

DOMESTIC SCIENCE DEPARTMENT

Conducted by
Mrs. Belle De Graf
Domestic Science Director Sperry Flour Co.

The picnic luncheon affords an opportunity for much thought and display in one's ability to prepare an appetizing cold meal. The fact that the food must be in such form that it may be easily carried limits the variety.

Sandwiches play the most important part on the picnic menu.

Everyone is hungry, and while fruit is refreshing and sweets are relished, after all it is the sandwich which makes the lunch, and there should be several varieties.

Bread is better which is a day old. The dark breads, such as graham, rye, Boston brown bread, and the various nut breads made with baking powder, all offer variety. Always cream butter well before putting upon the bread. It will spread evenly and there will be no waste. It is easier to spread butter on the bread before cutting each slice.

Cut bread fairly thin and try to put the slices together in pairs if the filling is not added at once. If sandwiches are to be cut in various fancy shapes, do not butter the bread until after it has been cut or there will be a waste of butter. Wrap sandwiches in waxed paper or wrap a napkin out of hot water and wrap around the prepared sandwiches; then pack in a box closely covered and keep in as cool a place as possible. If the crusts of bread are to be removed, set aside and later dry them out in a moderate oven, roll and put in covered jars to be used for bread-crisps, croquettes, fish etc., or for scalloped dishes. To make rolled sandwiches remove all the crust from a fresh loaf of white bread and wrap the loaf in a damp cloth for several hours, keeping in a cool place.

Lengthwise Manner Of Slicing Is Best

Cut in thin slices lengthwise, spread with creamed butter and whatever filling desired and roll as for a jelly roll, fastening together with a toothpick. If the loaf of bread is large, one slice will make two sandwich rolls. Wrap it in a waxed paper. If sliced, cooked meat is to be used as a filling it should be very tender and be sliced as thin as possible, and then each slice of meat should be cut in several pieces. However, finely chopped meat is the best, put through a food chopper or chopped in a chopping bowl. All meat sandwich fillings should be well seasoned. For corned beef use prepared mustard; for roast beef either Worcestershire sauce or horseradish; for tongue, a thick mayonnaise and finely chopped pickles; for mutton or lamb, add tomato catsup and chopped capers; for chopped ham, a thick mayonnaise well seasoned with mustard.

The different relishes make excellent seasoning for meat sandwiches. Picilli, chow-chow, chopped olives, walnut catsup, etc., all add flavor and variety. For salad sandwiches make a very thick well-seasoned mayonnaise and have the salad ingredients cut fine. Lettuce should be very crisp and each leaf well dried before placing on the bread. Relishes such as olives, pickles, radishes, celery or salted nuts are very easy to carry. Sweets may be provided in cake, cookies, doughnuts or sweet sandwiches.

Prepared Coffee Solves a Problem

Coffee is easily managed by using the powdered, prepared type, which needs only hot water to make. Sugar and a can of evaporated cream are also easily carried. If lemonade is to be used, extract the lemon juice, make a syrup of sugar and water, allowing one-quarter cup of sugar for each lemon and enough hot water to dissolve it; boil one minute, add lemon juice and bottle; add cold water when wanted. Never pack fish sandwiches near other food, and be sure each article of food is well wrapped or packed so that it will not come in contact with other foods. Much of the success of the picnic lunch depends upon the appearance of the food, so careful packing is a necessity.

Olive Sandwich Filling

Chop olives, mix with enough thick mayonnaise to make a paste, then spread on bread. Lettuce leaf may also be added.

Bacon Sandwich Filling

Have bacon cut very thin, cook until crisp and put between slices of buttered bread while still warm. Wrap in waxed paper.

Savory Ham Filling

One cup finely chopped ham, one-third cup thick mayonnaise, two sour pickles, finely chopped.

Egg Sandwich Filling

Chop the egg whites and put yolks through a sieve, combine and add thick mayonnaise to make a paste.

Chopped stuffed olives may be added.

Pimento and Cheese

One small Neuchatel or breakfast cheese, one pimento, chopped. Moisten with thick mayonnaise.

Noisette Sandwiches

Use nut bread, spread with cream cheese and butter, beaten together until soft enough to spread. Cover with orange marmalade, then place plain slice of bread on top. Cut in triangles.

