

Feeding the Family

By ZOLA VINCENT
Food Editor

Camp Fire Girls Find That Cooking Is Fun—Give us Many Pointers

Forever young at heart, Camp Fire Girls celebrate their 45th birthday today, as nearly 400,000 girls of every race, religion and economic status gather in more than 3,000 communities. It is estimated that perhaps 4,000,000 "alumnae" will be recollecting pleasantly their Camp Fire Girl experiences while the current crop celebrates. Trail Seekers, Wood Gatherers, Fire Makers and Torch Bearers seek honors and take pride in their achievements. Congratulations and many happy returns of the day!

Favorite sport of Camp Fire Girls is camping which means also hiking, cooking out of doors

and exploring. These things they do the year round with a special; splurge in the summer. Throughout the year, they find that cooking is fun; work for honors by planning, organizing and preparing food for home folks and for parties.

A while back, a Camp Fire "mother," Vera Fox, had a bright idea and enlisted the help of a dozen or so home economists in the making of a book "Cooking is Fun for the Camp Fire Girl." Oldsters could learn a lot, get new inspiration from looking over these memos from the manual.

Things to do First
Always wash your hands before you start to cook anything or prepare food of any kind.



SOMETHING COOKING—Happy birthday, Camp Fire Girls! There's always something cooking when Camp Fire Girls get together. Here sisters Barbara and Diane, Bluebird and Camp Fire girl, practice homemaking skill; take pride and win honors in prowess both indoors and outdoors.

"Always try to look pretty in the kitchen with a gay apron over a cotton dress."

"Be sure and tie your hair up in a bandana if it is long; even a ribbon will do. The main thing is not to let hair get in your eyes—or in the food."

"A good cook never starts until she is sure she understands what she is going to make. Read the whole recipe through. Now put all the ingredients you will need on the table before you begin. Then you won't be missing anything once you have started," says the book.

Be Sure to Clean Up
"Of course you will never, never leave the kitchen in a mess and expect someone else to straighten up for you. After all, it is only fair to put away the things you have used."

It won't take long either because it can be done while the food is cooking or baking. "As for the floor—it's nice to sweep up after you have cooked something—because a few crumbs or a little flour can't help but fall when you are at work."

"Lastly, whistle while you cook!" So says the manual!

Utensils for the Cook
Indicated as essential utensils for the cook are these items: measuring cup, paring knife and apple corer, flour sifter, measuring spoons, egg beater, layer pans, cake rack, mincer, casserole, mixing bowls, oblong pan, cookie cutter and rolling pin, muffin tin, cookie sheet, spatula and vegetable brush, tongs. (Aside to mothers. Are yours in good working order?)

Chili and Bean Roundup
Fun for a Western party. Salad, pickles and olives are good with this. Mugs of root beer or hot tomato juice. Bread and cheese slices can wait on the

pan but chili and beans go on top at the last minute. Sixteen servings or enough for eight hungry teen-agers.

3 cans chili and beans
16 slices bread
16 slices American cheese
4 onions, sliced thin as possible
Butter for bread

Butter each slice of bread lightly and lay in rows on cookie sheet or flat pan. Place slice of cheese on each slice of bread. Open chili and beans and place in bowl. Pile tablespoon of chili and beans on bread and cheese. Separate onion slices carefully so as not to break them and arrange as garnish. Place under broiler for about five minutes until you can see bubbles.

Remove with a pot holder in each hand. Be sure and have a mat on the table on which you can put the cookie sheet because it will be very hot. Have yourself a wonderful time!" says Cooking is Fun for the Camp Fire Girl.

Easy Fix Fish Dinner
Tuna in Toast Tulpis

Camp Fire Girls enjoy this with tomato juice first, peas and carrots "along with" and canned peaches and oatmeal cookies to follow. Milk or tea.

Creamed Tuna. Put two tablespoons chopped green pepper and one tablespoon butter in skillet and cook until soft. Put one can cream of mushroom soup in a saucepan; add the cooked green pepper, one-half cup milk, one seven-ounce can tuna, two tablespoons chopped pimiento and three diced hard-cooked eggs (saving half the cooked egg yolks for a garnish).

Heat this mixture until it gets bubbly with a low heat. Stir often so it won't scorch. Pour into tulip toast cups when ready to serve. Now force the remain-

ing hard-cooked egg yolks through a sieve and sprinkle on top of the "tulpis." This makes enough for six servings.

