

Home and Kitchen Suggestions

Department of Education and Inspiration for the Housewife

EDITED BY

HELEN HARRINGTON DOWNING, Director Home Economics,
Calumet Baking Powder Co., Chicago, Ill.

VEGETABLES AND VITAMINES

To those who throw away the top leaves of celery, the green outer leaves of lettuce; who discard the spinach and refuse cabbage; this is especially addressed.

We are all not like Irvin Cobb, crusading through the North for turnip greens and hog's jowl; finding in this dish the highest form of gastronomic enjoyment. But while we live we still may learn and there is much to be learned about green leafy vegetables.

The protective or growth vitamin is found in this class of foods. This vitamin is health insurance, giving to the human body protection against disease and the necessary elements for sound development.

In the late winter when our Northern vegetables are augmented by shipments of early spring vegetables from the south, we have opportunity to use greens in our diet.

Appetite after all, is merely a matter of education. We do not eat celery tops because we have never eaten them. Their pungent taste is new to our tongues. Lettuce makes in our salads when crisp and blanched. So we throw away the outer leaves without a thought. We have always eaten roots of the radish, turnip and other bulbous vegetables. And so we see no reason for endeavoring to utilize the tops in our daily menus.

It may require experiment, combined with ingenuity and subtle education of the family appetite, to install some of these things as staple articles of diet. But it can be done.

Methods of Preparing
Combine celery tops with coarse outer stalks of the celery. Simmer in scant amount of water till tender. Remove lid from stew

pan to permit complete evaporation of liquid. Season with butter salt and pepper.

Celery tops may be used as a substitute for lettuce in Waldorf, banana and vegetable salads. Dressed with melted butter and combined with chopped peanuts they make excellently flavored sandwiches.

The outer leaves of lettuce may be bunched together and sliced into thin strips with a sharp knife or cut with scissors. So prepared it makes a foundation for any salad.

Scrape and cook young carrots in boiling salted water till tender. Cut in halves, lengthwise; roll in cracker crumbs, then in beaten eggs and crumbs again and fry in butter till a golden brown. Sprinkle with minced parsley and serve very hot.

Cabbage may now be had in quantities in the market, large or small heads, according to choice. Serve it—once day in Cold Slaw—skipping a day—then serving it "Au Gratin," according to the following recipe or possibly boiled with a ham butt.

Cook cabbage eight minutes in boiling water, chop in small pieces, put in greased baking dish, sprinkle with salt and pepper, cover with white sauce and sprinkle, if desired with grated cheese. Mix cabbage and white sauce gently with a fork, cover with buttered crumbs and bake until crumbs are brown.

Cauliflower and onions "au gratin" are also delicious and certainly a change from the everyday plain boiled vegetables.

AN ISLAND STEW

The Bermuda housewife prepares a beef stew, browning the meat and the whole vegetables in hog fat. While the stew is simmering, she cleans and seeds a small pumpkin. This is steamed until the shell begins to soften. The stew is poured into the pumpkin, the cap replaced. And the pumpkin stew then baked for an hour in a moderate oven.

A Bermuda recipe for fish stew calls for pumpkin, peeled and cut into small squares. It also requires other vegetables. Rice, onions and white turnips.

Squash might be utilized more frequently than it is. Although, in comparison with pumpkin it is a common article of diet. There has, at least, been more variety in the methods of utilizing squash. For there is stuffed squash,

squash biscuit, and squash, as well as squash pie.

DINNER AND LUNCHEON MENUS

Menu No. 1

Dinner
Cream of Onion Soup
Cheese Straws
Baked Ham Butt
Cabbage au Gratin
Pommes Pierrot
Frozen Cranberries
Winter Lettuce

Butterscotch Pie Coffee

Menu No. 2

Luncheon or Supper
Cheese Fondue
Bran Muffins
Banana and Nut Salad
Tea or Milk

RECIPES

Cheese Fondue
1 cup grated cheese
2 tsp. butter 1 cup soft bread crumbs or rice or 1 cup milk cooked cereal
1/2 cup salt Cayenne
3 eggs Calumet Baking Powder.

Four scalded milk over crumbs or cereal. Add melted butter, cheese and seasonings. Beat egg yolks slightly, and add mixture. Fold in stiffly beaten egg whites, to which has been added baking powder. Turn mixture into well greased baking dish. Set in pan of water and bake in slow oven till firm.