Sandwich Bread

One and a half cups flour, two cups graham flour, one-half cup cornmeal, one-half cup brown sugar, two teaspoons baking powder, one teaspoon soda, one teaspoon salt, one-half cup chopped walnuts, one cup seedless raisins, one-half cup molasses, two cups sour milk or buttermilk. Mix and sift dry ingredients, but do not discard bran from graham flour which will not go through the sieve. Add remainder of materials in order named. Put into two small, well-greased bread pans, allow to stand fifteen minutes, then bake about forty minutes in a moderate oven.

California Sandwiches

Equal quantities of chopped seeded raisins and walnuts. Flavor with a little lemon juice. Spread on graham bread.

Prune Bread

One cup yellow cornmeal, two cups graham flour, one teaspoon salt, one-fourth teaspoon soda, two teaspoons brown sugar, one-half cup New Orleans molasses, one cup chopped uncooked prunes, one cup milk. Mix dry ingredients, add prunes, molasses and milk. Pour into two well-greased covered molds. Steam about one hour, keeping the water boiling constantly.

Boston Brown Bread

One cup graham flour, one cup cornmeal, one cup rye flour or meal, one teaspoon salt, one teaspoon baking powder, one teaspoon soda, three-fourths cup molasses, two cups of sour milk or one and three-fourths cup of sweet milk.

Sift dry ingredients, add molasses and milk. Put in two well-greased molds, with tight covers, and steam one and one-half hours, keeping the water constantly at boiling point.

One cup of seedless raisins may be added.

Rolls Out Macaroons

One cup sugar, two eggs, one tablespoon melted butter, one cup chopped dates or raisins, two cups rolled oats, one teaspoon vanilla. Beat eggs well without separating. Add sugar gradually until very creamy, then add butter, flavoring, chopped fruit and rolled oats. Drop with teaspoon on well-greased cookie pan and bake in a moderate oven until golden brown.

Rolls Out Cookies

One-half cup shortening, one cup sugar, granulated or brown, one egg, one-third cup milk, one and one-half cups rolled oats, one half cup chopped raisins, one-half cup chopped walnuts, one and one-half cups flour, one-half teaspoon salt, one half teaspoon soda, one teaspoon cinnamon, one teaspoon nutmeg, one teaspoon ginger. Cream shortening well; add gradually, while beating constantly, sugar, then add egg, well beaten, milk, rolled oats, raisins and chopped nuts. Mix and sift dry ingredients and add to the first mixture. Drop from tip of spoon on a well-greased pan, about three inches apart, and bake in a moderate oven about fifteen minutes.

Make that idle dollar work! Put it in the bank.

OREGON BREVITIES

EUGENE—Over one million pounds of cherries have been packed by the Eugene Fruit Growers association, declares J. O. Holt, manager. The Royal Anne crop was completed and the loganberries are coming in. This has been the largest cherry canning year in the history of the organization.

EUGENE—The Eugene chamber of commerce will use its influence in creating a sentiment to have the Central Oregon highway through the center of the state running east and west, crossing the Cascades by way of McKenzie pass through Eugene and on to the coast of Florence, designated as an arterial highway and the northwest branch of the Lincoln highway.

PORTLAND—Upon request of farmers of the middle west, the special party of homeseekers which is to be brought to Oregon by the state chamber of commerce will not come west until September, it was announced Monday morning by the

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Cold Creams

Nylotis Cold Cream	60c
Nyals Face Cream	60c
Pond's Cold Cream 40c and	70c
Daggett & Ramsdells 65c and	45c
Palmolive Cold Cream	60c
Cocoa Butter Cold Cream	60c
Squibb's Cold Cream	50c
Colgate's Charmis Cream	50c
Red Feather Cold Cream	50c
Ingram's Milkweed Cream, \$1.20 and	55c

Vanishing Creams

Pond's Vanishing Cream, 75c and	40c
Woodbury's Facial Cream	60c
Velvetina Vanishing Cream	50c
Pompeian Day Cream	60c
Creme Elcaya	70c
Mary Garden Vanishing Cream	70c

Rouge

Pompeian Bloom	60c
Bird Rouge	30c
Rouge Dorine	65c
Djerkiss Rouge	65c
Mavis Rouge	50c
Mary Garden Rouge	70c
Rosaline	45c
Veda Rose Rouge	50c

Face Powders

Nylotis Face Powder	60c
Day Dream Face Powder	75c
Djerkiss, 65c and	\$1.20
Puseywillow	55c
Pompeian Beauty Powder	60c
Armand's Face Powder, 50c and	\$1.00
Three Flower	80c
Java Rice Powder	60c

