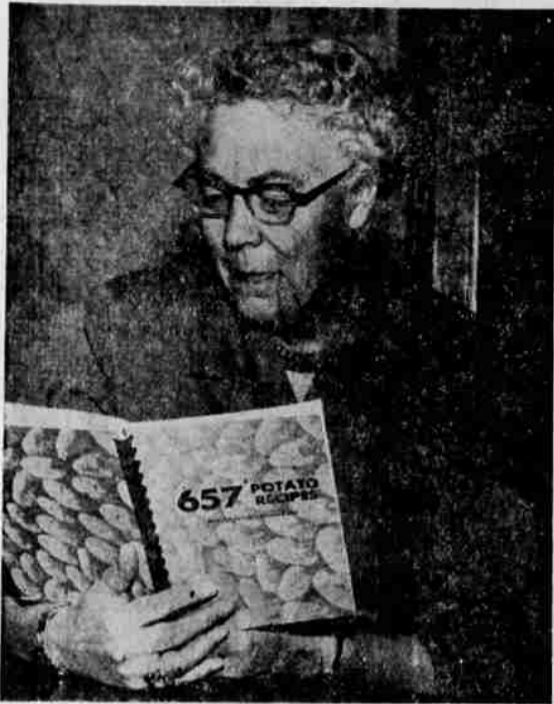


upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor

Herald and News



MRS. E. A. GEARY, Lakeshore Drive, consults the format of the Powell Butte Garden Club's cookbook on potato recipes to get ideas for a proposed cookbook on beef recipes being considered by the Cow Belles, of which Mrs. Geary is a member.

BEEF ON THE MENU

This is the third of a series of ideas on beef cooking from members of the Klamath County Cow Belles, auxiliary of the Oregon Cattlemen's Association which is sponsoring beef promotion this fall.

Mrs. Geary, wife of Ed Geary, Republican candidate to succeed himself as state representative from this district, returned recently from a two-months' trip they took "down under."

An excellent cook in her own right, she was particularly interested in noting the differences in preparation of every day dishes in other countries.

"We were served delicious steaks in all of the good restaurants in Australia," Mrs. Geary related.

"One of the things we found that particularly appealed to us was the custom of serving grilled fresh tomatoes with the breakfast menu. The sliced ripe tomatoes were dotted with butter and grilled until just heated through. They added a delightful fresh touch to the meal which we thoroughly enjoyed.

"If you order hamburger in Australia, you are apt to get mutton," she recalled. They call the meat used for hamburger, "small goods."

"One of the dishes we found which was most delicious is what they call the 'carpet bag.' It was served in better restaurants and is a very thick steak, sirloin, or T-bone. A slit is made through the steak and the pocket is stuffed with Australian oysters which are between out Olympia or Yacquinas and Blue Points in size. The oysters are seasoned with salt, pepper and butter and the steak cooked sufficiently to heat the oysters through. It makes a very rich, satisfying combination."

Among the interesting people they met over there was Sidney Kidman, cattle king of the world, whose father started the cattle empire in Australia.



AMERICANO COIFFURE is presented by the National Hairdresses and Cosmetologists Association, Inc. Here is one interpretation of the infinite number of variations which can be designed within the new Americano hairstyle trend. It is a highly styled and sophisticated translation featuring an extreme interpretation of the new "plateau top", a smart complement for the devotees of the new Dior silhouette of the season. Note the highly feminine treatment given to the back of the head where fashion focuses more attention and interest than in many years. The highly feminine treatment and the short hair length are the new "kissable neck line." Which interpretation is most becoming to each individual is a question of personal taste and individual requirements, for the Americano must be personally adapted to enhance the individual features and personality of each woman.

Cheese Sauces

For gay breakfasts and brunches, serve cheese sauce over thin pancake rolls full of hot, thick, cannamony applesauce. To make the cheese sauce, melt 1/2 pound process cheese, diced, in double boiler with one-third cup milk, 1/8 teaspoon salt. Heat and stir until smooth. Makes 1 1/2 cups.

If you like fried cornmeal mush, stir 1/2 cup shredded cheese into 2 cups hot mush; chill; pan-fry the cold mush and serve with fried apple rings and sausages, scrambled eggs while cooking.

For Eggs Swissette, butter desired number of ramekins; pour a tablespoon of cream in each; break 2 or 3 eggs in each, sprinkle with salt and pepper, dot with butter, cover with thinly sliced or shredded Swiss cheese. Arrange ramekins on cookie sheet; bake at 350 degrees for about 15 minutes or until eggs are of desired "doneness," serve hot.

RELIABLE
You can always rely on one of the macaroni foods—noodles, macaroni and spaghetti—to add interest to meatless menus.

BETTER SOUP
Hot soup is so very right to serve on a brisk fall evening. Heat condensed tomato soup and make it extra hearty by adding macaroni. Serve the soup with ham-burgers on buns, potato chips, crisp relishes and fresh or canned pears for dessert.

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School Shoes

A survey conducted during the school year just ended by a national foot health organization warns that both parents and schools are neglecting care of children's feet.

Children's feet and their shoes should be checked at regular intervals, but it is particularly important in the fall, after the youngsters' feet have been subjected to a hard summer at camp, the beach and the playground.

Here are a few rules prepared by foot specialists as a guide to

mothers embarking on a back-to-school shopping operation:

1. Patronize a reputable shoe retailer who is trained to fit children's shoes. Ill-fitting and outgrown shoes are the single greatest cause of foot disabilities.

2. Do not pass on an older child's shoes to a younger brother or sister. Hand-me-downs can do severe damage. No two children's feet are identical.

3. Check the construction of the shoes you buy. Foot doctors recommend a shoe with supple leather uppers and flexible and resilient leather soles.

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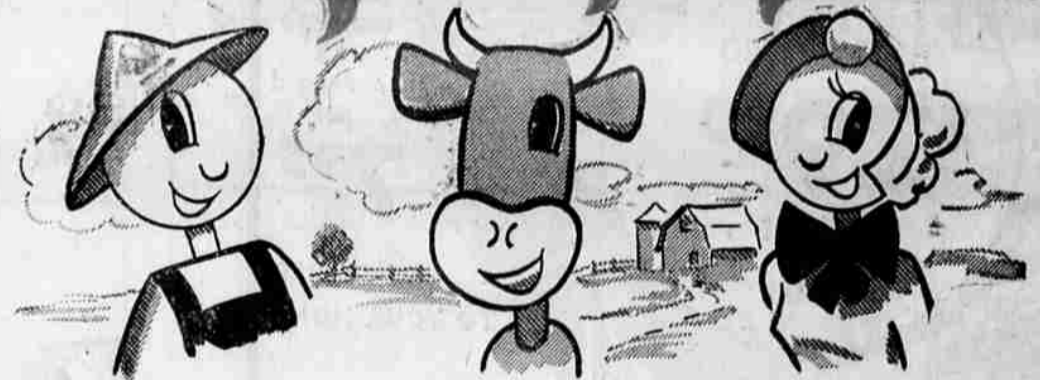
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