

STATESMAN SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Who Does Your Baking?

During the winter months we eat heartily of all kinds of heavy meats and vegetables, but Spring with its warm bright days and cool nights makes the appetite more keen and every one welcomes the fresh fruits and vegetables which the market offers together with the lighter breads, hot biscuits, short cakes and fruit muffins. After all there is nothing we like better to make our meal complete than a slice of fresh bread, which, with a serving of meat, one or two fresh vegetables and possibly a salad, makes a complete meal unless one desires the addition of a sweet. Hot breads, carefully prepared and baked, are an excellent change for any meal, for breads are rich in carbohydrates as well as proteins and fat. They are one of the most perfect foods, supplying heat, energy and tissue building materials to the body.

School children must be up early in the morning and have an early breakfast. The mother, besides preparing the breakfast for the family, must often prepare a school lunch, all of which must be accomplished in a short space of time. She doesn't have much time aside from her other routine work during the rest of the day to give proper thought to the variety and wholesomeness of these meals. The variety of her supplies too, are oftentimes limited if she does not live near a market or grocery as is often the case if she lives in a small suburb or on a farm.

The wide variety of baking powder breads affords a pleasant change and a tempting supplement to the raised or yeast breads which are less varied. For the school lunch, nuts, raisins, prunes, or apples may be added to any of the plain, quick bread recipes, lending a delicacy and flavor that will be greatly enjoyed by the children, and the grown-ups as well. These are inexpensive, may be kept indefinitely, and are wholesome and nutritious.

During the spring weather, especially if the nights are cool, the housewife may prepare biscuits or other quick breads which she wishes to have for breakfast, the night before, lay a damp cloth over the top and place them in a cool place over night. They are, then, all ready to put into the oven in the morning and the time, heretofore taken up in preparing them, devoted to other work. If this is new to you, try it and see how successfully it works out.

At the same time the biscuit or muffin ingredients are put together, if an extra amount is made adding to this a little more sweetening, an egg, some fruit, nuts or cuts are being baked, the children flavoring, and baked while the biscuit may have for their lunch this fruit or nut bread, a delicacy which will be fresh and tasty at the same time making very little extra work.

The Art of Cake Making

Is the art of fine cake-making disappearing from the home kitchen? If so, it is on account of high prices of food staples, or because the present generation of housewives is not well instructed in cake-making? Neither excuse is really valid.

Cake is a good food and, as a food, it has a sufficient and welcome dessert, and a light cake served with cooked fruit or ice cream is always acceptable, both from the viewpoint of food value and taste.

Cake-making today should be easier than in the past. We have better ovens and the materials for cake-making are now all standardized. By that we mean everything that the recipe calls for comes in package form with the name of the manufacturer on the package. If it is a reliable firm we can trust the contents to be pure and of good quality, and the contents of one package to be the same as another. There has been a time when so much reliable domestic science instruction has been given out generally in the country. With good materials and correct recipes there is no reason why even an inexperienced cook should not make good cake.

Devil's Food Cake
 1/2 cup butter 2 2/3 cup flour
 2 cups sugar 1/2 tsp. salt
 4 egg yolks 4 egg whites
 1 cup milk 4 sqs. chocolate
 1/2 tsp. vanilla
 2-2 1/2 level tsp. Calumet Baking powder.
 Cream the butter and add gradually one-half of the sugar. Beat yolks of eggs until thick and lemon colored, and add gradually remaining sugar. Combine mixtures, and add alternately milk and dry ingredients sifted together; then add whites of eggs beaten stiff, chocolate melted and vanilla. Bake forty-five to fifty minutes in an angel food cake pan.

Chocolate Mocha Frosting
 1-3 cup butter
 2 cups confectioner's sugar
 1 tsp. cocoa
 2 tsp. strong coffee.
 Cream the butter, add sugar gradually, while heating. Add cocoa and coffee gradually. Spread on cake with knife.

GEORGE SUMMERY ELECTED
 LEXINGTON, Ky., May 21.—The Rev. George Summery, D. D., L. L. D. pastor of the third Presbyterian church, New Orleans, was elected moderator of the general assembly of the Presbyterian church in the United States, (South) this afternoon. Dr. Summery succeeded Dr. Thornton Whaling of Louisville.

Never Waste Sour Milk

Sour milk is a food of high nutritive value, so rich in the elements we need to preserve that it should never be allowed to waste. It also has many uses in the preparation of foods of which some of you seem quite unaware.

Save the fresh milk that has soured and the sour cream as well. Both need only the addition of a bit of water and then soda to neutralize the acid.

Sour milk and buttermilk biscuits are considered a delicacy which every woman takes pride in knowing how to make correctly. Usually a scant half teaspoonful of soda will neutralize one cup of sour milk, although the amount of soda required varies with the acidity of the milk.

A good recipe for sour milk biscuits is as follows:
 Sift together 1 1/2 cups of flour, 1 1/2 tsp. of Calumet baking powder, 1/2 tsp. salt, 1/2 tsp. soda; chop into this 1 1/2 tbsps. cold lard. Add a cup sour milk, cutting the dough with a spatula or knife. Toss the soft dough on a floured board; knead in a little flour if the dough is too soft. Roll. Cut small biscuits, and bake in a quick oven.

