

Today's Women

By DOROTHY ROE
AP Women's Editor

Wives who do not wish to become widows should present their husbands with an old-fashioned rockin' chair.

That is the advice of "Uncle Tom" Saxe of Stamford, Conn., who feels so strongly on the subject that he heads an organization called the "Save a Rockin' Chair Club," with 2,500 members in 44 countries and abroad, including such as "Uncle Ben," Fairless, president of U. S. Steel Corp., "Uncle Bing" Crosby, "Uncle Bob" Hope, "Aunt Mary" Martin and others ranging from Supreme Court justices to the policeman on the corner.

Uncle Tom is not in the rocking chair business and has no interest in the sale of rockers other than to decrease the toll of ulcers, heart attacks and nervous breakdowns among his friends, all of whom, he feels, would live longer and enjoy it more if they took more rockin' chair time.

The club started as a gag, while its founder was seated in a rockin' chair on the front porch of a hotel

in Sarasota, Fla., a couple of years ago, and discovered that he was "rockin' his troubles away. Just for fun, he had a few cards printed up for distribution to his cronies. Each bore the legend:

"This is to certify that (so-and-so) is a member in good standing of the 'Save a Rockin' Chair Club' and entitled to share in the enjoyment of all three simultaneous objectives as stated thus:

"To advance the art and science of sittin', to develop new techniques of sittin', to promote improved methods of rockin', to practice the enjoyment of all three simultaneously while in a completely relaxed state of mind and body, and to bring back the quiet, peaceful rhythmic squeak of the old-fashioned rockin' chair."

The friends who became charter members suggested other friends who were working up to a breakdown, and thus the membership grew. Today files and correspondence connected with the club occupy much of the space and a good deal of the staff time in Uncle Tom's offices.

Uncle Tom, as well as being club president, also assumes all financial responsibility, sending out periodic gifts, gadgets and reminders to club members. These include such items as miniature rockin' chairs, a "rockin' chair operator's license," recordings of the club's theme songs and six-month calendars on which most of the dates are holidays, to be devoted to greater enjoyment of rockin'.

The club has "no dues and no don'ts" and holds no meetings. They require too much effort.

Cheese Good Menu Packer

October is Cheese Festival month. It is a wonderful time to include this delicious dairy food in your fall menus. Cheese fits into every part of the family menu plan—soups, salads, sandwiches, main dishes, desserts—breakfast, lunch or dinner—it adds substance and flavor to any meal.

One of the good things come in a small package of cheese. They include protein of the best quality—calcium needed for bones and teeth—riboflavin of the B family—and whole milk cheese is a good source of Vitamin A.

Proper storage of cheese will prolong its flavor and keeping qualities. Most all cheeses keep best in the refrigerator. Keep them well wrapped or covered, and use as promptly as possible. Cheese may mold without spoiling. Just cut off the mold and use the rest.

When cooking with cheese, use low heat, please. That way cheese melts completely and spreads good cheese flavor through the whole dish. Cooked too quickly, cheese gets tough and stringy.

Cheddar cheese is one of America's favorites—some like it mild—some like it nippy. But whichever way you like it—you'll enjoy these special Cheese Festival recipes.

CHEESE LUNCHEON CASSEROLE

(Serves 4)
4 oz. elbow macaroni
1/2 cup butter
1/2 cup flour
1 tsp. salt
2 cups milk
1 cup grated Cheddar cheese
1/2 cup diced green pepper
1 tsp. diced pimiento
3 hard cooked eggs, sliced

Buttered bread crumbs.
Cook macaroni in boiling salted water until tender (about 10 minutes). Drain and rinse. While macaroni is cooking, melt butter in saucepan. Stir in flour and salt. Add milk slowly and cook until thickened, stirring constantly. Add cheese and stir until melted. Fold in macaroni, green pepper, pimiento and sliced eggs. Pour into 1 quart casserole. Sprinkle with bread crumbs. Bake at 350 F. 20 minutes.

CHEESE-APPLE CRISP

1/2 cup grated Cheddar cheese
6 cored, pared, sliced apples
1 tsp. cinnamon
1 tsp. lemon juice
1/2 cup corn syrup
1/2 cup sugar
2-3 cup flour, sifted
1/4 tsp. salt
1-3 cup butter

Arrange apples in buttered shallow baking dish about 10x6x2 inches. Sprinkle with cinnamon. Pour lemon juice and corn syrup over apples. Combine sugar, flour and salt. Cut in butter until mixture is consistency of coarse corn meal. Lightly stir in cheese. Top apples with this mixture. Bake, uncovered, at 350 F., for 1 hour or until apples are tender. Serve warm with cream.

