

Use More Pumpkins

In New England pumpkin pie is a great favorite. It is traced as far back as colonial days when it was looked forward to as a dessert for the Thanksgiving dinner. In the west, the people think pie is so popular in the eastern states, that it appears on the table every meal, including breakfast. At the present time we are trying to get away from the use of so much pie, from a dietetic standpoint.

After living in New England three years myself, I will add that they certainly know how to make pie. In the home where I boarded one year while teaching in New Hampshire a whole pie was placed on the table twice and frequently three times a day. Not only were we given one pie but often two kinds formed the center piece from which we could take our choice and eat our own serving.

To see a load of golden pumpkins that the farmers gather in from the fields each fall takes me back to the Jack-o'-lantern days and the early memories of visits to grandparents on the farm.

In the city the average housewife usually finds it easier to purchase a good brand of the canned pumpkin than to purchase the pumpkin itself, peel and cook it for hours, then can it to be used at a later day to make it into pies or puddings; but on the farm where they are plentiful, of course it is preferable to prepare

the pumpkin just as it comes from the field where it has usually been lying between the cornstalks waiting.

There are several points to know about this canned product which are most valuable to remember. Canned pumpkin is cheaper than any other pie filling and considerably cheaper than practically all other canned foods.

Pumpkin pies have but one crust and require but half the flour used in other pies. Try using one-half teaspoon of baking powder to each cup of flour for a light flaky crust.

Pumpkin is also used in puddings where no crust is necessary.

Household Helps

Mending With Adhesive Tape
Recently I snagged a hole in an expensive rubber bathing cap. I cut off a length of adhesive tape and stuck it on the under side of the cap, first drawing the broken edges together. I also patched a rubber balloon doll the same way.

When Painting Kitchen Floors
When painting a kitchen floor, if melted paraffin is stirred in the paint well, the paint will dry better and have a hard surface.

Cutting Butter
In cutting butter into small pieces for the table, try wrapping the knifeblade with a single thickness of butter paper. This insures a neat, clean square without ragged or broken edges.

A receptacle for holding twine which is pretty as well as useful.

is made by covering a small tin can with cretonne, using paste. Put a hole in the bottom of a can to draw twice through. Use the cretonne covered can cover for the bottom of the twine holder. Coffee cans thus treated will do nicely for the ball of knitting wool.

Save on Pie Filling
In making pies from canned fruits which are juicy, you can get an extra pie from each quart by slightly thickening the juice with corn starch. When the juice is cool the pie can be filled with fruit and juice without danger of the filling running over or soaking through the crust quickly.

Save Sugar
Powdered sugar sometimes becomes hard and lumpy. Run it through the food chopper, using the medium knife, and then it may be used for icing as satisfactorily as though it had not hardened.

Paraffin Wrappers
The paraffin paper wrappers that come around loaves of bread have been found invaluable as a household help. These lend themselves to many kitchen services, and one of the best uses to make of them is for cleaning and polishing of a coal range. When the steel is moderately warm, the paraffin melts just enough to polish it.

Before Frying
If slices of corn mush or hominy are dried a few minutes in the oven a thin crust forms, and the pieces will not only brown better, but they will not fall apart and, best of all, there will be no spattering.

Your Noon Lunch

The average young business woman is continually committing dietetic errors against herself. The lunch usually selected and intended as nourishment bears no more relation to her actual food needs than a handful of sawdust bears to a banquet.

Men, although seldom giving it much thought, are inclined to eat more wholesome nutritious foods, in a quantity to supply the actual needs of the body. For this reason, men have greater resistant power than women, more energy, more vitality and less sickness.

The lunch of the average business girl consists of a thin slice of white bread with a lettuce leaf, a chocolate éclair and a glass of syrupy soda water—or a similar, "dainty" menu. How can such a lunch contain sufficient food material to repair waste tissues and fuel the organic boilers for a four or five hour period at the energy consuming typewriter?

While the mid-day meal should not be too heavy, a selection of foods that contain real nourishment should be made. During the cool days of fall, the appetite will be more keen than during the summer days, and will demand foods that give more fuel, or heat, to the body—a hot soup with bread and butter, a custard or other wholesome dessert, and

a cup of hot cocoa, for instance. A properly balanced diet will enable you to do better work with clearer heads, to resist disease and fatigue, build sound nerves, give rosy cheeks, bright eyes and clear complexions—all of which should be vitally interesting to every young person who appreciates living in this world in the highest state of physical efficiency.

Remember, too, that a cheerful frame of mind is one of the most valuable digestive tonics—so don't take your business troubles out to lunch with you.

Sandwiches For Cool Days

So many forms of entertainment are being planned for the holidays, that we are all hunting frantically for suitable refreshments. Trying to follow the one cardinal rule for entertaining—Never Overdo—we find ourselves suggesting the revival of the sandwich.

Sandwiches may be served at any time, and for any occasion from the picnic supper to the formal afternoon or evening reception. Club or other sandwiches made with toast, hot roast beef or chicken served with gravy and combinations of cheese are popular at tea rooms.

