

**BEST RECIPES FOR PREPARING  
DRIED FRUITS AND VEGETABLES**



Dried Corn Keeps in Good Condition a Long Time, if Good at the Beginning.

(Prepared by the United States Department of Agriculture.)

Even though they do not spoil, many dried vegetables which were delicious and attractive in every way during the first few weeks or months of storage, do not keep their color, flavor and cooking qualities indefinitely, but deteriorate gradually after a long period of storage. Even vegetables which are blanched before drying will deteriorate in much the same way, though more slowly, and blanching in salted water (1½ per cent solution) before drying constitutes a slight improvement over the common custom of drying without such treatment.

Household stocks of dried vegetables should not be held over from one year to the next for the reason they lose in quality. Indeed, it is the part of wisdom to use them early in the winter season, reserving canned goods for the late winter or early spring. The experimental kitchen in the United States Department of Agriculture has carried on a number of experiments with dried vegetables, and the work is being continued. A progress report is in order and some of the results arrived at to date follow:

Dried corn is one of the vegetables which keeps in good condition for a long time, if good at the beginning. The peculiar favor developed in dried green string beans is popular in many parts of the country. Dried soup mixtures deserve wide use, for the combination of such strong-flavored vegetables as onions, carrots, cabbage and turnips will retain considerable flavor for a long time, even though the individual vegetables which compose it may have deteriorated somewhat in flavor when compared with the freshly dried vegetable.

**Preparing Dried Vegetable.**

Dried vegetables may be soaked from one to three hours in warm or cold water, and then cooked from 10 to 20 minutes or longer, if necessary. Or they may be put at once, without any soaking, into boiling water, and then cooked slowly over the simmering flame for 20 to 40 minutes, or longer, if necessary. The length of time for which they must be cooked depends largely upon the condition of the fresh vegetable before it was dried. Large carrots, or white cabbage, even though cut into small pieces before drying, must be cooked longer than small carrots or green cabbage.

The water added for soaking or cooking should be little more than what the vegetables will take up. To cook them in a large amount of water which is thrown away, then cook them in a fresh supply of water which also is thrown away, is to take the most thorough method which could be devised for extracting and discarding most of their nutritive constituents as well as most of their favor.

Three cupfuls of water to one cupful of vegetable is as good a general rule as can be given, but spinach and greens take half of that, being light for their volume. Long cooking demands a larger amount of water, because it boils away; but vegetables should not be cooked longer than is absolutely necessary, except in the making of puree.

Particularly when the dried vegetables are put into boiling water without soaking, it is best to salt them toward the end of the cooking process rather than at the beginning.

One cupful (measured dry) of most kinds of dried vegetables will serve two persons heartily, or three persons with moderate portions.

Dried vegetables may be used in the same way as fresh ones, while they are still in prime condition. When they begin to fall off in favor they should be judiciously combined with other materials and have favoring materials added to them. Dried sweet potatoes or carrots which have become rather flat when served with butter and salt only are more appetizing when glazed. To do this, bake them (after cooking tender by boiling) with a sauce of sugar or molasses or syrup, and fat. Dried spinach which has become a little flat will be liked if it is served with an egg and vinegar

dressing, or in a cream sauce flavored with onion or celery.

Dried vegetables (after being boiled) may be served in the gravy with the hot roast or meat or vegetable casserole or in the sauce for the baked or boiled fish. They may be combined with each other or with other fresh vegetables, in "boiled dinner" or in chowders or casserole dishes of any kind. They may be used with rice, macaroni or bread crumbs, in stuffing baked peppers or tomatoes or meat or fish; they may be combined in a mechanical mince.

**Cooking the Dried Fruits.**

Dried fruits are usually given a long, slow cooking in water below the boiling point. They may be soaked for a few hours, or they may be simply mashed and put directly into the warm water for cooking. The important point to be observed is not to soak or cook in too much water. The dried product can not be expected to have as much flavor as does the fresh; so all pains must be taken to dilute that flavor as little as possible. Most recipes for cooking dried prunes and apricots direct that two cupfuls of water be used to one cupful of fruit; but a better-flavored product will result, if equal measures of water and fruit be used, when the cooking is done slowly in a tightly covered vessel, so that little of the steam escapes.

Dried fruits may be sweetened lightly (since they usually contain a good deal of sugar themselves) with sugar, or with any sort of syrup, according to taste. They are to be used as sauces, in puddings, fruit cakes and cookies, compotes, whips, souffles and even salads, much as fresh fruits are used.

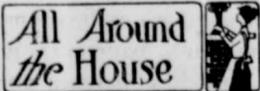
**FINE ART OF COOKING RICE**

Cereal Can Be Cooked So That It Is Flaky and Each Grain is Separate, Say Specialists.

Rice can be cooked so that it is flaky and so each grain remains separate, say food specialists in the United States Department of Agriculture. To obtain that result wash the rice thoroughly, boil it in a large proportion of water, and do not overcook.

To one cup of dry rice, use four or five quarts of water and one teaspoonful of salt. Wash the rice through several waters until all the loose starch is removed, and drain it. Have the boiling water ready in a deep saucepan, add the salt, slowly drop in the rice, and allow it to boil rapidly for about 15 or 20 minutes, or until a grain when pressed between the thumb and finger is entirely soft.

In order to prevent the rice from sticking to the pan, lift it if necessary from time to time with a fork, but do not stir it, for stirring is likely to break the grains. When sufficiently cooked, turn the rice into a colander or a sieve, and after the water has drained off cover with a cloth and set over a pan of hot water on the back of the stove or in the oven; or turn the rice into a shallow pan, cover with a lid, and place it in a warm oven for a short time. Treated in this way the grains swell and are apt to keep separate.



