STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Molasses and Squash Pie if served with hipped cream.

Apricot Pie a really tasty pie use the canned product in the following recipe: Drain the juice from one can of apricots and fit into each halved piece of the fruit a blanched almond. Lay in regular rows in the bottom of pastry-lined tin, sprinkle with sugar, and cover with strips of pastry, laid on cross a gar and cream.

Five-Minute Pie When the call comes for lick dessert your problem can be such as chicken, polished rice, solved in five minutes if you hap- mashed potatoes, fine white bread pen to have in the house a can of and pastries. fresh fruit, a baked pie shell and A diet composed mainly of these some cream. Turn the fruit from foods will eventually result in de- and makes them look like new. which most of the juice has been rangement of the liver and chronic drained into the shell and pile up constipation. A person in this conwith whipped cream and you have dition eventually becomes poisa pie fit for a king.

A Cooling Diet for Warm Weather

During the summer a great many office workers begin to lose flesh, because of eating unwisely. Others already fleshy continue to terial forming plenty of bulk so gain in weight, no matter how hot necessary to perfect health.

The fact is few people eat cor- and some cereals are, owing to rectly during this season of the their ceilulose formation, found to Hours of hot cooking can be lexative. Such foods as spinbe avoided by careful planning, ach, carrots, green peas, green Among cold dishes there is noth- beans, sauerkraut, cabbage, either ing more attractive to serve than canned or fresh, whole wheat,

Vegetables, too, are cooling. dried, prunes, cherries, grapes, During these long hot days the figs, oranges, etc., may easily be stem cries loudly for moisture. worked into the menus of the difaporation from the skin is ex- ferent meals; for instance: sive and the several pounds of Breakfast: Cherries, pineapple, eter lost every day in the body's orange or fig marmalade, oatmeal or to keep its temperature nor-and bran bread and gems.

Noon-time: Green peas, spin-

Cooling drinks, ice water, lemo- ach, green beans, sauerkraut, nade, grape juice, milk, etc., at cooked fruit such as apricots, and the soda fountain supply much of whole wheat bread may be used the moisture required.

Vegetables and fruits do the sliced tomatoes, cucumbers, rarest. In spring and summer the dishes, cress, prunes, pears and garden looks attractive and the foods from it are fine. They contain almost no fat and their starch and sugar content is usually

The fresh or canned fruits and vegetables always make excellent salads for summer and winter. But the main essential is that they be fresh, crisp and cold. They contain minerals needed so much at this time of the year.

Steps in Cold Pack Canning

Use only fresh, ripe products; clean, grade and cut or

Blanch by lowering product in cheesecloth bag into boiling strong. water and holding there from 1 10 minutes.

Cold dip immediately into bulbs or a potted plant, for them clean water and drain. 4. Pack into het sterilized jars amazed how much joy they will add bolling syrup or water using get from this. And if you can,

1 teaspoon salt to every quart jar, get one of those little Japanese 5. Adjust scalded rubbers and "wind birds" to hang in the wincaps leaving clamp on top partial- dow; children love to hear them ly open. 6. Sterilize required time ac

cording to standard time. 7. Tighten clamps or cover. Invert to cool and test, joints. Store in cool dark place.

Recipes

Orange and Grape Salad 2 cups orange sections 2 tbsp. Grape-Juice 1/2 cup Malaga grapes peele

and seeded. 2 thsp. French dressing Peel fine large oranges and separate the sections, removing every and dirty that quite the nicest particle of the white inner skin. Peel and seed the grapes and mix bleached muslin, and they can be with the oranges. Set aside, cov- made gay and cheerful with some

Salmon Au Gratin 1 cup cooked salmon, fresh or

1 cup drawn butter sauce Sale and pepper 2 thsp. lemon juice

over dressing.

Bread crumbs Flake the cold salmon, mix with the drawn butter, salt, pepper and lemon juice. Fill little earthen dishes with the mixture. cover with fine bread crumbs, and brown.

