

One of the Major Prizes Will Be Given Away Tomorrow

MRS. WRIGHT GIVES VIEWS ON SALAD ART

Home Economist Tells of Selection, Preparation and Service

Salads are one of the favorite food topics of Mrs. Julia Lee Wright. And, she frankly admits, one of her favorite foods. The director of the homemakers' bureau offers this outline of her ideas of what salads should be and how to serve them:

Heavier salads such as meat, egg or cheese salads, or a combination vegetable salad, should be served as the main course for lunch or supper, or served with light meals.

Potato salad may be substituted for potatoes, rice, hominy or macaroni; meat, fish, egg or cheese salads may be substituted for the meat course; simple salads with simple dressings should be served with a meal with heavy meats or desserts. It is well to avoid repeating in the same meal the use of a main ingredient of the salad, and guard against clash of color and flavor.

METHOD OF SERVING

Salad may be served from a large bowl or platter to be passed at the table, or upon individual plates, one at each place, depending upon the table space and time available. Line a large salad bowl with lettuce leaves and arrange the combined ingredients in the center. With salad served as a separate course, serve crisp crackers, cheese straws or suitable sandwiches.

Let made greens be crisp and tender. To keep lettuce properly, sprinkle the outside leaves of the head lightly and place it in a paper bag. When ready to use, wash the leaves thoroughly, and crisp in very cold water for a half hour or less. Vinegar or lemon added to the water for crispness helps against insects, but salt wilts greens. Drain well and set in cool place until serving time. Pat or shake dry, if necessary.

SHOULD BE UNIFORM

Salad materials that are cut should be neat and uniform in shape.

Meat, fish and most cooked vegetables may be marinated, that is, allowed to stand in a French dressing, which they may absorb. Before using a thick dressing, however, drain off any of the excess French dressing.

Lettuce leaves should be cupped to hold the salad and salad material should be combined just before serving, except for ingredients to be marinated or those that may become discolored.

To keep fruits from discoloring, peel but do not section and place in acidulated water, or sprinkle them with lemon juice, or entirely cover the fruit with some of the salad dressing to which additional acid, preferably lemon juice, has been added, cutting the fruit directly into the dressing.

Bureau Lists Cheeses and Proper Uses

Many Varieties Are Available to Meet Every Need of Homemaker

Out of the many varieties of cheese, the Safeway Stores and Piggly Wiggly Homemakers' Bureau recommends these for appetizers, sandwiches, salads, or desserts:

American cheese is a fine, mellow cheese with a rare old-fashioned flavor. It varies both in consistency and flavor, according to its age. The New York full cream cheese is a very sharp, strong-flavored cheese, usually crumbly. American cheese is used for sandwiches, with pie, or for general use in cooking.

Cream cheese is white, soft, rich and creamy. Used for appetizers, salads and sandwiches, or served as dessert with crackers and bar-le-duc or currant jelly.

Parmesan cheese is imported from Italy and is very hard and mellow; used in soups, spaghetti, macaroni, etc.

Limburger cheese is used for sandwiches, or with crackers as dessert following such dishes as frankfurters and sauerkraut.

Camembert cheese is rich and ripe in flavor. Served with crackers as dessert, or used in salads.

Requefort cheese is made in France. It is rich and tangy and used with crackers as dessert, following highly flavored foods, or for appetizers, salads, salad dressing, etc.

Swiss cheese is mellow and sweet. Easy to slice and is used for sandwiches, with pie, or in salads.

When a grated cheese is wanted in cooking, a hard cheese is best and Parmesan is frequently chosen. American cheese is the variety most commonly used in cookery and varies in flavor and consistency according to its age and the richness of the milk from which it is made.

KITCHENEER IN CHARGE



MRS. EDITH JEFFERS FREEMAN
home economist of the Safeway Stores and Piggly Wiggly Homemakers' Bureau, who will conduct the Herald-Safeway Stores course in "Kitcheneering," opening tomorrow at the Torrance Theatre.

BOOK DEVISED FOR WESTERN HOMEMAKERS

"Recipes You'll Enjoy" Based On Wide Experience With Problems

Realizing that Western women have cookery problems peculiarly their own, Mrs. Julia Lee Wright, director of the Safeway Stores and Piggly Wiggly Homemakers' Bureau, determined to supply an answer, and the result was "Recipes You'll Enjoy," a cook book written especially for Western women.

The thousands of inquiries answered by the Homemakers' Bureau formed the basis of this unusual cook book. It is not merely a collection of recipes, but rather the product of years of experience in dealing with Western homemaking needs. Every recipe it contains has passed the searching examination of the bureau's testing kitchen. Recipes are practical, sensible, economical.

FULLY INDEXED

The book is carefully indexed, divided into sections, from appetizers to vegetables. Not only does it contain myriad recipes, but also carries practical suggestions on such household questions as cleaning and table setting.

The physical construction of the book is an example of the planning that went into it. The book is sturdily made, in loose leaf form, that the housewife may add recipes to it. And this is important to those who have been exasperated by "lost places" while using stiff-backed books. "Recipes You'll Enjoy" will lie flat on the work table, open to any page desired.

