

Kelvin Kitchen

The Creole Way
 Any of us can add an interesting character to our cooking, by studying and using recipes of other countries and other sections of our own. "Cooking with an accent" has made many a hostess and many a restaurant famous. The American restaurant in Paris and the French restaurant in New York both cater to the human desire for something "different."

Probably no foreign restaurant can rival the popularity of the native restaurants in New Orleans, the capital of Creole cookery. This famous style of preparing food is one of the savoiest and most economical schools of cooking in the world. It had its origin in early Louisiana, with the crossing of two races of people who lived and ate with gusto, the French and the Spanish. The influence of the Indians also marks Creole cooking, especially in the extravagant gumbos or thick soups.

With colder weather, it might be well to look up one of the unwieldy recipes for an exquisitely seasoned gumbo. Nothing is more essentially Creole than these combinations of herbs, soup stock, and bacon fat, cooked with greens or chicken or shrimp. The characteristic ingredient of gumbos in the days when they were cooked in cranes by the open fire was file powder, purchased from the Choctaw Indians. This was the young, tender leaves of saasfras dried and ground to a fine powder. Okra is a substitute for this item in modern gumbo recipes. Gumbo may sound expensive, but when it is considered that it represents a delightful adventure in flavor, and filling, nourishing food, and a dish that is sufficient to itself with a side dish of boiled rice and a simple dessert of fresh fruit, we adjust our idea of its expense. So if you'd like to make a gumbo, we can furnish you a real Creole recipe. Just tell us whether you want to use chicken, shrimp or greens in your gumbo.

The knowing use of cheese and wine for flavoring partly explains the intriguing flavor of many Creole dishes. Onion soup, for instance, which is the direct progeny of the famous onion soup of Paris, France, owes its delicate savoy to the sprinkling of grated Swiss or Parmesan cheese upon the top before a brief episode in the oven, where it is literally "browned" in a deep, earthenware baking dish. The use of freshly ground black pepper and the slow, thorough simmering of the onions in deep butter until they're brown and tender, also play a part in its fine shades of seasoning.

Boiled rice accompanies many Creole dishes and is the foundation of many others. To get the correct results, that is, rice of which every grain stands out separate and distinct, drop the rice after it has been washed, into rapidly boiling water and stir with a wooden spoon until the water boils again, to keep the rice from sticking to the pan. Then leave the rice boiling briskly for 20 minutes, drain, run cold water thru it for half a minute and dry six minutes in the oven.

Fried Chicken with Orange Sauce
 One frying chicken, 2 teaspoons salt, 1/4 teaspoon pepper, 5 tablespoons shortening, 1 cup boiling water, 2 teaspoons onion juice.
 Clean chicken, unjoint it, rub with flour and seasonings and fry in hot skillet with shortening until brown. Add boiling water and onion juice; cover and cook slowly. When bird is tender, remove to warming oven. To make orange sauce, add 2 cups hot water to remaining stock. Cook until smooth. Peel one medium sized orange to get red outer skin. Sliver

very finely and parboil 10 minutes. Drain, add orange slivers and 2 tablespoons lemon juice to sauce. Garnish with slices of orange.
Creole Green Peas
 3 cups shelled peas, 1 small white onion, 2 lettuce leaves, 2 tablespoons butter, 1/2 teaspoon sugar, salt.
 Bring 1 pint of boiling water to a boil; add the onion and cook 5 minutes, then throw in the peas, which have been well washed and picked over; add butter and sugar and cook until the peas are tender and the water has evaporated, leaving only the butter. Add salt to taste 5 minutes before the peas are done, and, if the water cooks away before the peas are tender, add a little more boiling water.
Southern Spoon Bread
 1/2 cup corn meal, 3 tablespoons melted butter, 1 cup milk, 1 teaspoon salt, 1 cup boiling water, 2 eggs, well beaten, 2 teaspoons baking powder.
 Place corn meal, salt, and butter in bowl, add boiling water slowly, beat until smooth. Add milk, eggs, and baking powder. Mix well. Turn into greased casserole or eight inch pan and bake in a moderate oven (350 degrees) 40 to 50 minutes. Serve to be eaten with a spoon.

Series of Meetings At Bethany Church
 A series of special meetings will be held at the Bethany Evangelical Church beginning with Wednesday night of this week and will continue for a period of ten days. These services will be inspiring, instructive, evangelistic and helpful in nature. Just as every progressive business house takes an inventory of its stock and looks ahead, so it is essential that each individual at times, through meditation, prayer and instruction, take an inventory of his spiritual relationships in life. Bethany Church invites all who feel the need of spiritual guidance to help to come out to these services which will be held at 7:45 each evening, with the exception of Sunday eve, which will be held at 7:30. There will be no Saturday eve services. A number of visiting pastors will bring the message from evening to evening. These services will be held in the church chapel, the Sunday evening service will be held in the church auditorium.

