

Herald and News Homemakers Corner

This and That About Women
Edited by Ruth King

"It's A Woman's World"



THE WAY TO "PEG" BRUNDAGE'S heart is via the 4-H route. Margaret Brundage, vivacious Four-H agent in our county for the past year comes by her interest in her work with boys and girls by the family route. She grew up, back in the state of Connecticut, basking beneath the green and white insignia of Four-H clubs. Father A. J. Brundage was a state Four-H leader from the time "Peg" cut her eye teeth on a Four-H button. He served "on campus" at the University of Connecticut and "Peg" made credits in Four-H cooking projects.

The bug bit a brother Kenneth too, and he majored in agriculture to graduate into extension work at the same University. SO... "it just came naturally" that Margaret Brundage follow in the footsteps of Pop and Ken. She went into the program in earnest for three years in New York state but never, not once, did she forget what she had been told about Oregon by a roommate in college, whose home was in the Beaver State.

She kept thinking about Oregon, the people were wonderful, she'd heard... the climate was wonderful... the scenery was wonderful. The thoughts tantalized this miss who had never seen mountains higher than the Alleghenies and she wrote a letter never dreaming that it's answer would bring her to Klamath county.

But here she is with definite ideas on what

Serve Lots Of Proteins In Menus For Good Health

Good sense meals — that save cents! That's what homemakers are interested in these January days. Christmas bills often place a heavy burden on the family budget. Being able to plan and serve economical meals is a big help in bringing family finances back to normal.

One good way to economize on the food budget is to prepare fewer dishes for each meal. Have plenty for everyone, but trim off those extras that raise the cost of the meal yet add little in food value. A hearty casserole dish, cooked vegetable, salad and simple dessert is just as satisfying as a full course meal. Dairy foods such as milk, Cheddar cheese and cottage cheese will add flavor and food value to your meals at little extra cost. Make milk dishes often. Count on cheese for hearty meals, and on ice cream for a wholesome dessert. Small amounts of fish, meat or chicken will go farther by using them in creamed dishes, in casseroles made with milk, or by preparing milk gravy. Remember too, that small amounts of meat, cheese, eggs and vegetables combine well with milk and cereal products such as noodles or rice to make savory main dishes. These economical, tasty dishes will satisfy both the family's appetite and your food budget.

Lima Bean and Sausage Casserole
1 lb. link sausage
4 cups cooked lima beans (1 lb. dried beans)
2 Tbsp. flour
1 1/2 cups milk
1 tsp. salt
1 tsp. pepper
1 tsp. dry mustard
1 tsp. Worcestershire sauce
1/2 cup buttered crumbs
Fry sausage slowly 12 to 15 min.

Four-H work should teach. She loves to ski and swim and square dance... she sings in the choir of the First Presbyterian church... teaches a class in Sunday school... helps the Girl Scouts and is looking forward to the Spring Four-H show in April.

She loves Oregon, even the snow but most of all... she loves Oregonians.

aten, turning frequently. Cut in pieces and arrange in alternate layers with beans in a greased baking dish. Blend flour with 3 Tbsp. sausage fat. Add milk gradually and cook until thickened, stirring constantly. Add seasonings and pour over sausage and beans. Sprinkle with buttered crumbs. Bake in moderate oven, 375 F., 30 minutes or until brown on top.

Beef Macaroni Casserole
(Serves 6)
2 cups cold cooked beef
1 cup macaroni
3/4 cup grated Cheddar cheese
2 Tbsp. flour
4 Tbsp. butter
1 1/2 cups milk
1 tsp. Worcestershire sauce
Salt and pepper
Cut beef into cubes. Cook macaroni in boiling, salted water until tender. Place macaroni in buttered baking dish, pushing it to sides. Fill center with beef. Sprinkle with cheese. Brown flour by stirring in a dry skillet. Add melted butter and seasonings. Cook until thick. Bake in a moderate oven 350 F., 30 minutes.

Hamburg-Cheese Loaf
(Serves 6)
1 lb. hamburger
2 cups grated Cheddar cheese
2 Tbsp. chopped green pepper
4 eggs, beaten
1/4 cup chopped onion
1 tsp. salt
Mix all ingredients thoroughly. Pack into a well-greased loaf pan, 8x4 inches. Bake in a moderate oven 350 F., for 40 minutes.

DUNK DOUGHNUTS
Heat plain bak-shop doughnuts in a hot oven (400 F.) about 5 minutes, or until heated through. Serve with bowls of powdered sugar, granulated sugar, and spiced sugar made by mixing 1 teaspoon cinnamon and 1/2 cup powdered sugar. Let each person dunk his doughnuts in the sugar of his choice.

To restore velvet and corduroy, hang in steam-filled bathroom or draw underside of material over a damp cloth laid on a hot up-turned iron.

Used Records
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Library Books Offer Variety Thought Food

New volumes at the city library for filling in the long winter days offer a wide variety of subject matter. The list follows:
Fiction — *Caine Mutiny*, Wouk; *Moses, Asch*; *The Cruel Sea*, Monratt; *The Wanderer*, Wallart; *The Iron Mistress*, Wellman; *The Road to Bithynia*, Slaughter; *From Here to Eternity*, Jones; *The Blessing*, Mitford; *Mr. Smith*, Bromfield; *The Serpent-Wreathed Staff*, Hobart; *Parabasis*, Lagerkvist; *The Lady and the Painter*, Falley.
Non-fiction — *The New Yorker* 25th Anniversary Album; *The Sea*

er Dahl; *Years of Adventure*, Hoover; *Time To Remember*, Douglas; *Strange Lands and Friendly People*, Douglas; *Back to Mandalay*, Thomas; *Mother and Queen*, Crawford; *The Magnificent Century*, Costain.

Klamath Woman Serves Committee

Oregon, with the Republican Governor Douglas McKay at its helm, stands among the top five of the 48 states, in its total number of women appointees on State Boards, commissions and committees. Specifically, Governor McKay has appointed 27 women on boards and commissions; 9 on statewide committees; 3 on interim committees and 52 on county welfare committees, of which 5 are chairmen. Mrs. Victor O'Neill, Klamath Falls is one of three members serving on an interim committee (created by the legislature) on Public, Elementary and Secondary School.

KENO PROMENADERS



**Saturday Nite
Jan. 19**

OUR MOTTO:
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Charm Your Family to the Table...

make this NEW BUDGETEER...

SHRIMP BOATS

...and there'll be cheering in your house tonight! Your budget will cheer, too, for "the more Fisher's Blend Flour you use—the more economical your meals!" You'll LIKE to make... and be PROUD TO SERVE this NEW BUDGETEER...

Tested and Approved by Mary Mills

Besides 1 1/2 cups FISHER'S BLEND FLOUR—you'll need:
1 teaspoon baking powder
1/4 teaspoon soda
1/2 teaspoon salt
3 tablespoons shortening
1/2 cup buttermilk

Sift and measure flour. Add dry ingredients; sift again. Cut in shortening. Add milk and stir to soft dough. Turn onto floured board; knead 30 seconds. Roll into 8x12 inch rectangle. Cut into 4 rectangles, place on baking sheet. Pinch ends together to form "boats". Bake at 450° for 15 minutes.

SHRIMP FILLING
Besides 2 tablespoons FISHER'S BLEND FLOUR—you'll need:
2 tablespoons butter
1 cup milk
salt and pepper to taste
1 3-ounce can shrimp
2 hard-cooked eggs, quartered
Melt butter, add flour and combine. Add milk and stir. Bring to boil. Add shrimp and egg. Heat. Serve in "boats". 4 servings.



go happy! go thrifty
go Budgeteering!



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