

DOMESTIC SCIENCE DEPARTMENT

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

"Left Overs" Grave Problem in Average Household, But Puzzle Really Easily Solved

Every housewife faces the problem of "left-overs." To utilize and prepare them into satisfactory dishes requires more skill and inventiveness than to cook the raw food, and this branch of cookery is an art in itself. The thrifty home-maker uses all the left-overs. Living has been much too high for the average person to ignore the type of cookery.

Food can so easily be spoiled by reheating. Take meats for example. A tender piece of roast beef reheated for ten minutes will be tough. This applies to almost all cooked meats. If sliced very thin and hot sauce or gravy poured over the slices, the meat will be tender; but if added to the hot gravy in an attempt to reheat it will invariably toughen. Meat must be cooked a long time when reheating if it is to be tender, the theory being that it will toughen at first, but will become tender by long, slow cooking. For this reason the covered casserole dishes have become almost indispensable.

A casserole is used for cooking foods that require slow cooking for either a short or long period. The dish is covered to keep in all the steam, and to retain flavor. Dicing food takes more time than chopping or putting through a food grinder, but if one has the time, diced meat will present a much more attractive appearance, as well as being more palatable. Diced meat or fish may be combined with a white sauce, adding cubes of cooked potatoes, several tablespoons of cooked peas and diced carrots. If meat is used, salt, pepper and onion juice can be the seasoning; if fish, add a little lemon juice also, or a finely chopped sour pickle. Or add the diced meat to a tomato sauce, seasoning well with onion and chopped green peppers, adding six or eight ripe or green olives. A meat pie is always acceptable. Dice meat, add to thickened, well seasoned gravy or sauce, adding cooked potatoes cut in cubes, and small boiled onions and any other left-over vegetable, such as peas, carrots, turnips or cauliflower. Place in a casserole or baking dish. Make a plain pie crust or biscuit dough for top and bake in a moderately hot oven. This may be prepared in the morning, and the crust made, but not added until the pie goes into the oven.

Smaller quantities of left-over meat or fish may be chopped and made into souffles, timbales or croquettes, or added to a well-seasoned white sauce and served on toast, or in ramekins or a baking dish, the top covered with buttered crumbs and then browned in the oven. The white sauce, made of butter or substitute and milk, sappy additional food value to take the place of the smaller quantity of meat or fish.

One most important factor in the success of these dishes is in careful preparation. All bones, gristle, skin or tough, undesirable portions should be removed and discarded. If there are large meat bones, as in a roast of lamb, these may be broken—adding two or three cupsful of cold water, also an onion. Simmer for an hour or more and use as a base for gravy or sauce.

A cupful of chopped meat or fish will make a souffle, croquettes, timbales or creamed meat in ramekins for four persons.

Left-over vegetables can be reheated in a white sauce, used for cream soups or chowders; scalloped, made into au gratin dishes, added to a fritter batter and fried in deep fat or used in salad.

Almost any combination of vegetables, make an attractive salad, providing it is accompanied with a well-made salad dressing. The left-over breakfast cereal may be molded, sliced, dipped in flour and fried a delicate brown, or half a cupful may replace the same quantity of flour in the breakfast griddle cakes or muffins; any fresh or cooked fruit can be mashed and poured over molded cold cereal for the children's dessert.

Stale broken pieces of bread may be dried in a very slow oven, then rolled or put through the food grinder and stored in covered fruit jars. To be used in scalloped dishes, to bread cutlets, fish or croquettes. Or cut into very small cubes, dried in a slow oven for croutons for soup, made into dressing for stuffed poultry, meat, fish, tomatoes or eggplant. Any of the bread puddings are palatable, provided too much bread has not been used. The old-fashioned omelette bread pudding should not be made just to save bread, for that

would not be an economy, as the other ingredients needed are too expensive merely to use up left-overs of bread.

Small portions of cooked or raw tomatoes may make savory sauces.

Sour milk should never be wasted. It can always be substituted for fresh milk in flour mixtures, using one-half teaspoonful of soda to each cupful of sour milk, omitting the baking powder; or the sour milk can be made into cottage cheese.

All pieces of beef or chicken fat should be cut fine and carefully rendered to be used for frying. Fat left from frying bacon or ham should be saved, but kept in a separate jar, as the smoked flavor is not desirable for all frying.

Left-overs of fruit may be combined and used for salads or for dessert. Stale cake may be served for pudding, with the addition of a custard or chocolate pudding sauce; or the cake may be cut in finger lengths and used for charlottes or charlotte russe.

The greatest care should be given left-overs, so that they will be in proper condition to use later. Jelly glasses with covers are convenient for small portions of vegetables or fruit.

The use of left-overs is unlimited and while such cookery requires both consideration and time, the results will amply repay for the additional labor.

Custard Bread Pudding

One thick slice dry bread; two cups scalded milk; one-half cup sugar; two egg yolks; one egg; one-half cup cocoanut; one teaspoon vanilla.

Soak the bread in cold water fifteen minutes, then press dry. Beat the egg and yolks slightly, add sugar, scalded milk, bread, cocoanut and vanilla. Pour into a baking dish and place in a pan of hot water; set in a moderate oven and bake until center is firm. When cool spread the top with jam or jelly and cover with a meringue made of two egg whites beaten until stiff, then add gradually, constantly beating, two tablespoons of sugar, then fold in two more tablespoons of sugar. Place on the top grate of a moderate oven and bake eight minutes.

Surprise Charlotte Russe

Line individual or large dish with lady fingers or thin slices of sponge cake. Whip one cup of whipping cream; add two tablespoons (level) of powdered sugar and one teaspoonful of vanilla. Line sides and bottom of cake-lined dish with whipped cream, place cooked or fresh sweetened fruit in the center, then cover with whipped cream. Sufficient for three persons.

