

Trim That Figure

Many of these exercises utilize muscles you never dreamed existed, so you will be wise to start slowly and increase the number of times you do each exercise day by day.

Use Your Mixer

The finest electric mixers home-makers have ever known are on the market today.

The new portable electric mixers can be hung in a handy wall bracket when not in use. Beaters snap in and out for washing.

Low speed is recommended as a starting speed to mix ingredients in a liquid state, according to Penny Oster, home economist for the John Oster Manufacturing company. Then, as the mixture becomes heavier, the speed should be advanced. Medium speed is for slow mixing and beating. Use it to mix dry ingredients into a liquid.

Use high speed for heavier mixing of all types, for cakes, cookies, doughnuts or mashing potatoes. This is the speed that incorporates air into ingredients, so also use high speed when beating egg whites or whipping cream.

For all cakes, milk, eggs and shortening must be at room temperature. For perfect results, take these ingredients from the refrigerator two hours before they are used.

For quick method cakes, sift dry ingredients into a bowl. Make a "well" in the center. Add shortening, eggs, flavoring and liquid. Beat at high speed about four minutes.

For sponge cakes, beat egg whites and salt until stiff for two or three minutes at high speed. Continue beating, adding sugar gradually. In another bowl, beat egg yolks, lemon, water and vanilla at high speed for four minutes. Sift flour twice and fold it by hand into beaten egg whites, alternately with beaten yolks.

If beaten egg whites are to be added separately, beat at high speed before mixing the cake. Fold them into the cake mixture last.

Eating in Mexico

Mr. and Mrs. Marion Barnes of Olene shared a letter from former Klamath residents who are now in Mexico. Friends may write to them at this address:

Mr. and Mrs. G. A. Shaddock, Esquina Abasolo y 31 de Mayo Puerto Vallarta, Jalisco, Mexico.

"This is a lovely place, but a small town and has few shopping facilities," the letter read. "We have been fishing and one day got five fish, each a different kind. Had a good fish feed and gave the rest away. Our house is almost on the beach. There is a narrow cobbled street, an esplanade of concrete, then the beach. We have a grand view from our bedroom and the sound of the surf is with us always. It is not a good bathing beach, but there is one a mile farther on.

"We have been stuffing ourselves with bananas. They are smaller and sweeter than the ones we get at home."

POTATOES FINE FOOD
Potatoes contain potash, iron and the very desirable amino-acids, A. E. Mercker, research specialist with U.S. Department of Agriculture, told the Potato Chip Institute at its annual convention in January. "We must also remember potatoes used to be an old remedy for scurvy," he added. Consumption of potato chips and frozen potatoes has increased considerably, he said.

CRANBERRY COLE SLAW
Chop 1 cup fresh cranberries, add 2 cups shredded cabbage, 1 cup chopped apple, 2 teaspoons lemon juice, 1/4 cup sugar. Toss lightly with 1/2 cup mayonnaise until well mixed. Chill. Serves four to six.

RELIEF
Some relief has been promised Portland pedestrians who think they have to wait too long for signals to change at downtown intersections.

Fred Fowler, city traffic engineer, said the signals will be set to flash "walk" every 45 seconds—10 seconds offener than now. The crossing time will be 22 1/2 seconds.

As a warm-up, try the stretch exercise, good for shoulder and arm muscles on the ski run, a wonderful bust exercise for in-town fashion appeal. Stand, legs wide apart, feet parallel, your ski pole or a lithe line in your hands. Keep legs and arms straight and outstretched, and pull pole up and then back behind your head as far as possible.

The "Twist" is designed to give you swinging balance and coordination and is a wonderful waistline trimmer. Stand with legs together, feet parallel, hold your ski poles in your hands. Bend the knees slightly and turn to one side while your arms and shoulders turn to the other side. Look over your shoulder in the same direction as your knees. Reverse entire exercise, doing it in the opposite direction.

The "Lunge" will slim and shape your calf and ankle. Stand with legs together, feet parallel. Take a large step forward, almost a lunge. Lift the heel of your back leg lightly and press it back to the floor, repeating several times. Reverse and repeat.

The "Imaginary Chair" gives good control. Lean against a wall with your legs bent, thighs parallel to the floor, calves in right angle to the thigh. Hold this position. You will find balancing on your ski poles, a chest or a chair helpful in the beginning. Later you can discard your props. This exercise is designed to strengthen the thighs and back, to shape the leg and the inside of the thighs. This is also a wonderful way to flatten stomach muscles.

Another of the more difficult, but extremely beneficial exercises is the "Flamingo." Stand on one leg, lift the other high in back, bending until the body is horizontal and parallel to the floor. Bend the supporting leg, keep heel on the floor, and straighten... bend and straighten. You will find holding onto a piece of furniture helpful in the beginning.

Sewing Contest

The eighth annual home sewing competition has opened in the 14 Western states, with Mrs. Alvin Hartley, Silverton, named Oregon contest director. Contest is sponsored by the Oregon Wool Growers' Auxiliary in cooperation with the Oregon Wool Growers association and The Wool Bureau.

As in previous years, the competition will have two divisions—the junior class, for girls from 14 through 17, and the senior class, for those from 18 through 22.

Details of the contest, including official contest brochures, are available from the state contest director or The Wool Bureau, 16 West 46th street, New York 36, N.Y.

