



How to
Buy

Food

By BESSIE R. MURPHY, Southern Food Expert

How to
Prepare



Feeding of Cold May Start Fever If Not Guarded

The old adage "feed a cold and starve a fever" needs a little modification to be properly understood. A doctor once said, "If you feed a cold, you will have a fever, especially during the first stages of the cold."

"At the onset of a cold, then, the simple liquid or soft diet is best," explains Miss Dorothy Buckley, of the National Dairy Council. "Later, when the fever is gone, and the so-called 'wasting' stage of a cold comes, the diet needs to be heartier to build up and repair the body."

All fevers are treated in much the same way, says Miss Buckley. While the patient should not have foods difficult of digestion, he should take simple nourishment regularly. This is necessary in order for the body to build sufficient resistance for the germ causing the cold or fever.

If the diet is not varied enough, the patient refuses to eat, which, of course, diminishes the ability to fight off the cold. There are innumerable simple ways of serving milk and eggs. After the fever has subsided, some of these dishes may be used as supplementary nourishment between the regular meals to assist in building up strength.

Here are some of the recipes Miss Buckley recommends:

Chocolate Milk Shake

This is best made with a cocoa paste which can be made in advance in quantity and kept in the refrigerator to use when needed. To make use: 1 cup cocoa; 1 cup sugar; few grains salt and 2 cups water.

Mix cocoa, sugar, salt, add water, and cook until a smooth thick paste is formed. If convenient, allow to cook a long time, 30 minutes or more, in a double boiler to improve the flavor. For a milk shake use one tablespoon of this cocoa paste and shake thoroughly, preferably in a shaker (a lightning preserve jar with rubber makes an excellent improvised shaker) with one cup of chilled milk.

Egg Nog

1 cup milk; 1 egg; 1 tablespoon sugar; few drops vanilla; few grains nutmeg; few grains cinnamon, and pinch of salt.

Beat egg until very light; add the sugar, salt, vanilla and spices; then the milk. Shake until sugar is dissolved. Serve cold.

Poached Eggs on Cream Toast

Place a slice of hot buttered toast on a warm dish. Pour over it 3-4 cup hot milk seasoned with salt, pepper and one tablespoon butter. Place poached egg on top and serve immediately. Garnish with paprika or chopped parsley to make more attractive.

Medium Cream Sauce

1 cup milk; 2 tablespoons flour; 2 tablespoons butter, may be used in place of the milk on above.

Jelly Omelette

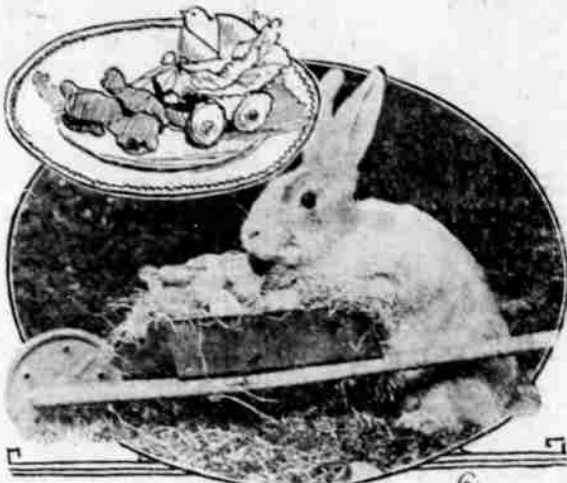
1 egg; pinch of salt; 1 tablespoon hot milk; 1 teaspoon butter, and jelly, any flavor.

Separate yolk from white. Beat yolk with fork until thick. Add salt and hot milk. Beat whites until stiff and dry. Cut and fold into first mixture. Heat omelette pan, and butter sides and bottom. Turn in mixture and cook slowly, turning pan that omelette may brown evenly. When well puffed and delicately browned underneath, place pan in oven to finish cooking on top. Remove from oven, spread with jam, jelly, or marmalade. Fold, turn and sprinkle with sugar. Serve at once.

Orange Tapioca

2 tablespoons minute tapioca; 1 pint scalded milk; 1/2 cup sugar; 2 yolks eggs; 1/2 teaspoon vanilla; 1-2 teaspoon salt; 2 whites of eggs; 6 oranges, and 2 tablespoons sugar.

