



How to Buy

# Food

How to Prepare



## Southern Expert on Cooking Gives Instructions How to Prepare Dishes

By BESSIE R. MURPHY

### What Is Food?

The body is a machine. Food is to the body what gas is to an automobile. It is more. It supplies material for repair and replacement of worn-out parts.

### "When Winter Comes"

October—Winter is just around the corner. Time to think about your cold weather needs—as a prudent food buyer—keep your human house in order, by eating the right kinds of food, foods that your body can digest and will supply nourishment.

Your system needs the foods that supply heat and energy as well as those to rebuild and repair the tissues of the body. Serve the following during this month to prepare your system for the winter days to come.

### Meat

Duck, liver, tongue, steak, fowls, lamb, fish, ham and bacon and as substitutes, cheese and eggs.

### Fruits

Bananas, apples, oranges, grapes and late peaches and pears.

Use imagination in your October menu.

Spring some surprises on your family, even though they are the same old foods, but in new ways. Don't serve potatoes every day—substitute macaroni, rice and spaghetti in various ways.

And don't serve spaghetti always in the same way, serve often with a well seasoned tomato sauce and some grated cheese.

Eat for health and efficiency. The best buying guide for prudent housewives is the daily newspaper. Watch the food advertisements today—you will save time as well as money.

### For Desserts

Baked apples, gelatine desserts, custard pies, dessert cakes and cookies.

### Cereals

Oatmeal, grits, cornmeal mush, bran and other ready to serve cereals.

### Vegetables

Eggplant, beans of all kinds, potatoes, rice, cabbage, turnips, cauliflower, celery, lettuce and onions.

## White Pelican Is Wonder Bottling Of Good Things

"Little short of phenomenal," is the way A. M. Collier, president of the White Pelican Springs Bottling Works, describes the growth of the carbonated beverage industry in Klamath Falls.

"From a little backyard industry, operated in the rear of a saloon at Seventh and Main, only ten or twelve years ago," reminisced Mr. Collier, "we are now adding thousands of dollars each year to the equipment and machinery to meet the demand. This summer we added a Dixie automatic bottling machine, which doubled our capacity."

Improved quality in bottled beverages is given as the principal reason for the local and country-wide increase in consumption. The drinks made by the local bottling works have the advantage of being fresh, pure and wholesome.

## SWEET POTATO IS CROQUETTE RELISH

Cut a small cabbage in quarters, remove the hard center, cover with boiling water and let cook until tender in an open kettle. Chop the cabbage rather coarse. Melt one-fourth cup of shortening, in it cook one-fourth cup of flour and half a teaspoon each of salt and paprika, add two cups of milk and stir until boiling. Rub shortening on a baking dish, put in a layer of cabbage, sprinkle lightly with salt, add a layer of the sauce, two tablespoons of grated cheese and so continue the layers until the ingredients are used, having the last layer sauce. Cover with three-fourths cup of cracker crumbs, mixed with one-fourth cup melted shortening. Set in oven to brown the crumbs. Garnish the dish with hard-cooked eggs sliced thin.

### Sweet Potato Croquettes

2 cups cooked sweet potato.  
1/2 teaspoon salt.  
1/4 teaspoon cinnamon.  
2 eggs, beaten light.  
1 egg, beaten until well-mixed.  
2 tablespoons milk.  
Soft bread crumbs.  
Shortening.  
The potatoes may be baked or boiled; press while hot through a ricer; beat the two eggs, the salt and the cinnamon into the potatoes; more salt may be needed. Let cool a little, then roll in the hands into balls; form on a board into cylinder shapes. Roll the shapes in the soft crumbs, cover with the egg mixed with the milk and again roll in the crumbs. After standing a short time, roll the shapes again to remove any loose crumbs. Fry in hot fat one minute.

Sale of Dresses at Bee Begin's Store, 129 So. 7th.

## SUNDAY MORNING WITH CHICKEN PIE

1 chicken cut in pieces and cooked.  
Salt and pepper to season.  
2 1/2 cups pastry flour.  
2-3 cup shortening.  
2 1/2 teaspoons baking powder.  
1/2 teaspoon salt.  
1/2 cup cold water.  
(Some flours take up more water.)

