

Mail Tribune's Record-Breaking Cooking School Closes Today

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.

Stuffed Ham Rolls and Tomato Sauce

- 6 slices boiled ham
 - 1/2 cup diced celery
 - 1 cup cooked macaroni (long tubes)
 - 2 onions
 - 4 tablespoons butter
- Method: Cut boiled ham in squares and spread with onion and celery which has been steamed in butter. Then roll around several tubes of macaroni. Skewer with toothpicks. Place in baking dish and bake 30 minutes in a tasty tomato sauce.

Perfection Icing

- 4 tablespoons butter
 - 4 tablespoons powdered sugar
- Method: Cream butter and blend with equal amount of powdered sugar. Then use a cold custard alternately with powdered sugar until the desired consistency is obtained.

Custard

- 1 egg
 - 2 tablespoons flour
 - 1/2 cup milk
 - 2 tablespoons sugar
- Method: Beat sugar and flour into egg. Add milk; cook, stirring constantly, until thick and let become cold before using.
- Variations: Use fruit juice, instead of milk, or strong coffee, melted chocolate, chopped nuts and various flavorings.

Prune Nut Bread

- 2 cups graham flour
- 1/2 cup sugar
- 1 teaspoon salt

Method: Sift dry ingredients together. Combine milk, beaten egg, prune pulp, and melted shortening. Stir liquid ingredients into dry and mix well. Add nut meats and bake in well-greased pan at 375 degrees F. for 1 hour and 15 minutes.

Mock Chicken Cutlets

- 1 bouillon cube dissolved in 1/2 cup hot liquid from can of mushrooms
 - 1/2 cup hot milk
- Method: Pour this into 1/2 cup flour blended with 1/2 cup melted shortening. Stir constantly and cook to thick sauce. Add:
- 1/4 teaspoon salt
 - Few grains cayenne
 - 1/2 cup chopped mushrooms
 - 1 teaspoon Worcestershire sauce
 - 1/2 teaspoon onion juice
 - 2 cups boneless chicken meat or tuna fish
- Mix carefully to avoid breaking chicken or tuna into shreds. Allow mixture to chill. Mould into shapes to resemble baby chicks. Sift flour over chicks, brush with egg yolks and milk and sprinkle with crumbs.

Prize White Cake

- 1/2 cup shortening
 - 1 1/2 cups sugar
 - 3 cups flour
 - 3 teaspoons baking powder
 - 1/4 teaspoon salt
 - 1 cup milk
 - 1 teaspoon vanilla
 - 1/2 teaspoon lemon
 - 1/4 teaspoon almond
 - 4 egg whites
- Method: Cream shortening and sugar, add beaten eggs. Beat in rind and fruit juices. Add sifted dry ingredients alternately with water. Bake at 350 degrees about 35 minutes. This makes two large or three small layers.

(cracker or bread). Fry in deep fat 395 degrees or until a one inch cube of bread browns in 40 seconds. Cut almonds and push into represent bills. Serve on oblongs of toasted bread.

Budget Biscuits

- 2 cups flour
- 1/2 teaspoon salt
- 4 tablespoons shortening
- 2 teaspoons baking powder
- Dash curry powder
- 3/4 cup milk

Method: Sift, measure and sift dry ingredients together. Cut in shortening. Add milk. Mix lightly and put in oiled individual square shell pans or drop in mounds on oiled baking sheet. Make a depression in each mound of dough with a spoon. Bake at 450 degrees 15-18 minutes. Fill each biscuit with the following meat and vegetable mixture:

- 2 tablespoons butter
- 2 tablespoons flour
- 1 can cream of asparagus soup
- 1 cup drained peas
- 1 cup diced cooked carrots
- 1 cup diced cooked potatoes
- 3 tablespoons onion
- 1 cup broth, water, or milk (or 1 cup ice water and 1 bouillon cube)
- Seasoning to taste
- 1 cup diced roast meat—pork or beef.

Melt butter in sauce pan. Steam fry onion, add flour, seasonings and stir in liquid. Cook until thickened. Add vegetables and meat. Heat and serve over biscuits. Garnish and serve at once.