EASTER REVIVES OLD CUSTOMS



Old, old customs are revived at Easter. The egg—embodiment of life—and the rabbit (pictured above) are symbols of old legends. Inset is of a luncheon dish that would especially please the children. The wagon wheels are four round crackers fastened together by toothpicks. The floor is toasted bread and the steeds are animal crackers with their feet encased in bits of soft bread. A curly lettuce leaf is placed on the toast, on that is put a hardboiled egg, the white cut part way through. The yolk has been removed and mixed with equal parts of chopped cooked chicken, moistened with melted butter and seasoned and formed like a chicken. The "chicken" is put in the shell in such a manner as to look as if it was just emerging.

Choice Recipes Are Advanced by Noted Ladies, Writers and Clubs

WASHINGTON, D. C., April 13.—National, state and local celebrities including Mrs. Calvin Coolidge, Mrs. John D. Sherman, president of the general federation of women's clubs, Governor Nellie Ross of Wyoming, Irving Cobb, William Allen White, Walt Mason and the presidents of the 48 state federations of women's clubs, are included in the galaxy of distinguished folk who have contributed recipes for their favorite dishes to the Cook Book recently issued by the Woman's club of Hazerian, New Mexico.

Mrs. Coolidge's recipe which occupies the place of honor in the front of the book, is as follows:

White House Coffee Souffle

Mix 1 1/2 cups coffee, 1 tablespoon gelatin, 1-3 cup granulated sugar and 1/2 cup milk.

Heat in a double boiler, add yolks of 3 eggs slightly beaten and mixed with 1-3 cup granulated sugar and 1-4 teaspoon salt.

Cook until it thickens.

Add the whites of the eggs, beaten stiff, and 1/2 teaspoon vanilla.

Mold, chill and serve with whipped cream.

Mrs. Sherman not only presides over the destinies of 14,000 women's clubs, but she is a good cook. Here is one of her favorite dishes:

Federation String Beans

Prepare one pound string beans and allow to stand one hour in cold water. Drain and turn into a hot kettle, containing a tablespoon smoking hot butter or oil. Cover immediately and cook in hot steam for 30 or 40 minutes, stirring often. Salt and pepper to taste, and serve without other dressing.

Pick over and wash taploca. Soak in water to cover. Add soaked taploca, sugar and salt to scalded milk in double boiler. Cook until transparent. Pour cooked taploca over slightly beaten egg yolk. Cook and stir until yolks are cooked. Add sliced oranges. Pour into slightly buttered dish. Beat egg white stiff. Add 2 tablespoons sugar and vanilla. Pipe meringue on top and brown slightly in oven. Serve cold.

dressing. The beans are delicious in flavor, having lost none by long cooking.

Governor Nellie Ross is a good governor, good looking and a good cook, so her friends say. Here is her contribution to the famous cook book.

Brownies

1 cup white sugar; 1/2 cup butter; 2 eggs; 2 squares melted chocolate; 1/2 cup flour; 1 cup chopped walnuts. Cream butter and sugar, add eggs not beaten, chocolate, flour and walnuts. Bake 20 minutes in fairly hot oven. Cut into squares before quite cool.

Irving Cobb's favorite dish is hog jowl and greens and his sister, Ruby F. Cobb contributes her recipe as follows:

Hog Jowl and Turnip Greens, Southern Style

Mustard, kale and turnip greens are cooked the same way as spinach. It is necessary to pick and wash each leaf carefully. The old fashioned way of cooking turnip greens seems most popular, and it is quite a treat to be able to enjoy the smoked hog jowl cooked with greens, season well with red pepper and salt, cook until tender, drain, serve on platter with meat in center and poached eggs around border of dish. Always serve with corn bread, either corn batter bread or pone corn bread.

William Allen White, Emporia, Kansas editor, contributes three recipes, one headed, "American Hash is native, and built right is good;" this is followed by a recipe for "A Man's Salad and the third is "A Broiled Steak." Concerning steak he says: "Steak should be a T-bone cut three inches thick, three pounds in one piece. It's a man's dish, don't serve it at a lady's luncheon."

That club women have not forgotten the culinary art in their quest for culture, is manifested by the fact that every state federation

Cottage Cheese is Always Wholesome

Cottage Cheese Lends Itself Well to Salads

Cottage cheese lends itself especially well to salads. If enough is used the salad may serve as the main dish of the meal. French, mayonnaise or boiled dressing go well with cheese salad. The cheese may be formed into balls or slices, it may be molded in tiny cups or passed through a pastry tube.

