

## Make Sure Your Kitchen Assumes Efficiency Basis



**Pot roast in stainless, copper-clad steel Dutch oven.**

By MRS. GAYNOR MADDOX  
NEA Service Staff Writer

The household kitchen is an industrial unit. The often repeated statement that industry must play its full part in our new national economy for defense means that not only every large industrial company but also every individual American kitchen must go on a 100 per cent efficiency basis.

It is a wise homemaker who equips her kitchen with efficient pots and pans of metal before any possible increase in the defense needs for available metal runs up cost. The more an ingredient is needed the higher the price.

Modern, scientifically designed cooking utensils should be practical for their purpose, durable and serve to conserve fuel. Among many new utensils on the fall market is a stainless steel copper clad Dutch oven. The copper base conducts heat evenly and quickly. With very little heat, this Dutch oven (for use on top of stove) roasts meats and fowl; also, through the agency of moist heat, cooks tough cuts to tenderness with minimum fuel cost.

The makers of this oven also produce a line of copper clad stainless steel saucepans and other utensils for efficient cooking. The steel makes the saucepans almost indestructible and easy to keep clean. The copper increases the utensil's utilization of heat. The handles, made of Bakelite, have the pistol grip which prevents slipping and twisting of the pan.

**Modern Pot Roast**  
(Serves 6 to 8)

Four to 5 lbs., top round, 4 large potatoes, 6 large carrots, 4 large onions, 1 lb. peas, 1 lb. lima beans (fresh or dried).

Slice 2 of the onions. Sauté until lightly browned, in a little bacon fat or salt pork. Peel and quarter potatoes. Scrape carrots and cut into large pieces. Shell peas and lima beans (if dried beans are used, soak in water for several hours before using). Cook vegetables 5 minutes in the drippings. Remove vegetables.

Sear meat on all sides in fat, using medium flame. Then return vegetables. Add seasoning, cover and reduce heat to very low. Cook on top of stove 20 minutes a pound for well done, 17 minutes a pound for medium. Do not

**Thrill-Seeker on a Roller Coaster?**



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## PRESIDENT OKAYS DEFENSE POLICY

WASHINGTON, Sept. 13 (AP)—President Roosevelt sent congress today, with his endorsement, a defense commission declaration of policy which had for its basic theme that "speed of delivery on all items of the defense program is essential."

"This means," the commission said, "that orders should be placed to insure 'the most efficient use of each particular facility from the point of view of the program as a whole,' that proper consideration should be given to contributor industries, such as the machine tool industry, to 'avoid creating underlying bottlenecks,' and that once delivery dates are fixed 'assurance be given that they will be met by the supplier.'"

Accompanying the list of general principles was a statement of labor requirements the commission adopted Aug. 31 as a guide for contractors.

"I consider these two documents to be of such importance," the president said, "as to justify my sending them to the members of the senate and the house of representatives as a matter of information. The values of these policies and principles to the government, to industry, agriculture, labor and to the country, sectionally and as a whole, will be seen at once."

The commission's declaration made these other two points on the letting of contracts:

"Proper quality is also of prime importance.

"Price, while not the sole consideration, is of outstanding significance, and every effort must be made to secure a fair price.

"Due regard to the necessity of protecting civilian needs and morale," is needed as is also "consideration to possible off-season production in order to dovetail the military program into production for civilian requirements."

## AAA HEAD JOINS IN SNELL VIEW

PORTLAND, Sept. 13 (AP)—Secretary of State Earl Snell's recent blast against the out-of-state motor registration law drew an echo from Louis Morony, executive director of the American Association of Motor Vehicle directors.

"Out-of-state registration is just another annoyance for travelers and has outlived its usefulness of providing a check against use of foreign plates by residents," he said here Thursday.

## THORNY PROBLEM

BALLINGER, Tex., (AP)—Postmaster Tom Caudle is having his worries.

Charged with alien registration in this district, Caudle found it difficult to fingerprint many of the Mexicans because their fingers have been torn by burrs while picking cotton. He appealed to the justice department for advice.

## Quick, Easy Meal Saves Time For Entertaining Visitors

The San Francisco World's fair means extra entertaining in most western homes. You never know how many out of town friends and relatives you have until some major attraction in



your approximate vicinity brings them out like freckles on a small boy.

Now is the time to put your ingenuity to work to concoct meals with a minimum of effort and a maximum of flavor—something different and unusual. It's smart to make dinner as easy as possible—it means more time to spend with your visitors—more leisure. A quick one—and still a meal to be remembered for its excellent flavor is:

Jellied consommé with lemon, potato chips, baked beans regal, brown bread and apple butter, mixed green salad, beer, cheese and fresh fruit.

**Baked Beans Regal**—Cut a large onion into thin slices and fry gently. Heat a can of baked beans in a bean pot or casserole to which 1 cup of beer has been added. Top beans with the onion rings and serve hot.

The jellied consommé comes out of a can in the ice box where it has been reposing while you enjoyed your guests. The apple butter also comes in cans—from your grocer.

**Baked smoked herring** is another dish of unusually good flavor—easy to prepare:

6 smoked herring  
1 clove  
1 teaspoon allspice  
1 teaspoon pepper  
1 minced onion  
Vinegar

Wash fish and drain without wiping. Season and lay in baking dish with onion and clove. Cover with 1 part vinegar, 1 part boiling water and 1 part beer. Lay paper over pan and bake in slow oven. Pour off most of the liquid and serve in baking dish. Delicious and different.

