



How to Buy

Food

How to Prepare



By BESSIE R. MURPHY, Southern Food Expert

Cheaper Meat for This Week's Menu

Liver Rich in Food Value
Recent work in nutrition has re-emphasized the fact that liver is of unusual value as a food for blood formation because of its high content of iron and vitamins and for its high quality protein.

It has also been found that this from the housewife's point of view is all important, that liver from different animals has practically the same food value. Therefore a pork, beef, or lamb liver will be found just as nourishing as the rather more expensive calf's liver.

There is real economy in buying others, for by using the several methods suggested, many appetizing dishes can be prepared.

It is not necessary to parboil liver or soak liver in salted water before cooking it, but often beef or pork liver is rendered more tender if marinated for several hours in a mixture of three parts vinegar to one part oil. Again, beef liver has greater nutritive value if it is allowed to soak in skimmed milk an hour or more before cooking.

Salmon Dishes Convenient for Dec. Shoppers

There are so many busy shopping days in December when the housewife wants dishes that are quickly prepared, yet nourishing, and here is where pink or chum salmon fits in so well—it can be kept indefinitely when unopened, thus belongs on the emergency shelf and can be taken out and quickly prepared in so many quick but very appetizing ways.

Salmon au Gratin
Remove skin and bones from one pound of chum salmon, add two eggs, two ounces butter, stick from salmon can, season with salt and pepper. Mix and beat in bowl, add one cup soft, stale bread and enough milk to soften. Bake in buttered deep dish until top is nice brown.

Salmon with Macaroni
A good one-dish meal. Pick one can pink or chum salmon into small pieces. Make one pint of ordinary white sauce. Put a layer of boiled macaroni broken in inch lengths in the bottom of baking dish, next a layer of sauce, then a layer of salmon, continuing until dish is filled. Sauce should come last and be sprinkled with buttered crumbs. Bake until brown.

Creamed Salmon on Toast
2 tablespoons butter
1-4 teaspoon salt
1 cup hot milk
2 tablespoons flour
Pinch salt
1 can salmon
Melt butter in saucepan, when bubbling but not burning, add the flour, salt and pepper and mix until perfectly smooth. Add very slowly the hot milk, stirring constantly. Cook until it thickens, adding more salt if necessary. Heat can of salmon unopened in pan of boiling water. Open and remove all bones and skin from salmon and break into inch pieces on platter. Pour sauce over salmon and serve hot.

"A GREAT TREAT"
By Alfred E. Dressler
Butter muffin ring, salt and pepper a slice of chopped beef; spread one level teaspoon of Golden's mustard on both sides; flour well and fit in muffin ring and fry.
Garnish with fried mushrooms or onion rings.

The kindness of Hebrew gentlemen toward their ambitious offspring about money matters is too well known to require comment. Two of them met one day and were discussing the ever-recurring problem of how much to give the little ones at home.

"Well, Sam," said the first gentleman. "I've give little Ike a quarter a week pocket-money."

"Dat vos a lot of money every week, Moses," said his friend dubiously.

"Ah vell, it pleases 'im. Ve let 'im put it in the gas meter; 'e thinks it is money-box."

Anything you wish to sell? Or to buy? Tell all Klamath Falls about it in the economical, efficient way—through a little Klamath News Classified Ad.

Culinary Calendar for Next Week

SUNDAY
Breakfast
Baked Apples Cereal and Cream
Omelette Liver and Bacon
Toast Coffee

Dinner
Cream of Tomato Soup
Roast Veal Bread Stuffing
Riced Potatoes Spinach with Egg
Asparagus Tip Salad
French Dressing

MONDAY
Breakfast
Stewed Prunes
Oatmeal with Cream Coffee
French Toast

Dinner
Pork Chops with Apples
Mashed Sweet Potatoes
Cabbage au Gratin
Apple and Celery Salad
Lemon Jelly

TUESDAY
Breakfast
Stewed Dried Fruits
Cereal with Cream Broiled Bacon
Coffee

Dinner
Tomato Puree
Cream Salmon on Toast
Stuffed Potatoes Spinach
Grapefruit and Celery Salad

WEDNESDAY
Breakfast
Grapefruit
Poached Eggs on Toast
Coffee

Dinner
Vegetable Soup
Turnip Greens
Baked Sweet Potatoes
Corn Pone Bread
Lettuce Salad-French Dressing
Apple Snow