Prune Whip 12 large prunes

2 egg whites 3 thsp. powdered sugar Soak prunes over night and stew in the same water until tender. Remove the stones and mash to a smooth pulp. Beat the egg cut out and pasted in place. whites until stiff, fold in the sugar and then the prune pulp. Turn into a greased baking dish and bake in a slow oven about twenty minutes, w Serve at once with cream, soft custard or any desired

Welsh Rarebit

sauce.

14 to 1 lb. cheese (according to Continue this down around the

richness desired), shaved or sides till the

Make a white sauce, in the top the brim. This was taught me by leat together one egg, one cup of a double boller, of the first six a child who had almost no other milk, one-fourth cup of sugar, ingredients, mixing the mustard amusement for weeks in bed. Abfourth teaspoon of salt, one-with the other dry ingredients. Set solutely happy, she made hats for orth teaspoon of ginger. And the top part of the boiler over hot this to one can of squash mixed but not boiling water. Add the with flowers and paper bows. The with one-third cup of molasses cheese, cook and stir until it is entire cost was little more than 50 cents. and three-fourths teaspoon cinna- melted. Serve on hot toasted Turn into a pie plate lined bread or on saltines. One-half ple crust and bake until cup chopped olives may be added. firm. This is, especially delicious This dish may be varied by adding one or two slightly beaten

Necessary

ered and disease finds an easy

The diet of laboring man usual-

graham bread.

Entertaining a Sick

Child

suggestion, and some few children

would be satisfied almost indefin-

itely with them. But there is dan-

ger of eye-strain, headache and

Keep the room as simple as

possible, but have something,

tinkle as they are stirred by a

For the toys, have a few old

shoe boxes in which to store the

things. Keep the articles belong-

and it is an easy matter to gather

scissors and ruler with ribbons to

within reach and never lost on

that fits over the knees and rests

on the bed with two broad wooden

legs makes the best workboard.

thing is to make some of un-

Lollypop Family

If they will promise not to ea

There are innumerable other

roofs, gardens, walls and trees, to

in pictures, each room, bare of

furniture, on one page, and op-

posite a page of furniture, to be

more. Cut three strands of tissue

paper (the color combinations can

be varied for each hat), crush

them gently so as not to tear, and

with the ends pinned to the bed,

oughly appliqued on

brate her first day up.

passing breeze.

Books, of course, are the first

If the milk curdles when makeggs just after the cheese has ing milk gravy, put in a little soda Fresh apricots are usually rath- melted and continuing the cook- and it will thicken up and be er insipid so if you would have ing until the egg has thickened ready to serve. the mixture. To Clean Rugs **Bulky Foods**

To clean a rug on the floor, and without dust, put 2 tablespoons of ammonia in a gallon of water. Books Raised From 10 to 60 Per Take a cloth a yard square, dampen in the water, lay on rug, and It is more common to find sickbeat gently with a carpet beater ness among people who do little or heavy wire spoon. Then rinse work than among the working well in clear water. Continue wise. Bake, and serve cold with classes. This, I believe, is due to laying cloth next to where you the fact that the first are more left off until you have given the inclined to live on highly concenwhole rug a cleaning. You will be a trated food which leave no residue surprised at the results.

Household Hints

When Milk Gravies Curdle

For Cleaning Screen Doors Have a stiff brush, dip it in gasoline, and go over the screens. It takes off the grease and dust,

To Brighten Steel Steel that is rusty should be cleaned with a cut onion and left oned by his own waste material, for a day. Afterward it can be Sooner or later the vitality is low- polished either with emery powder and parafin, or with a paste made with brick dust and turpentine. ly consists of simple, plain and, for some time should first be

