

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Diet for a Nervous Person

"Overwork," "Nervous Break-down," etc., in most cases are just masks behind which dwell sins against the simple laws of nutrition and hygiene.

Lack of exercise, fresh air, rest, improper diet, and intestinal disturbances are usually at the bottom of nervous disorders, and to correct the former is to overcome and ease the latter.

During the day, arrange to have several short periods of perfect relaxation. Just stop and let everything go. Relax completely in body and mind.

Arrange, too, for plenty of time for meals. No matter what you have on hand, that you imagine has to be done, eat your meals slowly and rest for at least a half an hour after eating.

I believe we seldom, if ever find this trouble—nervousness—in a person who does outdoor work and who has plenty of exercise, for outdoor life and fresh air are a tonic to the appetite and a tonic to digestion.

It would, therefore, seem that we should consider the diet of a person following a sedentary occupation.

Porch Dinners

During the months of hot weather many families make the evening meal a veritable picnic, and instead of its being served in the dining room, one end of the screened porch has been turned into use.

Many nights we use paper cups, wooden plates, forks and spoons. This convenience does away with much hot dish washing, and the entire family are perfectly willing to use these substitutes.

Thinking of something different to serve daily is no easy task these days. The markets offer many excellent suggestions, but the weather for the past few days seems to have gotten us, and we want our meals cool and quickly over with, it seems.

If you have lights on your porch it is easy to have a connection or droplight so the percolator, toaster, or grill may be attached. The entire meal and all the table accessories can be put on a large tray and one or two trips at the most will take everything to the porch.

Iron or tin vessels should never be used in preparing fruits, as the action of the acids on the metals gives dark color and disagreeable taste to fruits.

Sandwich Spreads

Bacon or Ham Butter Fry thin slices of lean bacon or ham until crisp. Lift the slices from the fat and pound to a paste on a meat board.

Anchovy Butter Place half a cup of butter in a bowl. Add one tablespoon of pounded anchovies and the strained juice of half a lemon.

Sardine Butter Take one-fourth cut of butter, four large sardines, skinned, and boned, and one teaspoon of lemon juice.

Lobster or Crab Butter Pound to a paste one small can of the best lobster or crab (or the equivalent of a small can if you use the fresh fish) and one half cup of butter.

Cheese Butter Mash together one-half cup of American cheese and one-half cup of butter. When using this butter, spread one-half of the sandwich with this mixture and the other half with a tart jelly.

Peanut Butter and Pickle 1/2 cup peanut butter 1/2 cup hot water 1/2 cup chopped pickle

DATA BUTTER Mix one cup of mashed dates, and one-half cup of butter with the oil squeezed out of the rind of a lemon.

LEMONS may be preserved from decaying by keeping in a jar or cold water which is renewed every 24 hours.

JAM that has become hard and sugary can be made almost like new by placing it in an oven until the sugar melts—take it out and let cool.

SUN DRIED fruits should not be left outdoors over night. The dew falling on them makes them moist.

IRON or tin vessels should never be used in preparing fruits, as the action of the acids on the metals gives dark color and disagreeable taste to fruits.

ICE cream from the nearby drug store, served with home made preserves, fresh fruit or hot home made fudge syrup, usually pleases father and the youngsters as much as anything.

Hints From a Housewife's Kitchen Diary



Dainty Summer-Time Desserts

UPSIDE-DOWN CAKE

This unusual cake can be made with any number of fruits, but sliced pineapple is suggested here because it lends itself so well and gives such a novel effect.

CREAM four tablespoons of butter and one cupful sugar together. Add three egg yolks, well beaten, one-half teaspoonful salt and two tablespoons baking powder.

Place a layer of sliced, drained, canned pineapple, or fresh pineapple that has been sugared and allowed to draw juice, in the bottom of a well-buttered deep enameled ware cake pan.

Then for the dessert—for even a meal of this kind does not completely satisfy without something for dessert. One of the handiest things to carry and one that keeps best is cookies.

An Auto Camping Trip

The season is fast approaching for the auto traveler to start on the annual summer tour and camping trip. Sky and earth both conspire to lure the lover of outdoors into the open.

The planning of the lunch is, of course, left to the women of the party, to whom the suggestions here given may be of help in purchasing her stock of goods and the preparation of the food which is taken on this trip.

When putting up the lunches, care should be taken to so wrap each item of food that the fingers be not soiled in handling it.

hot. Add one tablespoonful of favoring, pour into a well-buttered enameled ware baking dish—preferably square—and lose no time in getting the cake in the oven, which should be at a moderate temperature.

along the way, but in order to have variety, some canned goods should be carried along, such as salmon, tuna fish, pork and beans—the old standby—chili con carne, which is always popular, a few cans of soups, and some of the family's favorite coffee, for the hot coffee plays an important part in the campfire meal.

When serving cut in blocks or strips, pour the sauce over it and top with whipped cream.

must observe the signal and give the other lee way."—F. Roecker, chief of police.

Boise City, Idaho: "Boise abandoned the diagonal parking plan some years ago. At that time we were using the head-in plan but it was found that in backing out practically all lines of traffic were stopped quite often, and many accidents occurred.

BOARD PLAN UPHOLD

WASHINGTON, July 31.—(By Associated Press).—The right of the shipping board to sell 200 vessels to Henry Ford for scrapping was upheld today by Attorney General Sargent.

When putting up the lunches, care should be taken to so wrap each item of food that the fingers be not soiled in handling it.

Butter, eggs, milk and fresh meats can always be purchased

form thickness throughout. Several thin slices of meat are preferable to one thick one. Any salad dressing (except French Dressing) may be used in place of butter.

Kitchen Sinks

The various kitchen tasks can be done most comfortably at different heights. Sinks especially are often set too low; 30 or 31 inches from the bottom of the sink to the floor is considered a good average height.