Variations

Foods that combine well with cottage cheese in salads are crisp fresh vegetables; cooked or canned vegetables; fresh, dried, canned or preserved fruits; nuts, olives, rice, potatoes. With the last two some highly flavored and bright garnish, like pimientos or green peppers should be used and celery, cucumbers, green peppers, crisp lettuce or cabbage should be used to add succulence.

For a Hearty Luncheon or Supper

Tomato Soup
Cottage cheese and potato salad (garnish of sweet pickle and pimientos and serve with French dressings.) Biscuit, coffee, raisin cookies.

Try These Salads

2 cups cottage cheese
1 cup pickled beets, cubed
Add salad dressing and serve on crisp lettuce.

Number 2

1 cup chopped cabbage
1/2 cup celery, cut fine
1 cup chopped apple (red peeling may be left on)

Mix with a cottage cheese salad dressing and serve on a lettuce or a small cabbage leaf

IMPORTANCE OF GREEN VEGETABLES

A good supply of minerals and vitamins, which are so essential to good health, may be found in green vegetables. Because of this it is very important that at least one green vegetable be served daily. If this is done many of the tonics may be eliminated, for green vegetables are excellent sources of iron. They are largely made up of cellulose, fiber and water, so aid digestion by furnishing bulk which assist in carrying other foods through the digestive tract, thus eliminating constipation.

TO TINT CURTAINS

Now that housecleaning time is drawing near and the curtains look faded and dingy, try this simple task of tinting them yourself. A good ivory or ecru shade may be secured by making a tea solution, using 1 tablespoon to 1 pint of water. Allow the water to remain in the tea long enough for a strong infusion to be formed. Drain off the tea leaves and add sufficient water to cover the curtains. It is wise to test a sample and remember it will be lighter when dry.

president from Maine to California and from the gulf to the border, has contributed her choicest recipe. This state is represented as follows:

By Mrs. Sadie Orr-Dunbar, president Oregon federation women's clubs:

Chili Sauce

1 peck tomatoes, 3 teaspoons each green peppers and sugar, 2 teaspoons of onions (dry), 1/2 teaspoon salt, 3 pints vinegar, 3 scant teaspoons cloves, 3 teaspoons cinnamon, 2 teaspoons each nutmeg and ginger. Skin tomatoes, run peppers and onions through food chopper, add all other ingredients, and boil from 2-4 to 2 1/2 hours.

CHIC STYLES SEEN ON COURTS



On the tennis court nowadays you will see costumes as smart as those worn on the side lines. They are as comfortable as they are chic, too. Above, at left, May McAvoy wears a sleeveless jacket and skirt of shepherd's check. The skirt opens at the side to allow freedom of motion. The striped tub silk blouse and bloomer combination are smartly tailored. Right, she wears an accordeon pleated white crepe skirt with green border, a tailored white crepe blouse and sleeveless jacket. Jacket is slip-over of green knitted silk.

Easter Dinner Can Be Gala Occasion for Entire Family

"Give the family a little different meal on special days," suggests Miss Ada L. Lockhart, nutrition expert of the National Dairy Council. "Even the simplest celebration helps to give pleasant memories of home to children when they become grown-ups."

In view of this idea, Miss Lockhart suggests a few features for the "simple" Easter dinner for the family. The menu includes Easter baskets, a fruit salad in a basket cut from an orange; chicken in the favorite form, baked, fried creamed or in souffle; a glass of milk; fresh vegetables, celery, watercress salad, ice cream in some fancy molds of baby chicks, and flowers which delight the children; adding a sunshine cake. Animal crackers would also please the children.

Water-lily salad is made of hard-boiled eggs, the whites being diced and placed as petals on a nest of lettuce leaves. The yolks of the eggs are mixed with mayonnaise to make the yellow center for the flower. The other dishes are familiar to every housewife.

A fluffy chick at each child's place or a home-dyed Easter egg adds to the festivities of the meal. If mother has time, Miss Lockhart suggests a centerpiece made of branches of some flowering plant placed to look like an orchard, with tiny chickens, lambs and cows in the shade. If toy animals are not at hand the children can cut these out of magazines and mount them on pasteboard so that they will feel they are "helping mother make the Easter party."

