

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Molasses and Squash Pie
Beat together one egg, one cup of milk, one-fourth cup of sugar, one-fourth teaspoon of salt, one-fourth teaspoon of ginger. And this to one can of squash mixed with one-third cup of molasses and three-fourths teaspoon cinnamon. Turn into a pie plate lined with pie crust and bake until firm. This is especially delicious if served with whipped cream.

Apricot Pie
Fresh apricots are usually rather insipid so if you would have 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 crosswise. Bake, and serve cold with sugar and cream.

Five-Minute Pie
When the call comes for a quick dessert your problem can be solved in five minutes if you happen to have in the house a can of fresh fruit, a baked pie shell and some cream. Turn the fruit from which most of the juice has been drained into the shell and pile up with whipped cream and you have a 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 gain in weight, no matter how hot it becomes.

The fact is few people eat correctly during this season of the year. Hours of hot cooking can be avoided by careful planning. Among cold dishes there is nothing more attractive to serve than aspic jelly.

Vegetables, too, are cooling. During these long hot days the system cries loudly for moisture. Evaporation from the skin is excessive and the several pounds of water lost every day in the body's effort to keep its temperature normal must be supplied.

Cooling drinks, ice water, lemonade, grape juice, milk, etc., at the soda fountain supply much of the moisture required.

Vegetables and fruits do the rest. In spring and summer the garden looks attractive and the foods from it are fine. They contain almost no fat and their starch and sugar content is usually small.

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

- 1. Use 'only fresh, ripe products; clean, grade and cut or slice.
2. Blanch by lowering product in cheesecloth bag into boiling water and holding there from 1 to 10 minutes.
3. Cold dip immediately into cold clean water and drain.
4. Pack into hot sterilized jars add boiling syrup or water using 1 teaspoon salt to every quart jar.
5. Adjust sealed rubbers and caps leaving clamp on top partially open.
6. Sterilize required time according 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 tsp. Grape-Juice
1 cup Malaga grapes, peeled and seeded.
2 tsp. French dressing
Peel fine large oranges and separate the sections, removing every particle of the white inner skin. Peel and seed the grapes and mix with the oranges. Set aside, covered, on ice until very cold. Pour over dressing.

Salmon Au Gratin
1 cup cooked salmon, fresh or canned
1/2 cup drawn butter sauce
Salt and pepper
2 tsp. lemon juice
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
3 egg whites
2 tsp. 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 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. Serve at once with cream, soft custard or any desired sauce.

Welsh Rarebit
1/2 cup milk 1/2 tsp. salt
1 tsp. flour Few grains pepper
1 cup milk 1/4 tsp. mustard
1/2 to 1 lb. cheese (according to richness desired), shaved or cut fine 5 slices buttered toast.

Make a white sauce, in the top of a double boiler, of the first six ingredients, mixing the mustard with the other dry ingredients. Set the top part of the boiler over hot but not boiling water. Add the cheese, cook and stir until it is melted. Serve on hot "toasted bread or on saltines. One-half cup chopped olives may be added. This dish may be varied by adding one or two slightly beaten eggs just after the cheese has melted and continuing the cooking until the egg has thickened the mixture.

Bulky Foods Necessary

It is more common to find sickness among people who do little work than among the working classes. This, I believe, is due to the fact that the first are more inclined to live on highly concentrated food which leave no residue such as chicken, polished rice, mashed potatoes, fine white bread and pastries.

A diet composed mainly of these foods will eventually result in derangement of the liver and chronic constipation. A person in this condition eventually becomes poisoned by his own waste material. Sooner or later the vitality is lowered and disease finds an easy foothold.

The diet of laboring man usually consists of simple, plain and, generally, coarse foods, having a large percentage of cellulose material forming plenty of bulk so necessary to perfect health.

Green vegetables, legumes, fruit and some cereals are, owing to their cellulose formation, found to be laxative. Such foods as spinach, carrots, green peas, green beans, sauerkraut, cabbage, either canned or fresh, whole wheat, fruit, either fresh, canned or dried, prunes, cherries, grapes, figs, oranges, etc., may easily be worked into the menus of the different meals; for instance:

Breakfast: Cherries, pineapple, orange or fig marmalade, oatmeal and bran bread and gems.

Noon-time: Green peas, spinach, green beans, sauerkraut, cooked fruit such as apricots, and whole wheat bread may be used.

For the evening meal, lettuce, sliced tomatoes, cucumbers, radishes, cress, prunes, pears and graham bread.

Entertaining a Sick Child

Books, of course, are the first suggestion, and some few children would be satisfied almost indefinitely with them. But there is danger of eye-strain, headache, and fatigue. And some children do not enjoy them at all. Games are good, but not the best, for they need two people, and often a busy mother can not sit down even for an hour a day at the most fascinating game. Puzzles will do for some children for a time, but they often prove irritating and upset a nervous child or one who is not strong.

