



How to Buy

Food

(LOIS BYNON, Editor)

How to Prepare



VEGETABLES ARE PLENTIFUL HERE

Asparagus, Cherries and Southern Products on Klamath Markets

Spring is the season when the housewife comes into her own. She ceases to eat from cans, so to speak, and her table is adorned with tempting dishes of fresh vegetables, artichokes, fresh salads where radishes and cucumbers and heaps of lettuce hearts are discovered, spinach snow and then, when an irresistible spending orgy seizes her, there is a strawberry shortcake.

Yesterday, cherries, not the fat, juicy summer variety, nevertheless red, husky cherries, appeared on the local market. They are selling for 50 cents a pound, and just about a pound makes a irresistible pie for supper, or perhaps piece de resistance of a well planned 7 o'clock dinner. The fruit is imported from Barleish, California.

Another import is the strawberry. And they are cheaper, too, by 10 and 15 cents. At present large luscious boxes are selling at 25 cents, and they are much better than the earlier variety which brought 35 and 40 cents regularly for two weeks. The strawberries are shipped to Klamath Falls from the Sacramento valley.

Asparagus Cheap

Another vegetable that is selling at low cost is the asparagus which is offered in several local markets at 3 pounds for 25 cents. The asparagus is particularly appetizing at this time of the year, as it is at its most tender stage. Asparagus, creamed, served cold in salad, or with hot butter or mayonnaise, is an addition to the table that cannot be scrubbed. In cooking asparagus, the variety on the local market, boil the whole tips from 20 to 35 minutes. For tips only it is necessary to boil but 15 to 20 minutes.

Artichokes are cheaper than they have been for several weeks, and good artichokes may be purchased at low as six for 25 cents, although the average price is 3 for 25c.

Green onions, radishes and rhubarb are now being brought into Klamath Falls from the Rogue river valley, and orders for the southern variety have been cancelled in many cases. The radishes sell at 5 cents a bunch, some better at two bunches for 15 cents. Onions are small, bulbous and pearly white. Onions generally sell for 5 cents. Rhubarb is very cheap this week, and four pounds for 25 cents is the average price.

Although nothing has been seen in the local markets from Klamath farmers, onions, radishes, carrots, turnips and other truck products will be out soon.

CHICKEN AND CELERY

When preparing your fowl for a chicken salad, cut the meat with a knife instead of chopping it with a chopping knife. Do the same with celery.

REDECORATING THE BEDROOM

The fad for old-fashioned furniture and decorations is especially marked in the revival of bedroom fittings in modern houses. The walls should be covered with hints patterned wall papers. These usually have neutral backgrounds with tiny colorful bouquets or single flowers spaced over them. Ruffled muslin curtains are the only ones that are possible with this style of room, and though in most cases they are all white, they occasionally are made of the dainty shade that appears in the flowers in the paper.

BAKED OMELET

A little different taste can be given to an omelet by baking it. Use four to six eggs beaten separately; one small teaspoonful of milk, two tablespoons of butter, one of flour and a pinch of salt. Beat the yolks and add the butter. Stir the flour gradually into the milk, then add the second mixture to the first. Finally add the egg whites beaten stiff, and bake it in a buttered dish.

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Children's Health Support of Nation

President Harding once said, "In order to effect the physically perfect nation I would begin with the children."

Probably at no time in our history has social consciousness been more awake to child health than today. Industrial concerns, chambers of commerce, schools, and various agencies all emphasize necessity of intelligent care and understanding of children. Many educational devices for teaching health are being used and ingenious methods are brought into play in order to interest children personally and to instill into them a feeling of responsibility. If all this effort bears fruit, the next generation should have better health than the present one.

One of the biggest problems today lies in food selection. Many mothers don't—or won't see the close relation between food and health. It may be hard to induce children to eat cereals and vegetables—but the difficulty usually arises because the children when too young were allowed to eat highly flavored or concentrated foods such as meat and sugar. These spoiled their taste for bland substances. Another enemy to the vegetable habit is eating between meals. A sweet cookie half or three-quarters of an hour before meal time means loss of appetite for dinner. If the meal hours are far apart, have a definite time for the between-meal lunch—so that it becomes a regularity.

