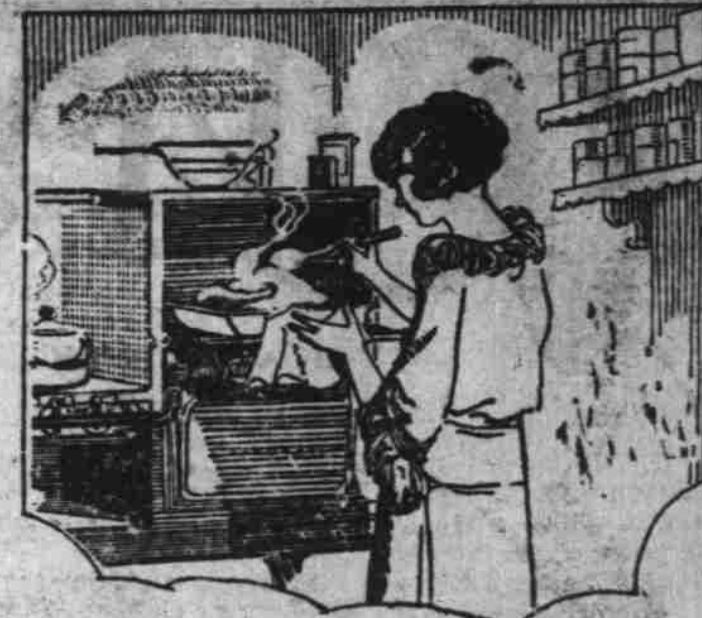




# PURE FOOD



## Home and Kitchen Suggestions

Department of Education and Inspiration for the Housewife

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### ROUND THE WORLD RECIPES

**(Italian)**  
Italian cooking is really very simple, although often composed of many ingredients, some of which are quite unknown in the average American kitchen, but the majority of which are such as we use every day. There is, however, this difference—the simplest Italian dinner is usually properly balanced and made up of those foods which supply the greatest nutriment for the least cost.  
The diet of the average Italian is rich in carbohydrates in the form of flour pastes or cornmeal, ample in the amount of protein as they eat much cheese but sometimes very little meat, and has an abundance of oil to supply the fat content.

Italians also know the value of the health-giving green vegetables and salads are practically never omitted from luncheon or dinner. A trip through the Italian section of the city will usually discover a large supply and variety of green vegetables at a low price even when there is a scarcity elsewhere.  
What do Italians eat in this, their adopted home? Below Rome spragetti and other pastes hold sway, above Rome rice takes its place and French influence is felt in the cooking. In a land where sugar is a luxury and salt a scarcity, preserves and condiments figure but little; cheese, fruits and bread generally forming the desert.  
There would seem but little to export from the mother country

for the use of the Italians living here, yet, in looking about in the most modern of Italian grocery shops, countless unfamiliar labels greet the eye, starting back from the shelves filled with odd-shaped bottles, cans, packages and boxes of various sizes.  
You will see in these shops festoons of large dried mushrooms, ropes of garlic and a long row of their famous bologna of which there are twenty kinds represented. Italian bacon is stuffed with sweet peppers before smoking, then rolled. The circular slices are well seasoned and spiced through and through and are very firm and delicately flavored. The plain bacon is left in pieces and has but a light smoking. Some of this comes without smoking like salt pork, which is used frequently as the meat in a boiled vegetable soup or chowder.  
The Italian pastes include the long stick package of spragetti, and macaroni, several varieties of noodles, and while speaking of the pastes we must not forget the "ravioli" which comes already stuffed ready for cooking in hot salt water and a special spragetti sauce in cans is often used with the ravioli. The Italian oil and cheeses are also favorites everywhere.

dash of nutmeg, an cheese. Mix well and then put small spoonfuls of the mixture across the paste about two inches from the edge and two inches apart. Fold over the paste to cover the mixture. Cut into squares with the mixture in the middle of each square. Press down the edges of the paste. Drop in boiling salted water or bouillon and boil ten minutes. Serve hot with tomato sauce or butter and grated Parmesan cheese.  
Chopped meat, cooked or raw; grated cheese or almost any finely chopped vegetable may be substituted for the spinach and cheese.