A Bridge Luncheon Sandwich

Method: Cut rounds from slices of white and wholewheat bread. Spread with creamed butter and make a three deck sandwich by using a tasty egg filling on a round of buttered white bread on top and spread with a tuna fish spread and place another round of the wholewheat bread on top. Ice sides and top with cream cheese or pimento cheese softened to a consistency to spread with milk. Garnish with pastry tube and more cream cheese or decorate with olives, pimento, etc. This is sufficient for the main dish of a luncheon and is most delicious accompanied by a cold fruit salad. It should be eaten with a fork.

Flapper Salad

- 6 halves canned peas
 - Pimento
 - Whole olives
 - Lettuce
 - Shredded cheese
 - Ripe olives
 - 6 white birthday candies
 - Mayonnaise
- Method: This salad is a treat for the children's party. Arrange on crisp lettuce leaves a half of a large canned pear with the rounded side up. Place shredded cheese around large end of pear to represent curls. Cut narrow strip from ripe olive and place on pear to form eyebrows. Then press

Ends Lectures



Miss Hester Heath, well-known cooking expert, who conducted the recent Cooking School sponsored by the Mail Tribune, uses and recommends CRISCO, the modern, quickly-digesting shortening.

colive under eyebrow for the eye. A shred of cheese will represent the nose and red pimento cut to form the lips. With mayonnaise in the pastry tube a very attractive collar can be made around the neck of the pear, and to top it off, place a tiny white candle in the mouth to be lighted for the cigarette when the kiddies come for the table. This has been very popular for informal grown-up bridge parties as well. Served with dainty sandwiches, it is attractive and filling.

ELECTRIC COOKING CLAIMED CHEAPER

Power company officials authorize the statement that electric cooking has become not only a most convenient, clean, safe and efficient method of food preparation, but it has also proved to be an economical method. The average monthly bill for local residents enjoying the convenience of an electric range in this community, according to J. C. Thompson, division manager of the California Oregon Power company is \$5.50. This amount not only covers the entire cooking costs, but lights and all household appliances such as refrigerator, radio, washing machine, iron, vacuum cleaner, etc., in fact everything but the flat rate water heater.

The domestic lighting and cooking rate offered by the local power company is said to be one of the cheapest rates of its kind in the United States.

MORE VITAMIN 'A' MAY HELP CHINESE FIND PROSPERITY

Richer Fare Holds Possible Key to Higher Vitality — Milk and Butter Are Seldom Used in Cathay

SHANGHAI — (AP) — The key to national prosperity for distraught China may lie in the expedient of providing the population with a fare richer in vitamin A.

Studies carried out by an American physician, Dr. Paul Y. Sioux of St. John's university here, indicate that the vitality of the Chinese is lower than most other races. One reason, he claims, is that Chinese do not get enough vitamin A.

This important vitamin is found in milk and butter — both seldom used by Chinese — and also in yellow root crops, like carrots, and some green plants.

Causes Sinus Trouble, Dr. Sioux, who has examined thousands of university students and others, said the lack of vitamin A is one cause of sinus trouble, which afflicts a majority of Chinese.

The people of China are underdeveloped, undernourished, flat-chested and suffering from high blood pressure, the physician added. In the legs, however, they are stronger than other peoples, according to the doctor, because they walk much. Few Chinese can afford an automobile, or even a bicycle.

Improper living conditions and lack of sufficient food are among the causes of the many ills of the Chinese, Dr. Sioux declared. Only well-to-do Chinese can afford to live under healthful conditions.

The government is making little effort to prevent thousands of quacks from doing business in China, the

TASTES SOAP FOR OVER 45 YEARS

CLEVELAND — (UP) — For more than 45 years — ever since he was a boy of 11 — Fred Stansbury has been cultivating his "taste" in soap. Every day he stands beside a huge kettle of boiling soap mixture, scoops up a "spoonful" in a long-handled trowel and tastes it.

If the soap contains just the right amount of alkali, the drop of liquid that actually reaches the taster's mouth will nip the tongue with its sharpness. If it's flat to the taste, the veteran soap maker knows that the mixture requires more cooking.

Stansbury is superintendent of a soap factory here. Those who like, Stansbury said, may rely upon laboratory methods of testing soap for alkali content, but as for himself he prefers to trust his taste.

