

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins Editor
Herald and News



COW BELLES at the Tehama County Cow Belles luncheon at Red Bluff during the annual Range Bull Sale included guests from Montana, Washington, Idaho, the mid-west, and Oregon. Shown at left is Mrs. Jim (Freda) Owens, California state Cow Belle president, who organized the Tehama County Cow Belles and helped start the Klamath County Cow Belles. From left, back row, are Mrs. Fred Pope, Mrs. Bill Zumbun, and Mrs. Stewart Nicholson, all of Fort Klamath; front row, Mrs. Loren Miller and Mrs. Bill (Margaret) Owens, both of Red Bluff and Fort Klamath. Margaret Owens is president of Tehama County Cow Belles.

Annual Cow Belle Event Reunion In California

Several Klamath County Cow Belles were guests of the Tehama County Cow Belles at the annual Red Bluff Bull Sale held at Red Bluff the first weekend in February. It is an annual event that we look forward to with great anticipation.

We tried to get pictures of most of the Klamath visitors at the luncheon held at the Elks Club Friday noon. Our president, Mrs. Ted Hyde, hadn't arrived when pictures were being taken, nor had some of the others, but we got some of them.

There were more than 100 women at the luncheon. The excellent menu had been planned and cooked by members of the Red Bluff group. They also served and did the clean-up. Members and guests were introduced and it was interesting to see the big group from Ellensburg, Washington, two Cow Belles from Montana, a representative from Western Livestock Journal, many guests from all over California and several from the mid-west. Each one announced her cattle brand, if any, and told a little of its history.

The Tehama group was organized by Freda Owens, wife of Jim Owens, one of the Northern California cattlemen who summers in the Wood River Valley near Fort Klamath. Freda was instrumental in getting the Klamath County Cow Belles started and her interest in the Cow Belle organization resulted last year in her election as president of the California state Cow Belles, auxiliary of the Cattlemen's Association.

At the Red Bluff meeting she reported on numerous activities in progress and planned by the California members. Copies of "Beef Cookery," the cookbook published last year by the national Cow Belles, are being donated by several of the California groups to the home economics departments of high schools, sometime accounted for by a cash donation to permit the future homemakers to have more extensive training in the preparation of beef for the table. Scholarships are being enlarged. "Beef for Fathers Day" promotion which was started last year is being continued this year. The program met with much success in Klamath County last year and is planned again for this year. New California organizations were set up during 1955 and several new Oregon groups are organizing in the near future.

Monday, February 13, Mrs. Ted (Elizabeth) Hyde, president of Klamath County Cow Belles, and Mrs. Dave (Elizabeth) Campbell,

first president of the local group and now a vice president of the Oregon state organization, went to Central Point to effect an organization there.

A report on the Klamath County activities for the past year will be made at the annual meeting of the Klamath County Cow Belles on February 23. Mrs. I. E. Campbell has invited the members to a tea at her home on Lakeview Highway, starting at 2 p.m. next Thursday afternoon. There will be election of officers for the ensuing year.

Also, you can order additional copies of "Beef Cookery" which make very acceptable gifts for card parties, birthday or Easter remembrances or shower presents. The book sells for \$2 and a portion of the price remains in the local treasury. The demand has been such that Mrs. Hyde has had to reorder several times since the first copies reached Klamath Falls in time for last year's annual meeting at the home of Mrs. Henry Gerber in Klamath Falls.

Next Thursday evening, February 23, will be the annual joint banquet of Klamath County Cow Belles and Klamath County Cattlemen's Association. New officers of both groups will be introduced and Ray Petersen, of the county agent's office, promises there will be no long speeches.

Membership in the Cow Belles is open to all wives, daughters and mothers of members of the Cattlemen's Association. However, other interested women can join as associate members, and the membership lists are open.

SERVE SPEEDY, NOURISHING

LENTEN MEALS

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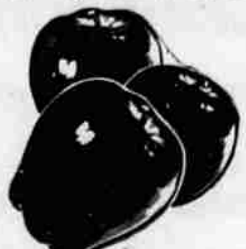
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BREAD PUDDING is an economical energy-packed dessert. This recipe from General Foods' Post Grape-Nuts, features wheat and barley kernels, no-fat dry milk, seeded raisins and dried apricots. The scale tells us there's an equal amount of cereal and fruit which indicates the dessert is high in flavor, too.

HONEY BAKED PEARS
Wash, core and halve pears. Arrange cut side up in baking dish and fill centers with honey. Add a dash of cinnamon and a dot of butter. Bake at 350 degrees until fruit is tender. Apples may be baked in the same way.

FREE
Bowling Lessons
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BREAD PUDDING

Almost every housewife can recall those irritating bouts with her conscience over snarled food budgets. Weakened though she may be by this silent prodding, "her sighs will turn to outraged cries" if suddenly she becomes aware a tax month is around the corner and real economy is demanded on all fronts!

