



Pure Food For the Home



Figs, Prunes Contain Salts

The ordinary man in his diet, under the usual conditions of activity and health, "excretes" daily from twenty to thirty grams of mineral salts. The manifold uses of these salts are not known by many people. A few of their functions might be mentioned.

They are important as bone constituents, giving rigidity and permanence to the skeleton structure.

Such salts are essential elements of the organic compounds which form so large a part of the muscles and blood cells.

Mineral salts are held in solution in the fluids of the body, supplying the material for acidity and alkalinity of the digestive juices and other secretions, controlling through the fluids, osmotic pressure and elasticity and irritability of muscle and nerve tissue.

Essentials Named
In the ordinary diet, there is sufficient sulphur sodium and

many other salts, but the calcium, phosphorus and iron content of food must be watched, particularly in the diet of young children, as they draw constantly on these minerals for the building of bone and tissue.

The average man requires 1.43 grams of phosphorus, .75 milligrams of iron, and .95 gram of calcium. The phosphorus is usually found as phosphoric acid, in which form 3.3 grams are required; the calcium usually occurs as calcium oxide, 1.43 grams being needed.

The best sources for these needed minerals are the fruits, vegetables, cereals, milk, eggs and meat. In a diet lacking in these foods, one may look for lack of proper development.

Among the fruits, figs and prunes are very important, both for their food value, their acid content and their mineral matter. They are invaluable for the cure of constipation and similar troubles.

For every 100 grams of prunes there are 5.4 milligrams calcium, 3.9 milligrams of iron and 1.05 milligrams of phosphorus, hence

one may see their value. The corresponding values for lean beef are: 7 milligram calcium, 2.8 milligrams of iron and 2.18 milligrams of phosphorus. In addition there are 1368 calories per pound of dried prunes, or about 100 calories in four prunes, so their food value is high.

Recipes Are Given

The following recipes may prove of interest:

Prune and Apple Tart—One-half pound of stoned prunes, one lemon, three pounds of apples, one cupful of sugar, pastry and one egg. Wash and stone the prunes, peel, core and slice apples. Put them into a baking dish, sprinkle in the sugar and grate rind of the lemon. Cover neatly with pastry, brush over the top with beaten egg and bake in a hot oven for about three-quarters of an hour. Sprinkle over with sugar and serve hot or cold.

Prune Salad—Wash and soak a pound of large prunes for three hours. Then cook them until tender, and after they are cool pit them and stuff with English walnut meats. Shred one-half pound of lettuce, make a nest of the let-

uce and on this put four of the stuffed prunes. Cover with a mayonnaise dressing and serve. Very delicious.

Prune Pie—Boil two cups of prunes until soft, add one cup of sugar, let simmer slowly. Set cool and remove pits. Make pie crust and sprinkle a little sugar over crust before putting in prunes. Very delicious pie. If desired, cover top with whipped cream.

Prune Fancy—Two cupfuls of stoned and chopped prunes, one-half cupful of boiling water, one tablespoonful of lemon juice, and three whites of eggs, one-third cupful of sugar and one-half teaspoonful of salt. Cook the prunes in boiling water until tender, press through a sieve. Beat the whites of the eggs until stiff, add the sugar, lemon juice and salt. Carefully fold in the prune pulp, pile lightly on a buttered baking dish and bake for half an hour in a moderate oven. Serve with whipped cream.

Prune Deert—Cover one and one-half pounds of prunes with water and let simmer gently, add enough sugar to make a syrup. Remove from the stove and set in

a cool place. Remove pits from prunes and chop fine. Whip up one-half pint of heavy cream, when thick enough add prunes and syrup, mix well and set in the ice chest until ready to serve.

Nut Prune Souffle—Wash one-half pound of prunes. Soak one hour in cold water, boil gently in the same water. Remove and crack stones, adding nut meats to prunes. Add one cup sugar, a pinch of cinnamon, and one and one-third cups boiling water. Simmer a few minutes and thicken with one-third of a cup of cornstarch diluted in a little cold water, boil a few minutes. When mixture has cooled somewhat, add the beaten whites of two eggs and a half a cup of English walnut meats, broken into small pieces. Turn into mold, chill and serve with cream. It will be found that the use of an eight-bladed egg beater to beat all the ingredients together will add much to the lightness of mixture.

