FOR MAY DAY

children. The celebration of May ern methods of food transporta- mention. day with a dance is an old cus- tion, canning, preserving by refrigto start before dawn, making ex- sible to have a varied menu and to es to be made from leftovers. cursions to the woods and bring- enjoy green fruits and vegetables ing in wild flowers for the May all year round. festival. A bough was brought A diet of spring greens is the from the forest, stripped of its best of all medicines to make that branches, planted, decorated with tired feeling disappear. Nature garlands of flowers and became appreciating this, has wisely prothe center of dances and games.

In planning the May party, nothing could be more in keeping to wind her ribbon on the pole.

GREENS FOR ALL

spring tonic or don't you depend well-balanced diet. on anything like that to coax back their appetite to normal-cure the we have the crisp radish, flavordrowsy feeling and renew the some spring onion, baby beets and healthy color of their skins?

Indeed, there is less and less need for the old-fashioned reme- succulent rhubarb, the green and dies that were made or considered white asparagus and hothouse toso necessary because of the re- matoes,

May Day offers another oppor-| stricted diet of the long winter

vided young green things in abundance to appeal to our appetites.

The large class of leafy vegewith the day than the May Pole tables belongs to this spring group dance. Attach strips of bunting -spinach, lettuce, chard, turnip of varying colors to the top of the and beet tops, dandelion, lambspole. The children will be de- quarter, field salad, watercress lighted in their white dresses, or and cabbage are the most comin a costume the color of the bunt- mon, though in different sections ing ribbon. In tripping around of the country there are many oththe pole the ribbon will wind on er of the field-greens that are avail It to produce the very pretty effect able. All these vegetables possess of the gay colored pole. To un- dietary properties that are unique wind the ribbons, the dancers must in themselves. They serve to correverse, beginning with the last rect the deficiencies in certain groups of foods by supplying vitamines and minerals, and they supplement the cereals, legumes and Do you ever serve sulphur and meat by adding the growth matermolasses to your family as their fals and bulk needed to make a

Aside from the leafy vegetables tiny golden carrots; pink stems of

There is no need for the most, con or ham-highly seasoned, and

USING UP THE LEFTOVERS

fastidious housekeeper to hesitate mixed with spaghetti or macaroni at serving a dish made from left- makes a very substantial main over food-if care has been given dish to serve for dinner and it is to see that, if it is a meat dish, it a time and labor saving one for is well flavored and brown and these trying days of housecleansavory with seasonings and gravy; ing. if a pudding, that it is wholesome, tasty, without being either soggy or too rich; if a vegetable, that it done with the ever increasing is so cooked that its original flavor scraps of dried bread. The most and vitamines are not destroyed. wellknown, I believe, on the list

one of the best or the most unapportising dishes we cat and it is cipes for that. surprising to see how many people

of utilizing leftovers is in soups. countless other uses. In cream soups, which seem to be Dried bread may be used for the most popular and are whole-soup garnishes, as croutons of which has been used the day browned in the oven. before, can be used in cream of Leftover bread may be used for

grated, or rounds of, hard-boiled MAY PARTY REFRESHMENTS

Potato For cream of potato, left over mashed potatoes are saved, and at first only a small amount of boiling milk or cream is added to even out all lumps. This is run Pinapple Sherbet Sponge Cake through a sieve, and enough milk for the desired amount, added, with butter, celery salt, and a bit of onion, then thickened slightly, and a garnish of pasley.

Asparagus Cream of asparagus may be made from the water in which the vegetable is boiled with the addition of stock, or butter, milk or cream and with some of the left over vegetable run through a colander for additional flavor and a few tips for garnish.

Three pounds of beef stew of a cheap but nutritious cut simnered slowly gives enough stock for a clear, nourishing bouillon, with flavor of onion, pepper and salt for one day and a vegetable soup the next. The meat can be used with carrots and peas in a baking dish; or for baked hash with green peppers; as a basis for croquettes, or meat loaf; or ground and baked with leftover rice or bread crumbs as a stuffing for peppers or tomatoes. These wo latter dishes are in great demand in tea rooms—why not serve them more often at home?

