

# STATESMAN SATURDAY MORNING MARKET AGE FOR OUR BUSY HOUSEHOLDS

## FOR MAY DAY

May Day offers another opportunity for a happy day for the children. The celebration of May day with a dance is an old custom. It was long ago customary to start before dawn, making excursions to the woods and bringing in wild flowers for the May festival. A bough was brought from the forest, stripped of its branches, planted, decorated with garlands of flowers and became the center of dances and games. In planning the May party, nothing could be more in keeping with the day than the May Pole dance. Attach strips of bunting of varying colors to the top of the pole. The children will be delighted in their white dresses, or in a costume of the color of the bunting ribbon. In tripping around the pole the ribbon will wind on it to produce the very pretty effect of the gay colored pole. To unwind the ribbons, the dancers must reverse, beginning with the last to wind her ribbon on the pole.

### GREENS FOR ALL

Do you ever serve sulphur and molasses to your family as their spring tonic or don't you depend on anything like that to coax back their appetite to normal—cure the drowsy feeling and renew the healthy color of their skins? Indeed, there is less and less need for the old-fashioned remedies that were made or considered so necessary because of the re-

stricted diet of the long winter months. Nowadays however, modern methods of food transportation, canning, preserving by refrigeration and storage makes it possible to have a varied menu and to enjoy green fruits and vegetables all year round.

A diet of spring greens is the best of all medicines to make that tired feeling disappear. Nature appreciating this, has wisely provided young green things in abundance to appeal to our appetites.

The large class of leafy vegetables belongs to this spring group—spinach, lettuce, chard, turnip and beet tops, dandelion, lamb's-quarter, field salad, watercress and cabbage are the most common, though in different sections of the country there are many others of the field-greens that are available. All these vegetables possess dietary properties that are unique in themselves. They serve to correct the deficiencies in certain groups of foods by supplying vitamins and minerals, and they supplement the cereals, legumes and meat by adding the growth materials and bulk needed to make a well-balanced diet.

Aside from the leafy vegetables we have the crisp radish, flavorful spring onion, baby beets and tiny golden carrots; pink stems of succulent rhubarb, the green and white asparagus and hothouse tomatoes.

## USING UP THE LEFTOVERS

There is no need for the most fastidious housekeeper to hesitate at serving a dish made from leftover food—if care has been given to see that, if it is a meat dish, it is well flavored and brown and savory with seasonings and gravy; if a pudding, that it is wholesome, tasty, without being either soggy or too rich; if a vegetable, that it is so cooked that its original flavor and vitamins are not destroyed.

The plain hash may either be one of the best or the most unappetizing dishes we eat and it is surprising to see how many people order the delicious baked hash served at some of our popular tea rooms. When our food budget warns us that we must be cautious in our purchases, an expensive dish may often be balanced by another that will be inexpensive because we are using up our leftovers.

Perhaps one of the best means of utilizing leftovers is in soups. In cream soups, which seem to be the most popular and are wholesome, there is certainly great variety. There are cream of tomato, spinach, celery, potato, pea, asparagus and cauliflower, all of which can be made from leftover vegetables. The pulp strained from a large can of tomatoes, the juice of which has been used the day before, can be used in cream of tomato soup. Tomatoes too ripe for salad can also be used in this way.

In cream of spinach, a small amount of that vegetable left over is finely chopped, and used in cream stock with a garnish of grated, or rounds of, hard-boiled egg.

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 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 parsley.

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 simmered 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 two latter dishes are in great demand in tea rooms—why not serve them more often at home?

Meat from the last meal, ground up or fresh hamburger, combined with tomato, chili sauce, green pepper—even scraps of ba-

## FOR THE BRIDE'S SHOWER

### BRIDAL SHOWERS

The idea of dainty lachness should be carried out in all the decoration and refreshments. Lacy flowers and delicate ferns, lace cover for table, lace doilies, lace 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.

#### Menu

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 1/4-inch strips the size of a match; 1 cup apple cut in small strips; 1 cup pecans; mayonnaise dressing.

#### Bride's Cake

1/2 cup butter, 1 1/2 cups sugar, 1-3 cup evaporated milk, whites of 6 eggs, 2-3 cup water, 2 1/2 cups flour, 3 tbs. baking powder, 1/2 tsp. almond extract, 1/4 tsp. cream of tartar.  
Cream butter; add sugar gradually, and continue beating. Mix and sift the flour, baking powder and 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 moon, heart or diamond shapes with cutters and ice individually with fondant icing.