Keep the room as simple as possible, but have something, bulbs or a potted plant, for them to watch growing. You will be amazed how much joy they will get from this. And if you can, send one of those little Japanese "wind birds" to hang in the window; children love to hear them tinkle as they are stirred by a passing breeze.

For the toys, have a few old shoe boxes in which to store the things. Keep the articles belonging to each occupant separate, and it is an easy matter to gather up and put away one set before producing another. The pencils, scissors and ruler with ribbons to the bed so that they are always within reach and never lost on the floor. A little wooden table that fits over the knees and rests on the bed with two broad wooden legs makes the best workboard. The counterpane gets so crumpled and dirty that quite the nicest thing is to make some of unbleached muslin, and they can be made gay and cheerful with some cretonne flowers cut out and roughly appliqued on.

Lollypop Family
If they will promise not to eat them, they can have a box of candy lollypops, with the tissue paper in which to dress them. One little girl dressed a dozen of these, pasted on the wide-eyed piquant little faces, and used them as favors at the party she had to celebrate her first day up.

There are innumerable other suggestions. Blocks of all kinds for tiny tots, blocks that grow up into whole house and garden sets, with bricks for building roofs, gardens, walls and trees, to be arranged and rearranged. There are books of houses done in pictures, each room, bare of furniture, on one page, and opposite a page of furniture, to be cut out and pasted in place.

Making tissue paper hats for dolls is a most delightful indoor occupation for a girl of twelve or 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, braid them carefully, splicing in a new piece whenever needed. The braid is then rolled into a flat mat and sewed in place as you go. Continue this down around the sides till the crown is complete, then sew it flat again to make

the brim. This was taught me by a child who had almost no other amusement for weeks in bed. Absolutely happy, she made hats for all her dolls, and trimmed them with flowers and paper bows. The entire cost was little more than 50 cents.

Household Hints

When Milk Curdles
If the milk curdles when making milk gravy, put in a little soda and it will thicken up and be ready to serve.

To Clean Rugs
To clean a rug on the floor, and without dust, put 2 tablespoons of ammonia in a gallon of water. Take a cloth a yard square, dampen in the water, lay on rug, and beat gently with a carpet beater or heavy wire spoon. Then rinse well in clear water. Continue laying cloth next to where you left off until you have given the whole rug a cleaning. You will be surprised at the results.

For Cleaning Screen Doors
Have a stiff brush, dip it in kerosene, and go over the screens. It takes off the grease and dust, and makes them look like new.

To Brighten Steel
Steel that is rusty should be cleaned with a cut onion and left for a day. Afterward it can be polished either with emery powder and paraffin, or with a paste made with brick dust and turpentine. Steel articles that are to be stored for some time should first be put in a dry place.

SALEM MARKETS

Table with columns for GRAIN, PORK, MUTTON AND BEEF, POULTRY, EGGS, BUTTER AND BUTTERFAT, and various market prices.

General Markets

Dairy Exchange
PORTLAND, Aug. 21.—Butter, extras, 50c; standards, 48c; prime firsts, 46c; firsts, 45c. Eggs, extras, 32c; firsts, 31c; pullets, 34c; current receipts, 31c. Grain Futures
PORTLAND, Aug. 21.—Wheat, hard white, blue stem and Baar, August, \$1.60; September, \$1.59; October, \$1.58; soft white, August and September, \$1.58; October, \$1.56; hard winter, August and September, \$1.56; October, \$1.55; northern spring, September \$1.55; October, \$1.54; western red, August and September, \$1.54; October, \$1.52; BBB hard white, August, \$1.63; September, \$1.62; October, \$1.60. Oats—No. 2 36-pound white feed, August, September, October, \$2.1; No. 7, 38-pound gray, October, \$2.0. Barley—No. 2, 46-pound, August and September, \$3.2; October, \$3.1; 44-pound, August and September, \$3.1; October, \$3.0. Miliran, standard, August, \$3.1; September, \$3.0; October, \$3.0. PORTLAND, Aug. 21.—Hay—Buying prices: Valley timothy, \$18@19; do eastern Oregon, \$21 @24.50; alfalfa, \$19; clover, \$16.50; oat hay, \$15.50; cheat, \$15; oat and vetch, \$16.50; straw, \$7.50@8 per ton. Selling prices \$2 a ton more.

NUT MEN FINISH TOUR

GROWERS AND EXPERTS VISIT MANY ORCHARDS
Soils must be selected for the growing of nut crops with the same care that they are selected for other crops and it is best that varieties grown be limited, preferably to the Franquet, Maylam and Meyett varieties, it was demonstrated on the two-day tour of growers and experts who inspected six nut groves in this district on Wednesday and Thursday. More than forty cars carrying growers and those interested in the future of the industry here made the trip, which was chapered by the Western Nut Growers' association.

