Cooking School Special

The Evening Herald

Associated Press and United Press Telegraph Service — Herald Advertisers Appreciate Your Trade

Cooking School Special

Price Five Cents — KLAMATH FALLS, ORE., TUESDAY, OCTOBER 7, 1930 — Number 7266

HOME COMES FIRST

T. A. EDISON EXPRESSES HIS IDEAS

Electric Refrigeration Has Definite Place In Homes

IMPORTANCE PROVEN BY CONSTANT USE

From Luxury to Every Day Need Is History Of Refrigeration

Electric refrigeration has made for itself a definite place of importance in the sun, according to the great inventor, Thomas A. Edison.

H. P. Bosworth, manager of the California Oregon Power company, local distributors for the General Electric Refrigerator, said that Edison, in a questionnaire, had named electric refrigeration one of the marvels of the present era. The commercialization of electric refrigeration was especially remarkable in Edison's viewpoint, as well as the commercialization of ultra-violet glass.

"It is only with the past two or three years that tremendous headway has been made in commercializing electric refrigeration, Mr. Bosworth stated.

"A few years ago it was a comparatively unknown product and considered a novelty and a luxury. During 1929 one hundred twenty-nine million dollars was spent for electric refrigeration.

"This vast expenditure was made by the American public because electric refrigeration is recognized as being a necessity.

"I can safely say," Mr. Bosworth declared, "that no family who has electricity and modern plumbing would do without them. And yet, both of these important items in our daily life were at one time considered luxuries. Electric refrigeration had to go through practically the same cycle, but rose from the luxury to the necessity class in an amazingly short time. The sale of four hundred and sixty-eight thousand domestic electric refrigerators last year indicates the vast public acceptance accorded this modern method of food preservation.

"During 1930 an even greater number of people will learn that food should always be kept at a temperature of less than 50 degrees. It is estimated that between six and seven hundred thousand machines will be sold in 1930."

The popular General Electric Refrigerator has been chosen by Miss Helen Goodwin for her daily demonstrations at the Ella Lehr Cooking school this week.

SUNDAY DINNER IS IMPORTANT

Cheese Canapes
Chicken Broth
Stewed Chicken with Mushrooms
Fried Eggplant Mashed Turnips
Vegetable Aspic Salad
Compote of Grapes
Coffee

• • •

Stewed Chicken With Mushrooms

Cut a chicken into pieces and stew it gently in milk and water in equal parts, adding a small quantity of butter. Put a small lump of butter into a saucepan on the fire to melt, add two tablespoons of button mushrooms, a seasoning of mace, white pepper and salt, and cook. Take out the chicken meat when done, drain it, put it into a saucepan with the mushrooms, warm them all up together and serve. If more sauce is desired, a breakfast cupful of sweet cream may be added to the mushrooms when nearly cooked.

• • •

Compote of Grapes

Take a bunch or two of fine grapes, cut the stalks off, and make a little slit in each, picking out the stones with the point of a quill. Boil some syrup to the large pearl degree, put in the grapes and boil them up three or four times. When cold, skim off any scum that may have risen to the top. Arrange the grapes in a compote dish and serve.

Cold Plate

A most attractive supper or luncheon is made of tea sandwiches, a small pot of cottage cheese and some cold cuts of fish, all arranged neatly on individual plates garnished with water cress.

Tasty Meat Loaf Dinner Is Choice and Easy to Prepare

Buttered onion, scalloped potatoes, carrots and peas also served. A meat leaf dinner is not only easy to prepare, but is extremely tasty as well, according to Miss Goodwin, in charge of the Evening Herald's free Cooking school at the Klamath Union high school. She gives the following suggestions for the meal:

Meat Loaf Buttered Onions
Scalloped Potatoes, Carrots and Peas
Cocoanut Rice Pudding

Bake one and one half hours at 375o—or two hours 350o

1. Try baking meat loaf in the form of a ring or in a ring mold. Serve with carrots and peas poured in the center and the buttered onions and sprigs of parsley garnishing the outside.

