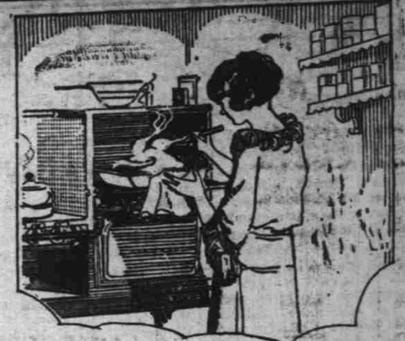




PURE FOOD



Home and Kitchen Suggestions

Department of Education and Inspiration for the Housewife

EDITED BY

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ST. PATRICK'S PARTY

There are many who plan to entertain at some holiday time because of the opportunities afforded for table decoration and color arrangement. St. Patrick's day offers an opportunity to give the happy springtime tone that is needed to cheer one over the dismal days of March rains and winds toward the sunny balmy days that are drawing near. Green plants, shamrocks, green crepe paper trimmings, etc., against a background of white certainly assure us that "spring is not far behind."

If small tables are to be used, as for a card party or tea, have two different arrangements for decoration and then alternate the tables. For one effect, use a green and white checked gingham table cloth, with paper napkins, or gingham napkins to match the cloth. Inexpensive glass candle holders may be purchased at the ten-cent stores and if placed at each corner of the table with green candles inserted therein will start you on your decorative way. An inexpensive but attractive centerpiece, that was used at a church social not long ago, was a child's toy wagon painted green and filled with Irish potatoes.

The alternating tables could be covered with small white cloths

and scattered here and there, leaves of real shamrock or cut-outs of Bristol board or crepe paper. The center-piece might be a plant of real shamrocks. If carefully arranged one could use for a centerpiece as many of the tiny pots of shamrocks as there are guests. Tie to each a green ribbon and have the ribbons radiate to each plate. There is found a tiny metal pig tied to the end of the ribbon, or possibly a paper potato basket filled with green candies. Afterwards, each guest may draw his little plant of shamrock from the center.

If a card party is planned, or any party where partners must be chosen, arrange sufficient slips of paper containing such combinations as "cornbeef and cabbage," "ham and eggs," "bread and milk," "ice cream and cake," etc. Then clip these in halves and distribute to the guests. Let them match up their halves as someone reads the correct combinations.

If one has time, a Cross-word puzzle is interesting and in keeping with the present "craze." Such a game will prove quite entertaining. The blocks in the puzzle design may be painted or crayoned in green.

The menu, of course, must be just as interesting and appropriate as the decorations. Salads,

green garnishes for salads, green sandwich filling such as chopped olives and cream cheese or nuts, stuffed green peppers, pistachio ice cream or cakes with pistachio frosting, candy, mints, etc., all offer ideas for "decorative" refreshments.

SUNDAY DINNERS AND SUPPERS

SUNDAY DINNERS
Pineapple Mint Cocktail
Pressed Chicken—Cream Potatoes
Buttered Green Beans
Lettuce Salad—French Dressing
Chocolate Ice Cream
SUNDAY SUPPER
Apple Salad with Cream Dressing
Brown Bread and Butter Sandwiches
Tea
Devil's Food Cake

SUNDAY DINNER
Cream of Celery Soup
Roast Leg of Lamb—Relish
Browned Potatoes—Gravy
Buttered Beets
Orange Bavarian Cream
SUNDAY SUPPER
Green Pepper Salad
Egg Sandwiches
Lettuce Sandwiches
Strawberries and Cream
Tea

SUNDAY DINNER
Vegetable Cocktail
Fish Mousse
Creamed Potatoes
Spinach mashed with Eggs
Apricot Ice Cream
Sponge Cake
SUNDAY SUPPER
Stuffed Tomato Salad
Graham Bread and
Cream Cheese Sandwiches
Cake
Hot Chocolate

RECIPES

Devil's Food Cake
2 cups brown sugar
½ cup shortening
2 teaspoons (level) baking powder
½ teaspoon soda
2 squares bitter chocolate
1 teaspoon salt
¾ cup sour milk
2 ½ cups pastry flour
2 eggs
1 teaspoon vanilla
1 cup hot water

Sift together dry ingredients. Add milk, melted shortening and drop in eggs. Mix well. Cook chocolate and hot water until thick. Add to cake mixture with flouring. Put into three layer pans and bake in a moderate oven (375 degrees) for 25 minutes; in loaf at 350 degrees for 45 minutes.

Fish Mousse
1 one-pound can salmon, tuna or other fish (left-over fish may be used)
½ tablespoon salt
1 ½ tablespoons sugar
1 teaspoon mustard
¾ cup scalded milk
1 ½ tablespoons melted butter
2 yolks of egg, beaten
¼ cup hot vinegar
¾ tablespoon granulated gelatin
2 tablespoons cold water

Shred fish. Mix the dry ingredients. Pour over, gradually, the scalded milk, and place in double boiler, and cook 5 minutes. Then add the melted butter, beaten yolks, with a tablespoon of cold water and the hot vinegar. Stir and cook a moment. Add the granulated gelatin, softened in two tablespoons of cold water. Stir until melted, add the fish, and turn into small moulds to harden.