generally, coarse foods, having a large percentage of cellulose ma-	put in a dry place.
terial forming plenty of bulk so	SALEM MARKETS
necessary to perfect health.	*
Green vegetables, legumes, fruit	No. 1 white
and some cereals are, owing to	No. 1 red, sacked 1.40
their cellulose formation, found to	PORK, MUTTON AND BEEF
be lexative. Such foods as spin-	Top hogs
ach, carrots, green peas, green	Bows
beans, sauerkraut, cabbage, either	Top steers
canned or fresh, whole wheat,	Cows \$2.50@5.00 Bulls \$4.604c
fruit, either fresh, canned or	Spring lambs, 80 lbs and under 9c@94
dried, prunes, cherries, grapes,	Heavier
figs, oranges, etc., may easily be	Dressed veal
worked into the menus of the dif-	POULTRY
ferent meals; for instance:	Light hens
Breakfast: Cherries, pineapple,	Old roosters
orange or fig marmalade, oatmeal	Broilers16@22
and bran bread and gems.	EGGS, BUTTER AND BUTTERFAT
Noon-time: Green peas, spin-	Butterfat
ach, green beans, sauerkraut,	Ecco
cooked fruit such as apricots, and	Standards28 Selects30
whole wheat bread may be used.	Milk, per ewt\$2.30
For the evening meal, lettuce,	
	The state of the s

General Markets

Dairy Exchange PORTLAND, Aug. 21 .- Butter, evtras, 50c; standards, 48c; prime firsts, 46c; firsts, 45c. Eggs, extras, 39c; firsts, 36c;

pullets, 34c; current receipts, 31c. Grain Futures PORTLAND, Aug. 21.-Wheat, hard white, blue stem and Baart, August, \$1.60; September, \$1.59; fatigue. And some children do not enjoy them at all. Games are October, \$1.58; soft white, August good, but not the best, for they need two people, and often a busy September, \$1.56; October, \$1.55; mother can not sit down even for northern spring, September \$1.55: an hour a day at the most fascinating game. Puzzles will do for some children for a time, but they ust and September, \$1.54; October, \$1,52; BBB hard white, Augoften prove irritating and upset a nervous child or one who is not ust, \$1.63; September, \$1.62; Oc-

tober, \$1.60. Oats-No. 2 36-pound white feed, August, September, October, \$31; No. 3, 38-pound gray, Octoto watch growing. You will be ber, \$29.

Barley-No. 2, 46-pound, August and September, \$32; October, \$31; 44-pound, August and September, \$31; October, \$30.

Millrun, standard, August, \$31: September, \$30.50; October, \$30. PORTLAND, Aug. 21 .- Hay-Buying prices: Valley timothy, ing to each occupation separate. up and put away one set before producing another. Tie pencils, \$2 a ton more.

the bed so that they are always NUT MEN FINISH TOUR Algebra" and "Modern Second the floor. A little wooden table GROWERS AND EXPERTS VISIT

MANY ORCHARDS The counterpane gets so crumpled growers and experts who inspect- phy." ed six nut groves in this district them, they can have a box of on Wednesday and Thursday, hold administration, domestic arts candy lollypops, with the tissue More than forty cars carrying paper in which to dress them. One growers and those interested in little girl dressed a dozen of these, the future of the industry here the future of the industry here pasted on the wide-eyed piquant little faces, and used them as fa- by the Western Nut Growers 'as-

vors at the party she had to celesociation. made conditions under which the suggestions. Blocks of all kinds crop was grown were analyzed for tiny tots, blocks that grow and the problems of culture disup into whole house and garden cussed. Groves were visited that sets, with bricks for building had produced a successful yield and others where the yield had arranged and rearranged. been poor and were the causes There are books of houses done

Several experts from Oregon Agricultural college were on the trip, among them C. V. Rusek, ex-Making tissue paper hats for entomology department, D. L. dolls is a most delightful indoors Long, of the extension department pert on soils, D. C. Mote, of the occupation for a girl of twelve or and C. E. Schuster of the horticulture department.

LOANS SHARKS FLAYED SEATTLE, Aug. 21 — Cityp tion was called to the incident he Comptroller Carrol toda yordered immediately visited Augustin Edbraid them carefully, splicing in a new piece whenever needed.

The braid is then rolled into a further assignments of city emflat mat and sewed in place as etter to Corporation Council go anywhere in the city." Kennedy asking for advice as to The Aricans' hostility to the cut fine 6 slices buttered toast. then sew it flat again to make what further action to take.