Meat or Fish Croquettes

One cupful of well-seasoned thick white sauce, one cupful of finely chopped meat or flaked fish, two teaspoons onion juice or grated onion, one egg beaten with one tablespoon of water; dry bread crumbs.

For sauce use four level tablespoons of butter or substitute melted; add four tablespoons of flour; stir until smooth, return to fire and cook until frothy and add one cup of cold milk. Stir constantly until very thick, then add meat or fish, seasonings and onion juice. Spread on a platter and set aside to cool. Shape into balls or cone-shaped croquettes, roll in bread crumbs, then in egg, then in crumbs again. Fry in

deep fat, heating fat until a cube of bread will turn a golden brown in forty seconds.

Scalloped Vegetables

Place in alternate layers in a baking dish bread crumbs and cooked vegetables, having crumbs for the top layer. Season each layer and sprinkle bits of butter on top of the last layer of crumbs. Bake until brown. Cooked corn, tomatoes, onions and cabbage may all be prepared in this manner.

Stuffed Vegetables

Green peppers, onions, tomatoes and eggplant may all be prepared in this manner. Do not boil the vegetables, but scald in boiling water for five minutes or more. Onions may then have the skins removed. Remove the centers and fill the cavities with soft bread crumbs well seasoned and mixed with melted butter. Some of the removed portion may be added to this dressing if desired. When stuffed, place a small piece of butter on top of each and bake in a hot oven. A sauce may be served with all stuffed vegetables.

DON'T MILK IN COW COUNTRY

FORT KLAMATH, Sept. 22.—Sometimes city employers of labor regale one another with stories of things that Americans don't like to do, and justify their hiring of various sorts of aliens by saying they can't get the work done by native Americans. On a small scale, the same may be heard in the country, and milking is one of the things the American is said to have an antipathy for.

The charge that "Americans won't milk" is a common one in the Fort Klamath district, and the fact that the Fort Klamath creamery has been closed since January is cited as proof. Once the creamery was served by 200 cows. As one means of encouraging dairying, the co-operative association had pledged its credit for \$4000, with which forty Holsteins were bought from a Wood river valley raiser, nearby. These were farmed out.

The the war boom in hay came, and it was possible to get \$20 and even \$25 a ton. Probably there is only a grain of truth in the charge that Americans won't milk in these regions devoted to general farming; but when it comes to a cattle country, not many men who have grown up on a horse, and who know cows as beasts to be roped and branded, have any hankering after the milkstool; and this is a cattle country with a

Fifty or sixty cows are still milked, and not much less profitable, to sell hay at \$20 a ton than to feed it to cows, milk the cows twice a day, 365 days, and haul the milk to the creamery; it was also easier to brand a cow, run her on range in the summer, and throw her out hay in the winter, than to be eternally milking her.

So the 200 cows became fewer and fewer. The manager of the creamery, a Dane, closed the doors and went into farming. The debt had been paid off in part by holding out a percentage of cream checks, and in part by beefing the Holsteins turned back; for a number of good Holstein milkers actually went to the ignominious block. Before the creamery doors were shut up, the association was out of debt, and had \$700 in the bank to meet taxes and the corporation assessment, rodeo grounds. It was infinitely ed, but the owners ship cream to Klamath Falls.

Vaudeville at Strand Sunday, 19-24

Twenty-five Years Ago In Linkville



THE CROQUET TOURNAMENT BROKE UP TODAY WHEN YOUNG ROBINSON PLAYED OUT OF HIS TURN DRIVING A CRASHING BLOW AGAINST STAR PLAYER PURDYS ANKLE.



Listen!

OUR \$6.85 \$7.85 & \$10 SHOES

Represent Values never before given since the war

These include:

Crossett: Master Made and Buckhecht
All Dependable Brands

CALL IN AND LOOK THEM OVER IF IN THE MARKET FOR SHOE VALUES

EVANS SHOE CO.

SHOES — REPAIRING

727 Main

Nebraska Becomes Movie Producer

LINCOLN, Neb., Sept. 22.—The state of Nebraska has gone into the movies. Its department of conservation has set up a complete studio at a cost of \$20,000, and has started taking pictures. It aims to advertise Nebraska's resources to its own people and to its neighbors. Films will be distributed free on a regular circuit through the state, in schools and other institutions. Organization of a state-wide staff is in progress.

Development of interest throughout Nebraska in farming, industry, education, state finance, state departments and clubs are among

Women Made Young

Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by regularly taking

GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney liver, bladder and uric acid troubles, the enemies of life and looks. In use since 1896. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

subjects embraced in state's movie program. Prominent people visiting the capital will be included.

The studio is located at the University of Nebraska, and much attention will be given this institution and the state college of agriculture.

An aquarium and biological laboratory has been established at Miami, Fla., for the study of practical and scientific problems of the fisheries.

WOOD!

Prices may advance any day, this is your notice, no further guarantee on prices.

Buy your GREEN SLAB or BLOCK-WOOD now and avoid advances that are sure to come. Ask about our

DRY-TAMARACK
For Your Heater

O. Peyton & Co.

"Wood to Burn"
410 Main St. Phone 535

Take Home a dozen Doughnuts 30c
We bake them right before your eyes!

THE DOUGHNUT SHOP



Designed for You

—to meet your desire for a real dainty, tasty cracker wafer.

These delicate creations—Snow Flakes—will appeal to your most fastidious friends. You will find them invaluable in your home to serve on all occasions.

Don't ask for Crackers—say SNOW FLAKES

Ask your grocer for

SNOW FLAKES

PACIFIC COAST BISCUIT CO., Portland, Ore.