



How to Buy

Food

How to Prepare



How To Plan The Family's Meals

If more time were spent on the actual planning of the family's meals less time could be spent in the preparation. The time will certainly be well spent especially in varying the three meals of the day.

If the clever housewife will exercise her imagination she will find herself taking a few simple foods and making some very interesting arrangements. In cooking, like everything else, you get out of it just what you put into it. The planning of meals can be interesting or uninteresting according to the attitude which the housewife takes toward this phase of her work.

Foods like notes of music can be arranged to make many harmonious combinations, but you must spend time and thought in deciding just what foods you are going to combine.

The day must be started with a good breakfast, the heartiness of the meal depending upon the occupation of the various members of your family. I feel that breakfast for my family is not complete without a tart fruit or glass of orange juice, followed by a hearty dish of bacon or eggs, toast or a hot quick bread, coffee or milk.

Luncheon or the mid-day meal requires the least time for its preparation. In many homes perhaps only the mother is home, or the children come home from school for their lunch. In this case the meal varies from a snack of sandwiches, fruit and milk to a lunch of a hot substantial dish. If you have children they must have a hot dish, milk bread and butter and a simple dessert.

Supper or dinner in the evening is the main meal in my home, and in its preparation I select foods because they contribute to the health of my family rather than to satisfy personal whims. The same food and flavor should not be repeated in the day's meals, for instance, don't serve sliced tomatoes for lunch, and then open a can of tomatoes for supper or have tomato soup. Avoid foods of the same food value in the same meal such as macaroni and potatoes. A mixed diet aids indigestion.

Never plan to serve at one meal so many heavy foods such as fried pork, potatoes, pie or a heavy pudding for a dessert. To me a meal is uninteresting if it is colorless. Always plan to have some food with an addition of color, if it only be a dash of paprika, dash of brightly colored jelly, or color in the salad. Since lettuce can be purchased at a reasonable price throughout the year, it should find an important place on the table.

HERE'S SOLUTION FOR CAKE PROBLEM

Perhaps there are few housewives who realize the time saved and the economy in fuel by cooking an entire meal in your oven. If you are fortunate enough to have an oven regulator on your stove, your work is a little easier—if you have not, see that your oven is not too hot, and keep it at a steady temperature.

Your feed will require little attention during the entire process of cooking and with such a type of meal other work can be accomplished while your dinner is cooking. It is a time, energy and fuel saver.

In order to plan a meal of this type you should have a knowledge of food values and skill in knowing just what foods to combine. For instance some foods require a longer period of cooking than others; you must know how long they should cook and when you should put them in your oven, so they will be done when everything else has finished cooking.

A simple meal cooked in the oven does away with many side dishes. This is an age of economy when we serve a few foods well cooked in place of so much variety.

The planning of attractive meals is an art. We must consider appearance, because foods which do not look well are not going to taste good. Texture is very important, a food of coarse texture should be combined with one of finer texture.

To be well balanced your meal should consist of one protein food, a salad, starch food, another vegetable and an essent.

If you select a utensil which retains the heat, you will find your food cooks more evenly and quicker. Keep the pan or dish covered in order to retain all

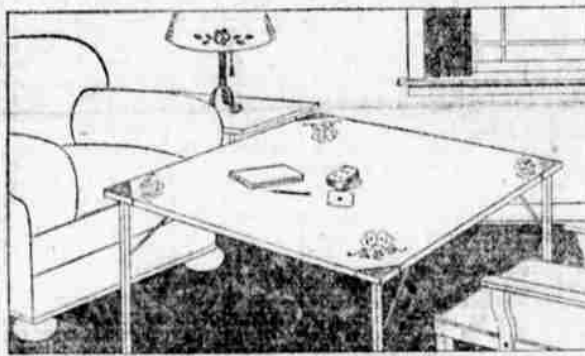
The Modern Midas



MIDAS, you remember, starved to death because everything he touched turned to gold. Modern Americans are in no danger of starvation although they consume daily vast quantities of "gold"—in the form of Golden Bantam corn; the best of which comes in gold enamel cans. Just how much corn they consume can be reckoned from the statistics which reveal the interesting fact that more than 50% of the world's crop of corn is raised in the United States.