Egg Cookery
 Eggs in the household have many uses. Because of their inflation through whiplash, they are used as leavening agents because of coagulation by heat, they may be used as thickening agents in puddings and sauces, and because the albumen of the egg proper such a fine binding agent, eggs are used for holding cutlets and croquettes together.

It is natural that people should prefer fresh eggs. Simple home methods may be used as tests for freshness. Hold the egg before a light. If the yolk is in the center the egg is fresh. If an egg

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 \$1.65
 No. 1 soft red wheat \$1.50
 Oats \$1.00
 Cheat hay \$1.12
 Oat hay \$1.15
 Oat and vetch hay \$1.15

POULTRY
 Heavy hens \$1.20
 Light hens \$1.10
 Turkeys \$1.50
 Chickens \$1.00

EGGS
 Large \$1.20
 Small \$1.10
 Standard \$1.15

GENERAL MARKETS
 Portland Dairy Exchange
 PORTLAND, May 22.—Butter, extras, 41c; standards, 40 1/2c; prime firsts, 40c; firsts, 38c.
 Eggs extras, 32c; firsts, 32c; pullets, 30c; current receipts, 29c.

Grain Futures
 PORTLAND, May 22.—Wheat, hard white, bluestem, Baart, May and June, \$1.60; July, \$1.45; soft white, May, June, \$1.58; July, \$1.43; western white, May, June, \$1.58; July, \$1.43; hard winter, May, June, \$1.58; July, \$1.43; northern spring, May, June, \$1.60; July, \$1.43; western red, May and June, \$1.57; July, \$1.40; BBB hard white, May, June, \$1.70.

Oats—No. 2, 36-pounds white feed, May, June, \$27.50; No. 2 38 pounds, gray, May and June, \$37.

Barley—No. 2, 44-pound, May, June, \$35.

Corn—No. 3 yellow eastern, May, June, \$47; July, \$47.25. Millrun, standard, May, June, \$37.

submerged in water sinks the egg is fresh. If the surface of an egg is rough, it is an indication that the egg is fresh.

Special care should also be taken to properly care for eggs in the home. Egg shells are very porous and so must be kept in places that are protected from all contaminating odors.

The digestive powers of eggs are dependent upon their cookery. By facility in the digestion of an egg is meant time and not the ease of the process. The question of the proper cooking of an egg is ever before the public eye. Some experts advise the following method for soft cooking: Put the egg into water that has been boiling and allow it to stand for 20 minutes. Others advise putting an egg into boiling water and allowing it to boil for three minutes. Either method may be used from a standpoint of digestibility. How-

Special for Saturday

White-Enamel Ware
Special 89c
 SATURDAY MAY 23

Doughton & Sherwin
 280 No. Com'l
 Paints—Oil—Varnishes—
 Shelf and Heavy Hardware

ever, from the view of palatability the soft-cooked egg is preferred. Boiling for three minutes cooks an egg so that it barely holds together and is not very firm. Five minutes' boiling renders a firm white and a liquid yolk. Seven minutes is sufficient to coagulate all of the albumen and completely cook the yolk.

HUSBAND'S FAVORITE STRAWBERRY PIE
 With the arrival of spring we are going to continue serving pie, one of our favorite and truly American desserts. The housewife

who believes her husband doesn't need it or want pie, usually learns so to the detriment of her domestic happiness, for to date nothing has taken its place in popularity with the men. You have only to watch them at any public eating house in the city, town or country to prove the truth of this statement.

Since the market now suggest quantities of new spring fruits, we will reserve our canned stock for late in autumn and winter—and we will give particular attention, at this time, to our fresh fruit pies.

MONEY SAVERS

Round SWISS STEAKS	Tender SIRLOIN STEAKS
20c Lb.	15c Lb.
Choice ROASTS OF BEEF	Good BOILING BEEF
12 1/2c Lb.	8c Lb.
Freshly Ground HAMBURGER	Freshly Ground SAUSAGE
12 1/2c Lb.	15c Lb.
PURE LARD, No. 5 pail	80c
ROYAL CHINOOK SALMON, per lb.	25c
DRESSED SHAD, per lb.	12 1/2c

midget market

Originators of Low Prices
 351 State Street
 NOT IN THE COMBINE

PIE-CRUST

To the average housewife, the word pie conveys primarily the idea pie-crust, for with this she does her wrestling till she has mastered the art of making it, then, a pie for dinner is one of her easiest tasks.

If possible, make it in a cold room. Have all utensils and ingredients cold—the colder the better. Work quickly, dextrously, and keep your hands cool. Hot hands will melt the lard, and when it melts one cannot use so much water. Leaf lard is a good fat for pastries, because it is solid to begin with and does not melt easily, which brings us to the favorite. We will first consider the paste: 1 1/2 cups of flour, one-half teaspoon salt, one-half cup leaf-lard, one tablespoon butter and ice water. Why don't we tell you to use a certain amount of ice-water? Because therein lies one of the secrets of successful pastry making. All other ingredients remaining, the housewife who uses as little water as possible will have a rich flaky pastry.

