

# Home and Kitchen Suggestions

Department of Education and Inspiration for the Housewife

EDITED BY

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## DOES IT PAY

Whenever women say they haven't time to read household magazines or listen in to radio talks, it brings to mind the story of the complaining husband.

A mistress said one morning: "Mary, my husband complains that the oatmeal is soggy, the coffee cold, the eggs hard-boiled and the toast burnt."

And the maid replied: "Sure you have my sympathy, ma'am. It must be fierce to live with a man like that."

It "must be fierce" to live in a household where the homemaker is not interested in learning all she can about her job.

There are countless ways in which one can learn from the odd minutes one spends "listening in" or looking over current magazines. The investment of this time brings

countless returns. It makes healthier, happier, stronger families. It shows shortcuts and time-saving methods of performing familiar household tasks.

I know a housewife who always uses white cornmeal in cooking. She thinks it is "more refined." She doesn't know that yellow cornmeal contains valuable food elements, entirely lacking in the white.

I know another housewife who cooks spinach in quarts of water. She doesn't know that spinach should be cooked without the addition of any water save that clinging to the leaves after washing. She doesn't know she is throwing away the best part of the vegetable when she pours off this liquid, after the spinach is cooked.

I know another housewife who makes French toast from fresh

bread. She doesn't know that dry bread, quickly dipped into the beaten egg produces a far more perfect toast.

And I know another housewife who flours her baking powder biscuits plentifully and works the liquid into the dough vigorously. She doesn't know that the less flour you use and the less you handle your dough, the lighter and fluffier your biscuits will be.

But I know still other ones who subscribe to one or more magazines each month. Who listen in religiously to radio household talks. Who make a business of keeping house, just as their husbands do in the office.

Which of these two classes do you believe will produce healthier children, better citizens and happier homes.

Which class do you believe find

most fun in their "job?"

The ones who say "I haven't time to read." Or the ones who say "I must look over this magazine before doing another thing." There isn't any question in the minds of those who have tried it. They know it pays.

**SALADS**  
The salads described here are valuable additions to winter menus. Nuts in winter salads provide necessary fats and mineral matters.

Few of us realize the importance of certain minerals to our bodily welfare. Iodine, for instance, is present in infinitely small proportions, yet its absence definitely upsets the nervous system. Iron is needed in the hemoglobin of the blood. Its absence produces anemia. Calcium is a necessary element for bone formation and so on.

Fruits, as well as nuts, contain these necessary food elements. Bananas, in their assimilation by the digestive system, produce an ash that is valuable in counteracting certain acids. Potatoes have this same virtue.

Bananas and nut salad, served with celery leaves or lettuce, and dressed with mayonnaise, combines several necessary foods into a wholesome and appetite appealing dish.

Fruit salads, made from preserved or candied fruits, have a high sugar content and therefore are heat and energy producing foods. When dressed with whipped cream mayonnaise they are also rich in fats another element particularly necessary to the human body in the winter months.

Prunes, stuffed with nuts and cheese, and served on lettuce with mayonnaise, have a high food value and are an attractive salad addition to a luncheon or late supper.

## 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 ..... \$1.02  
No. 1 soft red wheat ..... \$1.02  
Oats ..... \$1.02  
Chert hay ..... \$1.14  
Oat hay ..... \$1.16  
Clover hay, baled ..... \$1.16  
Oat and Vetch hay ..... \$1.16

**POULTRY**  
Heavy hens ..... \$1.00  
Light hens ..... \$1.00  
Light sows ..... \$1.00  
Top veal ..... \$1.00  
Dressed veal ..... \$1.00  
Lamb ..... \$1.00

**EGGS, BUTTER, BUTTERFAT**  
Creamery butter ..... \$1.40  
Butterfat delivered ..... \$1.40  
Milk per cwt. ..... \$2.15  
Eggs standards ..... \$0.25  
Pullets ..... \$1.00

**CHEST COLDS**  
Apply over throat and chest—cover with hot flannel cloth.  
**VICKS VAPORUB**  
Over 17 Million Jars Used Yearly

There are easily discerned characteristics of fresh fruits and vegetables that everyone should know. These are easily remembered, easily used and worth much to the housewife who does her own marketing.