2. Tomato soup—undiluted—used in place of the usual milk in meat loaf gives a delicious unusual flavor.

3. Carrots may be cubed or cut in strips. If canned peas are used—the juice off the peas will be sufficient liquid; otherwise, use about two-thirds cup of liquid. Add a bit of butter. Covered utensil for both this dish and the onions. Use small onions or cut large ones in fourths.

Cocoanut Rice Pudding

Four cups milk. One tablespoon butter. Three tablespoons rice, uncooked one-half cup cocoanut. One half cup brown sugar. One half teaspoon almond. One-fourth taspoon salt. Flavoring. Wash rice, put it in flat pudding dish with brown sugar, salt, butter and milk. Add cocoanut and almond flavoring upon removing from oven. Bake at 375o for one and one-half hours.

BRIDE PUZZLED OVER AMOUNTS

The bride who is enjoying her first experience as housekeeper is often puzzled over amounts needed to serve two persons and the use of the average recipe. Sometimes food is wasted because more is provided than can be used appetizingly.

As far as recipes are concerned, cooking for two reduces itself to a mathematical problem. Most recipes in current cook books are calculated to serve six persons. My own are planned to serve four. So if a recipe large enough for four is used and a dish for two is wanted it's a simple thing to take half of each ingredient and use a sauce pan or baking dish or spider just half as large as the one provided for the service of four.

The rule for serving six must be divided by three, each ingredient carefully calculated, if a dish for two is wanted.

Size Hastens Cooking

The size of the cooking utensils is of more importance than most people realize. The larger the surface exposed to heat the more rapid the evaporation. This accounts for many thick, lumpy sauces and burned or over-cooked vegetables and meats.

Instead of using large pie pans and cutting pies in sixths, invest in a small pie pan and cut the pie in half, serving half a fresh pie to each person. This insures fresh pastry. Three-fourths of a cup of flour and one-fourth cup of shortening will make enough dough for a small two-crust pie. If a one-crust pie or "shell" is wanted, one tablespoon more than one-third cup flour and two tablespoons and 1 teaspoon shortening should be used. The little pie pan will hold about two cups of filling, while an eight-inch pie pan holds four cups.

One-half pound of meat usually is calculated for each person when purchasing roasts and steaks. The method of cooking and serving, of course, is an important factor in determining the amount required. When extra materials are added, less meat is needed. Chops present the least problem in the meat line, since if individual appetites are known, one or two chops can be supplied for each person.

Harder to Calculate

Some vegetables are confusing, for it's hard to know how much must be allowed for preparing for cooking. Peas in the pod are deceiving, for unless the pods are well filled the yield of eatable vegetables is small. One pound of well-filled green peas-in-the-pod will serve two persons.

One-half pound of green beans will serve two persons.

One pound fresh spinach will serve two persons.

Vegetables like beets, corn and carrots must be chosen in regard to size. One large beet or carrot is considered enough for one average serving, but if the vegetables are small two or three will be needed.

Egg and Ham Timbales

Four eggs, ¼ teaspoon salt, few grains pepper, ¼ teaspoon onion juice, 1 cup finely chopped ham, 1 cup milk, 6 rounds of toast.

Beat eggs until light, add remaining ingredients, mix thoroughly. Turn into individual, well-buttered timbale molds and place on many thicknesses of paper in a pan of hot water. Bake in a moderate oven for 45 minutes, or until firm to the touch. Turn each timbale onto a round of toast and surround with creamed peas. Garnish with parsley and serve at once.

DAILY MENU

LUNCHEON — Potato ball salad, toasted muffins, fruit jelly with whipped cream, plain cake, milk, tea.

DINNER—Iced watermelon cubes, broiled swordfish, cucumber sauce, browned sweet potatoes, head lettuce with Russian dressing, green beans in cream, rye bread, cherry pie, milk, coffee.

Very Best of Food Wanted By Men Cooks

It has taken a woman home-service expert to discover that there is a useful domestic trait hidden away in every hubby's heart which women may do well to cultivate. That is, the latent desire to cook.

Most married women have discovered that their husbands really believe they have latent talent in culinary ways and bubble over with pride when they discover that the lamb chop or sunny-side egg they have been supervising is really eatable when turned out on the plate.

