

# WEEKLY WOMAN'S PAGE OF THE HERALD

## Sister Mary's Kitchen

By SISTER MARY  
NEA Service Writer

Interesting facts are constantly being discovered about foods of all sorts, and now we are told that parsley has even a higher percentage of iron than spinach.

After the chemists established this fact, the dieticians stepped in and told us that parsley could not be eaten in the same large quantity that spinach is. However, less parsley is needed to provide an appreciable amount of iron.

Parsley has long been one of the most popular and attractive garnishes, but now housewives are looking for ways to work it into their menus.

Parsley butter for fish and potatoes and parsley sauce for almost any vegetable are excellent means of adding iron to the diet.

**In a Sandwich Spread**  
Parsley butter as a sandwich spread is a novel way of using this important green. Wash parsley and pat dry between soft towels. Mince finely or put through the fine knife of the food chopper. Combine one-half cup minced parsley with four tablespoons creamed butter. Add a few grains of salt and a little lemon juice if extra piquancy is needed. Spread on thin slices of whole wheat or white bread. Garnish each sandwich with a tiny sprig of crisped parsley.

Veal and fish are both improved if served with a parsley sauce. A plain white sauce made with milk or made with half milk and half veal or fish stock becomes parsley sauce when two or more tablespoons of minced parsley are added just before serving. If the parsley is allowed to stand or boil in the sauce, it loses its bright green color.

There is a straight parsley that is used as greens. The branches should be stripped from the main stalk, for this is tough, and requires longer cooking. Wash thoroughly and add a few tablespoons water to the kettle in which they are cooked. Cook uncovered and serve with butter and lemon juice.

It's interesting to remember that parsley was used by the ancient Greeks, reference being made to it in the Iliad.

The Romans used it as a symbol of mourning.

The Carthaginians found it in Sardinia and introduced the herb to the inhabitants of Marseilles.

There are various quaint superstitions connected with parsley, some surviving to the present day in England and Scotland.

Rice parsley is such a rich source of iron, use it frequently in your menus. Even little children may have it finely minced with their baked potato. When parsley is used simply as a garnish, be sure that it is well washed and crisped, and encourage children in the habit of eating it. Always discard the heavy stems when preparing it for mincing or a garnish.

### HOUSEHOLD HINTS

**WASHING SHIELDS**  
Shields can be kept fresh and made to wear long by the following method of laundering: Place them flat, brush them with tepid soap on both sides. Soak up and down in clear rinsing water, to which a little ammonia has been added. Press, but do not wring. Hang over the line and allow to drip dry. Do not iron.

**MIRROR'S HELP**  
Try moving your mirrors around so that each one in your house will reflect a view out the window or open door. It brings the outdoors into the house amazingly.

**PAINTED RADIATORS**  
When you are doing your rooms over, in delicate, lovely colors, why not try painting the radiators to match? The government pamphlet states that paint does not

## ALONG THE LINE OF WEDDING MARCH

### Black and White Chiffon Ensemble Garbs the June Bride's Guest



Now we have the "spectacular wedding gown," created for the wedding guest who watches from the side-lines rather than participates in the important event called the June marriage ceremony. This wedding-guest-gown, from Bergdorf Goodman, is a striking ensemble of printed chiffon in the modish black and white combination. The little jacket has a cape collar whose hem is finished in petal scallops. The frock has a little bertha collar, a belted waistline and its long, even hemmed skirt is skillfully pieced so that the big pattern of the print is not broken and yet the skirt is insured of its fullness. An arresting hat of black milan straw, trimmed with a wide band of velvet ribbon and velvet flowers, tops it, and the shoes are emerald-green crepe de chine.

Lessen radiation. And colored radiators do fade into the general scheme of the room most beautifully.

Before applying your color, put on a good light priming coat. Then any inside paint will do the trick.

**CHIPPED BEEF**  
Lowly chipped beef becomes a princely dish when creamed with pimentos and chopped green peppers. Serve on triangles of toast.

**DOOR SPRINGS**  
It is a small expenditure and a worth-while one to see that every door has its spring, when summer comes. Adults are quite as likely to leave screen doors ajar as children.

**PRINTED SHEETS**  
New and beautiful are the fine cotton sheets with colored roses printed on them. They come in pink, yellow and blue and with both sheets and pillow cases in the printed design.

**SUMMER PICTURES**  
For summer, take down the heavy paintings and too-colorful pictures, when you take down the

### HOMEDALE

#### Garden Tracts

For Sale By -  
Favell-Utley Realty Company

Leslie Peyton, Mgr.  
121 S. 6th St. Phone 1414

## YOUR CHILDREN

By OLIVE ROBERTS BARTON  
By Mrs. M. A. MORTON

School will soon be over. Then what are the children going to do? And what are their mothers going to do?

There comes to almost every woman with a family of growing children a faint misgiving when she thinks of the summer months ahead and their complicated problems. For children at home all day are a different proposition from children away and sound and occupied in school.

