

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Children's Desserts

Do you ever remember as a child a time when you were not allowed to have the dessert which was served for the rest of the family? Possibly it was pie, and you were told it was too rich for you and instead you were given a cookie or possibly a couple of pieces of candy.

To give a child what he wants, what he likes and yet what is good for him is a problem that confronts every mother at one time or another. Children have a natural craving for sweets and this should be considered. Sugar is needed and if taken in moderation may be considered a necessity in the diet. If one is going to serve desserts, which can not be given to the children, it would be better to serve the young people a little before than the family.

Fruits and gelatin in combination offer a happy solution to the dessert problem. They are so attractive to the eye, the child is delighted, and with a spoonful of whipped cream added, and possibly a few nut meats sprinkled on top, the children are not only satisfied and happy but the dessert is excellent for them and easily digested. These jellied fruits are so simply prepared and offer such a wide variety of flavors, that they may be served at least twice a week.

Many people think children will eat anything and believe it is a waste of time to garnish or decorate the foods—well, possibly they will, but I believe they are pretty susceptible to attractively served dishes—and, it certainly does influence their enjoyment of it.

Custards have long been favorite forms of desserts for children, as well as for invalids. They can be baked, boiled or frozen. Frozen custards are usually made from the boiled mixture.

Blanc Manger is a form of custard thickened with corn starch or gelatin.

Cereal, bread and tapioca custards, and plain ice cream are probably the most popular type of desserts with children.

Often they will take milk on one of these forms when they object strenuously to it as a beverage or in plain pudding. Home-made ice creams are inexpensive and so wholesome that during hot

weather it certainly should be made a couple of times each week. The children usually delight in turning the freezer in return for a taste—or to lick the dashers.

Nowadays the tin freezer which costs but 75 cents to a dollar and a half holds plenty, turns easily and is so light to lift or move that a child of ten can easily prepare and freeze a simple dessert. Only a small amount of ice is necessary for these freezers too. Again the vacuum freezers are excellent in simplifying the work, and the money invested gives a good return. And of course, the iceless refrigerator is a joy.

It is hard to keep all candy away from children, and it is not desirable to do so, but if one makes one of the simple home-made recipes, it will usually be more appreciated than the boughten chocolates for the pleasure derived from helping prepare it.

Stuffed dates, caramels, butter-scotch, taffy, fudge, penoche, peanut butter roll—all are good and easily made at home.

See that candy is given to the children at the end of the meal rather than before—or between meals.

Here are a few suggestions for desserts.

Ice cream and fruit in preference to other desserts.

Baked apples and custard will please them.

Baked apples with marshmallows.

Chocolate custard.

Orange custard.

Date tapioca.

Apricot scallop.

Chocolate Floating Island.

Recipes for the above will be mailed upon request.

Rice in Your Menu

Possibly its because I've been hungry myself lately for an old fashioned rice pudding, that I realized now is an excellent time to get out the rice jar and use a little more frequently. If properly cooked, no cereal for potato substitute, no dessert, or soup constituent is any better. It even may be used in an ice cream.

As an economy food rice has certainly long been in the lead not only in our own United States but in the oriental countries. The department of agriculture bulletin states that rice forms the principal food for one-half the population of the earth.

One hears so much about how wonderfully the Chinese and Japanese cook rice, yet I have many times eaten it in their restaurants where it was dry and flaky all right, but not sufficiently cooked to be tender.

As for a summer dish, of course it is barred unless one insists on a very heating food, but regardless of when it is served, it is inexcusable to even serve it sticky. After boiling, pour into colander and let boiling water run through it if it is to be served hot. Drain well and replace over a kettle of

hot water or steamer a minute, or if to be eaten cold, pour cold water through it. Whether eaten hot or cold, be sure it is carefully drained.

Rice, of course, is principally starch, and starch as we know it, is partly turned to sugar in the month in its first process of digestion; this starch is also turned into a fuel which is used in our body to supply heat and energy. In rice there is also a small percent of protein and a tiny bit of fat. For manual laborers, rice like potatoes and other starchy foods give them the energy they need.