Family Day To Be Observed Sunday
 Most of the churches of the community are following the suggestion of the Chicago Daily News and the Religious Recovery Movement, which is national in scope, in recognizing Family Day at their church services. All families connected with the Jewish faith are asked to go to their Synagogues or Temples. Those who are Protestant are asked to attend the church of their choice. Those who are Catholic are of course urged to attend the Catholic Church. Each family is asked to go to their place of worship on their regular day of worship as a family group and as far as possible be seated together. Over 1000 churches in the Chicago area have already indicated that they will observe Family Day at one of a number of their services on the coming Sunday, watch the Saturday issue of the Daily News for particulars.

Rotary Governor Is Guest In Deerfield
 Every Rotarian of the Deerfield Club is asked to make today's meeting an outstanding affair when the district governor pays them the honor of a visit, at their weekly luncheon at Shugrue's Restaurant. Each member has invited a "Rotary minded" guest.
 Last week Charles T. Seago was Rotarian of the day and had as his speaker, Mr. Stewart Bradley, who spoke on "Maritime Law." Mr. Bradley is a partner of Mr. Seago's son, Erwin Seago. His talk was intensely interesting and very instructive.

Rummage Sale in Deerfield November 2-3
 A rummage sale is to be held on Friday and Saturday, Nov. 2-3, by the Ladies' Aid Society of St. Paul's Church, Deerfield, in the R. M. Vant building recently vacated by the Kit Kat Kitchen. Doors will open at 9 o'clock in the morning.

Zion Lutheran Church
 Oakridge and High Street
 Highwood
 Henry S. Hedlund, B.D., Pastor
 Sunday School, 9:45 a.m.
 English service, 11 a.m. This is the Christian Home Sunday when the family as a whole will attend the divine service.
 English service, 7:30 p.m. The Rev. Dr. D. A. Lofgren, of Racine, will be the speaker of the evening.
 Nov. 2 and 3—Annual bazaar at Oak Terrace School. Dinners are served from 5:30 to 8 p.m.

Lambeth Workshop
 Draperies - Fabrics
 Upholstering
 CABINET MAKERS
 460 CENTRAL AV. HIGHLAND PARK
 PHONE 568

J. SMITH
 Dealer in
JUNK
 TELEPHONE 410
 60 N First St Highland Park



TO THE VOTERS

of the North Shore

As a Democratic Candidate for Probate Clerk, there is no malice or bitterness in my heart against the rank and file of the Republican Party.

Our fight is against the leaders of the Republican Party who have betrayed and exploited the confidence of the citizens of this county. As a life-long resident of Lake County, a graduate of Waukegan T. H. S., student of the University of Illinois, law student of Loyola U. and an American Citizen who earnestly desires to serve you as Probate Clerk of your County, I appeal for your vote and support. As your Probate Clerk, I shall file an itemized statement of expenditures of my office at the end of each fiscal period. I shall also protect the files and records of this office as public property. I shall not allow laxity or friendship to impair the efficient performance of my duties.

Walter L. Koziol
 Democratic Nominee For
 PROBATE CLERK

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It is the sincere hope of all who are concerned with the religious interests of this community, that a large number of families of our city will put forth a special effort to be at their place of worship this week.

Jim's Circus Team In 11-10 Battle on Sunday

Sunday at Round Lake Jim's Circus team lost the second game of the series with the home team, 11-10, in 12 innings.

Les Harder failed to appear, so Manager Campion was compelled to put Pritchard on the mound against Round Lake. The latter's complaint this season has been against his poor support, but the Clowns made nary an error during the ten run assault of the winners in the first three innings.

The Sawdust boys kept pecking away at the offerings of Drummond of Round Lake until L. McDermott's double with the bags loaded tied the score in a seventh-inning five-run rally. At the start of the home twelfth, Campion replaced Berndtson behind the bat for Deerfield, and Brown took Tom Duffy's place at third. Renahan walked, advanced to second on a grounder to Jim McDermott, who threw out Gear, and then made a dash to third. Campion and Brown became confused on an exchange of signals, when the lark catcher pegged to the uncovered base, and the ball went out to Cameron in left field, Renahan scoring the winning run.

Dr. Bible To Speak In Deerfield Nov. 4

Rev. Frank W. Bible, D.D., secretary of the Presbyterian Board of Foreign Missions, will speak at the Deerfield Presbyterian Church Sunday evening, Nov. 4. Dr. Bible is one of the most forceful platform speakers in the church today, and holds his audiences not alone with oratory but with a worthwhile message.

