

3-Day Course For Kitchen Opens Wed.

Safeway Stores to Hold Cooking School at Pelican Theatre

"Kitcheneering" is far more than mere cookery. It is the modern art of preparing and serving delicious, well-balanced, economical meals with a minimum of time and energy. Such a definition explains why more than a half-million western women have taken active part in "Kitcheneering" courses in the last two years. It explains why the Pelican theatre probably will be filled by Klamath Falls homemakers on Wednesday, Thursday and Friday afternoons of this week when capable Estelle Calkins, personal representative of Julia Lee Wright, director of the Safeway Stores Homemakers' bureau, presents the "Kitcheneering" course of 1934.

Any plan that contributes to the betterment, joy, diversification and ease of cookery in the home is certain to interest thousands of women.

The complete planning of the Klamath Falls "Kitcheneering" program is under the direction of Mrs. Wright, Estelle Calkins, and a staff of enthusiastic and well-qualified assistants. Mrs. Wright is nationally known as a prominent home economist, as a writer of sparkling, timely articles on homemaking, and as the pleasant radio personality who offers practical household suggestions to thousands of listeners in western homes each week.

Miss Calkins has been working under the personal supervision of Mrs. Wright and has enjoyed the invaluable experience of conducting "Kitcheneering" courses in other western cities. Her academic training, practical experience and gracious personality fit her for the role of "Chief Kitcheneer" of Klamath Falls.

The widespread success of "Kitcheneering" is directly traceable to the Safeway Stores Homemakers' bureau. It is this energetic organization which perfects in its testing kitchen the dozens



Estelle Calkins, home economist in charge of Safeway Stores cooking school, which opens at the Pelican theatre on Wednesday of this week for a three-day session, does her shopping at a Safeway Store in preparation for her Klamath Falls classes.

of delightful recipes to be presented in "Kitcheneering" courses—its trained minds and hands delve into almost every problem of homemaking, such as entertaining, budgeting and menu planning, and expertly discover

the modern practical solution. In the course of the year, literally in response to questions asked thousands of letters are written by western women. From this tremendous fact-finding activity of the Home-

makers' bureau is developed the modern, fast-moving, highly-interesting "Kitcheneering" course. It is essentially a thorough review of "what western homemakers want to know" with most enlightening answers.

Doors of the Pelican theatre will be opened at 1 o'clock tomorrow and homemakers who wish to be sure of admittance are cautioned to come early.

'Chemical Bath' Polishes Silverware

Plated silver may be cleaned with any good commercial polish or by a method which is known as "electrolysis." Make a solution of one tablespoon of salt and one tablespoon of soda to each quart of water in an aluminum kettle or anything containing a strip or piece of aluminum. The silver is then placed in the solution so that it comes in contact with the aluminum and allowed to stand there until the tarnish is removed—which is almost instantly. Then wash in clean, soapy water and dry in the usual manner. If a higher luster is desired, polish with a jeweler's polishing cloth.

This method, for use on plated silver only, is nothing more than a chemical reaction between two metals which removes the tarnish, and it has been proved by tests that this method removes less of the valuable metals than other cleaners.

Spinach! You Can Make Them Like It

Won't they eat spinach? This method, recommended by the Safeway Stores Homemakers' Bureau, may change their minds. First, remember that spinach is the only green vegetable which should not be cooked in plenty of water, only that which clings to it after washing.

The best way to wash spinach is to use two pans of water, washing well in one pan, then lifting it out, (remember, lift it; pouring the water out of the pan merely pours the sand back on the spinach again), and then washing in the second pan. Spinach should not be cooked until it loses all its fresh, green color and delicate flavor.

Great Britain's nine great clearing banks have more than \$9,500,000,000 locked up on deposit.

Father Isn't Overlooked Kitcheneers Suggest Party

Kitcheneering apparently leaves out father, although you'd be surprised at the number of men who attend the cooking schools. So that father won't feel neglected, the Safeway Stores Homemakers' bureau suggests something for him.

Every man enjoys a stag party and, of course, it goes without saying the better the food the better the party. This doesn't mean "frills" or "fancy cooking" either, for when men entertain their own friends in their own way they invariably choose plain, rather hearty food.

At a real stag party no woman should appear, and the hostess's only duties are the "before and after" ones of preparing the food and cleaning up after the party.

If father is the type who has some special pet recipe which he is fond of concocting, by all means make that the high light in the meal, for he will take great pride in making something just a little better or different than anyone else. Broiled steaks or juicy prime rib roasts of beef are favorites with masculine cooks and are also quite simple to prepare.

A dinner which is quite sure to please is:

- Thick Soup, as Potato or Split Pea
- Prime Rib Roast of Beef or Broiled Steaks
- Potatoes, Mashed or Au Gratin
- Baked Onions or a Buttered Green Vegetable
- Crisp Green Salad with Sharp French Dressing
- Pie or Pudding
- Coffee Sugar and Cream

Baked or broiled fish may take the place of meat. Pie seems to be a favorite dessert and the only care you need to take is to provide plenty of it. The course with which the coffee is served depends on the host, but it is a pretty safe thing to count on most of the men preferring it with the main course, and then—some more with dessert.