The home-service expert points out that encouragement of this desire to cook on the part of the man of the house will inevitably lead to the purpose of more modern cooking and other kitchen appliances, as men are progressive by nature and cannot bear to fuss with inefficient tools which nevertheless, they short-sightedly believe are quite sufficient for their wives.

It is claimed that several local housewives have lately and unexpectedly fallen heir to the gift of handsome electric cooking ranges due to this progressive tendency, as the man has tried to excuse his lack of success in cooking by claiming that the range was unreliable and behind the times, and that he considered it next to marvelous his wife could get along with the facilities she had been using.

It is the idea of the home-service expert that if a man were tied to a kitchen stove, a greasy dishpan, and other old-fashioned housekeeping implements for any length of time, he would quickly turn to labor-saving devices to lessen the drudgery and mess incidental to these daily, never-ending tasks.

Less Flavor Lost When Fish Steamed

Less flavor and nutriment are lost when fish is steamed than by other methods. The process is short, involving little heat, and the cooked fish is especially delicate. However, the accompanying sauce is of utmost importance and must be chosen with discrimination.

Drawn butter sauce is the special sauce for steamed fish. The same sauce may be served with fish cooked in several ways, but there always is a special sauce that goes particularly well with fish cooked in each special way.

Maitre d'Hotel butter is served with broiled fish, tartar sauce with deep-fat fried, black butter with pan-fried or sauted, tomato or egg sauce with boiled or baked fish. Each method of cookery has its special sauce.

Drawn butter sauce is made like white sauce, using water in place of milk and seasoning lightly with lemon juice.

Maitre d'Hotel butter is butter worked until creamy and well seasoned with parsley and lemon juice.

Tartar is a mayonnaise sauce with added material.

Masked Eggs

Four hard-boiled eggs, 8 slices of tomato, 8 small rounds of bread 3 tablespoons butter, 1½ tablespoons flour, 1½ cups milk, ½ cup finely chopped cheese, ½ teaspoon salt, paprika, parsley.

Saute bread in butter. Cut tomatoes in slices about one-half inch thick, dip in butter and broil. Place a slice of tomato on each round of bread, and on the tomato put half an egg, cut side down. Put into a shallow baking dish and pour over it the cheese sauce made by melting butter, stirring in flour and slowly adding milk, stirring constantly. Add cheese, salt and paprika and stir and cook until cheese is melted. Put baking dish in oven long enough to make very hot, and serve garnished with pa[illegible]

GOOD IDEAS ON CUISINE ART GIVEN

Cooking School Will Be Given Three Days For Housewives

HELEN GOODWIN TO BE IN CHARGE HERE

Pastry Making And Use Of Shortening To Be Taught

Pastry making and the use of shortening will be one of the points stressed at the Herald and News cooking school at the Klamath Union high school auditorium by Miss Goodwin, home economist in charge.

Friday is the last day of the cooking school, and all local housewives are urged not to miss this final session at 3 o'clock.

Regarding shortening, Miss Goodwin says in part: "The term shortening indicates the purpose of fat in cake and bread making. The fat is used to make the food shorter or more tender. "Naturally then, a fat which is all fat and contains no water or other material, will make a more tender cake or bread. There is a secondary purpose of shortening in cake making, and this is the introduction of air into the sugar and fat mixture to help make the cake light. It is important, therefore, that the sugar and fat should be mixed to a light, airy mass. To this creamed mixture may be added the eggs, usually the yolks slightly beaten, leaving the whites to be stirred in at the last minute. If the cake is to be white, the liquid is added in place of the yolks. Whenever milk or water is added to a creamed sugar or fat mixture, care should be taken not to break the light, airy structure which stirring has built up, but to add alternately a little of the liquid, then some of the flour (which should be thoroughly sifted with the salt and baking powder) until both are folded in gently but completely, in order to increase the lightness of the batter rather than to break it down."

ELECTRICITY COMMENDED

The first electric cooking was done at the Crystal Palace in London in 1899, as a remarkable experiment. Today millions of meals are prepared electrically every day in this country alone, not to speak of the electrical cookery that is becoming common in almost every other civilized nation in the world. Right here in Klamath Falls, and, in fact, the entire area of Klamath county, electric cooking is being used to a marked degree. Figures obtained from the local power company show that more than 1500 families, or one out of every four electric customers in Klamath Falls use electricity for cooking. This is a truly remarkable showing, and speaks well for the progressiveness of local housewives in adopting the latest modern cooking methods as well as for the reasonable electric rates which make this showing possible.