Christian Home Day To Be Observed At St. Paul's Church

A national movement for the observance of Christian Home Day on Sunday, Nov. 4, will be observed at St. Paul's Church, Deerfield at the morning service at 10:15. Rev. F. G. Piepenbrok's message will be "The Church and the Christian Home." The children's choir will sing.
 The Tri C Society will meet Monday evening at the church. On Wednesday evening the Church Council will convene.

Read The Want Ads

Rummage Sale To Be Held This Week

A rummage sale will be held Friday and Saturday of this week, sponsored by the Ladies' Aid Society of St. Paul's Church at the former Kit Kat Kitchen on Waukegan Road.

YOUR OLD FUR COAT
 has a TRADE-IN value this year. Apply it toward a gorgeous new MILLER fur coat or cloth coat at present low prices. Buy your winter coat now—use your old coat as a deposit.
 MILLER FUR CO. CHICAGO
 166 N. MICHIGAN AV.

Extra Fancy Wisconsin U. S. No. 1
POTATOES
 Direct from Car to you
100-lb. bag \$1.09
RUSSET POTATOES
 From Certified Idaho Seed
100-lb. bag \$1.39
 Cash and Carry
 GET YOUR WINTER POTATOES NOW
 Call at
North Shore Freight House
 228 North St. Johns Avenue

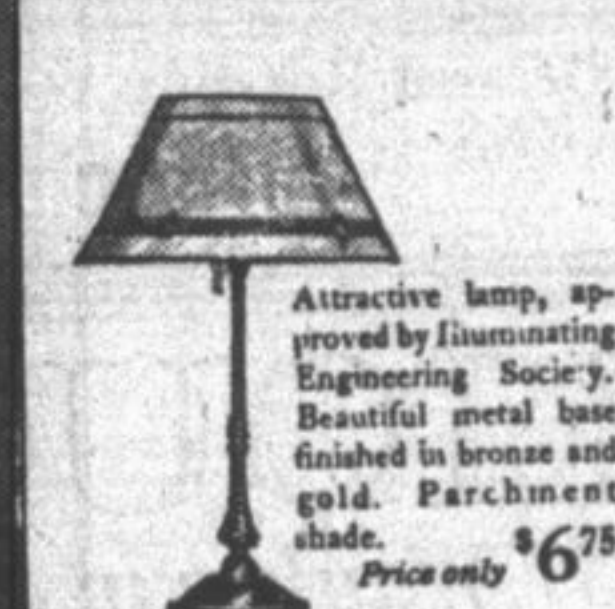
As bright as any in her class

But her marks were always low!

It took a wise mother to discover that poor lighting conditions were responsible for her lack of interest in home work.



A FEW OF THE LAMPS NOW ON DISPLAY
 Designed for Better Seeing



THERE wasn't a pupil in the whole grade any brighter than Betty. But she hated to do homework. And her marks were always low. Betty's father said, "She's just lazy." But her mother was wiser. She visited her nearest Public Service Store and got from them a marvelous little device called "The Lighting Tape Measure." When she measured Betty's study lamp with this she found it only gave her from 1/4 to 1/2 as much light as she needed. A simple change of bulbs made all the difference in the world. And now Betty studies without a bit of coaxing.

What correct lighting is
 Experts estimate that in two out of three homes, some member of the family suffers from the wrong kind of lighting. To protect eyes you should have from 20 to 30 foot-candles of light falling on the printed page. It should be properly diffused with no glare, no deep shadows, no contrasts to cause eyes to change focus frequently. Under such lighting eye tension is relieved. Your body relaxes. Your nerves relax, too.
 Most women would be only too glad to protect the eyesight of their children. But they have no way of measuring the kind of light their lamps give. And so, night after night, eyes struggle with danger of permanent injury.

How to get it
 In the last few years some wonderful discoveries have been made about proper lighting. Lighting engineers have found that just by changing the position of shades, by raising or lowering the height of bulbs, and by designing a special kind of "light reflecting" shade, these handicaps to eyesight are completely overcome. Your Public Service Store has a variety of these properly designed lamps for sale. Come down and see them and at the same time learn from our better lighting display, simple and easy ways in which you can improve the lighting in your home. And get, free, a marvelous little device called "The Lighting Tape Measure" which enables you to tell quickly whether or not each lamp in your home is providing safe light.

Which is YOUR lamp?

Lamp 1. Bulbs are too low, sides of shade too sloping. Result—glare, deep shadows, eyestrain. Lamp 2. Bulbs at right height, shade of correct design. Result—restful light, precious eyesight protected. FREE at your Public Service Store, "Lighting Tape Measure" to test your lamps. Get it today.

We are cooperating with
 Attractive eye-saving lamps are also being shown by other dealers
PUBLIC SERVICE COMPANY
 OF NORTHERN ILLINOIS