THURSDAY
Breakfast
Apple Sauce
Cereal with Cream Hot Muffins
Omelette

Dinner
Lamb Stew
Boiled Rice Sautéed Tomatoes
Hot Biscuit
Combination Salad
Jellied Pears

FRIDAY
Breakfast
Orange Juice
Boiled Eggs Hot Rolls
Coffee

Dinner
Fried Oysters
Baked Potatoes Stuffed Tomatoes
Asparagus Tip Salad
Chocolate Pie

SATURDAY
Breakfast
Orange Juice
Buckwheat Cakes, Syrup
Coffee

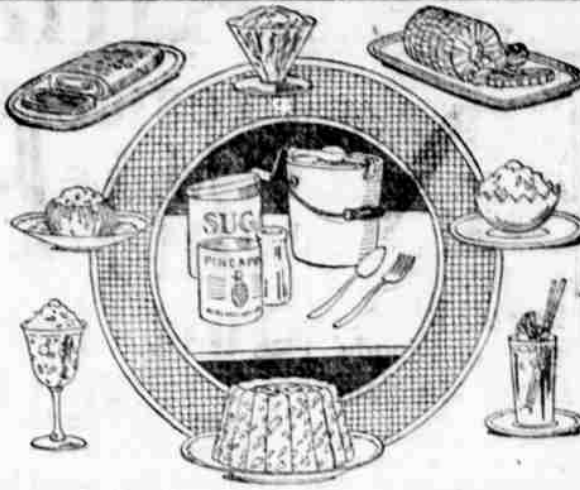
Dinner
Broiled Ham
Baked Potatoes Celery
Scalloped Tomatoes
Lettuce Salad Baked Apples

GLORIFIED HAMBURG
By A Friend
Form meat into balls—broil slightly. Place in baking dish. Make white with salt, black with pepper, yellow with Golden's mustard, red with paprika.
Put juice of 1/2 lemon into 1/2 cup melted butter and pour over meat balls. Place in oven and baste frequently until done. Serve very hot.

RECIPE FOR CHICKEN
By Mrs. A. M. Snedeker
To prepare chicken either to roast or broil, just before putting them in the cooking pan use a thick paste, made of butter and Golden's mustard, spread generously all over the chicken and as it cooks and drips into the pan, baste the chicken with it. This gives a rich flavor.

BROILED STEAK
I coated the entire surface of steak with Golden's mustard, allowed to dry, coated other side and broiled under a very hot flame. It gave the steak a wonderful flavor.

Ask your grocer for Fluff for light and airy cakes



DELICIOUS FROZEN DESSERTS

WINTER is an excellent time to think of luscious frozen desserts, since most people eat more rich foods during the cold weather than at any other time—heavy roast meats, rich dressings, candy, cake and whatnot, and the housewife who uses forethought will have on her menu lists some light desserts, easy to prepare, but tempting and attractive. Frozen desserts are especially good.

From the eternal summer-time of Hawaii comes pineapple, to add its golden color and its tropical flavor to these luscious delicacies. Hawaiian pineapple is especially adapted for desserts because its rich juice contains a digestive property which aids in the digestion of meats.

Frozen Pineapple Bisque is a delicate but delicious dessert simple to prepare. Boil fifteen minutes, two cups water and one cup sugar. Add the syrup drained from a medium can of crushed Hawaiian pineapple and freeze. Before the mixture has frozen hard, fold in the crushed pineapple, from which the syrup has been drained, and one cup whipped cream. Pack and allow to stand one hour before serving.

Pineapple Frappé Hawaiian combines crushed with sliced pineapple in a novel and pleasing way. Mix one cup sugar and two cups water. Boil for twelve minutes.

Cool, add two cups ice water and contents of a medium size can of crushed Hawaiian pineapple with three tablespoons lemon juice. Freeze to a mush, but do not repack. Have ready the slices from a medium can of sliced Hawaiian pineapple and place one slice on each plate. Pile the frozen mixture on the slices of pineapple, and top each with a maraschino cherry. Serve as soon as possible.

