

# Pure Food For the Home

## Spring Salad Recipes Given

**American Beauty Salad**  
6 medium-sized beets.  
1-2 pound cottage cheese.  
2 tablespoonfuls cream.  
Lettuce.  
Salt.  
1-8 teaspoonful white pepper.  
1-4 teaspoonful paprika.  
Mayonnaise dressing.  
Wash the beets and boil until tender. Remove skins and chill. Scoop out the center. Season the cottage cheese with the pepper

and paprika and add salt if not already salted sufficiently. Moisten with the cream. Fill the beets with this mixture. Garnish with bits of beet taken from the center, and place on beds of crisp lettuce. Serve with mayonnaise dressing.

**Smoked Beef Salad**  
1-2 pound thinly sliced smoked beef.  
1 1-2 cupfuls diced celery.  
Mayonnaise.  
Lettuce.  
Free the smoked beef from stringy portions and tear into small pieces. Cut crisp celery into

narrow strips and with scissors snip into small cubes. Mix together, moistening with one-half cupful of mayonnaise. Arrange on crisp lettuce leaves and top with a whirl of mayonnaise. If the beef is very salty, let it stand in cold water a half-hour before using; dry thoroughly.

**Duck and Orange Salad**  
2 cupfuls cold duck.  
4 seedless oranges.  
1 tablespoonful tarragon vinegar.  
1-2 cupful salad oil.  
1-2 teaspoonful salt.  
1-8 teaspoonful pepper.  
1-4 teaspoonful paprika.  
Lettuce.  
Cut the duck into small dice;

peel the oranges and slice them very thin. Mix together until well blended the oil, seasonings, and vinegar. Pour this dressing over the duck and oranges and let stand for a few minutes. Serve on crisp lettuce.

**Cheese Cole-Slaw, Buttermilk Dressing**  
1 pint shredded cabbage.  
4 tablespoonfuls grated cheese.  
1 teaspoonful brown sugar.  
1-4 teaspoonful paprika.  
1 teaspoonful salt.  
Few grains cayenne pepper.  
1 teaspoonful prepared mustard.  
1-2 to 1 cupful fresh buttermilk  
1 tablespoonful vinegar.  
Freshen the cabbage by letting it stand in cold water until crisp. Dry between towels. Mix the cabbage and cheese together. Place all the other ingredients, except the buttermilk, in a bowl and blend thoroughly, then add the buttermilk, the exact quantity depending upon the thickness of the buttermilk. Pour over the cabbage and cheese and garnish with green pepper rings or celery tips.

**Watercress Salad**  
1 bunch watercress.  
1-4 pound bacon.  
6 hard boiled eggs.  
French dressing.  
Wash the watercress, dry thoroughly, and arrange on salad plates. Cut the bacon in tiny cubes and fry until crisp; drain from the fat and cool. Slice the eggs and arrange one on each serving. Scatter the bacon cubes

over the egg. Serve with French dressing.

**Celery Hearts and French Endive Salad**  
1 stalk celery.  
1-2 pound French endive.  
1-2 cupful mayonnaise, made with tarragon vinegar.  
2 tablespoonfuls finely chopped pimientos.  
1-2 cupful heavy cream.  
2 teaspoonfuls minced chives.  
2 tablespoonfuls tomato catchup  
2 tablespoonfuls chili sauce.  
2 hard-boiled eggs.

Wash, drain, and dry crisp French endive; arrange on individual salad plates. Surround with curled celery. To curl celery, cut the tender stalks in one and one-half inch pieces; with a sharp knife cut in fine shreds from the ends toward the center, leaving about one-fourth inch in the center uncut. Drop into ice water to which one tablespoonful of lemon juice has been added and let stand until well curled. Serve this salad with Thousand Island Dressing made as follows: To the mayonnaise add the chopped pimientos and chives, the catchup, and the chili sauce. Fold in the cream whipped until stiff, and just before serving add the hard-boiled egg coarsely chopped. Chill on ice before using. This recipe will supply about ten servings and makes an excellent luncheon or dinner salad.