Then is the time either "to blow a bugle tale of woe" or to be smart and use all the best money saving measures at hand. Turning to her pantry shelf, Mrs. Homemaker would surely find a few economical ingredients the usual housewife keeps in stock—wheat and barley kernels (Grape-Nuts), non-fat dry milk, seeded raisins and dried apricots. And surely she will have a loaf of bread handy! With these she can make a truly delicious, nourishing and economical dessert... bread pudding.

And, if you're one of those persons searching for extra energy giving foods, as well, then rest assured that wheat and barley kernels is one of them. To be specific, there is more energy per spoonful in this cereal than in any other—hot or cold! Whether you

eat it in a bread pudding, such as this one, or from the breakfast bowl, you'll profit from that difference in energy output that this cereal gives you.

BREAD PUDDING

3 1/2 cups small soft bread cubes
1/2 cup sugar
1 teaspoon vanilla
1 quart reconstituted nonfat dry milk
3 eggs, beaten
1/2 cup seeded raisins
1/4 cup diced dried apricots
3/4 cup wheat and barley kernels

Place 2 1/2 cups of the bread cubes in a 2-quart baking dish. Combine sugar, vanilla, and the reconstituted dry milk in top of double boiler; scald. Remove from heat. Gradually add milk mixture to beaten eggs, stirring constantly. Mix in raisins, apricots, and cereal. Pour over bread cubes in baking dish. Top with the remaining 1 cup bread cubes. Place baking dish in pan of hot water. Bake in slow oven (350 degrees) 55 to 60 minutes, or until knife inserted near center comes out clean. Serve with soft custard sauce. Makes 6 to 8 servings.

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White Star Tuna Round the Nation Dinner Dishes



These six suggestions for dinner dishes are so easy and economical! Made with the tender cuts of White Star Brand Tuna, they're so downright good you'll be serving them time and time again. So keep these recipes right up front in your file. And keep White Star Tuna right out front in your cupboard... and to be sure you're getting these delicious tender tuna cuts, look for the Blonde Mermaid on the label.

...made with White Star Tuna Tender Cuts

Save these recipes! Cut along this line!

TACOMA TUNA SCHOONER

Cut a loaf of unsliced bread in two, lengthwise. (Vienna or French is good.) Spread cut surfaces with a soft, zippy cheese spread, using about 2 1/2 of a 5- to 8-oz. jar. Mix rest of cheese with a can (6 1/2- or 7-oz.) White Star Tuna, a little chopped celery and onion, and a dash of pepper. Heap in 4 mounds on one of those halves of bread. Bake both pieces at 425° (hot) about 10 min. Set tuna-heaped half on a platter; garnish. Cut crosswise into 4 pieces. Cut other half loaf into chunks to serve separately.

CREAMED TUNA, GARDEN CITY

In one saucepan make creamed tuna—using cream sauce or condensed soup and a can (6 1/2- or 7-oz.) White Star Tuna. In another saucepan cook a package of frozen mixed vegetables. When tender, drain and add to tuna. Season. Serve on waffles, toast or biscuits. Enough for 4 good servings.

COWBOY TUNA SKILLET CAKES

Beat 1 egg in bowl. Add a 6 1/2-oz. can Chunk Style White Star Tuna; 8 soda crackers, crumbled fine; 1/2 teaspoon baking powder; 2 tablespoons lemon juice; 1/4 teaspoon prepared mustard. Mix, shape into 3 or 4 patties; brown quickly in a little butter or margarine in skillet. Serves 2 or 3.

TUCSON TUNA SUPPER

Cook 1/2 lb. (2 cups) short-length macaroni. Empty a 1-lb. can of stewed tomatoes (the kind with green pepper, celery and onion in them) into a saucepan; boil gently while macaroni cooks. Add a can (6 1/2- or 7-oz.) White Star Tuna; heat; season with pepper and garlic salt. Toss with drained macaroni and serve with grated cheese. Or, mix drained macaroni with tomatoes and tuna and 1/2 cup diced cheese in 2-qt. casserole and bake at 375° (moderate) 20 to 30 min. Makes 6 servings.

CHINA CAMP TUNA SUEY

Just empty a 1-lb. can chop any vegetables into a skillet; add a can (6 1/2- or 7-oz.) White Star Tuna. Mix lightly. Bring to a bubble. Season with soy sauce and salt, if necessary. Serve on fluffy steamed rice or canned Chow Mein noodles, warmed in your oven. Enough for 3 or 4 servings.

Look for the Blonde Mermaid on the label for America's largest selling tuna and in the Pirate Ship Restaurant in Disneyland.



AMERICA'S GREATEST NAMES IN SEA FOOD: White Star Tuna; Chicken of the Sea Brand Dietetic Tuna, Strained Tuna Baby Food, Frozen Tuna Pie, Frozen Tuna Dinner; Willapoint Brand Oysters, Oyster Stew.