

FREEZING SANDWICHES

This department has been asked about fillings for sandwiches that can be frozen in the freezer for future lunches.

A recent survey shows that more than 50 per cent of the men and women workers of our nation carry their lunches to work. School lunches have been an accepted thing for generations. Adults carry their lunches, the survey shows, for three major reasons: because they can have a better balanced meal for their individual needs, to save money over bought lunches, or because other eating facilities are not readily available.

If the lunch box carrier eats a very light breakfast, the carried noon meal must compensate for this lack. Every effort should be made to make the food look and taste appetizing. You wouldn't think of serving your family the same menu every day for dinner, so avoid monotony in lunches that are packed. Limit the utensils or accessories to the minimum so the lunchbox doesn't have too many items to carry back home again.

Even if the lunch you prepare is for yourself, a little something extra—a cookie, a slice of cheese, an apple, or a couple of pieces of candy for that finishing-off sweet touch.

Of course, home made bread makes the best sandwiches, but out of the crusts, and use for bread crumbs or otherwise in cooking. If your family doesn't like crusts, spread soft (not melted) butter or margarine clear to the edges of the bread.

When using sliced bologna, salami or other meat, use several thin slices instead of a single thick one. It makes a better tasting sandwich and eats better, too. And don't slice the bread too thick.

Women like little containers of salad, rice pudding, fruit or jelly. Men usually want finger-eating lunches.

If milk or coffee is not available, a thermos of chilled milk or a small can of fruit or vegetable juice is welcome with a packed lunch.

FROM THE FREEZER

Breads, cheese, smoked meats and dairy products can be frozen and thawed for sandwich making in about 15 minutes. It allows more economical buying than purchasing buffet-size cans.

Spreads can be made up in advance and frozen in plastic or rigid paraffined paper containers. They will thaw in about 20 minutes for sandwich preparation. Luncheon meat, such as ham loaf, beef loaf or hamburger, may be cooked and frozen. Individual slices can be wrapped and tucked into the lunch in the morning for eating at noon.

Wrap one-ounce servings of any kind of firm cheese in Saran freezer wrap or aluminum foil; freeze ready to pack in the carried lunch.

Individual servings of fresh or cooked fruits can be frozen in paraffined paper cups with covers. They will thaw in three hours or less and be ready for the noon lunch. Suggestions: Baked apples, baked ginger-pears; applesauce; stewed fruits such as rhubarb, pitted prunes or peaches, frozen separately or in the form of a compote. When preparing for the freezer, add a little honey for sweetening.

Mince and fruit pies of all kinds freeze to perfection but custard and cream pies and many containing gelatin cannot be frozen successfully as the filling cracks and "weeps."

Cup cakes can be added to the lunch box in the frozen state. Individual cakes thaw within an hour at room temperature. Cakes from mixes, however, dry out more quickly, and should always be used within two weeks after freezing.

Bake lunch-box cakes in lightly oiled paper cups. As many cake frostings do not freeze well, in general dust a little granulated sugar or some shredded coconut or chopped nuts over the cakes before baking. If frosting is desired, choose a butter cream or uncooked fudge icing or any type made with a base of sweetened condensed milk or marshmallow whip. Uncooked confectioner's icing, boiled or seven minute icings, will dry out and break off.

Cookies such as hermits, sugar cookies, oatmeal raisin cookies, etc., brownies, etc., can be frozen drop cookies, soft ginger cookies for lunch box use very satisfactorily.

SANDWICH SPREADS

Sandwiches may be made up in advance and frozen for two or three weeks before use. Use a variety of breads; all yeast and quick breads are suitable, including waffles.

Use frozen sandwich spreads, use dairy butter, margarine or peanut butter. Stir until soft and spreadable to prevent fillings from soaking in.

Do not use mayonnaise, salad dressing, cottage cheese, table mustard, relishes or jelly as they soak into the bread.

Make the filling twice as thick as customary. The amount of filling used for two slices of bread should be equivalent to that provided as a main protein food at lunch or dinner at home such as hamburgers, lambburgers, chickenburgers or fishburgers, preferably shaped to fit onto a slice of bread.

Other fillings might be deviled ham, sliced cheese (any firm cheese, such as American or Swiss), savory cooked meat or chicken.

AVOID THESE

Here are sandwich fillings not to use if you are going to freeze the sandwiches:

No hard-cooked eggs—the whites toughen on freezing. The mashed yolks may be added to other ingredients in a filling.

No fruit jellies, jams or preserves—they tend to break down on freezing and soak into the bread.

No fresh celery, sliced tomatoes, lettuce leaves, sliced cucumbers or raw onions; they become limp when thawed.

No mayonnaise or salad dressings as they soak into the bread.

Use egg yolks and fish fillings only when the sandwiches, packed frozen and thawed at room temperature, will be eaten within three hours.

ACCOMPANIMENTS

With a frozen ham or tongue sandwich, wrap carrot and celery sticks in waxed paper, and put in a whole hard-cooked egg (still in the shell) and a small can of fruit juice.

With a frozen ham-cheese sandwich, add small containers of frozen applesauce, frozen (or fresh) ginger bread square.

Cole slaw, not frozen, but packed in a covered paraffin coated cup, makes a good salad with meat or cheese sandwiches. Macaroni salad (fresh, not frozen) also carries well and can be made the night before.

The thermos may be filled with refrigerator-cold milk, buttermilk or chocolate milk, or any fruit juice. On cold days, a small thermos of hot soup, coffee, tea or cocoa is welcome. Always chill or heat the thermos bottle to the temperature of the liquid to be placed in it.