A more substantial dessert is **Frozen Pineapple Custard**. Heat two cups milk. Mix two tablespoons flour, two cups sugar and one-eighth teaspoon salt. Add the hot milk, cook in a double boiler, stirring until mixture thickens, then cook ten minutes. Pour onto one beaten egg, return to double boiler and cook three minutes longer, or until mixture thickens, stirring constantly. Chill thoroughly, add one cup cream and contents of small can of crushed Hawaiian pineapple, well drained. Freeze and serve.

A pineapple dessert which is so simple that you can make it in a moment and go away and forget about it until time to serve, is **Frozen Pineapple Slice**. Pack a large can of Hawaiian sliced pineapple in ice and salt, as you would ice cream, and allow it to stand for three or four hours. Add whipped cream before serving.

In a slow oven for about 2 hours. When the loaf is well cooked it rolls in the mold and if a white is inserted in the center, it will come out very hot.

It is easier and liver and bacon are better prepared in the oven than in a frying pan on top of the stove. Place slices of bacon on the bottom of the baking dish, cover with flour dredged liver and put another layer of bacon strips on top. Add enough water to two-thirds cover the meat. Cover and bake in a slow oven 45 minutes. Remove cover and brown bacon till crisp.

SPINACH
By Miss Bertha Becker
1 tablespoon Golden's mustard.
2 pounds of spinach.
1 flavored the spinach after it was boiled and chopped, just before serving. A decided improvement of the usual bland vegetable.

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Fillings for Stuffed Dates

Any soft mild cheese.
Walnut or pecan meats.
Peanut butter.

Peanuts and almonds, plain or salted.
Candied cherries or pieces of candied pineapple.
Strips of candied orange or grapefruit peel.

Cooked or uncooked fondant, plain or mixed with shredded coconut.

Quartered marshmallows.
Banana fondant, made by mashing one-half of a ripe banana with a fork and gradually beating in about one-half pound of confectioner's sugar. Add for flavoring 1-4 teaspoon vanilla, 1-2 teaspoon lemon juice and pinch of salt. This will harden when stuffed in the date.

Date Butterscotch Tapioca
1-3 cup tapioca.
2 cups boiling water.
1/2 cup brown sugar.
2 tablespoons butter.
1 cup sliced dates.
1-8 teaspoon salt.
1/2 teaspoon vanilla.
1/4 cup heavy cream, whipped.

Place all ingredients except vanilla and whipped cream in the top of a double boiler. Cook with occasional stirring until the tapioca is transparent.
Cool; fold in vanilla and whipped cream; pour into individual serving dishes. Chill thoroughly. Serve with or without additional cream. Six servings.

Date-Nut Candy
1 package dates.
1/2 cup walnuts.
1-4 pound shredded coconut.
1 tablespoon lemon juice.

Date Apricot Candy
1 package of dates.
1-4 pound figs.
1-4 pound apricots.
1-4 pound shredded coconut.
1 tablespoon orange juice.
1 teaspoon grated orange rind.
In both recipes run the dried fruits also coconut and nuts

Menu Recipes of Great Interest

Date Pudding
Clean, stone and chop pound of dates, add cup of English walnuts meat broken in pieces, half cup of flour, teaspoon baking powder and half teaspoon salt. Beat up four egg whites to stiff froth, then fold in half cup of sugar, add beaten egg yolks, half tablespoon melted butter and date mixture. Turn into greased pan and bake in moderate oven thirty minutes. Cut in squares and serve cold with whipped cream.

Baked Beefsteak
Cut two pounds of sirloin half inch thick. Mix one cup bread crumbs, tablespoon shortening, tablespoon chopped parsley, half tablespoon chopped onion, half teaspoon salt, pepper and red pepper, half teaspoon kitchen bouquet and moisten with stock. Spread this over steak and roll it up, fastening with skewers or tying and put on rack in roasting pan. Add half cup stock and bake half hour, basting frequently. Place on hot platter and pour around it sauce made from two tablespoons shortening and three tablespoons flour blended together with salt, and pepper to taste and cup and half beef stock cooked until boiling, then strained and added to tablespoon Worcestershire sauce.

HASH
2 1/2 cups hash.
1 tablespoon Golden's mustard.
The mustard was mixed in just before placing in frying pan to brown.

through a meat grinder. Moisten with fruit juice and knead in the rind. Roll out with a rolling pin into a sheet a quarter-inch thick. Cut with very small cutter into rounds one inch in diameter, or roll into balls.

Use Fluff for baking-powder biscuits that are light



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