

# Dishes Fit to Set Before Uncrowned Kings

Combinations Calculated to Make Good Digestion Wait on Appetite and Good Health Follow After Both.



Delicious Menu Suggestions

How to Prepare And Serve Them

(The following suggestions from a well known health service are still timely; though there is probably not a great deal of the winter left for the section of the country where The Statesman mostly circulates.)

Winter days call for dishes that come to the table steaming hot—once called to mind the possibilities of the roaster, baking-dish, casserole and savory with onions, peppers and soup kettle in providing

just the right fare.

While the mercury is low and the snow flurries and whirrs against the window panes, the demands placed upon the housewife are rather strenuous. Naturally, she is anxious to satisfy the appetites of the little children and older members of the family who come trooping in ravenously hungry. But what to prepare for dinner is often her problem.

It is with the thought of aiding the housewife during these brisk days that the following hot, substantial and well-balanced meals are suggested. These will surely gladden the most wintry hearts—and appetites.

Cream of corn soup is easily made with canned corn and goes very well with lamb. Scald a quart of milk in an enameled ware double boiler, and two cups of corn, a bay leaf, salt and pepper, and two table-spoonfuls butter. Cook until the mixture bubbles. Cream two table-spoonfuls of flour with a little cold milk and add it to the soup gradually, and stir until it boils.

Aside from being expensive, a leg of lamb weighing five or six pounds takes two hours to roast. For the latter reason the average inexperienced housewife does not often include it in her daily menus. Especially if she does her roasting in an open pan, which requires a great deal of basting.

**Self-Basting Roaster Way**  
The experienced housewife, however, who is no longer a slave to her oven, will not hesitate on this account. She knows that the enameled ware self-basting roaster insures perfect browning and flavoring of all roasts. All that is required is to season the lamb with pepper and salt, dredge it with flour and place it in the

enameled ware self-basting roaster, in a moderate oven.

To make rice potatoes look nice—and taste better—put them in an enameled ware baking dish and brown them in the oven for ten minutes before serving time. The best result will be obtained by placing the potatoes under the flame used for broiling. And because enameled ware is so china-like in appearance the potatoes can be brought to the table in the dish in which they are browned.

- Cream of Corn Soup
- Roast Lamb
- Peas and Carrots
- Grapefruit Sherbet
- Baked Date Custard
- Sponge Cake
- Coffee

The housewife who is not fortunate enough to have a rice among her kitchen equipment can press boiled potatoes through an enameled ware colander.

Although there are a number of vegetables that go well with lamb, peas and carrots are most favored. Dice some carrots and cook until tender in salted water in an enameled ware saucepan, which will preserve their delicate odor. Add a can of peas, a lump of butter and pepper and salt.

A sherbet of grapefruit served after the roast will put an edge on the family's appetite for the dessert. Canned grapefruit, which can be kept chilled in the refrigerator until shortly before it is to be served, is very desirable because it does not require as much preparation as the fresh fruit. To a can of grapefruit add the juice of two oranges and a small bottle of maraschino cherries.

The dessert should be baked in the morning, or at least a few hours before dinner, so that it has time to cool.

Beat four eggs until foamy, add one-eighth of a teaspoonful of salt, a little less than one-half cupful sugar, a little nutmeg, and mix thoroughly. Then add one quart of milk and two-cupfuls of stoned and chopped dates. Place in a well-buttered enameled ware bowl. Set in a deep pan, filled two-thirds of the way to the top of the bowl with warm water. Bake in a moderate oven until a knife blade cut into the custard comes out clean.

Serve with sponge cake, which can now be bought in fresh-keeping cartons, if the housewife does not care to make it herself.

As ham is considered one of the heavier meats it seems fitting to start this meal with a light soup. Place in an enameled ware soup kettle or saucepan four cupfuls of boiling water, one bouillon cube, 12 teaspoonfuls of ketchup or a cup of tomato pulp. Season with pepper and salt, bring to a boil, stirring constantly.

