

# How to Buy Food How to Prepare

(LOIS BYRON, Editor)

## MEAL PLANNING GREAT TRIAL TO THE JUNE BRIDE

### Recipes Given for "Meat Extenders" to Housewife

Meal planning is one of the younger married woman's greatest trials. She has learned that a balanced dietary means health for her family.

What she wants to know is how to achieve a balanced diet while at the same time considering economy.

The "meat extender" is one way of arriving at an answer. "Meat extenders" in the parlance of home economists, mean foods which fill out the protein needs of a meal. Although the meat portion may be small or entirely lacking, through the medium of a "meat extender" the housewife acquires approximately the same result as if she had a much larger amount of meat.

Foods such as eggs or beans in various combinations are "meat extenders" in that they provide, with but little meat, a dish containing the necessary amount of proteins.

The following meat extenders are typical:

**Chicken Timbales**  
1 1/2 cups white meat, raw; 1 tsp. salt, 1-8 tsp. nutmeg, 2 egg whites, 1 cup evaporated milk, 1 cup cream, dash white pepper.

Pass the chicken through the food chopper three times; add the seasonings, and beat into the mixture one at a time the unbeaten egg whites, and then very gradually the evaporated milk and cream. Pour into small buttered molds whose bottoms are lined with buttered paper. Fill molds two-thirds full and cook in a dish surrounded by hot water in a 375 degree oven. Turn from the molds and serve with the mushroom sauce.

**Mushroom Sauce**  
1 cup evaporated milk, diluted with 1 cup water, 2 tbsp. butter, 2 tsp. flour, 1/2 tsp. salt, dash pepper, 1 cup mushrooms, chopped.

Prepare a white sauce of the butter, flour, salt, pepper and evaporated milk, add mushrooms after sauce begins to thicken and simmer for ten minutes.

**Meat Loaf**  
1 lb. beef, 1/2 lb. veal, 1/2 cup suet, 2 tbsp. evaporated milk, diluted with 2 tsp. water, 2 cups bread crumbs, 1 tsp. salt, 2 eggs, 1 slice onion, 1-4 tsp. celery salt.

Run meat and suet through a food chopper. Beat egg well, add meat, milk and seasonings, then bread crumbs, which have been soaked in water and squeezed dry. Mix thoroughly and form into a loaf. Place in a roasting pan oiled with 1 tsp. fat and with enough water to prevent burning. Bake in a 375 degree oven for one hour, basting often to prevent drying out.

If you have one or more old tablespoons with the handles broken off them in your corn starch, coffee cans, etc. It is a time saver to have a spoon in the article you wish to use, and the spoons without handles are just the thing.

## HOUSEWIVES URGED TO SERVE SALADS

More and more cold foods are the order of these truly summer days, but we must be careful in planning meals not to go to extreme in this regard. Too much cold food slows down and impairs the processes of digestion and lessens comfort rather than increasing it.

One warm food at each meal is a good rule to follow. This may be a warm vegetable dish, beverage or, if the meal is breakfast, a cereal.

Delicious combinations of foods find their way into salads these days. Instead of serving a hot vegetable at dinner, or a meat dish, both may be combined in a meal size salad, and with the addition of scalloped or creamed potatoes we have an inviting and wholesome meal.

Strawberries are nearing the end of the season, but other berries are at their best. Strawberries should not be allowed the privilege of usurping shortcakes as they often are, for the others are equally good. For those who have not tried it, a combination of crushed red raspberries and loganberries is truly delicious. Blackberries, too, especially if they are the wild ones, have a flavor that just demands a second helping.

### BAKED CHOPS—SAUCE MOUSSELINE

Remove the bones from as many chops as there are to be served, roll and pin them in shape with wooden toothpicks. Dip the chops in melted butter, then in very fine crumbs, dust with pepper and salt, lay them in a buttered shallow baking pan that was first wiped with a cut bud of garlic, dot with butter and bake to a delicate brown, turning them once, basting with gravy. Sauce: Wash and pick over carefully a solid pint of fresh spinach, then pound it in a mortar and rub it through a sieve. Put into a sauce pan with a tablespoonful of cream, the beaten yolks of two eggs, pepper, salt and a tablespoon of tarragon vinegar. Beat to a stiff frothy sauce with a silver fork. Place the chops on a hot dish and turn the sauce over them garnishing with sprays of watercress.

