

GUACAMOLE

Guacamole in Mexico is served as a sauce for numerous things. Thinned down with olive oil and lemon juice or vinegar, it is a wonderful salad dressing for chopped greens. Served in a bowl or in large avocado shells, it is a unusual and pleasant "dunk." Served by spoonfuls on the dinner plate, it is a vegetable.

In any form, it's terrific. To make about 1 1/2 cups of guacamole, peel a large avocado, remove seed and scoop out pulp into a bowl. If you are going to serve it in the shell you'll need a big avocado and you'll keep the shell intact, sprinkling the inside with lemon juice after removing the pulp.

Mash pulp thoroughly or force through a sieve. The Mexicans use a mallet but most of us don't have one handy to use.

Blend in 1 tablespoon lemon juice, 1 1/2 teaspoon salt, 2 tablespoons chopped green chili (you can buy these in cans in Klamath Falls), 1 teaspoon grated onion and a couple of chili peppers (keep up time if the mixture is too thick, add a couple of tablespoons olive oil or mayonnaise).

Darley Gordon uses her blender to make the mixture fluffy but for a dunk it is a little heavy for a blender.

Serve cold with small crisp crackers, whole shrimp, celery stalks, cauliflower chunks and potato chips.

Arroz Con Pollo

This recipe for Rice with Chicken will serve six.

- 1 1/2 pound chicken
- 1 cup salad oil
- 1/2 teaspoon Tabasco
- 1 minced onion
- 1 minced clove garlic
- 1 cup uncooked rice
- 2 cups boiling chicken stock
- 2 teaspoons salt
- 1 teaspoon paprika
- 2 cups cooked or canned peas
- 12 canned or cooked asparagus tips
- 1/4 cup melted butter or margarine

2 pintos, cut in strips. Cut chicken in pieces and boil until tender. Keep warm while preparing rice. Heat salad oil and Tabasco in large heat-proof casserole. Add onion, garlic and rice; cook over low heat until onion is yellow, stirring occasionally. Add chicken stock, salt and paprika. Cover tightly and cook over low heat about 20 to 30 minutes until rice has absorbed all liquid and is tender. Uncover, add chicken, asparagus tips and peas. Sprinkle with melted butter, cover, reheat about 10 minutes. Rice may be arranged in a ring on platter with chicken and heated buttered vegetables in center.

Add salt, pepper, basil and rosemary (in moderation) to the water in which the chicken is boiled so that the meat is seasoned completely before it is added to the rice mixture.

Cocktail Sauce

- 1 tablespoon prepared horseradish
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon catsup
- 1/2 teaspoon Tabasco
- 1/2 teaspoon lemon juice
- 1/2 teaspoon salt

Mix ingredients thoroughly. This is Louisiana seafood cocktail sauce and will make four servings. You may substitute chili sauce for prepared red cocktail sauce for the catsup if you like.

THINNING PAINT

To thin paint without using paint thinner, warm it by setting the can in hot water for several minutes. The paint covers better than if thinner were added.

EATING IN MEXICO

Mexico — the land of our friendly neighbors to the South — is becoming more and more popular as vacationland. The number of Oregon licenses seen on the West Coast of Mexico in a single month is astounding.

And one of the most delightful spots in Mexico — and probably the whole world — is Alamos, just 450 miles south of the border in the state of Sonora.

It is at Alamos that Al and Darley Gordon live and are hosts to an ever-changing group of Americans at their hotel, Casa de los Tesoros (Treasure House), from October until May.

The Gordons spent a short few days of their state vacation in Klamath County. They fished at Lake of the Woods and at Odell and rested and relaxed in preparation for a month of strenuous shopping and provisioning before they reopen their hotel for the season.

Darley Gordon operates a gift shop in which you can see representative items from all sections

TABASCO

Tabasco is a seasoning that pep up your seafood cocktail sauce, adds zest to your marinade for barbecued meats and chicken, points up the flavors in your beef stew or pot roast, and puts just the perfect zip in your salad dressings.

Here's the way it came about, according to the Louisiana firm that packages it. It is an exclusive product with McIlhenny Company, Avery Island, Louisiana.

"In 1848, at the conclusion of the Mexican War, quite a few of our victorious troops remained in Mexico to seek their fortunes."