New Refrigeration Saves Time, Money

In the cold, dry temperature of the electric refrigerator, extremely perishable foods will remain fresh and fit for use an unusually long time.

It is easy to see how this method of food preservation eliminates the need for daily shopping and saves money in cutting down the food spoilage to the minimum.

The General Electric Refrigerator, revolutionary type of refrigerator, produced, manufactured and guaranteed by the General Electric Company, has met with exceptional favor, due to its simplicity, freedom from drains, pipes or fans and to the fact that it is extremely portable.

"These features," said K. G. Klahn, sales manager of The California Oregon Power Company, "combined with the unusual refrigeration which is an every-day feature of this remarkable machine, have been the cause of its quickly gained popularity. It needs no oiling or other attention and once installed in the kitchen can be forgotten."

Dainties Made of Leftovers Says Miss Helen Goodwin

"What do you do with left-over pastry—the scraps of pie dough left after trimming the pie—wad 'em up and throw them into the garbage can?" asks Miss Goodwin, who is conducting the Herald and News free cooking school this week at the Union high school auditorium.

"Such a shame! Innumerable little dainties may be made from these trimmings! If one's is short of time—just the strips may be laid on a pie tin, pricked, and when baked in a quick oven—oh, such delicious munching! Sprinkled with a bit of grated chees and paprika, they are a different touch to serve with the salad." Continuing, she gives the following suggestions for using left-over pastry:

Cheese straws are a neater form, of course. Carefully roll out the scraps, sprinkle half of the sheet with grated cheese and a bit of salt, fold over and roll again. Repeat a time or two, keeping the paste in a rectangular form, if possible. Cut in strips about 5 or 6 inches long and 1-3 inch wide. Bake in a quick oven, 500 degrees, until nicely browned. Dust with paprika.

Tarts may be made by cutting the rolled out dough in varied shapes with either biscuit or cookie cutters. A hole should be cut in the second piece, which is to be placed on top of the round when baked. Bake in quick oven, 500 degrees' when cold put the two together with jelly or jam.

Individual meat pies are a delightful way of using up left-over meat and vegetables and left-over gravy.

A different dessert is made by sprinkling a small round of pastry with sugar and cinnamon, roll up inside a half of a banana. Bake in a quick oven, serve hot with whipped cream or hot vanilla sauce.

ANOTHER GOOD DINNER IDEA

Iced Cantaloup
Braised Beef a la Mode
Boiled New Potatoes, Parsley-Butter New Beets
Hearts of Lettuce, Waldorf Dressing
Lemon Custard

• • •

Braised Beef a la Mode

Lard a piece of beef with salt pork, let it marinade for twelve hours with the juice of half a lemon, a little salt and pepper, a sprig of thyme, two bay leaves and half a dozen parsley roots. Then place the meat in a saucepan with a lump of butter, and brown on both sides for ten minutes; remove and place it on a dish.

Add to the gravy a little flour, stirring it well and moisten with a quart of broth, mixing it slowly while the sauce is boiling Then replace the beef in the saucepan with two sliced carrots and a dozen small onions, glazed, and cook for an hour, adding a strong garnished bouquet, a small piece of crushed garlic, and salt and pepper to taste. After skimming off the fat and straining, serve on a hot dish, arranging the carrots and onions in clusters around the dish.

• • •

Lemon Custard

Pour into a saucepan one quart of milk, the thin rind of a lemon, two bitter almonds and one-half pound of sugar. Bring the milk to a boil, strain it gradually thru a fine sieve over six well-beaten eggs, and stir well until it thickens. Pour it at once into custard cups or glasses, and serve either hot or cold.

Varied Menus Aided With Use of Fish

Menus can be varied by the use of fish. Fresh or canned, it offers many possibilities for appetizing meals.

The protein of fish is essentially of the same value as that of meats but fish is a lighter, less heating food and particularly desirable for summer for that account. Fish, too, is regarded as one of the most important foods for children.