Commission Fails to Obtain Lower Figures After Two Day Session

Cent Over Figures for 1919; Adoptions Are Listed for Periods

periods at the end of their two- the lake. day session Friday the meeting at least served to stabilize prices. With only one exception, that of a history by Gordy, was the price lower than that quoted as the lowest current price obtained by the so-called "textbook" trust in other states upon which basis J. A. Steel articles that are to be stored Churchill, superintendent of public instruction, proceeded to base his course of study and order

awarded yesterday. By adopting the opening sessions today. books suitable to the current needs of the schools some savings were effected. An example of this is in price than old books. Several books on the list were not adopted by the commission. No dictionaries were adopted for the twoyear period while there were no adoptions in drawing textbooks, domestic science for high schools or commercial arithmetic and general science for junior high

schools. Books adopted by the commission for a two-year period are:

Elementary tex:books-Hamilton's "Essentials of Arithmetic," books 1 and 2; Gordy, "Stories of American History"; Potter, Jeschke & Gillett: "Oral and Written English." books 1 and 2; Progressive Music Series, books 1 to 4 inclusive: New World Speller, books 1 to 3 inclusive.

High school textbooks-Miner & Elwell, "Principles of Bookkeeping"; Ward, "Sentence and September, \$1.58; October, and Theme"; Clippinger, "Written \$1.56; hard winter, August and and Spoken English"; Payne, "American Literary Readings with Introductory History of American October, \$1.54; western red, Aug- Literature"; "American Literary Readings"; Long, "English Literature"; Waters, "Essentials of Agriculture"; New Rational Type-

writing. Books adopted for a four-year period are: Elementary textbooks-

David, "Productive Farming": Carpenter, "Stories Pictures Tell Recommended for Teachers," books 1 to 8 inclusive. Winslow. 'Healthy Living," books 1 and 2. High school textbooks-

Gregg, "Shorthand Manual" \$18@\$10; do eastern Oregon, \$21 | mentary Latin'; Kelsey, "Caesars of Liberia. @\$24.50; alfalfa, \$19; clover, Commentaries"; Gunnison & Har-\$15; oat and vetch, \$16.50; straw, clough & Brown, "Virgil's Aeneid" \$7.50 @ \$8 per ton. Selling prices Bennett, "New Lattn Grammar"; Wells & Hart, "New High School Algebra"; "Modern First Year Course in Algebra"; Durrell & Arnold, "Plane and Solid Geometry"; "New Plane Geometry" and 'New Solid Geometry"; Bergen & Soils must be selected for the Caldwell, "Practical Botany"; Mcgrowing of nut crops with the Pherson & Henderson, "First same care that they are selected Course in Chemistry'; Millikan & for other crops and it is best that Gale, "First Course in Physics"; varieties grown be limited, prefer- Millikan, Gale & Pyle, "Practical ably to the Fraquet, Maylam and Physics"; Conn & Budington, "Adered, on ice until very cold. Pour cretonne flowers cut out and Meyett varieties, it was demon- vanced Physiology and Hygiene"; strated on the two-day tour of Robinson, "Commercial Geogra-

No adoption was made on house or manual training.

made the trip, which was cheduled PERSHING STOPS RIOT CHILEANS OFFENDED BY SALE

OF PERUVIAN PAPERS ARICA, Chile, Aug. 21 .- (By Arica plebiscitery commission, inthe newspaper published and distributed here by the Peruvian delegation to the commission, resulted in disorders in front of his res-

A Chilean crowd this morning frightened newsboys into the doorway of General Pershing's residence where three members of the American delegation intervened. When the general's attenployers' unearned salaries, to that the Peruvians "will have a "loan sharks." He also sent a perfect right to sell papers or to

per, which is published aboard the

Peruvian transport Ucayali, has in-Peruvian transport Ucayali, has increased daily since it first appeared August 10.

