



How to Buy

Food

How to Prepare



(LOIS BYNON, Editor)

Excellent Recipes Supplied for Ham

Should we be setting out to learn new uses of ham it might be wise to give our attention for a bit to the less usual uses that have been made of this meat, such as that for flavoring other meats. We could get many suggestions for experiment along this line from the old cookery books. We might find that one of the most interesting of all the ways of using ham, both the cooked and uncooked, has been that where what it would contribute of flavor was the main consideration.

The Italians use ham eternally for seasoning little cutlets of meat, for seasoning sauces, and for making those little combinations which are used to make rice and macaroni and inexpensive meats attractive and savory. The mixture they call a "battuto," and make go so far as a seasoner often contains but one ounce of raw ham, some parsley, and other herbs all chopped fine and spread exceedingly thin on thinner cuts of veal than we ever see. One of these mixtures made for flavoring their "risotto" (a rice dish) we may translate as follows: Cut a little raw ham, fat and leaf, into small pieces. Chop up fine a small piece of onion, and put it into the frying pan with one-half a tablespoon of butter. Stew slowly until the ham and onions are golden.

Notice this use of butter. It is always best to use it when we fry slices of raw ham, and it is best to have those slices thin, because if fried too much they get hard. The fire cannot be as hot for the frying in butter, for it will burn, as in other fats and so the ham, more gently cooked, will not harden.

But in reviewing ham recipes of American origin those for boiling whole hams lead all the rest, and all the old ones being with the direction to soak the ham for twelve hours or more. Those who cure hams for our use today, the big packing houses, advise us not to soak the ham, and they have given much attention to the business of teaching the public how to cook their product. Some, or one of them, has the ham wrapped in a paper, and advise the baking of it without removing this. Some people do.

On Boiling Hams
As in the case of all boiled meats, the ham must be gently simmered and really not boiled at all, but slowly cooked so as not to get hardened, particularly as the curing has done that to a certain extent. Some of the most famous cures of old made the ham so hard that only an expert cook could get it soft. Many seasonings are also used, but having the meat immaculately clean counts most in perfecting its flavor—and it is served with many different sauces and gravies, those of fruits such as pineapple and raisins being in high favor today.

The recipe given by Victor Hirtzler, famous chef in San Francisco, for "boiled ham a la Leonard" is interesting because of its phraseology and also because of the directions. It is: "Soak a smoked ham in cold water for twelve hours after having cut off the handle bones and shortening the hip bone. Set on the fire and bring to the boiling point gradually; then drain off the water and replace with water of tepid warmth.

"Add four or five carrots, two bay leaves, a small bunch of thyme, sage and basil and a bunch of celery tops all tied in a bunch. Season with mace, cloves and pepper berries, let it come to bubbling heat, and then set on back of stove where it may simmer at an even temperature.

"When done, allowing about a quarter of an hour for each pound of meat, peel and serve with a sauce made of some clear soup stock, Madera sauce, three spoonfuls of molasses, and a spoonful of French mustard. The ham should be basted frequently while cooking."

Which direction would seem to indicate that after the peeling of the ham, instead of its being served next, it was baked with the sauce, since we cannot baste something which is in water.

Preparing Ham for Boiling

Mr. Hirtzler's recipe is exceptional in that he mentions the cutting off of the bones, which in many cases need to be removed because they have deteriorated or are dirty. If these bones are not cut off the exposed ends should be scraped thoroughly. And it is a good plan to cut off what he calls the "handle bone," because in some cases it has been too much handled. The hole where a string has been needs to be cut off because it is both tarry and dirty, and if left on will flavor the meat as it cooks, particularly if it has grown gray and rancid around that hole.

Crackers are Bread
in its most concentrated form. Serve 'em—Bake 'em—they keep in hottest weather.

OLD FASHIONED PRUNE CAKE

3 eggs beaten, 1 cup sugar, 1-2 cup water, 2 cups Martin Bros. flour, 1/2 cup melted butter, 2 teaspoons baking powder, 2 teaspoons grated lemon rind, 1 cup chopped nuts, 1 cup chopped cooked prunes.

Break eggs into mixing bowl. Beat until very light, about three minutes, and add sugar slowly beating constantly. Add water in the same way. Sift in the dry ingredients except 1-4 cup of Martin Bros. flour and the baking powder. Add melted butter and lemon rind, stir vigorously until smooth, about three or four minutes, sift in remaining flour and baking powder and stir well. Pour half the amount into a well greased loaf pan, put over this a layer of prunes and nut meats and cover with remaining dough. Bake in a very moderate oven about 50 minutes.