Children at home tear things up as soon as they are put in order, they get hurt, they have quarrels, they're always thinking up something to be done—pronto—such as getting up picnic lunches in a hurry or going in swimming, and in the midst of the ironing mother has to tear up to the attic to see what the moths have left of last summer's bathing suits.

It's all very well to talk about giving them a hammer and nails and old boards and letting them build a shanty or turn the back yard into a playground with sliding boards, sand-pile and what not. This is an excellent idea and it fills the bill beautifully—as far as it goes.

But it has its limits, for just as soon as the novelty has worn off the youngsters are likely to leave the improvised playground as empty as a movie at midnight. When the thrill is worn off the chances are that their mother will be as busy as ever racking her brain for something new to keep them busy.

Now, please, don't let the children read the rest of this, for they are going to hate me for every word I write. This is the ideal!

Make a schedule of work to be done by each child every morning. After all, if they are going to learn things outside of school, summer is about the only chance they have. All learning is not in school books. And a good bit of learning is spelled w-o-r-k!

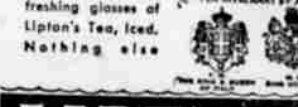
First, I'd make up my mind that I was in the right, and that I was not imposing on the children; then that mental hazard past, I should set about planning a systematic campaign.

For instance, there's Betty. She is 11 or thereabouts. Betty gets a card with something like this to post in her room:

8 o'clock—up.  
8:30—breakfast.  
9:00—make own bed and dust up room and hang up clothes. Fridays, run electric sweeper, change bed. Shoes and clothes always put away. Little sweeper other days. Always dust.  
10:00—errands.  
11:00—practice.  
12:00—lunch.  
1:00—Monday, Wednesday and

quenches summer thirst so swiftly... some delicious taste in iced tea as in hot tea.

When friends drop in, welcome them with cooling, refreshing glasses of Lipton's Tea, Iced. Nothing else



## LIPTON'S TEA

LARGEST SALE IN THE WORLD

## Come Into the Kitchen

By ELLA M. LOHR  
"JAMS"

Crunchy golden-brown muffins and raspberry jam, hot biscuits with luscious preserved strawberries oozing over their fat sides, swathed in spick apple butter, colorful preserves of grapes and raisins and nuts, orange marmalade in gay little pots... Can we hope to substitute?... Commercial jams? Never so good—for what man knows the secrets of our grandmother's jam kettle?

**Pineapple-Rhubarb Jam (Oven-Cooked)**  
Four pounds rhubarb cut in 1/2-inch pieces, 2 pounds sugar, 1 pound medium sized can grated pineapple or 1 fresh pineapple cut in small pieces. Mix all together. Place in 800 degree oven. Allow to cook until thick. Pour in sterilized jars, seal with paraffin. This makes ten half pints.

**Plum Conserve**  
(Fresh plums may be used, or even cooked dried plums.)  
Three pounds of plums, 2 1/2 pounds sugar, juice of 1 lemon, 2 oranges, 1 pound raisins, 1 cup chopped nuts.

Wash plums, cut in half and remove pits. Pick over raisins and wash. Peel the oranges and separate in sections. Grate the rind of the oranges and the lemon. Add lemon juice and sugar. Let stand 20 minutes. Place in 300 degree oven and when nearly thick add nuts. When thickened pour into sterilized jars and cover with paraffin.

**Blackberry Jam (Yum-Yum!)**  
Six cups blackberries, 6 cups sugar.

Mash blackberries, add sugar and cook slowly in 200 degree oven until thick. Pour into sterilized glasses or jars and seal with paraffin.

**Ripe Tomato Preserves (Reminiscent of our grandmother's pantry)**  
Skin and quarter ripe tomatoes, add 1/2 by weight as much sugar. Cook slowly (300 degree oven may be used) until beginning to thicken. Add spices to taste, cinnamon, cloves, nutmeg, a bit of mace and allspice. Cook until thick. Pour into sterilized jars and cover with paraffin.

**Green Tomato Preserves**  
Wash and cut in eighths green tomatoes, using equal quantities of sugar; add to tomatoes along with thin slices of lemon and allow to stand over night. Allow to simmer along until tomatoes appear clear and transparent and syrup becomes thick. Pour into sterilized jars and cover with paraffin.

2 cake recipes say—add the flour...

Saturday, do lunch dishes. Afternoon free. Elizabeth is nine. Very well. Alternate her days with Betty's on the lunch dishes, otherwise her schedule may be the same except that instead of running errands she can dust the living room or stairs. Let her take care of her own room, too.

Give 7-year-old Bobby small tasks to do—straightening up the playroom and yard, hoisting the porch and walk and putting away his own clothes. Write it out for him and explain the words.

The work will get done, the children will be occupied and the afternoons will not be a bore, as vacation afternoons sometimes are. Release from duty brings its own entertainment. Then there will be time for picnics and rides and all sorts of things. They won't realize it, but they will be learning the recipe for real happiness which begins: "A little work, a little play—a king could be content that way."

sterilized glasses or jars and seal with paraffin.

