



PURE FOOD



Home and Kitchen Suggestions

Department of Education and Inspiration for the Housewife

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HOT BREADS FOR SPRING

The majority of home-making women who are looking for suggestions of what to serve and hints as to "how to do it" quicker or better, have one or more favorite recipes of the family's that they prepare on special occasions.

Visiting the various tea rooms and reading articles and advertisements in our national magazines give us many ideas, but a greater inspiration is to awake on a bright morning with the sun pouring in our windows—we feel so peppy we want to do something to make every one else feel the same. It isn't hard to go out into our kitchen and light the gas oven immediately and quickly mix up and bake a pan of hot muffins; put the coffee in the percolator, get the eggs out to poach or boil, and have the table set and ready by the time our family is in the dining room for their breakfast.

The morning is the best time to do our day's baking, and especially Monday, when we need to restock on baked goods. After our breakfast things are out of the way and our plans made for lunch and dinner, perhaps a trip to the grocer and we are ready to bake a cake, cookies or doughnuts, perhaps a pan of coffee cake or butterscotch rolls for tomorrow morning—as Tuesday may be our laundry day and we want our breakfast things cleared away early.

Nut and fruit breads are a welcome change and are especially good for lunch and even for afternoon serving. Baked brown bread in place of the three-hour steamed bread is also popular and delicious with either the canned or home baked beans.

Hot Cross Buns
2 pounds flour

Half pound sugar
Half teaspoonful salt
One pound currants (carefully washed and picked over)
Half pound melted butter
Half teaspoon cinnamon
Half teaspoon nutmeg
One yeast cake
Milk

Mix the flour with the sugar, salt, currants, cinnamon and nutmeg. Make a hole in the center and pour in a pint of warm milk, in which a yeast cake has been dissolved. Beat well, then set before the fire in a warm corner until the leaven begins to work.

Then add the half-pound of melted butter and enough more milk to make the batter soft. Dust with flour and let rise a half hour. Then shape the dough into the buns, lay them apart on a buttered pan and let rise half an hour. Press a cross mould on each and bake in a quick oven 15 or 20 minutes. Dust with powdered sugar.

Spanish Buns
2 1/2 cups brown sugar
1/2 cup butter
1 cup milk
4 egg yolks (saving the whites for frosting)
2 1/2 cups flour
2 level teaspoons Calumet baking powder
1 teaspoon nutmeg
1 teaspoon cloves
1 teaspoon vanilla
Mix as for cake; bake in a dripping pan 45 minutes; cut into squares and frost.

USE RICE IN YOUR MENUS
Rice has certainly taken a place in the front row among economy foods for the United States. In fact, a United States government bulletin states that rice forms the principal food for one-half the population of the earth. Through our own south there

are many famous rice dishes such as rice puddings, rice with fruit, rice cakes, croquettes, rice as a substitute vegetable dish, flaked rice and puffed rice.

Remembering the food value we suggest its use in combination with salmon, tuna fish or choice sardines. "Shrimp creole" with rice is hard to surpass. Splendid casserole dishes are made with rice and cheese, or rice, fried bacon and a can of tomatoes. These latter dishes served as the main dish of a hearty meal offer a variation that is much appreciated from the regulation meat and potatoes, or salad.

In buying rice try to purchase an uncoated, or natural finish product. You are most easily assured of this if you buy it in a package with the description right on the label.

Rice Griddle Cakes
2 eggs, well beaten
2-2 to 1 cup sweet milk
2 level teaspoons Calumet baking powder
2 tablespoons sugar
1 cup well cooked rice
1/2 teaspoon salt
Mix ingredients thoroughly, adding enough flour to make a medium batter. Bake the same as any griddle cakes.

DESSERTS
With the passing of winter and our desire for heavy heating foods, such as the hearty rice, plum puddings, fat meats and hearty vegetables, our tastes demand the fresh greens, fresh vegetables and fruits as they make their appearance in the markets.

At this "in-between" time some of the baked puddings and also those prepared without the heat of the oven, claim our attention so that some points about these puddings seem quite timely. Sometimes when you open a can of fruit there is not enough to serve the family or guests but if used with custard, a baked mixture, a crust, or some other form, it will make a dessert that can be enjoyed by all. Dumplings, cobblers, steamed puddings of various kinds and baked fruit rolls all offer ways of using fruit as do also mixed fruit cocktails, salads and pies.

A revolution against the daily dullness of the same dessert each Tuesday, Wednesday and Thursday, week after week, — a rule once followed in many hospitals, boarding houses, school dormitories and even homes, made it necessary for the dietitian, matron and mother to plan ahead a little more. She found variety not costly but an economy and a relief, for the complaints turned to praise of the new dishes placed before patients, family or guests.

