

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Does Your Family Like Apples?

By Ruth Clapp
Perhaps one reason why your family does not eat as many apples as you think they should is because there is little variety in the way in which apples are served. Isn't it true that most of the apples used in the home are eaten by hand or made into sauce or pie? Apples are particularly appetizing in hot dishes. Even apple pie is much better served hot than cold.

By way of introducing variety in the use of apples try including some of these recipes in your meal plans. Apple muffins are particularly good for breakfast or supper.

Apple Muffins
2 cups flour
5 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
1 cup milk
1 egg
4 tablespoons melted fat
Cooked and sweetened apple sauce.

Sift the dry ingredients. Add the milk and the beaten egg, and mix well. To this add the melted fat. Drop spoonfuls of the mixture separately in greased muffin tins. Add one tablespoon of apple sauce to each muffin, and then cover the sauce with the muffin mixture. Bake from 25 to 30 minutes in a moderately hot oven. This recipe makes one dozen muffins.

Apple Breakfast Cake
1 1/2 cups tepid water
1 cake compressed yeast
1/2 cup sugar
1 1/2 teaspoons salt
3 1/2 cups flour
4 tablespoons melted fat.

Dissolve the yeast in the tepid water. Mix and sift the dry ingredients and then add the yeast and water, mixing well. Add the fat, and beat thoroughly. Set the mixture in a warm place to rise, and when it has doubled its bulk stir it well and turn into a shallow, greased baking tin. Spread the dough evenly over the pan. Cover the top with good tart cooking apples, sliced thin. When the dough has doubled its bulk bake it in a moderate oven (350 to 400 degrees F.) for about 45 minutes. About 15 minutes before it is done, remove the cake from the oven and pour over it a syrup made by combining and boiling for 5 minutes 1 cup brown sugar, 1/2 cup of water, 2 tablespoons of butter, and 1/2 teaspoon nutmeg. Return the cake to the oven to finish baking. Serve hot.

This cake may be baked the day before using, and heated by sprinkling it slightly with water and covering the pan it is in with another pan before it is put in the oven. Allow 20 minutes for re-heating.

Apple Rings
If bacon is on the breakfast menu, why not serve apple rings with it? These are excellent with bacon and liver, roast pork or pork chops.
Select firm, tart apples. Wash and core, but do not peel the apples. Cut them in rings or slices about 1/4-inch thick. Place the rings in a frying pan (do not crowd them) with a small amount of bacon fat and sprinkle them with brown sugar. Add just enough boiling water to cover the rings. Cover the pan and cook the apples until tender, browning them on both sides. Lift them on to a hot platter and serve them with a border of crisp bacon.

Apple Croquettes
To add variety to a noon-day meal a croquette made from apples is a satisfying and healthful dish.

1 cup boiled rice
1/2 cup thick, tart apple sauce.
Salt
1 teaspoon lemon juice
Grating of lemon peel
1 teaspoon butter.

Mix ingredients well. When cold, shape into croquettes. Roll the croquettes in crumbs and then in beaten egg, to which has been added 4 tablespoons of milk, and again roll them in crumbs. Fry in deep fat, and drain on soft paper. Serve with cheese sauce.

Cheese Sauce
1 cup milk
1/2 tablespoon flour
1 tablespoon butter
Salt and paprika to taste
3 tablespoons grated cheese.

Heat the milk. Mix the flour and butter and add to the hot milk, stirring until smooth. Add salt, paprika, and cheese. Just before serving, beat the sauce with a Dover egg beater.

Ham on Casserole With Apple
Have you ever wished for a new way to cook ham? A ham and apple casserole dish solves the problem.
Select a slice of ham 1 inch thick, rub well with brown sugar, and place in a baking dish. Stick 3 cloves in the ham, and add 1 tablespoon of onion juice. Peel, core, and quarter tart apples. Cover the ham with apples. Sprinkle with 4 tablespoons of brown sugar, and add 1 tablespoon of butter, cut into bits. Add 1 cup of boiling water, and bake in a covered dish until the meat is tender.

Apple Salads
Apples may be used in salads in a variety of ways. Here is a meat salad in which apple is used to give succulence and flavor.

1 cup cold veal or pork, cut in small pieces
2 medium-sized tart apples, diced.
1/2 cup celery, cut in small pieces.

1 pimento cut in small pieces.
Mix well with mayonnaise or boiled dressing. Garnish with slices of stuffed olives.

For those who like onion flavor in salad an apple, orange and onion salad will soon become a favorite.

3 large, tart apples
1 orange
1 medium-sized Spanish onion.
One-third cup chopped peanuts.
Salad dressing. Salt.

Dice the apples, orange and onions, and add the salt and the nuts. Mix thoroughly with boiled or mayonnaise dressing. Serve in lettuce cups.

Apple and pineapple combined with celery is a familiar salad combination that is always a delicious treat.