Meat from the last meal, round up or fresh hamburger, ombined with tomato, chill sauce, reen pepper-even scraps of ba



And now let's see what can be of dishes prepared with dry bread

served at some of our popular tea brown and then placed in a glass minutes. rooms. When our food budget jar and covered with a piece of warns us that we must be cautious muslin or a fitted tin cover in Home in our purchases, an expensive which holes have been punched. dish may often be balanced by an- Then there is no need to grate a. small quantity of crumbs each cause we are using up our left- time there is a need for sprinkling over an au gratin dish, for rolling croquettes or meat, for use as lay-Perhaps one of the best means ers in a casserole dish and for the

some, there is certainly great var- which are pleces cut into crumbs, lety. There are cream of tomato, buttered and placed in a pan and spinach, celery, potato, pea, aspar- browned in the oven. Soup sticks agus and cauliflower, all of which are cut in one-third inch strips can be made from leftover vege- from slices of dried bread, from tables. The pulp strained from a which crusts have been removed, large can of tomatoes, the juice then spread with butter and

tomato soup. Tomatoes too ripe bread patties or canapes by cutfor salad can also be used in this ting in two-inch slices, shaping into squares, diamonds, oblongs, In cream of spinach, a small or rounds, removing centers and amount of that vegetable left over leaving cases, and either fried in is finely chopped and used in deep hot fat or brushed over with cream stock with a garnish of melted butter and browned in the

> Grapefruit and Strawberry Cocktail Chicken and Asparagus Pattles Cucumber Salad Coffee

Chicken Bouillon Bread Fingers Shrimp a la Newburg Strawberry Shortcake Coffee

oven and filled with any creamed heated meat, fish or vegetable.

Bread dumplings, too, with or without the addition of chicken or tunity for a happy day for the months. Nowadays however, mod- calf's liver are most worthy of

The above are only a very few tom. It was long ago customary eration and storage makes it pos- of the many, many excellent dish-

> RECIPES Grapefruit and Strawberry Cocktail

Remove pulp from two grapefruit and mix with one-half cup shredded pineapple, and strawberries cut in halves, using half as much pineapple as grapefruit, and allowing four strawberries to each serving. There should be two cups truit. Pour over a dressing made of one-third cup sugar. Chill thoroughly; serve in cocktail glasses, and garnish with candied cherries and leaves.

Cucumber Salad Remove thick slices from both ends of a cucumber, cut off a thick paring, and with a sharp pointed knife cut five parallel grooves lengthwise keeping cucumber in its original shape. Arrange on lettuce leaves, and pour over French dressing.

Shrimps a la Newburg pt. shrimps 1 tsp. Lemon 3 tbsp. butter juice 1 tsp. flour 1/2 tsp. salt 1/2 cup cream Few grains

cayenne Yolks 2 eggs Clean 'shrimps and cook three minutes in two tablespoons butter. Add salt, cayenne and lemon juice, and cook one minute. Re- moon, heart or diamond shapes move shrimps, and put remaining with cutters and ice individually butter in double boiler, add flour and cream; when thickened add yolks of eggs slightly beaten, and shrimps, Serve with toast, or in patty shells.

Hot Water Sponge Cake 1% cups flour 11/2 level teaspoon Calumet baking powder

3 eggs 1/2 cup boling water

2 teaspoons lemon extract 1 cup sifted granulated sugar Pinch of salt

Sift flour once, then measure; add baking powder and sift three times; beat yolks until thick and lemon-colored; beat whites until The plebian hash may either be is Bread pudding, and I am sure stiff; put whites in mixing bowl; then fold the flour in lightly, add flavoring and hot water, and bake Bread crumbs should be dried in slow oven (325 degrees F.) in order the delicious baked hash in a very slow oven until a light an ungreased pan about forty

> MARIAN JANE PARKER Economics Dept., Calumet Baking Powder Co., Chicago, Ill.

GENERAL MARKETS

PORTLAND, May 1.-Hay Buying prices, valley timothy \$20 @21; do eastern Oregon \$21@24.50; alfalfa \$20.50@21; clover \$17.50; oats and hay nominal; cheat \$17.50; oats and vetch \$20 @21; straw \$8.50 per ton. Selling prices \$2 a ton more.

