



How to Buy

Food

How to Prepare



(LOIS BYSON, Editor)

SIMPLE RECIPES AID HOUSEWIVES IN PREPARATIONS

Meals are Often Made Delicious by Variation

A simple recipe will often save time and trouble, a more elaborate one gives distinction to a plain meal or a party feast. A definite recipe will remove difficulties, and each and every one will offer suggestions for improving and varying the menu.

BEEF RELISH

1 quart cooked beefs, 1 cup small onions, 1/2 cup grated horseradish, 1 teaspoon salt, 1/2 cup sugar, vinegar.

Mix first five ingredients, add vinegar to cover and pack in jars. This amount makes three half pints.

TAPIOCA PUDDING

6 tablespoons granulated tapioca, 2 cups cold water, 1/4 teaspoon salt, 1 1/2 tablespoons lemon juice, 1 cup marmalade, 2 egg whites.

Put tapioca, salt and water in top of double boiler and cook over direct heat for five minutes. Then cook over hot water until tapioca is transparent. Remove from stove. Add marmalade and lemon juice, and when partially cooled, fold in egg whites stiffly beaten. Serve with boiled custard sauce or cream.

MOLASSES HERMITS

Half cup brown sugar, 1/2 cup fat, 1 tablespoon vinegar, 1 teaspoon salt, 1 teaspoon ginger, 1/2 teaspoon cloves, 1/2 teaspoon cinnamon, 1 teaspoon soda, 1/2 cup molasses, 1/2 cup coffee, 1 cup chopped raisins, 2 1/2 cups bread flour.

Cream sugar and fat together. Add liquid. Mix and sift dry ingredients. Combine mixtures. Drop by small spoonfuls an inch apart. Bake in a hot oven.

PORK CHOPS A LA CREOLE

Roll pork chops in flour, brown in a small amount of hot fat. Season and cover with mixture made from one can tomato soup, one can water, one-half cup chopped celery, two small onions, chopped, and one small chopped pepper. Cover and bake in a moderate oven for one hour. Remove cover during the last fifteen minutes.

In new houses the rooms are so much smaller now that we are often confronted with the problem of placing our furniture without the appearance of overcrowding, and placing of books is always a difficult matter, as we cannot have floor space for bookcases. A good solution is to have wall space filled with shelves for your books. This shelving can easily be made by a member of the family. Two shelves placed in some long space gives an artistic appearance in the room. The shelves can be placed above a sofa or a settee in the corner of a room. Shelves eight or nine feet long, when placed at the right height are pleasing, especially when they turn a corner and extend at right angles.

Fresh Vegetables Break Routine Preparing Food

Fresh vegetables are crowding the markets during this season. They carry so much goodness and nourishment that they do not need elaborate preparation, but to avoid monotony and still be able to serve them often during their brief season it is well to vary them with sauces and other slight additions that add to their delicious appeal.

PEAS WITH RICE

1/4 cup butter, 1 onion minced, 1 tablespoon minced parsley, 2 cups green peas, 1/4 cup rice, 1/2 teaspoon salt, 1/4 teaspoon pepper, 2 cups hot water, 3 tablespoons grated cheese.

Heat saucepan, melt half of the butter, brown the onion and parsley three minutes, add peas, and cook 5 to 10 minutes. Add the rice uncooked and cook until rice is dry, about 3 minutes. Add hot water, salt and pepper, cover, cook slowly until rice is soft, about half an hour. Add the remaining butter and the cheese and serve at once.

ASPARAGUS, CHEESE

1 bunch or 2 lbs. asparagus, 1/2 cup buttered crumbs, 1/2 cup grated cheese.

Untie bunch, snap off each stalk as far up as it will break easily, wash, and tie again into bunch. Cook until tender. Sprinkle with buttered crumbs and grated cheese and brown under the flame of broiler two or three minutes.

CELERY LOAF

1 cup minced cooked celery, 1 cup nuts broken into small pieces, 2 cups soft bread crumbs, 3 tablespoons water, 1/2 teaspoon salt, 1 teaspoon onion juice, 1/4 teaspoon pepper, 1 tablespoon melted butter, 1 cup hot milk, 2 tablespoons butter, 1/2 cup hot water, 1 cup thin white sauce.

Cook celery until tender and mash. Moisten crumbs with hot water and mix all the ingredients except second amount of butter, hot water and sauce. Shape into loaf, using crumbs enough to make it of the right consistency. Place in a greased baking pan and bake in a moderate oven for an hour. Baste frequently with butter melted in hot water. Serve with white sauce.

VEGETABLE SCRAPPLE

1 medium onion minced, 1 medium carrot minced, 1/2 green pepper minced, 1 cup corn meal, 2 teaspoons salt, 3 1/2 cups boiling water.

Cook together until thick or about one hour. Beat and pour into a greased bread pan. Allow to cool thoroughly. Slice and brown in the frying pan.

USE OLD TABLE

An old sewing table, with the legs cut down to child size, makes a fine play table. Their little chairs just fit in. When not in use the table can be folded and put out of the way.

ESCALLOPED DISHES

For escalloped dishes cook the onions and green peppers in butter first, so that the dish need not be baked so long.

Mrs. Blake's Helps for Home-K

By Mrs. Mary Blake, Domestic Science Dept., Catholic Miss. Prof.

"One-Dish" Dinners

Rice and Meat Croquettes



One cup boiled rice, 1 cup finely chopped cooked meat, any kind, 1 tablespoonful salt, a little pepper, 2 tablespoonfuls of butter, 1/2 cup evaporated milk, 3 tablespoonfuls of water mixed with the milk, 1 egg. Bring evaporated milk and water to a boil, add the seasoning, rice and meat. When this boils, add the egg, well beaten, and stir for one minute. After cooling, shape, dip in egg and bread crumbs, fry until brown in mixture of lard and butter. Serve with Thick White Sauce.