Apple Pudding (Steamed)  
2 cups flour 2 tbsp. butter  
3 level tsp. Calumet 2 c. milk  
Baking Powder 3 or 4 apples, cut in slices  
Mix flour, baking powder and salt together and sift twice. Work in butter with tips of fingers and add milk. Line bottom and sides of a well buttered mold with sugar, ¼ teaspoon salt and ¼ teaspoon nutmeg, mixed. Steam one hour and twenty minutes. Serve with cream sauce.

occasionally stewed apricots or peaches.  
One should try to cultivate in one's family a cereal habit. Don't tell them, however, that it is "good for them," but serve it daintily and confidently with sugar and cream, if possible, not milk. Chopped dates or raisins may occasionally be added to it. And what about hot muffins? The men of the family usually beam on a plate of hot breads or griddle cakes and especially with hot sausage cakes or a delicately browned slice of ham, or crisp bacon slices.  
For making either cakes, muffins, or waffles—grease your pans and measure and mix your dry ingredients the night before. The work of beating the egg and adding the liquid and shortening in the morning takes but three minutes. Light your oven when you first come into the kitchen. The electric or gas percolator has taken much guess work out of coffee making and I know some who measure the coffee the night before and have the coffee boiling in no time.  
Every breakfast should have at least one substantial dish—bacon, eggs, hash or hash balls, or creamed fish. Toast or toasted English muffins which later taste good with honey or maple syrup may also vary the menu.  
French toast—an omelet—scrambled eggs and ham—liver and bacon occasionally—corn bread—home made doughnuts with coffee and occasionally warmed potatoes for father if he wants them. Have some marmalade, honey and syrup handy—some one is sure to want a little. Bran muffins are good these mornings and made with half wheat flour and half bran and baked in a hot oven they do taste so good with or without a soft boiled egg or a strip of bacon.  
Mothers try awfully hard to please their little flock and are really not to blame for the members hurrying away from home with only a partially cross "Good-by." No housekeeper need arise an hour or more before anyone else, but by a little careful planning the night before, things will run more smoothly and happily at "The Breakfast Table."

Oats and vetch hay	\$16	Spring lambs	14c
<b>PORE, MUTTON AND BEEF</b>		<b>POULTRY</b>	
Hogs, 100-200 cwt.	\$13.75	Heavy hens	30@31c
Hogs, 200-250 cwt.	\$13.50	Light hens	18@18c
Hogs, 250-250 cwt.	\$13.25	<b>EGGS, BUTTER, BUTTERFAT</b>	
Light sows	\$11.00	Creamery butter	40@60c
Dressed veal	13½c	Butterfat, delivered	47c
Cows	3¼@4½c	Milk, per cwt.	23.30
Dressed pork	18@18½c	Eggs, standards	38@34c
Lambs	13c	Pullets	24c

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  - Finest Creamery Butter, 2 lbs. 98c
  - Finest Boiling Onions, 10 lbs. 25c
  - Flake Butter Crackers, pkg. 20c
  - Cheese, Full Cream, 2 lbs. 55c
  - Fisher's Rolled Oats, 3 lb. pkg. 29c
  - Grape Fruit (Floridas), 3 for 25c
  - Bananas, fine ripe fruit, 3 lbs. 35c
  - Best Navel Oranges, 2 doz. 45c
  - Nice Green Onions, per bunch. 5c
  - New Beets, New Carrots (bunch) 10c
  - Fresh Lettuce, Celery, Spinach, Sweet Potatoes, Rhubarb
  - Soap, Guest Ivory, 6 bars 25c
  - Ivory Soap Flakes, 3 boxes 28c
  - Kaoma Cleanser, special, 4 tins 25c
  - Wool Soap, special, 5 bars 25c
  - Toilet Soap, 4 bars 25c
  - Imperial Brand Marmalade, 1 lb. 25c
  - Good Brooms 59c and 85c
  - Campbell's Pork and Beans, 4 for 39c

**TOMATO SAUCE**  
1 tablespoon chopped ham.  
1 small onion  
1 tablespoon parsley  
3 tablespoons olive oil  
1 cup tomatoes or 3 tablespoons tomato paste mixed with 1 cup hot water.  
Flour, cold water, seasoning.  
Cook ham, onion and parsley in olive oil until it begins to brown. Add 1 cup strained tomatoes or 3 tablespoons tomato paste mixed with one cup hot water—and boil for five minutes. Thicken slightly with one tablespoon of flour mixed with cold water. Strain season to taste and serve hot.