Some suggestions for food served to the child under eight years have been made by nutritionists:

- 1—A quart of milk a day (for drinking and in soups, desserts, etc.)
- 2—A whole cereal daily. (Breakfast cereals and dark breads.)
- 3—Two vegetables other than potatoes (one uncooked, such as celery).
- 4—Fruit every day.
- 5—Serve little sugar and candy. Occasionally a piece of candy may be substituted for dessert.

BUYING CURTAINS

Before buying curtain material get samples of the kinds that seem most suitable and see how they go with the walls, woodwork, floor and furniture by both day and artificial light. Strong light shining through curtain fabrics often brings out striking effects not suspected until put to this test. Excellent curtain materials can sometimes be found among the dress goods.

Fabric and colors that will clean well and withstand light are the best bargain in the end. Examine also for defects in the weave that may show up when the curtains are hung.

EGGS IN ASPARAGUS

Cut stale bread into two-inch slices and then cut out centers with round cutter. Fry crusts in deep fat until brown. Drain on brown paper or dry in oven as for croutons. Make cream sauce of two tablespoons butter, one and a half tablespoons flour, one cup top milk, one teaspoon salt, one-eighth teaspoon pepper. Cream butter and flour, add milk gradually and stir until blended. Cook until thickened, add seasonings. Place browned crust on plate, fill centers with asparagus tips which have been heated and seasoned, having tips toward top. In center put one hard cooked egg, cut in quarters. Cover with sauce and sprinkle with grated cheese.

One-Egg Cake

One-third cup butter, 1 cup sugar, 1 egg beaten separately, 2 cups flour, 4 teaspoons baking powder, 1 teaspoon vanilla, 1 cup of milk.

Cream the butter. Butter should never be melted. Add sugar gradually to the butter and cream again. Separate the egg and add the beaten yolk to the sugar and butter. Sift the flour with the baking powder. Add the milk and flour alternately to the first mixture, beginning with the flour. Add flavoring. Beat thoroughly. Fold in the beaten white. Bake 20 to 30 minutes in a moderate oven. May be baked as a layer cake or a square loaf cake.

When whipping cream

When whipping cream in a warm place put the bowl of cream in a pan of cracked ice. It will whip much more easily.

A loud speaker extension in the kitchen

A loud speaker extension in the kitchen is an excellent aid for the woman radio listener.

MENUS FOR THE WEEK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast Grape Fruit Soft Boiled Egg Rolled Bacon Toast Coffee	Breakfast Bananas Cereal with Top Milk Bacon and Eggs Toast Coffee	Breakfast Oranges Soft Flakes with Top Milk Toast Coffee	Breakfast Orange Juice Muffins Maple Syrup Coffee	Breakfast Cereal with Top Milk Cinnamon Toast Coffee	Breakfast Rhubarb Rolled Oats with Milk Bran Rolls Potato Cakes Coffee	Breakfast Bananas or Oranges Wheat Cereal with Whole Milk Coddled Eggs Buttered Toast Coffee
Luncheon Tomato Soup Devildine Sandwich Nut Bread Cocoa	Luncheon Tomato Rarebit Crackers Prune Souffle Pudding Milk	Luncheon Spring Scramble Fried Potatoes Rhubarb Sauce Sponge Cake Milk Tea	Luncheon Baked Potatoes Milk Gravy Whole Wheat Bread and Butter Stewed Fruit Golden Angel Food Milk	Luncheon Rice and Tomatoes Cottage Cheese Hye Bread Baked Apple with Milk	Luncheon Creamed Eggs and Vegetables on Toast Cookies Milk	Luncheon Eggs in Asparagus Cottage Cheese Jelly Sandwiches Canned Fruit Angel Food Coffee
Dinner Southern Home Fried Chicken Baked Sweet Potatoes Blackeye Peas Egg Corn Bread Buttermilk	Dinner Baked Chops with Sauce Baked Potatoes Creamed Carrots and Peas Rhubarb Pie Tea or Coffee	Dinner Broiled Ham Baked Sweet or Irish Potatoes Biscuits Pineapple Salad Chocolate Pudding Whipped Cream Tea or Coffee	Dinner Beef Pot Roast Mashed Potatoes Dandelion Greens Rhubarb Pie Tea	Dinner Meat Choquets Mashed Potatoes Baked Spinach Head Lettuce with Salad Dressing Date Pudding Coffee	Dinner Hamburg Steak Italian Spaghetti String Beans Lettuce and Green Pepper Salad Jelly and Cream Coffee	Dinner Roast Ham with Brown Potatoes Steamed Carrots Cooked Celery Salad Rose Apples Bread Pudding Bread Butter Coffee