Two Unusual Recipes
Next to tomatoes, corn leads all other canned vegetables in the supply which follows an ever increasing demand for wholesome, appetizing foods, scientifically preserved for year-around use. For a long time people, especially city-bred folk, judged corn by its whiteness. But now it is generally known that the yellow varieties are delicious—and, indeed, preferred by many. Golden Bantam corn is one of the deservedly popular kinds, and it canned in rapidly increasing quantities.
Many attractive, nutritious dishes

FOR YOUR NEXT PARTY



Card tables have a variety of uses when their green tops or leatherette surfaces are hidden with attractive covers. A variety of covers is one of the secrets of a successful bridge party. Not only must there be a clean, smooth one on each table for playing, but the really fastidious hostess likes to put on fresh ones before refreshments are served. Again, when serving on very delicate, perishable materials, as party frocks and dainty linens, the card table can be covered this way and used as a work table.

And for an informal tea or Sunday evening supper around the fire in the living room, nothing is simpler than to drop out the card table from its half chest retreat, set it up and cover it with a pretty cloth.

There is no reason why the thrifty housewife should not have a number of these always on hand since they can be very easily made at slight cost. No material is more suitable than an ordinary heavy sack which you can get from your baker for a few cents. The lining is secured by

the heat and the steam which collects on the cover helps in the process of cooking.

When beating up eggs separately, beat the whites first, and add a little to the yolks. They will get thick more quickly and not stick to those hip as when beaten up alone.

To keep icing soft add a little baking powder to the whites of the eggs before beating them, and then beat in the usual manner and pour the hot syrup over the beaten eggs. The icing will be soft and creamy and the part left over can be used for cake filling.

For results see News Class Ads.



men appreciate its full bodied strength and remember—the flavor is constant.

MJB

The full-flavored coffee

Household Suggestions

A jar of burnt sugar syrup is an invaluable aid in cooking. A spoonful added to gravies that refuse to brown properly gives them a delightful golden brown color and a pleasing flavor. A bit of syrup used in plain custard flavored with vanilla gives it a soft caramel color and flavor. It is an accepted change when used in marshmallow icing, in candies, flavor for cakes and in gelatin desserts. Prepare the syrup as follows: Melt one cup of sugar in a hot skillet, stirring as it melts. When it has turned a dark brown, add one-half cup of water, a little at a time, stirring constantly. Do not become alarmed at the steam formation. Cook until it becomes smooth and syrupy. Keep in a covered jar.

A piece of fine sandpaper is handy in the kitchen. If bread, cakes or muffins brown too much, it will remove it better than anything else.

Martha Meade's KITCHEN COUNCIL

Breakfast was a real treat to grandmother's day. A morning hour was actually set aside for the breakfast meal. But look at it now! Some of us don't seem to appreciate its importance, these modern days.

Tell us what the family had for breakfast during the past month and we'll tell you whether the family is a happy one. There is nothing like the cheering spirit of a good, warm, unadorned breakfast.

Why, getting good breakfast is a very important function of the kitchen "work-shop." A hot breakfast tastily served—and every member of the family is equipped to enjoy a good day's work.

Breakfasts are easier, too, these days. Ingenious minds have provided us with electric toasters, electric waffle irons, even electric egg cookers, and prepared cereals. All these devices are handy and wonderful if used conservatively. Surely the inventors intended that more time could be spent in enjoying breakfast if less time was spent in the mechanics of preparation.

Even breakfasts should be secretly planned several days in advance. Here is a simple ideal family breakfast:

- Grapefruit, breakfast appetizer.
- Cereal, hot cooked.
- Eggs, scrambled or soft cooked.
- Hot biscuits or toast and jam.
- Coffee (for adults).

In thirty-five minutes, no longer, all is ready! While the salted water is heating for the cereal, start the coffee, prepare the grapefruit and set the table. And let's have the breakfast table in a light, cheery spot with a bowl of flowers or fruit in the center.

Next, finish preparing the cereal. Finely granulated cereals and partially cooked flakes, wheat or oats will be well cooked in twenty-five to thirty minutes. Start the oven heating for the biscuits, make them quickly, the quicker the better! While the biscuits are baking prepare the eggs.

That's all—a good hot cereal breakfast—fruit first, hot bread or toast and jam for dessert and a hot beverage, is just ideal.

If you would like a guide—called Five Essentials for Good Breakfasts—that will help you to keep variations in the breakfast meal, drop me a line and I'll be glad to mail you one—Martha Meade, Home Service Bureau, Sperry Flour Co., San Francisco.



The Christmas Feast

THRILLING expectancy runs over the group gathered in the living room. Little Susan's eyes grow more starry than ever. The holly berries seem to be a brighter red. The fire crackles higher. Even Uncle Sam stops playing with Bobby's electrical railroad. Over all there is a sense of expectancy—the time of the Christmas dinner, the climax of the day, has come.

