

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



Dried Corn Keeps in Good Condition for 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 (1 1/2 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 flavor 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 30 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 soak 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 flavor.

Three cupsful 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 flavor they should be judiciously combined with other materials and have flavoring 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 sirup, 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 pot 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 mock mince-meat.

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 sirup, 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 over-cook.

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.



All Around the House

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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Soaps	Salad Oil--Continued	Jars and Caps	Spices, Tea--Continued
29 bars White Luna Soap 1.00	1 Gallon Mazola 2.10	Mason qts, doz 1.05	All other flavors, 3 for 25c
30 bars Lenox Soap 1.00	1/2 Gallon Mazola 1.18	Mason pts, doz 95c	Fancy English Breakfast tea, lb 37c
(This soap is manufactured by Proctor & Gamble, makers of Ivory.)	Quart Mazola 68c	Mason caps, doz 27c	Spider Leg Tea, 1 lb 40c
18 bars Crystal White Soap \$1.00	Pint Mazola 36c	Economy caps, dozen 28c	Gun Powder Tea, 1 lb 35c
22 bars White Wonder 1.00	Canned Goods	Kerr Self Sealing Lids 15c	Folger's Shasta Tea black or green, 1/2 lb 25c
22 bars Royal White 1.00	5 cans Extra Quality Tomatoes 60c	Rubbers, 4 doz 25c	Lipton's Tea, 1/2 lb 40c
10 Ivory 78c	Standard Tomatoes cans 55c	Coffee, Tea and Spices	Chocolate and Cocoa
3 Cream Oil 20c	Royal Club Tomatoes 15c	1 lb M J B 38c	1 lb Ghirardelli's 35c
3 Palm Olive 23c	Del Monte Tomatoes 15c	3 lbs M J B, lb 37c	3 lbs Ghirardelli's 1.00
Large Citrus 25c	Fancy Corn 17c	5 lbs M J B, lb 36c	Bulk Cocoa, 2 lbs 29c
Syrup	5 cans Extra Standard Cor 65c	3 lbs Royal Club Coffee, lb 36c	1/2 lb Hershey's Cocoa 23c
1 gallon Amber Karo 75c	Medium Corn 15c	1 lb Royal Club Coffee 37c	3 pkg Jello 29c
1/2 gallon Amber Karo 40c	5 1-lb cans Alaska Salmon, 55c	1 lb B Brand Vacuum packed (Put up by M J B Co.) 35c	3 pkg Jiffy Jell 29c
1/2 gallon Crystal White Karo 44c	Shrimp 23c	3 lbs B Coffee 1.00	5 lbs Macaroni 35c
1 gallon Crystal White Karo 85c	Oysters 20c and 3 Large cans 45c	American Club Coffee, 1 lb 30c	2 pkg Grape-nuts 35c
Crisco and Lard	Callif Sardines No. 2 1/2 Libby's Pineapple, 3 for 89c	American Club Coffee, 3 lbs, per lb 29c	2 pkg Kellogg's Corn Flakes 22c
9 lbs Crisco 1.70	No. 2 1/2 Libby's Apricots 25c	American Club Coffee, 5 lbs, per lb 28c	2 pkg Shredded Wheat 30c
6 lbs Crisco 1.20	Van Camp's Pork and Beans, small, 2 for 25c	Here is one you cannot beat anywhere for the money:	2 Post Toasties 22c
3 lbs Crisco 63c	Van Camp's Pork and Beans, medium 17c	Fancy Bulk Coffee, 1 lb 25c	Large pkg Oats 30c
No. 5 Cascade Lard 85c	Van Camp's Pork and Beans, large 30c	Fancy Bulk Coffee, 5 lbs 1.00	Olympic, Golden Rod and Albers
No. 10 Cascade Lard 1.65	Campbell's Soup 2 for 25c	Fancy Bulk Coffee, 10 lbs 1.85	Postum
Salad Oil	Beans and Rice	Here is another good value hard to beat:	Large can Instant 45c
1 Gallon Wesson Oil 2.00	18 lbs Fancy Re-cleaned Beans 1.00	1 lb Bulk Coffee 20c	Small can Instant 26c
1/2 Gallon Wesson Oil 1.15	Lima Beans lb 9c	6 lbs Bulk Coffee 1.00	Postum Cereal 23c
Quart Wesson Oil 65c	18 lbs Fancy Jap Rice 1.00	10 lbs Bulk Coffee 1.80	Milk
Pint Wesson Oil 33c	16 lbs Fancy Head Rice 1.00	2 oz Cinnamon 10c	Borden's milk, 2 1/2 gal cans 25c
		2 oz Nutmeg 10c	Carnation, 2 large cans 25c

SUGAR: Today's price \$6.90 subject to market change.

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**SHORT STORIES OF
TOWN AND COUNTRY**

The Post prints hop checks.

Miss Mary Howard of Silverton was the guest of her aunt, Mrs. Bulloch, this week.

Fifty cents a box will be paid this year for picking hops and no dirty work will be allowed.

L'd you go to the Woodman dance Thursday night at Dallas? If you did, come again next Thursday night; if you didn't come anyway. Whatever you do, don't miss them.

The season's sensation "Way Down East" at the Grand Theatre in Salem August 18, 19, 20. Read ad in this paper for particulars.

Miss Gayelle Baldwin of Portland was the guest of her father, M. P. Baldwin, and the Baldwin sisters.

Lee Robinson, Misses Pear Smith and Ethel Miller of Lebanon in company with Miss Miller's parents are camping at Belknap Springs.

Wm. Ladd, a Portland banker, was here Tuesday looking over dairy stock with a view to making purchases for his farm near Portland.

Nothing like a Western Dust-proof furnace for wood and soft coal. The time to buy is now. The place to buy is C. S. Hamilton's, Salem.

Postmaster Wood announces that village delivery will be operating by September 1. Those who have not already provided themselves with mail receptacles are asked to do so. They are also requested to register their house numbers at the postoffice.

The C Street Market opened Monday under the management of L. R. Lommasson and E. C. Ott. Both Mr. Lommasson and Mr. Ott come from Portland and have had much ex-

perience in the meat business. They wish to announce to the public that they are here to stay and that service and quality are to be generously dispensed to their customers.

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