**Lettuce Rolls**  
1 head lettuce.  
1 cupful cottage cheese.  
1-2 cupful seedless raisins.  
1-2 cupful chopped walnut meats.  
1-2 cupful mayonnaise.  
Salt.  
Mix together the cottage cheese, raisins, and nuts. Add the mayonnaise and blend thoroughly. Add salt, if needed. Use the larger leaves of crisp lettuce, spread them with the cheese mixture and roll up like a jelly roll. This recipe will make about twelve rolls. In season tie each roll with a long-stemmed nasturtium. Place two rolls on each salad plate with the flowers on top and some of the tiny leaves of the lettuce between. Clover blossoms may also be used, but the rolls will stay together without any tying. In the latter case arrange a strip of pimiento around each roll. Little wooden toothpicks may be used to fasten the rolls, if desired.

**Salad Victoria**  
1-2 cupfuls diced chicken.  
3 small tomatoes.  
1 cupful cooked string beans.  
1-2 cupful cold, boiled rice.  
1-4 teaspoonful salt.  
1-8 teaspoonful pepper.  
1 tablespoonful tarragon vinegar.  
3 tablespoonfuls salad oil.  
Lettuce.  
Mayonnaise.  
Peel the tomatoes and cut in small cubes; also cut the string beans very small. Mix the chicken, vegetables, and rice together and add the seasonings, vinegar, and oil. Chill thoroughly and arrange in neat mounds on nests of crisp lettuce. Pass mayonnaise dressing in a separate bowl.

**Salad Piquant**  
1 small head lettuce.  
1 medium sized cucumber.  
4 tablespoonfuls cream.  
1-8 teaspoonful white pepper.  
1 package cream cheese (3 ounces).  
1-2 teaspoonful salt.  
2 tablespoonful lemon juice.  
1 teaspoonful powdered sugar.  
6 kumquats.  
1-4 teaspoonful paprika.  
Slice the cucumber thinly and cover with cold, salted water. Let stand in a cold place an hour. Drain and dry thoroughly. Thin the cream cheese with the cream; add the salt, white pepper, paprika, powdered sugar, and lemon juice. Arrange the lettuce leaves on salad plates, put the cucumber slices into the cheese dressing and apportion to each plate, spreading well over the lettuce nests. Then cut the kumquats in very thin slices and scatter them over the salad, allowing one for each serving. Served as a dinner salad with the meat course, or alone with crisp crackers, or with cold meats for luncheon, it is a cool, satisfying, and extremely decorative salad. Do not add any further dressing.

**Buttermilk Salad Dressing**  
1 tablespoonful sugar.  
1 teaspoonful mustard.  
1 teaspoonful salt.  
1-4 teaspoonful paprika.  
1 tablespoonful cornstarch.  
1-4 teaspoonful onion salt.  
Few grains cayenne pepper.  
2 eggs.  
1 cupful buttermilk.  
2 tablespoonfuls butter.  
1 cupful vinegar.  
Mix together the dry ingredients in the top of a double boiler. Moisten with two tablespoonfuls of the buttermilk. Add the eggs beaten slightly and the remainder of the buttermilk. Stir well together and cook over hot water until it begins to thicken. Add the butter and the vinegar, a little at a time. If it curdles, beat well

with a Dover eggbeater several times during cooking. This salad dressing is especially good with all kinds of vegetable and fish salads.

—Good Housekeeping.  
**CHILDREN IN SPRING TIME**  
Mrs. C. Osborn, 7812 Hillside Rd., Cleveland, O., writes: "My granddaughter was troubled with a cough for nearly two years. She took Foley's Honey and Tar and her cough is now gone. It loosened the phlegm so she could raise it easily." Foley's Honey and Tar is just what children should have for feverish colds, coughs, "snuffles" and tight, wheezy breathing. Be sure to get Foley's. It checks croup and whooping cough, too.—Sold everywhere.—Adv.