The old saying "there's nothing new under the sun" so often quoted by prosy people who like to stick to the same old way of doing things may be true, but at least there are lots of things different

from those to which we or our families are accustomed.

Baked custards are always timely, and good for young and old. They need slow baking to prevent boiling, separating and the forming of water. Baked custards (really not boiled) should be cooked over hot water to prevent burning of separating. These are used on fruits, as sauces on batter puddings, made stiff enough to use as a blanc mange, and are varied by adding cornstarch to form a cornstarch pudding. Custards baked in a shell form the pie so popular.

There are many jelly and gelatin dessert powders on the market—plain and flavored, colored and uncolored—some prefer one kind, some another. All may be flavored, colored, combined with additional fruit juices, fruit coloring, stiffly beaten egg white, whipped cream or custards and made easily digested and delightfully refreshing though not too filling desserts, to top a heavy meal. If not too sweet, they are also good for the invalid.

Dried fruits as well as the canned offer many suggestions. Dried prunes and apricots suggest whips and souffles as well as pies and sauces, and they may also be combined with rice or tapioca. Such tasty puddings as Apricot or Prune Delight may be made by combining these fruits with bread, cake or cracker crumbs in the same manner that apples are used in making Brown Betty. These, topped with whipped cream or a fruit or creamy sauce, often solve our very need and are quickly prepared.

Apricot Delight
3-4 cup canned apricots
1-2 cups cake crumbs
1-4 cup hot water
2 tablespoons butter
1-4 cup apricot syrup
Mix the sliced apricots with the cake crumbs. Pour into a greased baking-dish and dot with the butter. Add the syrup and water and cook from 25 to 35 minutes. Serve plain or with hot syrup from the apricots.

Chocolate Roll
5 egg yolks
5 tablespoons powdered sugar
5 teaspoons cocoa
1 tablespoon cornstarch
1-2 level teaspoon Calumet Baking Powder
5 egg whites
1-2 pint cream
3 or 4 tablespoons powdered sugar
1 teaspoon vanilla
Chocolate icing
Beat the egg yolks with five tablespoons of powdered sugar until creamy. Combine the cocoa and cornstarch, adding slowly to the mixture. Beat well. Fold in the stiffly beaten egg whites; spread this mixture about one inch thick in a baking pan which has been buttered and lined with paper. Grease the paper also. Bake in a slow oven (325 to 350 degrees F.) for about one-half hour. Turn out on a wooden board over which has been laid a slightly dampened cheese-cloth. Cool, and spread with the cream, which has been whipped and sweetened.

Drinking bootleg liquor occasionally is a good thing, for it teaches you how much better you feel if you leave it alone.

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 \$1.10
No. 2 soft white wheat \$1.05
Oats \$0.85
Chest hay \$1.15
Butter hay \$1.15
Clover hay, baled \$1.15
Oat and vetch hay \$1.15

PORE, MUTTON AND BEEF
Hogs, 100-200 cwt. \$13.50
Hogs, 200-250 cwt. \$13.25
Hogs, 250-300 cwt. \$13.00
Light sows \$11.50
Dressed veal \$15.00
Cows \$14.00
Dressed pork \$18@18.4
Lamb \$18@18.4
Spring lambs \$14

POULTRY
Heavy hens \$1@22c
Light hens \$17@18c

EGGS, BUTTER, BUTTERFATS
Creamery butter \$49@50c
Butterfat delivered \$47c
Milk, per cwt. \$2.20
Eggs, standards \$23@24c
Pollards \$14

GENERAL MARKETS

Portland Produce
PORTLAND, April 3.—Portland Dairy Exchange: Butter, extras, 44c; standards 43c; prime firsts 42 1-2c; firsts 42 1-2c.

Portland Hay
PORTLAND, April 3.—Buying prices valley timothy \$20@22; ditto eastern Oregon \$21 @ \$24; alfalfa \$19.50@20; clover \$16; oat hay \$19; cheat \$16; oat and vetch \$20; straw \$8.50 per ton. Selling prices \$2 a ton more.

Portland, April 3.—Grain futures: Soft white, April \$1.35; May ditto, Western white, April \$1.30; May ditto, Hard winter, April \$1.20; May ditto, Northern spring, April \$1.30; May ditto, Western red, April \$1.30; May ditto, B.B.B. hard white, April \$1.50; May ditto.
Corn: No. 3, EY shipment \$42.50.
Millrun: Standard April \$27; May \$27.50.