Easy One-Dish Dinner

Six medium sized potatoes, 1/2 cup chopped meat, any kind, 3 cups of white sauce. Cut potatoes in small pieces and mix with meat. Pour over it the white sauce, thin or medium as desired. Sprinkle top with little grated cheese and bake for about 15 minutes.

Cheese Souffle

Two tablespoonfuls butter, 2 tablespoonfuls flour, 1/2 teaspoonful salt, speck of cayenne, 1/2 cup evaporated milk, 1 cup cheese grated or chopped, 3 eggs, separated. Melt butter, add flour and seasoning; mix well and add evaporated milk and cheese. Cook until sauce is thickened and cheese melted. Add beaten yolks of eggs and set aside to cool, then fold in beaten whites of eggs. Put into buttered baking dish, set in pan of hot water and bake in medium oven for 25 or 30 minutes.

Cabbage Au Gratin



This vegetable is not appreciated as it deserves by Americans. The French know its secrets of flavor and use it liberally. Your family will surely like it prepared this way: Small cabbage, 1 cup evaporated milk, 2 tablespoonfuls flour, 1 tablespoonful butter, salt and pepper, little green pepper, 1/4 cup cheese, bread crumbs. Cook cabbage cut in small pieces. Have medium white sauce ready, to which the cheese and bread crumbs have been added. Line casserole with alternate layers of cabbage, peppers, crumbs and sauce, adding buttered crumbs to top. Bake for 20 minutes in moderate oven. Sufficient for four.

NATIONAL DISHES TO BE GIVEN HERE

A series of articles on national dishes of countries on the European continent, in the Orient and of South America have been prepared by a famous chef and will appear frequently on this food page.

The first of the series is the British national dish, Yorkshire pudding.

Yorkshire pudding, served with roast beef, is the most popular of all made dishes enjoyed by the people of Great Britain. It also is used as a dessert, which is the way the Prince of Wales likes it best.

As its name implies, the pudding originated in the county of Yorkshire several generations ago. It comprises three ingredients—eggs, milk and flour.

The eggs are beaten up with the flour, and the milk added in such quantity as to make rather a thick liquid. This is poured into a baking tin, giving the batter a depth of about an inch or more, according to the thickness desired.

The pudding, as a side dish, is baked until it becomes brown and

a little crusty, and during the baking process gravy from the meat is poured over the pudding, and in Yorkshire, more especially, the meat is placed between pieces of the pudding and eaten as a sandwich with seasonable vegetables.

When the pudding is served as a dessert or for breakfast the meat gravy is dispensed with and jam or marmalade added.

DATE-MARSHMALLOW TAPIOCA

Cook in a double boiler, one pint of milk, four tablespoons of tapioca, and one dozen dates, seeded and cut in small pieces, adding a tiny pinch of salt. When the tapioca is thoroughly cooked and clear, add one dozen marshmallows, stirring till all are dissolved. Then remove from the fire, and flavor with a scant teaspoon of vanilla; no sugar is needed. As this should be served cold, it can be made the day before it is wanted. It is good either with or without cream or rich top-milk. Sufficient for three or four persons.

Hats soiled in back from the hair or coat collar, can be made clean by sponging with gasoline or benzine.

FRYING PAN THEORY HAS PROVED FLOP

Tea Rooms, Restaurants Cater to Griddle Iron Trade

For many years food faddists have been telling the housewife to throw away the frying pan because fried foods were not healthful. Any way, the evolution of the frying pan has gone right along. And each season sees some new point about them that shows that they must be still in demand to receive so much attention from inventors and manufacturers.

The new frying pan and griddle is made on the new unified heat plan. The pans heat quickly and cool slowly. The reason is in the construction of the utensils. The outer pan has a galvanized iron base lined with chamfered copper with an air space between that and the aluminum lining. A uniform heat is spread all over the pan, which it holds some time after the fire is out, so that the foods keep warm from a half to three quarters of an hour. The frying pans are made without the familiar lip at the side.

There is no use saying that pancakes, or even waffles, are out of fashion. Tea rooms and restaurants have steady demands for them, and small electric grills have little fitting griddles and waffle irons for family use. There are new perforated pancake turners and nickel dish covers to keep the cakes hot until served, if one needs any more proof.

Among other conveniences that are useful at this season of the year are the little aluminum pudding moulds. The moulds are in-

KEEPING FOOD COOL

Now that the warm weather is here it is well to know there are many ways to keep things cool without ice or refrigerator. Bricks soaked in water and laid in a cool place on the cellar floor make a fine place for your butter, milk and eggs. Putting a vessel containing food a few inches down in cool water will keep them cool. In hot, dry weather a damp cloth thrown over bread, cake or leftover food will keep them cool, moist and free from dust and insects.

dividual and shaped like the big ones. If carefully greased, the puddings slip out more easily than from the heavier tin ones. Easily cleaned, they are quite a joy to own.

Cabbage Salad Cream Dressing

New cabbage, a small hard head, and one as green as possible, is the sort to select, because the green leaves of the cabbage contain iron; and green-and-white, either raw or cooked, is attractive to the eye. Shred sufficient cabbage, let it stand an hour or more in cold water; then drain and dry, and mix with this dressing: One-half pint of thick sour cream, four tablespoons of lemon juice, one tablespoon of sugar, one-half teaspoon of salt, a little white pepper, one teaspoon of made mustard. Mix all the ingredients except the cream; when smooth, add them gradually to the cream, beating it all the while.

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