Of course, father may be an

inexperienced cook who has never been allowed to "try his hand" and he may feel a little timid about experimenting on his guests. In this case a meal could be planned to be actually cooked ahead of time. Then soup can be kept warm in a double boiler or be replaced by a clam broth or sea food cocktail which is on the table when the guests arrive. Baked ham is good either warm or cold and scalloped potatoes are easy to heat in the oven.

The formality of the dinner depends on the host. If he wants to serve everything on one plate, eat all the food with the same fork and leave the dishes on the table, he should feel free to do so. However, it is the hostess's job to make sure that the correct silver is on the table or the guests are liable to find they have to choose between a butter spreader and a teaspoon with which to eat their pie.

Everyone praises a good cook, so give father his turn in the limelight.

Old Favorite Goes Modern

"Crackuh puddin'" was a favorite delicacy back in your mother's childhood days, and if she came from New England or the Old South she was sure to have known this tempting confection.

Particularly in the southern states, where the Aunt Mandy's and the Aunt Cindy's ruled the kitchen, was cracker pudding popular.

Aunt Cindy, wielding her rolling pin to good advantage and substituting a cap of cracker crumbs for a cup of flour, made the first "crackuh puddin'."

Although the modern variety of cracker pudding is a far cry from those the colored mamies turned out, it is equally wholesome and delicious. Today it may be

frozen in the electric refrigerator, baked in the fireless cooker or just made plain.

Graham crackers, particularly those baked with honey, are best adapted to cracker puddings. While their distinctive flavor lends a rich nutty taste to the dessert, their graham flour content introduces some fibrous material or roughage into the diet, as well as some useful minerals. Being sweet in themselves the graham crackers save sugar in cooking and make the pudding more economical. Their fuel value is high, being equivalent to 1955 calories per pound.

Here is one characteristic cracker pudding:

- Graham Cracker Betty
- 3 graham crackers
- 2 tbsps. strained applesauce
- Whipped cream
- Chopped walnuts

Roll graham crackers fine, three for each dish. Put in glasses with a hollow in the center. Fill hollow with applesauce, flavored with cinnamon and cloves, spread with whipped cream and sprinkle with walnuts. Chill in electric refrigerator and serve very cold.

Safety In Canned Goods Is Assured

Home economists are often asked if it is harmful to allow canned foods to remain in opened cans. Nowadays there is no more danger in leaving foods in cans than in any other container, if the food is covered and kept in a cool place. The new type lining eliminates danger. There is nothing about the can which will contribute to the spoilage of the food, particularly if the product is that of a reputable canner.

To Replace Knob On Lid of Kettle

If the knob comes off the lid of a pan or kettle, slip a screw through the hole with the head to the inside of the lid and screw a cork on the protruding end; this knob will not get hot and can be removed when dirty.

Chile's army of 35,000 men includes 77 generals and 47 admirals

Aroma Sealed Up in Fresh Spice Cakes

Word of Caution Given Cook Who Uses Coffee in Her Recipes

Most of us are inclined to think of coffee merely as a beverage. But it has many other uses in cookery. Who has not enjoyed coffee cakes? Not the variety so named because they are served with coffee, but those that contain coffee.

But remember, when using coffee in a recipe, pour it off the grounds while still hot, as standing on the grounds tends to absorb the fragrant aroma.

Here is a recipe for Coffee Spice Cakes, especially good when served warm:

- Coffee Spice Cake
- 1/2 cup shortening
- 2/3 cup sugar
- 1 egg
- 1 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/2 cup cold coffee
- 1/2 teaspoon vanilla

Cream the shortening with sugar; add beaten egg and mix well. Sift flour once, measure and sift again with baking powder, salt and spices. Add alternately with the coffee. Add vanilla and beat thoroughly. If desired, half a cup of seedless raisins, cut into pieces, may be added. Pour into greased muffin pans and bake in a moderate oven 375 degrees F. about 20-25 minutes. Serve fresh.

Raw Potato When Soup Is Too Salty

If soup is too salty, do not waste it; slice a raw potato and drop it in the liquid; boil up for a short time and the salty flavor will disappear; remove potatoes and use for other dishes.

ONE OF JULIA LEE WRIGHT'S COOKING SCHOOL DEMONSTRATIONS

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in the Safeway Stores Homemakers' Bureau

COURSE IN "KITCHENEERING"

Just be present at the Pelican Wednesday, Thursday and Friday of this week at 2 p. m. and see and hear Miss Estelle Calkins Chief Kitcheneer reveal the newest developments of modern kitchen science. It's absolutely FREE—compliments of your nearby Safeway Store. Attend tomorrow sure!

These items are used during the Cooking School Sessions and are featured at our stores at attractive lowered prices.

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