In purchasing rice, when possible buy an uncoated or natural-finish product. When highly polished, it has lost much of its good in fact, the life-giving elements—vitamins are lost. Just feed chickens a short time on a diet exclusively of polished rice and a disease known as beri beri occurs; give them the polishing rice removed from the same rice and the disease will disappear. It's simply a case of mal-nutrition, the vitamins, a property undiscernable but present in many foods and so important that in planning our meals we aim to balance them so as to have all the five classifications of foods represented. How many times you've noticed youngsters on the street hungry-looking, they've been fed, but lack the foods which build, create energy, make red blood, etc.

In some states the sale of coated rice is barred, that which is so highly polished and whiter than the south are many famous dishes such as croquettes, rice cakes and fruit combinations and puddings which make them most popular with tourists who have learned their lesson. Then too, rice is served as a vegetable with gravy or butter, while it is more frequently used in desserts or in combinations with meats, vegetables, soups, etc. With fish, such as tuna or salmon, it is excellent, with shrimp to form a Creole dish, it is delicious, and with cheese too, it has a distinct and separate appeal. Do not serve potatoes and rice both with your meal.

Children enjoy rice as a cereal for a change and with or without raisins or dates they will enjoy it for their supper too.

Use left over rice for frittle cakes or waffles—add to egg and crumbs and make some pan-fried croquettes, in fact, it is a good left-over easy to use up.

A VEGETABLE PLATE

Since the "Vegetable Plate" has become so popular in restaurants, many homemakers are making it a point to serve a vegetable dinner at home once or twice a week. It requires more careful planning than most dinners, however. It is more of a novelty. There are no traditions about the right kinds of vegetables to serve together as there are about so many other food combinations.

To be satisfying, the vegetable meal must contain enough protein to make it substantial. To be appetizing it must have a variety of flavors—the bland, the sweet, the savory, and the tart. There must be contrast of texture also, such as the soft, the hard, the rich, and the crisp. With the twenty-five or more common kinds of vegetables and the almost innumerable ways of cooking and serving, this is easily possible.

Beans and peas rank highest among the vegetables as sources of protein. Lima, kidney, and the other shell beans and all kinds of peas, either fresh or dried, are suitable for the mainstay. Potatoes scalloped with cheese or creamed; stuffed peppers; or sweet corn pudding made with milk and eggs, are also substantial. They have the added advantage of combining some animal protein with that in the vegetables, thus making the vegetable protein more valuable to the body.

Tomatoes either raw or cooked lend tart flavor. Or hot or cold cabbage slaw, or spinach, beets, or a raw vegetable such as cucumbers or chilled celery seasoned with vinegar or lemon juice, may give just the right piquancy.

Different methods of cooking are one of the best and easiest ways to give pleasing variety of texture. A good combination is one vegetable scalloped or fried so that there is the appetizing flavor and crisp texture of food browned in fat, one boiled, one baked, and perhaps one raw.

Here are a few good combinations suggested by the United States Department of Agriculture. Creamed potatoes, buttered string beans, beets or beet greens, with vinegar or lemon juice, raw celery; cabbage scalloped with cheese, carrots, and fried potatoes; baked sweet potatoes, spinach with hard-boiled egg, raw cucumbers; scalloped corn, steamed carrots, kale, raw sliced tomatoes; baked eggplant, buttered lima beans, Brussels sprouts; and fried potatoes, mashed turnips, baked potatoes, raw celery.

RECIPES

Date Pudding

½ cup sugar, 1-3 cup flour, 1 egg, 2 tablespoons milk, 1 level tsp. Calumet baking powder, speck of salt, 1 cup chopped dates, 1 cup chopped nuts. Mix sugar, milk and egg well beaten. Mix remaining ingredients then add to first dish, and bake in a moderate oven 30-40 minutes or until firm. If you place dish in pan of water you will not have such a hard crust on the outside. Serve with whipped cream.

Plain Cookies

2 cups flour, ½ teaspoon salt, 1 cup sugar, ½ cup fat, 1 egg, 4 tablespoons milk, 2 level tsp. Calumet baking powder, flavoring or spices.

Cream fat, add sugar, beaten egg, then milk and dry ingredients

sifted three times. Chill then roll and cut into different shapes.