## Bake-Rite Bread for Sturdiness

Bread is foundation food. Lads with their husky appetites know this instinctively. When they dash in from school or play, they make straight for the food that gives them biggest satisfaction—BREAD. Keep the Bread-tray well-filled with Bake-Rite Bread. It's a guarantee of a satisfied appetite—and a sturdy body. We bake our Bread right out in the day-light where all the conditions are spick-and-span and sunny. Bake-Rite Bread is Bread at its best—you'll say so when you enjoy it.

**Bake-Rite Sanitary Bakery**  
457 State Street Phone 268



## Quality Meats For Less At McDOWELL MARKET

We have on hand the choicest lot of Steer Beef in Salem—Swift & Co. No. 1 Steer Beef; there is no better anywhere. It costs you no more than you pay for old tough cow meat elsewhere.

Freshly Ground Hamburg, lb. 12½¢  
Steer Boiling Meat, lb. 10¢ and 12½¢  
Choice Pork to Roast 18¢  
Choice Corn Beef, lb. 12½¢ and 15¢

Bring your empty pails and have them filled with our own freshly rendered lard.

It Costs Less to Trade at the McDOWELL MARKET  
173 South Commercial St. Phone 1421

High Grade Brooms  
**45¢**  
RICHTER'S BANKRUPT SALE  
349 No. Commercial St.

**Just one Just Right**  
GOLDEN WEST COFFEE

## ROTH'S "GROCERIES OF QUALITY" "A Safe Place to Trade"

**Pure Vermont Maple Syrup**  
We were fortunate in getting a shipment of Pure Vermont Maple Syrup and Maple Sugar direct from the owner of a maple bush. This is the new pure sap and being made on the farm in the old fashioned way there is nothing added and nothing taken away but you have the real maple syrup. In half-gallon cans only. \$2.25 per can  
Pure Maple Sugar, per pound.....75¢

**Strawberries**  
California Strawberries are coming through in fine shape now and we will have a plentiful supply for Saturday, per box.....25¢

**Vegetables**  
Local Vegetables are in greater variety and being local, the best in quality. Rhubarb, Asparagus, Green Onions, Radishes, Spinach Greens, Leaf Lettuce, Salsify, Carrots, Beets, Cucumbers, Tomatoes, New Peas, 2 lbs. 25¢

**Woodburn Asparagus**  
Settlemeier's Woodburn Asparagus received every morning, fine long green stalks, tender all the way down the stem, per bunch.....25¢

**Picnic Hams**  
Another lot of those plump well trimmed picnic hams, 6 to 8 pounds each, per pound.....22¢

**Cakes**  
Those delicious homemade cakes and lots of them for Saturday. Prune, Coconut, Nut, Chocolate, Jelly Roll, Mocha, Angel, Sunshine.

**Almond Macaroons**  
A new item with us and very fine, per pound.....85¢

**ROTH GROCERY CO.**  
Phones 1885-6-7 No charge for delivery.

## THE REASON

Most People Trade at the Midget is that they get Better Meats for Less Money—and they are our boosters. It's our competitors who knock—here are the reasons for both:

TODAY WE OFFER:

FANCY SIRLOIN STEAK 15¢ lb.	BEST CREAMERY BUTTER 35¢ lb.
NO. 5 PURE LARD 70¢ pail	SUGAR CURED BACON STRIPS 20¢ lb.

Fancy Sliced Breakfast Bacon  
30¢ lb.

FANCY LEGS OF VEAL 20¢ lb.	UMECO 25¢ lb.
FANCY NORTHERN HALIBUT 20¢ lb.	SLICED LING COD 12 1-2¢ lb.

**midget market**  
Originators of LOW PRICES  
351 State Street  
NOT IN THE COMBINE

if **Quality Counts** then **Count on** the **recognized Standard**

**Hills Bros Red Can COFFEE**

the recognized Standard

COPYRIGHT 1922