

TEACHER STUDIES PORTLAND SYSTEM

Mrs. Henrietta Short, teacher in the Altamont system, has been at Portland for three weeks making an intensive study of the Portland school system's method of handling mentally retarded children. Mrs. Short returned to her home this week.

The Altamont teacher has been asked to prepare a paper for the Oregon State Teachers' association meeting in Portland next winter, dealing with the minimum essentials of vocabulary and spelling for mentally retarded children.

No Trouble and Delicious

Doughnuts, fritters—a French fried potatoes—all crusty and brown—how good they smell and taste! Food can be so appetizing when fried in deep fat—and don't be scared off by any old "bug-a-boo" of an idea that it is indigestible, for it is not true, though fried foods do take a little longer to digest.

You can make these at home with no trouble at all—just observe a few standard rules.

First, use suitable fat, preferably vegetable shortening; second, have the proper utensils; third, have the food properly prepared; and last, suit the temperature, the fat and the time of frying to the foods being used.

The temperature for frying must be exact and accurate as possible. The use of a deep fat frying thermometer gives exact temperatures, but if not obtainable, the old-fashioned test with a cube of bread may be used. A 1-inch square of bread should brown in 40 seconds in fat at 350 degrees F. proper temperature for cooked foods; and in 60 seconds in fat at 360 degrees F. (proper temperature for uncooked foods).

Fritter Batter
1 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons sugar
1/3 cup milk
1 egg
Flour for rolling
Deep fat

Pieces of fruit, vegetable or other food.
Sift flour and measure; sift again with other dry ingredients. Mix in the milk and egg beaten together. Lightly roll fruit in flour, dip in batter and fry in deep fat (375 degrees F.) until delicately browned. Drain on brown paper. Serve with or without sauce. For vegetable or meat fritters, omit sugar from batter. Note: For fruit fritters, roll fruit in flour so that the batter will adhere.



STILL the way to a man's heart.

DELICIOUSLY prepared food (old fashioned as the idea might seem to be) is still the way to a man's heart! And, no single food stands a girl in such "good stead" as White Star Tuna. For here is a food delicacy that costs no more than "staple" foods; yet can be prepared in so many, many different ways.

Write to Van Camp Sea Food Co., Terminal Island, Calif., for these 19 Proven Recipes contained in "The Romance of Tuna"—a score of ways to win your way to a man's heart. It's Free!

Tuna Loaf (Hot)
Tuna Surprise
Tuna Incense
Moulded Tuna Salad
Tuna Croquette
Tuna Sandwiches
Tuna Timbales
Tuna Cocktail



Society Matron Back From Tour



A long tour abroad ended for Mrs. Marshall Field III of Chicago, when she arrived in New York from Europe, as pictured here. Mrs. Field, wife of the merchant prince, is a leader in Chicago society.

Salads Based On Pineapple

Combinations of Orange or Melon Suggested

Pineapple is particularly suited to salads. Here are two salad ideas from the Safeway Stores Homemakers' bureau:
PINEAPPLE AND ORANGE SALAD—Peel orange and remove sections free from membrane. Cut slices of pineapple into pieces and arrange sections of orange and pieces of pineapple on a leaf of lettuce. Serve with French dressing. A bit of fresh mint placed on the salad plate is attractive. Grapefruit may be served with the pineapple instead of orange sections, and possibly garnish the salad plate with two or three whole ripe strawberries.
PINEAPPLE MELON RING SALAD—Cut a small cantaloupe into slices about 1/2 inch thick, and with a large cookie cutter, cut a ring that will remove melon from the rind. If no large cookie cutter is on hand, pare the outside rind off. Place a slice of melon on lettuce and lay a slice of pineapple on top. A mound of cottage cheese placed in the center and served with French dressing is good.

Angel Food Cake Directions Given

You've put the angel food cake in the oven, then what? The Safeway Stores Homemakers' bureau advises this: The cake bakes best at 350 F. for one hour. Then, after it is baked, remove from the oven, invert the pan on a rack, or if you have no rack, raise the pan from the table enough to allow the air to circulate under it, leaving the

cake to hang in the pan until thoroughly cooled.
And, the bureau adds, an angel food cake, or any sponge cake for that matter, should never fall from the pan, but must be cut around the edges when thoroughly cooled, using a dull, stiff knife.
Then it's ready to be fed.
And then, it's ready to be eaten.

Temperature Is Important Factor

Temperature is a very important factor in the preparation of good pastry. No matter what kind of a pie is in the making, or the filling that is being used, the oven must be hot (425 to 450 degrees F.) when the pastry is put in. The pastry shell will be baked in about 10 minutes.
For a two crust pie with a raw filling, reduce the heat in 10 minutes to 350 degrees F., and bake 20 to 40 minutes longer, or until the filling is cooked.

Automobile plants are located in 41 states of the union.

Do This But Don't Do That Suggestions for Kitchens

Don't
Guess at the amounts used in any recipe—measure accurately for successful and uniform results and combine ingredients as instructed.

Have appetizers too hearty, just something to tease the appetite. Soups come under this heading, too.
Cook mild flavored vegetables in too much water. Use just enough water to keep them from burning.
Serve a meat or sea food salad

with an entree. Use rather as a main course for lunch or supper.
Overcrowd the plates or platters or the dining room table. A simple garnish of parsley, ripe or stuffed olives, sections of hard

cooked eggs, tomatoes or green pepper, or a dash of paprika make an every-day dish "supreme."

Do
Buy vegetables and fruits in season if you are concerned with a budget. And don't buy perishables in larger quantities than you can use immediately.
Consider the method of cooking when planning meals, and as nearly as possible have dishes

that can all be cooked in the oven, or all on top of the stove.
Cook eggs and cheese at a low temperature.

