



THIS WEEK'S COW BELLE is Mrs. Irwin Campbell who has a great many accomplishments in addition to the good job she does of feeding her family. And husband Irv and sons Lee and Aubrey will testify that she is an excellent cook.

BEEF ON THE MENU

Mrs. Campbell is one housewife who hasn't let the job of housemaking restrict her other activities. An avid gardener and garden club worker, their lovely home has been made more attractive with lavish plantings. Her garden this year had nearly 100 varieties of blooming roses, in addition to many other flowers for show and for cutting.

She does her own tailoring and dressmaking, as well, thus being able to choose tones which complement her copper colored hair.

Horse and Buggy Housekeeping

They got fewer and fewer every year, the housewives who still clean carpets with a broom, do the laundry in a tin tub, and iron with a flatiron. The vacuum cleaner, the automatic washer, and the electric iron do these tasks with far less time and effort. And, as everyone knows, they do a better job.

Surveys establish another sign of the modern housewife. A recent coffee survey showed only 6.2 per cent of those questioned had never used instant coffee. In 1948, 42 per cent had never tried instant coffee, and as late as 1953, 22 per cent had never tried this convenient product.

Instant coffee keeps moving along in the modern woman's world as an increasingly popular aid to good housekeeping. A fine quality instant coffee like Nescafe is a revelation to many women of how consistently excellent the daily coffee can be. Nescafe is "easy" coffee — there are no messy grounds to dispose of, and no coffee pots to clean. There are no "bad days" when the coffee just doesn't turn out right. The special blend of Nescafe always has the same fine flavor, and since it is made in an instant with boiling water, there is no problem of measurement and timing to worry a busy woman.

Take it from me...

Bessy's Dairy Dishes

By Bessy, the Basin Bossy

Good old Columbus was an important man. Indirectly, we might say, he's the man who paved the way for America's existence. Somebody would probably have accomplished the little task of discovering America right soon after 1492 if Chris hadn't got the notion, but we'll still give credit where credit is due.

But Columbus, as far as he was brilliant as he may have been, had no idea what science and nature combined with human time, labor and industry were going to achieve in this world after him.

For instance, he'd never have guessed that fresh milk — if only for Royalty or farm folk even but a few years ago — would be as everyday as sunshine (and more consistent during some seasons, I must say). But there it is... whenever we want it, right at our door, or in our favorite local market or grocery store.

Cornbread squares have always been a home-made family favorite. To make them you'll need:

A cup of yellow cornmeal, one cup sifted flour, three teaspoons of baking powder, a teaspoon of salt, 1/2 cup of sugar, a cup of milk (fresh from Klamath Basin dairies), 1/2 cup of butter and one egg.

Sift the cornmeal, flour, baking powder, salt and sugar together in a bowl. Beat milk with butter and egg, combine dry and liquid ingredients and stir until just mixed.

Pour into buttered 8-inch square pan. Bake in hot oven (425 degrees) for 20 to 25 minutes.

Take it from me, this will make nine 2 1/2 inch squares for serving with meals — with tall glasses of fresh milk at each place. Bessy.

ONION PIE

Double recipe pie pastry
1 12-inch layer cake pan
4 tablespoons butter
1 quart thinly sliced onions
2 cups cottage cheese
3 eggs, slightly beaten
1 cup Foremost fresh tasting evaporated milk
1 teaspoon salt
1-3 teaspoon white pepper

Roll regular pie pastry one-half inch thick and line a 12-inch layer cake tin. Refrigerate while making filling.
Melt butter and add sliced onions, cook slowly, covered to smother onions. Do not allow to brown.
Combine cottage cheese, eggs, fresh tasting evaporated milk, salt and pepper. Add to cooked onions. Turn into prepared shell; bake in a hot 430 degree oven, 15 minutes; reduce heat to moderate, 350 degrees, and bake until onion custard filling is set, about 25 to 35 minutes longer. Ten minutes before baking is completed, top of custard may be dotted with bits of bacon, if desired.

POTATO SOUP

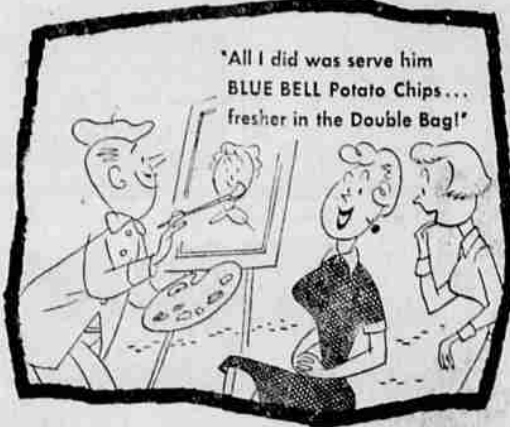
2 cups cubed raw potato
1/2 cup chopped onion
1 1/2 teaspoons salt
3 cups milk
1 egg, well beaten
1 tablespoon butter
Cover potato and onion with water and cook until vegetables are tender. Mash slightly with potato masher. Add milk and bring to a boil. Add beaten egg, stirring well through the soup. Remove from heat, add butter and serve at once. Makes six servings. Recipe from the National Dairy Council.

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins

Editor

Herald and News



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