Fig Loaf—Cook a cup of figs in a double boiler with one and a half cups of cold water. When tender add one-half cup of sugar and cook ten minutes. Pour off all the syrup. Soften a tablespoonful of gelatine in a tablespoon of cold water and stir into three-fourth cup of hot syrup. Chop the figs fine, mix with one and a half cups of wheat biscuit pulverized. Mix well with the gelatine and syrup. Pour into buttered mold. Serve cold with whipped cream.

Fig Peanut Paste—Pick over and chop fine a pound of choice figs, cover with boiling water and simmer until very soft, then drain off water and boil down to a cupful. Rub the figs through a half sieve, and return the paste to the water, adding three pounds of granulated sugar. Simmer until the paste is so thick it cannot be stirred, being careful not to let it scorch, then pour into pans lined with oiled paper and cover top thickly with roasted peanuts. When cold, cut the paste into squares with an oiled knife.

Fig and Date Sandwiches—Wash equal quantities of figs and dates; then stone the dates. Add Blanched almonds in quantity about one-fourth the entire bulk, then run the whole mixture through a meat chopper. Moisten with orange juice and press tightly into baking powder tins. When ready to use dip the box in hot water, turn out the mixture, slice and place between thin slices of buttered bread.

Fig Favorite—Chop fine one cup of figs and mix with one cup of whipped cream and a little powdered sugar. Heap high on a dish and surround with sponge cake squares.

UNITY CHURCH HAS BIG PLAN

Twenty-Five Percent Increase in Membership Expected by Easter

Rev. M. Fereshetian of the Unitarian church announces that the church in Salem, in conformity with the great expansion plan of the denomination as a whole, has entered on the third phase of the program. The membership is increasing so that by Easter an increase of 25 per cent will have been reached. The expansion program is being carried on in the United States and Canada.

The first phase of the great development campaign was the successful financial canvas of 1920 when over \$2,400,000 was raised for religious and educational purposes. After the membership campaign for the year is over comes the amplification of the educational movement similar to that now being carried on in American college centers under the direction of the Unitarian Laymen's league.

The educational campaign will include newspaper advertising, speaking tours by prominent preachers and laymen of the churches, missions and the explanations of the polity and hopes of the church. Already it is said the membership of the church has been increased greatly in all parishes in the United States.

The visit of Dr. Samuel A. Flint, who is president of the American Unitarian association was of great significance. He assured the Salem Unitarian congregation of the readiness of the central organization to cooperate in every way with the local congregation. To that end considerable money has already been spent in this city to make the building fit, but Dr. Elliot is in favor of building a new church in the near future, a building which will not only be modern in every way, but worthy of architectural beauty to the best on the Pacific coast.

Mr. Fereshetian who is a minister-at-large of the extension department of the American Unitarian association declares he will continue to develop the plan and

with the cooperation of the interested members and friends will endeavor to make Unity church a center of applied Christianity.

At a recent meeting a new constitution was adopted; the annual budget raised and trustees elected.

Chenning hall is already being used by civic bodies free of charge.

DOERR GETS CONTRACT

SILVERTON, Or., March 31.—(Special to The Statesman)—L. Doerr of the Silverton Plumbing company has been awarded the sub-contract of installing the plumbing in the new schoolhouse which is to be built at Aumsville. Mr. Doerr's patented boiler is to be used for the heating of the school. Mr. Doerr was notified through Hughes & Pugh of Salem.

There is a movement on foot to make the date of Easter as fixed as that of Christmas. Why not?

TOO LATE TO CLASSIFY

FOR SALE — OR TRADE FOR Dodge Touring car, 1921 Ford Sedan, in good shape. 241 State street, Room 3.

LADD & BUSH, BANKERS

Established 1868
General Banking Business
Office Hours from 10 a. m. to 3 p. m.