Chill cookie dough several hours or over night before rolling.

Wait all meal planning to the season, from the standpoint of weather, and consider foods that are in season.

Have all salad ingredients well drained, well chilled and always very crisp.

Cleveland motorists are faced with a gas famine, due to a strike. This will give people a chance to cross the streets.

Basutoland, a British crown colony near Africa's southern end since 1884, recently received its first issue of postage stamps.

MOVED

from 810 E. Main

to

631 South 6th
Fred Reeds'
Barber Shop

OLYMPIA GROCERY

1128 MAIN PHONE 943
Delivery Service Across from Elk Hotel

Saturday, Sunday and Monday

Specials

Coffee lb. 29c
Chase & Sanborn, the dated coffee. Fresh.

Milk, tall cans, 6 for 36c

Crab, S & W can 29c

Olives, S - W, tall can 16c

Catsup . . tall bottles 20c

Sugar 100 lbs. \$4.89

25 lbs. . . . \$1.25—10 lbs. . . . 49c

Shortening, 3 lb. cans 39c

Wesson Oil can 63c

Eggs dozen 19c

Soap lge. pkgs. 27c

Crystal White 10 bars 25c

Guest Ivory 7 bars 25c

Bob White 10 bars 19c

Clorox 2 pint bottles 15c

Sugar 3 lbs. 19c

Baking Powder, Calumet 1 lb. 25c

Cocoa 1 lb. can 19c

Post Toasties, Corn Flakes, 3 large packages 20c

Pickles, 2 jars and Beautiful Dish all for 50c

Matches 6 boxes 19c

Pickles, dill's Qt. size 19c

Oats Lg. Pkgs. 25c

Peanut Butter 2 lbs. 25c

Jello or Royal Gelatin . . . pkg. 5c

Beer, all brns. 7 for \$1.00

Wines Champagne, Port, Angelica, Muscatel, Sherry, Claret, Burgundy. Priced Right.

Salmon Del Monte Sockeye Res. Alaska Can 17 1/2c

Peaches Del Monte Del or halves Large cans 15c

GRAPEFRUIT Del Monte. Eat more Florida Grapefruit.

Can 15c

Flour 49 lbs. \$1.69

Kitchen Queen, Hardwheat. Flour prices advancing sky high. BUY NOW! Prices will advance higher in a few days

Fresh Fruits and Vegetables

Cantaloupes 5 for 25c

Grapefruit 6 for 25c

Tomatoes, hot house . . 2 lbs. 25c

Apricots 4 lbs. 25c

Potatoes 20 lbs. 25c

Lettuce head 5c

Bananas 4 lbs. 25c

Open Evenings and Sundays for your convenience

SAFEGWAY STORES

SATURDAY AND MONDAY SAVINGS

You can Continue Our COURSE in "KITCHENEERING"

Though today is the last of our Cooking School sessions at the Pelican you needn't be without the latest kinks in "Kitchenknowledge" during the remainder of the year. We invite you to make free use of our Homemakers' Bureau at all times by mail. Write us on any problem pertaining to cookery and homemaking. Address Julia Lee Wright, director Safeway Stores Homemakers' Bureau, Box 660, Oakland Calif., enclosing a large stamped, self addressed envelope for reply. Our services are entirely without cost to you.

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

Potato Chips

Klamath Kooked. They are delicious.

3 10c Pkgs. 25c

Pancake Flour

Safeway quality self rising. Buy this size to save.

4 Lb Bag 27c

Honey

Taste well, highest quality. Strained. Jar

29c

Jell Well

All Flavors. Most popular in west. 3 Pkgs.

14c

O. K. Soap

The large yellow Bar.

17c



Butter

Lost River, Brookfield or Crater Lake. Lb.

27c

Macaroni

Rose City, curve 3 Lb. cut.

19c

Raisins

Fancy seedless. Fresh pk. 4 lb. Pkg.

23c



Introducing Klamath County Milled Flour

Again Safeway moves to benefit Klamath county farmers. To market their products in a big way, these Klamath milled flours now have complete distribution in all of Southern Oregon. Your satisfaction is guaranteed.

Martin's Blend

Klamath's best hard wheat. Quality proven by test. 49 lb. bags \$1.59

Lion Brand

Good quality, locally milled. Guaranteed to give satisfaction. 49 lbs. \$1.39

Fresh Fruits and Vegetables

WATERMELONS

Black Seed Klondykes Each One Guaranteed. All Sizes

20c EACH and up

Lettuce

Local Grown. Nice, Crisp Heads

2 for 7c

Oranges

These are Especially Priced. Extra Juicy. Thin Skinned.

2 doz. 19c

Tomatoes

Red—Solid. Excellent for Salads and Slicing.

2 lbs. 13c

Bananas

Golden Yellow.

3 lbs. 17c

Can Fruits Now!

All Fruits Are Early

Salad Dressing

Best Foods Homestyle. Serve the tasty salad. Quart Jars 29c

Snowdrift

The Quality Shortening. Makes better cakes and pastries. 6 lb. pails 77c

BEER

Brown Derby or Humboldt, fine quality.

11 oz. Bottles 39c

SUGAR

Pure Cans Fine Granulated

10 lbs. 100 \$.88

49c bag.

Wholesale Price of Sugar Advanced 50 Cents per 100 lbs. today. Buy now and save!

Safeway Quality Meats

Veal Roast

Choice Cuts Your Choice 10c

Lamb Roast

1 lb. 13c

Beef Roast

2 lb. 25c

Veal Steak

Your choice 25c

Lamb Steak

Bacon Squares, lb. 13c

Shortening, 4 lb. 35c

Dill Pickles . . . Qt. 10c