Cheese Straws
2 cup flour 1/2 cup butter
1 level tsp. salt 1/4 tsp. cayenne
1/2 cup milk 1 egg
2 level tsp. Calumet Baking Powder.

Sift flour, salt, baking powder and cayenne together three times. Put in mixing bowl and chop in butter. Make hole in center of mixture and put in beaten egg, cheese and milk. Mix together. Turn out on molding board. Roll 3/4 inch thick and cut in narrow strips. Bake at 350-400 degrees F. until light brown.

Butterscotch Pie
1 1/2 cup milk 2 tsp. butter
2 eggs 1 cup br'n sugar
2 tsp. powdered 3 tsp. cornst'ch sugar
1/2 level tsp. Calumet Baking Powder.

Dissolve sugar in 1 cup hot milk. Add cornstarch to remaining half cup, combine with slightly beaten egg yolks and add to first mixture, stirring carefully. Cook over hot water till thick, stirring constantly. Let stand over boiling water ten minutes. Take from fire and add butter. When cool pour into pastry shell.

Make meringue of whites of eggs, powdered sugar and baking powder, whipping until very stiff. Cover butterscotch mixture with this meringue and brown in slow oven.

Pommes Pierrot
6 large cooking apples
1 cup cream
2 tablespoons butter
1 cup sugar

1/2 cup water
Make a syrup of the sugar and water. Pare the apples, cut each into eighths and core. Stew carefully in the syrup until they are nearly but not quite done. Add the butter and let them finish cooking in that; they should drink it all up. Then add the cream and warm gently, stirring carefully all the while so as not to break the apples. As soon as all are well mixed, take off the fire and pour into a glass serving dish. Grate nutmeg over the top and serve just warm.

Frozen Cranberries
1 quart firm, ripe cranberries
2 cups boiling water
2 1/2 cups sugar

Wash the cranberries, add the sugar and water, heat to the boiling point and boil for 15 minutes. Rub through a coarse strainer. Cool and fill small molds of baking powder tins to overflowing. Cover tightly, seal the edges with melted fat and bury in equal parts of ice and salt for three to four hours.

CHILD FEEDING

Every mother, at some time, runs against the stone wall of her food. There are two interesting facts in connection with this, which every parent should know. First, that a child nearly always has a logical reason for his attitude. Second, that nine times out of ten, this reason is based upon some apparently trivial remark made by some adult or upon some association of ideas.

What distracted parents regard as finicky appetites are childish manifestations of long forgotten words or scenes, connecting with the food aversion. Some children dislike milk so violently that they become ill when forced to drink it. Yet medical authorities declare, with few exceptions, this dislike is not for the milk so much as it is for some unpleasant memory connected with milk. The child has seen cows milked under unpleasant conditions. Or he may have been given fresh milk, having a strong animal taste. And so he refuses to drink all milk.

Children after all, have one-track minds. They like to eat one thing at a time. Therefore it is a wise plan to put a few dishes before them at once. When there is too great a variety they will pick and choose. When there is a particularly appealing dessert they will refuse to bother with staples.

Many times a decided aversion for some dish is created in the child mind by an unthinking remark of some older person. A small boy refused to eat stews. He had heard someone say that stews were made of scraps and it wounded his self-esteem to eat scraps. He was invited into the kitchen to observe the whole process of preparing the dish. He carefully watched each ingredient that went into it and thereafter ate stew without complaint.

So when your children express a dislike for any food do not punish them and do not discuss this dislike before them. Rather endeavor by being patient, tactful questioning to discover the reason for their attitude.

MEATS AND WEATHER

When winter descends upon us there are certain definite changes that take place in the human body. Just as we put coal into furnaces, we must coal up our bodies in order that they may function in the most efficient man-

ner. We must eat the foods that produce heat and energy to meet the demands made upon our systems by the drop in temperature.

What are these foods? Fats, for one thing. Sugar, in its various forms, for another and starches. That is why we crave certain dishes, such as plum pudding, for instance, in the winter. Human nature is a wise guide. Her impulses and suggestions come down from centuries of experience. Fruit cake, mince pie and other dishes of the sort are confined more or less by the variations of our appetite to the winter months. Then we eat heavier foods and more of them.

This is an excellent time to serve doughnuts, fritters, French fried vegetables and other deep fat dishes. For fats are a most important requirement for the well being of our bodies during cold weather. The Eskimo and his whale blubber should be an object lesson, rather than an object of ridicule, to us. He has the right idea, after all.

