



How to Buy

Food

How to Prepare



Buy Whole Ham This Month

Making one dish do the work of two at first sounds rather impossible, yet the clever cook sometimes can make one dish do the work of several.

On this score ham is a food that speaks for itself.

Let a Whole Ham Speak for ITSELF

Bolled or baked it is ready to serve for the first meal. What remains can be used in such a variety of combinations, that it may prove bewildering to make a choice. By wise selection of dishes, however, it is possible to avoid monotony which might arise from using the same kind of food several times in succession.

Before preparing a ham there are a few important points to keep in mind. Purchasing a whole ham usually is economical, but for the small family a butt, shank end or a half may be a wiser selection. For baking purposes buy the butt end and for boiling the shank end.

Temperature for Baking Time

In baking the ham will develop a better flavor and shrink less if the temperature of the oven is kept below 200 degrees. In cooking ham the water should be kept several degrees below the boiling point to get the best results.

Ways to Serve a Whole Ham

When serving the ham, the first time serve slices from the center. If desired the ham can be sliced at least once for a quarter of a ham. It will take three-quarters to one and one-half hours to roast it properly depending upon the size of the ham. Keep the temperature of the oven at 175 to 200 degrees, depending on the size of the ham. Add a cup of water to the pan and baste the ham with this fruit juice. Peach, apricot, pineapple and apple or a mixture of any of these is particularly good. For the next meal whether lunch, supper, or picnic, the meat which slices well can be served cold.

What remains of the ham invites one to try out some happy combinations to the delight of the hungry family. Most of the meat when cubed or cut into narrow strips, is ready for such dishes as ham pie, scalloped ham and macaroni, scrambled eggs and ham salad, ham a la king and fillings for vegetables. Some of these will solve the old-fashioned meal question.

At the Hotels

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HILDEBRAND

By MISS OLVA MICHAEL, News Correspondent

A good many of the farmers of our valley attended the highway trial in Klamath Falls Monday. Charles Leoni was taken suddenly ill Sunday night and a Klamath Falls doctor was called.

Sam Hartzer, Charles Woelk and Joe Kossel delivered cattle to the Charles Drew ranch on the Merrill road Sunday.

Little Miss Jean Drew, daughter of Mr. and Mrs. Jess N. Drew underwent an operation for appendicitis Monday.

Mrs. Emil Egert, who has been quite ill for the past week is very much improved.

The people of Yonka valley are very well pleased over the decision of the highway.

Mrs. W. O. Smyth and brother Edward Lull were transacting business in Bonanza Tuesday. Manuel Viera, who has been

"Pot Luck"



Come along and "take pot-luck"! (We MAY have stew; we MIGHT have duck) But whatever there be I pledge you cheer, Joy's full grace and welcome sincere, So come along and "take pot-luck"!

HAVE you ever experienced the particular kind of banay which seems to rush over one at the appalling realization that an unexpected guest has arrived just in time to partake of the meal which you had confidently planned for the express purpose of using up odds and ends? A "pick-up" meal—finishing up the Sunday roast, just enough of this and that left-over to go around, counting only members of the family. Honestly not a crumb too much—for too little—were it not for the Unexpected Guest! Have you known the embarrassment of not being able to conceal your anxiety?

Buy Prepared Foods

If such an experience has ever been yours, you probably made a resolution that never again would you be caught in such a situation. Henceforth you would be prepared. You would take advantage of the next sale of prepared foods and buy in a good supply! And if you really cannot wait your resolution, you know the comfort of an "emergency shelf" of quick-to-prepare, delicious canned foods. You know, too, the actual savings it has meant, not only in time, worry and work, but in money. Bargains in prepared foods of every kind are constantly available at sales, and the foresighted housewife is quick to take advantage of them.

Ready-to-serve dishes which will prove their special merits and which deserve a place on the emergency shelf include whichever may be your favorites among the twenty-seven kinds of canned soups; canned spaghetti; baked beans; entrees such as chicken a la King, chop suey, lobster Newburg and, of course, a few cans of salmon, tuna fish and other prepared meats. Vegetables of all kinds in cans offer to save you time and energy and to give you valuable vitamins if you will but keep them handy on the shelf. Canned mushrooms add taste and flavor to many dishes and are delicious sauteed, plenty of them for appetizers, salads and desserts. Plenty for the "pot" and all good "luck" with such a store of good things to serve!

You may have proved all this for yourself. If so, the following suggestions for menus may merely offer new combinations of slices for the "pot-luck" dinner. If not, you will find it both pleasant and profitable to try them, whatever the occasion.

- Cream of Corn Soup
- Chicken a la King
- Prat
- Asparagus Tips Salad
- Apple Sauce
- Demi-Tasse

Cream of Corn Soup: Melt two tablespoons butter, add one tablespoon flour and stir till smooth. Add one quart hot milk and cook until smooth. Add one No. 2 can corn, season to taste and serve when hot. Chicken a la King: Remove contents one can Chicken a la King, heat, add seasoning. Beat whites of three eggs stiff, add gradually one-half can apple sauce sweetened to taste and continue beating. Chill and serve with boiled custard or whipped cream.

Print Cup

- Beef a la Mode
- Spinach
- Beet Salad
- French Whip
- Demi-Tasse

One can of fruits for salad, chill before serving. Heat one can beef a la mode, season well and serve with potatoes and spinach, heated, seasoned, and garnished with hard cooked egg. Use canned sliced beets for salad with mayonnaise. Simmer one cup canned tomatoes 30 minutes in water to cover. Remove from fire and stone. Mash to fine pulp, add one cup sugar. Beat whites of one egg very stiff, add pinch of salt and beat in prune pulp. Serve with whipped cream.