PORTLAND, May 1.—Grain fu-tures: Wheat, hard white, blue stem, baart, May, June \$1.70; soft white, May \$1.57; June \$1.58; western white, May \$1.55; June \$1.57; hard winter, May, June \$1.56; northern spring, May, June \$1.58; western red, May, June \$1.53; BBB hard white,

May, June \$1.80.
Oats, No. 2 white feed, May,
June \$35; No. 2 gray, May, June

Barley, No. 2, 46 pound, May, June \$34; No. 2, 44 pound, May,

Corn, No. 3, eastern yellow ship-ment, May, June \$45.50; millrun, standard, May \$33.50; June \$34. Salem is the center of the Willamette valley. Do everything you can to boost it, and make it

a better place to live in.

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Refrigerator

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on a New



BRIDAL SHOWERS

A Lace Shower cover for table, lace doilles, lace Maypole. paper shades for candles, place cards with lace border, gifts of lace or articles trimmed with lace are the pervasive feature of such a shower.

Chicken Salad Sandwiches cut with Fluted Cooky Cutter Waldorf Salad Garnished with Water Cress Individual Fancy Iced Bride's Cake

Strawberry Ice Cream in Fluted Lace Paper Cups Coffee Waldorf Salad

1 cup celery cut in

apple cut in small strips; 1 cup pecans; mayonnaise dressing. Bride's Cake 1/2 cup butter, 11/2 cups sugar, 1-3 cup evaporated milk, whites of 6 eggs, 2-3 cup water, 21/2 cups

flour, 3 thsp. baking powder, 1/2 tsp. almond extract, 1/4 tsp. cream of tartar. Cream butter; add sugar graduand cream of tartar, and add all at once with the milk to the first mixture. Add extract. Have whites beaten stiff, and cut and fold in at last. Bake about 50 minutes. When cold, cut in half

with fondant icing. Fondant Icing flavoring.

or and spread on cake. May Basket Showers

Corner Court and Liberty

table is lace over pink. A tiny Maypole in the center, with pink The idea of dainty laciness and white ribbons standing in a carry out the rainbow idea. should be carried out in all the bed of flowers is a very pretty decoration and refreshments. Lacy centerpiece. Dolls for the bride flowers and delicate ferns, lace and groom may stand beneath the

> White cake cut in squares, with center scooped out; iced in pink frosting, with handles made out of frosting or angelica, hold pink and white ice.

Pink and White Bonbons Blanched and Salted Nuts Coffee

White Cake 1/2 cup butter, 1 cup sugar, 3 bsp. evaporated milk diluted with 5 tbsp. water, 1 cup flour, 1/2 cup cornstarch, 2 tsp. baking powder, 3 egg whites, 1 tsp. almond ex-

tract.

14 -inch

Cream the butter and add the strips the size of a match; 1 cup sugar. Add the milk, alternating with the sifted flourr, cornstarch, and baking powder, beating well. Fold in the egg whites, beaten per. Combine all ingredients and stiff, and add the flavoring. Bake freeze (maple sugar can be used as a loaf in a well-greased pan in to make the maple syrup). a moderate oven.

Icing 1 tsp. butterr, 1 1/2 cups sugar, 4 cup evaporated milk, 4 cup Olives water, ½ tsp. vanilla. Put the butter or butter substi-

ally, and continue beating. Mix and sift the flour, baking powder tute into a sauce pan, and when and cream of tartar, and add all at it is melted, add the sugar, milk and water. Stir until the boiling point is reached and then boil for ten minutes without stirring. Remove from the fire, add vanilla. and beat until of spreading consistency.

II. RAINBOW PARTY Invitation cards should be cut

in half circle at the top, follow-1 egg white, 1 tbsp. evaporated ing the outline of the rainbow in milk, confectioner's sugar, 1/2 tsp. water colors, and each line of the invitation written in different Add milk to egg white and stir colored ink-violet, blue, green, in enough confectioner's sugar to yellow, orange and red. Crepe make stiff enough to spread. Flav-paper of rainbow colors for the house decorations and for the Invitations may be little May of gold will bring shouts of joy add onion, celery, salt, parsley and baskets filled with flowers. Guests from happy guests. A table cov-tapioca. Let simmer for one-half should be requested to bring their ered with a white cloth and strips hour. Press through a sieve and gifts concealed in a May basket. of crepe paper in rainbow colors, add butter blended with the flour, An attractive covering for the crossing each other in center, hav- then add the evaporated milk.

