

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Buying Groceries Is a Daily Problem

Buying the groceries is one of the housewife's greatest tasks. Most women alter years of experience accompanied, of course, by a certain amount of waste of time, effort and money, learn to buy wisely, but many of the younger women of today who marry, and step from the business or professional world into the position of purchasing agent for a home, without the opportunity of training in buying, find the lesson they learn is often costly.

Help and suggestions for buying which are found daily in newspapers or in national women's publications offer to the new and inexperienced housewife many ideas for saving, in the way of market lists, menus and carefully prepared recipes.

We usually find it is not a saving to buy the cheapest product in the market—neither may it be economy to buy the highest priced goods. In most cases the experience of others or a trial will help to decide.

Marketing is really of more importance than is usually attached to this part of the housewife's duties. The same general suggestions apply to most markets, although, of course, the locality will greatly influence the buyer.

Buying plan or carefully made out marketing list is one of the first essentials in doing the marketing, and with this we would suggest the housewife set aside a certain portion of her allowance to be used only for food and then to keep a close account of what she spends.

She also must know brands and know which foods give her the most actual value for the money she spends. If the beginner will make close observations she will soon learn upon what brand names she may depend. By keeping herself informed through advertising media, she will note descriptions of the high quality products, though not necessarily those highest in price.

Of every dollar spent, we are told that the first consideration should be milk, second vegetables, third cereal foods, fourth meat, fish, eggs or cheese if we intend substituting them for meat, and lastly fats and sugars.

The ability of the housewife is often gauged by the quality of the biscuit she makes. The idea of making light, tender, and flaky biscuits that never fail to please is the bigbear of many a woman's life. Yet they are very easily made if one will remember this: Measure accurately; use cold materials; handle the dough deftly and quickly and do not be afraid

to knead for a few seconds; keep as little flour on the dough board as possible, and bake in a hot oven (425 to 450 degrees). When one has acquired the accomplishment of making good biscuits, they also know the art of making shortcake, scones, coffee cake, etc.

General Markets

Grain Prices. PORTLAND, Jan. 22.—Wheat, BBB, hard white, blue stem, Baart soft white, January, February, \$1.50; soft white, January, February, \$1.55; hard winter, northern spring, January, February, \$1.55; western red, January and February, \$1.55. Oats—No. 2 white feed and No. 2 gray, January, February, March, \$30. Barley—No. 2, 46-pound, January, February, March, \$30.50; No. 2, 44-pound, January, February, March, \$30. Corn—No. 3 early shipment, January, February, March, \$24. Millrun, standard, January, February, March, \$28.50.

Hay. PORTLAND, Jan. 22.—Buying prices: Valley timothy, \$20; do eastern Oregon, \$22.50; alfalfa, \$19.50@20; clover, nominal; oat hay, \$20; oat and vetch, \$21; straw, \$9 per ton. Selling prices, \$2 a ton more.

Livestock. PORTLAND, Jan. 22.—Cattle, steady; receipts 110; calves none; steers good, \$8.50@8.75; medium \$7.50@8.50; common \$6.50@7.50; canners and cutter steers \$5.50@6.50; heifers, good \$6.75@7.50; common and medium, \$5.25@6.75; cows, good \$6.25@6.75; common and medium, \$4.50@6.25; canners and cutters \$3.50@4.50; bulls, good beef (yearlings excluded) \$4.25@5.50; common, to medium (canners and bolognas) \$3.50@4.25; calves, medium to choice (milk feds excluded) \$7@9; culls and commons \$4.50@7; vealers, medium to choice \$10@12; culls and common, \$5@10.

Hogs, steady; receipts 695; heavyweights (250 to 350 pounds) medium, good and choice \$12@13; medium weight (200 to 250 pounds) medium, good and choice \$12.50@13.50; light weight (160 to 200 pounds) common, medium, good and choice \$13@13.60; light lights (130 to 180 pounds), common, medium, good and choice \$13@13.75; packing hogs (rough and smooth) \$9.50@11.50; slaughter pigs (90 to 130 pounds), medium, good and choice \$12@13; feeder and stocker pigs (70 to 120 pounds) medium, good and choice \$11.50@13.