SUGGESTIONS

To make a satisfactory finish for floors put one quart of turpentine in a mason, self-sealing jar. To this add four ounces of finely cut beeswax. Adjust the lid and set in the sunshine. Shake it occasionally until beeswax is dissolved and it is the consistency of thick cream. Apply with a small rag, rubbing thoroughly into floors, and polish with soft cloth after it is dry. It is easy to apply. It is fine also for linoleums and painted floors.

Swedish cookies are made as follows: With a fork mash yolks of three hard cooked eggs while they still are warm. Add the yolks to one cup of granulated sugar and two cups of any good butter substitute. Cream well, then add yolks of four raw eggs. Cream again and sift in six cups flour. Add one teaspoon vanilla and salt unless butter has been used for shortening. Roll out very thin on mixing board and cut out cookies. Sprinkle each cookie with a little granulated sugar and bake in a quick oven.

CHILD'S DIET

Family meals can easily be adapted to the young child's needs. Taking a typical meal of roast beef, browned potatoes, swiss chard and grated carrot salad with a dessert of custard pie and coffee. It could be modified for the young members of the family as follows: A small portion of meat, the inside of a potato taken out and mashed, and the chard or salad make the main part of the child's dinner. A portion of the pie filling baked in a custard cup for the child and milk instead of coffee to complete his meal.

AN EASY SALAD

A very good salad can be made from canned tomato soup. To one can of the soup add half a tablespoon of gelatin, soaked in two tablespoons cold water and softened over hot water. Add a little minced onion, pimento, vinegar and a drop of tabasco. Pour into a wet mold and leave to chill. Then turn out and serve with lettuce and mayonnaise.

Ask for KRAFT CHEESE

Did you ever try using corn flakes as a basis for connoisseur cakes? Beat the white of one egg, add one cup of sugar gradually, beating continuously. Add one cup of cocoanut, then two cups of corn flakes. Drop on greased tins and bake in a moderate oven until a light brown.

Excellent sink brushes may be made of trimming off the worn part of much used old whisk brooms. The short, stiff corn broom is an excellent scrubbing agent. Scald the brush in hot water to clean it.

SWAT THE EARLY FLY

Most people wait too long before making war on the fly. Waiting until the fly becomes a pest is a mistake, as one fly killed in March or April is worth hundreds later.

If you know of any game violations, call phone 584. All information will be strictly confidential.

GARDEN TOOLS TEND TO MAKE WORK SIMPLER

Garden tools and sundries multiply each year and the chief development is in making the work lighter, more efficient and speedier. New reels for garden lines to mark out straight rows, tape lines that wind themselves up automatically, metal labels for rows that can be used permanently, storing each fall, seed sowing apparatus which make it an easy matter to get an even distribution if the seed from the packets and scores of other handy devices are in stock to tempt the gardener, and all these little things help amazingly.

Best of all, strongly built trowels that will not snap off at too enthusiastic a thrust and pry into the earth have taken the place of some of the flimsy constructions of the past. One-piece metal hand cultivators that will not shed their handles after a few weeks of use are among these little things help amazingly.

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