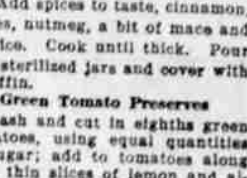
**Strawberry Preserves (Oven-Cooked)**  
Wash and stem strawberries, using 3/4 as much sugar as berries. Carefully mix. Let stand until some of the juice is drawn from berries. Then boil mixture on surface until 15 minutes. (Count time after mixture reaches boiling point.) Cover and let berries stand several hours over night. Strain berries from syrup. Boil syrup 10

minutes. Pack berries in hot sterilized jars to within 1 inch of top. Fill each jar to within one inch of top with boiling syrup. Paddle (insert sterilized knife or spatula to remove possible air spaces). Adjust lid loosely. Place in 275 degree oven for 1/2 hour. Remove and seal immediately. This method keeps the berries whole and red.

A new astronomical observatory will be built in Sweden about ten miles from Stockholm

### Sh-h-h!

#### ...a sole secret



### A Little at a time

AND HILLS BROS. roast their coffee by a continuous process—a few pounds at a time. What a difference it makes in flavor! No bolt-roasted coffee tastes like it.

Fresh from the original vacuum pack. Easily opened with the key.



## HILLS BROS COFFEE

1936

## THE NEW RED CROSS SHOE

The trim little one-strap pictured below is made with never a stitch, nor a tack, nor a seam in the sole—a shoe so much lighter, so much shapelier, so much more comfortable than any you've ever known. It's The Red Cross Shoe, now made by a process altogether new to the shoemaker's art. And, fashioned over the famous "Linnit" lasts, it fits perfectly—hugs the heel, supports the arch, and keeps its shape. Do come in soon, and learn all the secrets of this very smart shoe.



The falls... In laurel brown kid, with beige-cream kid trim, and inserts of brown leather.

## STROUD'S BOOTERY

511 Main St.

## The Store That Sets The Pace

### and their OUTSTANDING SPECIALS FOR SATURDAY ONLY

**Winesap Apples**  
EXTRA SPECIAL  
The Best Buy in Klamath Falls  
**\$1.09**

**Folger's Coffee**  
Limit Four Pounds  
Pound ..... 39c

**DEL MONTE PEACHES**  
Large cans—Fancy Sliced  
19c

**BORDEN'S MILK**  
Limit Six Cans  
49c

The Money You Spend in the Public Market Stays in Klamath Falls.

We buy more produce, butter and eggs raised and grown in Klamath County than any other store.

## The POWER of YOUR DOLLAR

American Beauty Noodles  
Salad-Roni, Macaroni, Spaghetti  
4 packages ..... 25c

Klamath Friers, each..... 50c

Klamath Standard Eggs, doz. 29c  
Limit Four Dozen

Dressed Hens; pound..... 33c

Sperry's Wheat Hearts  
Three pound package .. 23c

Aunt Jemima Pancake  
Flour, large 3 1-2 pound  
package 33c

Quick, light, fluffy pancakes. Send the A. J. trademark to the Quaker Oats Co. for a rag doll free.

## THE FREE TRIP

Be sure to get your mileage on each 50c purchase. Always ask for your coupon. It's good for a trip or merchandise.

229 S. 6th at Walnut. Five deliveries daily. Phones 191, 169. Plenty of Parking Space

**The Public Market**

Apricots, basket 29c Peaches, basket 19c New Spuds, 8 lbs. 25c

Phone 942 Phone 1027

## BRATTON'S

Fruits—Vegetables—Meats—Groceries

### OUR FIRST TRUCK LOAD OF APRICOTS

For canning arrived today. There are few Apricots in the north and the season closes in the south next week. Buy Now

30 lbs. .... \$1.98

Large Lettuce, head ..... 5c  
Carrots, 6 lbs ..... 20c  
Ice Cold Watermelon, lb. 4c  
Green Onions, 3 lbs, 10c

Large Fancy Lemons, doz. .... 43c  
Cabbage, solid heads, Pound ..... 2 1/2c

### Open Evenings and Sunday

201 East Main St. 2045 Oregon Ave.

## A Special Brick of GILT EDGE ICE CREAM

### For Father's Day

#### New York Pineapple Sherbet Black Walnut

The New York flavor in this special brick is a new flavor in Klamath Falls. You will pronounce it a most delightful combination. This special brick will be on sale at all Gilt Edge Dealers.

Guaranteed One Full Quart

Factory demonstrations, which more than 1000 Klamath Falls housewives witnessed recently will be resumed this coming week.

For a better milk shake ask your dealer to serve one made from Gilt Edge Products—That satisfying coolness and richness so desirable is always noticed.

GILT EDGE DAIRY PRODUCTS—the oldest established brand in Klamath Falls.