The method of cooking and serving has much to do with the popularity of fish. Boiling, baking, steaming, broiling, pan frying and deep-fat frying—each has its place for certain kinds of fish. Often a well flavored sauce is an agreeable accompaniment and adds much to the dish.

The so-called "lean" fish are particularly delicious steamed. These are the fish which have their fat secreted in the liver, leaving the flesh clear and white. After cooking they are dry and flaky and very tender. Cod, haddock, flounder, fluke, trout, smelts, black bass, blue fish, pickerel and many others belong to this group.

Hostess to Housewives

Miss Helen Goodwin

YOU ARE INVITED

Come to the cooking school—you will enjoy it. You will see delightful, tasty foods, complete meals, prepared by Miss Goodwin, of the Ella Lehr Cooking Schools, in her unique model kitchen. Her program is entirely neew and different.

The time: 3 to 5 p .m.

The place: Union high school auditorium.

The dates: Tomorrow, Thursday and Friday.

The Herald and News invites every woman in Klamath Falls and vicinity to be its guest at this entertaining and instructive free demonstration of the latest in modern cookery. There is no charge and no obligation.

No Matter Where We Go We Find Chicken Popular

No matter where we may go—North, South, East or West—chicken is always popular for family or party meals. Restaurants, tea rooms and country inns specialize in chicken dinners and are well patronized.

The hostess planning a luncheon menu always is on the lookout for unusual ways to cook and serve the prime favorite dish of chicken. Chicken salad and chicken a la king are good old standbys that fill a place, but there are many other ways of serving chicken to small parties that are quite out of the ordinary and are not difficult to accomplish.

Chicken mousse, hot or cold; chicken timbales; chicken roll, chicken loaf; Hawaiian chicken, chicken supreme and chicken croquettes— all are delicious for party fare. These recipes use cooked chicken and are suitable for luncheons or high teas.

Waffle Shortcake Sure to Please

Instead of heating up the oven to bake a cake or pudding, try a waffle dessert. Almost any type of cake batter may take on waffle form, for the same process of cooking is used on the waffle iron instead of in the oven.

Waffle shortcakes are made by spreading hot, crisp waffles with butter, spreading generously with crushed and sweetened fruit, covering with the second waffle and garnishing with a big spoonful of whipped cream.

A slab of icecream is put between two waffles, sandwich fashion, to make ice cream sandwiches. Fresh fruit or any preferred sauce can be poured over the sandwich or the top waffle can be sprinkled with powdered sugar just before serving.

No waffle can be crisp and tender unless the batter is well made. The same care used in cake making must be taken with waffle batter. The shortening is either worked to a "cream" with the sugar or melted and added the last thing before baking. The latter method makes a crisper waffle and takes less beating, but creaming the shortening and sugar makes a tender, delicate one that "melts in the mouth." The eggs must be beaten separately for the best results. If they are beaten without separating, they must be beaten until very light. The dry ingredients are sifted together as in cake mixing.

POTATO SALAD POPULAR DISH

Potato salad is always popular, and may appear in many variations. The ingredients may be inexpensive or elaborate as the occasion requires, but careful seasoning is of utmost importance.

No matter what the combination of vegetables and other materials may be chosen, a suggestion of onion is imperative. Since many people find it difficult to digest raw onion, the juice should be used.

The flavor can be more evenly distributed, and exceedingly delicate, if a few drops of onion juice are added to the salad dressing. To extract onion juice, cut onion in half and score out surface with a sharp knife. Press with dull edge of knife to force out juice.

Sometimes potatoes are used principally as a filler for other materials, much as bread is used as a carrier for butter. In either case, it is the blankness of flavor that makes the potato valuable for salads.

Cook Potatoes Carefully

The cooking of potatoes for salad is important. They must be perfectly done — neither over-cooked nor under-cooked. If cooked in their jackets they not only retain all their food value but stay in better shape.

Cut potatoes in small enough dice to combine with the other materials. Large pieces of potato are unappetizing and it should not be necessary to cut them with the salad fork when served.

In the following salad the potato acts as a filler. This salad is an excellent combination of protein and vegetables for a hot day.