And then the doors are thrown open! The family starts in, only to stop a moment to admire, with squeals of delight from the children. For under the shaded lights the exquisite old table linen gleams bright as the silver, and snowy as the china. The polished glassware reflects the colors of the holly and mistletoe which provide the table decoration, replacing the more customary flowers. At each table is a tiny icicle, presumably the home of Santa Claus, and investigation reveals an inexpensive present in each but—a handkerchief, a little doll, a diminutive sled.

- Shrimp Cocktail
- Olive
- Roast Goose and Apple Sauce
- Creamed Potatoes
- Fried Pineapple
- Mollet Tomato Salad
- Plum Pudding
- Peach Hard Sauce
- Nuts
- Coffee

Shrimp Cocktail: Arrange shrimps in a cocktail glass in such a way that the curved side fits the glass and the shrimps form a crown. Fill the center with the following mix-

ture: Juice of half a lemon, one-half teaspoon of vinegar, 3 drops of tobacco sauce, one-half teaspoon lobster-dish, one-half teaspoon tomato catsup, six minced chives, and half a teaspoon minced celery.

Certainly this type of Christmas dinner differs from the old one which our grandmothers, and perhaps our mothers, used to prepare. The old feasts started out with a cocktail followed by a soup, meat (maybe two meats) fish, salad, one or more desserts and coffee. As one old cook book says, "Every course is adequate for a family dinner." Adequate! Enough—too adequate. Who has not seen a meal of that type and felt the awful feeling of being so overfed as to be entirely miserable?

The Modern Way
The modern housewife, then, cuts out either the cocktail or the soup. The fish course is ignored. One meat and one dessert suffice. But most important of all, she keeps a watchful eye on the vegetables which accompany the meat to be sure that they are not too high in carbohydrate. Here are her recipes:

Dressing for Goose: Soak a quart of bread crumbs and then squeeze them dry. Add two beaten eggs, one teaspoon salt, one-fourth teaspoon pepper, two tablespoons melted butter, one cup strained peaches, one-half cup walnut meats, one teaspoon cinnamon. This makes a rather sweet stuffing which is unusual and delicious.

Chill a number two tall can applesauce in the ice box, and take from

the can just before serving. Canned applesauce is fine grained and smooth and delicious to eat. Add cloves or lemon juice if you wish.

Fried Pineapple: Drain the liquid from a can of Hawaiian crushed pineapple. Add one tablespoon of minced pimientos. Turn into a frying pan containing hot meat drippings or goose fat, and fry until brown, turning constantly.

Mollet Tomato Salad: Drain the liquor from a can of tomatoes. Soak a half box of gelatine for five minutes in a cup of water. Mix the tomato juice with a bay leaf, a half-teaspoon of onion juice, a sprig of celery, one teaspoon salt, and one-half teaspoon pepper, and bring to a boil, simmering for twenty minutes. Stir in the gelatine, and add a teaspoon of sugar. As soon as the gelatine is melted remove from the fire and strain. When the gelatine has started to set, arrange four pieces of green pepper in the shape of a cross in the bottom of individual molds and fill each mold with the tomato gelatine. When still turn out on lettuce and serve with mayonnaise.

Plum Pudding: the kind that has been associated for years with Christmas, is now obtainable in cans. The cans simply have to be heated, and the miracle-making of this Christmas dessert is performed.

Peach Hard Sauce: Cream one-third cup butter, one cup confectioner's sugar, and one-fourth teaspoon vanilla. Add two-thirds cup dried and drained peaches. Chill and serve with the hot plum pudding.

Waffle Weather Is Here Again

With the advent of cold weather, nothing tastes better on those cool mornings than crisp waffles, with syrup. This particular kind of batter should be interesting to the busy housewife because of the many possibilities.

As a cold weather food it is one of the most important heat producing foods you can feed your family.

In German the word waffle means honeycomb. This is really an appropriate name because it closely resembles a honeycomb.

Many housewives feel that waffle making is a slow tedious task, and they are really simple to make.

The real secret of successful waffle making lies in having the iron of the proper temperature before baking and having the batter of the proper consistency. The iron should be heated for 5 (Continued on Page Ten)



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TREE TEA Orange Pekoe



For those who prefer GREEN tea, there's TREE TEA JAPAN



UMM BOY!

The wife wants a loaf of that good Twin Bread made by the Sixth Street Bakery. What IS a Good Loaf of Bread?

The answer might be—there is no standard yardstick to measure it by, and if you were to attempt to answer that question you probably would state the points that you dislike, rather than what you would prefer.

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