

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Food Buying

We have been told so often that 95 per cent of all the money spent for food is spent by women and that 90 per cent of the entire amount of money spent for clothing and household furnishings is also spent by women.

Ask for KRAFT CHEESE At your dealers.

travagance and waste, and that their utter lack of system, management and resourcefulness results in unsatisfactory meals and poorly managed homes.

There is a deep interest everywhere in domestic economy, but many are the housewives who plan meals without the slightest idea of what the body needs nor how to supply this need.

Every home manager should study her magazine and newspaper advertising and select those canned fruits, vegetables, meats, etc., which are nationally known, if she desires absolute satisfaction when the meals are served.

It makes no difference who does the marketing, the same should apply, as labels are there to be read, and to "read your label" is your protection, while the written advertisement of it is your guarantee of the quality of the food.

In a certain large city 25 per cent of the buying is done by

children, and some of them are very clever, too. If children are taught very young how to choose between the best and second-class products they would not only be of great assistance on marketing day, but would be laying the foundation which would be an aid in managing their own homes later.

Three very helpful bulletins on buying are: How to Select Foods—1. What the body needs. 2. Cereals. 3. Foods rich in protein.

By Caroline Hunt and Helen Atwater, U. S. Dept. of Agriculture.

How To Serve Vitamins

We should eat every bit of lettuce that is served with salads and meats nowadays for we rely on the corrective food they contain.

At a luncheon recently given to six food specialists it was noted that all the fruit cocktail and vegetable salad dishes were as clean as Mr. Hoover's greatest conservation dream could have wished.

Other ways of serving the leafy vegetables are: Combination Salads Spring beans, celery, diced carrots, shredded lettuce, with salad dressing and served on lettuce leaf.

Serve spinach, cabbage, sauerkraut, lettuce, beet tops, celery and green beans plain, with a butter sauce or with cream sauce.

Recipes

Birthday Cake

- 1/2 cup butter 2 cups sugar 4 eggs 1 cup milk 3 tsp. baking powder 3 cups flour 1/2 teaspoon salt 1 teaspoon flavoring.

Beat the sugar gradually, and cream well. Add beaten eggs and flavoring and beat vigorously.

Mix and sift flour, baking powder and salt. Add a little of the sifted flour, then the milk, and the last of the flour. Mix with as little stirring as possible. Bake 20 minutes.

Frosting 1 cup marshmallow topping 2 tablespoons water Confectioner's sugar. Add water to topping and beat well. Mix in sugar until the frosting is the desired consistency.

Spread with knife. Decorate with maraschino cherries cut in halves. For the birthday cake use small white candles — one candle for each year.

Grape Juice Punch (1 Gal.) 2 quarts grape juice 1 quart water 1 quart ginger ale Juice 6 lemons Juice 6 oranges Sugar to taste Make a syrup of one pound of sugar and water, put in orange and lemon peels from which juice has been removed.

Filled Cookies 1 egg 1 c. sugar 1/2 c. butter 1/2 c. milk 1 tsp. vanilla 2 tsp. baking powder 3/4 c. flour 1/2 tsp. salt

Cream shortening and sugar, add salt, egg well beaten, milk, vanilla, flour sifted with baking soda and baking powder. Mix and turn out on floured baking board. Roll out very thin, cut with cookie cutter and spread with filling, then roll out more dough and cut enough with a doughnut cutter to cover all those spread.

Place on top and press edges together. The hole in the top cut with doughnut cutter leaves a bit of the filling to show in the center.

Filling—To one box of mince-meat add half a cup of sugar, 1 cup of water, and 1 tablespoonful of flour. Cook for a few minutes. Cool before using.

General Markets

Dairy Exchange

PORTLAND, Feb. 5.—Butter, extras, 45 1/2 c; standards, 44 1/2 c; prime flats, 44 1/2 c; firsts, 42 1/2 c; eggs, extras, 27c; firsts, 26c; pullets, 25c; current receipts, 22 1/2 c; undersized, 21c.

Hay

PORTLAND, Feb. 5.—Buying prices: Valley timothy, \$20; do Oregon, \$22.50; alfalfa, \$19.50; clover, nominal; oat hay, \$20; oat and vetch, \$21; straw, \$9 per ton. Selling prices \$2 a ton more.

Grain Futures

PORTLAND, Feb. 5.—Wheat, BBB, hard white, blue stem and Baart, February, March, \$1.62; soft white, western white, February, March, \$1.62 1/2; hard winter, northern spring, February, March, \$1.57; western red, February and March, \$1.56.

Oats—No. 2, 36-pound white feed and gray, February, March, \$29.

Corn—No. 3 early shipment, February, March, \$33. Millrun, standard, February, \$25.50; March, \$26.

Livestock

PORTLAND, Or., Feb. 5.—Cattle steady; receipts 25; calves none; steers good \$8.00@\$8.50; medium \$7.25@\$8.00; common, \$6.50@\$7.25; canners and cutter steers \$5.50@\$6.50; heifers good \$6.25@\$7.25; common and medium \$4.75@\$6.25. Cows, good, \$5.50@\$6.50; common and medium \$4.00@\$5.50; canners and cutters \$2.50@\$4.00; medium \$7.50@\$4.50; common to medium canners and biologias \$3.75@\$4.50; calves, medium to choice, (milk feds excluded) \$7.50@\$7.50; vealers, medium to choice \$10.00@\$11.75; culs and commons \$5.50@\$10.00.

