

# Pure Food For the Home

## Spinach Good Spring Dish

Whenever procurable, spinach should be served often, but at this season of the year it should appear twice a week on the menu as it is an excellent spring tonic.

Prepare by picking over carefully, using only the leaves; do this before placing in water as it is easier and the hands are not so chilled by long contact with water. Wash four times, then let

it stand for a half hour in strong cold, salt water, lift out with a skimmer and all remaining grit or tiny insects will remain in the bottom of the dish.

The principal thing to be considered in cooking this vegetable is to have it retain its bright green color. Never cover the kettle while spinach is cooking. Put it into a dry kettle and watch carefully for a few minutes until the drops of water clinging to the leaves have run down and the water is drawn from the spinach. Dissolve one-half teaspoon soda in

a tablespoon of warm water; add to the spinach thus preserving its color. The time required for cooking is from 10 to 20 minutes. Remember that long cooking wastes the tender substances of the leaves. When done drain and chop fine, it is then ready for any seasoning. One peck of spinach is needed for a family of five.

Mold of spinach with cream sauce: After the spinach is chopped, to each gallon (before cooking) add the yolks of four hard boiled eggs, mashed fine and mixed lightly with the spinach. Press into a large mold, sprinkle over with lemon juice, cover with grated cheese. Turn out on a deep platter and serve with a cream sauce and border with parsley.

Spinach and French dressing: The left over spinach may be mixed with a French dressing, packed in molds and put aside to set. Turn out on a bed of lettuce leaves, add more French dressing or mayonnaise, decorate with sliced eggs and pickled beets, and arrange a border around the mold.

of spring onions sliced in thin rings.

Spinach soufflé: Wash, drain, cook and chop one gallon of spinach. Add two tablespoons of cream, the yolks of four eggs, one saltspoon of black pepper, dash of cayenne, three-quarters teaspoon salt and the beaten whites of five eggs. Butter a baking dish, turn in the soufflé, cover the top with fine crumbs and bits of butter, and bake in a hot oven. Serve at once with a sauce or plain.

### HOUSEHOLD HINTS

Soap Jelly—Shave one large bar of white soap into two quarts of cold water and heat gently until dissolved. To one-half the solution add one tablespoon of borax and save for washing woollens. Some people like to add a little kerosene to the jelly, if washing badly stained clothing.

The skin of new potatoes can be easily removed with a "Mystic Mit." In cooking new peas, their flavor is far better if cooked in a small amount of water. Young turnips should be cooked with the skin on and when done peeled as beets are. It is easy and improves the flavor.

### HOLDING A HUSBAND

Adele Garrison's New Phase of REVELATIONS OF A WIFE

#### CHAPTER 11

THE AMAZING WAY KATIE MET MADGE'S SUGGESTION.

"Busy, Lady?"

Lillian's voice came over the wire with the whimsical intonation which I love. There was, however, the subtle suggestion of something underneath the lightness of her tone that led me to believe there was some specific reason for her long-distance call.

"To common every day varieties of people, yes," I responded, answering her mood. "To you never!"

"Thanks so much" she drawled, with a laugh in her voice, then swiftly changed her tone.

"Can you come in for dinner and spend the night here? There are some things I want to show you, some new acquisitions I have."

The words confirmed my first suspicion. Lillian knew how busily I was engaged in sewing and embroidering things for Lella Fairfax's trousseau. The pretty Virginia girl, with characteristic carelessness, had put off her preparations so long that all her friends were engaged in frantic efforts to complete the exquisite articles she had planned and begun, but would never have been able to finish unassisted. Lillian, with her unflinching thoughtfulness, would never have asked me to leave that work if she had not deemed it necessary.

Madge agrees.

"Surely," I acquiesced, with scarcely a second's dismayed delay. "I can get a train in an hour—no two—" with the sudden thought of the warning to Katie which I must give to insure her silence to my mother-in-law as to her vacation. "There is something I must do in the next two hours, after that I shall be free—comparatively."

Lillian must have read my perturbation, for her next words were distinctly reassuring. "You will have to lose only your train time—oh, industrious Mrs. Honey Bee!—from that eternal embroidery for our pretty, heedless Miss Butterfly," she gibed. "You may ply your needle almost every minute you are here if your eyes and nerves can stand it."

"Oh, I am so glad!" I exclaimed with relief. "You don't know—"

"Yes, my dear, I do know," she returned with emphasis. "I know that you are seventeen kinds of a goose and other things, but then that's the way you are made, and I suppose you are too old to change."

"Thank you," I said ironically, but laughing at her tone.

Katie Speaks Plainly.

"Oh, you're perfectly welcome!" she retorted. "All varieties of advice furnished free of charge at this shack"

"And practised so perfectly, especially the last especial kind, by the giver thereof," I said slyly. "Go wash your face!" she quoted from a dramatic success over which we had both laughed during the winter just past, and lunged up the receiver before I could frame a retort.

I went swiftly about my simple preparations for the journey, keeping my ears open for the

sound of Katie's return. I wanted to be sure that Mother Graham did not see her before I did. Presently I heard her voice in some voluble comment to Jim, hurried down the back stairs, beckoned her into the library and shut the door.