STEUSLOFF BROS. MARKET

CAT Government MEATC

bons leading to each place, where they are tied to "opera" stick candy of rainbow colors is appropriate. Refreshments should also

MENI Rainbow Salad Vari-colored Fruit Ice Cream Rainbow Iced Cake

Rainbow Salad 1 cup purple grapes 1 cup green grapes 1 grapefruit 2 oranges 1 cup cherries

Mayonnaise Arrange the fruit in half circles on lettuce and surmount with mayonnaise dressing. Vari-Colored Fruit Ice Cream 114 cups maple syrup 2 cups evaporated milk 14 cup candied orange peel

% cup candied cherries

cup grape juice 1 cup pineapple Mix the syrup and milk, add the cherries, cut in small pieces. Put pineapple through the food chop-

III. ANNOUNCEMENT

LUNCHEON Cream of Waer Cress Soup

a la King Assorted Sandwiches Potato Chips Tomato-and-Cucumber Salad Strawberry Shortcake Coffee

Cream of Water Cress Soup 1 ½ cups evaporated milk 2 ½ cups inter 1 bunch water cress cups meat stock thsp. butter thsp. flour.

small onion small stalk celery tbsp. minced parsley 1 tbsp. minute taploca Salt and pepper

Clean and parboil the cress for ten minutes. Drain and chop lights, with a big rainbow and pot fine, put in a pan with meat stock,

Phone 1528

ing a centerpiece consisting of a stirring well. Let boll a few mintiny gay parasol with colored rib- utes, and serve. Chicken a la King cups cold chicken, diced 3 thsp. butter 3 thsp. flour

½ green pepper shredded cup evaporated milk 14 lb. mushrooms 1 cup chicken broth

1 egg yolk Salt and pepper Cook the peppers (also mushrooms if they are used) in the butter for 15 minutes, keeping them covered while cooking slowly. Add the flour and seasonings, also the milk and broth. Stir to Lambs a smooth sauce. Put the chicken in sauce to heat, and just before

> curdling Strawberry Shortcake 2 cups flour tsp. baking powder 1/2 tsp. salt 1 tsp. sugar

pimento, shredded

4 tbsp. fat 6 tbsp, evaporated milk, diluted with 6 tbsp. water Strawberries Hull and wash berries carefully.

serving, stir in beaten egg yolk. Cook in double boiler to prevent

Drain, place in a bowl and crush, add sugar to taste, and let stand. Sift the flour, baking powder, salt Crackers and 1 tsp. sugar. Add just enough ty, Oregon, up to 2:00 o'clock p. Timbale Cases filled with Chicken of dilluted milk to make soft m. on May 8, 1925, for hauling like biscuit, and place on a greas- farm near Hopmere; 30 cords to ed tin. Bake in a hot oven for be piled at the Poor Farm north while hot, butter and spread with on top.

> Are you telling your friends about the Slogan section of The Statesman? This paper's policy is for the upbuilding of the city and the surrounding farming commun

SALEM MARKETS

Prices quoted are wholesale and are prices received opprices are given:
GRAIN AND HAY No. 1 soft white wheat. No. 1 soft red wheat. Clover hay, baled.
Oat and vetch hay.
PORK, MUTTON AND REEL

Read the classified ads in The Statesman. Something of everything is either wanted or is for

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Sealed bids will be received by the County Court of Marion coundough. Turn ento slightly flour- 250 cords of old and second ed board, and pat out lightly. Cut growth fir wood from the county about 15 minutes. Break open of Salem, and balance at the berries between the layers and county tool house, Salem. Said wood to be delivered not later than Sept. 1, 1925. Bids to be filed in the office of

the county clerk. The court reserves the right to reject any or all bids.

U. G. BOYER, Co. Clerk. a26; m2-3

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Bulk Cocoanut, at lb.

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