Set the hot chicken, that has been cooked with a rich thick well seasoned broth, in a baking dish pour on the thick broth gravy to nearly cover. Have ready the pastry, made of the flour, salt, baking powder, shortening and cold water, roll and place above the chicken, letting the edge rest on the dish. Bake about half-hour. (To make the pastry, sift together the flour, baking powder and salt; with two knives work in the two-thirds cup of shortening, then gradually add the water and work to a paste. Knead the paste slightly on a floured board, roll into a rectangular sheet, spread one-half with shortening, fold the other half of the paste over shortening and fold as before; roll into a rectangular sheet, fold three times, then roll to fit the dish, trimming as needed.)

### Timbales of Spinach

2 quarts spinach.  
1/2 teaspoon salt.  
1/2 teaspoon pepper.  
3 egg yolks, beaten light.  
1/2 teaspoon sugar.  
1 1/2 cups brown sauce.

Remove outside leaves and coarse stalks from the spinach, wash thoroughly, changing the water many times. Add salt and let boil ten to fifteen minutes, turning the spinach many times. Use no water but that clinging to the spinach after washing; drain in a colander, pressing out all the water; chop very fine, add the seasonings and the egg yolks and mix thoroughly; turn into greased molds fitted with a round of paper in the bottom; press into the molds compactly; set the molds in a baking dish on many folds of paper and turn boiling water around the molds to half their height; let cook until firm; serve with cream or brown sauce.

For the fruited gelatine, make a plain or strawberry gelatine and use any combination of fruits, added just before hardening, or take a can of the assorted fruits for salad and add gelatine. Mold in individual molds.

A delicious fruit cake put up in an attractive tin box costs \$1.75 cents. It should be cut into 25 slices making four slices costing 28 cents (7 cents each). Enough coffee for four people, at an average cost of 40 cents a pound, is about 4 cents.

## USE OF ORANGES IN PIE AND CAKE

**Orange Meringue Pie**  
1 cup sugar.  
5 tablespoons cornstarch.  
1/2 teaspoon salt.  
3 eggs.  
1 tablespoon butter.  
2 tablespoons lemon juice.  
2 cups orange juice.  
Mix sugar, cornstarch, salt and grated rind in top of double boiler; heat orange juice to boiling point and add the mixture, stirring constantly until thick and smooth. Place over hot water and cook 10 minutes longer. Separate eggs, saving whites for meringue. Beat yolks slightly, add to mixture and cook 1 minute. Remove from fire and add butter and lemon juice. Cool and turn into a baked crust. Cover with meringue made from egg whites.

### Orange Layer Cake

1/2 cup butter.  
1 cup sugar.  
3 eggs.  
1/2 teaspoon salt.  
1 3-4 cups mixed milk and water.  
1 teaspoon lemon juice.  
2 cups pastry flour.  
4 teaspoons baking powder.  
Cream butter and sugar, add yolks of eggs and beat thoroughly. Sift dry ingredients three times. Add half of dry ingredients to first mixture and beat; then add liquids alternately with remaining half. Add flavoring; last fold in the stiffly

beaten egg whites. Bake in two oblong sheet pans or in three layers. Spread with orange filling between layers and cover with orange frosting on top and sides.

### Orange Filling

1 cup sugar.  
3 tablespoons cornstarch.  
1/2 teaspoon salt.  
2 tablespoons melted butter.  
1 cup orange juice.  
1/2 cup grapefruit juice.  
Grated rind 3 oranges.  
3 egg yolks.  
Mix dry ingredients. Add juices

### Salmon Salad Sandwiches

One pound can Pink salmon, 1 tablespoon any salad dressing, 2 tablespoons finely chopped cucumber pickles (sour), 1 teaspoon grated onion or onion juice, one-half teaspoon mixed salt and pepper. Mix thoroughly and spread between slices of bread, cut thin.

## Good Menus for This Week

**SUNDAY**  
Breakfast  
Baked apples with cream  
Puffy Omelett  
Coffee  
Dinner  
Celery  
Chicken Pie  
Timbales of Spinach  
Canned Peas with Fresh Carrots  
Parker House Rolls  
Fruit Gelatine  
Coffee

**WEDNESDAY**  
Breakfast  
Sliced Bananas  
Scrambled Eggs  
Coffee  
Dinner  
Pork Chops with Apples  
Candied Yams  
Spinach  
Prune Whip

**MONDAY**  
Breakfast  
Oat-meal with Cream  
Poached Eggs on Toast  
Coffee  
Dinner  
Hamburg Steak a la Tartare  
Creamed Cabbage  
Sweet Potato Croquettes  
Egg-Corn Bread  
Lettuce-Salad