"Katie, dear," I said. "I want you to do something for me."

"Sure, Meesis Graham, I feel you want," she said cheerily.

"I am going to give you the vacation you and Jim have been wanting so long. You may take it in about three weeks," I said, carefully choosing my words. "But for reasons of my own I want Mother Graham to think you aren't coming back. So if she speaks to you about it will you please say that you had wanted to go on a farm a long while, and that you wanted to try it a while so that you don't know when you will be back?"

I felt my face flushing as I spoke, realising with a pang of humiliation to what an unworthy action my resentment against my mother-in-law had led me. But when Katie turned on me angrily with rough words such as I had never heard addressed to me from when Katie turned on me angrily her lips before I was abashed indeed.

"Say, vot kind of a game is this you're handling me. Meesis Graham after all years vot I work by you? You want to fire me? You no need. I quit quick as de sheet lightning!"

(To be continued)

### Man Accused of Theft Bound Over by Coad

DALLAS, Or., April 28.—(Special to the Statesman)—W. L. Nelson of Valselt who was accused by Mr. and Mrs. Frank Holstrum, also of that place, of having robbed their residence of \$500

on the night of Monday, April 17, came to Dallas this week from Portland where he went the day after the crime is alleged to have been committed and gave himself up to county officers. He was given a hearing before Justice of

the Peace Ed F. Coad and bound over to the grand jury. Cash bail was fixed at \$500 which the man produced. His case will come up for hearing next week at the Polk county circuit court convened.



## Ho!

### For BAKE-RITE BREAD

There's one food you never tire of—BAKE-RITE BREAD.

Bread brings to you the heart of the sun-ripened wheat, in which nature has stored up her best gifts to man.

Our window-baked Bread is sweetest and best because it's made of the best ingredients and baked right out in the light of day.

Every day there's a new batch of delicious, shiny loaves.

Every one rich with the sweet, wholesome fragrances that means all-Bread.

Stop by and claim yours.

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No Substitutes Used in Our Baking We Use Whole Milk, Fresh Butter, Etc.

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It costs you no more for our choice meats than others charge for their inferior grades of meat.

- Thick Loin or Round Steaks ..... 18c
- Beef to Boil ..... 8c and 10c
- Freshly Ground Hamburg ..... 12 1/2c
- Choice Pork to Roast ..... 18c

Bring your empty pails and have them filled with our freshly rendered lard. It costs you less to buy lard this way.

## It Costs Less to Trade at the McDOWELL MARKET Where a Dollar Does Its Duty

### A Coffee Treat

Is in store for you Saturday, April 29, at the Capital Cash Store. We cordially invite you to visit our store and try a cup of our Goldendale Coffee which will be served free to all with Tru Blu dainty wafers and cakes. We will look for you—come

CAPITAL CASH STORE 456 State Street



# Yes people change to



# and then remain satisfied



## HOUSEWIVES!

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### UNIVERSAL Range Demonstration

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"GROCERIES OF QUALITY" "A Safe Place to Trade"

### ARMOUR'S STAR HAMS AND BACON

Armour's Star Brand Hams and Bacon are the last word in the packer's art. They are nationally advertised and the quality of their product must bear out the truth of the advertising and it does.



Star Hams Half or Whole Ham 45c pound

Star Bacon 1 lb. sliced in package 60c 6 lb. piece 58c pound



### Picnic Hams

These picnics are from corn fed hogs, well trimmed and meaty. Each one wrapped by the packer like a ham. 6 to 8 pounds each, 22c per pound.

New Price on Van Camp's Baked Beans  
Small Cans 10c each  
Medium 15c each  
Large 30c each  
\$1.10 per dozen \$1.65 per dozen \$3.25 per dozen  
Nominal gallons 90c each

### Flour

Flour market is strong with probable advance within next few days.  
Crown Flour \$2.40 Fisher's Blend \$2.60  
Kerr's Patent \$2.40

### Cakes

A full line of our home-made Cakes for Saturday: Prune, Coconut, Nut, Chocolate, Angel, Sunshine, Mocha.

Gluten Bread—For people who must eat Gluten Bread by doctors orders, we advise we are baking this bread every Tuesday and Friday. Order your supply in advance if possible.

### Vegetables

A large supply of good vegetables now on the market. New Carrots, Beets, Turnips, Asparagus, Radishes, Green Onions, Spinach, Sweet Potatoes, Bermuda Onions, Rhubarb.

## ROTH GROCERY CO.

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## These Prices

are wonderfully low. The quality is the best. That is the reasons for the crowds in our market. Shop early when possible.

Fancy Sirloin STEAK 15c lb.

Best Creamery BUTTER 35c lb.

Pure LARD 70c pail

Dry Salt PORK 15c lb.

Sugar Cured BACON STRIPS 20c lb.

UMECO 25c lb.

Fancy Northern HALIBUT 20c lb.

Fresh Sliced LING COD 12 1-2c lb.

CLAMS PERCH SALMON CRABS

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## midget market

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