(Soft or oily hogs and roasting pigs excluded in above quotations) Sheep steady; receipts none; lambs good and choice (Mt. Adams) \$14@15.50; lambs, medium to good (valley) \$13@15.50; heavyweights (92 lbs. up) \$11@13; all weights, culls and common \$10@13; yearling weathers, medium to choice, \$9@12; ewes, common to choice \$5@8.50; canners and culls \$2.50@5.

Butter and Eggs. PORTLAND, Jan. 22.—Eggs, current receipts, 26c; fresh, mediums 26@27c; fresh standard extras, 25 1/2@26c; fresh standard extras 28 1/2@29c; fresh undersized 22@22 1/2c.

Poultry. PORTLAND, Jan. 22.—Poultry, weak; less 5 per cent commission; heavy hens 25@26c; light 19@20c; springs 24@27c; young white ducks, 25@28c; hurkeys dressed 42@43c; lice, nominal.

Onions and Potatoes. PORTLAND, Jan. 22.—Potatoes slow; new \$2.65@2.75; onions \$1@1.75.

Nuts, Hops and Cacao. PORTLAND, Jan. 22.—Nuts, steady; walnuts No. 1, 25@32c; filberts 21@24c; almonds 27@32c. Hops quiet; new crop clusters, 22 1/2c; fuggles 25c.

Baking Powder Biscuit. Two cups flour (bread), 4 tps. baking powder, 1/4 tsp. salt, 2 tps. sugar, 3/4 cup milk, 4 tps. fat. Mix and sift dry ingredients. Rub fat in with fingers until flour has about the texture of wheat grains. Add enough milk to make a soft dough, stirring with a fork. Toss onto a floured board. Knead for a few seconds to get smooth. Roll out on a very slightly floured board to one inch in thickness. Cut, place on an oiled sheet, and bake in a 425-degree oven.

Ham Hash—Prepare a cream sauce, add ground-up ham and diced potatoes. Season and mix. Place in a buttered baking dish, cover with crumbs and brown.

Roast Shoulder of Pork with Stuffing—Order the shoulder of pork boned and stuff the opening with plain bread stuffing seasoned with a little sage. Score the skin for carving and sprinkle well with flour, salt and pepper. Place in a moderate oven and roast until tender, allowing 25 minutes to a pound. When two-thirds done, place pared sweet potatoes around the meat and bake, turning once during the cooking. It will be necessary to baste the meat sparingly with boiling water containing some melted dripping from time to time during the cooking process.

Chestnut Stuffing. 1 pint blanched chestnuts, 1/2 cup butter, 1 teaspoon salt, Pepper, 1 tablespoonful chopped parsley, 1 teaspoon chopped onion, 1/2 teaspoon Calumet Baking powder, 1 pint chopped chicken or 1 pint bread crumbs moistened with 1/2 cup butter. Blanch the chestnuts; then then cook until tender in boiling salted water, drain and press through a strainer. Add rest of ingredients and moisten with hot stock.

Dutch Apple Cake. Use the coffee cake recipe and pour into an oiled shallow pan (about one inch deep); have tart apples pared and cut into sixteenths. Press sharp edge of apple into dough in parallel rows. Sprinkle sugar and cinnamon generously over apples. Bake in a 375 degree oven. Serve with lemon sauce. A delicious dessert.

Lemon Sauce. One cup sugar, 3/4 cup boiling water, 1 tsp. corn starch, 4 tps. butter, 1/4 cup lemon juice, grated rind 1/2 lemon, few grains salt. Mix sugar and corn starch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter, lemon juice, and lemon rind.

Cinnamon Rolls. One cup liquid yeast, 1/4 cup of butter or lard and sugar, and chopped dried prunes, 1 tps. each flour enough for a medium dough. Cream the shortening and sugar, add a well-beaten egg, the chopped prunes and the yeast, then the flour. Let rise until twice its size, roll one inch thick, spread with butter and sprinkle with cinnamon, then roll up and cut slices one inch apart. Put in a greased pan and let rise and bake 20 minutes.

HOUSEHOLD HINTS

Oranges Toast Oyster Stew Cottage Cheese Salad Corn Bread Syrup Dinner Roast Shoulder of Pork with Stuffing Cabbage and Apple Salad Apricot Whip Tea or Coffee

TODAY'S RECIPES. Ham Hash—Prepare a cream sauce, add ground-up ham and diced potatoes. Season and mix. Place in a buttered baking dish, cover with crumbs and brown.