2 large, tart apples, diced
1 cup celery, cut in small pieces
2 slices canned pineapple cut in pieces or two tablespoons shredded canned pineapple.

Mix the ingredients with apple mayonnaise dressing and serve on a lettuce leaf or on water cress.

To make apple mayonnaise dressing add 2 tablespoons of bright colored apple jelly to 1 cup of mayonnaise dressing. Mix lightly and serve at once.

Recipes from "How to Use Apples as Food," by Lucile Brewer, school of home economics, Cornell university.

Beneficent Acids in Fruits

Four acids, useful to the human system, are provided by fruits. In the process of digestion these acids are oxidized and this process releases potassium, sodium, and magnesium, which are changed into carbonates and overcome the acid in the blood because of their alkalinity. This process explains the reason why certain acid fruits as prescribed for rheumatics, such as lemons, limes, grape fruit, oranges, apples, pears, peaches, apricots, gooseberries, currants, rhubarb and tomatoes.

The acids furnished by these fruits are as follows:
Citric acid—Lemons, oranges, grape fruit, limes and citrons.
Malic acid—Apples, pears, apricots, peaches, gooseberries, currants, strawberries and tomatoes.
Oxalic acid—Rhubarb.
Tartaric acid—Grapes.

BLACK TEA IMPORTS GAIN; GREEN TEA DIMINISHES

An increase in the percentage of black tea imported and a marked decrease in the percentage of green tea imported during the fiscal year ending June 30, 1925, is reported by the supervising tea examiner of the bureau of chemistry, United States department of agriculture.

The text of the report follows: A compilation of the tea examiners' monthly reports for the last fiscal year shows that 92,925,470 pounds of tea were examined at all of the stations. Of this tea 84,137 pounds, or 0.09 per cent was rejected. All of the re-

jections were for quality, except 5,666 pounds which were rejected for being below the government standard in purity. It is important to note, however, that the impurities did not consist of artificial color or facing material.

The report shows that the percentage of black tea imported during this year increased, that the percentage of green tea imported decreased to a very noticeable extent, and that the percentage of Oolong tea imported remained about the same. The largest increase in black tea was shown in the Ceylon variety. There was also a considerable increase in the percentage of India and Java black teas imported, and a decrease of more than 62 per cent in the importation of Congou teas. The only variety of green tea which did not show a decreased importation was the India green tea, which showed an increase.

The variety which showed the most rejections—4.85 per cent—was Canton Oolong, the tea which is consumed principally by the Chinese in this country. The varieties showing the next largest rejections were the Ceylon green and India black teas. These teas were not found below the government standard in quality but were damaged en route.

San Francisco showed the largest percentage of rejections, owing to the fact that much of the Canton Oolong tea, which showed the largest percentage of rejection, was examined at this station.

Many rejections were made because the teas had become damaged by water or by sweating en route. Very little tea was rejected as being below the government standard.

During the past fiscal year there was imported more than 11,500,000 pounds, or 11.50 per cent less than was imported during the fiscal year 1923-24. This decrease may be attributed to several causes: (1) There was a small surplus of tea on hand at the beginning of the last tea season. (2) With an increased consumption of black teas from the British East Indies and the Dutch East Indies, much less tea is needed by tea drinkers who drink with their eyes; a smaller quantity of the heavy-bodied East India teas will produce so much more liquid of a certain color than the non-East India varieties, especially green teas. (3) An ever increasing amount of tea is being sold in tea bags, a form of packing which, it is believed, checked much waste in the process of preparation. The quantity of liquid tea consumed in the United States probably has not actually decreased.

Although the percentage of total tea imports examined at the Puget Sound district remained about the same, that in New York made a substantial gain, and that in San Francisco, in Boston, and in Chicago showed a slight decrease. This decrease at Chicago is surprising because all teas formerly examined at St. Paul were examined at Chicago.

Statistics of the department of commerce show that during the past fiscal year 1,817,285 pounds of tea were exported from the United States, nearly twice as much as was exported during the fiscal year 1923-24.

The Equivalent for Milk
The well balanced diet should include the equivalent of a quart of milk and plenty of green vegetables daily. One of the best equivalent for milk is cheese because it contains all the elements of milk in condensed form. In food value it is equivalent to three pounds of lean beef. When purchased in cans there is absolutely no waste, not even the rind, and no danger of its getting hard.

Cheese With Potatoes
Take 3 or 4 medium sized potatoes, half a small onion, half a small green pepper, a teaspoon of salt, a pimiento, diced, two tablespoons butter, two tablespoons flour, one and a half cups milk, which may be made from evaporated or powdered, and a cup of canned cheese rubbed through the grater. Melt the butter, stir in the flour, add water and milk. Cook two minutes, add the cheese and stir until melted. Add onion, green pepper and pimiento. Place layer of diced potatoes in a buttered baking dish, then a layer of sauce, repeating alternately. Put sauce on top, and bake twenty minutes.