However, strange as it may be, these same delicacies do not seem to be as much appreciated at home except possibly for the Sunday night supper or after theater supper parties. An both of these occasions the hot bacon sandwich fills quite a role.

The canape is the first cousin of the sandwich. It is served for the first course of a dinner or luncheon, as an appetizer. The foundation of the canape is a small piece of bread about one-fourth of an inch thick, either toasted, fried in deep fat or buttered and browned in the oven.

It is spread with some kind of highly seasoned food, put on in a fancy design. Hard cooked eggs, chopped pimento, green pepper, olives, mushrooms, truffles, pate de foies gras, ham, smoked salmon, anchovy paste, sardines, lobster or crab meat mixed with a dressing, or cheese of all kinds are all used in making canapes.

Just a word here about spreading sandwiches with butter. Do not soften the butter by heating when using to spread sandwiches. Instead remove from the ice box about an hour before using, and soften with a wooden spoon or stiff silver knife, much the same as you do when creaming butter for a cake.

General Markets

PORTLAND, Oct. 9.—Portland Dairy exchange: Butter, extra 52c; standard 51½c; prime firsts 50c; firsts 49½c.
Eggs, extras 45c; firsts 46c; pullets 42c; current receipts 40c; peewees 28c.

PORTLAND, Oct. 9.—Hay:

LAST TIMES TODAY

HERBERT BRENON PRODUCTION
"THE STREET OF FORGOTTEN MEN"
WITH PERCY MARMONT, NEIL HAMILTON, MARY BRIAN
A Paramount Picture
Keep Both Eyes on the OREGON

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

Peerless Bakery

170 NORTH COMMERCIAL STREET

Our regular Prices of Bread,
1½ lb. loaf, 13c, 2 for 25c; 1 lb. loaf 9c, 3 for 25c
Cookies, 2 dozen for 25c
Butter Horns, 6 for 25c
Apple Turnovers, 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

Buying prices, valley Timothy \$17.50; do eastern Oregon, nominal; alfalfa \$19.50; clover \$17; oat hay \$15@16; oat and vetch \$17.50; straw \$7.50 per ton. Selling prices \$2 a ton more.

PORTLAND, Oct. 9.—Grain futures: Wheat, BBB, hard white, October \$1.39, November \$1.37; hard white, blue stem, baart, October, November \$1.36½; soft white, October, November \$1.36½; western white, October, November \$1.36; hard winter, October, November \$1.26; northern spring, October, November \$1.26; western red, October, November \$1.26.
Oats, No. 2, 36 pound white vetch, October \$27, November \$26; No. 2, 36 pound gray, October \$26, November \$25.

Corn, No. 2, eastern yellow shipment, October \$37.50, November \$35; No. 3, do, October \$35, November \$34.50.
Milfrun, standard, October, November \$26.

CLUB MEETING SLATED

SCOTTS MILLS TO OFFER PROGRAM OCTOBER 16

L. O. Dixon, president of the Scotts Mills community club, called at the Chamber of Commerce Friday, and announced that there will be a meeting of the community club the evening of October 16. Dr. Walter H. Brown, director of the Marion county child health demonstration, will be the speaker of the evening.

The Scotts Mills club is the baby member of the Marion county community federation, and although organized but a few months ago, there are already 97 members in the club. According to Mr. Dixon, the Scotts Mills club is planning to exhibit at the Marion County corn show to be held in the Salem armory and sponsored by the local Chamber of Commerce. The show is to be held November 19, 20 and 21.

A booklet is being prepared by the community club of Scotts Mills, giving information concerning the community. The community is elated with the prospect of being on a paved road next year.

HYDRO-ELECTRIC POWER CONTROL BEING SOUGHT

(Continued from page 1.)
after all expenses have been met. The sum of \$250,000 is to be credited to the board and returned out of the first moneys available from a revolving fund.

There is nothing in the article to prevent any political subdivision from developing any water or electric energy owned or controlled by it, but plans must be submitted to the board.

With the exception of the first board, which is named in the amendment, subsequent boards shall be elected from the state at

large and residents of the state for the preceding five years. The board is to hold office for six years, two of whom shall be elected at the general election for two successive elections and one of whom shall be elected at the general election on the sixth year. The board is to serve without pay but will receive necessary expenses. Members of the first board, under the amendment, are Waldo Anderson; Albany; J. T. Rorick, The Dalles; Frank M. Gill, Dufur; Kate Barham, Portland and Dan Kallisher, Portland. Respective terms shall be determined by lot, two to hold office two years, two for four years and one for six years.

Gaston—Walnut growers here form local of Oregon Walnut Exchange.

Silverton

SILVERTON, Ore., Oct. 9.—(Special).—Rev. S. Hall, who has been pastor at the Methodist Episcopal church at Silverton for the past four years, accepted a call to Tillamook at the recent state conference of Methodist churches held at Eugene. The Rev. Mr. and Mrs. Hall packed all of their household goods even to the kitchen utensils. Now they are unpacking again for they are not going to Tillamook.