CCASSEROLE DISHES

There is no doubt that the fashion of cooking in casseroles has come to stay in this country; and it is hardly a matter of surprise when the advantages of this form of cookery are considered. The sooner the casserole utensil becomes an indispensable part of our kitchen outfit, the better, for it makes in every way for economy, economy of materials, time and labor.

These are a few of the advantages of cooking in a casserole: First—The flavor of the food cooked is brought out when it is prepared in a casserole. Second—When vegetables are cooked in a casserole—and nearly all vegetables are wonderfully better when cooked by this method—a small amount of water, in many cases seasoned stock, should be used.

Third—Left-overs, salads and small entrees of all kinds may be served in a most attractive manner in ramequins or individual casseroles.

Fourth, The cooking in casserole dishes is slow but thorough, and all the nutritious elements in the viands are preserved. The cover must fit snugly to each utensil to prevent too rapid escaping

of the aromas and flavors. Sometimes a strip of cloth, spread with a soft paste of flour and water or mashed potatoes, is pressed over the joining of the casserole and the cover, and the heat of the oven finishes the sealing of the dish. When the dish is ready to serve, the strip of cloth and paste is removed.

Fifth—Because of the fact that the food is cooked slowly and evenly, less fuel is used and once the materials have been started cooking, they require little attention.

Sixth—The cleanliness and wholesomeness of a casserole make it especially valuable in preparing food for the invalid and the convalescent.

Seventh—Another advantage of casserole cooking, especially in a family where for some reason or another, meals are irregular, is that the dish can be kept waiting for a considerable time without losing its heat and without deterioration. Food can be left in a casserole with perfect safety as long as desired.

The next time you have a baked dish for your dinner, why not utilize the heat of the oven for a casserole dessert—and think of the time, energy and dish-washing you will save; or why not make your next vegetable dinner, supper or luncheon, one of casserole dishes—say Curried Vegetables as the principal dish and then have a Chocolate Rice Meringue or Bread Pudding for your Casserole dessert?

We seldom think of scalloped fruits, but scalloped apples, apricots, peaches, etc., make splendid casserole dishes.

Ham and Potatoes on Casserole (4 Portions)

1 pound slice of ham about two-third inch thick
4 new potatoes
1 cup flour
12 cloves
2 tablespoon chopped parsley
2 tablespoon of flour

Have a frying pan very hot. Add the ham and brown thoroughly on both sides. Add the water and let boil for 1 minute. Remove the ham. Stick the cloves into it and place it in the bottom of a casserole. Add parsley and paprika to the water in the pan and pour the liquid over the meat. Cover and bake in a moderate oven for half an hour. Roll the potatoes (which have been washed and peeled) in the flour, and add to the casserole. Baste with the liquid. Cover and cook ¾ of an hour. Serve in the casserole.

Pork Chops on Casserole
6 pork chops
½ cup brown sugar
1 to 2 cups milk
Salt and pepper
Place a layer of sweet potatoes, sliced crosswise, in a greased casserole, dust with salt, pepper and a little brown sugar; continue the layers until the casserole is about two-thirds full. Heat the milk and pour it over the potatoes; it should just cover them. Place the pork chops on top of the potatoes, cover and bake for an hour, then remove the cover and season with salt and pepper. Leave cover off and cook until chops are tender and browned on top.

We are not vindictive, but we confess that our soul itches to hate an umpire again.

Thinking of Chocolates?

When you think of quality and say "Artstyle," that's the same as saying that nothing could be more delicious.



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SALEM OREGON

SPRING WEATHER BOOSTS TRADING

Jobbing and Retail Show Expansion; Buying Declared to Be Only Fair

NE WYORK, March 13.—Bradstreet's tomorrow will say:

"A week of spring weather has found reflection in a moderate increase in jobbing and retail trade and some expansion in building operations and in buying of construction materials. Taken as a whole, however, spring buying is hardly better than fair, and caution still characterizes purchases. While mail order and chain store sales showed good expansion in February, department store trade as reported by the federal reserve bank, shows a smaller movement in that month than a year ago, thus repeating the report as to January trade. In February, as in June, trade seems to have been best in the northwest and in the southwest; this latter, by the way, despite continued dry weather in Texas where rain is needed to put the soil in condition for plowing, planting and crop growth. This week's report indicates the need of rain in Iowa and in Louisiana."

Weekly bank clearings, \$9,059,316,000.

WHEAT MARKET IS SWAMPED BY SALES

Selling Regardless of Value Brings Heavy Setback; Rains Are Cause

CHICAGO, March 13.—Immense selling regardless of value swamped the wheat market today. In the end wheat prices were down as much as 15 ¼¢ a bushel, chiefly as a result of widespread rains which destroyed all immediate likelihood of a crop shortage here.

The wheat market closed excited, 6 ¼¢ to 15 ¼¢ net lower. May, \$1.66 ¼ to \$1.67, and July at \$1.49 ¼ to \$1.49 ½, with corn off 6 ½¢ to 7 ½¢; oats showing 4¢ to 5 ½¢ decline, and provisions varying from 35¢ setback to 5¢ advance.

