

Tomorrow Will Mark Climax Tribune's Most Successful School

Cooking School Recipes Published Each Day for Convenience of Guests

The recipes covered each day by Hester Heath at the Mail Tribune cooking school will be published the following day for the convenience of southern Oregon housewives. If you have misplaced your program, clip this list of recipes.

- Roast Chicken with Virginia Cornbread Dressing**
Method: Select 4 or 5 pound roasting chicken. Clean, dress and truss the chicken. Rub salt and pepper inside and fill lightly with cornbread dressing. Sew. Rub salt and pepper and melted butter over chicken. Place chicken on back in drip pan in preheated oven—450 degrees—until it begins to brown. Brush breast with butter and turn on breast to roast. Reduce temperature to 325 degrees. Allow 20 to 25 minutes per pound. Serve with Cranberry Nectar.
- Cranberry Nectar**
2 cups sugar
2 cups water
4 cups cranberries (1 lb.)
2 apples (cut in 8th's)
2 oranges, sliced
Method: Boil sugar and water together 5 minutes. Add apple and cook very slowly 15 minutes. Add cranberries and orange. Cook 10 minutes longer. Serve cold with meat or poultry.
- Hotwater Pastry**
2 cups sifted flour
1 teaspoon salt
2-3 cup shortening
1/2 teaspoon baking powder
Method: Pour boiling water over the shortening and beat until creamy. Sift in the flour, baking powder and salt.
- Lemon Tartlets**
Method: Bake pastry over or in pastry pans. Cool and fill with the following lemon filling.
1 cup sugar
2 tablespoons cornstarch
Grated rind 1 lemon
2 tablespoons butter
Dash salt
3 tablespoons flour
3 egg yolks
4 tablespoons lemon juice
1 1/2 cups water
Method: Mix dry ingredients together. Add grated rind, lemon juice, beaten egg yolks and water gradually. Cook, stirring constantly. Cool. Fill undivided shells. Top with meringue.
- Meringue**
2 egg whites
4 tablespoons sugar
Pinch salt
1/4 teaspoon baking powder
Flavoring—lemon juice
Method: Beat egg whites stiff and dry. Gradually beat in sugar and salt. Add flavoring. Pipe on tarts, garnish with coconut and bake 325 degrees, 15 minutes.
- Risotto with Scrambled Eggs**
1/4 cup shredded cheese
1 cup rice
1/2 diced onion
1 1/2 teaspoon salt
2 tablespoons butter
1 cup tomato pulp
Dash paprika
Method: Cook one cup rice in one quart of cold water. Bring to a boil and boil five minutes uncovered. Drain and rinse. Melt butter in sauce pan and add onion and then rice. Cook until rice absorbs butter, then add tomato and seasonings and 2 1/2 cups water or meat stock. Let simmer until rice is tender and has absorbed liquid. Then stir in 1/2 cup shredded cheese carefully with a fork. Pile in center of hot platter making a cavity to hold scrambled eggs and garnish with fried onion rings.
- Scrambled Eggs**
6 eggs lightly beaten
1 teaspoon baking powder
3 tablespoons rich milk
Salt and white pepper
Method: Beat eggs lightly; add milk, salt, pepper and baking powder. Place in upper part of double boiler over boiling water stirring carefully to cook evenly. When cooked, the eggs will be much lighter, more delicate and tender when prepared this way.
- Fried Onion Rings**
Method: Cut medium sized onions in slices about 1/4 inch thick and separate these into rings. Dip in milk, then in flour and fry in deep hot fat, using a frying basket. When brown remove from the fat and place on several thicknesses of paper toweling or paper napkins which are kept hot in a pan in the oven (door left open). Salt and serve.
- Deep Fat Frying Chart (Bread Test)**
Cooked materials, oysters, small fish 390 degrees F. 40 sec.
Cooked fritters, doughnuts, 375 degrees F. 60 sec.
Chops and cutlets 360 degrees F. 60 sec.
French fried potatoes 365 degrees F. 40 sec.
- Vanderbilt Salad**
6 slices pineapple
Sections of orange and grapefruit
Salad dressing
Powdered sugar
Celery
Stuffed dates, prunes or maraschino cherries
Method: On crisp lettuce leaves place a slice of pineapple and arrange on top of it alternate sections of orange and grapefruit. Add a stalk of tender celery cut in large shreds. Garnish with suitable fruit salad dressing such as cooked dressing mixed with whipped cream. Top with stuffed date or cherry. Serve on luncheon plate or as separate course with cheese cornucopias.
- Custard Ice Cream**
3 or 4 egg yolks
Few grains salt
2 teaspoons vanilla or 1/4 teaspoon vanilla and 1/4 teaspoon lemon
2-3 cup sugar
1 1/2 cups milk
1 cup whipping cream
Method: To well beaten egg yolks add sugar and milk. Cook until the custard coats spoon (stirring constantly). Add flavoring and salt. Pour into freezing tray of refrigerator and freeze solid. Whip cream stiff and beat together the frozen custard and whipped cream. Return to refrigerator and freeze until firm. This method for fruit ice and ice cream requires no stirring and always gives a velvety, smooth ice cream. Variations will be given in class.
- Peanut Butter Wafers**
1/2 cup brown sugar
1/2 cup granulated sugar
1/2 cup peanut butter
1/2 cup shortening
1 egg
1 cup flour
1/2 teaspoon salt
1/2 teaspoon soda
1/2 tsp baking powder
Method: With one operation cream peanut butter, shortening, egg and sugar. Sift together flour, soda and salt. Add flour mixture into peanut butter mixture. Make into balls about the size of large hickory nuts. Place on oiled baking sheet about 2 inches apart and bake 350 degrees until a delicate brown. These remain soft and are most delicious. For a decor-