### CHOOSING NEW CURTAINS

Study the general style of your room. Curtains can help to make a room homelike and inviting or dignified and formal, depending on the kind of material used and how it is hung. Side draperies give a finished appearance to the window, are useful as shades if arranged to draw, and are a good means of adding color to the room and of modifying poor proportions. In small homes, side draperies that end on a line with the apron of the window are more suitable. If a more formal effect is desired, let them extend to the baseboard or an inch above the floor. A valance used with or without draperies carries the eye across the top, and has the effect of decreasing the height of room and window.

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## MENUS FOR THE WEEK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b> Orange Juice Oatmeal with Top Milk Omelet Whole Wheat Toast Coffee	<b>Breakfast</b> Oranges and Bananas Sliced Bacon Johnny Caki Maple Syrup Coffee	<b>Breakfast</b> Grapefruit Cereal with Top Milk Asparagus Omelet Toast Coffee	<b>Breakfast</b> Uncooked Cereal, Crushed Strawberries and Top Milk Ham Omelet Toasted Whole Wheat Bread Coffee	<b>Breakfast</b> Grapefruit French Toast Maple Syrup Coffee	<b>Breakfast</b> Strawberries Corn Flakes with Top Milk Creamed Chipped Beef Coffee	<b>Breakfast</b> Stewed Prunes with Raisins Rolled Oats and Cream Poached Eggs Toast Coffee
<b>Luncheon</b> Creamed Asparagus on Toast Pineapple Delight Graham Crackers Milk Tea	<b>Luncheon</b> Ham and Egg Sandwiches Stewed Rhubarb Cookies Milk Junket	<b>Luncheon</b> Rice and Tomato Radishes Rhubarb Whole Wheat Bread and Butter Milk Tea	<b>Luncheon</b> Parsnip Puff Toasted Bacon and Cheese Sandwiches Parsnip Pear Salad Tea	<b>Luncheon</b> Saffron Noodle Soup Cheese and Lettuce Water Crackers Milk	<b>Luncheon</b> Cheese Crumpets or Muffins Pineapple Salad Cake Tea	<b>Luncheon</b> Baked Beans Catsup Baked Apples Whole Wheat Celery Baked Custard Cookies Milk
<b>Dinner</b> Broiled Pork of Lamb Chops Scalloped Potatoes Vegetable Salad Parker House Roll Butter Fig Tapioca with Cream Coffee	<b>Dinner</b> Pot Roast Riced Potatoes Onions Creamed Carrots Cabbage Salad Amber Pie Tea or Coffee	<b>Dinner</b> Meat Loaf Scalloped Potatoes Cold Salad Fruit Gelatin Cookies	<b>Dinner</b> Creole Steak Dandelion Greens and Corn Dodgers Rhubarb Pie Milk	<b>Dinner</b> Fried Spring Chicken Sauté Potatoes Spanish Salad New Peas in Cream Sliced Oranges Rosemary Cake Coffee	<b>Dinner</b> Baked Salmon Creamed Potatoes Buttered Green Peas Rhubarb Pie Tea or Coffee	<b>Dinner</b> Barley Soup Baked Ham with Potatoes Rolled Sponge Cake with Frosting Canned Peaches Tea Milk

### NEW DISHES MADE FROM SEASONINGS

A little different seasoning may make a new dish of one of which the family has grown tired.

To ham, however cooked, even ham omelet, add a little mustard. Try this also on baked beans and on cheese dishes such as macaroni or spaghetti.

Put curry in lamb, veal, chicken or rice.

Sprinkle a little chopped red pimento pepper on the salad.

Use celery salt and onion salt when the fresh article is not obtainable.

Don't be afraid of a taste—a very slight taste—of garlic or curry powder in salad. It is delicious.