Individual Plum Pudding.
2 ½ cups bread crumbs, 1 cup figs, 1 cup brown sugar, 1 teaspoon salt, ¼ teaspoon allspice, ¼ teaspoon cloves, 2 level tsp. Calumet baking powder, 2 eggs, ½ cup suet, 1 cup flour, 1 cup nuts, 1 cup raisins, 1 cup milk, ¼ teaspoon cinnamon, ¼ teaspoon mace.

Mix well all the fruit with dry ingredients. Add chopped suet with beaten egg and milk. Stir and mix thoroughly. Turn into well mixed mold and steam 3 hours or pour into individual molds and bake in a pan of hot water in a moderate oven 45 minutes to 1 hour.

Hard Sauce
2 tablespoons butter, 1 tablespoon boiling water, 1 cup powdered sugar, 1 teaspoon vanilla.

Cream thoroughly, add sugar and cream thoroughly. Add water and vanilla and beat until creamy. Set aside to harden then slice and serve in hot pudding.

Pumpkin Pie
1 ½ cup steamed or drained pumpkin or canned pumpkin, 1 teaspoon cinnamon, ½ teaspoon ginger, ¼ teaspoon nutmeg, 2-3 cup brown sugar ½ teaspoon salt, 2 eggs, 2 cups milk, 1 tsp butter or substitute.

Mix the spices and sugar with the pumpkin. Beat the egg slightly and add to the milk. Stir into pumpkin mixture. Melt the butter and add. Pour into unbaked pastry and bake in a medium oven 350 degrees F. for 45 minutes or until custard is firm and pastry is nicely browned.

Pumpkin Pie II
Plain or flaky pastry, 3 cups steamed, strained pumpkin, 1 ½ cups light brown sugar, 2 teaspoons cinnamon, 1 teaspoon ginger, 1 ½ teaspoons salt, 3 eggs, 2 cups milk, 1 cup evaporated milk.

Mix ingredients in order named and bake in one crust. This quantity will make one large pie about 1 ½ inches thick. Bake in a hot oven—400 to 425 degrees for 10 minutes, then reduce heat to moderate or 350 degrees and continue baking for 40 minutes or until firm to the touch and a rich brown on top.

Using the evaporated milk and baking the pie at 350 degrees will produce a shiny brown surface. Whipped cream served on top redeems the look a little, but the pie is quite rich enough without it.

FAVORABLE TRADE SHOWING PROMISE

Dun Reports Prices Steady; Depression Not as Severe as Usual

NEW YORK, Jan. 8.—(By Associated Press.)—Dun's tomorrow will say:

"Whether the new year is to surpass or keep pace with the old is an important question which time alone can determine. With its advent the favorable trade development of the past three months gives every indication of continuing. The customary slowing down for purposes of inventory has been less marked than usual. Prices as a whole have been steady. The volume of work in sight in large industrial establishments and enterprises, together with the great amount of construction already under way insures extensive employment in all manner of handicrafts. The agricultural districts are in a position to buy more largely than was possible at this time last year and savings bank deposits are larger, bespeaking a great purchasing power on the part of the public in general. What is probably more encouraging in the current situation is the fact that there is a disposition to make purchases with the needs of the future in mind."

POTENTATE ARRIVES

SEATTLE, Jan. 6.—(By Associated Press.)—James C. Burger of Denver, imperial potentate of the nobles of the mystic shrine arrived here late today. A special ceremonial in honor of the potentate will be held here tomorrow night in the shrine auditorium.

SALEM MARKETS

GRAIN	
No. 1 wheat, white	\$1.44
No. 1, red, washed	1.42
White oats	.40
Gray oats	.42
Barley	.42
Hay	.30
POK, MUTTON AND BEEF	
Top hogs	12 1/2
Bottom	8 1/2
Dressed hogs	10
Top steers	9 1/2
Cows	2.00 6.00
Butts	10 1/2
Spring lambs under 80 lbs.	10 1/2
Heavy	9 1/2
Dressed veal	10
POULTRY	
Light hens	17 1/2
Heavy	22
Old roosters	6 1/2
Broilers	23
EGGS, BUTTER AND BUTTERFAT	
Butterfat	48
Creamery butter	48
Eggs	25
Standards	27

Fame is a simple matter of surviving—widespread—public abuse.