ROUTINE

In some families, lunch boxes are packed in the evening for the next day so that only the hot or cold beverage and crisp vegetables remain to be added the next morning.

Some homemakers set aside one morning a week to prepare frozen sandwiches for a week's use. The sandwiches are made, cut in halves, and slipped into individual bags, then packed into a large polyethylene bag or wrap-sealed in a cardboard container, dated and labeled for the freezer.

Don't neglect fresh fruit in season, small packages of raisins, dried figs, dates prunes and dried apricots for a change taste.

Christmas Is Coming

It's that pre-Christmas time again.

It's time to decide on Christmas cards if you were like most everyone else and didn't get those pictures taken of the holiday wreath above the mantle or on the front door or the icicles seen through the big picture window with a candle burning on the sill.

And it certainly isn't too early to start your Christmas list.

Promise yourself you'll do your Christmas shopping early this year so you are not tired out when the holidays really arrive. You owe it to yourself and your friends and family to be able to enjoy the gala days to the fullest and you won't be able to if you're harried over last-minute purchases.

Gifts of fragrance will appeal to every feminine name on your list. The manufacturers have brought packaging to a new peak of perfection. All of the leading lines have beautiful bottles and boxes, the latter satin-lined and hand-somely trimmed. Compacts and lipsticks were never so graceful and lovely as this year. And there are ever so many appealingly designed and inexpensive novelty items to fit every budget and every taste.

Start your gift shopping while the merchandise is fresh and new and before the choice items have been selected by someone else.

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By Florence Jenkins

Editor

Herald and News

BEEF ON THE MENU



SYDNEY KERNS, daughter of Mr. and Mrs. Earl Kerns, Route 3, Box 302, Klamath Falls, is Cow Belle of the week. She became a member of the organization at the first annual summer picnic held at Collier Park and is sharing her recipe for Swiss Steak.

SHINING TILES

To wash your tile bathroom floor to a gleaming white, add a little ammonia to the soapuds. A stiff scrubbing brush will erase stubborn spots, but such spots won't have a chance to develop if you clean the floor several times each week. There's no need to use too much water on a tile floor. It's the suds that do the cleaning, so work up a rich lather with a minimum of water; wipe off with a wrung-out cloth or mop and let floor dry thoroughly.

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Silver Brightens Holiday Entertaining

Autumn and Thanksgiving in the air give us a whole new set of ambitions about entertaining family and friends. We have more or less been putting off during the hot weather. This leads to the business of new ideas for table settings, new ways to serve buffet dinners to crowds big or small, and in general, a necessity for looking over the equipment included in your silver, china and linen collections.

One of the greatest aids to a festive board of any kind is your silverware which, all bright and shiny, lends a very special air to an even simple meal. Some of these notes given us by the Jewelry Industry Council may give you ideas for putting your silver to good use for Autumn or Thanksgiving entertaining.

For one thing, your silver hollowware doesn't have to be confined to the beverage, vegetables or gravy boats and the like are ideal for holding flowers, fruit or even Autumn vegetable arrangements. If you are using short stemmed flowers and have trouble keeping them in place, a ball of waxed paper placed in the silver dish will expand to hold the stems where you want them.

If you are serving an intimate dinner for two, the silver gravy boat is an ideal size for holding a simple fruit-centerpiece with a tangerine, an orange of apple, perhaps an English walnut or two.

In addition, I am a very enthusiastic horsewoman and have trained several horses for stock work.

Here's Sydney's recipe for a hearty beef dish.

SWISS STEAK

2 pounds of round steak
1/2 clove of garlic
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup bacon or ham drippings
1/2 cup chopped onion
2 cups canned tomato juice or condensed soup
1 cup each chopped carrots, celery and green pepper

Wipe meat with a damp cloth and trim the edges. Rub with garlic. Pound both sides of the steak with the edge of a heavy plate, pounding into it as much flour as possible. Add salt and pepper. Cut the steak into serving pieces or leave whole as desired.

Heat bacon or ham drippings in a large casserole or heavy skillet. Add and saute chopped onions until brown. Sear the steak on both sides in the fat, then add tomato juice or condensed tomato soup diluted and add all of the vegetables.

Cover the casserole or skillet closely and place it in a slow oven (275 degrees) and cook for two hours or longer. Strain the drippings; thicken them with flour for gravy and serve with gravy poured over the steak.

and grapes trailing from the lip of the silver piece.

A single silver goblet makes an ideal centerpiece where space counts, too. It can be particularly attractive when you use small flowers arranged with perhaps ivy or some other vine flowing over the edges of the goblet.

These silver pieces don't have

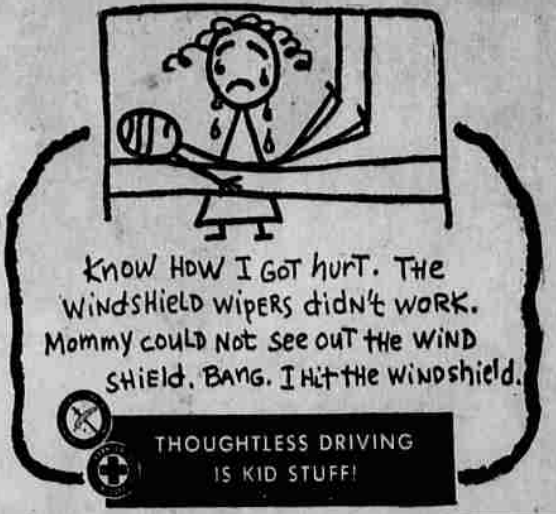
to be confined to the dining table either, but can add equally shining light on the coffee table, for example, or on an end table that needs a touch of color to brighten it.

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