

CULINARY CRAFT....

By Estella Dorgan, Director, Home Service, the California Oregon Power Company

LET YOUR OVEN COOK FOR YOU!

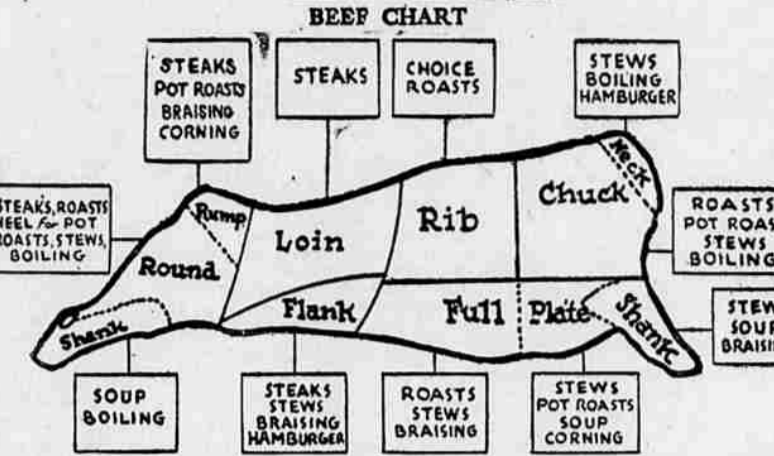
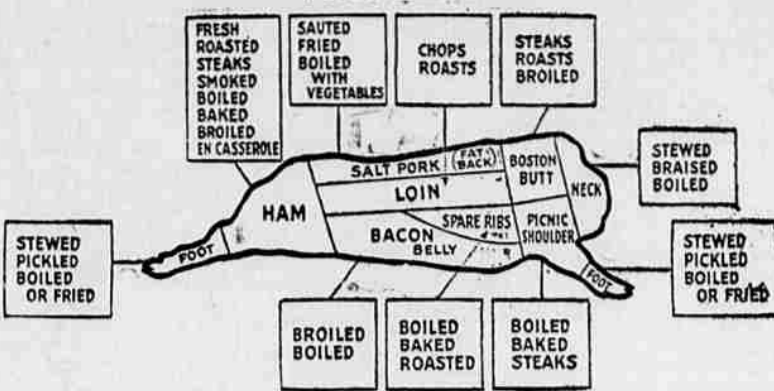
This is a message to new electric range users—(the "old" users should not need it). Right now, when hundreds of you are becoming acquainted with these new possessions, we wish to tell you in a practical way some of the delightful things you can do with a minimum of effort. Perhaps the most practical accomplishment of your new electrical servant is automatic meal cooking. These new ranges almost think for you. They actually do "remember" for you!

Who wishes to stay inside these glorious spring days just to watch a cooking process? Well then, by all means let us learn to feel entirely confident that good meals will not suffer in our absence if we have planned well and given them into the care of the range for completion. In fact that is just what your range would request if it could ask for perfect co-operation. One of the difficult habits to overcome in most new electric range users is constant supervision. This cool, quiet manner of cooking is "too easy" it seems and they must be looking into the oven or taking the top off of dishes to see if the food is actually being cooked. All of this slows up the process and takes away from the flavor of the foods—and is a complete waste of time. If your range is in good condition, it will do ALL THE WORK by itself. If it doesn't, don't waste time about calling an electrician.

OVEN DINNER

- Chicken Loaf, Spanish
- Fluffy Turnip
- Spiced Pears
- Ginger Pudding
- Chicken Loaf, Spanish
- 3 c. cooked chicken meat
- 3 T. chopped, crisped bacon
- 2 1/2 c. bread crumbs
- 1 c. milk
- 2 c. cooked rice
- 1 c. cooked tomatoes
- 1/2 t. salt
- 1/4 t. pepper
- 1/4 t. poultry dressing.
- Pour milk over bread crumbs. Add seasonings and chopped meats and pour into a greased loaf pan. Cover with a layer of the boiled rice and pour the tomatoes over all. Place in oven on the lower rack.
- Fluffy Turnip
- 4 1/2 c. mashed turnip (cooked).
- 8 T. softened butter
- 1 t. salt
- 1/4 t. pepper
- 2 T. sugar
- 3 eggs, separated.
- Beat the yolks until thick and lemon colored, add seasoning, butter and sugar. Fold in the beaten whites and place in buttered casserole dish. Place beside chicken dish, but do not allow any of the dishes to touch each other. (This would cause uneven browning).
- Spiced Pears
- 8 pears, ripe (if canned, not soft)
- 1 1/2 c. maple flavored syrup
- 1/2 t. cinnamon
- 1/2 t. cloves.
- Arrange in halves in buttered baking dish. Pour over them the syrup

WHERE THE CUTS COME FROM ☆ ☆ ☆ MEAT DIAGRAM ☆ ☆ ☆ AID TO THRIFTY SHOPPING



and sprinkle with spices. Cover and place in nupper rack in oven. Serve with meat.

Ginger Pudding
 8 T. butter
 4 T. sugar
 1 egg
 1 c. flour
 2 t. baking powder
 1/2 t. salt
 1 t. ginger
 1/4 t. cinnamon
 1/2 t. milk
 Cream butter; add sugar gradually and cream well; add the egg and mix thoroughly. Sift flour with baking powder and seasoning. Add dry ingredients alternately with the milk. Pour into mold which has been buttered. Cover and set on upper rack in the oven. Bake with the dinner one hour.

