

RAW VEGETABLES OR FRUIT SHOULD BE IN DAILY DIET

Government Bureau Tells Proper Cooking Methods to Save Major Portion Vegetable and Food Value

Why do we cook vegetables? Some people say we shouldn't, and it is true that cooking usually takes away some food values. For this reason the bureau of home economics of the U. S. department of agriculture advises eating at least one raw vegetable or fruit each day—to get food values you might lose in cooking.

But there are good reasons for cooking vegetables. You cook them to soften them, reduce their bulk, and make them easier to digest. At the same time, of course, you cook them to change the flavor to something you may like better than the raw taste. Also, you can cook them in such a way as to save practically all the food value.

Furishes Bulk
With most vegetables, it is the fibrous structure you soften when you cook them. This fibrous structure is the invisible framework that gives shape and form, and holds together the other substances of the vegetable. In scientific cookery, this material is called cellulose. It is what we commonly call "roughage." It cannot be digested in the human body and is useful for that very reason. Its job is to furnish bulk of a kind that helps to eliminate the waste products of digestion.

In potatoes and sweet potatoes, the cellulose is already so soft you can afford to forget about it. In kale or string beans, it is so coarse and there is so much of it you want to soften it to make it palatable. But whether the vegetable is a root like the carrot, a tuber like the potato, a bulb like the onion, stalks like celery, chard, broccoli and asparagus, seeds like peas, or fruit like the tomato; the cellulose is there in some form or other, and you cook the vegetable or eat it raw, according to the flavor you prefer, and also according to whether you want your roughage soft or not.

Sharpen Appetite
You cook vegetables to soften the cellulose just enough to make it an agreeable carrier or container of the nutritive substances and the flavor in the food. Softening the cellulose

also makes it less bulky. Incidentally, if you enjoy cooked vegetables and cook them in the way to avoid unnecessary loss of food value, you are likely to eat more of them than you would want of the raw ones. Thus you get almost as much in food value, all told, as from most of the vegetables you would want to eat raw.

One important point here for the cook, of course, is to know what cooking does to minerals and vitamins, and therefore how to save all she can. So far as the minerals are concerned, they may cook out of the vegetable, but you need not lose them if you save the juice and use it, either with the vegetable, or in soup or sauce. If you "pour the water off," you pour off valuable calcium, phosphorus, iron, or some other mineral, maybe all of these. If you cook the vegetable very long, you may destroy two vitamins, B and C, that do not stand much heat or water. For vitamin C, vegetables are the best source, excepting only some of the fruits. Therefore add as little water as possible in cooking vegetables, cook only until the vegetable is just tender, though still a little crisp, and use all the liquid.

Long Cooking Bad
This is a good rule to follow even if you are thinking only of how they taste, without reference to food value. Long cooking makes the cellulose soft and mushy. And it changes, sometimes destroys, the original flavor of the vegetable. This happens with cabbage, or cauliflower, or Brussels sprouts, or broccoli, or any of the cabbage family. Cabbage cooked for only five to fifteen minutes has a very delicate flavor and practically no odor. But cooked too long, a chemical substance in the cabbage decomposes into bad-smelling sulphur compounds, which go all through the house.

There are other vegetables in which too much cooking not only cooks up the cellulose too much but destroys the flavor, and leaves them more or less tasteless. The flavor may dissolve in the cooking water. Green peas, carrots, squash, onions and other vegetables containing sugar lose sweetness because the sugar dissolves readily in water. For this reason, in spite of spring blossoms and gay spring flowers that is the time when entertaining seems to be more in favor than ever—and a hostess with brand new ideas up her sleeve for each party, certainly has the Indian sign on the entertainment problem.

It is hard to conceive of any hostess being without a supply of crackers for the planned and impromptu parties—they are always in order. Most housewives are familiar with flaky Snow Flake crackers, which come in three sized packages, all double wrapped in waxed paper to keep their crisp freshness intact for you. Nowadays the cheese tray with its accompanying assortment of crackers is well established in the home that enjoys dispensing hospitality. But not all hostesses have discovered the secret of cracker cookery short-cuts.

Egg Timbales
1 tablespoon butter.
2-3 cup milk.

Crackers and Cheese



An indispensable aid to hospitality is a well stocked larder of crackers and cheese which may be attractively set out on a cheer tray at a moment's notice.

Crackers Prove Boon in Creating Unusual Dishes

Crisp cold days—or stormy wet ones—there will still be plenty of both, in spite of spring blossoms and gay spring flowers that is the time when entertaining seems to be more in favor than ever—and a hostess with brand new ideas up her sleeve for each party, certainly has the Indian sign on the entertainment problem.

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CULINARY CRAFT...

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

Cheese Flavorings.
Concentrated food value, delicious flavor, and convenience are three strong "selling features" inherent in cheese. Served as part of a meal rather than as an addition to one that is already sufficient, it is easily fit into the general plan of most menus and a common favorite in any season.

Champion Cheese Chops.
1/2 c grated cheese
2 eggs beaten
20 butter crackers
1/4 c butter
2 t mustard
2 t chopped parsley
Salt and pepper to taste.
Mix all ingredients and shape like chops. Place a piece of macaroni in the small end to give the appearance of a bone. Fry in a small amount of hot fat.

Crabmeat au Gratin.
2 c crabmeat
24 butter crackers
2 T butter
Salt and pepper to taste
2 c milk (hot)
1/4 c grated cheese.
Place the crabmeat and crush the crackers, then place alternate layers in a buttered casserole. Dot with butter and season then pour over the heated milk. Sprinkle with cheese and bake 20 minutes at 475 degrees.