**RECIPES**  
**Calumet Bread Pudding**  
1 loaf stale bread 2 eggs  
1 pt. milk 1/2 level tsp. salt  
1-3 cup sugar 1 tsp. vanilla  
2 level tsp. Calumet 1-4 c. butter, melted  
Baking Powder  
Remove soft part from loaf and grate on coarse grater. (There should be two cups of crumbs.) Scald milk, pour over crumbs. Let stand until cool. Beat eggs thoroughly; add sugar, salt and baking powder, well mixed. Combine this mixture with the milk and crumbs; add butter and vanilla. Bake in a buttered pudding dish one hour in a slow oven. Serve with caramel custard sauce. Raisins may be added to the pudding, if desired.  
**Caramel Custard Sauce**  
3-4c. light brn. butter 1/2c. milk  
3 level tsp. flour 2 tbsp. butter  
2 eggs  
Mix sugar and flour thoroughly. Then add well beaten egg and milk. Place over double boiler and when hot add butter. Cook until thick and creamy. Serve over the pudding, either hot or

**RAVIOLI WITH SPINACH AND CHEESE**  
Pasta  
2½ cups flour 3tbsp. water  
2 eggs 1/2 teaspoon salt  
Put flour on bread board—make a hole or "well" in the middle of the flour and break the two eggs into it. Add water and salt and work with a fork to a stiff paste. Roll very thin and let dry a little.  
**Spinach**  
1 qt. spinach 1 well beaten egg  
Salt and pepper Nutmeg  
1 cup cottage cheese or pot cheese  
Cook spinach drain, chop very fine and add salt and pepper to season, the well beaten egg, a

## Mother Nature is House Cleaning

A Little Head Work Saves a Lot of Hand Work  
With Illustrations from Life



IT'S cleaning time! Dame Nature is putting the spring breezes to work sweeping up the dead leaves; the streams are running away with the winter rubbish; there are fresh green carpets everywhere, and it's time for the housekeeper to make the inside of the house match what's outside.  
We no longer have a mad orgy of housecleaning, spring and fall. We keep clean the year round, thanks to our labor saving appliances. But you do need to "mop up" along with nature when spring comes and if you want to save wear and tear on shapers, muscles and nerves, get the proper tools to work with, don't go at it bare handed.  
Every woman owes herself good pure soaps that don't redden and dry the hands; special brushes, with easy-to-clean strong bristles and suitable handles; a vacuum cleaner that swallows the dirt it raises, and dusting cloths that gather dust instead of spreading it abroad, as did the wicked old feather duster; wall and ceiling mops that are set flat and don't wobble; floor mops that don't flop and wringers that can't splash, so that you need neither reach and stretch nor stoop and crawl to conquer dirt, wherever it may hide.  
What with a pair of coarse cotton gloves, a vacuum cleaner, good long handled mops and an efficient wringer, you can come through the Spring housecleaning ordeal as lightly as Dame Nature herself, and not even damage your manicure, to say nothing of keeping your temper unfrayed, your hands white, your back unbroken, and your family's affections undisturbed.  
Cleanliness is closer to godliness than ever, now that we know that dirt is dangerous as well as ugly. But there is no virtue in being a martyr to the cause, if you can be clean and carefree too. Get your vacuumers and cloths, your brooms and brushes, your mops and palls and wringer, all in order and then sail in—and watch the dirt sail out!

### DINNERS FOR HOUSE-CLEANING WEEK

- Monday**  
Beef Stew with Dumplings  
Hearts of Lettuce with French Dressing  
Apple Pudding  
Coffee
- Tuesday**  
Meat Loaf  
Baked Potatoes  
Creamed String Beans  
Baked Apple  
Coffee
- Wednesday**  
Creamed Chipped Beef on Toast  
Fried Potatoes  
Fruit Salad  
Wafers  
Coffee
- Thursday**  
Baked Pork Chops  
Escalloped Potatoes  
Cabbage Salad  
Calumet Bread Pudding  
Coffee
- Friday**  
Fried Halibut Mashed Potatoes  
Lettuce and Cucumber Salad  
Canned Fruit Sponge Cake  
Milk
- Saturday**  
Pot Roast  
Plain Boiled Potatoes  
Baking Powder Biscuits  
Fruit Jello  
Coffee.