OVEN DINNER NO. 2
 Stuffed Pork Chops
 Candied Sweet Potatoes
 Buttered Carrots
 Bakewell Pudding
 Stuffed Pork Chops
 Place layer of bread stuffing between each two chops and fasten with tooth picks. Place in greased baking pan and set in oven on lower rack.

Candied Sweet Potatoes
 Cut cooked sweet potatoes in halves and place on buttered dish. Sprinkle with brown sugar and dot with butter. Cover and place on upper rack in oven.

Buttered Carrots
 Shred young carrots and place in baking dish with two tablespoonsful of hot water. Cover and place on lower rack in oven. Add butter just before serving.

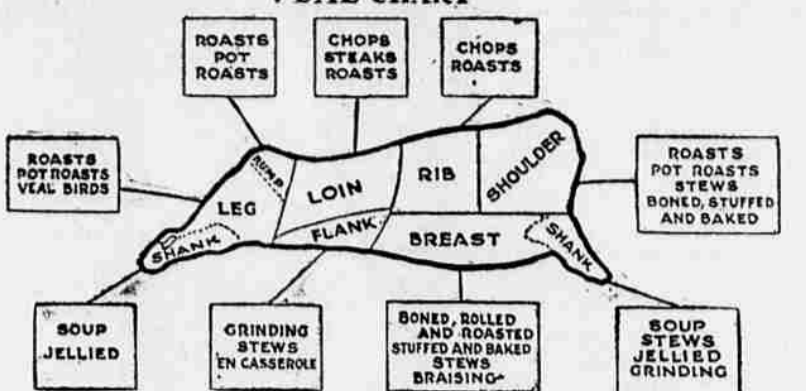
Bakewell Pudding
 Cover the bottom of a baking dish with:
 1/2 c. chopped dates and figs or cream.

Correctly Ground

for these 3 approved methods of brewing



★ Featured in the Safeway Cooking School ★
Edwards' DEPENDABLE COFFEE
 DWIGHT EDWARDS COMPANY
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HELEN INCH WILL BE ARIZONA U. GRADUATE

TUBACON, Ariz.—(Sp.)—Miss Helen Marjorie Inch of Medford, Ore., will be among those students who will receive degrees from the University of Arizona at the regular commencement exercises on May 30, 1934. Commencement exercises will be held in the evening at the Women's athletic field of the university. Miss Inch will receive the degree of bachelor of arts. Her major subject has been art. Dr. Homer LeRoy Shanta, president of the university, will preside over the ceremony. Al Romero, Olympic games boxer for Mexico, suffered a broken ankle when he was knocked down by a blow to the chin from Billy Boggs, of Hawaii. Romero won the fight.

Loud Cheers

Greet Any Menu Which Includes These Popular Specialties by

Van Camp's

They Tempt the Family's Appetite
 Save You Time and Trouble!

BEAN HOLE BEANS

The Bean Lover's Choice

Bean Hole Beans taste better than the beans you bake at home because they're the best of plump, white beans, prepared with prime sugar-cured pork, molasses, brown sugar and mustard—cooked by a secret process which gives them their tempting appearance, more delicious flavor—and makes them easier to digest. Bean Hole Beans are ready-to-serve, just as they come from the can. But if you want to know how really grand they can be—try them this easy way. Heat the contents of one can in a covered casserole for about fifteen minutes in a moderate oven. This will bring out all their full, wholesome flavor. If you like a crisp top layer, heat them a few minutes longer. They're wonderful that way—a welcome, economical food for all the family!

VAN CAMP'S TOMATO SOUP

With a tantalizing true tomato flavor!

You've never tasted Tomato Soup with such rich, tempting color, such true, sun-ripened tomato flavor! You've never known how good tomato soup can be until you've tasted Van Camp's—made from the finest plump, sun-ripened tomatoes—skillfully blended with savory spices and seasoning to make it velvet-smooth, delicately fragrant and delicious! Serve it piping hot!

VAN CAMP'S VEGETABLE SOUP

The real, old-fashioned kind!

There's a flavor thrill, and a whole meal, too, in every tempting bowlful Healthful, satisfying and full of real, old-fashioned flavor—Van Camp's Vegetable Soup is made with celery, carrots, peas, potatoes, lima beans, rutabagas and rich red tomatoes—seasoned with a little onion and blended with savory beef broth and alphabet macaroni. Ready-to-serve—and marvelously good to eat!

Van Camp's

INDIANAPOLIS, INDIANA

Just one more day
 For you to hear
 How to become a
 "Kitcheneer!"

We wish there could be many more days of "Kitcheneering," just as many of you have wished. But there can't be... and Tomorrow is the last day.

In many ways, it will be the most important of all three. For it features complete meals and breakfast dishes... and that sort of thing is... well, you know how important it is. So be sure to be on hand!

Yet... though this is the last day... "Kitcheneering" really doesn't end now!

You can practice it every day... and hear about it every week through the radio programs of Julia Lee Wright, Director of Safeway Stores Homemakers' Bureau. You'll do both, won't you?

BETTER COME EARLY!

Doors open 1 P. M. "Kitcheneering" starts: 2 P. M.

Friday--Rialto Theatre

THE SAFEWAY STORES
 HOMEMAKERS' BUREAU
 COURSE IN "KITCHENEERING"