For instance onions should be

## WINTER DINNERS

- Cream of Corn Soup
- Roast Beef Brown Potatoes
- Spinach Hollandaise Sauce
- Fruit Roll
- Coffee
- Celery Soup
- Pot Roast Dumplings
- Cut Wax Beans
- Cabbage Salad
- Mince Pie Coffee

## RECIPES

**Cream of Corn Soup**  
1 can corn 1 tsp. butter  
1 pt. hot water 2 tbsps. flour  
1 pt. milk 1 tsp. salt  
1 slice onion Few grs. pepper  
Chop the corn, add water, and simmer 20 minutes; rub through a sieve. Scald milk with onion, remove onion and add milk to corn. Bind with butter and flour cooked together. Add salt and pepper. Serve with whipped cream.

**Hollandaise Sauce**  
1-2 cup butter 1-4 tsp. salt  
Yolks 2 eggs 1 tbsps. lemon juice  
Few grains cayenne  
1-3 cup boiling water

Place butter in a bowl, cover with cold water, and wash. Divide in three pieces; put one piece in a saucepan with egg yolks and lemon juice, place saucepan in a larger one containing boiling water, and stir constantly until butter is melted; then add second piece of butter and as it thickens, third piece. Add water, cook one minute, and season with salt and cayenne. If mixture curdles, add two tablespoons heavy cream.

**Drop Dumplings**  
2 cups flour 1/2 level tsp. salt  
2 level tbsps. Calumet Baking Powder. Milk or water

Sift baking powder, salt and flour thoroughly together, and add milk enough to make soft dough. Roll out an inch thick and cut in small circles. Roll each in flour and drop into simmering stew. Do not crowd them. Give them room to expand. Cover, and cook for twenty minutes without opening pot.

## How to Choose Vegetables and Fruits

There are easily discerned characteristics of fresh fruits and vegetables that everyone should know. These are easily remembered, easily used and worth much to the housewife who does her own marketing.

For instance onions should be

selected for their silvery skins, either of a white or brownish shade, for their uniformity of size and their firm, fresh appearance.

This type of onion is most attractive when cooked and most delicate in flavor.

Cauliflower when best is of full head, creamy white and heavy for its size.

Brussels sprouts should have green outside leaves, be uniform in size and, of course, free from worm holes.

Turnips when fresh are neither wilted nor pithy. They are heavy for their size and of good color.

Celery can be distinguished by its crisp stalks and fresh, bleached leaves. In serving celery, be sure it is scrupulously clean. Celery is grown under conditions that make this important and necessary.

Fresh lettuce when fresh is heavy and firm, with no signs of brown on the outer leaves.

Cranberries should be firm and bright. Not overripe, however, and should be kept in a cool, dry atmosphere until used.

Grapefruit and oranges, uniform in size, with smooth, thin skins and small pores, are the choice ones.

And never let a ruddy, shining skin deceive you into buying tasteless, pithy apples. These should be heavy in weight, as well as attractive in appearance.

Bananas are picked when green and ripen during shipment. In choosing this fruit one is apt to select bananas not ripe enough because of their fresh appearance. Bananas are really at their best when they begin to show a tinge of brown along the seams of the skin and yet one must be sure that the stem end is still solid and not beginning to soften.

It is poor economy to save money by buying fruit and vegetables that are not up to standard.

## Weight by Diet

There are many different ways of achieving the weight one desires. A quick method and desperate one, is the operation. There are ointments and lotions and pills and potions of one kind and another for those who believe in signs. But, after all, there is only one royal road to correct weight, and that is by diet. Exercise we omit, for one should exercise on general principle, no matter what one's weight, provided, of course, one is normal and healthy.

This article, by the way, is written for such people only. Those who are over or under weight because of some physical ailment or condition should consult a physician. This is for those who eat not wisely but too well, and for

A penny's worth of poor baking powder can spoil a dollar's worth of companion ingredients—play safe—use

# CALUMET

THE WORLD'S GREATEST BAKING POWDER

Goes farther—Lasts longer—Is Pure—Dependable—Economical

SALES 2 1/2 TIMES THOSE OF ANY OTHER BRAND

those who eat neither wisely nor well enough. And we honestly believe, if you follow some of the simple suggestions given here you will find a decided and regular improvement in your weight.

There are certain conditions to recognize in achieving a desired weight. One is regularity in eating. Whether you are eating to grow thin or to grow stout, you must observe regular meal-times. You must eat in a peaceful atmosphere and a peaceful frame of mind—or as nearly so as is possible. And you must chew your food thoroughly.

It is a good plan to drink a glass of water before beginning a meal and if you drink tea of coffee to drink it at the end of a meal, sipping it hot. The chief objection to drinking a liquid with a meal is this: Too many people use it to wash down partially chewed food, which increases the work of the digestive organs and decreases the food value.

If you must break your diet, do it sensibly, and arrange for a corresponding deficiency in other foods. That warning is for stout people only. The thin ones won't need it!