"One of these is now known to history only by his last name — Gleason. He worked his way south from Mexico City where he found conditions to his liking, so he settled and stayed there for five years."

"Then the love of home prevailed and the ex-soldier sailed back to the United States. Landing in New Orleans, he met Edmund McIlhenny and gave him pepper seeds from southern Mexico which he said would produce a pepper of especially fine flavor and color."

"Edmund McIlhenny was a lover of highly-seasoned food and immediately planted these choice pepper seeds. Later, some of the resulting plants were taken to the family plantation on Avery Island and grown in the kitchen garden for the household use."

"He began experimenting with condiments made from the peppers and soon the family and friends were enjoying the results of these excursions into the realm of culinary seasoning."

The War between the States intervened and the McIlhenny plantation was burned. When he returned home, there still grew on Avery Island a number of pepper plants grown from the seeds brought from Mexico by Gleason.

"Using these peppers, McIlhenny continued his experiments with seasonings and developed a pungent sauce to bring added flavor to the simple foods available in the family kitchen. This sauce was destined to become the traditional southern Louisiana flavor."

From that start came the packaging of the product we know as Tabasco. Tabasco's first foreign agency was established on Soho Square in London and from there its acceptance spread all over the civilized world. When Lord Kitchener submitted his report to the British government on the conquest of Khartoum, he stated that Tabasco was found further in the desert than any other modern food product.

of Mexico — silver, of course, handwoven materials from rebozos to complete costumes and wonderful shirts for men and blouses for women, and tin crafted into trays, masques and ornaments of all types — to mention just a very few. The gift shop is an integral part of the hotel as is the restaurant.

Back in March, a series on these pages told of eating in Mexico and the many necessary differences in menus and preparation of food, as well as the limited selection of foods that we consider necessities.

Al Gordon runs the dining room. Cooking is an art he has acquired in traveling all over the world. He can explain the difference between pizza as it is made in Rome and Paris, for example. (To explain — one has a sort of bisquit dough and the other is made of day old yeast dough rolled paper thin and brushed with olive oil before the topping is added.)

His menus have a continental touch that is delightful. When you taste his wonderful soups, for example, you would never dream they were concocted in a jiffy after he had counted noses and found there would be 26 for dinner instead of the nine he had checked in earlier in the day.

Their new book, "Our Treasure House," is not a cook book for the rank beginner — the recipe suggestions are for those who truly enjoy food and particularly for those who enjoy its preparation.

The recipes are for good food — excellent dishes — that can be prepared in Mexico or in your own home. No scallions or caviar appear in the ingredients and he doesn't frost every salad loaf with cream cheese. Nor is it a book of Mexican recipes.

To titillate your taste buds, here's one from "Our Treasure House" — Stuffed Bread.

"Cut loaf of french bread in half crossways. Scoop out insides, leaving only the crust. Fill with mozzarella or any white cheese that melts into a rubbery consistency."

(Mozzarella is available in Klamath Falls these days). "Oil the entire outside of the crust by patting olive oil on with your hands. Put into a 400 degree oven. Make a sauce of undiluted black bean soup, chopped leftover meat or hamburger fried with chopped onion and garlic. Add salt, pepper, oregano, dry vermouth. When the bread is hot and the cheese runny, slice crosswise to make a circle an inch thick. Lay flat on the plate and pour the sauce over it."

Note at the bottom of the recipe says ("This is a fine hearty main dish, but make plenty. People will eat more than you think."

As the cutlines beneath the picture of Mr. and Mrs. Gordon state, copies of "Our Treasure House" are available by calling your food editor. Price is \$2.00.

Steak-Onion Sauce

Al Gordon's steaks at the Casa de los Tesoros in Alamos, Sonora, Mexico, are a delight to the palate. You can use any cut of meat you prefer (nearly all of them in Mexico lack tenderness to begin with).

Marinate the steak in oil in which chopped garlic has stood overnight. Grill on your barbecue, rotisserie or in the oven, salting after the first side is grilled.

Never poke the meat with a fork according to Chef Gordon. Lift it. He admits this may seem clumsy at first, but you'll soon do it easily, and if the juice runs out, the meat toughens.

Make a sauce for the steaks of chopped onion, butter, Worcestershire, Simmer together until the onion is tender. Add sweet vermouth just before serving to give the desired pungency.

