

# DOMESTIC SCIENCE DEPARTMENT

Conducted by  
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## Simple Rules in Cookery that are Basis For Success in the Realms of Real Culinary Art

Most of the failures in cooking can be traced to careless measuring failure to follow the recipe accurately improper mixing or uncertain heat regulation. The recipes in standard cook books and household magazines have been compiled by experts and if the formulas are carefully followed results should be satisfactory. Experience in teaching housewives the fundamentals of cookery have brought out the information that comparatively few women provide themselves with standard half-pint measuring cups. All tested recipes call for a cup of this type. For flour mixtures the ordinary household cup is not satisfactory, as it seldom holds a half pint. The baking powder, salt, etc., will be out of proportion to the other ingredients if a standard measuring cup is not used. It may not mean failure, but it will mean indifferent results. Careless measuring of salt will render a dish most unpleasant, if not entirely useless. Too much baking powder will cause a cake to be dry and coarse in texture. My own experience as a teacher has shown me that the average house-wife does not measure ingredients carefully, and to be accurate in measurements is one of the first steps to success. Recipes often fail because not carefully divided.

### Too Rapid Cooking

When boiled meat is tough and dry it has been cooked too rapidly. It should really not be boiled at all, but kept at the simmering point during the entire period of cooking. It is the long, slow cooking that makes meat tender; if the flavor is strong it has not been skimmied of the fat or suet. Mutton and lamb should have the outside skin removed (this skin is tough and can easily be stippled off), otherwise there is apt to be a rather strong unpleasant flavor; particularly is this true of mutton.

When strong flavored vegetables, such as cabbage, cauliflower, or onions, lose their color, are rather strong in flavor and throw off an unpleasant odor while cooking, the vegetable has not been put to cook in boiling water and the kettle in which it was cooked has been covered. Never start vegetables cooking in water under the boiling point. For the strong flavored vegetables use a quantity of water, but for the green, more delicate flavored ones use little water; add salt before the vegetables and cook in an uncovered kettle and they will retain their full flavor and bright green color. When a quantity of water is used to cook such vegetables as peas, spinach, string beans, etc., much of the valuable properties of the food is lost and thrown away. Many vegetables are overcooked until the best flavor is entirely destroyed. Cabbage is an example; it is usually cooked until limp and heavy, and while it may taste palatable, is most indigestible. Cabbage cooks very quickly and is done when tender.

Mayonnaise dressing separates if the oil is added too quickly or if all the ingredients are not of the same temperature.

A teaspoonful of vinegar or lemon juice added to the egg yolks before any of the oil is used will aid in keeping the dressing smooth. If the dressing should curdle add it very slowly to another egg yolk.

French dressing should be thick. This is easily accomplished by putting all the ingredients in a small covered fruit jar and shaking until the mixture thickens.

Fried foods, a croquets, fritters, doughnuts, etc., become soaked with fat if the oil or lard they are fried in was not sufficiently heated. The temperature of the fat should be tested before any food is fried, and this should be repeated each time food is added, as the fat usually cools somewhat with each addition of cold food. Heat fat until a faint trace of smoke can be seen over the surface, then test. It should never be heated until the kitchen is filled with an unpleasant haze of smoke. If properly done, deep fat frying will be more satisfactory and food will absorb less fat than when cooked in a frying pan.

Sauce and gravies have a layer of fat on top when more fat is used than flour. The flour and fat should be in equal quantities; allow from one to two tablespoonfuls of each to a cupful of liquid, according to the thickness desired for the sauce.

### Omelets Require Care in Handling

Omelets are tough when cooked

too rapidly. Dumplings are heavy if the liquid is not kept constantly boiling, and if the cover of the kettle does not fit closely or has been removed before the dumplings are cooked. They should be dropped into rapidly boiling liquid, covered closely and cooked twelve minutes before cover is removed.

True sponge cakes (those made without baking powder) are coarse in texture and dry if eggs are not carefully beaten with a whip egg-beater to inclose all the air possible, then baked in a very moderate oven.

Baking powder biscuits, muffins, and all quick breakfast breads require a hot oven or they will not be light.

Popover and cream puffs fall when they have not been baked long enough.

Cakes that rise in the center and crack have been baked in too hot an oven or contain too much flour.

Cakes that are soggy in the center have not been thoroughly baked. The center is the last part to bake, and before removing from the oven touch the center lightly; if the finger makes an imprint the cake is not baked sufficiently; if it springs back the cake is done.

To prevent milk from separating when making a cream of tomato soup, heat milk and add the thickening. Combine milk and tomatoes just before serving.

Boiled or baked custards that have curdled have been cooked too fast or too long. A boiled custard that has curdled may be redeemed by pouring the mixture immediately into a cold bowl and beating it until smooth with a rotary egg-beater. It will never be quite so creamy, however. Baked custard and all forms of custard puddings should be set in a pan of hot water to bake. This will usually prevent too rapid cooking. The water is kept below the boiling point.

