

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins Editor

Herald and News



MRS. JOHN MARSHALL of Poe Valley starts the Cow Belle recipe series for the fall and winter months. The first fall Cow Belle luncheon was held today and a renewed push on sale of the National Cow Belles' cookbook, "Beef Cookery," has started. Mrs. Marshall is sharing her recipe for Beef Casserole, her family's favorite way of using left over beef roast.

BEEF ON THE MENU

John Marshall's family came to Poe Valley in 1912 and he still uses the old Marshall brand, TM. The Marshall cattle includes stock owned by the Bill Marshalls who have one of the old Applegate brands.

Mrs. Marshall has tailored her cooking to suit her family of four children and her husband. Their son, Jack, is in his third year at Cal Poly and the three girls, Kathleen, Janice and Anne are still at home. The two older girls attend Hecley High School and Anne is a fifth grader.

Because the youngsters didn't like cold roast beef, Mrs. Marshall developed a recipe for using left over roast with a sort of barbecue sauce and there is never a bit of cold roast left now, she reports.

BEEF CASSEROLE

Slice cold roast beef into thin slices and place in casserole.

Saute the following ingredients over low heat in a small amount of fat or shortening:

- 1/2 cup chopped onion
- 1/2 cup diced celery
- 1/4 cup diced green pepper

Four of extra shortening and add

- 1 can tomato sauce
- 3 tablespoons brown sugar
- 1 tablespoon vinegar
- 1/2 cup left over beef gravy

Salt and pepper to individual taste

Simmer gently until flavors blend, then pour over meat in the casserole and bake a half hour in a slow oven.

The recipe for sauce makes about 1 1/2 cups and Mrs. Marshall says this will be enough for eight or 10 thin slices of meat. If she is making more, she doubles her recipe for sauce.

WASH VEGETABLES

Any homemaker can protect her family by washing all fruits and vegetables before serving them. This will remove any possible residue of spray that clings to them. The washing also removes dust and possible germs from the many pairs of hands which touched the fruit or vegetables before they reach the home.

Secret Key

Max Factor, the Hollywood make-up expert who has revolutionized the cosmetic industry with such amazing creations as Pan-Cake Make-Up, Pan-Stok, Creme Puff, Color-Fast Lipsticks and Erace now introduces the first really new development in corrective skin treatment in many years.

For years, Max Factor and his staff have been searching for the answer to such questions as why women with dry or oily skin problems never seem to get the help they want even from the most expensive creams; why women keep switching from one treatment preparation to another, and why blackheads and blemishes still persist, even when the strictest corrective beauty routine is followed.

Their search discovered that there is a chemical barrier in the skin that actually keeps creams and lotions from doing the work for which they were intended. This barrier develops because the skin does not have the correct balance. It is either too acid or too alkaline.

This led to the discovery of his new liquid preparation which he calls the Secret Key because it is the real key to effective treatment of skin problems. By applying Secret Key to your skin, it actually returns the skin to the acidity-alkalinity balance that is characteristic of a young, healthy, beautiful skin. It removes the barrier and opens the way for treatment creams and lotions to penetrate

WINTER HATS

Before you turn thumbs down on those bulkier, bigger hats which some women call "inverted Chinese bowls" and others "casser-oles," consider them a little.

The more out-reached and the more over-hanging the brim a hat has, according to Max Factor Jr., Hollywood makeup expert, the more mysterious your eyes will look underneath.

Make the most of this mystery with make-up, he says: colorful eye shadow, interestingly curved brows, more zip to the corners of your eyes. Your lips will be exposed beneath the brim, so make them look like a jewel via ruby red lipstick.

Another word from Factor: "The bigger your hat, the smaller your nose will seem to be."

PLACE CARDS

Halloween is the time of year you can go all out on decorations to delight the youngsters. Place cards they can eat are easily made from red Delicious apples. With a sharp knife cut goblin faces on the apples and brush the cut surfaces with lemon juice to prevent darkening. Then insert a lollipop stick in the blossom end of each apple. Individual names can be written on white paper and fastened to the end of the sticks with transparent tape.

the skin and do their beneficial beautifying work. Secret Key may be effectively used regardless of whether you have dry skin, oily skin, disturbed skin or normal skin. Factor says, "He has also developed four completely new groups of related corrective creams and lotions, one group for each type of skin, to achieve maximum results when used in conjunction with the Secret Key."



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HOW TO MAKE UP TO YOUR FUR HAT

Fur hats, either real or fabric, bring on problems of make-up. Giving the new rival from the jungle its due, says Max Factor Jr., Hollywood's famed make-up expert, you are challenged to use the best beauty ammunition you have in order for your face to hold its own in relationship with the fur hat.

"First of all, he says, sleek your hair down to a satin smoothness. That's the best way for you to compete with the beauty of motion of long haired furs, like Davy Crockett's coonskin or a pouf of white or black fox.

Even if you're wearing short-haired furs like leopard or beaver, Factor says, you'll gain better contrast between your hair and the animal's fur by wearing a smooth-silk hair-do.

Add to that, clean, crisp, sharply defined make-up. A tuz of powder or any other evidence of a poorly

put together make-up is apt to give your face a blurred look. You won't want that, says Factor, under a furry hat.

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Make it from me... Bessy's Dairy Dishes

By Bessy, the Basin Bossy
October is Cheese Month. Certainly, and it behooves us to consider, then, using cheese in our menus — along with generous servings of fresh milk — to carry out the theme.

October is one of the year's pretty months, too. 'Tis the time of the turning. The time of the year when fancies turn from vacation to football. The time of the season when shadows lengthen . . . and somehow that head cold we've missed all summer catches up with us.

But, for all purposes right here and now, October is cheese month, and the dishes which you can build around cheese are so numerous no one could list them. Souffles, macaroni and, etc., etc.

And here's a tip for cooking cheese and milk dishes: Use a slow oven and they'll come out creamy and moist. A cover of mottled bread crumbs or cereal crumbs protects cheese in oven dishes.

Like this one — Cheese Strata: You'll need 12 slices of day old bread, 6 slices American cheese, 1 egg, 2 1/2 cups milk, 1/4 teaspoon dry mustard, 1 1/2 teaspoons salt, 1 teaspoon Worcestershire sauce and a dash of pepper.

Trim crusts from bread and arrange six slices in bottom of a 2 1/2 inch baking dish. Cover with cheese, then with remaining bread, beat eggs, add remaining ingredients and pour over bread. Let stand 1 hour and bake in a moderately slow oven, 325 degrees F., 1 hour. Serve with tomato sauce if desired. Serves six.

For luncheon, serve with tomato sauce, coleslaw, wholewheat bread, butter, pineapple and a tall, O-seb-morn frost glass of refreshment Klamath Basin Grade "A" silk. Take it from me, that last is mighty important if you want to get full benefit of a good meal on serve. —BESSY

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