

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

"Hurry-up" Recipes

By Betty Barclay

"Hurry-up" recipes are the most important of all to have at your finger tips. They are needed when unexpected company comes; when father rushes home from the office insisting that he must be back in half an hour; or even on wash day when there is not much time to prepare dishes that require a long period of cooking.

Of course there are some old standbys like canned goods, fried potatoes and cold beef, or quick lunches from the delicatessen or bakery. After a time, however, these begin to get tiresome. There is nothing like having something new, even in a "hurry-up" dish.

Some day try a tapioca creamed salmon for a change. Those who think of tapioca only in terms of the old fashioned pearl, will have to be converted to the modern quick-cooking kind if they wish to take advantage of this hurry-up dish. The ingredients are few and inexpensive. All of them are always on hand with the possible exception of the salmon, and those who keep an emergency shelf will of course have a can of this.

Tapioca Creamed Salmon
1/2 cup milk
1/2 cup water
1/2 cup salmon
2 level tablespoons quick-cooking tapioca
1 tablespoon butter
1 egg (if desired)
Salt and pepper.

Heat the milk and water in a double boiler, add the tapioca and cook for 10 minutes, stirring frequently. Add the salmon, flaked with a fork. Cook for five minutes and add butter, seasoning, and egg well beaten. Serve hot on toast or crackers.

An emergency shelf is a wonderful thing to have. It need not be a shelf, of course, for a large tin box will do just as well. Whatever it is, it should contain a few foods that may be called upon when an emergency arrives.

With such a shelf, there is always a lunch in view when friends call upon you after the stores are closed. Tasty sandwiches, salads and other dishes are possible at all times, for the emergency shelf foods, together with the contents of the bread box and the refrigerator, should serve for even an elaborate salad.

When foods are used from the emergency shelf, duplicates should be placed there as soon as possible. Otherwise, the emergency shelf will not be 100 per cent efficient.

Then again, foods that have been on the shelf unused for some time, should be brought to the table, while newly-purchased foods of the same kind are placed upon the shelf in their stead. In this way the emergency shelf will always have nothing but the freshest foods.

Such a shelf is very inexpensive. Fifteen or twenty articles would be a generous supply. Everyone will have her favorite selections for such a shelf, but the following list of foods may offer some suggestions:

- 1 can evaporated milk
1 can baked beans
1 can prepared spaghetti
1 package quick-cooking tapioca
1 jar bacon
1 jar sliced beef
1 bottle pickles
1 bottle stuffed olives
1 bottle catsup
1 can pineapple

SALEM MARKETS

Table with market prices for grain, pork, mutton and beef, and poultry.

A Real Sunday Dinner

Table with Sunday dinner menu items and prices.

For a price that will save you money for next Sunday's dinner.

Independent Meat Market
147 N. High St.
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1 bottle maraschino cherries
1 jar home made jelly
1 can peas
1 can corn
1 small cheese
1 small jar nut meats
1 small bottle salad dressing.

With these in reserve, dozens of tasty hurry-up dishes may be gotten together without worry. Soups, meats, salads, vegetables and desserts—all are there. With bread, butter and potatoes in their regular places, and with a little coffee or tea in the canister, the stage is set for a real meal—any time.

Children's Food
Dieticians are interested in the experiment Hawaii has been making. The soil over there is of volcanic origin and does not produce vegetables with the same vitamin content that is found in vegetables grown in the United States.

The Versatile Tomato
The tomato leads all other vegetables in the canning industry. In trying to find an explanation of this a grocer stated that tomatoes could be used in more ways than any other kind of vegetable, and that the housewife could get a larger quantity for her money.

Tosshamony
Besides succotash, the Indians had a dish called tosshamony, made of corn and green peas in the pod. It is not put up commercially by canners. It is best cooked with a little bacon.

Color of Canned Corn
Sometimes corn taken from the cans is a little dark. This merely means that it has been cooked more thoroughly than the housewife is able to cook it in her home. This is done to make sure of killing all bacteria. It need cause her no concern.

Tapioca Tomato Bisque
Cool days are already beginning to appear between warm spells

and on such days it is good to have in mind some appropriate luncheon recipes which require only the simple ingredients, always to be found on the pantry shelf. The familiar tomato bisque is one that is sure to be well received, and to make it more inviting—just a little different and at the same time more healthful—tapioca is added.

To a pint of strained red tomatoes add two level tablespoons of the kind of tapioca that does not require soaking, a tablespoon of sugar, a pinch of baking soda and an eighth teaspoon each of salt and pepper. Cook in a double boiler for 15 minutes. An enameledware double boiler will be found best because its vitreous surface will not interact with the acid in the tomatoes.