### HOUSE-CLEANING TIME

To most of us who live in a city where there is smoke and dust aplenty—there seems to be one continual round of house-cleaning, window and curtain washing as well as floors and woodwork to go over about every two or three weeks.  
Still, when spring comes and the heating plants are at rest, we feel the urge stirring us to a more strenuous cleaning, the packing and storing away of heavy garments and storm windows and the bringing forth of screens and awnings, and, too, at this same time, the making of necessary repairs.  
Indoor spring cleaning plans should be laid with the thought foremost of getting through as quietly as possible. Here is where a home maker shows her executive ability to best advantage. If she lacks in this it will be evidenced to the outsider by a disturbed family and a confused house. Plan just what you can afford to do and before starting decide on the best method of operating.  
Take a room or a floor at a time. Never put your family through the confusion and nervous irritation accompanying an entire house upset.  
I would never think of starting a period of house-cleaning without first taking stock of my pantry shelves. I have found need every spring for a number of years of canned soup, vegetables, fish and several meats.  
One of the most practical ways to start a busy week is to have a baked ham for Sunday dinner. It will slice to advantage to the last outside piece, affording a nourishing dish every day, leaving out, of course, the serving of the ham on Tuesday.

### CAREFULLY PLANNED BREAKFASTS

Is breakfast the hardest meal in the day for you to plan for? Some housewives say there is so little variety in breakfast menus and there is certainly no inspiration in planning the hurry-up meal in the morning when one is hungry and every one is irritable and in a rush to get to the office or school.  
It seems that much of the housewives' trouble is getting her family down to the table—usually they string in one at a time so she is kept busy keeping the coffee hot yet not boiled to death for the last one, and she must see that the children eat their cereal and toast before they go to school—she must cook eggs for others—all in all, it is pretty hectic for many in the morning.  
Malnutrition among school children is prevalent to rather an alarming extent and these are not confined to homes of the very poor—many come from homes of the well-to-do and middle classes. We wonder if some of this is due to the fact that so many children go to school in the morning insufficiently nourished as far as breakfast is concerned—simply because they are not encouraged to allow themselves plenty of time to arise, dress and eat properly—some even scurrying away with practically no breakfast.  
In many homes, Sunday is the only time at which the entire family breakfasts together. It is usually a tempting breakfast and served in an attractive way. This is right, of course, but why not have every breakfast something to look forward to.  
In the first place, breakfast should be served in cheerful surroundings. Look at your dining room. Is it light and sunny or dark, drab and dull? If you find your dining room dull and unattractive, do something to make it bright and cheerful. Put up some pretty chintz or cretonne curtains. Use straw flowers, if necessary, but have a plant in the window or table. Select and use fresh table linen—attractive breakfast sets or doilies or checkered linen runners. Your table does much to increase or destroy an appetite.  
Set your table the night before if necessary. Fix the grapefruit and keep it where it is cold. Berries in season may be prepared the night before and are a welcome addition to the breakfast with cereal or without. If acid fruits are not liked—baked apples usually agree with most everyone and are especially good for children. Served stewed figs, prunes,

### SALEM MARKETS

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

<b>GRAIN AND HAY</b>	
No. 1 soft white wheat	\$1.45
No. 1 soft red wheat	\$1.38
Oats	65c
Chest hay	67c
Out hay	\$1.15
Clover hay, baled	\$1.25

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We were fortunate in securing a **FAT YOUNG BEAR**  
It is now on display in our market. It will be on sale Saturday afternoon. Leave your order. Reasonably priced.

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- Beef Roasts . . 12 1-2c lb.
- Boiling Beef . . . 8c lb.
- Legs of Veal . . . 25c lb.
- Veal Steak . . . . 20c lb.

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2 for 25c  
15c each

**Oranges**  
20c 30c 40c 60c dozen

**Spitzenberg Apples**  
\$3.50 box, 10c lb.

**Pea Special**  
Little Prince, a very small California Pea  
3 30c tins  
80c