At each farm where a stop was made conditions under which the crop was grown were analyzed and the problems of culture discussed. Groves were visited that had produced a successful yield and others where the yield had been poor and were the causes were examined.

Several experts from Oregon Agricultural college were on the trip, among them C. V. Rusek, expert on soils, D. C. Mote, of the entomology department, D. L. Lons, of the extension department and C. E. Schuster of the horticulture department.

LOANS SHARKS PLAYED

SEATTLE, Aug. 21.—City Comptroller Carrol today yordered members of his office to honor no further assignments of city employees' unearned salaries, to "loan sharks." He also sent a letter to Corporation Council Kennedy asking for advice as to what further action to take.

TEXTBOOK PRICES HELD STABILIZED

Commission Fails to Obtain Lower Figures After Two Day Session

COSTS SHOW INCREASE

Books Raised From 10 to 60 Per Cent Over Figures for 1919; Adoptions Are Listed for Periods

While members of the state textbook commission failed to obtain lower prices for the books adopted for two and four year periods at the end of their two-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. Churchill, superintendent of public instruction, proceeded to base his course of study and order books.

Prices on books purchased this year are from 10 to 60 per cent higher than for the same texts in 1919, according to the contracts awarded yesterday. By adopting books suitable to the current needs of the schools some savings were effected. An example of this is in the adoption of a year book in mathematics instead of a year and a half book. In nearly all cases new books are higher in price than old books. Several books on the list were not adopted by the commission. No dictionaries were adopted for the two-year 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 textbooks—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—Mimer & Elwell, "Principles of Bookkeeping"; Ward, "Sentence and Theme"; Clippinger, "Written and Spoken English"; Payne, "American Literary Readings with Introductory History of American Literature"; "American Literary Readings"; Long, "English Literature"; Waters, "Essentials of Agriculture"; New Rational Typewriting.

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" and "Speed Studies"; Smith, "Elementary Latin"; Kelsey, "Caesars Commentaries"; Gunnison & Harley, "Cicero's Orations"; Fairclough & Brown, "Virgil's Aeneid"; Bennett, "New Latin Grammar"; Wells & Hart, "New High School Algebra"; "Modern First Year Algebra" and "Modern Second Course in Algebra"; Durrell & Arnold, "Plane and Solid Geometry"; "New Plane Geometry" and "New Solid Geometry"; Bergen & Caldwell, "Practical Botany"; McPherson & Henderson, "First Course in Chemistry"; Millikan & Gale, "First Course in Physics"; Millikan, Gale & Pyle, "Practical Physics"; Conn & Budington, "Advanced Physiology and Hygiene"; Robinson, "Commercial Geography."

No adoption was made on household administration, domestic arts or manual training.

PERSHING STOPS RIOT

CHILEANS OFFENDED BY SALE OF PERUVIAN PAPERS
ARICA, Chile, Aug. 21.—(By Associated Press.)—Gen. John J. Pershing, president of the Tacna-Arica plebiscite commission, intervened today when he hostility of Arica's Chilean inhabitants to the newspaper published and distributed here by the Peruvian delegation to the commission, resulted in disorders in front of his residence.

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 attention was called to the incident he immediately visited Augustin Edwards, head of the Chilean delegation and afterward announced that the Peruvians "will have a perfect right to sell papers or to go anywhere in the city."

The Aricans' hostility to the paper, which is published aboard the

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 Park Wash. The fire was nearing commercial timber tonight and 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 o'clock this morning it was believed under control but a strong east wind spread it over six miles in a few hours. The blaze jumped Blake Lake, at a point where it is a quarter of a mile wide, and late tonight had burned over three miles on the other side of the lake.

The property damage to the ranches is estimated at \$30,000.

STANDARD RATE ASKED

ADVERTISING PRICE SHOULD BE BASED ON COST, SAID

SPOKANE, Aug. 21.—A standard advertising rate for all country weeklies was urged by E. P. Murphy of the Entiat Times at the afternoon session of the 39th annual meeting of the Washington Press association here today. Approximately 75 editors attended the opening sessions today.

Mr. Murphy declared that advertising space should be sold on the basis of cost of publication instead of having circulation set the advertising rate. He added that costs of publication were virtually the same for country weeklies. The matter will be taken up later by the association.

J. C. Harrigan of the Colville Examiner talked on "political limitations and the danger zone." The afternoon session included the address of Dean M. Lyle Spencer of the school of Journalism, University of Washington, on "how much shall we edit?"

The night program included a dinner with talks by Dr. Henry Suzzallo, president of the University of Washington and John M. Allen, service manager of the Washington Press association.