SEVEN HOMES BURNED FOREST BLAZE DESTROYS

MANY RANCH BUILDINGS

SPOKANE, Aug. 21 .- (By Associated Press.) - Seven ranch homes were destroyed today by a forest fire which has burned over nearly 10 miles of cut-over land on a two-mile front near Deer COSTS SHOW INCREASE Park, Wash. The fire was nearand all available men are fighting the blaze.

The fire started last night at a point about one and one-half miles from Deer Park. At 11 pedition's plans to explore o'clock this morning it was be- polar sea were described by While members of the state in a few hours. The blaze jump-manifestation of nature's comtextbook commission failed to ob- ed Blake Lake, at a point where it is a quarter of a mile wide, and tain lower prices for the books late tonight had burned over summer. adopted for two and four year three miles on the other side of

ranches is estimated at \$30,000.

STANDARD RATE ASKED

Prices on books purchased this the afternoon session of the 39th same time, however, the temperayear are from 10 to 60 per cent annual meeting of the Washington ture over practically the entire higher than for the same texts in Press association here today. Ap- United States was from one to 1919, according to the contracts proximately 75 editors attended six degrees above normal. Fur-

The matter will be taken up later into Canada. by the association.

"how much shall we edit?"

Washington Press association.

COOLIDGE PARTY BACK low temperatures were being rec-POSTMASTER GENERAL

"SWAMPSCOTT," Mass., Aug. 21. mass of routine business and a tory. and "Speed Studies;" Smith, "Ele- Edwin Bartlay, secretary of state tinental railway, which runs 175

\$16.50; oat hay, \$15.50; cheat, ley, "Cicero's Orations"; Fair- JAPANESE VOICE PLEA ments in southern Greenland only DISCRIMINATION IS CHARGED

WITH REFERENCE TO QUOTA. WASHINGTON, Aug. 19 .- (By

Associated Press.)—The Japanese do not object to America's restriction of Immigrants, but to discrimination against their nationals, Motosada Zumoto, editor of the Herald of Asia said here tonight, asserting that if they were placed on a quota basis as Europeans are, the situation would be greatly relieved.

Mr. Zumoto explained that he was in the United States to observe public opinion through interviews with influential persons, to ascertain whether anything was being done or contemplated to alter the present law by congressional action or through state legislatures.

As the representative of the Japanese-American relations committee, wit bheadquarters at Tokyo and comprising influential Japanese leaders in business, eduissociated Press.) - Gen. John J. cation and religion, he declared Pershing, president of the Tacna- feeling over Japanese exclusion was strongest among the "young tervened today when he hostility intellectuals," of his country. He of Arica's Chilean inhabitants to had found that Japanese were treated much better in Hawaii than in the Pacific coast states. where "discriminatory" laws ex-

Geographic Society Unable to Determine Cause of Complex Conditions

WASHINGTON, Aug. 22-(By ing commercial timber tonight the Associated Press.)-The unusual weather conditions in the Arctic which caused abandonment for this year of the MacMillan ex- his auto and started for town. lieved under control but a strong National Geographic society toeast wind spread it over six miles night as apparently only one

ne lake.

The property damage to the a 'queer summer' as some laymen if her husband was stopping with him overnight. assert," said a statement issued much that is abnormal in the of the missing man. As dawn apby the society, "does not show general weather situation, but it does show what a complex clutter a farmer and the derelict husband

"MacMillan pushing up the SPOKANE, Aug. 21 .- A stand- coast of Labrador in June found ard advertising rate for all coun- more ice than had been present followed at intervals by five othtry weeklies was urged by E. P. at that season in the memory of Murphy of the Entiat Times at oldest sealing skippers. At the thermore, since January except Mr. Murphy declared that ad-during a part of May, this excess vertising space should be sold on of heat had been marked over the the basis of cost of publication in- whole United States. In some rethe adoption of a year book in stead of having circulation set the gions and in some months the mathematics instead of a year advertising rate. He added that average ran as much as 12 degrees and a half book. In nearly all costs of publication were virtually above normal and the areas of cases new books are higher in the same for country weeklies. excess temperature extended well