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS,

Editor

Herald and News



"OUR TREASURE HOUSE in Alamos, Mexico," is the latest book published by Al and Darley Gordon. It is the story of the hotel Casa de los Tesoros and the restaurant, including many of the menus and favorite recipes of the establishment. It explains why a San Francisco couple, successful writers and film producers, spend from Labor Day to the first of May in Old Mexico. It also explains how to turn out a very fine meal in an hour. It is delightfully illustrated by Kevin Wallace of San Francisco. You'll want a copy of the book for your cook book shelf but you'll also read every word of it with enjoyment and delight in showing it to your friends. Copies of the book came in this week and purchases may be arranged by calling your food editor at 8111.

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LABOR DAY PICNIC

Labor Day means a picnic to most families — the last summer fling before school starts. Good food still is the better part of a good picnic. The rest of the family may be weary of frankfurters, but you can bet the youngsters aren't so let them roast their wiener. You'll find young children can enjoy their hot dogs without accident if you scoop out enough of the bun so the frankfurter is nestled in it.

To please the adults in the crowd and add variety to your menu, serve Barbecued Frankfurters. You'll need 1 to 1 1/2 pounds of frankfurters, 1 bottle tomato ketchup, 1/2 cup sweet relish, 1/4 cup

water, 1 tablespoon Worcestershire Sauce and 1/4 teaspoon Tabasco. Score frankfurters by slashing diagonally and simmer 15 minutes in sauce made by mixing the remaining ingredients.

Potato Chips are synonymous with picnics, so pick up the large silvery aluminum foil bag to be sure there is enough for everyone. It means one less thing for the cook to prepare, just open the heat sealed bag and let everyone help himself to the crisp goodness of fresh potato chips.

For hearty eaters, add Camp Style Pork and Beans to your menu. Place uncooked bacon slices in saucepan. Cover with canned pork and beans. Drizzle imitation maple pancake syrup over the top. Cook slowly over moderate fire until bacon is cooked, about 1 1/2 hours.

Forage the salad on the menu for a change and substitute a variety of pickles, carrot and celery sticks. Buy several kinds of pickles in small jars so that there will be no take-home problem. Pickles are good and good for you — a refreshing complement to heavier foods. Increase the flavor of your pickles by packing the jars with the salt brine. Put the jars and bottles in a pail with ice frozen in waxed milk cartons. A leakproof and effective cooling system.

The warning follows the death in Dallas, Texas, of Margie Jones, Broadway producer, who died from uricemic poisoning caused by lumps from carbon tetrachloride used to remove spilled paint in her apartment.

Several products sold for home cleaning of clothing, upholstery, and floor coverings contain carbon tetrachloride. Although it is an excellent dirt remover, its toxicity is high. In contact with the hands it can cause dermatitis. It may be absorbed through the skin into the blood stream. When inhaled it has an anesthetic effect. In time it may affect organic tissues such as kidneys, liver, and heart.

The American Conference of Governmental Industrial Hygienists gives the maximum allowable concentration for an eight-hour exposure as 25 parts of carbon tetrachloride vapor per million parts of air. This is an extremely low concentration and points up the danger in using this solvent. The maximum concentration for chloroform is 100 parts per million.

If carbon tet comes in contact with an extremely hot metallic surface it can even form phosphene gas, one of the deadly chemical warfare gases.

When fats, greases, oils, paint products, polishes, and waxes are spilled on rugs and furniture, it is necessary to use a few drops of some dry-cleaning solvent immediately to remove the stain. Col. James W. Rice, director of research for the National Institute of Rug Cleaning, and a man with nearly 30 years previous service in the U.S. Army Chemical Corps, recommends that only nonflammable, non-toxic solvents be used for these home first-aid needs.

When buying a cleaning fluid for such purposes, read the label carefully. "Dr. Better yet," the Colonel suggests, "put the problem in the hands of skilled professionals."

Tobasco Butter

- 1/2 cup butter or margarine
- 1/2 teaspoon salt
- Juice of 1/2 lemon
- 1 teaspoon chopped parsley (optional)
- 1/4 teaspoon Tabasco

Mix together and stir to a creamy consistency. Place in refrigerator ready for use on broiled fish or vegetables. This is a bland mixture you can use with a lavish hand.

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