## STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

#### Food Buying

95 per cent of all the money spent for feed is spent by women and buyers demand certain service of great assistance on maracing that 90 per cent of the entire the dealers, which not only adds but would be laying the foundation which would be an aid in ing and household furnishings is ing expenses but also adds to his managing their own homes later. also spent by women. If that is own purchases, so, every woman should keep in mind when she buys she is to get full value for the money spent, and also she should provide her family with the kind of food that they really need. Unfortunately, the price she pays for food is no how to supply this need. I sug-

salesmen tell us, we learn that then plan her menu a few days in more people buy for color and advance, combining the foods flavor than for the actual goodness of the food.

Many buyers not alone women) are totally unconscious of their ex-



There is a deep interest every the price she pays for food is no test of the nourishment it yields. how to supply this need test of the nourishment it yields. how inexperienced nor what age, If we are to belivee what the learn the classification of foods,

> properly, making out a marketing list and, where possible, doing that marketing in person. 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

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

poorly managed homes. Many products they would not only be of buyers demand certain service of great assistance on marketing day, Three very helpful bulletins on

> buying are: How to Select Foods-1. What the body needs. How to Select Foods-2. Cereal foods.

How to Select Foods-3. Foods rich in protein. By Caroline Hunt and Helen Atwater, U. S. Dept. of Agriculture.

#### How To Serve Vitamines

We should eat every bit of letuce that is served with salads and meats nowadays for we relly need 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.

The meal started with a delicious appetizer made of a slice of canned pineapple, half a canned peach, and canned cherries, all erved on a lettuce leaf. The canned fruits are better for this than fresh, and all experts now agree that the canned fruits and vegetables contain practically the same food value as fresh. The vegetable saind was composed of sliced onions, tomatoes and cu-cumbers served on lettuce and with a prepared dressing of a qual-

Other ways of serving the leafy egetables are:

Combination Salads Srting beans, celery, diced carrots, shredded lettuce, with salad dressing and served on lettuce

Macedoine Salad

Diced celery, carrots cut in cubes, peas and cauliflower served on lettuce leaf with salad dress-Spinach Salad

Canned spinach, with salad dressing and a garnish of hard cooked eggs.

Food Buying travagance and waste, and that children, and some of them are kraut, lettuce, beet tops, celery add salt, egg well beaten, milk, their utter lack of system, man-agement and resourcefulness respectively. Some cent of all the money spent sults in unsatisfactory meals and second-class ter sauce or with cream sauce.

Serve spinach, cabbage, sauer-creating and sugar, feed and gray, February, March, \$29.

Cream shortening and sugar, feed and gray, February, March, \$29.

Corn — No. 3 early shipment, soll and baking powder. Mix and February, March, \$33. Recipes

Birthday Cake

1/2 cup butter 2 cups sugar 4 eggs

1 cup milk 3 tsp. baking powder 3 cups flour 1/4 teaspoon salt

1 teaspoon flavoring Cream the oleomargarine, add

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 n halves. For the birthday cake use small white candles -- one candle for \$2 a ton more. each year.

Grape Juice Punch (1 Gal.) 2 quarts grape juice

1 quart water 1 quart ginger ale Juice 6 lemmons 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. Chill. Re-move fruit peels and add other ingredients. Pour over block of ice in punch bowl.

Filled Cookies

1 egg 1 c. sugar 1/2 e butter % c milk 1 tsp. vanilla 2 tsp. baking powder 3 1/2 c flour

1/4 tsp. salt

turn out on floured baking board. Millrun, standard, February, Roll out very thin, cut with \$25.50; March, \$26. 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 to- the steady; receipts 25; calves gether. The hole in the top cut none; steers good \$8.00@\$8.50; with doughnut cutter leaves a bit medium \$7.25@\$8.00; common, of the filling to show in the cen-

Filling-To one box of mincemeat add half a cup of sugar, 1 cup of water, and 1 tablespoonful ium \$4.75@\$6.25.. cows, good, the sugar gradually, and cream of flour. Cook for a few minutes, \$5.50@\$6.50; common and med-Cool before using.

#### General Markets

Dairy Exchange PORTLAND, Feb. 5 .- Butter, extras, 45 %c; standards, 44 %c; orime firsts, 44 %c; firsts, 42 %c. Eggs, extras, 27c; firsts, 26c; ullets, 25c; current receipts, 22 1/2 e; undersized, 21c.