- English Pork Pie**
1 1/2 lb. shoulder of pork
2 medium onions
2 tablespoons shortening
1 cup meat broth or water
3 tablespoons flour
3 tart apples
Salt, pepper and seasonings.
Method: Cut pork in small cubes, dredge in flour and brown in shortening until tender. Fry onions until tender. Add flour and meat broth. Peel and slice apples very thin. Arrange in alternate layers with meat mixture in casserole. Cover with sweet potato biscuits and bake.
- Sweet Potato Biscuits**
1 cup flour
1/2 teaspoon salt
1 cup mashed sweet potatoes
3 tablespoons baking powder
3 tablespoons shortening
1/2 cup milk (or a little more)
Method: Sift flour, baking powder and salt together. Cut in shortening. Add sweet potatoes and enough milk to make a soft dough. Roll 1/2 inch thickness and cut into biscuits. Place on top of meat pie. Bake 425 degrees about 30 minutes.
- Automatic Cooking Boon To Housewife**
How much time should the average family spend in preparing the average family meal?
Electric cookery experts claim that the modern housewife does her cooking while in the garden, at the bridge club or while shopping. She places the food in the oven, sets the timer on the electric range and the temperature control and then turns her mind to other things. She can go to the store, visit her neighbor, attend a club meeting or a tea and return to find that the electric range has dinner all cooked and warm, ready for serving.
"Most of us can recall the day, not so far distant, when it was difficult to induce people to light their homes with electricity," says Miss Estella Dorgan, home service director of the California Oregon Power company. "Since then electric devices galore have been installed."
"More than a million women now cook electrically and their number is increasing daily because the modern electric range is speedy, clear, economical and time releasing. It heats quickly and the heat is applied directly to the food to be cooked. Accurate temperature control and timers make every recipe certain. There are no cooking failures, no undercooking, no overcooking."
"Cleanliness of the range is explained by absence of smoke, grease and grime. Pots and pans used in cooking do not become soiled. Pot and pan washing is easier, quicker. New methods of using electric cookery, too, enable the housewife to cook vegetables and meats and retain in them all the health-building vitamins, and, at the same time, prevent shrinkage of foodstuffs, thus effecting considerable savings."
- Fined in Blast-Fishing**
GALLIPOLIS, O. (UP)—Three brothers, Fred, Carl and August Roth, were fined \$100 and costs by a justice of the peace here for using explosives to catch fish in Racoon creek. Arrest had been made by game wardens.

Portland, Ore., Oct. 11.—(AP)—Determined to make the most of October's bright blue weather, the state relief committee today approved \$133,000 additional SERA projects to provide work and accomplish permanent improvements.
Under one of the largest projects 100 additional houses will be renovated for the World War veterans state aid commission. Carpenters, painters, electricians and other workmen will be employed, the outside work being pushed while good weather prevails.
A number of repair projects on buildings in Yamhill county were approved.
Library work in Clatsop county was provided under another project.
Other projects approved included: Salaries for 48 teachers in emergency nursing schools in various counties; salaries for 366 teachers in the conduct of the emergency, adult, vocational and literacy education program and \$5000 for continuance of the national resources board's scenic and recreational survey and mapping of the Columbia river gorge from Troutdale to The Dalles.
The proof is in the wear.
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\$133,000 SERA WORK APPROVED BY STATE BODY

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Adrienne's Salon of Beauty

Hester Heath recommends Adrienne's new beauty services which costs no more yet doesn't tire you.

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| Permanent Waves | \$3.75 |
| Frederics Permanents | \$5.00 and \$7.50 |
| Zotos Machineless Permanents | \$10.00 |
| Hair Cuts | 50c |
| Neck Trims | 25c |

Operators: Alpha Hodgkins, Rhea Hoover, Fred Fry

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The modern kitchen, whether in white or in colors, is bright and light as it should be. The workshop of your home deserves to be as well lighted as any shop down town. If you can't have sunlight you can always have lamplight. The lamp dealers in this territory are co-operating in a campaign to make it easy for you to properly fill your fall and winter lighting needs. Your dealer is trained to recommend the lamp you need. Let him fill every empty socket. Stop and look over his stock of Mazda lamps, including the new decorative styles.

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FILL THOSE EMPTY SOCKETS

Be sure to attend the Mail Tribune cooking school at the Craterian Theatre October 10, 11 and 12.

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