PARALLEL SYSTEM FAVORED IN-CITY (Continued from page 1) must observe the signal and give the other lee way."—F. Roecker, chief of police.

Boise City, Idaho: "Boise abandoned the diagonal parking plan some years ago. At that time we were using the head-in plan but it was found that in backing out practically all lines of traffic were stopped quite often, and many accidents occurred.

WASHINGTON, July 31.—(By Associated Press).—The right of the shipping board to sell 200 vessels to Henry Ford for scrapping was upheld today by Attorney General Sargent.

When putting up the lunches, care should be taken to so wrap each item of food that the fingers be not soiled in handling it.

BOARD PLAN UPHOLD

WASHINGTON, July 31.—(By Associated Press).—The right of the shipping board to sell 200 vessels to Henry Ford for scrapping was upheld today by Attorney General Sargent.

When putting up the lunches, care should be taken to so wrap each item of food that the fingers be not soiled in handling it.

Butter, eggs, milk and fresh meats can always be purchased

General Markets

PORTLAND, July 31.—Grain (future): Wheat—hard white B. S. Baart July \$1.48, August, September \$1.45.

Soft white, July \$1.45, August \$1.44, September \$1.43.

Western white July \$1.45, August, September \$1.44.

Hard winter July, August, \$1.44, September \$1.43.

Northern spring July \$1.43, August, September \$1.42.

Western red July, August, September \$1.40.

BBB hard white July, August \$1.48, September \$1.47.

Oats—No. 2, 36-pound white feed, July \$33, August, September \$31. No. 2, 36-pound gray feed, July \$33, August, September \$30.

Barley, 44-pound, August, September \$32, 46-pound, July, August, September \$32. Mill run—Standard, July, August, \$29, September \$28.

PORTLAND, July 31.—Hay buying prices: Valley timothy \$18@19; do eastern Oregon \$21@24.50; alfalfa \$19; clover \$16.50; oat hay \$16.50; cheat \$15; oat and vetch \$16.50; straw \$7.50@8.00 per ton. Selling prices \$2 a ton more.

PORTLAND, July 31.—Portland dairy exchange: butter, extras 48c; standards 47c; prime firsts 46c; firsts 43 1/2c.

Eggs, extras 38c; firsts 36c; pullets 32c; current receipts 30 1/2c.

ENGLISH MINE STRIKE IS AVERTED; PLAN SUBSIDY (Continued from page 1) by the trade unions in supporting the miners in the present situation.

The government's solution of the coal mine problem will have to run the gauntlet of parliamentary debate next week. The government has an ample majority to carry its proposals in the house of commons, but it is not likely to escape strong adverse criticism.

The treasury announcement explains that during the period of subvention, namely from August 10 until May 1, 1926, wages will be paid on the basis of the 1924 agreement, but that in any

month in which wages paid in accordance with the recognized ratio of division between wages and profits are lower in any district than wages payable at the minimum percentage under the agreement, the deficiency will be provided by the chancellor of the exchequer.

POTATO BUG MENACE FEARED

BERLIN—Fear that the potato bug, which has settled in France, will overrun all Europe, is expressed by the Berlin daily Der Deutsche, with the possible dimin-

ishing of the German potato crop by one third "at a time when the increase of the crops has become a vital question."

WARSHIP BECOMES MUSEUM

TOKYO—The warship Mikasa, which was to have been scrapped, will be converted into a naval museum off Tokonaka. So far as the scrapping regulations are concerned, the old vessel will be made utterly useless as a warship.

Capital City Co-operative Creamery

Manufacturers of BUTTERCUP BUTTER

The best butter in Salem—made from the best selected cream—always uniformly good. Buy one pound and you'll have no other.

For Sale At All Grocers

MIDGET PRICES

The prices we quote are for the best quality meat.

For today we offer:

Young Tender BEEF STEAK 12 1-2c lb. Freshly Ground HAMBURGER 10c lb.

PURE LARD No. 5 pail 95c

Fancy SIRLOIN STEAK 15c lb. BEEF ROASTS 12 1-2c lb.

BEST CREAMERY BUTTER lb. 50c

UMECO 2 lbs. 45c

Milk Fed VEAL STEAK 20c lb. Good BOILING BEEF 7c lb.

SLICED LIVER lb. 5c

DRESSED SPRING CHICKEN lb. 40c

midget market

Originators of Low Prices 351 State Street NOT IN THE COMBINE

EAT U. S. Government Inspected MEATS Steusloff Bros. Market Corner Court and Liberty Phone 1528

REAL SAVINGS You folks that like the better grades of meats and do not like to be held up for them, try trading with us a while. We can save you 15 to 20 per cent on your meat bill.

Veal Stew . . . . . 10c Beef to Roast . . . . . 10c Beef to Boil . . . . . 6c

Boneless Corned Beef . . . . . 15c Cottage Rolls, Sugar Cured . . . . . 28c

Our Own Make McDowell Market Where a Dollar Does Its Duty 173 South Commercial Phone 1421 Open until 8 p.m. Saturday evening

EXTRA SPECIAL

Boys' and Girls' COASTER WAGONS \$3.95 \$5.45 \$5.95

HURRY

DOUGHTON & SHERWIN 286 North Commercial

Ask for KRAFT CHEESE At your dealers.

THE DANDY ICE CREAM FREEZER Saturday Only

Here's an all-steel ice cream freezer that will give good service. Single action, has only one moving part. The can rotates while the dasher remains stationary. Holds 2 qts.

Buy Now—Don't Wait 98c

K. L. Stiff Furniture Co. COMPLETE HOUSE FURNISHERS

Come in and see our entire line of hot weather merchandise. New Household Department.