A sedentary worker requires less food than a person engaged in heavy manual labor.

Jelly or jam tarts are nice garnished with a spoonful of whipped cream or meringue.

Always leave paint brushes soaking in kerosene oil and they will be soft and clean when needed.

Spinach balls are delicious served on buttered toast, with cream sauce poured over the whole.

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We Refund the Purchase Price of Vim if you do not like Vim better than any other Flour.

Vim flour	\$2.20
9 lbs Crisco	1.70
6 lbs Crisco	1.15
3 lbs Crisco	.57c
Pint Wesson Oil	30c
Quart Wesson Oil	59c
1/2 Gallon Wesson Oil	99c
1 Gallon Wesson Oil	1.99
Pint Mazola	33c
Quart Mazola	63c
1/2 Gallon Mazola	\$1.15
1 Gallon Mazola	2.10
4 lbs Cottoiline	86c
8 lbs Cottoiline	\$1.50
4 lbs Snow	80c
8 lbs Snow	1.40
Quart Mason Jars	99c
Pint Mason Jars	90c
Cold Pack Jar Rubbers	8 1/2c

Breakfast Food	
2 Kellogg's Cornflakes	23c
2 Post Toasties	23c
2 Puffed Wheat	27c
2 Puffed Rice	35c
2 Grape Nuts	35c
Kellogg's Bran	19c
Ralston's Bran	19c

Baking Powder	
50c size Royal	38c
2 1/2 lbs Royal	\$1.25
5 lbs Royal	2.40
1 lb Calumet	30c
2 1/2 lbs Calumet	65c
25 oz K C	22c
15 oz K C	13c

Rice and Beans	
16 lbs Best Head Rice	\$1.00
16 lbs Best Re-cleaned Navy Beans	1.00
18 lbs California Rice	1.00
Lima Beans 1 lb	10c
Pink Beans 1 lb	10c
Mexican Red Beans	11c

Canned Goods	
2 Ever Green Corn	25c
2 Faney Corn	35c
Ever Green Corn doz.	\$1.40
Fancy Corn doz	2.00
Newhall Tomatoes 5 for	55c
Standard Tomatoes 5 for	49c
3 large cans Libby's sliced Pineapples	89c
Delmonte Pine A No. 1	20c
Libby's Pork and Beans 2 for	25c
Libby's 1 lb Red Salmon	33c
Alaska Salmon, 1 lb size, 10 for	1.00
Montrey Sardines, large ovals, 3 for	50c
Delmonte Catsup, large	23c

Soap	
19 bars Crystal White Soap	\$1.00
22 bars White Wonder	1.00
20 No Rub Naptha	1.00
2 Easy Days soap	1.00
30 bars White Luna Soap	1.00
30 bars Lenox Soap	1.00
10 Cream Oil	80c
10 Palm Olive	80c
10 Ivory	80c

Coffee and Tea	
1 lb M J B	39c
3 lbs M J B	38c
5 lbs M J B	37c
Golden West	42c
Hill Red Can	42c
Folger's G G	42c
Fancy Bulk 5 lbs for (if you like strong coffee, try this one)	\$1.00
Bulk Cocoa Hershey's, 1b	15c
1 lb Ghirardelli's Chocolate	35c
3 lbs Ghirardelli's Chocolate	\$1.00
2 oz Cinnamon	10c
2 oz Nutmeg	10c
All other Spices 3 for	25c
Black Tea, bulk, 1b	45c
Green Tea, bulk, 1b	45c
This same kind of tea in package sells for 80c lb.	

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SALEM

ALBANY

WOODBURN

## SHORT STORIES OF TOWN AND COUNTRY

Mrs. Martha Richardson is in Portland.

Dr. Swennes of Salem is making plates for \$15, \$25. Extractions are \$1.00.

Mr. and Mrs. Walter Smith and Mr. and Mrs. Layton Smith picniced at Spong's Landing Sunday.

Mr. and Mrs. Ernest Letteken have just returned from a week's visit with Marshfield relatives.

Mrs. Leonard Davis is the guest of her parents, Mr. and Mrs. B. R. Wolfe. Mrs. Davis is on her way to Los Angeles to join her husband.

Mr. and Mrs. N. F. Gillespie and son Franklin of Centralia, Wash., were here Tuesday greeting friends and visiting their daughter, Mrs. Walter Smith. The Gillespies went from here to Clackamas county to visit relatives before returning home.

## Sheridan Doctor Explores Depth of Willamette

Dr. A. R. Sargeant took an involuntary bath in the Willamette river last Wednesday in the vicinity of Independence, and save only by his sportsman instinct would now be sporting with the fishes in the cool waters of that noted stream. The doctor is a fisherman as well as a hunter, both characteristics probably developed during his residence in Alaska, and on this day was casting very successfully while wading in the river along the bank. With his fishing accouterments he was heavily laden and this fact caused his downfall in the water as he stepped into a deep hole just as he was about to pull out the biggest fish in the river. He went down and kept going down, and when he attempted to rise the accumulated water in the pockets of his hunting coat kept him down. He finally got his head above water and a breath of air and went down again. The doctor thought quickly during these tense minutes and then shed his coat and once more came to the surface, but he was too exhausted to care whether he got the fish or the

fish got him and when about to give up the struggle a friendly pole came floating down, which proved the last straw to safety. It was a hard half hour fight for

life, but in no way diminished his desire for fishing.—Sheridan Sun.

Tell The Post About It!

# The Harvest

You commence to hear about the harvest and farmers have begun to look forward to this event with hopeful anticipation. This store as usual will be prepared to furnish all supplies and equipment for the harvest season and you may come in at any time now and "figger" what you'll need and the cost thereof.

**WILLARD E. CRAVEN HDW.**

INDEPENDENCE, OREGON