Rushes to sell wheat began as soon as the market opened. The fact that this is the traditional time of year when crop complaints are numerous had been largely relied upon of late to stimulate buying. It was with something akin to despair that friends of higher prices saw reports this morning of rain from nearly the entire domestic winter wheat region, telling of rains or snow that implied excellent growth conditions instead of curtailment of yield. Liquidating sales of corn and oats were also of unusual volume and came about chiefly as a result of the acute weakness of wheat. Provisions gave way with grain.

A little learning is not nearly so dangerous as a little movie actress.

All people are useful, if only as an audience to inspire the go-getters.

GENERAL MARKETS

PORTLAND, March 13.—Grain futures: Wheat: Hard white BS, Baart, March \$1.75; April \$1.70. Soft white March \$1.68; April \$1.70. Western white March \$1.68. April \$1.70. Hard winter March \$1.68; April \$1.70. Northern spring March \$1.68; April \$1.70. Western red March \$1.65; April \$1.68. BBB hard white March \$1.60; April \$1.65. Corn—EY shipment, March, \$43; April \$43. Millrun—Standard March \$29.50; April \$30.

PORTLAND, March 13.—Hay: Buying prices, valley timothy \$20 @ 22; do eastern Oregon \$22 @ 24; alfalfa \$19 @ 19.50; clover \$16; oat hay nominal; cheat \$16 @ 16.50; oat and vetch \$18.50 @ 19; straw \$8.50 per ton. Selling prices \$2 a ton more.

PORTLAND, March 13.—Portland dairy exchange: Butter, extras 45¢; standards 43 ½¢; prime firsts 41 ½¢; firsts 39¢. Eggs—Extras 32¢; firsts 32¢; pullets 29¢; current receipts 28¢.

NE WYORK, March 13.—Evaporated apples quiet; prunes irregular; apricots and peaches firm; raisins steady.

WILLAMETTE DEBATE TEAM LEAVING SOON

(Continued from page 1)

North to Tacoma to meet the College of Puget Sound negative there April 4. A CPS negative team will be at Willamette the same night to meet the local affirmative making this a dual debate.

The traveling team will arrive in Salem on April 6 and will meet the Lawrence college representatives from Appleton, Wis., here on April 8. This debate will conclude the Willamette season.

The trip will cover a total of 3,500 miles on which Willamette will debate on both sides of the question. On the affirmative at USC and against Lawrence college here. They will uphold the negative in all other cases.

Six of the debates will be judged. Five by the one expert judge plan, one under the old three judges system and one will be open forum.

"The question in all debates will be, 'Resolved: That congress by a two-thirds vote should be allowed to override the decisions of the supreme court.'"

FRESH VEGETABLES NOW UPON MARKET

Housewife Able to Make Fine Selection Today for Sunday Dinner

Fresh asparagus, new peas, rhubarb, new potatoes, leaf lettuce and many other fresh vegetables are found in the grocery stores today. They are very tempting and the family table has been without such a variety of fresh vegetables for many months. Other fresh vegetables such as spinach, turnips and carrots are available, of course. Strawberries are on the Portland market. They are from Florida and the Imperial valley.

A Suggestion
For luncheon cheese may be attractively served if moulded in the shape of a carrot with a small bunch of parsley for the top. Lay the "carrot" on the side of the salad plate. This adds color to the table and is out of the ordinary.

Hez Heck says: "An insult from a little fellow makes you a darn sight madder than an insult from a big 'un."

It is easy to beautify a lot. Just plant trees and wait sixty years.

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	\$1.56
No. 1 soft red wheat	\$1.53
Oats	.65c
Cheat hay	\$.14
Oat hay	\$.10
Clover hay, baled	\$.15
Oat and vetch hay	\$.16.50
PORK BUTTON AND BEEF	
Hogs, 100-200 cwt.	\$13.75
Hogs, 200-250 cwt.	\$13.50
Hogs, 250-300 cwt.	\$13.25
Light sows	\$11.75
Top veal	10c
Dressed veal	16c
Cows	15 @ 14c
Dressed pork	15 @ 16c
Lamb	14c
POULTRY	
Heavy hens	18 @ 20c
Light hens	15 @ 17c
EGGS, BUTTER, BUTTERFAT	
Creamery butter	49 @ 49c
Butterfat, delivered	46c
Milk, per cwt.	22.20
Eggs, standard	52 @ 24c
Pullets	20c

STEER BEEF

We are now selling the choicest steer beef in Salem. We sell this choice meat for 15 to 20 per cent less than the others that handle this class of meat.

Choice Steer Beef to Roast 15c

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Bread 1 lb. loaf 9c; 3 for	25c
Cookies, 2 doz. for	25c
Butter Horns, Apple Turnovers, 6 for	25c
Cakes all variety	15c up to 50c
Doughnuts, Cinnamon Rolls, Tea Sticks and Buns, Dozen	20c
Pies	10c and 25c

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