When ready to serve, stir the hot soup gradually into one and one-half pints of milk which has been heated to boiling point. (Never stir the milk into the tomato mixture as it may curdle.)

Serve with croutons, toast or crackers.

Lemon Sponge Pie
This pie leaves little to be desired and is, indeed, a worthy representative of the lemon-pie family.

Cream one tablespoon of butter with one half cupful of sugar and add the yolk of one egg. Beat all well together and whip in the grated rind and juice of one lemon. Place in an enameled ware saucepan, which is not affected by citrus acid and will therefore preserve the delicate color of the mixture. Scald all but two tablespoons of a cupful of milk.

Blend one tablespoon of cornstarch with the cold milk and add to the scalded milk, stirring until thickened. Then add to the lemon mixture and fold in the stiffly beaten white of the egg. Cool but slightly and pour into a pastry-lined pan. Bake in a moderate oven until the filling is firm in the center. If necessary, cover the pie with a piece of brown paper during the baking as it is very liable to brown almost too quickly.

New—Stuffed Baked Cucumber
The cucumber which has long been served as a raw vegetable, has recently undergone cooking experiments which have resulted in successful dishes. Stuffing and baking the cucumber is one of the new ways of serving it. In this way it can be served with meat and potatoes just like any other vegetable and it is also appropriate for a luncheon dish in itself.

Peel the cucumbers, cut lengthwise into halves, remove the seeds

NEW ROUTE ASKED TO SILVER CREEK

Petition Avers Survey Would Shorten Distance From Salem Two Miles

Residents of Marion county, in road district No. 23, in the Silver Creek Falls district, have petitioned the county court to survey and build a new road from near the Union school, thence bearing south and east to the Silver Creek falls.

The road petitioned for is to be a 5 per cent grade or less, with a survey that will be acceptable to the state highway commission and the Marion county court.

The proposed road will shorten the distance between Salem and Silver Creek Falls fully two miles, making it only a 24-mile drive to the falls from Salem. It will also be the most direct road to the falls.

Already, from the Union Hill school the road is partly rock and in good condition. The new survey petitioned for will avoid all hills to the falls.

The section of Marion county southeast of the Union Hill school on the survey petitioned for, is rapidly developing into one of the best strawberry growing districts in the county. The altitude and general climatic conditions favor the growing of Marshalls and Oregon and stuff with the following mixture:

Mix together one cup of sifted bread crumbs, two tablespoons of melted butter or bacon fat, one half of a small onion, minced, two thirds of a teaspoon salt, one-third teaspoon pepper and one quarter cup stock, gravy, milk or canned tomato, as preferred.

Arrange the cucumbers in an enameledware baking dish and bake in a moderate oven for one hour. Serve from the china-like dish in which they are baked.

gon strawberries. New acreages are being added every year.

Land owners in that district are showing a disposition to cooperate with the county court and to aid in every way in securing a good road direct to the Silver Creek Falls.

There is already a good road into the falls by way of Silverton. All that is needed now is a good road by way of the Waldo Hills to make that district a great tourist resort.

WASHINGTON HERO VISITS IN SALEM

Capt. E. C. Allworth Principal Speaker at Lion Club Luncheon Friday

Capt. E. C. Allworth, declared to be the "most courageous soldier from the state of Washington in the World War," decorated six times, told Fathers and Sons at the Lions' club meeting just why Armistice day should be observed.

The captain is tall, rather salow in complexion, and spoke with a slow deliberateness that was more effective than deliberate eloquence. Beginning with his first service he slowly told of campaign after campaign, drawing a picture of reality in war, with the suffering and heroism, torture and bravery.

Graphically depicting scenes that had passed under his own eyes, he led to the coming of an armistice that found the fragments of a fatigue-gripped and privation-diseased force facing a field strewn with machine gun nests against which the order had just come to move.

He pictured the grimness and

grief of the struggle, picking for his thoughts simple, rather than extravagant phrases.

"Observe Armistice day, that these youths may know what that warfare meant; that they may grow with a true sense of patriotism; that they may realize the importance of keeping America prepared to defend itself," he said.

His decorations were awarded by the United States, France and Italy, and include the Medal of Honor, the Legion of Honor, and the highest award of the state of Washington.

Family Reunion Attended by 1,000 Descendants HELSINGFORS.—At a recent family reunion in Central Finland there assembled 1000 descendants of the family, whose records date back to 1412. A number of those present came from distant countries, including the United States and Canada. A remarkable feature of the large gathering was that approximately 70 per cent were peasants as were their progenitors.



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