Roast Shoulder of Pork with Stuffing—Order the shoulder of pork boned and stuff the opening with plain bread stuffing seasoned with a little sage. Score the skin for carving and sprinkle well with flour, salt and pepper. Place in a moderate oven and roast until tender, allowing 25 minutes to a pound. When two-thirds done, place pared sweet potatoes around the meat and bake, turning once during the cooking. It will be necessary to baste the meat sparingly with boiling water containing some melted dripping from time to time during the cooking process.

RECIPES. Chestnut Stuffing. 1 pint blanched chestnuts, 1/2 cup butter, 1 teaspoon salt, Pepper, 1 tablespoonful chopped parsley, 1 teaspoon chopped onion, 1/2 teaspoon Calumet Baking powder, 1 pint chopped chicken or 1 pint bread crumbs moistened with 1/2 cup butter.

Date Bars. 1 cup sugar, 3 eggs, 1 cup flour, 1/2 teaspoon salt, 1/2 teaspoon Calumet Baking powder, 1 cup dates chopped, 1 cup nuts chopped, 1/2 cup milk, 1 teaspoon vanilla. Beat eggs and sugar. When well mixed, add all the rest of the ingredients. Pour into a square pan, and bake in a moderate oven 25 minutes. Cut into squares or bars and roll in powdered sugar.

Fig and Date Fudding. 1/2 cup suet, 1/2 cup milk, 1/2 cup molasses, 1 egg, 1 1/2 cup chopped figs, 1 cup chopped dates, 1/2 cup flour, 1/2 teaspoon soda, 1/2 teaspoon salt, 1/2 teaspoon cinnamon, 1/2 teaspoon cloves, 1/2 teaspoon Calumet Baking powder.

Chop suet fine and add molasses, milk and beaten eggs. Dredge chopped fruit with a little of the flour. Add remaining dry ingredients to rest of flour and sift, and add fruit. Turn into a well greased mold and steam 3 hours. Serve with hard sauce or whipped cream.

FRUITS ESSENTIAL IN DIET. Scientists tell us that the use of fruits and vegetables in the diet rests on the soundest basis. They establish an alkali reserve in the blood which promotes elimination of carbon dioxide by the lungs and counteracts the acid produced by the consumption of bread and meat, thus preventing the dangerous condition known as acidosis or acid poisoning which often results from faulty metabolism or assimilation.

SUGGESTIONS. Frozen traps and waste pipes are sometimes thawed by pouring in caustic soda or lye, obtainable at grocery stores. Chemicals of this character should be labeled "poison" and should be kept where children cannot get them. To prevent freezing, the water in the traps of a vacant house should be removed during the cold weather and the traps should be filled with kerosene, crude glycerine or a very strong brine made of common salt and water.

To renew yellow slickers—Wash in suds, rinse in luke warm water, and place on a hanger to dry. When thoroughly dry, spread out flat on table and apply thin coat of shellac.

INDUSTRIAL FUTURE IS GIVEN THOUGHT. Silvertown Flax Growers Will Meet to See if Plant Can Be Secured.

SILVERTOWN, Jan. 22.—(Special to The Statesman.)—If Silvertown cannot get the Silvertown Lumber company mill to open for operations again Silvertown is going to start something else. Three other industries are now being discussed and will undoubtedly be under way ere long, according to reports by various members of the Silvertown Chamber of Commerce. The three enterprises now under consideration are a linen mill, a pickle factory and a box factory.

Attracting the most attention right now is the meeting of those interested in flax growing. This meeting will be held at the chamber of commerce room Monday afternoon at 2 o'clock. If enough acreage can be secured, Silvertown is assured of a retting and scutching plant. M. G. Gunderson, John Hoblitt and E. B. Kottek forms a committee which is arranging

for the meeting. Col W. B. Bartram, an experienced linen and flax man, will be present at the meeting to speak on the industry. Colonel Bartram was at Silvertown at the time the linen mill discussions first became of paramount interest in the Willamette valley. It is said that, in proportion to its size, Silvertown has done more than any other city to make the Salem linen mills possible.