The berries should be cleaned

MURINE
 For YOUR EYES
 Night and Morning to keep them Clean, Clear and Healthy
 Write for Free "Eye Care" or "Eye Beauty" Book
 Murine Co., Dept. H.S., 7 E. Ohio St., Chicago

Ask for **KRAFT CHEESE**
 At your dealers

Peerless Bakery

170 N. Commercial Street
 Our regular Prices of Bread,
 1 1/2 lb. loaf, 13c 2 for 25c; 1 lb. loaf 9c, 3 for 25c
 Cookies, 2 dozen for 25c
 Butter Horns, 6 for 25c
 Apple Turn Overs, 6 for 25c
 Cakes, all varieties 15c up to 50c
 Doughnuts, Cinnamon Rolls, Tea Sticks and Buns, per dozen 20c
 Pies 10c and 25c
 Milk Bread, French and Rye Bread, 3 loaves 25c

We Serve Coffee and Lunches
Try Our Krause's Candy

A Big Window Full of Bargains

Saturday Only, Any Article in Our South Show Window Will Be Sold at Only **98c**

Look over this Display, you'll find articles from every department

PAINTS, TOOLS, CUTLERY, SILVERWARE.
AUTO-ACCESSORIES, ENAMEL WARE, ALUMINUM WARE, SPORTING GOODS.

Visit this sale, there is sure to be something you need. Values as high as \$2.50

Our Hardware Wears
Ray L. Farmer Hdwe. Co.
 Everything in Hardware

Tru-Blu Spec'l
 A 1-1/2 lb. package of Tru-Blu Crackers FREE with a pound of Cup Custards.
 pound 45c

Cakes and Pastries
 With the hot weather coming on you can save yourself a lot of work and at the same time rest assured that you will have the best possible cakes and pastries by ordering them from us. We employ only experienced women bakers and with the best of materials our large store affords and a modern electric oven in which to bake, we are turning out cakes and pastry that any hostess can take pride in serving.

Full line for Saturday.
 Lady Baltimore, Cocoa nut, Mocha, Prune, Angel, Sunshine, Orange, Martha Washington, Jelly Roll, Chocolate, Cup Cakes, Nut and Date Cookies, Almond Macaroons.

Roth's
 Mayonnaise and Thousand Island Dressing,
 5 oz. jar 30c
 2 1/2 oz. jar 50c
 A 4 oz. jar of Thousand Island Dressing Free with either size.

ROTH'S

Quality First Groceries, Fruits and Meats
Save Time
 Purchase your meat with your groceries; one order, one delivery, one account.

Strawberries
 Local berries are at their best but with cool weather are not coming in as fast as we would like to see them. Get your order for berries in early Saturday so as to be sure of getting your supply.

Grades of Berries
 They are largely graded according to size and the smaller berries taking the lesser price.

For Saturday
 Box 15c. 2 for 25c and 10c

Phone for Food
 When you telephone to us for your meats, fruits, vegetables and groceries you can rest assured that you get the very best the market affords. We specialize in careful attention to phone orders. The meat department is connected by phone with all three of our main lines so you can order direct from the meat-cutters if you wish.

ROTH GROCERY COMPANY
 Phones 1885-6-7
 No charge for delivery

Gem Blend Coffee
 Rich, smooth, pleasing flavor.
48c Pound
 3 pounds \$1.40

Vegetables
 Loads of fresh Vegetables for Saturday. Home-grown products now in great quantities.

Fruits
 Fresh Pineapple... 35c
 Florida Grape Fruit—each 15c. 2 for 25c. and 10c each.
 Oranges doz. 42c. 52c. and 83c.
 Cantaloupes—Gooseberries.
 Winesap and Newtown Apples

Orange Special
 2 dozen for 55c
 Medium size, sweet and juicy. A special buy enables us to sell at this price.



Old friends and new
 utter contentment—The magic of Radio the new, with the restful friend of forty years—
GOLDEN WEST COFFEE

Golden West Coffee
 Copyright Claret & Drexel

THE **B. B.** Phone
 Highland at Church
 Grocery — Confectionery — News Stand
 Not a bank but a place to save money
 Specials For Today

Borden's
 Tall Milk 3 for 25c
Light House Cleanser
 Regular 3 for 15c
Special—3 for 14c
Wesson Oil
 Regular 30c
Special 27c

Bananas per lb. 10c
Hills Red Can Coffee 54c
Blue Can 46c
Our Own BB Blend per lb. 35c

Toilet Soap
 Regular Price 5c
Special 2 for 5c
Clover Leaf Brand Honey
Special 23c

Kellogg's
 Read Cooked Oats Regular 15c
Special—2 for 25c
Bambino Bars 3 for 25c
Borden's Chocolate Almond Bars 2 for 5c
Chocolate Peanut Bars 2 for 5c

Peas Regular 20c Value 15c
Regina Broken Pineapple Regular 25c
Special 3 for 57c

Maine Corn Regular 25c
Special 3 for 57c
Postum Cereal Large Size 19c