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MORE THAN 100 SKIERS were in Crater Lake National Park last Sunday. If you were among that number, were you stiff and sore after the weekend exercise? Get into shape and stay that way is the advice of Beauty Expert Helena Rubinstein, who has devised a set of exercises using a ski pole or a "lithe line" to make you look lithe and blithe on the ski slopes and at the same time, get your figure in trim for the new spring fashions.

New! Sperry's quick "saucepan" Sweet Rolls. No kneading!

A honey of a recipe! Perfect results time after time when you use Martha Meade's quick-mix method and Sperry Drifted Snow—the failure-proof all-purpose flour. Guaranteed against baking failure or double your money back! Try Sperry Drifted Snow Flour in this recipe today!



Honey Buns... airy light homemade rolls with rich honey-nut filling. "Easy and delicious!" say the Sperry Home Staff members who tested this recipe for you! But remember! Only with Sperry Drifted Snow can you get such perfect results! It's failure-proof flour!

HONEY-BUN
All measurements are level. Sift flour before measuring.
In a covered, medium-size saucepan, bring quickly to boiling point—
1/2 cup milk
Remove from heat and add in order given—
2 tablespoons shortening
2 tablespoons sugar
1 teaspoon salt
1/4 cup whole egg, beaten (1 large)
1 cake or package yeast (compressed or dry) softened in
2 tablespoons water
Stir vigorously to blend ingredients. Then add—
2 cups sifted Sperry Drifted Snow "Home-Perfected" Enriched Flour
Mix well, making a moderately stiff dough. Turn out on floured board and knead lightly a few strokes to smooth out and round up dough. Cover and let "rest" for 10 minutes. Then roll dough into an oblong, 10x12 inches (dough will be about 1/4 inch thick). Cover surface of dough evenly with half of the Honey-Nut Mixture. Starting from the long side, roll up dough as for jelly roll, pinching edges of lengthwise seam into roll to seal. With a sharp knife cut roll into 12 equal slices. Place, in a buttered 9-inch square pan, cut side down. Flatten each slice lightly with fingers until barely touching each other. Cover pan with dampened cloth and let rise until light and double in bulk, about 50 minutes. Just before baking, spoon remaining Honey-Nut Mixture over top of rolls. Bake in a preheated hot oven, 400°, for 20-25 minutes. 1 doz. rolls.

Wouldn't You Like to Exchange Recipes?
Join Martha Meade's Recipe Exchange Club today. Membership blank and full details about this interesting new club in Sperry sack.

More Martha Meade Recipes in every Sperry sack. Luscious cakes, pies, desserts. Hearty casseroles. All home-perfected, guaranteed to work like a charm in your oven.

Valuable Silverware Coupon in sack, too. Get Queen Bees pattern silverware in Tudor Plate made by Oneda Community Silversmiths.



Meat Inspection And Sanitation In Our Own State

Beef has become increasingly important to the homemakers of Oregon. More than 2,000 Oregon meat retailers are working at the job of supplying meat for Oregon's 1 1/2 million consumers. A major part of the efforts of at least 5,000 farms and 150 commercial slaughtering plants in the state are engaged in the meat industry—also in the picture are selling agencies, transportation companies, manufacturers of a wide variety of equipment and materials, laborers, in Oregon and elsewhere. The national per capita consumption of meat is increasing and the per capita consumption of beef is increasing even more rapidly.

Oregon's livestock and meat marketing business was the subject of a conference early in January at Oregon State College, Corvallis, attended by representatives of the consumer group, producers, sellers, packers, retailers and the labor group.
A consumer survey in seven Oregon cities, including Klamath Falls, was reported at the conference. It was the consensus of 1225 individual surveys.
Forty per cent of the homemakers could not identify cuts of meat on side; 88 per cent favored labeling of meat according to cut in prepackaged displays; 38 per cent of the consumers ask their butchers to cut meat to their specification; 30 per cent have home freezers and 41 per cent freeze meat for future use (28 per cent buy in large quantities, such as a quarter or half a carcass at a time).
There are 155 licensed slaughter

plants in Oregon engaged in the slaughter of large animals and in addition, there are approximately 86 licensed plants engaged in the slaughter of poultry or rabbits, according to the conference report.
Of the 155 slaughtering large animals, seven operate under federal inspection with a full time veterinarian on duty; 12 of the 155 are operating under state inspection, with veterinary supervision when slaughtering is done. Those plants operating under city meat inspection at Klamath Falls, Albany and Portland, also Arrow Meat company, at Cornelius, are also grading under federal meat grading. This grading service is only available to those plants which have some type of continuous inspection which is recognized by the federal service which has the supervision of grading. State meat inspection veterinary work is done under the supervision of the state veterinarian. It would appear that approximately two-thirds of meat reaching Oregon consumers would have been subjected to type of inspection.
Slaughter plants in the state inspected each year, prior to licensing, for minimum standards requirements set forth by regulations promulgated by the department of agriculture. Repeated inspections are from time to time throughout the year.
Klamath Falls is one of three cities in the state with inspection. Operating also federal meat grading, it is low that Klamath Falls has better sanitary practices and more uniform meat retail outlets than many of the other cities in the state.



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Beef Rib Boil	Lean and tender	29c	lb.
Pork STEAKS	Lean Center Cuts	59c	lb.

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