GRAND THEATRE ONE NIGHT Wed. Apr. 5

MAIL ORDERS NOW

Floor and boxes \$3.00
1st 3 rows balcony 3.00
Last 2 rows balcony 2.50
Gallery (not reserved) .. 1.50
War tax 10 per cent extra.

The first appearance of **ETHEL MARRIMORE** has ever made in Salem—40 people 40 special cars

The Most Exciting and Most Unprecedented Entertainment of the Year
First Appearance in the West in Several Years of America's Foremost Actress

CHARLES FROMMAN presents
Ethel Barrymore
in the play in which her triumph has been without parallel in the history of the American stage
"DECLASSEE"
ZOE AKINS

TODAY'S GROCERY SPECIALS

17 lbs. Sugar	\$1.00
1 lb. Calumet Baking Powder	.23
2 bars Creme Oil Soap	.22
6 bars Cleanasy	.30
6 bars Royal White	.25
1 can Peas	.15
1 can Libby's Pork and Beans	.10
1 can Columbia River Shad	.10
1 5c bottle Prepared Mustard	.10
1 lb. Fresh Salted Spanish Peanuts	.20
No. 10 Karo	.58
6 lbs. Sweet Potatoes	.25
1 qt. Sauerkraut	.15
81 Brooms	.59
4 lbs. Macaroni	.25
6 Salt Herring	.25
4 Smoked Bloaters	.25
3 pkgs. Chinese Noodles	.25
Carrots for feed, sack	.65
5 lbs. Fresh Turnips	.25
1 lb. Folger's Tea	.50
Cotton Gloves, pair	.15
5 lbs. Dried Peas	.25
3 lbs. Fancy Dried Onions	.25

HIGHLAND GROCERY
Phone 496 746 Highland Avenue

McDOWELL MARKET

WHERE A DOLLAR DOES ITS DUTY

173 S. Commercial St. Phone 1421

Our Meat Prices are absolutely the lowest in Salem for quality meats.

Heavy Side Pork	18c
Choice Pork to Roast	18c
Freshly Ground Hamburg	12 1/2c
Thick Round or Loin Steak	18c
Boiling Beef	10c
Our own Sugar Cured Hams	30c
Our Own Sugar Cured Bacon	30c

This is the lowest price on hams in Salem.

Quality Meats

FOR LESS AT THE

McDOWELL MARKET

Things to Think About

Are you getting the advertised article at the advertised price? Or are they "just out of it" and want to sell you something else?

Do you get the same quality of meat that is displayed in the windows?

Let the MIDGET MARKET answer these questions for you. Make your purchases here and we will convince you that you get what is advertised at the advertised price.

FOR SATURDAY WE OFFER

Beef to boil	8c lb
Roasts of beef	12 1/2c lb
Fresh sausage	12 1/2c lb
Round steak	
Sirloin steak	
Dry salt pork	15c lb
Fresh weiners	
Fresh bologna	
Veal steak	20c lb
Legs of veal	20c lb

UMECO 25c pound
Best Butter 40c lb

midget market

ORIGINATORS OF LOW PRICES
351 STATE STREET
NOT IN THE COMBINE

ROTH'S

"Groceries of Quality"

"A Safe Place to Trade"

EGGS FOR NEXT WINTER

Now is the time to store away a supply of eggs for next winter's use when eggs will be scarce and high. You can keep them in perfect condition by placing them in a solution of water glass. One quart of water glass diluted will take care of 15 dozen eggs.

Water Glass—Quart 30c; Half Gallon 50c; Gallon 95c

STONE JARS AND KEGS

All sizes of Stone Jars and paraffine lined wooden Kegs in which to keep the eggs.

FISHER'S BLEND FLOUR

With new brands of flour appearing on the market every few weeks it behooves the cautious housekeeper to be careful and stay by an old established brand which has stood the test of many years use. You may buy cheaper flour than Fisher's Blend but when you do buy Fisher's Blend you know that you have absolutely the one best. A few cents more per sack but when quality and more loaves of bread per sack are considered you have saved money by buying the best.