Mashed Potatoes au Gratin.
3 c mashed potatoes (creamy)
1 T minced parsley
8 soda crackers
3 T butter
1/4 c grated cheese.
Season the potatoes and mix in the parsley then place in well buttered baking dish. Mix the finely crushed crackers with the melted butter and spread over the potatoes. Sprinkle with grated cheese and bake at 450 degrees for 20 minutes.

Fluffy Cheese Omelet.
4 eggs
3/4 c hot milk
8 soda crackers, crushed finely
1/4 t salt
1/2 c grated cheese
2 T butter.
Separate the eggs and beat yolks until lemon colored. Pour the hot milk over the crushed crackers and beat until creamy, then season and add one-half the cheese. Combine with the beaten yolks, folding in the stiffly beaten whites last. Heat the butt in a heavy frying pan and pour in the omelet, cooking covered until barely set. Fold, sprinkle with the remaining half of the cheese and slide onto a hot platter. Serve immediately.

Deep Dish Apple Pie.
3 c sliced cooking apples
3/4 c sugar
20 butter crackers
1-3 c butter
1 package cream cheese (8 oz.)
1/2 c cream
1 t salt.
Save 1 T of the sugar for the crust. Mix the remainder with apples (add

1/2 t nutmeg or cinnamon if desired). Pour into shallow buttered casserole. Mix crackers with softened butter and the 1 tablespoon of sugar and spread over the apples. Cover and bake at 450 degrees 30 minutes. Uncover and brown lightly. Blend the cream cheese with cream and salt, working until fluffy, and serve on the pie as a garnish.
Cream Cheese Cookies.
1 c sugar
1 pkg. cream cheese (8 oz.)
1 c butter
1 t baking powder
3/4 c flour
1 t lemon juice
1/2 c lemon rind, grated.
Cream butter, add sugar, lemon juice and rind, then creamed cheese. Blend thoroughly. Then add sifted flour and baking powder. Form into a roll or place in cookie mold and store in refrigerator until chilled or ready to bake. Slice very thin and bake on a greased cookie sheet at 375 degrees for about 15 minutes.

Orange Flower Salad.
Cheese Dressing.
3 large oranges
1 head lettuce.
Peel the oranges and slice in 1/4-inch slices. Place one whole slice in center of a bed of lettuce. Arrange half slices around the center in the form of petals, then serve with:
1 pkg. cream cheese (8 oz.)
1/2 c salad oil
1/4 t sugar
1 t white pepper.
Cream the cheese, add sugar, pepper and salt. Add the oil very slowly at first until thinned enough to beat in the remainder with a rotary beater. Chill before serving and thin if desired at that time.

Cheese Strata.
2-3 c milk
1/2 lb. cheese
1/2 t salt
12 slices of bread
2 eggs
1/2 c pepper.
Butter a baking dish and cut the crusts from the slices of bread before lining the dish with slices of the bread. Slice the cheese very thin and cover the bread. Cover the cheese with remaining bread. Beat eggs until light, add seasoning and milk and pour over the mixture in dish. Cover and set in refrigerator over night. Bake at 400 degrees for 45 minutes and serve immediately. (The chilling makes this dish puff up when baked.)

Turnips au Gratin.
8 turnips
3 c medium whitesauce
1 c corn flakes, crushed
1/2 c grated cheese.
Peel the turnips and cook in boiling, salted water 15 minutes, drain and place in casserole then pour over them the whitesauce and sprinkle with crushed corn flakes and grated cheese. Bake at 375 degrees for 20 minutes.

Baked Carrots.
3 c sliced carrots (uncooked)
12 soda crackers, crushed
2 t minced onion.

Too Much Vanilla Makes Family Ill
HOLYOKE, Mass. (UP)—Louis Mercure wanted to surprise his wife and family by making a cake for them—his first experience. The family ate the cake—the police ambulance arrived shortly afterwards. After a chemical analysis it showed too much vanilla. The family recovered, however.

Oregon Weather
Cloudy and occasionally unsettled tonight and Saturday; valley fog; west portion; normal temperature; moderate changeable wind off the coast.

Midget Photos
3 for 10c
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Keep on the Sunny Side of Life

SAARLANDERS HAIL HITLER AS REGION REJOINS GERMANY

(Continued from page one.)
The Saarlanders again are Germans.

At the close of the World war, one of the indemnities Germany was forced to pay was the surrender of the Saar basin territory to the League of Nations for a period of 15 years. She was also forced to give up the rich coal mines in the Saar to France in payment for the French coal mines in northern France wrecked by the German drive.

The treaty of Versailles provided that at the end of the 15 year period, the inhabitants of the Saar should vote as to whether they desired to become citizens of France, return to German sovereignty or remain under the league. They voted overwhelmingly in January to return to Germany.

Previous to this plebiscite, Germany and France reached an understanding in Rome based on the probability that the Saar would go German. By this agreement and under the terms of the treaty of Versailles, Germany now will proceed to buy back the Saar coal mines from France with certain specific payments of money and coal. These

payments amount to about \$59,400,000 and 11,000,000 tons of coal.

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CALUMET BAKING POWDER BISCUITS

2 cups sifted flour
2 teaspoons Calumet Baking Powder
1/2 teaspoon salt
Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually, stirring until soft dough is formed. Turn out on slightly floured board and knead 30 seconds, or enough to shape. Roll 1/2 inch thick and cut with floured 2-inch biscuit cutter. Bake on ungreased baking sheet in hot oven (450° F.) 12 to 15 minutes, or until done. Makes 12 biscuits. (All measurements are level.)

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