DO YOU KNOW

Women in the United States do 85 per cent of the buying. There are a few interesting exceptions. Contrary to popular belief men buy the greater percentage of all candy sold. This is true particularly of the better grades of candy.

But of the groceries, dry goods and other staples of trade women are chief arbiters. Therefore women should make it part of their wise buying to familiarize themselves thoroughly with all advertised brands. They should test out the statements made by the manufacturers, read literature attend demonstrations, investigate and analyze just as do buyers for big business.

And they should make it a matter of principle to buy from dealers who sell standard, advertised brands and to ask for those brands when buying.

Marriage Law Would Be Modified By New Bill

Before a marriage license could be secured, a bill offered yesterday by Representative Tucker provides that both applicants will file a sworn affidavit stating that each is free from any contagious or infectious venereal disease, and has been so for more than one year. The proposed law modifies the current one prescribing that the male applicant shall have a medical examination certificate, but includes the affidavit made by the woman, which is not required at present.

SALEM MARKETS

Prices quoted are wholesale and are prices received by farmers. No retail prices are given.

GRAIN AND HAY
No. 1 soft white wheat \$1.83
No. 1 soft red wheat \$1.81
Oats \$1.45
Clover hay, baled \$16
Oat and Vetch hay \$16.50

POULTRY
Heavy hens \$18@19c
Springers \$16@18c
Light hens \$13@15c

BUTTER, BUTTERFAT
Creamery butter \$45@46c
Butterfat, delivered \$44c
Milk per cwt. \$2.00
Eggs, standards \$3@35c
Pullets \$1.25@1.40

TRADE PROBLEM APPEARS BETTER

Industrial Conditions Described as "Good" By Bradstreet Reports

NEW YORK, Jan. 30.—Bradstreet's tomorrow will say:

"Trade is fully fair and industry is better than that, classing fair to good, but there are numerous irregularities in different cities, areas and industries indicating cross currents in buying demand or in supply.

"Retail trade has seemed to slow down in most sections, this partly reflecting unfavorable stormy weather and partly the passing after-holiday sales stimulation.

"As this has been a fairly normal winter with all that this implies in the way of snow and cold, however, a very fair volume of final distribution has been recorded. In wholesale and jobbing trade for spring the progress has been leisurely, in some sections indeed disappointing, when contrasted with the relatively higher speed of industry which has scored a very marked degree of recovery from the depression of mid-year of 1924."

Weekly bank clearings, \$8,912,881,000.

FARM RELIEF BILL DEBATE NOT SETTLED

(Continued from page 1)

1923: No. 139, by Reynolds, pertaining for the clearing of brush and slashings along the banks of streams; No. 116, by Peirce, limiting trollers to two salmon at the mouth of Rogue river, and No. 123, by Rushlight, permitting contractors bidding on public works to use either a surty bond or certified check.

Other Bills Passed
Three bills were passed in the afternoon session, No. 148 prohibiting the bagging of milk cows; No. 150 prohibiting the misuse of dairy breeds, and No. 172, relating to oestates and amending section 1222, Oregon laws.

S. B. No. 65, providing for a pure water supply for Bend, was also passed.

Rev. W. C. Kantner, pastor of the First Congregational church, offered the morning prayer.

Session Half Over
Closing the first half of the

32rd session of the legislature, the house of representatives got down to business in earnest yesterday and introduced a total of 64 measures, of which 30 were offered in the morning and 34 in the afternoon, bringing the total number of bills for the session to 296 for the three weeks. During the first three weeks of the session 47 bills have been passed, with much of the important legislation and that which is slated for the heaviest debates yet to appear. Approval has been given to six senate bills during this period.

Some of the bills introduced yesterday were as follows:
H. B. 232, by Shelton—Amending section 5723 Oregon laws, relating to water right certificates.