LIVESLEY

LIVESLEY, April 2.—Rev. E. McAbee spent last week on his charges at Donald, and Fargo, holding a series of meetings. He was assisted by Rev. A. Tennyson. Mrs. Leonard Zielkie has just returned from visiting relatives at Tillamook. Mrs. Alice Coolidge attended the Matrons' club last Friday evening at the home of Mrs. J. Godfrey in Salem. Mr. and Mrs. J. W. Ingram, of Washington, parents of Mrs. L. Salchenberg have moved on the Salchenberg farm and will live there this summer. Gordon Greenstreet, of Portland spent Saturday with Mr. and Mrs. S. C. Davenport. Mrs. Julius Zielkie is staying in Salem with her sister, Mrs. Harry Tracy. Raphael is planting 30 acres of flax. Lewis Salchenberg has bought some timber of Mr. A. Brown. Mrs. E. McAbee was a Salem visitor Thursday afternoon. Chas. Ekin is building a summer kitchen near his house. W. Coolidge has had a touch of pneumonia but is getting better. Ed Crouser has been very sick with the flu, which has developed into pneumonia.

Gervais School MAY BE CLOSED
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which is .7 of a mill greater than the county high school levy. It is pointed out that the county high school levy would be as great or

greater than the district levy assessed in the Gervais district, due to a law enacted by the last legislature, which allows the transportation costs and depreciation to be figured into the county high school levy.

In event the district is dissolved the students would have to attend the high schools at Woodburn or Salem, and in case the districts do not vote to pay the transportation of pupils, the parents will be compelled to pay it themselves. The Gervais union school has been turning out a high class of work, according to Mrs. Mary J. Fulkerson, county school superintendent. Special attention was called to the domestic science department.

Hike Planned Today—Boys over 12 years of age are to take a hike this morning from the YMCA at 9 o'clock. Edward Guyer and Vernon Taylor are the leaders. Both are Willamette university students.

Juniors Travel South—The Junior Leaders of the Salem YMCA are to make a trip to Eugene today to meet the Eugene juniors in a basketball contest.

Gets Vancouver License—A marriage license has been issued in Vancouver, Wash., to Abraham L. Schaum of Stayton and Marion E. McClellan of Boise, Idaho.

New Stamp Coming—A bulletin from Washington, D. C., announces that the government will issue a new 1 1/2 cent stamp which will be placed on sale in the east today. The new stamp will make its appearance on the coast in a short time. It will bear the portrait and name of Nathan Hale, printed in sepia with a cross line border. It will be the same size as the 2 and 1 cent stamps.

Directors Are Elected For Silvertown Creamery

SILVERTOWN, Ore., April 3.—(Special to The Statesman).—At the annual meeting of the stockholders of the Silvertown Creamery & Ice company a board of directors were chosen to serve for the coming year. Those elected were Julius Alm, A. F. Hobart, E. S. Porter, Alton Hurley and D. I. Hurley. Officers of the corporation for the coming year will be elected at the first meeting of the new board of directors. This meeting will be held on April 6.

Bits For Breakfast

Get flax factories—Include all grades up to makers of the finest linens and laces and tapestries—

And get more and more and more. We will not get too many, because nature forestained the Salem district for the flax and linen center of the world, and that will eventually mean thousands of small factories, and hundreds of large ones. The thing cannot ever be overdone. There will be increasing demands for linens as long as there is an upward trend in civilization and the amenities of refinement, instead of a return to barbarism.

The Eugene Guard is suggesting that the people of that section learn the good points of Eugene and surrounding territory, in order to tell the tourists. Good idea. Fine thing if we all get that spirit—the Los Angeles spirit; the California spirit. We would get vastly more out of our increasing tourist travel than we could otherwise. In the home egg laying contest in Washington, held under Woodburn.

the auspices of the agricultural college at Pullman, the high man, John W. Hitchcock, Ballow, Mason county, realized over 40 cents per bird from 654 hens, net profit, in one month. He received 57.44 percent lay at a cost of 20 cents per bird, with 654 hens, giving him a net income of 40.6 for the month. That is very good; but some Salem district men are doing better. In fact, the Salem district is the best poultry country on earth, and this fact is finally getting "over" with a growing poultry boom.

MAN KILLED IN AUTO SMASHUP

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could not be removed until the train had backed up. The train was going slow, as evidenced by the fact that it was stopped within its own length. Mr. Moshberger is said to have been traveling at about 35 miles an hour, according to J. L. Judy, motorman on the train. Mr. Moshberger has been employed as station agent in Monitor for about seven years and is well known both in that town and in

