

**PUBLIC MARKET BASKET**

By MRS. E. L. CRAMBLITT, of the Grand Central Public Market

Mention, last week, was made of method. Did it ever occur to you that there is a right way and a wrong way of doing everything under the sun. The right way brings the result more quickly and easily and surely. The wrong way may bring the same result in the end, but with loss of time and maybe of material. How many of us systematize our house work? If the attention were kept firmly on the task at hand, the free hours and more of them would come sooner to lighten the so-called drudgery.

Mental indolence is a chronic disease of housekeepers. Many say, "If I didn't have something else on my mind while I was doing my housework the monotonous routine would drive me mad."

Of course it would, if done in the usual time-killing manner. But house and home keeping is the house wife's business just the same as any occupation she might follow outside the four walls of her house. Unless she desires to live a non-productive, parasitic existence, she has no more right to shirk in her home than she would in factory or shop. Choose some method of procedure and the so-called drudgery will be lightened since less hours will be spent at it.

Method occupies a most important part in cookery. Last week, vegetables were discussed. One of the most digestible ways in their preparation is with the use of white sauces. In order to obtain a digestible white sauce, care should be taken in its preparation. There are four kinds of white sauce, known as one to one, two to one, three to one, and four to one, meaning, one tablespoon of butter, one tablespoon of flour, one cup of milk; two tablespoons of butter, two tablespoons of flour, one cup of milk; three tablespoons of butter, three tablespoons of flour, one cup of milk; four tablespoons of butter, four tablespoons of flour, one cup of milk. Number one is to be used in soups, number two in gravies and creamed dishes, number three as a binder for croquettes, number four in souffles.

With butter at the present price, many may think the family purse cannot stand the expense. Other fats may be substituted, but in a family of growing children, there can be no substitute for butter. Better do without something else and build that little body with the best material at hand. Very excellent dairy butter may be purchased at several stalls in the public market at a considerable saving. Level measurement is always the most reliable and saving measurement. The method of making white sauce is—melt the butter, do not fry, since the water is then lost necessary to cook the flour. Add the flour and let the butter cook the flour, then add the milk slowly, stirring constantly and cook, continuing to stir until thick, but do not under any consideration boil, since boiling hardens and renders indigestible the proteid of the milk.

Kippered salmon or finnan haddie, both obtainable at stall 31, are very excellent boiled, then shredded and added to number two white sauce and served as the meat dish of the meal. Or a soufflé may be made of number four white sauce with the addition of the beaten whites of egg and baking powder, then a flaked salmon added and baked en ramekin.

Canned vegetable soup freshly made each week with beef broth is a most convenient dish for the luncheon and may be obtained at stall number twenty.

Since meat will soon be the order of the day and home grown apples may be bought at exceedingly low prices at several different stalls. A reliable proportion is half meat; one fourth apples, one eighth suet, raisins and other fruit, as pie cherries, bits of jelly, butter etc., according to the taste and on hand, vinegar or cider to cover, spice. Orange and lemon peel may be used also.

A home-made combination salad is a most pleasing adjunct to any meal. It may consist merely of radishes, lettuce and onions as a foundation, thin chopped celery, sliced tomatoes and cucumbers, left over string beans or peas or asparagus added all together or singly. French dressing should be used first, then a spoonful of mayonnaise placed on top or in a small bowl to be served at table. Mayonnaise stiff enough to be used with

a pastry tube can be purchased at stall No. 24 in any quantity desired. This dressing is a food itself and when used with a salad of this kind, only a light meat, such as salmon loaf, and a dessert is necessary.

Our text for next week will be, "Do You Know Your Cookstove?"

**MENUS**

**Sunday—**  
Breakfast—Half orange; cornmeal muffins; egg en Ramikin; coffee.

Dinner—Roast of lamb; stuffed potato; stewed corn; tomato-lettuce salad; pie.

Supper—Cake; coffee, gelatine chocolate.

**Monday—**  
Breakfast—Oatmeal cereal; hot cakes, syrup; coffee.

Luncheon—Vegetable soup; reheated muffins; cake; tea.

