengths
2 cups cooked spinach
1/2 cup white sauce
4 tablespoons grated cheese
Salt, pepper, cayenne
1/4 cup chopped, cooked meat (ham preferred)

- 2 hard cooked eggs.**
Boil macaroni in salted water until tender, then drain with cold water. Drain, spinach, chop and mix with white sauce and season to taste. Butter baking dish and put alternate layers of macaroni, spinach, ham and cheese. Repeat and add sliced eggs to top layer with cheese on top. Bake at 350 degrees for 20 minutes.
- Fried Canned Tomatoes.**
1 pint canned tomatoes
2 tablespoons butter
1 teaspoon salt

- 1/2 teaspoon pepper**
1/2 teaspoon sugar
1 cup flour
1 teaspoon baking powder.

To the tomatoes add the melted butter, salt, pepper, sugar and flour sifted with the baking powder. Drop spoonfuls the size of a large oyster some distance apart in a hot frying pan containing a small amount of melted fat. Fry to a rich brown on both sides, place on a hot platter and serve immediately.

PEAR RECIPES ARE IN MUCH DEMAND

Requests for the pear recipe booklet, advertised on wrappers of pears going out from the Rogue River valley, continue to come from foreign lands to the local chamber of commerce. One of the latest arrived today from Edm. Schronis, Rotterdam, Holland. Another came this week from

Excess Weight Drove Her From The Movies!

... But the Best Foods Slenderizing Plan quickly restored her youthful figure

Here is a slenderizing plan that can do wonders for you... just as it did for the lovely masked movie actress shown here. Less than 3 years ago her figure had grown so fat and slovenly that her movie contracts were cancelled... and her promising career seemed ruined! But then she turned to the Best Foods Slenderizing Plan. Within 6 weeks she had lost 17 pounds! And within 6 months she was back on the screen... feeling better, looking better than ever! You, too, should follow her example. Simply eliminate too many rich, fattening foods. Then substitute two salads daily, covered with Best Foods Mayonnaise. And watch the pounds drop steadily away! Only insist on Best Foods... the quality mayonnaise. It's double whipped. And contains only freshest, finest ingredients. Sold by your grocer. Start this plan today! You will be amazed at the results!



BEST FOODS MAYONNAISE

Put a

PUNCH

in your parties

BEING a good cook is a good start toward being a good hostess, but you also need a magic touch with the beverage you serve. You need a surprise drink! And what a surprise a punch will be... if it's made with Canada Dry — The Champagne of Ginger Ales!

Canada Dry is the base of a hundred and one happy combinations. Here is ginger ale at its rarest... sparkling, zesty, delicious... ready to add dash and swing to any number of drinks. Here is balanced flavor, the real essence of Jamaica ginger. Yet it comes to you at the same price as you pay for ordinary ginger ales. Sold everywhere in two convenient sizes.

JUST LET YOUR FRIENDS TASTE THIS!

• **Canada Dry Punch** into a punch bowl over a block of ice. Just before serving add two 12-oz. bottles or one large-size bottle of Canada Dry. Garnish with a few slices of orange.

Four one cup of hot tea over one cup of sugar. Cool and add 3-4 cup of orange juice and 1-3 cup of lemon juice. Pour

Canada Dry

THE CHAMPAGNE OF GINGER ALES

HOOVER TO ENTER LONG SILENCE AS PRESIDENCY ENDS

WASHINGTON, Feb. 2.—(AP)—President Hoover intended to set for himself long public silence after leaving the capital March 4. Friends of the chief executive said today he also wishes to withhold for some months decision on a number of attractive positions already offered, several touching engineering. Although no authoritative word has been spoken publicly on the subject, intimations have been given that Mr. Hoover will decide early next year whether he intends to seek to return to public life. Immediately after the inauguration ceremonies, Mr. and Mrs. Hoover will motor to Union station, to travel together to New York. Theodore Joslin, press contact secretary to the President, said Mr. Hoover had yet to decide whether he would travel across the continent by train with Mrs. Hoover, or leave New York by boat for a fishing trip in southern waters.

WASHINGTON, Feb. 2.—(AP)—A recent check on the inquiries showed the following totals from foreign countries: Holland, 4; France, 10; England, 19; Canada, 12; Norfolk, 1; Germany, 2; Algeria, 2 and Ireland, 1.

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In Libby's Sliced Hawaiian Pineapple you get just the slices that are loveliest in color, richest in natural flavor—the center slices. Center slices packed in a syrup of cane sugar and pure pineapple juice.

In Libby's Crushed Hawaiian Pineapple you get fruit that is the choicest of its kind, delicate in texture, superb in flavor.

And these Libby extra values cost you no more than ordinary brands! So ask your grocer for Libby's Hawaiian Pineapple—the kind you'll most enjoy. Libby, McNeill & Libby, Honolulu.

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There's a hint for home use: Make all your chocolate dishes with Ghirardelli's Ground Chocolate—beverage, desserts, cakes, icings, puddings, cookies, sauces and sundaes

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