"Beginning the latter part of J. C. Harrigan of the Colville June, there have been inroads of Examiner talked on "political lim- below normal temperatures from itations and the danger zone." the northeast and north, possibly The afternoon session included a reflection of the unusually cold the address of Dean M. Lyle Spen- conditions which MacMillan has cer of the school of journalism, found in the far north. This is University of Washington, on borne out somewhat by the records from Alaska. Those avail-The night program included a able (for the early months of dinner with talks by Dr. Henry 1925 only) show consistently low-Suzzallo, president of the Univer- er temperatures than normal for sity of Washington and John M. the three typical stations' Juneau Allen, service manager of the in the southern Pan-handle; Nome in the northwest; and Eagle in the Yukon valley, near the fron-

orded in Alaska at the time that PRESIDENT TO CONFER WITH abnormally high temperatures were present over the rest of the United States

"The greatest handicap to stu--(By Associated Press.)-Presi-|dents of weather is the lack of redent and Mrs. Coolidge reutrned ports from a sufficiently large late today to the summer White area. The weather with which House after an absence of one the United States is concerned is week. Their 145 mile afternoon 'brewed' all over the northern automobile ride from Northamp- hemisphere-in fact, it is highly ton, Mass., where they stayed over probable that in its larger phases night on their way from Ply- weather north of the equator is mouth, Vt., was without incident. affected somewhat by conditions Still undecided as to when he in the southern hemisphere. Yet will return to Washington, the the United States obtains complete president on his arival, found a reports only from its own terricrowded calendar for tomorrow. "Conditions in a vast area in

During the day he will confer with the north are unknown except Postmaster General New, Senator when some expression like Mac-Wadsworth, republican of New Millan's remains there for a time York; Senator Edge republican, and sends, out information by New Jersey and State Senator radio. The whole of northern Whitney, republican, nominee for Canada is uncovered by reports governor in that state and also above the northernmost transconmiles south of Hudson bay. Data comes from the Danish settle-

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on weather maps. .. It is such in- nah." bureau in achieving a high per-centage of accuracy in its fore-

casts is remarkable.

John, suburbanite, kissed his

peared, and the little wife began day night. to get nervous. When the hour of midnight arrived she could bear the suspense no longer, so she aroused her father and sent him plexity in producing the current off to the telegraph office with six telegrams to as many brother Elks living in town, asking each

wife had received no intelligence peared, a farm wagon containing ADVERTISING PRICE SHOULD of cross currents go to make up hind the wagon trailed the broken down auto. Almost simultaneously came a messenger boy with an

ers. All of them read: "Yes, John is spending the night with me!"

A certain young man's friends thought he was dead, but he was only in a state of coma, When, in ample time to avoid being buried, he showed signs of life, he was asked how it seemed to be

"Dead?" he exclaimed. " wasn't dead. I knew all that was going on. And I knew I wasn't dead, too, because my feet were cold and I was hungry." "But how did that fact make

you think you were still alive?" asked one of the curious, "Well, this way: I knew that if were in heaven I wouldn't be hungry. And if I was in the other place my feet wouldn't be cold."

An old couple came in from the country with a big basket of lunch to see the circus. The lunch was



in a fragmentary way and the heavy. The old wife was carrying huge areas of European Russian it. As they crossed a street, the Siberia and most of the rest of husband held out his hand and

Asia must remain largely blank sald, "Gimme that basket, Hancomplete data available the suc- The poor old woman surrendercess of the United States weather ed the basket with a grateful look. "That's real kind o' ye, Joshua."

she quavered. "Kind!" grunted the old man. "I wuz afeard ye'd git lost!"

LUTHER LEAGUE MEETS

ASTORIA, Ore., Aug. 21 .- The seventeenth annual convention of wife goodby in the morning, and, the Luther league, Portland distelling her he would be home at trict, will open here tomorrow 6 o'clock that evening, got into to 8 p. m. About 150 delegates with a business meeting from 6 and visitors are expected for the At 6 o'clock no hubby had ap- session which will end next Sun-

> Forest Grove-Last of 1924 crop dried prunes shipped out.



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Manufacturers of

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