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Plente Sandwiches

1 egg ground cooked ham
2 cup chopped-shavings
1/2 teaspoon minced onion
Mayonnaise or mustard dressing
Mix the ham, shavings and onion juice; moisten with the dressing. Spread this mixture on slices of buttered bread, cover it with lettuce and place on top another slice of buttered bread. This is especially good when made with whole wheat bread.

Hot Ham Sandwich

slices ham (1-2 inch thick)
slices bread
1 egg
1 cup milk
Try or grill the slices of ham between two slices of bread. Mix the beaten egg and milk. Dip sandwiches in it and fry on both sides until brown. Serve with a sweet relish.

Ham and Peanut Sandwiches

1 cup cooked ham
1/2 cup dressing
1/2 cup shelled peanuts
Lettuce
Mix the ham and peanuts, combine with the salad dressing and spread on buttered bread. Add a lettuce leaf and another slice of bread.

Make a hot presseded ham sandwich at any time, it will keep ready in a tight jar in a cool place.

Prepared sandwiches will keep well if wrapped individually in wax paper or if placed as covered in a pan which has been lined with a cloth wrung out of cold water.

WHAT TO DO WITH LEFT-OVER HAM

When the baked ham gets near the hope, the slices are very small and hard to serve, try using them in the following ways:

Ground Ham Sandwiches

Put the small pieces of left-over ham through the meat grinder, mix with well-seasoned mayonnaise and spread between buttered slices of bread.

Ham Loaf

Chop the left over ham very fine. Measure and add to one and one-half cups of ham, one and one-half cups cold cooked corn, one teaspoon paprika, one cup cream sauce, two other



SALUBRIOUS SAUCES

ONE of the dilemmas which very often confronts the housewife is that of using up the "left-overs." Very often, however these remnants may be dressed up a bit and disguised in some clever fashion to make a real addition to the meal.

A left-over bit of cake, rice or bread pudding if steamed and accompanied by one of the following delectable sauces made from Hawaiian pineapple will appear so tempting that it will get itself used up forthwith.

Here They Are

Pineapple Sauce: Ice creams or puddings will be given an added interest by the use of this delicious sauce. Boil three-fourths of a cupful of sugar with one-half cup of water for ten minutes. Allow this syrup to cool thoroughly, then add one and a half cupfuls sliced Hawaiian pineapple, diced, or the same amount of crushed pineapple. When serving with ice cream, cut pieces of pineapple in triangular shape and use for garnishing the dish.

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Ham Loaf

Chop the left over ham very fine. Measure and add to one and one-half cups of ham, one and one-half cups cold cooked corn, one teaspoon paprika, one cup cream sauce, two other

Pineapple and Ginger Sauce: Here is a sauce with a zest of its own: to one cup of crushed pineapple add three-fourths of a cup of sugar and one-half cup of water, three tablespoons preserved ginger. Cook for a few minutes until thoroughly blended and serve cold over plain ice cream, frozen custard or cottage pudding.

"Hard" Sauce

Pineapple Hard Sauce: Cream one-fourth of a cup of butter with one cupful of powdered sugar and two tablespoons cream. To this base add a cup of crushed Hawaiian pineapple worked in gradually.

Pineapple Shortcake Sauce: Cream together one cupful powdered sugar and one-fourth of a cup of butter. Add one egg white, beat stiff, then a cupful of crushed Hawaiian pineapple, the whole beaten together until light and foamy. This sauce may be used not only with short cake, but is delicious with cottage pudding, baked rice puddings, sponge or chocolate cake.

reated, half-cup bread crumbs, one tablespoon Worcestershire sauce. Mix and then put into a well greased loaf-shaped pan and then place this pan in a larger one containing warm water. Bake for 40 minutes in a moderate oven. Serve with hot tomato sauce.

Ham Loaf

Chop the left over ham very fine. Measure and add to one and one-half cups of ham, one and one-half cups cold cooked corn, one teaspoon paprika, one cup cream sauce, two other

Come With Me To the Markets

Fruits in season: Bananas, our standby, may be served with or without cereal, ice cold with cream or lemon juice.

To many families "it isn't breakfast without oranges." From the standpoint of price and juice content, the smaller size oranges are the best buy and is just as good flavor and quality as the larger ones. Serve ice cold orange juice, orange-ade, make orange sherbert, use this healthy fruit at least once a day in your summer menu.

A peach—what can be more delicious than a bowl of ice cold sliced peaches with cream, a thin slice of broiled ham, hot buttered toast and a cup of good coffee—to start off the day.

COOLIDGE PICKS WOOD'S SUCCESSOR

WASHINGTON, Oct. 25. (AP)—A successor to Major General Leonard Wood as governor general of the Philippines is understood to have been definitely decided by President Coolidge, but who the man will be has not yet been disclosed.

Those who are most prominently mentioned for the post are Governor Farrington of Hawaii, former Senator Wadsworth of New York; Major General McCoy, recently appointed supervisor of the Nicaraguan elections and Henry L. Stimson, the president's special envoy in the Nicaraguan peace negotiations.

SOME COOKING SUGGESTIONS

Four crushed hot tomatoes over the meat steak just before serving and omit a vegetable from the menu.

A slice of bacon chopped fine and added to the peas, give a splendid flavor and saves butter.

Grated pineapple, on toast for breakfast is delicious.

Butter creamed with pineapple is a delicious spread for sandwiches.

Green peppers stuffed with cut up asparagus, crumbs and grated cheese and chopped hard cooked eggs make delicious luncheon dish.

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