SUGGESTIONS

A mother of three boys writes in a practical suggestion for identifying the children's clothing. I have three children and there is about one size difference in their stockings. To save time and trouble in getting them paired I mark the oldest boy's with a few over and over stitches at the top of the stocking with different color thread. The second child's I do not mark and the youngest child's I mark. If the oldest outgrows his I rip the marking and they are for No. 2. If the second one outgrows his I mark them and they are ready for the youngest. Their socks I mark on the foot of the stocking. Their bedroom slippers are all the same color. I saw a fancy button on the front of the second oldest child's slipper.

SERVE FRUIT

Serve spiced fruit with veal. Spiced pineapple is recommended as there is an element in pineapple which aids in the digestion of any kind of meat.

MILK GREATEST OF BEAUTIFIERS

Milk is one of the greatest of all beautifiers. It is a natural mild astringent and is soothing to the skin. It can be applied just like any lotion and allowed to dry on the face. Hot fresh milk makes an excellent face bath for an occasional treatment. Usually people who drink a good deal of milk have clear complexions. Many famous beauties have had the habit of going on a milk diet for two or three days every once in a while. And the soothing effect of hot milk on the nerves is well known; this simple drink is frequently helpful in overcoming sleeplessness. Buttermilk is a beautifier that may be used both externally and internally. It is more bleaching than plain milk and is often effective in lightening tan and freckles. Buttermilk alone makes an ideal temporary diet for persons who are troubled with stomach or intestinal derangements. Our grandmothers often used a very simple and exceedingly good facial masque. It consisted of nothing more or less than the white of an egg. This should be beaten lightly, so that it is easily applied, and then left to dry on the face. After about twenty minutes, during which time a pulling sensation will be felt as this natural astringent tightens the skin and irons out wrinkles, the egg white should be washed off with lukewarm water.

HAM AND EGG SANDWICHES

Mince bits of leftover ham. Have ready slices of buttered toast. Scramble an egg for each person, with a tablespoon of milk added, add to ham, heat thoroughly and spread over the toast. Cover with another slice of hot toast, well buttered.

Underfed Children Often Handicapped

The underfed child does not mean necessarily the child who does not eat enough to satisfy its hunger. It means that the child does not eat the proper food to build up and become sturdy—as it would if its food contained the blood building elements. The blood building elements will be found in the plainest of foods—in their natural state. Whole grains, fruits, vegetables, honey, raisins and dates are good for the child. Instead of candy after school, give the children stuffed dates. One pound dates, one pound shelled pecans, powdered sugar. Stone the dates, fill with the nuts, and roll in

powdered sugar. The persons who desire to gain would eat:

Breakfast: Sliced orange, two thick pieces of whole wheat toast, coffee with sugar and cream, and shredded wheat and cream.

Lunch: Macaroni and cheese, lettuce salad with mayonnaise, milk, two slices of whole wheat bread, and baked apple and cream.

Dinner: Average serving of steak, large baked potato with large pat of butter, creamed cabbage, tomato salad with mayonnaise, two slices of whole wheat bread and butter, and custard and cookie.

In addition to the regular meals the thin person should have each day a glass of milk and cream between meals, accompanied by grades ham crackers.

BAKED MEAT BALLS

One pound of round steak ground, season and make into balls. Sear in suet and butter on both sides and put in baking dish. Make gravy in skillet by adding more butter and one cup of tomatoes or one can tomato soup and one cup water. Bake in closed dish at least an hour in slow oven. More water can be added if gravy gets too thick.

SUMMER SPREADS

In the summer time unbleached bed sheets may be used as bed spreads. Appliques in bright colors may be sewn on with large, loose stitches so that they may be easily removed. In the fall the applique may be removed and they may be used with the other sheets.

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Halibut	A Good Recipe
Salmon	2 lbs. Halibut
Cat Fish	Cup of milk
Sole	1/2 cup grated cheese
Crabs	1/2 chopped onion
Kipped Salmon	1 tablespoon butter

DIRECTIONS
Place Halibut in bake dish, pour in milk, place butter in small pieces on top, sprinkle with grated cheese, season to taste and place in moderate oven till tender.

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