H. B. 233, by McCallister—Amending section 8158 Oregon laws, relating to standard measure for hops.

H. B. 234, by Yamhill county delegation—To abolish office of recorder of conveyances of Yamhill county.

H. B. 235, by Teegarden—To repeal section 1855 Oregon laws.

H. B. 236, by King—To provide for better protection for persons operating vehicles on highways.

H. B. 237, by game committee—To establish wild game animal reserve in Yamhill county.

H. B. 238, by game committee—Requiring women to purchase hunting licenses and otherwise amending game laws.

H. B. 239, by food and dairy committee—Providing for salary of \$4000 per year for state dairy and food commissioner.

GENERAL MARKETS

PORTLAND, Jan. 30.—Grain futures: Wheat, hard white, blue-stem and Baart, January \$2.18; February \$2.19; March \$2.20; soft white, January \$1.19; February \$2.01; March \$2.02; western white, January \$1.95; February \$1.96; March \$2.00; hard winter, January, February \$2.00; March \$2.02; northern spring, January \$1.99; February, March \$2.00; western red, January, February, March \$2.30.

Oats—No. 2 white oats, January \$44; February, March \$45; No. 2 gray January \$43; February, March \$44.

Barley—No. 2, 44-pounds, January, February, March \$45.

Corn—No. 3 eastern yellow, shipment January \$51; February \$51.50; March \$52.

Milirun—Standard February \$39.75; March \$39.50.

PORTLAND, Jan. 30.—Hay unchanged.

SEATTLE, Jan. 30.—Hay and grain unchanged.

LIVERPOOL, Jan. 30.—Wheat closed 1-8d lower to 1-2d higher; March 15s 3 3-4d; May 14s, 11 1-2d; July 14s, 6 1-4d.

MINNEAPOLIS, Jan. 30.—Wheat, cash No. 1 northern \$1.92 1-4 to \$1.98 1-4; No. 1 dark northern spring, choice to fancy \$2.14 1-4 to \$2.26 1-4; good to choice \$2.02 1-4 to \$2.12 1-4. Ordinary to good \$1.96 1-4 to \$2.01 1-4; No. 1 hard spring \$1.98 1-4 to \$2.26 1-4; No. 1 dark hard Montana on track \$1.96 1-4 to \$2.14 1-4; to arrive \$1.96 1-4 to \$2.19 1-4; May \$1.98 1-4; July \$1.97 1-2.

SAN FRANCISCO, Jan. 30.—Receipts: Hay 48 tons.

PORTLAND, Jan. 30.—Dairy Produce Exchange: Butter extras 43 1-2c; standards 42c; primes firsts 41 1-2c; frsts 38c.

Eggs, extras 40c; firsts 38c; pullets 36c; current receipts 35c.

A principle originates in the brain; a prejudice in a sore spot.

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For the particular housewife, the bread which has that crisp brown crust and which does not crumb to pieces when cutting it. Try our bread and you will be convinced that it is all we claim for it—a most superior loaf indeed.

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We Ask You

To come and see the quality of the Meats we handle. When you learn the prices you become a "Midget Customer."

For Saturday We Offer

Fancy Light BREAKFAST BACON Lb. 25c
Delicious LINK SAUSAGE Lb. 20c

We have An Extra Choice Lot of YOUNG GOAT MEAT

Hindquarters 9c
Fronts 7c

NUT MARGARINE, 2 pounds 45c

Tender Juicy SIRLOIN STEAK Lb. 15c
Choice VEAL STEAK Lb. 20c

COLUMBIA RIVER SMELT, 4 lbs. 25c

PURE LARD, 2 lbs. 35c

midget market

Originators of Low Prices
351 State Street
NOT IN THE COMBINE

Chase & Sanborn's Coffee
Pound tins \$1.49
3 pounds \$4.45
C & S brand of coffee is known as a high-grade coffee by all people from the East and Middle-West

Home-Bakery Goods

A customer recently remarked, "I like your cakes because they haven't that bakery taste." Why should they? They are made of the best materials we can buy and which we sell you to make cakes at home. They are made by women bakers who make hundreds of cakes a week and we have a special electric cake oven which insures even baking. Let us supply you with your cake for Sunday:
Sunshine, Angel, Chocolate, Mocha, Prune, Lady Baltimore, Cocomnut, Nut, Jelly Roll, Cup Cakes.
Fancy Cookies—Almond Macaroons, Date Cookies, Nut Drops, Raisin and Sugar Cookies, Butter Horns, Doughnuts.

Pure Italian Olive Oil
Pints \$1.50
Quarts \$1.90c
Half gallons \$1.65
Gallons \$3.25

ROTH'S

Quality First

Groceries and Meats

Order your Meat with your Groceries, one order, one delivery, one account.