**THURSDAY**  
Breakfast  
Baked Apples  
Broiled Bacon  
Coffee  
Dinner  
Celery  
Round Steak-Italian Style  
Turnip Greens  
Lettuce with French Dressing

**TUESDAY**  
Breakfast  
Fruit in Season  
Broiled Ham  
Coffee  
Dinner  
Macaroni and Cheese  
Stewed Tomatoes  
Cabbage, Celery, Green Pepper Salad  
Hot Rolls  
Coffee

**FRIDAY**  
Breakfast  
Cereal and Cream  
Raisin Bread Toast  
Boiled Bacon  
Coffee  
Dinner  
Salmon and Potato Croquettes  
Spinach  
Green Peas  
Lettuce-Egg Salad

**SATURDAY**  
Breakfast  
Fruit  
Cereal and Cream  
Marmalade French Toast  
Coffee  
Dinner  
Vegetable Soup  
Baked Sweet Potatoes  
Corn Bread  
Apple Pie

## APPLES EVERY WAY FOR ANY OLD DAY

**Frosted Apples**  
Pare and core ten large apples. Cover with one pint of water and three tablespoons of sugar; simmer until tender. Remove from the syrup and drain. Wash the parings and let simmer with a little water for one-half hour. Beat the white of one egg to a stiff froth and add one tablespoon sugar. Coat the top of the apples lightly with the meringue and place in a cool oven. Strain the juice from the parings, add two tablespoons of sugar, return to the fire and let boil for five minutes; add a few drops of lemon and a little nutmeg and pour around the apples.

**Glazed Apples with Spiced Prunes**  
Choose large apples of uniform size; pare, core and cook until tender in syrup. Remove to a platter. Boil the syrup down to a jelly and pour over the apples. Fill the centers with spiced prunes and dust the top of each apple with powdered sugar and serve hot.

**Spiced Apples with Meringue**  
Pare and core six large apples and arrange in a baking dish. Mix three-fourths of a cup of sugar, one teaspoon of cinnamon and one-fourth teaspoon of salt, fill the cavities. Add one-fourth cup of water and bake until the apples are soft, basting frequently with the syrup. Remove from the oven and cool slightly, pile the meringue on top of each apple, return to the oven, bake eight minutes, chill and serve with cream.

**Orange Basket Salad**  
Orange Gelatine  
Whipped Cream  
Prepare orange sections in perfect shape. All 3 oranges sections to each orange basket. Refill baskets with jelly and as it begins to set, slip in the orange sections, allowing joints to extend beyond basket edges. Set and chill. Serve with sweetened whipped cream.

You eat to live—why not live well?  
We serve meals at all hours  
**SHASTA CAFE**  
"Under New Management"  
125 South Seventh.

We use  
**CRATER LAKE FLOUR**  
A Home Manufactured Product.  
**SIXTH STREET BAKERY**

Whether  
It's  
Cakes  
Pies  
or  
Bread  
Ask Your Grocer for  
**Crater Lake Flour**  
Made by  
**Martin Bros.**

Also  
Fresh  
Fish  
Today  
**Oysters**  
are  
in season!  
**SMOKED MEAT SPECIALS**  
Armour's Skinned Box .....40c  
Armour's Bacon Strips .....30c  
Armour's Bacon (whole or half) .....40c  
Hams (whole or half) .....38c  
**The Palace Market**  
524 Main. Phone 68

**B.P. Lewis Grocery**  
"The Coffee House."  
223 So. Sixth St. Phone 355  
We carry a complete line of  
Quality Groceries.  
Try a pound of Lewis Special Coffee.  
Pay us a visit—or phone your order in.  
We have our own delivery.  
Meat Market operated in co-operation  
with Grocery.

The QUALITY You Want  
The BRAND You Want  
The SIZE You Want  
The PRICE You Want  
You always find just what you want at  
**PIGGLY WIGGLY**  
S. O. Piggly Wiggly Co.  
Fourth and Main Streets—Opposite Hall Hotel

**Protect Your Family**  
The County Health Officer tells you to be careful of the water you drink—Why not be careful of the milk you drink and—  
**GET THE BEST**  
by furnishing them with Pasteurized Milk?  
All milk from our Creamery comes to you Pasteurized and in sanitary, sterilized bottles.  
Don't flirt with the undertaker.  
Use Pasteurized Milk from the  
**Klamath Falls Creamery**