When warming over bits of meat, potato and gravy add a bit of chili pepper, curry powder in the gravy or garlic. Onion, finely chopped, tomato catsup, Worcestershire sauce or a little mixed mustard are also good.

If the pot roast has lost favor season it in this way and see if it doesn't gain popularity again: Fry an onion, mix it with powdered mustard that has been moistened with weak vinegar. Spread this mixture all over the pot roast when it is nearly done.

### LACE IS REVIVED

There is a decided revival of feeling for tulle and for fine net laces with thread patterns. Often it is combined to advantage with chiffon of exactly the same shade.

### VEGETABLES GIVE PLACE TO FRESH FRUITS IN MARKETS

Last month at this time the Klamath Falls markets were filled with tempting green things, radishes just coming in, asparagus at its height and tomatoes bringing dear prices.

And now the markets present a flood of fruits, berries and melons.

In one local market store caps of red raspberries, Columbian raspberries, black caps and loganberries were arranged in neat rows surrounded with baskets of golden apricots and deep plums.

Red raspberries, the Columbian black caps, mammoth blackberries ever-bearing strawberries, loganberries and the more common variety of strawberries all sell 20 cents a cup or two cups for 35 cents. Strawberries, according to Klamath merchants, are as cheap as they will be at any time during the summer season, and as they sell for 20 cents a cup it is not likely that winter will find the local housewife's fruit jam shelves filled with strawberry jam conserve or just canned strawberries in their own juice.

Gooseberries are in splendid condition and free from blemishes. They sell two pounds for 25 cents, and are from local ranches.

Honeydew melons are bringing 15 cents and cantaloupes which have increased immensely in flavor during the past week, and are selling three for 25 cents or 19 cents apiece, according to size.

Yuma watermelons are bringing four cents a pound. They are the

### CARE OF HANDS

During cleaning and canning times the fastidious housewife dreads the effect on her hands.

First lather hands well with good toilet soap, then sprinkle generously with corn meal (keep some in a glass jar with holes punched in lid) rub and rinse. Then sprinkle with more corn meal and squeeze lemon juice into corn meal and rub once more.

The corn meal carries the lemon juice into crevices that you will not be able to reach in any other way. Rinse and dry well and apply good lotion. Glycerin, rose water and benzoin make an excellent one. It is also a good plan to use warm olive oil at night, giving special care to nails.

Klamath Falls and offered in markets here for 20 cents.

Tomatoes are getting cheaper and incidentally better. Cut from last week they sell two pounds for 35 cents. A splendid variety of tomato from valley hot houses is selling 39 cents a pound straight. There is a great difference in both flavor and size, as well as brilliant color.

Italian squash is also finding a good market here and Klamath Falls women are buying it more frequently than before. The squash sells 15 cents a pound and suffered a great drop in price with the advance of summer these last two weeks.

## RECIPE GIVEN FOR DELICIOUS FRUIT COMPOTE

### Berries on Markets Now Make Canning Simple

Now that fresh fruits are found in such an abundance in Klamath Falls markets, the housewife can safely start out on her canning and have it over by the time later fruits and vegetables appear.

Berries of all kinds, raspberries and loganberries, blackberries and strawberries are delicious now. Firm and juicy and exceptionally sweet, they are offered at reasonable prices.

A fruit compote that will be delicious for hot biscuits when cold weather comes, or on toast before the fireplace, can be made easily at this time of year when things are so plentiful.

The following recipe is given for the perfection of the fruit compote:

Handful of apricots; handful of peaches; handful of plums; can of broken sliced pineapple; handful berries; kind or kinds; enough sugar to cook down and thicken.

Add nuts, as many as desired, the more the richer the compote. Seal in small jars with paraffin like jelly. This compote improves with age and is better the next summer as it will be just cold from being cooked.

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**A Good Recipe**  
**BAKED SALMON**  
2 lbs. sliced salmon  
2 cans tomato sauce  
2 green peppers chopped  
1 medium onion

**DIRECTIONS**  
Dredge salmon with flour, lay in baking pan, cover with tomato sauce, chopped green peppers and chopped onion. Salt and bake in slow oven about 45 minutes.

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