WASHABLE COVER

Furthermore, the cover is washable, and will not suffer from splashing with the ingredients its recipes call for.

To lend a cheery note to your kitchen, the book is available in bindings of two colors—sea foam green or sunny yellow. It may be had boxed attractively for gift purposes.

"Recipes You'll Enjoy" may be purchased at each day's "Kitcheneering" session.

Care In Cake Baking Vital

Cake-making authorities emphasize the need of care in baking. For an angel food cake, an ungreased tube pan is always used. The pan should never be greased or used for butter cakes or any mixture requiring a greased tin. A piece of wax paper, cut to fit exactly, may be placed in the bottom only if it seems necessary. Under no circumstances should the cake tin be scoured too smooth, as the cake will not rise as it should.

Food For Thought

By ROBERT PILGRIM



HENRY VIII LIKED A CUT OF MEAT SO WELL HE KNIGHTED IT SIR LOIN



WHEN FOOD IS SENT FROM ONE NEIGHBOR TO ANOTHER IN JAPAN THE DISHES ARE ALWAYS RETURNED UNWASHED



PEASANTS IN RUSSIA HOLD THE BELIEF THAT FIRES CAUSED BY LIGHTNING SHOULD BE PUT OUT WITH MILK



THE CUSTOM AT WEDDINGS IN EARLY ROME WAS TO BREAK THE WEDDING CAKE OVER THE BRIDE'S HEAD TO BRING LUCK



PARAFFIN ON HAND

Keep paraffin in a lipped metal or cheap tin teapot for quick melting and convenient pouring.

Glazed Ham Easily Made

When we see the luscious baked hams that are used in advertisements, our mouths water but we think, "That's only a picture, for no one could bake a ham that

would look like that!" But—that is just where you are wrong for it is the easiest thing in the world to bake a ham that looks as attractive as any pictured one you ever saw, and that tastes even better than it looks. Best of all, it is almost as easy to prepare it for us for two people, so it makes an ideal meat for any type of dinner.

Prepare smoked ham in usual way, by broiling in water till tender. Skin, place in baking pan, stick whole cloves in top and place in moderate oven (350° F.) until heated thoroughly. During last half hour of cooking, pour on enough syrup to coat ham, add water in bottom of pan to prevent scorching and continue baking, basting occasionally. Small can-

ned hams or slices of ham may also be glazed in this way. Horseradish is an ideal accompaniment for baked ham, especially this horseradish cream sauce:

HORSERADISH CREAM SAUCE

Blend equal parts of prepared ground horseradish and slightly sweetened whipped cream. Serve in tiny lettuce cups which come from innermost leaves of head. Sprin-

GET HIGH STOOL

Have you a high stool in your kitchen? Every home workshop requires such a useful piece of furniture—it saves many weary hours of standing.

File with paprika and serve one lettuce cup full of the sauce on each plate.



Mrs. Wynn Terry of New York, who would rather make her home on the Pacific Coast than in any other section of the country.

And be sure it is made the way all Pacific Coast women know is best... with Best Foods Mayonnaise, so superbly fresh... so velvety smooth... so incomparably delicious! Sold only in sanitary sealed jars

WHEN you visit the Coast, Mrs. Terry, you'll very quickly find out why we are so famous for our salads! And here we give you the recipe for one of which we are particularly proud.

It is called the West Coast Special. And one of the reasons why it is so delicious is that it is always made with the Coast's favorite dressing... Best Foods Mayonnaise.

You can't imagine what a difference that makes! For Best Foods "does something" to salads that no other dressing equals. Naturally it gives them far finer flavor. For Best Foods, made to a famous French recipe, combines the finest quality ingredients—freshly broken eggs, choice salad oil, selected vinegar and imported spices.

Then after careful blending by expert chefs, it is double-whipped to bring out all its tempting goodness and to give it that marvelous velvety smoothness.

Extra Health Benefits, Too

Yet there is another reason, too, why intelligent women everywhere prefer this finer, purer, mayonnaise... are refusing

to serve any other dressing on their salads.

For scientific research has shown that Best Foods Mayonnaise adds 6 extra health benefits to your salads... six special food elements in addition to those you get from fruits and vegetables alone.

Thus science gives you an added reason for preferring Best Foods Mayonnaise to other brands that do not promise you the same high quality delicious flavor and valuable extra health benefits.

Sealed in Sanitary Jars... Always Fresh

Best Foods Mayonnaise is made right here on the Coast in a brand new up-to-date plant—one of the finest plants of its kind in the entire world. From kitchens that are regarded as the last word in modern efficiency, this fine mayonnaise is delivered to your grocer every week, superbly fresh and delicious. And, for your health protection it is sold only in sanitary sealed crystal jars. Yet the price is so low that every woman can easily afford it. Get a jar—today.



WEST COAST SPECIAL

8 tomatoes, peeled
3/4 teaspoon salt
1/2 cup Best Foods Mayonnaise

Remove seeds and part of pulp of 6 tomatoes. Salt inside of tomatoes, invert, and chill. Blend Best Foods Mayonnaise and remaining ingredients. Pile lightly in tomatoes. Serve on crisp lettuce with additional mayonnaise and tomato slices. Serves 6.

BEST FOODS MAYONNAISE