However, everything in the world depends on your mental attitude so make up your mind that by following a regular plan you will secure the result you desire. Then go ahead and do it.

Clear soups, plenty of green, uncooked vegetables as well as cooked vegetables of almost every kind, gluten, bran or toasted bread, lean meat and fruit will

constitute the list of approved dishes for those desiring to reduce.

Cream soups, vegetables of all kinds, white bread, hot biscuits,

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"NO, JOHN, I DIDN'T BAKE IT

but it's just as fine as any loaf that mother baked or any loaf I could bake, and that's a fact. I got it from Peerless Bakery and if you didn't know it came from their store you'd say it was nice, soft, creamy, cakey, home-made bread. Yes indeed!"

"Always a Bit Better"

Peerless Bakery LUNCH AND PASTRY 170 N. Commercial Phone 308

# PIGGY WIGGLY

Marketing at Piggy Wiggly is not a guessing contest. You know what you are buying and know that you will have what you bought when you get home, instead of guessing what you will get when you order by telephone.

You know that all the prices will be low at Piggy Wiggly instead of just a few "specials" used by some stores to attract you, leaving you to guess how much you are overcharged on the balance of your groceries.

You will enjoy selecting your own at Piggy Wiggly, as did almost 4000 last week.

FLOUR		CEREALS	
Crown, 49 lbs.	\$2.59	Post Toasties or Corn Flakes	11c
Gold Medal, 49 lbs.	\$2.73	Grape Nuts, 2 for	35c
Gold Medal, 24 1/2 lbs.	\$1.40	Cream Wheat, 2 for	45c
Cherro Hardwheat, 49 lbs.	\$2.50	Kernels of wheat	19c
CANNED GOODS		Rolled Oats, 9 lbs.	55c
Lakeview Peas	14c	Pastry Flour, 10 lbs.	55c
Festival Golden Corn	20c	Flapjack Flour	27c
Del Monte Crosby Corn	19c	Fluff Cake Flour	33c
Tendersweet Corn	16c	SOAPS	
Palace Car Golden Corn	19c	Crystal White, 6 bars	25c
Royal Club Corn	19c	White Wonder, 6 bars	24c
Libby's Kraut, No. 2 1/2	16c	Sunny Monday, 7 bars	25c
Del Monte Pumpkin, No. 2 1/2	17c	Seafame	25c
Value Cut Beans	14c	Maxine Elliot	8c
MISCELLANEOUS		Palmolive	8c
Black Walnut Meats, per lb.	55c	Guest Ivory, 12 bars	50c
English Walnut Meats, lb.	75c		
10 qt. Galv. Water Bucket	20c		
Snyder's Catsup, pts.	24c		
Best Creamery Butter, lb.	47c		
Shrimp, 3 cans for	35c		

We have just received a fresh shipment of Ferry's Garden Seeds. We carry a full line of fresh fruit and vegetables. Phone 14 456 State Street

**Vegex**  
(Vegetable Extract)  
Come in and try it. A representative of Vitamin Food Co. will help you with your food problems.

## Tea Garden Preserves

Tea Garden Preserves have been recognized as the very best for many years and we take pleasure in selling that grade of goods. Every jar guaranteed on the basis that if you do not like the taste, return it to us. Orange Marmalade, Apricot and Pineapple, Strawberry, Raspberry, Loganberry, Cranberry Sauce, Currant, Pineapple.

\$1.00 Special

- 1 jar Strawberry,
- 1 jar Apricot-Pineapple,
- 1 jar Orange Marmalade.

**Dressed Chickens**  
Another fine lot of medium and heavy hens, pound ..... 38c

# ROTH'S

Quality First

## Groceries and Meats

Order your meats with your groceries, one order, one delivery, one account.

## Alaska Reindeer Meat

Reindeer Meat, a novelty a year or so ago, is now making its appearance on the market of this country. We have made arrangements with the Lomen Reindeer & Trading Co. of Nome, Alaska, to handle this meat for Salem.

It has been sold in Seattle and Portland for several weeks and people we know have told us that the meat is very tender and has just enough of that game flavor to make it a wonderful treat.

Order a roast or steak for your Sunday dinner. Several of the restaurants will also feature it on their Sunday menu. Ask for a book of recipes.

# Roth Grocery Company

Phones 1885-6-7. No charge for delivery.

## Canada Dry Ginger Ale

The peer of all ginger ales. Special price by the dozen or case.