Toast Tulpis. Trim the crusts from six slices of bread. Use a sharp knife with a saw-tooth edge for best results. Butter, then press into the sections of a greased muffin tin. Margarine can be used for buttering bread and greasing, too. Bake for about 10 minutes with a moderate oven, (350 degrees). Don't let them brown too much. They should be a golden color. Remove from stove and set aside on top of oven.

Hamburgers And . . .
For outdoor appetites, Camp Girls allow at least two for each person. Hamburger must be cooked quickly and served at once so be sure to have everything on hand—including the guests. One pound will make four thick or six thinner patties—so you will have to figure just how much you will need all by yourself (we're quoting the girls, remember).

Hamburgers a la natural. This is the chopped beef just as it comes from the butcher, with only salt and pepper added. Shape into patties with your hands (of course, they are very clean). Hamburgers can be broiled on a grill or fried in a skillet with a little hot, melted fat. Try will brown on one side in about five minutes. Use a pancake turner to flip them over.

Hamburger Heaven. Add one raw egg, one-fourth cup milk, two cups bread crumbs, one tablespoon chopped onion to each pound of chopped meat. Don't forget the salt and pepper—then proceed to shape as usual. Before frying, roll the patties in more bread crumbs, then they go into the skillet. Serve with mustard on toast or half a bun.

Rangeburgers. To one pound of meat, add one tablespoon chopped onion, salt, pepper, one egg, two tablespoons quick cooking oatmeal and one-half cup of coarsely broken walnut meats. Blend thoroughly with your fingers because it isn't easy to mix this with a fork. Now shape as you did before and broil in the oven.

Hamburgers with "the works." Use the hamburger a la natural recipe and either fry or broil or barbecue the patties. Have ready the buns, cut in half and toasted, thin slices of onion, leaves of lettuce, very thin slices of tomatoes, thin slices of dill pickle and a bowl of chili sauce. Every one must fix his own according to his heart's desire.

This is The Perfect Fudge
Camp Fire Girls assure us that this is perfect fudge; will turn out wonderful every time. A favorite hostess gift when Camp Fire Girls are invited out to dinner.

1 2-3 cups sugar
2 tablespoons butter
½ teaspoon salt
1 small can evaporated milk
1½ cups semi-sweet chocolate bits
16 marshmallows
½ cup chopped nuts
1 teaspoon vanilla
Walnut halves

Have ready a flat pan about one inch high, rectangular or round in shape. If you have a deeper one—that will be all right too—because you can cut the candy in smaller pieces if it is thick. Butter the pan very well, in all the corners and clean to the edges.

Place sugar, butter and salt in medium-sized saucepan. Pour in the can of evaporated milk.

Cook over medium heat, 300 to 350 degrees, for about five minutes. Stir constantly with wooden spoon to avoid sugar and milk sticking to bottom of pan. Remove from heat when cooking is completed.

Add chocolate bits, marshmallow and cuts to mixture in saucepan. Stir in vanilla. Now heat hard about one minute or until the marshmallows are melted. Then pour into buttered pan. Let fudge cool for about an hour; cut in squares; press walnut half in top of each piece.

Gold Rush Jubilee Plans To Be Talked

Jacksonville — Plans for the annual Jacksonville Gold Rush jubilee will be discussed this evening at a dinner meeting of the Jacksonville Lions club, it was announced yesterday.

The meeting of the organization will be held at 7:30 p.m. The Gold Rush jubilee is sponsored each year by the Jacksonville Lions club.

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Students Selling Soap For 'Y' Camperships

James Thomas, 309 Newtown st., a junior high school student, has earned three one-week camperships at the summer camp conducted by the Medford YMCA at Diamond lake, Bob Jones, "Y" secretary, announced today.

Young Thomas is one of 41 boys now selling hand soap to earn their camperships. In one week's time Thomas sold three times the quota for one week, or a total of 216 bars. The sale of 72 bars of soap will earn a week at the "Y" camp, Jones explained.

Boys of the area interested also in earning camperships for next summer may contact "Y" officers about the soap selling project.

12 Beaver Hoopsters To Receive Letters

Corvallis — (U.P.) — Coach Slat's Gill has recommended 12 members of his Pacific Coast Conference championship basketball team for varsity letters.

Bill Toole, Tex Whiteman and Ron Robins were recommended for their fourth award. Tony Vlastelica, Reggis Halligan, Ron Fundingsland and Johnny Jarboe earned their third letter; Jay Dean and Swede Halbrook their second and Larry Paulus, Bob Allord and Phil Shadoin their first. The latter five players return for action next year.

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