Ham can be procured during all seasons and, as meats go, it is perhaps the most moderately priced on the market. And because of its

close fiber and fatty content, it is peculiarly suited to winter service.

Soak a smoked ham over night in plenty of water after scrubbing well and rinsing. In the morning place in a big enameled ware kettle and cover with fresh water, unless you have one of the oblong enameled ware boilers with a removable tray, which is exactly the thing for boiling ham. Boil until tender, allowing 25 minutes for each pound. Take from the fire and let stand in the water until cold. Then peel, stick cloves in the fatty part and sprinkle cracker or fine bread crumbs over it. Half an hour before serving bake in a hot oven.

New potatoes are out now and for a change they will go well baked with their jackets on. They take about three-quarters of an hour in a hot oven.

For a vegetable have canned lima beans heated in an enameled ware saucepan and seasoned with pepper, salt and a lump of butter.

- Instant Tomato Bouillon
- Baked Smoked Ham
- New Potatoes
- Lima Beans
- Apple Sauce
- Fig Pudding
- Cream Cheese and Marmalade on Saltines
- Coffee

Ham without apples in some form does not seem plausible. They most always appear together either as a side dish or dessert. But with this meal it is suggested that you serve apple sauce with the roast so as to aid the digestion of this substantial meal and make the dessert planned, desirable and dietetically correct.

Core and quarter a pound of apples, placed in an enameled ware saucepan, the vitreous surface of which will not affect or be affected by the fruit acid, and add one cupful water. Cook until the apples soften and add one-half cupful sugar just a minute or two before removing from the fire. Rub through an enameled ware colander.

Children always like puddings heartily, and, fortunately, physicians regard simple puddings as a rational and very valuable part of the diet of children. Fig pudding comes under the list of "simple" puddings and will prove a favorite with the younger members of your family. And the others will like it too.

Mix together one cupful shredded suet, two cupfuls bread crumbs, one level cupful brown sugar and one cupful figs cut into small pieces. Then add one well beaten egg and milk to consistency. Place in an enameled ware double boiler and boil for three or four hours. Serve with hard or cream sauce.

As a finishing touch to this meal, serve cream cheese and marmalade on saltines.

Pureed pea soup can be made of canned peas or dried peas, as

## "Lass o' Laughter" Laughs at Cooking Uncertainties

The English Mary Pickford Understands the Science of Preparing Nourishing Dishes

Of all the actresses from across the water who have been appearing lately on Broadway, few have captivated theatre-goers so easily as Flora Le Breton, who impersonates the appealing heroine of "Lass O' Laughter." Miss Le Breton, who is the fair type, is often called the English Mary Pickford.

Not all of Miss Le Breton's talents have a chance to show in her stage role. She is able to toss off a cake, pudding or other delicious dish with the same apparent ease with which she laughs her way through "Lass O' Laughter." She also understands the science of preparing nourishing dishes, and for this reason makes many of her salads, meat dishes and soups, as well as desserts, with getatine which recent scientific discoveries have shown to increase greatly the nutritional qualities of food with which it is combined.

For her mother the young actress often prepares an unusual salad, of which she is particularly fond.

**Baked Banana Salad**  
Baked bananas are easily assimilated. Put two bananas in a shallow pan and bake until soft. Force through a coarse sieve. Soften two table-spoonfuls gelatine in one-half cup cold water, dissolve in one cup boiling water. Cool



and add to banana pulp, together with one-half cup lemon juice and three table-spoonfuls powdered sugar. Turn into very small cups which have been dipped in cold water, and chill. Turn out, cut in slices and arrange on lettuce leaves. Put a spoonful of mayonnaise dressing on each piece, and garnish with a walnut meat.