Per Sack \$2.60; Four Sacks \$10.00
Crown Flour \$2.40; Kerr's Patent \$2.40; Sapphire \$2.50

CANNED GOODS IN DOZEN LOTS

Preferred Stock Tomatoes	Dozen \$2.15	Del Monte Peaches	Dozen \$3.75
Standard Tomatoes	\$1.50	Robies Peaches	\$2.70
Blair Sugar Corn	\$1.75	Del Monte Pineapple	\$3.75
Solar Pineapple, No. 2 tin	\$2.15	Mission Pineapple	\$3.25
Del Monte Sugar Peas	\$2.70	Campbell's Soups	\$1.35

You can make a dozen assortment by selecting three of a kind and get dozen price.

GEM BLEND COFFEE

Repeat orders on coffee proves it to be what people want. Gem Blend has been a big seller with us for years. It is quality coffee without paying for tin can.

35c Pound, 3 Pounds \$1.00

SWIFT'S PREMIUM HAMS

Nothing finer than Swift's Premium Ham on the market; a few cents more per pound which you will be glad to pay when you have tasted Swift's Premium.

10 to 14 pounds each; 45c per pound

Roth Grocery Co.

Phones 1885-6-7 No charge for delivery

Doughnuts Easily Made

How much fat should a pound of food reasonably be expected to take up in frying? How many pounds of doughnuts should one pound of dough produce? How many teaspoonfuls, or tablespoonfuls, of fat in a homemade doughnut? Is it the amount of fat contained in them that determines the indigestibility of doughnuts for many persons? Can a good quality of homemade doughnut be obtained which will be low in fat?

These questions can only be satisfactorily answered by careful experiments.

In general, it is found, that fat absorption is about the same in lard as in cotton-seed oil.

The recipe for good doughnuts is as follows: 1 1/2 cups sugar, 3 tablespoons fat, 2 eggs, and 6 teaspoons baking powder. Mix these ingredients in the usual conventional way—beating the eggs, adding the sugar, fat and milk and then the well mixed dry ingredients.

From these experiments the conclusions drawn are:

1. The lower the temperature the more fat absorbed.
2. The softness of the dough increases the fat absorption.
3. "Strong" flours, or those with a large amount of gluten diminishes the amount of fat absorbed.
4. The manipulation of the dough, when increased, increases the fat absorption.
5. "Fat in the dough tends to draw other fat in after it."

—G. A. F.

Feels Like a New Woman

"I was a sufferer from kidney trouble for several years," writes Mrs. Arthur Demulle, R. F. D. 1, Grasmere, N. H., "and suffered so much I felt completely lame all over. Since I have been taking Foley Kidney Pills I am not so lame. My back ached all the time and my eyes were all a blur. Now I can see fine and feel like a different woman. Since I have taken two bottles of Foley Kidney Pills I don't have that tired feeling. I can do my own work now." They bring quick results. Sold everywhere.—Adv.

FREE

Dental Clinic and Lectures

440 State Street
Next to Gray Bell

Painless Parker

Opening
Saturday, April 1, at 12:30 Noon
Demonstrations Daily Except Sunday, at 12:30, 3:30 and 7:30 p. m.

"My free dental clinics are established for two purposes. To serve the public, and to demonstrate the efficiency and painless dental methods employed by the E. R. Parker System. Seventy-seven per cent of the people have no dental work done. Sixty-five per cent are menaced with that dangerous disease, pyorrhea. Many of these people are ignorant of the danger that lurks in an unclean mouth. Many cannot afford to have dental work done. I believe that everybody has a right to good teeth, and at my dental clinics teeth will be extracted and your mouth examined and treated by competent licensed dentists absolutely free of charge. Don't miss the lectures.

No Collection. Nothing to Sell. Absolutely Free.

Dr. R. Jay Greer, Dr. Alf Swennes, Dr. H. C. Parker,
Dr. Wallace H. Hylander
DENTISTS USING

E. R. Parker System

Salem, Oregon State and Liberty Streets