Fruit cake is light in color if baked too rapidly; it is also apt to be bitter.

Cereals should be cooked in boiling water. They should cook directly over the fire for five minutes; then cook over hot water (in double boiler) for the time required. Cereal cannot be completely cooked directly over the flame, as it soon thickens and then will burn. The starch requires thorough cooking to be digestible, and cooking over hot water is the only method it is possible to cook cereal sufficiently.

These are only a few suggestions and yet the success of cookery depends much upon such details, unimportant as they seem.

### Gingerbread

Two cups flour; 1 teaspoon soda; 1 teaspoon cinnamon; 3 teaspoons ginger; 1 teaspoon salt; 1 teaspoon baking powder; 1 cup molasses; ¼

cup milk (sweet or sour); 1 egg; 1-3 cup shortening.

Mix and sift dry ingredients. Put molasses and shortening into a saucepan and heat slowly until shortening is melted and mixed with molasses. Beat egg, add milk, then molasses mixture and dry ingredients. Bake in a well-greased shallow pan or muffin-tins in a moderate oven twenty-five minutes.

Gingerbread is greatly improved by adding the grated rind of an orange to the batter before baking. One-third cup chopped walnuts or raisins also may be added.

### Spanish Farina

One and one-half cups farina (cooked); ¼ can corn; 1 tablespoon butter; 1 teaspoon salt; 2 onions, chopped fine; six olives, chopped fine; cayenne paper to taste; 1 green pepper, chopped fine; 1 can tomato sauce.

Mix all ingredients, put in casserole, cover and bake in medium oven thirty minutes, or put together and heat in double boiler.

### Popovers

One cup milk; 1 cup flour; ¼ teaspoon salt; 2 eggs; 1 teaspoon melted butter.

Add flour and salt to milk and beat well with an egg-beater. Then add one unbeaten egg at a time beating thoroughly. Add melted shortening. Have iron muffin pans or custard cups, very hot; grease well, pour in popover batter and bake in a medium hot oven about forty minutes. Care should be taken not to take from the oven too soon or the popovers will fall.

This amount makes twelve popovers.

### Doughnuts

Two cups flour; 2 teaspoons baking powder; ¼ teaspoon salt; ¼ teaspoon nutmeg; 1 tablespoon butter; ¼ cup sugar; 1 egg; ½ cup milk.

Cream butter, add sugar and well-beaten egg. Sift all dry ingredients and add alternately with the milk. Turn onto a floured board, roll out to half an inch thick and cut with a doughnut cutter. Allow to stand a few minutes to stiffen the dough, then fry in hot fat until a gold brown, turn to cook on the other side, drain on paper. When cool, dredge with powdered sugar mixed with a little cinnamon.

### LOOKING FOR MAN WHO OWNS STOLEN SUITCASE

The negro apprehended at Ashland last week upon telephonic advices from Sheriff Calkins at Yreka that on his last trip to Klamath Falls he stole a suitcase at the Southern Pacific station belonging to H. Kettleison, an employe of the Modoc Lumber company at Chiloquin.

Sheriff Calkins has notified Sheriff Low that he would be unable to prove that the negro robbed the Dorris stores but if Kettleison could be located here and a Klamath county warrant issued for the thief, Calkins would surrender the prisoner to the local authorities. Sheriff Low is making every effort to locate Kettleison and would appreciate any information from any person who knows the whereabouts of Kettleison.

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

### De Valera's Mother



Latest posed photo of Mrs. Charles E. Wheelwright, mother of Eamon De Valera. She lives in Rochester, N. Y. De Valera, by his acceptance of the British peace conference offer, caused great jubilation in Ireland.

### CHURCH FLOORING DONE.

The concrete flooring of the Christian church at Ninth and Pine street has been completed by Lotus K. Porter and the building turned over to Contractor McCollum for the balance of the roofing work to be done by November 1. A temporary roof will be placed over the basement which will serve until the structure can be completed in accordance with the original plans. The cost of flooring, roofing and concreting of the walls amounted to nearly \$3,300. Services

are planned for the first Sunday in November.

### No Law to Prevent Women from Wearing Masculine Clothing

SEATTLE, Wash., Oct. 13—While the wearing by women of masculine shirts and trousers "may perhaps be subject to some criticism from an artistic or aesthetic standpoint, it cannot be said that it is prohibited by the law," Attorney-General J. L.

Thompson has advised W. H. Hillier, town marshal of Zillah, Wash.

Marshal Hillier consulted every authority in his pursuit of means to curb the wearing of men's attire by women in his town. Secretary of State J. Grant Hinkle, to whom the question was first put, passed the problem up to E. L. French, director of agriculture, on the ground that the women wearing men's clothing were engaged in agricultural work. Mr. French was unable to offer a solution and the matter passed on to Mr. Thompson.

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