When Mixing Powdered Milk
To liquify powdered milk, always place the powdered milk on top of the water, and stir or shake it until thoroughly absorbed. Four level tablespoonfuls should be used to make one cup of rich milk.

With Canned Apricots
To extend the mayonnaise for lettuce sandwiches and give it a distinctive flavor, add canned apricots with the luncheon souffle in place of salad. The nutritive value is about equal to the salad, and the apricots combine quite as well with meat or cheese.

For Soup Stock
If spinach is drained when used from the can, the liquid should be utilized as stock for soup, as it is rich in the mineral salts for which spinach is noted. No food value should be wasted.

Something New In Sandwiches
If you would like to prepare something a little out of the ordinary for the picnic or a light Sunday night supper, try tomato and peanut sandwiches. Drain the liquor from canned tomatoes, and chop enough of them to make a small cupful of tomato pulp, or you may buy tomato pulp canned. Work the pulp into the contents of a jar of peanut butter, and add salt to taste. Spread between thin slices of bread.

Unusual Flavors For Peas
A sprig of mint added to a can

of peas while heating gives an unusual and delightful flavor. A slice of bacon chopped fine, also may be added to the peas, giving a splendid flavor and saving butter.

String Beans and Lemon Juice
Add lemon juice and a sprinkling of nutmeg to the butter sauce when heating a can of string beans for the table. This makes a remarkably good combination.

For Puddings and Other Desserts
Puddings and other desserts made with milk hold such an important place in the menu that the housewife should never be without milk. She may obviate this danger by keeping powdered or evaporated milk always on her shelves.

HOUSEHOLD HINTS

MENU HINTS
Breakfast
Oranges
Cooked Cereal with Top Milk
Popovers
Sliced Apples
Coffee
Luncheon
Baked Potatoes
Tomato Salad
Warm up Popovers
Peach Pie
Tea
Dinner
Meat Balls
Boiled or Fried Potatoes
Buttered Beets
Apple Cake

TODAY'S RECIPES
Popovers—This recipe makes twelve popovers. Break one fresh egg into a cup of sifted flour add one-half teaspoon of salt and one cup of rich sweet milk. Stir well with a wooden spoon. Heat the pans hot and butter them well. Fill the pans full of the batter (only half full if the pans are small), put into a hot oven and bake for fifteen to eighteen minutes. If they brown too quickly cover with a brown paper until they finish cooking. Serve at once.

Tomato Salad—Cut cool, peeled tomatoes in rather thick slices and arrange on crisp tomato leaves. Have ready some cauliflower tips and arrange on the tomato slices, pouring a thick golden mayonnaise over the vegetables. Sprinkle a very chopped pickle over the dressing.

Apple Cake—Sift into the mixing bowl two cups of flour, four level teaspoons of baking powder, a heaping saltspoon of salt, and a tablespoon of sugar. Rub in lightly a tablespoon of butter then mix to a soft dough with a cup of rich milk. Turn onto a floured board and roll out about a half-

inch thick. Put into a shallow buttered pan, pressing well on the sides. Pare, core and slice thinly six apples and place them over the cake in even rows, sprinkle with a half cup of well-washed and dried currants and the juice of half a lemon, dust with a half cup of sugar and a level teaspoon of cinnamon, then pour over three tablespoons of melted butter. Bake a half hour in a medium oven and if the apples brown too quickly cover with a buttered paper.

SUGGESTION
Quite the smartest tea sets of the hour are those of glass used over the lace cloths. These sets are fragile, of course, but fascinatingly dainty. Whether amber crackled glass with handles and lined rims of a solid color, or delicate colors with frosted white handles, each is so dainty it is hard to decide which is the prettier.
The silver tea pot and kettle are usually used with the glass sets, yet many prefer the pots and jugs to match. The sandwich plates and cake plates come to match, as do the jam pots, the latter figuring so generally on the English tea table or tray.
The black Basaltes ware having gold handles and linings always makes an unusual table.

OLD-FASHIONED SPICED APPLES
Pare, quarter and core six or eight large apples and place them in a pipkin with a cup and a half of brown sugar, a teaspoon of mixed spices, a teaspoon of butter and a cup of cider or juice strained from the boiled down peels. Cover and cook gently until the apples are tender, but not boiled to pieces. A thinly sliced lemon may be added if the apples are not very tart. This makes an excellent breakfast dish.

Plum Catsup—One-half peck blue plum, one pint of vinegar, one teaspoon cloves, one teaspoon cinnamon, one teaspoon allspice. Tie the spices in a muslin bag. Pour the vinegar over the plums in an enameled pan, add half the weight of the plums in sugar and the spice bag. Boil all together until the plums are soft, put them through a colander and cook again until thickened. Seal.

Rice Omelet—Beat egg yolks as usual, add half a cup of cooked rice, season, fold in egg whites beaten stiff and cook as usual.

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BOILING BEEF	LEGS OF VEAL
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