Savory Potato Salad

Two cups diced cooked potatoes, 2 or 3 drops onion juice, 3 small new beets, 4 sardines, 2 hard cooked eggs, 2 tablespoons minced parsley, 1 cup cooked salad dressing.

Remove skin and bones from sardines and sprinkle with lemon juice. Let stand 15 minutes. Dice beets and cover with 2 tablespoons vinegar, ½ teaspoon sugar and ¼ teaspoon salt. Let stand 15 minutes. Chop whites of eggs and put yolks through ricer. Add onion juice to salad dressing. Combine potatoes, beets drained from vinegar, sardines flaked in small pieces, eggs and salad dressing. Stir lightly with a fork and chill for one hour in refrigerator. Serve on crisp lettuce with minced parsley sprinkled over the top.

Daily Menu

LUNCHEON—Macaroni baked with cheese, sliced tomatoes, rye bread, berries with sugar and cream, butterscotch cookies, milk, tea.

DINNER — Vegetable plate dinner, jellied fruit salad, cheese cups, graham cracker pudding, milk, coffee.

Cherry Cubes

You can add inspiration to your ice cubes if you color them with fruit coloring and add a red cherry to each one. Frozen, the cherry looks most attractive bobbing around in its iceberg.

Chic Chapeau

New and summery is the shirred handkerchief linen hat, in gay red, faced with plain white pique. The belt banding is pique.

INSTRUCTOR CONFUTES ALARMISTS

"Modern Woman Still as Interested as Ever In Kitchen"

MODERN METHODS OFFSET DRUDGERY

Freedom From Old Time Cooking Systems Shown

Alarmists who declare the modern woman is neglecting her home, abandoning her kitchen and living off the delicatessen or restaurant are contradicted by Miss Goodwin, who is conducting the Herald and News free cooking school at the Union high school this week.

Miss Goodwin, who has seen thousands of women following her lectures and demonstrations, believes that women are as much interested in their homes now as they ever were. Her faith appeared justified as a large and enthusiastic group of Klamath Falls housewives prepared to attend the opening session.

"Women do not want to come out of the kitchen," Miss Goodwin said. "They merely do not want to be tied to the kitchen so that they can't do anything else. If they are given modern methods to supplant the old-fashioned drudgery, they are just as enthusiastic about housework as were their grandmothers."

From her experience in conducting a score of cooking schools, Miss Goodwin concludes that the modern housewife is most interested in "the little touches that add to the old dishes," in the "beefstake and gravy" courses, in party cookery, and in their specific problems such as "why cakes crack" and "why meringues fall."

"My purpose," she said, "is not to teach women to cook, but to give them inspiration in their housework, to bring them fall fashions in food, a sort of style show of the kitchen, and to point out 'wife savers'—those many short cuts which give her freedom for other interests."

A PENNY AN HOUR SERVANT

The high cost of house servants these days is getting to be a serious problem. The average wages for domestic help that comes into the home by the hour in some cities is 50 cents, making $4 for an eight-hour day, plus carfare both ways and two meals. Servants living in the home are getting very good pay all over the country.

But here is a servant that works for about a penny an hour, the most reliable, most efficient, most economic, cleanest servant of all—electricity. Measured in terms of human labor, electricity may be hired in the American home today for an average of about one cent an hour, according to some of the statisticians who have gone to the pains to figure it out.

Incidentally, this servant—electricity—is the only one whose wages have not been greatly increased since 1913—before the war. Instead of being increased, the cost of electricity on the average is 25 per cent less today than it was in1913.

Vegetable Plate Dinner Is Good

The vegetable-plate dinner always is popular, and, if carefully planned, makes at well-balanced and attractive mel.

The woman who has her own garden can serve a vegetable-plate for almost no expenditure of money, and even the one who must buy her vegetables will find this type of meal economical.

Milk, eggs or cheese usually are the main source of protein and may appear in an infinite variety of ways. The milk can be used in a cream soup, in a sauce for one of the vegetables or in a dessert, or a glass of milk may be drunk as a beverage. Eggs can be used in combination with a vegetable, in an omelet, in a salad, or in a dessert. Cheese can be grated into the soup, grated over a vegetable, grated over toast, grated over a salad, or, if pie is the dessert, served with it.