Hogs, steady; receipts none; heavyweights (250 to 350 pounds) medium, good and choice, \$13.00@\$13.75; medium weight, (200 to 250 pounds) medium good and choice, \$13.50@\$14.1; light weight (160 to 200 pounds) common medium good and choice, \$13.75@\$14.25; light lights (130 to 180 pounds) common, medium, good and choice \$13.00@\$14.75; packing hogs (rough & smooth) \$10.00@\$13.00; slaughter pigs, (90 to 130) medium good and choice \$13.50@\$14.50; feeder and stocker pigs (70 to 130 lb.) medium, good and choice \$13.00@\$14.00.

(Soft or oily hogs and roasting pigs excluded in above quotations.)

Klamath county will spend \$75,000 this year on rural primary school program. Baker—New stamp mill, 30 tons daily capacity, received for Rainbow mine.

CHOICE MEATS ALWAYS THE BEST AT REASONABLE PRICES Baby Beef to Roast At our regular Beef Prices Pure Lard - - 20c Our Own Make McDOWELL MARKET "Where a Dollar Does Its Duty" 173 South Commercial Telephone 1421

Cooley & Pearson

GUARANTEED QUALITY FOODSTUFFS Our Original System Of guaranteed quality foodstuffs at minimum prices plus our original system of free delivery is being more and more appreciated by the people of Salem.

Table with 2 columns: Fruit (Apples, Oranges, Burbank Spuds, Canned Goods, Tomatoes, Peas, Jeff-Well, Cereal) and Hams (Sweet sugar cured, Fresh Ranch Eggs, Pacific Nut Margarine, Nucoa, Butter, Swifts Lard, Shrimp, Pan Cake Flour, Crackers, SOAP SALE).

Table with 2 columns: Fancy Round SWISS STEAKS 20c lb., Choice Tender SIRLOIN STEAK 15c lb., Prime BEEF ROASTS 15c lb., Freshly Ground HAMBURGER 12 1-2c lb., BONELESS ROLLED PRIME RIB ROAST—The Peer of Roasts, lb. 22c.

PHONE 1371-1372 211 N. Commercial St. 6 Free Deliveries Daily

EAT MEATS Steusloff Bros. Market Corner Court and Liberty Phone 1528

Peerless Bakery 170 NORTH COMMERCIAL STREET Our regular Prices of Bread, 1 1/2 lb. loaf, 18c, 2 for 25c; 1 lb. loaf 9c, 3 for 25c.

OUR PRICES ARE SELDOM EQUALED OUR QUALITY NEVER EXCELLED

Why Not Take Advantage of Our Savings For Saturday We Offer

Table with 2 columns: Fancy Round SWISS STEAKS 20c lb., Choice Tender SIRLOIN STEAK 15c lb., Prime BEEF ROASTS 15c lb., Freshly Ground HAMBURGER 12 1-2c lb., BONELESS ROLLED PRIME RIB ROAST—The Peer of Roasts, lb. 22c.

We do not have to resort to the despicable methods as practiced by some of our competitors. Whose only idea of competition is to "knock the midget" because they are unable on account of lack of volume, to duplicate our prices and quality.

Table with 2 columns: Milk Fed LEGS OF VEAL 22c lb., Milk Fed VEAL STEAK 20c lb.

Every customer making a purchase of 50c or more in our meat or fish department is entitled to purchase a pound of our guaranteed pure lard at 80c.

Single Purchase of Lard 90c Fresh Daily COLUMBIA RIVER SMELT, 4 lbs. 25c

Take advantage of our Lard special to cook them with

midget market ORIGINATORS OF LOW PRICE 351 State Street NOT IN THE COMBINE We close Saturday's at 7 p.m.

456 State Street PIGGLY WIGGLY Phone 14 PRICE AND QUALITY Prevail at PIGGY WIGGLY. Nationally known brands, whose reputation is unquestioned, at remarkable prices.—Help yourself and save the difference. SPECIALS for SATURDAY and MONDAY C. & H. Pure Cane SUGAR 10 lbs. 58c Crown FLOUR \$2.25 Gold Medal FLOUR 49 lb. Bag \$2.43 Crown Pastry FLOUR 10 lb. Bag 52c Cream ROLLED OATS 9 lb. Bag 49c PUFFED WHEAT 2 Packages 25c Wilco MARGARINE 3 Pounds 77c Nucoa MARGARINE Per Pound 27c Best Creamery BUTTER 2 Pounds 93c Small White Navy BEANS 5 Pounds 37c Fancy Pack SHRIMP 2 Cans 23c Folgers Ensign COFFEE Per Pound 43c 1/2 Pound Package TREE TEA 33c Hersheys COCOA Per Pound Package 29c Standard Pack CORN 2 Cans 25c Standard Pack STRING BEANS 2 Cans 23c Monopole Dimple PEAS 2 No. 2 Cans 43c Royal Club PEACHES 2 No 2 1/2 Cans 43c Libby's Sliced PINEAPPLE 2-No 2 1/2 Cans 45c JELLO All Flavors, 3 Packages 29c WALNUTS Fancy Franquettes, Per lb. 30c Market Day RAISINS 4 Pound Package 33c Fontanas Macaroni Products, 3 Packages 23c Royal BAKING POWDER 12 oz. Cans 39c Calumet BAKING POWDER 1 Pound Cans 28c Liberty Bell SYRUP No 2 1/2 Can 50c No. 5 Can 85c No. 10 Can \$1.50 Crystal White SOAP 10 Bars 38c Fels Napha SOAP 10 Bars 59c Old Dutch Cleanser 3 Cans 19c Citrus Washing Powder 2 Packages 49c White Wonder 12 bars White Wonder 1 Double Refined Borax 1 Carry All Bag All For 48c P. & G. SOAP DEAL 1 Package Chippo 1 Ivory Flakes 1 P. & G. Napha 1 Galvanized Pail All For 49c