Talcums

Colgate's Talcums	25c
Cha-Ming & Florient	30c
Mavis Talcum	30c
Pompeian Fragrance	30c
Cara Nome	\$1.00
Lady Mary	40c
Mennen's Talcum	30c

Toilet Creams

Cambay Hand Lotion	50c
Nyals Hand Lotion	40c
Hind's Honey and Almond Cream, \$1.35 and	60c
Camelline	55c
Oriental Cream	\$1.50
Maurine Beauty Lotion	50c
Dorma Viva	65c
Holmes Frostilla	35c
Espey's Cream	30c

Deodorants

Mum	80c
Odorono, 45c and	85c
A. D. S. Deodora	25c
Eversweet	80c
Spro Powder	35c
Amolin, 60c and	30c
Non-Spl	55c
Velvetina Powder	50c

Depilatories

Demiracle	\$1.25
Neet	60c
Phelactine	\$1.25
Modena	\$1.50
X Bazin's Powder	60c
Delatone	\$1.20
Velvetina Depilatory	\$1.00

Freckle Creams

Malvina Cream	60c
Stillman's Freckle Cream	55c
Velvetina Freckle Cream	50c
Parola Freckle Cream	35c
Othine, Double Strength	\$1.20
Berry's Freckle Ointment	65c
Maurine Freckle Cream	50c
Co-Ro-Co Freckle Cream	50c

Tooth Pastes

Pepsodent Tooth Paste	50c
Pebico Tooth Paste	60c
Colgate's Tooth Paste	30c
Peroxide Tooth Paste	30c
Nydena Tooth Paste	50c

Underwood's Pharmacy

KLAMATH FALLS OREGON

WHERE PARTICULAR PEOPLE BUY THEIR DRUGS

PURITY

ACCURACY

executive committee of the state organization.

ROSEBURG—The first plane to land on the Roseburg aviation field since it has been put in shape by the local American Legion post, which has leased the field, was occupied by Lieutenant J. W. Sharpnack and wife of Reno, Nev., who are on their wedding journey.

PENDLETON—Umatilla county sheepmen are not satisfied with the wool schedule in the Fordney tariff bill at present before congress. A protest will be telegraphed to N. J. Sinnott, Oregon representative, urging him to demand equalized rates so there will be no discrimination against fine wool such as seems likely under the bill now before the house.

SALEM—Offices for administering the so-called soldier's bonus law were opened in the United States National Bank building here, Captain Brumbaugh, until recently connected with the Portland Railway, Light & Power company, is in charge.

SALEM—Word was received at the Oregon public service commission to the effect that petitions have been placed in circulation in different parts of the state asking for the recall of Fred A. Williams, H. H. Corey, and Fred G. Buchtel, the three members of the commission.

PORTLAND—An excursion of Portlanders to Crater Lake and the Josephine county caves is being planned by the Oregon bureau of mines and geology in co-operation with the Oregon Tourist and Information Bureau, according to announcement by H. M. Parks, director of the mine bureau.

PORTLAND—Unless Steve Kaptur, owner of a meat market at 228 Alder street, rounds up without delay

two wild steers who are terrorizing the Lents district, beef will be on the county jail menu. District Attorney Evans notified Kaptur, to whom the animals are supposed to belong, that deputy sheriffs armed with rifles would be sent hunting for the steers if they were not captured.

PENDLETON—Twenty-one cents, the highest price yet offered this year

for Oregon wool, was paid for the Joe Cunha clip at Echo, according to an announcement made here. The clip was bought by Arno Drew, representing an eastern house. The clip will run about 150,000 pounds, mostly fine wool.

SEASIDE—Sam Lee, a local clam digger, while digging clams on the beach today found a 26 pound sal-

mon in a crab hole. After an exciting time he landed the salman on the beach.

ALTURAS-SUSANVILLE STAGES

Leave Union Taxi office 8 o'clock
Monday, Wednesday and Friday Mornings
Phone 424-J for reservations—Large cars

THE HERALD

Due to the fact that we have been unable to handle the detail work incident to renewal of subscriptions, the period during which the special rate will continue has been extended until August 1st. During the month of July the rate will be \$5.00 a year delivered by carrier in the city or by mail outside of the county; \$4.00 a year by mail in the county.

One year by carrier, \$5.00
One year by mail, in the county \$4.00

Hilvilla Tea

When the mercury is trying to blow the top off the bulb, try Hilvilla, iced

Hilvilla Black FOR ICED TEA