#### Fondant Icing

1 egg white, 1 tbs. evaporated milk, confectioner's sugar, 1/2 tsp. flavoring.  
Add milk to egg white and stir in enough confectioner's sugar to make stiff enough to spread. Flavor and spread on cake.

#### May Basket Showers

Invitations may be little May baskets filled with flowers. Guests should be requested to bring their gifts concealed in a May basket. An attractive covering for the

table is lace over pink. A tiny Maypole in the center, with pink and white ribbons standing in a bed of flowers is a very pretty centerpiece. Dolls for the bride and groom may stand beneath the Maypole.

#### Menu

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 1/2 cup sugar, 3 tbs. evaporated milk diluted with 1/2 cup water, 1 cup flour, 1/2 cup cornstarch, 2 tsp. baking powder, 3 egg whites, 1 tsp. almond extract.

Cream the butter and add the sugar. Add the milk, alternating with the sifted flour, cornstarch, and baking powder, beating well. Fold in the egg whites, beaten stiff, and add the flavoring. Bake as a loaf in a well-greased pan in a moderate oven.

1 tsp. butter, 1 1/2 cups sugar, 1/2 cup evaporated milk, 1/4 cup water, 1/2 tsp. vanilla.  
Put the butter or butter substitute into a sauce pan, and when 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.

### III. RAINBOW PARTY

Invitation cards should be cut in half circle at the top, following the outline of the rainbow in water colors, and each line of the invitation written in different colored ink—violet, blue, green, yellow, orange and red. Crepe paper of rainbow colors for the house decorations and for the lights, with a big rainbow and pot of gold will bring shouts of joy from happy guests. A table covered with a white cloth and strips of crepe paper in rainbow colors, crossing each other in center, hav-

ing a centerpiece consisting of a tiny gay parasol with colored ribbons leading to each place, where they are tied to "opera" stick candy of rainbow colors is appropriate. Refreshments should also carry out the rainbow idea.

#### Menu

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

#### 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 surround with mayonnaise dressing.

Vari-Colored Fruit Ice Cream  
3/4 cups maple syrup  
2 cups evaporated milk  
1/2 cup candied orange peel  
1/2 cup candied cherries  
1/2 cup grape juice  
1 cup pineapple

Mix the syrup and milk, add the cherries, cut in small pieces. Put pineapple through the food chopper. Combine all ingredients and freeze (maple sugar can be used to make the maple syrup).

### III. ANNOUNCEMENT

#### LUNCHEON

Cream of Waer Cress Soup  
Olives  
Crackers  
Timbale Cases filled with Chicken a la King

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

Cream of Water Cress Soup  
1 1/2 cups evaporated milk  
2 1/2 cups meat stock  
1 bunch water cress  
1 tbs. butter  
1 tsp. flour

1 small onion  
1 small stalk celery  
1 tbs. minced parsley  
1 tbs. minute tapioca  
Salt and pepper

Clean and parboil the cress for ten minutes. Drain and chop fine, put in a pan with meat stock, add onion, celery, salt, parsley and tapioca. Let simmer for one-half hour. Press through a sieve and add butter blended with the flour, then add the evaporated milk.

## 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	\$1.42
No. 1 soft red wheat	\$1.38
Oats	85c
1/4 lb. mushrooms	\$1.4
Oat hay	\$1.5
Clover hay, baled	\$1.5
Oat and vetch hay	\$1.4
POULTRY	
Heavy hens	21c
Light hens	19c
EGGS, BUTTER, BUTTERFAT	
Creamery butter, delivered	48c
Butterfat	30c
Milk, per cwt.	\$2.05
Egg standards	\$2@24c
Pullets	20c

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

### BIDS FOR HAULING WOOD

Sealed bids will be received by the County Court of Marion county, Oregon, up to 2:00 o'clock p. m. on May 8, 1925, for hauling 250 cords of old and second growth fir wood from the county farm near Hoppers; 30 cords to be piled at the Poor Farm north of Salem, and balance at the 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 Lard at lb.	22c
Bulk Chocolate at 2 lbs.	25c
Gold Medal Catsup, large bottle	25c
Bulk Coconut, at lb.	20c
6 Bars Laundry Soap, 1 Light House Cleaner Sp.	25c
Hunts Canned Pumpkin, 2 1/2 size, 2 for	25c
Dyrkee Meat Sauce, per bottle 25c, 2 for	46c
If you want a good complexion soap, try Mission Bell, 6 Bars	50c
6 Bars of Guest Ivory Soap	25c

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