Do You Bake Cookies?

The old art of home cookie baking is being just a little neglected. Possibly this is due to the fact that the cookie manufacturers have made such wonderful progress in cookie baking, having perfected some of the daintiest of cookies in such countless varieties, that the housewife has gotten into the habit of depending on the commercial "ready made" cookie.

Most of us have pleasant recollections of mother's cookie jar that was seldom empty, and of the fun we had on baking day. I think mother enjoyed it too.

Cookies are probably more appetizing and wholesome than any of the other sweet foods prepared for the children.

Cookies are easily prepared, and by using a plain cookie dough as a foundation, several varieties may be made by adding nuts, raisins, some jelly or coconut. Most every housewife keeps some of these on her pantry shelves all the time.

Especially in homes where there are children, the cookie jar seems almost essential. Not necessarily fancy cookies, or the one that require rich ingredients, or a great deal of time in preparing, but the plain, wholesome cookies, fruit or jelly filled, nut, date and raisin varieties.

They are excellent for the children's lunch box—and to accompany ice cream or a chilled dessert nothing is more attractive or appropriate. In the evening, when two or three of your friends drop in, or after you come home from a little drive out in the country.

A few fancy shaped cutters will always vary the plain cookies and make one believe they are getting an entirely new variety. Children do enjoy cookies cut out in the shape of animals, little men, or some fantastic figures. Just the other day, I had a little guest at my home, and he was very much interested in watching me make baking powder biscuits. While I was cutting them out the suggested, very politely, that he thought it would be fine if I would make his biscuit like a gingerbread man, with eyes, feet, buttons on his coat and everything. I followed his suggestion the best I could—and he certainly did enjoy that biscuit.

Cookie doughs range from very soft to stiff. The softer doughs are usually dropped from a spoon onto a baking sheet—and are known as drop cookies. The soft doughs are, of course, more difficult to handle than the stiffer ones, but their texture is especially good.

Usually the stiff cookie doughs are rolled out and shaped by cutting. Sometimes we make small balls of the dough and then flatten them with the hand, or a broad knife or the rolling pin.

Cookie doughs are easier to handle if placed in the ice box for then or twenty minutes before trying to roll.

In rolling care should be taken so as not to get too much flour worked into the dough. Only as much dough as can be handled easily should be taken out on the lightly floured board to roll at one time. The rolling pin, and the cutter should both be dusted with flour to prevent sticking and avoid wasting the dough when

cutting in shapes, making as little trimmings as possible, because when you re-roll these trimmings and more flour has to be added, the last cookies will not be of the same texture as the first because of the extra flour which has to be worked into the dough for the second rolling.

Cookies put together sandwich fashion, with some frosting or filling, a fruit paste, peanut butter, some jam or jelly—frosted as you would a cake, decorated with nuts, candies, melted chocolate, or marshmallows, all make delightful surprises for the older people and the young.

Nut Cookies

One-third cup of butter.
¼ cup of sugar.
1 cup of flour.
1 level teaspoon Calumet baking powder.
three-fourth cup chopped nuts.
1 teaspoon vanilla.
2 eggs.

Cream butter and add sugar and eggs well beaten. Sift flour and baking powder together. Add first mixture; then add nuts and vanilla. Drop from a spoon on an unbuttered baking sheet, leaving an inch space between them. Sprinkle with chopped nuts and bake in a hot oven (425 degrees F.) This will make two dozen cookies. These cookies will not be shaped like rocks or hermits. Add more flour if so desired.

Meals for Winter Weather

When winter descends upon us there are certain definite changes that take place in the human body. Just as we put coal into our furnaces, we must coal up our bodies in order that they may function in the most efficient manner. We must eat the foods that produce heat and energy to meet the demands made upon our system by the drop in temperature.

What are these foods? Fats, for one thing. Sugar, in its various forms, for another and starches. That is why we crave certain dishes, such as plum pudding, for instance, in the winter. Human nature is wise guide. Her impulses and suggestions come down from centuries of experience.

Fruit cake, mince pie and other dishes of the sort are confined more or less by the variations of our appetite to the winter months. Then we eat heavier foods and more of them.