Dinner—Sliced, cold lamb; mashed potatoes; creamed tomato; pie.

**Tuesday—**  
Breakfast—Toast, bacon, eggs, coffee.

Luncheon—Creamed carrots; hot biscuits; baked apple and cream.

Dinner—Sphagetti with hamburger; potato puffs; celery salad.

**Wednesday—**  
Breakfast—Baked apple; cereal, poached egg; coffee.

Luncheon—Cream of celery soup, apple salad, tea.

Dinner—Creamed shrimp on toast; buttered peas; vegetable combination salad; prune whip.

**Thursday—**  
Breakfast—Hot cakes; sausage; coffee.

Luncheon—tomato soup; prune salad; tea.

Dinner—Macaroni-cheese; fried parsnip; string beans; cabbage slaw, pumpkin pie.

**Friday—**  
Breakfast—Cornmeal hot cake; strained honey; coffee.

Luncheon—Clam Chowder; hot biscuit; coffee.

Dinner—Baked smelt; Spanish rice; tomato salad; honey cookies; tea.

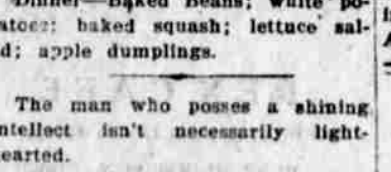
**Saturday—**  
Breakfast—Cereal; fish pots; muffins; coffee.

Luncheon—Clam soup; green onions; chocolate.

Dinner—Baked Beans; white potatoes; baked squash; lettuce salad; apple dumplings.

The man who possesses a shining intellect isn't necessarily light-hearted.

He's Yawning!



This is so easy for Alfons Kurtz that it bores him. He says he was yawning when this picture was taken. Down below New York crowds held their breath as they watched Kurtz 25 stories above the McAlpin roof. Kurtz, a noted parolier, is constantly yawned down by the thousands Y. M. & A.

**Everything's Good in Hats**



A consoling feature about the season's crop of hats is that everything is good! Never has there been so extensive a scope in lines. If you see an exaggerated shape, you are sure to glimpse a simple straight-lined hat near by. Those illustrated here, all the latest models shown, give an idea of the variety from which madame may choose.

**New South Wales Business Men to Investigate Dry Law**

SYDNEY, New South Wales, Sept. 26.—(By Mail).—The question of prohibition and restrictions upon the intoxicating liquor traffic has aroused great interest and comment throughout the commonwealth and a band of Sydney businessmen, including several members of parliament, has been formed and subscribed fourteen hundred pounds to be expended in the United States and Canada in an effort to determine what effect prohibition has upon business efficiency.

The businessmen plan to spend a year in obtaining and considering opinions from the United States and Canada and their conclusions are to be published here.

A great amount of speculation also has arisen here over whether the Appeals court will decide whether 6 p. m. or 11 p. m. is the legal closing hour for hotel bars in Sydney. The 6 p. m. closing was a wartime measure and it was to cease being effective with a certain period after the war. A subsequent act, however, pro-

vided that a referendum should be held on the continuance of the early closing hour. The present labor government, announced that because of the expense involved it had declined to take the question before the people.



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**REX RENNER**  
at White Pelican Garage

**Victim of Pistol Accident Recovers**

George Florry, injured Saturday night at the dance at the Agency, was able to go to work Tuesday, Port Summers said while here on a visit. McKinley David, the young

Indian who accidentally shot Florry also lost the tip of his left finger when the revolver was discharged, Summers said. Reports that illicit liquor was imported for the dance are being investigated, Summers said. Nearly all the automobiles parked outside the dance hall were searched on the night of the dance.



**Home Grown Home Smoked Bacon**

We smoke this bacon here in Klamath Falls and it is only the choicest cuts from the best animals it is possible for us to buy.

**SATURDAY SPECIALS**

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**Veal, Beef, Pork, Mutton, Lamb**  
**FRYERS 32c.**

**The Lincoln Market**

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