**Lamb kidneys on toast**—guaranteed to make a meal a success:

6 lamb kidneys  
1 tablespoon butter  
1 tablespoon flour  
1 cup beer  
Salt and pepper  
Cayenne

Wash and skin kidneys. Remove all tissues (quick and easy with manicure scissors) and quarter. Sauté lightly in butter, add flour, salt and pepper and beer. Cook gently until slightly

## MAN HIT BY BOLT IN TACOMA STORM

TACOMA, Sept. 13 (AP)—George Harris, Seattle civilian, critically injured yesterday at McChord field when he was struck by a bolt of lightning, probably will recover, army surgeons reported today.

Because of first and second degree burns and extreme shock, the major casualty of a violent electrical storm that struck here yesterday will be hospitalized "for some time," they added. Harris also suffered temporary amnesia.

Gene M. Savage of Tacoma, who, with Harris, was dismantling machinery in front of the McChord field hangars when the lightning struck, was discharged from the hospital today. He suffered foot burns.

## THREE KILLED

LA GRANDE, Ore., Sept. 13 (AP)—Accidental death claimed an Elgin, Ore., farmer and a La Grande railroad man, today.

Edward York, 22, Elgin died of injuries suffered yesterday under an overturned tractor. Carl Kofford, La Grande, succumbed several hours after a yard locomotive ran over him, amputating both legs. He slipped in a pool of oil and fell across the track.

## WAR JOB

MEDFORD, Sept. 13 (AP)—Al Gilhousen, owner of a Rogue river summer resort and former Medford aviator, soon will be ferrying airplanes across the At-

## MAN HIT BY BOLT IN TACOMA STORM

lantic for Great Britain, his wife disclosed today.

Dr. Vern F. Hamilton, 87, McMinnville physician, died today after being struck by an automobile last night as he crossed the highway on his way home.

## PHYSICIAN KILLED

McMinnville, Sept. 13 (AP)

Dr. Vern F. Hamilton, 87, McMinnville physician, died today after being struck by an automobile last night as he crossed the highway on his way home.

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<b>Lunch Meat</b> Assorted Pound <b>25c</b>	<b>Pork Sausage</b> Country Style Lb. <b>10c</b>
<b>Peanut Butter</b> Hoody's, Fresh Ground Lb. <b>10c</b>	<b>Legs of Pork</b> 1/4 or Whole Lb. <b>18c</b>
<b>Cottage Cheese</b> Kraft's Red Rock Lb. <b>10c</b>	<b>Pork Steak</b> Lean and Tender 2 lbs. <b>35c</b>
Special on South 8th St. — Saturday Only	
<b>Fresh Ground Beef, no cereal</b> 2 lbs. <b>25c</b>	<b>Sausage, Pork and Beef</b> lb. <b>10c</b>
<b>Lard, pure kettle rendered</b> 4 lbs. <b>29c</b>	
<b>Starch</b> Argo Corn or Gloss 2 Pkgs. <b>15c</b>	<b>Head Rice</b> In Bulk 3 lbs. <b>23c</b>
<b>Peas</b> Hostess, 303 Can <b>11c</b>	<b>Beans</b> Red Mexican New Crop 3 lbs. <b>19c</b>
<b>Snowdrift</b> 2 Lb. Pall <b>43c</b>	<b>Milk</b> Swift Premium Tall Can 6 for <b>35c</b>
<b>Cream of Wheat</b> Large Package <b>22c</b>	<b>Butter Smacks</b> Lge. Pkg. <b>14c</b>
<b>Bisquick</b> Lge. Pkg. <b>29c</b>	<b>Krispy Crackers</b> 2 Pound Package <b>25c</b>
PRODUCE SPECIALS FRIDAY AND SATURDAY	
<b>Pears</b> U. S. No. 1's Large Bartlett 22 Pound Lugs <b>65c</b>	<b>Apples</b> Winter Bananas, Jonathan 4 Lbs. <b>15c</b>
<b>Tomatoes</b> No. 1's 18 Lb. Crate <b>39c</b>	<b>Oranges</b> Sweet Juice 2 Dos. <b>29c</b>
<b>Grapes</b> Concord 20 Lb. Crate <b>59c</b>	<b>Lettuce</b> Large Heads <b>5c</b>
<b>Prem</b> By the makers of Swift's Premium Ham Can <b>25c</b>	<b>Sweet Corn</b> Local, Doz. <b>23c</b>
<b>Dog Food</b> Pard... 3 cans <b>25c</b>	<b>Spuds</b> U. S. No. 1 Nettle Gems 15 lb. bag <b>29c</b>
<b>Tomato Juice</b> Swift 48-oz. Can <b>19c</b>	
<b>NuBora</b> Soap Granules Giant Size Package <b>49c</b>	
<b>Lifebuoy Soap</b> 2 Bars <b>11c</b>	
<b>Meco Peas</b> No. 303 Can <b>3c</b>	
<b>Meco Corn</b> No. 303 Can <b>3c</b>	
<b>Beans</b> Lane County No. 2 Can <b>3c</b>	
<b>Pineapple Juice</b> Dole, 48-oz. Can <b>25c</b>	
<b>Flour</b> Sperry's Drifted Snow 49 Pound Bag <b>\$1.57</b>	
<b>NORTHERN BRAND</b> Hardwheat 49 Lbs. <b>\$1.29</b>	
<b>Orange Juice</b> O-M-I-O Brand 48-oz. Can <b>19c</b>	<b>25 Lb. Sack \$1.27</b>

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