The pickle factory and the box factory will be brought up at a later date. The chamber of commerce is also sponsoring the pickle factory movement. It is understood.

stood. Experts claim that the farming country about Silvertown is ideally suited for vegetable growing and that a pickle factory will be of great benefit to the small farmers in this community.

The Silvertown Food Products company, the cooperative cannery at Silvertown, has a field man investigating the possibility of securing enough acreage of beans to make it profitable to install sufficient machinery at its cannery to put up green beans. No reports on the success of this has yet been received, although it was understood at the recent annual meet-

ing of stockholders of the cannery that sufficient acreage could be secured.

RAV'S VETO OF BILL. SEATTLE, Jan. 20.—The veto by Governor Hartley of the bill creating an enlarged forest board was characterized as a serious blow to reforestation by Representative Charles Saunders of Seattle, chairman of the house committee on forestry and logged-off lands, here today. He described the veto as "unfortunate in view of the efforts to adopt a forestry policy for the state."

SKAGGS STORES. Money saving. "My Wife is a Wonderful Cook". Most men delight in boasting of the culinary ability of their wives, though it is seldom that they are aware of the amount of thoughtful planning and careful comparison of values necessary to the economical preparation of the delicious meals they enjoy so much. Aside from any profits we make, one of our greatest sources of satisfaction is the assistance which Skaggs Stores are able to render these clever women by making it possible for them to serve wonderful meals at substantial savings. Planning does it—their planning and ours. 2 DAY FEATURES — SATURDAY — MONDAY. LETTUCE—Imperial Valley, large solid heads 25c 3 heads 25c BUTTER—Skaggs's Best Creamery—absolutely guaranteed the best made in Salem, 2 pounds 92c 1 lb. 47c FLOUR—Big K, Best in the west, all hard wheat 49 lb. bigs \$2.29 FLOUR—Local Patent 49 lb. sacks \$1.87 4 sacks \$7.43 COFFEE — Skaggs's White Wrap, equal if not superior to any. 1 lb. 49c 3 pounds \$1.42 BACON—Gold Nugget, pound 30c PICNICS—Mild Sugar Cured pound 23c ORANGES—Fancy Sunkist Navels, 28 size, 2 doz. 37c CHEESE—Marion's Best. Made from sweet rich cream 2 lbs. 54c 5 pound loaf \$1.69 CORN—Eastern Pack, good quality, 2 tins 21c 1 Case 24 tins \$2.49 FEDERAL MILK—Made in the famous Skagit Valley by a farmers Co-op. 4 tins 37c One case \$4.39 INSTANT POSTUM—Large tins, each 39c 2 for 76c CASCADE PURE LARD—No. 5 pails 89c No. 10 pails \$1.76 PRIDE OF OREGON HAMS 33c (While they last) COTTAGE ROLLS—Sugar cured, pound 28c

SALEM MARKETS. GRAIN. No. 1, wheat, white \$1.49 No. 1, red, sacked 1.46 White oats 1.40 Gray oats .40 Barley .43 Oats .43 PORK, MUTTON AND BEEF. Top beef 13 1/4 Sows 10 1/4 Dressed hogs 16 Top steers 98 Cows 2.00@4.00 Bulls 2 1/2@4 Spring lambs under 80 lbs. 12 1/4 Heavies 9@10 Dressed veal .15 FOWLERY. Light hens .17@18 Heavy hens .22 Old roasters 6@8 Broilers .33 EGGS, BUTTER AND BUTTERFAT. Butterfat .46 Creamery butter .48 Eggs .25 Standards .27 Milk, per gal. 2.24

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There is a difference between deep frying and deep frying in Snowdrift. Pure fat is wholesome and easy to digest. It is burned fat that is responsible for most of the objections to fried food. At the right temperature for frying, many fats "break down," smoke—that is, burn—and have a tendency to upset digestion. The wholesomeness of Snowdrift as a frying fat is due to the fact that it can be heated hot enough to fry crisply long before it burns, so that with ordinary care you can fry food in Snowdrift that is as digestible as the same food cooked any other way, and still has that rich, delectable "fried" taste. A crispy brown crust forms so quickly that the food does not absorb too much fat and, inside this thin crust, cooks to a tempting lightness and daintiness. Snowdrift a very wholesome frying fat.