COOLIDGE PARTY BACK

PRESIDENT TO CONFER WITH POSTMASTER GENERAL

SWAMPSCOTT, Mass., Aug. 21.—(By Associated Press.)—President and Mrs. Coolidge returned late today to the summer White House after an absence of one week. Their 145 mile afternoon automobile ride from Northampton, Mass., where they stayed overnight on their way from Plymouth, Vt., was without incident.

Still undecided as to when he will return to Washington, the president on his arrival, found a mass of routine business and a crowded calendar for tomorrow. During the day he will confer with Postmaster General New, Senator Wadsworth, republican of New York; Senator Edge, republican, New Jersey and State Senator Whitney, republican, nominee for governor in that state and also Edwin Barclay, secretary of state of Liberia.

JAPANESE VOICE PLEA

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 Zamoto, 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. Zamoto 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.

UNUSUAL WEATHER PROBED BY BOARD

Geographic Society Unable to Determine Cause of Complex Conditions

WASHINGTON, Aug. 22.—(By the Associated Press.)—The unusual weather conditions in the Arctic which caused abandonment for this year of the MacMillan expedition's plans to explore the polar sea were described by the National Geographic society tonight as apparently only one manifestation of nature's complexity in producing the current summer.

"A look at weather records with a view to finding whether this is a 'queer summer' as some laymen assert," said a statement issued by the society, "does not show much that is abnormal in the general weather situation, but it does show what a complex clutter of cross currents go to make up the world's weather."

"MacMillan pushing up the coast of Labrador in June found more ice than had been present at that season in the memory of oldest sealing skippers. At the same time, however, the temperature over practically the entire United States was from one to six degrees above normal. Furthermore, since January except during a part of May, this excess of heat had been marked over the whole United States. In some regions and in some months the average ran as much as 12 degrees above normal and the areas of excess temperature extended well into Canada."

"Beginning the latter part of June, there have been inroads of below normal temperatures from the northeast and north, possibly a reflection of the unusually cold conditions which MacMillan has found in the far north. This is borne out somewhat by the records from Alaska. Those available (for the early months of 1925 only) show consistently lower temperatures than normal for the three typical stations' Juneau in the southern Pan-handle; Nome in the northwest; and Eagle in the Yukon valley, near the frontier of Canada. These abnormally low temperatures were being recorded in Alaska at the time that abnormally high temperatures were present over the rest of the United States."

"The greatest handicap to students of weather is the lack of reports from a sufficiently large area. The weather with which the United States is concerned is 'brewed' all over the northern hemisphere—in fact, it is highly probable that in its larger phases weather north of the equator is affected somewhat by conditions in the southern hemisphere. Yet the United States obtains complete reports only from its own territory."

"Conditions in a vast area in the north are unknown except when some expression like MacMillan's remains there for a time and sends out information by radio. The whole of northern Canada is uncovered by reports above the northernmost transcontinental railway, which runs 175 miles south of Hudson-bay. Data comes from the Danish settlements in southern Greenland only."

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in a fragmentary way and the huge areas of European Russian Siberia and most of the rest of Asia must remain largely blank on weather maps. It is such incomplete data available the success of the United States weather bureau in achieving a high percentage of accuracy in its forecasts is remarkable.

DINNER STORIES

John, suburbanite, kissed his wife goodby in the morning, and, telling her he would be home at 6 o'clock that evening, got into his auto and started for town.

At 6 o'clock no hubby had appeared, and the little wife began to get nervous. When the hour of midnight arrived she could bear the suspense no longer, so she aroused her father and sent him off to the telegraph office with six telegrams to as many brother Elks living in town, asking each if her husband was stopping with him overnight.

Morning came, and the frantic wife had received no intelligence of the missing man. As dawn appeared, a farm wagon containing a farmer and the derelict husband drove up to the house, while behind the wagon trailed the broken-down auto. Almost simultaneously came a messenger boy with an answer to one of the telegrams, followed at intervals by five others. All of them read:

"Yes, John is spending the night with me!"

"Dead?" he exclaimed. "I 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 I were in heaven I wouldn't be hungry. And if I was in the other place my feet wouldn't be cold."

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heavy. The old wife was carrying it. As they crossed a street, the husband held out his hand and said, "Gimme that basket, Hannah."

The poor old woman surrendered the basket with a grateful look. "That's real kind o' ye, Joshua," she quavered.

"Kind!" granted the old man. "I wuz afeard ye'd git lost!"

LUTHER LEAGUE MEETS

ASTORIA, Ore., Aug. 21.—The seventeenth annual convention of the Luther league, Portland district, will open here tomorrow with a business meeting from 6 to 8 p. m. About 150 delegates and visitors are expected for the session which will end next Sunday night.

Forest Grove—Last of 1924 crop dried prunes shipped out.



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Doughnuts, Cinnamon Rolls, Tea Sticks and Buns, per dozen 20c
Pies 10c and 25c
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