Flour

has again advanced and is due for a still higher price as the wheat market goes up. We are still selling below the mill quotations.
Crown Flour \$2.60
Fisher's Blend \$2.75
Sapphire \$2.75

Shopping Basket Free

With \$1.00 worth of Cocomnut White Soap we will give an 8c shopping basket free.

Canned Goods Specials

3 cans Libby's Peaches and Apricots \$1.95
2 large Libby Pineapple \$1.95
2 Tender Sweet Corn \$1.40c
3 Premium Peas \$1.65c
6 Grand Island/Solid Pack Tomatoes \$1.85c
6 Libby Solid Pack Tomatoes \$1.40
10 cans Oregon Milk \$1.90c
2 bottles Libby Catsup \$1.55c

Gem Blend Coffee

A fine flavored coffee less the price of the tin, pound \$1.48c
3 pounds \$4.40

Sugar

\$7.05 Per Sack

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Phones 1885-6-7
Phone your orders early if possible. No charge for delivery

Veget
(Vegetable Extract)
Veget supplies Vitamin B which is lacking in many foods.
55c, \$1, \$2.15, \$4 Sizes

Vegetables

Our large turnover in vegetables permits us to carry a large variety of the best in the market.
Head and Leaf Lettuce, Spinach, Peas, Cauliflower, Celery, Cabbage, Artichokes, Rhubarb, Green Onions, Turnips, Squash, Rutabags, Carrots, Sweet Potatoes, Beets, Red Cabbage.

Fruits

Sweet, Juicy Oranges, dozen \$3.00, 40c, 60c
Blood Oranges, dozen \$3.00

Apples

Spitzenbergs \$1.25
Wagners \$1.50
Yellow Newtowns \$1.25
Rome Beauty \$1.75

Grape Fruit

Fine heavy fruit, 2 for 15c
10c, 2 for 25c

Olive Specials

2 bottles Stuffed Olives \$2.50
Elpe Olives—full gallons, large olives \$1.25
By the pint \$2.00

Money saving SKAGGS Cash stores
UNITED STORES

SATURDAY PRODUCE FEATURES

APPLES—Rome Beauty, good firm fruit, box \$1.09
FLORIDA GRAPE FRUIT—Fancy grade, large size, heavy with juice, 3 for 25c

All Week Prices Saturday Features All Week Prices

ASPARAGUS—Salad Points (short tips) "Hillsdale" brand, packed in tall round tins, 3 tins 95c
COFFEE—Market still advancing; safe to buy a reasonable supply.
Royal Club, Golden West, or M. J. B.
1-pound tins 57c
3-pound tins \$1.68
5-pound tins \$2.65
CORN MEAL—Freshly milled, white or yellow, 9-lb. bag 39c
OATS—Fresh "Gallatin" brand, 9-lb. bags 49c
BIG K FLOUR—Hard-wheat, fancy patent, 49-lb. sk. \$2.49
FEDERAL MILK—Large tins, 10 large or 20 small tins 89c

Sugar—Pure Cane, 10 lbs. 70c
100 lbs. bag \$6.98
Crisco—3 lb. tins 75c
6 lb. tins \$1.45
Butter—Skaggs Best, pound 45c
2 pounds 89c
White Wonder Soap—Made in Portland, 10 bars 33c
Coffee—Schilling's Vacuum pack, lb. 52c
Old Dutch, 3 cans 19c
Quaker Quick Oats, large package 25c

SHRIMP—Extra fancy, 3 tins 49c
PUMPKIN—"Royal Club" brand, 2 1/2 size tins, 2 for 35c
MARYLAND or MINNESOTA SWEET CORN—No. 2 tins, 3 for 40c
SOLID PACK TOMATOES—No. 2 1/2 tins, 3 tins 59c
TOMATOES—Puree, No. 2 1/2 tins, 6 tins 79c
PEANUT BUTTER—Best grade, 2 pounds 45c
FARINA—Big K Brand, 9 8-10 lb. bag, freshly milled 65c
BREAD—Double Loaves, Fresh, 2 doubles 25c

SATURDAY MARKET FEATURES

HAMS—Pride of Oregon, mild sugar cured, whole or half, pound 26c
COTTAGE ROLLS—Lean, nearly boneless, tastes like ham, pound 24c
SPRING BROILERS—2 to 3 pounds each, drawn, pound 34c
BACK BACON—Lean mild-cure, pound 24c

You will find it most convenient to order your Meats with your Groceries.
PHONE 478 FIVE DELIVERIES DAILY