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| Palmolive Crystal | SOAP        | 4 Bars                                | 25c    |
|                   | SOAP        | 6 Bars                                | 25c    |
| Best Creamery     | BUTTER      | Per Pound                             | 49c    |
| Extra Quality     | BREAD       | 2 one pound or three 1 1/2-lb. loaves | 25c    |
| Snider's          | CATSUP      | Pint Bottle                           | 24c    |
| Peacock Minit     | Rolled Oats | 10-lb. Bag                            | 58c    |

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preferred. If dried peas are used they should be soaked for a few hours and then cooked in an enameled ware saucepan until tender.

If canned peas are used rinse them with cold water. Then add

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### 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.....\$1.74  
No. 1 soft red wheat.....\$1.72  
Oats.....85c  
Chest hay.....\$14  
Oat hay.....\$14  
Clover hay, baled.....\$16  
Oat and Vetch hay.....\$16.50

**PORK, MUTTON AND BEEF**  
Hogs, 100-200 cwt.....\$11.50  
Hogs, 200-250 cwt.....\$11.25  
Hogs, 250-300 cwt.....\$11.00  
Light sows.....9 1/2c  
Top veal.....12 1/2 @ 16c  
Dressed veal.....12 1/2 @ 16c  
Cows.....9 @ 1 1/2c  
Lamb.....14c

**POULTRY**  
Heavy hens.....18 @ 19c  
Eggs.....18 @ 18c  
Light hens.....17 @ 15c

**EGGS, BUTTER, BUTTERFAT**  
Creamery butter.....48 @ 49c  
Butterfat, delivered.....45c  
Milk, per cwt.....\$2.20  
Eggs, standards.....33 @ 25c  
Eggs, futility.....21c

### GENERAL MARKETS

**PORTLAND, Feb. 27.**—Grain futures: Wheat, hard winter, blue stem, Baar, February, \$1.93; March, \$1.97; April, \$1.97; soft white, February, \$1.87; March, \$1.88; April, \$1.92; western white February, \$1.87; March, \$1.88; April, \$1.91; hard winter, February, \$1.87; March, \$1.88; April, \$1.90; northern spring, February, \$1.86; March, \$1.87; April, \$1.88. Western red, February, \$1.85; March, \$1.86; April, \$1.87; BBB hard white, February, \$2.18; April, \$2.20.

Oats—36-pound whole feed, February, \$40.50; March, \$40; April, \$42; do. 38-pound gray, February, \$40; March, \$41; April, \$41.  
Corn—No. 3 early shipment—February, \$49; March, \$50; April, \$50.  
Millrun standard—February, \$35; March, \$36; April, \$36.

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### SATURDAY PRODUCE FEATURES

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| All Week Prices                         | Saturday Features                      | All Week Prices   |
|---|--|---|
| COFFEE—Skaggs blend, per lb. 42c        | Sugar—Pure Cane, 10 lbs. 69c           | BIG K FLOUR—Washing-ton's finest hardwheat. It goes farther, 49 lb. bags \$2.59 |
| 3 lbs. \$1.19                           | 100 lbs. \$6.75                        | PINEAPPLE — Packed in Hawaii, good grade, sliced, large, 2 1/2 tins, 98c        |
| FEDERAL MILK, Large tin, 10 for 89c     | Cream of Wheat—2 pkgs. 41c             | PEACHES — Libby's extra quality, large, 2 1/2 tins, 2 tins 65c                  |
| Per case—48 tins \$4.29                 | H-O cooks in a minute 14c              | CATSUP—Del Monte, large pint bottles, 2 bottles 45c                             |
| POSTUM CEREAL—Large pkgs., 2 for 45c    | Shrimp—Fancy Southern pack, 3 cans 51c |   |
| CAMPBELL'S SOUPS—all kinds, per can 10c | Butter—Skaggs Best, lb. 46c            |   |
| 12 cans \$1.15                          |  |   |

### SATURDAY MARKET FEATURES

Fresh Milk Daily, pure and wholesome, per quart 10c | Bacon Backs, light and lean, per pound 26c  
Young Grain Fed Choice Pot Roast, per pound 15c | Fancy Light Sugar Cured Bacon, per pound 33c

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