When Silverton saw that the Rev. Mr. and Mrs. Hall were really ready to leave, Silverton got busy. The official board of the local Methodist church, backed by a number of Silverton business men, called a special meeting. Rev. Mr. Hall was asked to reconsider. The Rev. Mr. Hall reconsidered. Those in authority were reached by telephone and within a short time agreeable arrangements were made whereby Rev. Mr. Hall will remain here while the Rev. Mr. Morrow of Dundee, who was to have replaced Rev. Hall at Silverton, will go to Tillamook.

Two farewell parties, one by the Masonic and Eastern Star orders, and the other by the M. E. congregation, were turned into receptions of "Welcome Home" for Rev. Mr. and Mrs. Hall. At the Masonic and Eastern Star reception Charles Reynolds acted as toastmaster and talks were given by H. R. Irish, Mrs. John Hobbitt, and A. G. Steplhammer.

The M. E. reception given at the church parlors Thursday evening was attended by 250 and was one of the happiest affairs of the season, according to those present.

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No "cure"—but helps to reduce paroxysms of coughing.
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Over 17 Million Jars Used Yearly

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MATINEE 25c-35c (Sundays 35c)
EVENINGS 35c-50c Children 10c Anytime

THE NEW GIGANTIC

Starts Sunday 2 p. m.

QUO VADIS
The most gorgeous spectacle ever presented and filled with thrills of the arena, where Christian martyrs were thrown to the lions.
Keep Both Eyes on the OREGON
Tomorrow

The rooms were decorated with autumn leaves and autumn flowers. The Boy Scouts, of which Rev. Mr. Hall is scoutmaster, were there in uniform. A quartet composed of E. A. Booth, I. Alfred, E. Smith and Bert Day gave a number of selections. Mrs. S. E. Richardson sang a solo, readings were given by Marguerite Welch, Ethel Ives and Roger Comstock. Carlton C. Bristol, who is visiting here from Vermont, S. E. Richardson, the Rev. J. A. Bennett of the Christian church, and the Rev. Clayton Judy of the Congregational church all gave speeches to which the Rev. Mr. Hall responded.

The trap shooting tournament which has been conducted at Silverton for the past few months is

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

Anniversary Week

We are endeavoring to make this a real event. It's ten years since we started a small market here in Salem, less than half the size of our present cold storage. Have we grown? We leave it to you. Come pay us a visit and see for yourself.

We carry the largest retail stock of meats in the city for your selection. Our prices, quality considered, are unequalled. For TODAY and ALL NEXT WEEK we will sell at practically wholesale prices. Look these prices over. We are confident if you will call and see the meats we offer you will be pleasantly surprised.

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|--------------------------------|---------------------------------------|
| Tender BEEF STEAK 12½c Lb. | Prime ROASTS OF BEEF 12½c Lb. |
| Fancy SIRLOIN STEAK 15c Lb. | Prime Individual Steaks 20c Lb. |
| Good BOILING BEEF 5c Lb. | Genuine Boneless Prime Rib 20c Lb. |

We especially recommend a boneless rolled prime rib roast. All that is necessary is to put it in the oven. No trouble to slice.

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| Choice VEAL STEAK 15c Lb. | Meaty VEAL ROASTS 15c Lb. |
| Prime VEAL STEW 12½c Lb. | Fancy LEGS OF VEAL 20c Lb. |

We have an extra fancy lot of Grain Fed Pigs. They were awarded a ribbon at the Oregon State Fair.

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| Delicious Pig PORK ROASTS 20c Lb. | Fancy LEGS OF PORK 25c Lb. |
| PORK STEAK 22c Lb. | Loin PORK CHOPS 30c Lb. |
| Freshly Ground SAUSAGE 12½c Lb. | Midget Little Links SAUSAGE 20c Lb. |

FOR SATURDAY ONLY—Every customer who makes a purchase of 50c or more will be entitled to purchase one pail of our pure lard at the price quoted below:

Pure Lard, No. 5 Pail 80c
Single Purchasers \$1

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|--|---|
| Sugar Cured HAMS Half or Whole 27c Lb. | Sugar Cured Boneless PICNICS 25c Lb. |
| BACON SQUARES 27c Lb. | Sugar Cured Picnics 20c Lb. |

FRESH FISH DIRECT FROM THE COAST

From all indications Salmon prices are at their lowest point. If you intend to can, now is the time, while they are at their best. We receive our supply direct from Pacific City.

midget market

Originators of Low Prices
351 State Street
NOT IN THE COMBINE

by any method

it's great!

Old fashioned coffee pot—the latest percolator—the fine French-drip—or for that matter, brew Golden West Coffee your own favorite way—it's a great drink!

Also TRY GOLDEN WEST TEA
Black Orange Pekoe and Green Japan

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Choice BABY BEEF To Roast

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