For GOODNESS SAKE
PURE JAMS AND JELLIES
22 Delicious Varieties
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KERR'S PURE JAMS and JELLIES



SALMON CASSEROLE

Delicious Budget Dish

Two foods dear to the hearts of generations of budget-minded housewives are canned salmon and macaroni. Traditionally low in price and popular with all ages of children and adults, these foods combined are especially delectable and nutritious. Together in a main dish, in fact, they provide generous amounts of protein, minerals and the necessary vitamins, except C. Adding condensed green pea soup and chopped green pepper, as in the recipe below, provides generous amounts of that essential vitamin too. Here's a recipe for serving 4 to 6. Double it for serving a crowd; it's the sort of food everybody likes—from little children to their grandparents.

add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander and turn into 2-quart casserole. Add butter and toss until butter is melted. Drain salmon, flake in large bowl. Add soup, milk, onion, green pepper, salt and pepper. Reserve one piece of pimiento for garnishing, then chop remaining pimiento and stir into fish mixture. Stir in 1/2 cup of the cheese. Toss fish mixture with macaroni in casserole. Sprinkle remaining cheese over top. Bake at 350 F. (Moderate oven) 20 to 25 minutes. Garnish top with piece of pimiento and sprigs of parsley. Makes 4 to 6 generous servings.

Recipe

You'll want to turn to this recipe quite often this fall, for you are sure to like the spicy flavor of this easy-to-make cake. Note that the batter is mixed in one bowl, it uses sour cream and the cake may be decorated with an number of ways to make an occasion out of a simple dinner.

2 eggs
1/4 cup sugar
1/4 cup brown sugar, firmly packed
1 cup sour cream
1 teaspoon vanilla extract
2 cups sifted cake flour
1 teaspoon each baking soda, cinnamon
1/2 teaspoon salt
1/4 teaspoon each, cloves, ginger
2 tablespoons melted butter or margarine

Grease and flour 9-inch square pan; set aside. In mixing bowl beat egg yolks and one of the egg whites until thick and lemon-colored. Continue beating while gradually adding sugars, then cream and vanilla extract. Add sifted dry ingredients, all at once, and beat until the batter is smooth. Stir in the melted butter or margarine. Pour batter into prepared pan. Bake in a moderate oven (350 F.) about 30 minutes or until center of cake springs back when lightly pressed. Cool cake in pan on cake rack. Cover with 7 Minute Frosting; using the remaining egg white with 1/4 cup sugar, 3 tsp. cold water, 1 tsp. salt, 1/4 tsp. cream of tartar. Swirl on cake. Sprinkle with 1-3 cup coarsely chopped nut meats. Serves 6 to 8.

For Halloween—Tint frosting with few drops orange food coloring; outline cat or pumpkin face with toothpick dipped in melted chocolate.

Banana Favorite—Score bananas by pulling fork down sides; cut in slices and arrange on top of cake. Over-lap slices around edge and in center.

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Klamath BPW

The Business and Professional Women's club will be hostess to the Southern Oregon District consisting of nine clubs.

There will be a dinner meeting at the Willard Hotel at 6:30 p.m. Saturday, a breakfast at 9 a.m. Sunday.

Mrs. Charline Edwards, Hood River, and Mrs. Constance Weber, The Dalles, will be the speakers. Discussion will be led by Mrs. Isabelle Brinner, Klamath Falls and Vivian Logsdon, Roseburg. All members are urged to attend.

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Groucho Talks For Donors

EUGENE (E) — Comedian Groucho Marx will give a lecture on humor at the University of Oregon, Dec. 2. Red Cross blood donors will get first choice of seats.

The university program chairman, W. A. Dahlberg, said the comedian has passed up a fee for his appearance with the provision that all seats be reserved for blood donors.

The general public will be admitted to the lecture, "Humor — From Silent Films to TV," only if seats remain after the blood donors have been accommodated.

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Sue Swanson says—
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1 package Swanson Quick-Frozen Chicken Breasts
Salt, to taste 1/4 cup water
Pepper, to taste 1 cup butter
1 can condensed cream of mushroom soup 2 tablespoons Parmesan cheese

Thaw chicken breasts. Salt and pepper each breast and place them side by side in a greased casserole. Mix the soup and water; pour over breasts. Bake in moderate oven (350° F.) 1 1/2 hours or until tender. Sprinkle buttered bread crumbs mixed with Parmesan cheese over top and slide under broiler to brown. Then, serve bubbling hot. Makes 3 to 5 servings.

SHOPPER'S CHECK LIST for A. A. Quality Chicken

You should be sure:

- It is specially bred and fed for meat, not egg laying
- Breastbones are rounded, well covered with meat
- Legs are well rounded, plump, meaty
- Skin is light pink, smooth in texture
- All parts are free from dark spots and lesions
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