PERHAPS YOU'VE HEARD OF THESE "FOOLERS?"

Have you heard of such April Foolishness as—

The man who can't stand any "night air" in his bedroom, but can stay out until three o'clock?

The woman who can't eat butter because she is reducing, but must have her chocolate cream candies?

The man who drinks coffee three times a day, smokes incessantly, and rides to work, but thinks he needs a nerve tonic?

The little boy who wants to be a football hero but still refuses to drink milk?

The girl who is always buying cosmetics for that complexion which school girls covet, and still passes by the salad counter to pick out pie?—National Dairy Council News.

For results use News Class Ads.

Markets

San Francisco, April 11, 1927

POTATOES

Washington gems, \$2.25 @ \$2.60; jobbing rivers, \$2.25 @ \$2.50; sweets No. 1, 3 @ 3 1/2.

CATTLE

Cattle steady; cows good, \$9.00 @ \$9.65; cows, good and choice, \$7.00 @ \$7.50.

Calves, steady; 100 lbs. and under, \$8.50 @ \$11.00; over 340 lbs., \$10.50 @ \$13.00.

Hogs, steady, light, \$12.25 @ \$12.75; medium, \$12.00 @ \$12.50.

Sheep, steady; lambs, medium to choice, \$14.00; ewes, \$4.50 @ \$5.00; wethers, \$11.50 @ \$12.00.

Portland, Ore., April 11, 1927

WHEAT

Big Bend Bluestem, \$1.36; hard, \$1.32 1/2; soft white, \$1.31 1/2; western white, \$1.31 1/2; hard winter, \$1.28 1/2; northern spring, \$1.30; western red, \$1.28.

Barley, No. 2, 45-lb., April bid, \$31.00; May bid, \$31.00.

WOOL

Nominal, valley, fine half blood, 32c; medium three-quarters blood, 32c; medium three-quarters blood, 30c; braid, 30c. At valley points prices are 2c to 5c higher for selected stock.

EGGS

Buying price, current receipts.

1927-28; henney whites, 21 @ 22; pullets, 18 cents.

BUTTER

Selling price, box lots, creamery prices. Firsts, extras, 45c for plain wrappers, subject to discount of 2 1/2 c per cent; dairy buying price 23c.

CHEESE

Selling price: Tillamook county triplets 23 1/2c; loaf, 26 1/2c; Oregon triplets, not branded, 20 @ 23; Tillamook f. o. b. triplets, 23c; loaf, 24.

LIVE POULTRY

Selling price: Heavy hens, 27 @ 28; light hens, 22 @ 23; broilers, 25 @ 27; heavy, 30 @ 32; roosters, 12; Pekin ducks, 30 @ 32; young geese, 20c; capons, 30 @ 32.

HELPS FOR HOUSEWIFE

It saves time if all the staple groceries for the week are bought at one time. Money may often be saved by buying them in large quantities.

Hill the silver in an aluminum pan into which one-fourth bar of ivory soap has been shaved; add a teaspoon of table salt. Boil for ten minutes, rinse with hot water and then dry.

To cook a meringue when the water is too hot when all the space is taken up with other things, place it in the warming oven until set and then brown in the oven.

A little grated coconut sprinkled over the apples of a pie before putting on the top adds a delicious flavor.



CAKE BAKERS

Put their faith in the flour they use.

This, combined with skill in mixing and baking, tells the story of success.

CRATER LAKE FLOUR

Is the lucky brand. Klamath County Product Made By

Martin Bros.

We use

CRATER LAKE FLOUR A Home Manufactured Product. SIXTH STREET BAKERY

Ask for KRAFT CHEESE At your dealers.

Take Home a Quart of Gilt Edge Ice Cream

Pure, Healthful and Invigorating CHILDREN LOVE IT!

Ask Your Grocer for

Gilt Edge Butter

City Creamery

Phone 921 or 745-J

202 Main



For Good Friday!

Hot Cross Buns

Will Be Here Fresh from Our Ovens!

We specialize in the Real Old-fashioned Hot Cross Buns.

Our Coffee Cakes, Bread and Pastries are of the finest.

The Home Bakery

1114 Main

Phone 734

There's always an appetite for this whole wheat food

Shredded Wheat A FULL MEAL IN TWO BISCUITS