This is an excellent time to serve doughnuts, fritters, French fried vegetables and other deep fat dishes. For fats are a most important requirement for the well being of our bodies during cold weather. The Eskimo and his whale blubber should be an object lesson, rather than an object of ridicule, to us. He has the right idea, after all.

Household Hint

Tea stains can be easily removed from cups by rubbing a little salt on the moistened surface.

Cigarette ashes will remove white stains from polished furniture without either scratching furniture or injuring polish.

Mending China—I find, in mending broken china or wooden articles, that the pieces can be held in place with adhesive plaster until the cement or glue hardens. The plaster can then be removed.

When Cutting Patch Work—When cutting out patch work or applique, if a piece of a blotter is used for a pattern, cutting the rough side next to the material, it will not slip, and one is more sure of having the piece the exact shape and size desired.

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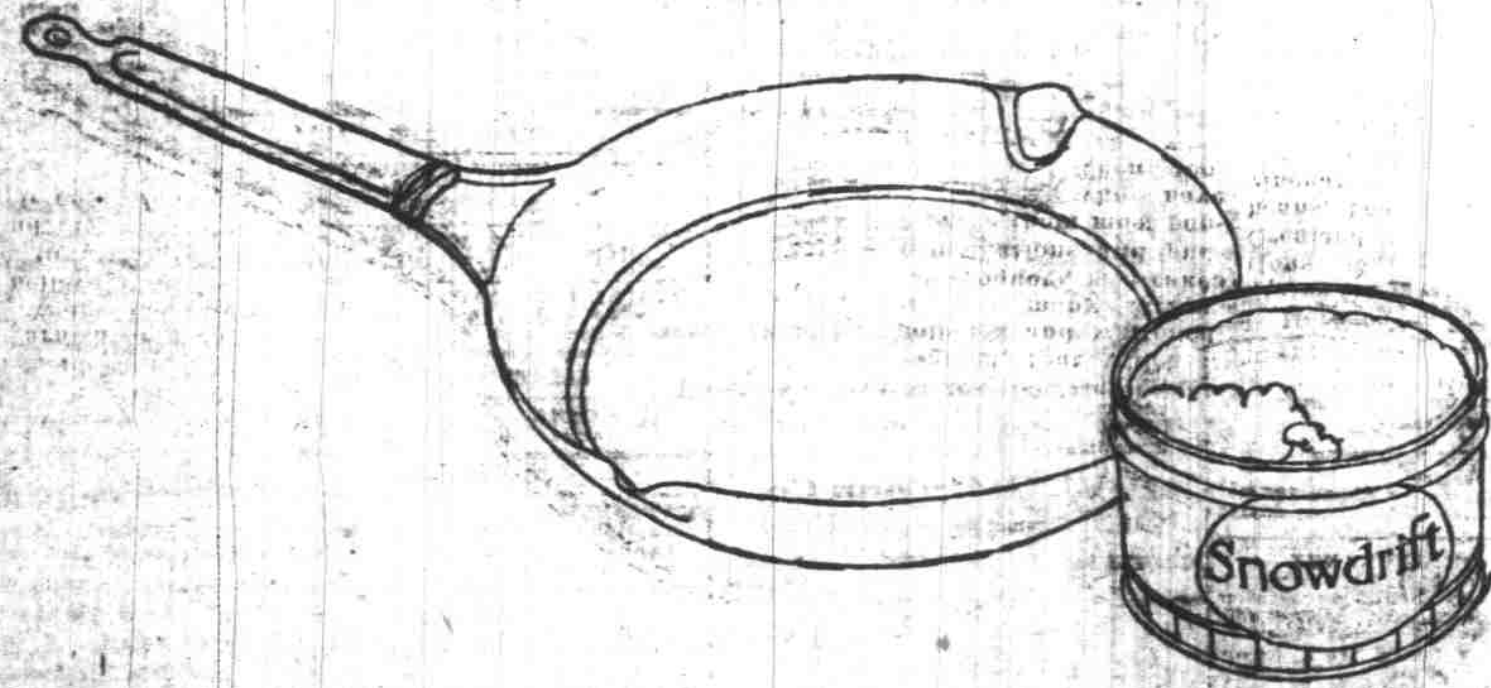
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