## Fruits

Florida Grape Fruit Heavy Juicy Fruit. 2 for 15c, 10, 2 for 25c

## ORANGES

California Navels—30c, 40c, 50c, 80c doz.

## APPLES

Yellow Newtowns, box ..... \$1.50

Spitzenberg, box ..... \$1.25

Hood River Spys, box \$3.50; dozen 40c

## Vegetables

Lettuce, Cauliflower, Spinach, Rhubarb, Celery, Green Onions, Radishes, Squash, Parsnips, Sweet Potatoes.

## Heinz Demonstration

Beginning Monday and all of the week. Come in and sample any of the FIFTY-SEVEN Varieties.

# LEHMAN'S QUALITY GROCERIES

190 South Commercial Between State and Ferry

Our line of Merchandise stands Nationally Advertised A-1 Quality. We do not specialize in off brands, brands obsolete for cheapness sake. The best is none too good. WE FEATURE THE BEST.

Phone 305 Delivery Free

FLOUR—Flavo, 49-lb. sack	\$2.39
NO. 5 LARD—Star Brand, Special	87c
MEDIUM BACON BACKS, per pound	25c
EGGS—Strictly fresh, 2 dozen	48c
NO. 1 CREAMERY BUTTER—(None better), 2 pounds	90c
1 PT. PREPARED MUSTARD in jar—Special	25c
SLICED BEEF—In glass, Special	30c
JELL-WELL—All flavors, Special, 3	25c
CLING PEACHES—No. 2 1/2 size, 2 for	49c
TOMATOES—Solid Pack, 4 for	59c
COCOA—(Bulk), 4 pounds	25c
CLEANSER—Special, 4 for	24c
CITRUS WASHING POWDER—3 for	74c
GUEST IVORY SOAP—6 for	29c
TOILET SOAP—Large bars, 4 for	25c
FINEST BULK COFFEE—2 pounds	89c
SEA FOAM WASHING POWDER—(Bulk), 3 pounds	25c
FINE FLORIDA GRAPE FRUIT—3 for	25c
JUICY SWEET ORANGES—2 dozen	48c

FULL LINE FRESH CRISP VEGETABLES AND JUICY FRUITS. DELIVERY FREE

# SKAGGS Cash saving UNITED STORES stores

## SATURDAY PRODUCE FEATURES

GRAPEFRUIT—Large ripe 25c Florida, 3 for ..... 25c EGGS—Large fresh Ranch 45c Eggs, two dozen ..... 45c

## All Week Prices Saturday Features All Week Prices

COFFEE — Skaggs best Coffee, fresh ground, 3 lbs. for	\$1.39	1 Large Pkg. Peet's Washing Machine Soap	38c	MATCHES—Large 10c boxes, 6 for	29c
GEM NUT—Fresh daily, 3 lbs. for	69c	3 Creme Oil Soap	25c	SALMON—Good grade pink, each	15c
RUPERT'S JAMS — Berry and sugar, 9 oz. jars, 2 for	25c	8 Bars Crystal White Soap	37c	FLOUR—Big K Flour is all hardwheat, guaranteed, 49-lb. bag	\$2.59
SHRIMP—Extra fancy, 3 tins	55c	5 bars Crystal White Soap Free	\$1.00	SEALEDHEART GRAPE FRUIT, No. 2 tins, best pack, 4 tins	89c
CLAMS — "Royal Chef" brand, No. 1 tins, 3 tins	79c	Sugar—Pure cane, 10 lbs. for	68c	SOUP—CAMP-BELL'S, all kinds	10c
PINEAPPLE—Broken sliced, No. 2 1/2 size, 3 tins	73c	100 lbs. bag	\$6.79	By the dozen	\$1.15
BREAD—2 double loaves for	25c	Butter—Skaggs' best, 2 lbs. for	89c	RAISINS—Seedless in bulk, 3 lbs.	28c
JUMBO — Oregon Franquette Walnuts, 2 lbs. for	85c	Shredded Wheat, per pkg.	10c	10 pounds	87c
CRACKERS — Salted or plain, 3 lb. box	49c	H. O. Oats — Quick cooking, package	14c	DEL MONTE PEAS—Tall size, 2 tins	35c
		Ghirardelli's Ground Chocolate, 3 lb. tin	83c	6 tins	98c

## SATURDAY MARKET FEATURES

SPARE RIBS—From young porkers, lb. 14c PICNIC SHOULDERS—Medium size, very lean, lb. 19c  
BACON BACK—Light weight sugar cured, lb. 26c POT ROASTS—Choice cuts from young grain fed beef, lb. 15c

Phone 478 5 Deliveries Daily