ELK TAGS RELEASED FOR COMING SEASON

SALEM, Ore. — (UP) — Elk tags have been released to hunters by the state game commission. The season is November 5 to November 11. Hunters who seek elk must have one of these tags and also a hunting license. Resident hunters pay \$2.50 for the tag and must have either hunting or combination license. Non-resident hunters pay \$60 for the tag and \$15 for a non-resident hunting license.

Salmon Jumped Into Boat SNOHOMISH, Wash. — (UP) — Gus Erickson had an easy time when he went salmon fishing in the Snohomish river. As he rowed in the stream, a 16-pound salmon suddenly leaped from the water and landed in the boat.

DUTCH RAINMAKER USES LIQUID AIR

AMSTERDAM — (UP) — America's drought has caused renewed interest in the rain-making experiments of Professor A. Veraart of the Delft University, who for the last five years has been trying to "make the sky weep at his will."

Veraart's method is to attack clouds from the air. Flying at a great height he started his experiments by releasing great quantities of artificial hail, brought to the lowest possible tem-

perature by means of liquid air. When the hail is released it has a temperature of minus 100 degrees Celsius.

On various occasions Veraart has released from his airplane two thousand kilograms of artificial hail. Veraart explains that his method aims at transforming the clouds into rain by sudden cooling. This will not only affect the clouds themselves, but the entire surrounding atmosphere and cause enormous downpours.

Veraart on various occasions has experimented with no less than five airplanes which released artificial hail simultaneously, but as yet the result has not been overwhelming, and sometimes there has been no result at all.

Walk upstairs and save \$10. Banker's gray suiting, \$21.50, made to measure. Klein the Tailor.

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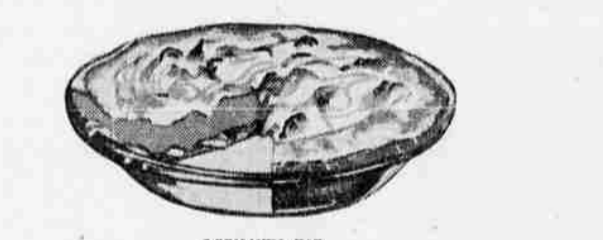
FONTANA'S MUSHROOM GRAVY
The Choice of the Cooking School

PIE whenever you want it— if the pie-crust is made with Crisco, the quick-digesting shortening

Pie? Say, dear, why do you tempt me?

Don't worry, dear. This pie crust will agree with you. I made it with Crisco, the fat that digests quickly.

Pie whenever you want it? Sure, IF the pie-crust is made with Crisco. For Crisco pie-crust doesn't work the stomach overtime—Crisco is a pure, creamy, light shortening that digests quickly.



AFFINITY PIE

- 1/2 cup sugar
- 2 tablespoons flour
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 2 egg yolks, beaten
- 2 cups scalded milk
- grated rind 1/2 lemon
- 2 bananas, sliced

Mix sugar, flour, cornstarch, and salt thoroughly. Add egg yolks and milk. Cook and stir over low heat (or in double boiler) until very thick and smooth. Add lemon rind. Remove from heat. Chill. Use baked shell of Digestible Crisco Pastry (see Master Recipe at right). Cover bottom with sliced bananas. Pour in cream filling. Cover top with—

Lemon Meringue: Beat 2 egg whites stiff. Add 4 tablespoons sugar and 1/2 teaspoon lemon juice. Place pie in slow oven (325°F). Bake until meringue is golden brown.

CRISCO PIE-CRUST (makes one 2-crust or 2 thin—crust pies)

- 2 cups flour
 - 1 teaspoon salt
 - 1/2 cup Crisco
 - 1/2 to 3/4 cup cold water
- Sift flour and salt. Then cut in Crisco (the creamy, fluffy shortening that's wholesome). Cut in Crisco coarsely if you like a flaky crust—cut in Crisco finely if you like a mealy crust. Add only enough water to hold mixture together. Roll 1/4 inch thick on lightly floured board.

For baked shell, cover an inverted pie-plate very closely. Trim dough so you can fold it double at edge. Crimp edge. Prick bottom and sides well. Bake in hot oven (450°F), 15 minutes. For two-crust pie, brush lower crust with melted Crisco to prevent filling from soaking in. Bake in hot oven (450°F) for 10 minutes—reduce to moderate (350°F). Bake until filling is done.

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at **or in YOUR OWN HOME**

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