PEERLESS BAKERY

170 N. Commercial

Our Regular Prices Of

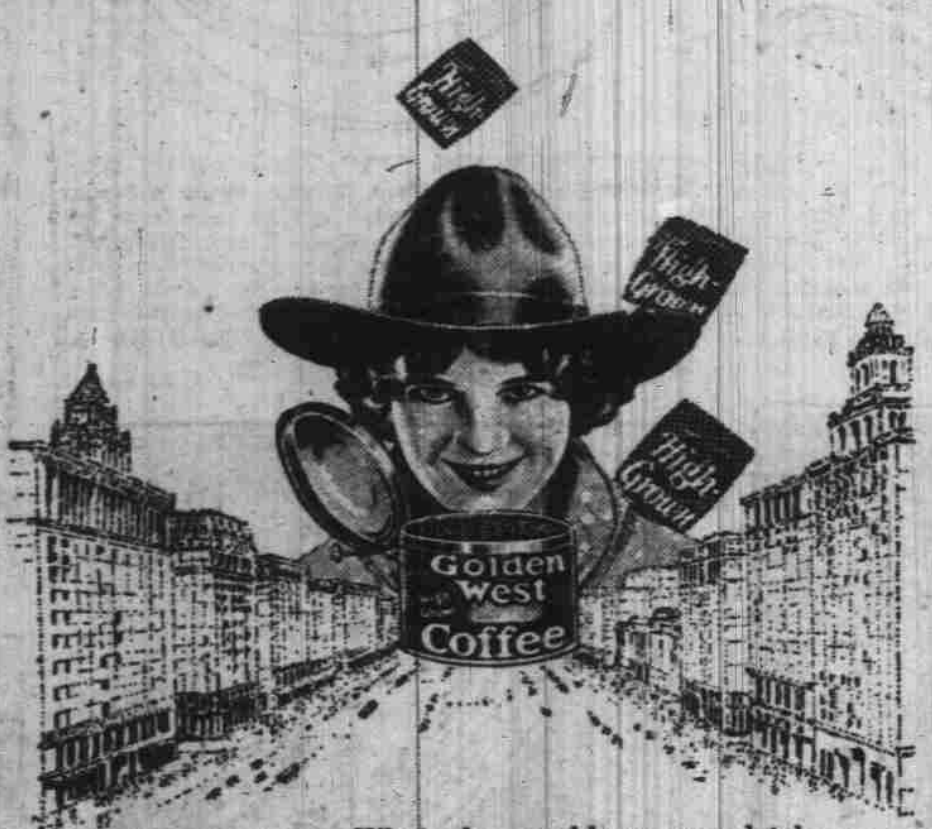
Bread 1 1/2-lb. loaf 13c; 2 for	25c
Bread 1 lb. loaf 9c; 3 for	25c
Cookies, 2 doz. for	25c
Butter Horns, Apple Turnovers, 6 for	25c
Cakes all variety	15c up to 50c
Doughnuts, Cinnamon Rolls, Tea Sticks and Buns, Dozen	20c
Pies	10c and 25c

SPECIAL DURING LENT

Hot Cross Buns, Dozen	20c
Milk Bread, French and Rye, 3 loaves	25c

We Serve Coffee and Lunches.
Try Our Krauses Candies

What else could disorganize business at twelve?



What else could so completely tie up traffic at noon—as the hankering for a brimming, steaming cup of good-coffee?
Coffee—Golden West Coffee—if you but knew it—is pouring out its refreshing velvety-smooth goodness from the popular little restaurant, famed for its "Java", to the fine big hotel, where served in form de luxe.
It's a hint to that good-coffee maker at home—because it's this high-grown coffee—so easily tempered to your very taste—and economically yielding more delicious cups to the pound.

Goodness locked in—opens with a Key. The handy key-opening top is quickly, easily, safely removed. No can-opener; no digging in; no raw edges to cut you. There's a convenient container when the coffee is gone.

Also try Golden West Tea—Orange Pekoe & Green Japan.

Golden West Coffee

CLOSSET & DEVERS, COFFEES & TEAS EXCLUSIVELY, PORTLAND AND SEATTLE

STEER BEEF

You folks that like the better grades of meat can make a real saving by buying your meats here.

Steer beef to roast	15c
Freshly ground hamburger	15c
Pure pork sausage	20c
Pork to roast	22c
Pure lard in bulk	23c
Our very best bacon	35c

This same grade of bacon is selling in most of Salem's stores for 45c to 55c per lb.

McDowell Market

Where a Dollar Does its Duty.

PHONE 1421 173 SOUTH COMMERCIAL

OPEN UNTIL 8 P. M. SATURDAY EVENING

BE PRETTY! TURN GRAY HAIR DARK

Try Grandmother's Old Favorite Recipe of Sage Tea and Sulphur.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Weth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, at a small cost.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.—Adv.

HEAT RESISTING SHELL MOTOR OIL

Heat Resisting Shell Motor Oil is refined to a complete chemical cleanliness that insures

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SHELL COMPANY OF CALIFORNIA