Hav PORTLAND, Feb. 5 .- 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

ary, March, \$1.62%; hard winter, northern spring, February, March. @\$14.00. \$1.57; western red, February and March, \$1.56.

Grain Futures

Oats-No. 2, 36-pound white tions.)

school program.

Livestock PORTLAND, Or., Feb. 5 .- Cat-

\$6.50@\$7.25; canners and cutter steers \$5.50@\$6.50; helfers good \$6.25@\$7.25; common and medium \$4.00@\$5.50; canners and cutters \$2.50@\$4.00; medium \$7.50@\$4.50@\$5.50; common to medium canners and bolognas \$3.75 @ \$4.50; calves, medium to choice, (milk feds excluded) \$7.50 @\$9.00: calls and commons \$4.50 @\$7.50; vealers, medium to choice \$10.00@\$11.75; culls and commons \$5.50@\$10.00.

Hogs, steady; receipts none; heavyweights (250 to 350 pounds) medium, good and choice, \$13.00 @\$13.75; medlum 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) PORTLAND, Feb. 5 .- Wheat, \$10.00 @\$12.00; slaughter pigs, BBB, hard white, blue stem and (90 to 130) medium good and Baart, February, March, \$1.62; choice \$13.50@\$14.50; feeder soft white, western white, Febru- and stocker pigs (70 to 130 lbs.) medium, good and choice \$13/56

(Soft or oily hogs and reasting pigs excluded in above quota-

Klamath county will spend \$75,-

Baker-New stamp mill 30 000 this year on rural primary tons daily capacity, received for Rainbow mine.



ALWAYS THE BES 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"

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#### 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. Its just a-matter of time till all of the larger stores will adopt this. Careful shoppers tell us daily our quality merchandise is priced at a saving below the other larger stores-THAT'S WHY WE GROW. We do not handle the poorest pack in canned goods consequently we never advertise them. They are too high at any price.

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Apples Extra large wrapped and packed, Black Twigs, spiendid to eat, per box......\$1.79

Oranges Our popular seller, fancy grade, sweet and juicy, per

Burbank Spuds Every one knows our quality, 100 lb. bag ..........\$1.98

They won't cook up Canned Goods Golden Sweet Corn, splendid corn, 2 cans....37c

Fancy Iowa Corn 2 cans Tomatoes Best solid pack Grand

Island Brand, 3 for ..... 39c Peas Ungraded Peas, a splendid Pea, 2 for . .27c

Jen-Well 3 packages Cereal

No. 10 bag, cream oats 49c No. 10 bag fine graham 49c No. 10 coarse graham 49c No. 10 bag corn meal...39c

Hams Sweet sugar cured, 1/2 whole, per lb. ....

Fresh Ranch Eggs 2 dozen

Pacific Nut Margarine 3 for Nucoa

.27e Butter Best grade Sanitary Carton, 2 lbs. Swifts Lard

No. 5 pail Shrimp American Beauty Brand 2 for ..... Pan Cake Flour

No. 10 bag Kerrs Crackers Tru Blue is best, No. 5 box ...

SOAP SALE 14 Crystal White .66c 4 Creme Oil Soap

1 large package Peet's Washing Machine Powder FREE

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# Peerless Bakery

170 NORTH COMMERCIAL STREET

Our regular Prices of Bread. 11/2 lb. loaf, 13e, 2 for 25e; 1 lb. loaf 9e, 3 for.... Cookies, 2 dozen for . Butter Horns, 6 for Apple Turnovers, 6 for L. Cakes, all varieties !... .15c up to 50c Doughnuts, Cinnamon Rolls, Tea Sticks and Buns, Milk, Bread, French and Rye Bread, 3 loaves....25e

We Serve Coffee and Lunches Try Our Krause's Candy

# ARE SELDOM EQUALED

Why Not Take Advantage of Our Savings For Saturday We Offer

**NEVER EXCELLED** 

Fancy Round **SWISS STEAKS** 20c lb. They're Delicious

Choice Tender SIRLOIN STEAK 15clb. None Better

Prime **BEEF ROASTS** 15c lb.

Freshly Ground HAMBURGER 121-2clb.

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. When ever you find a man who employes these tactics, play safe and WATCH HIM. He is dishonest.

Milk Fed LEGS OF VEAL 22elb.

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 pail of our guaranteed pure lard at 80c.

Single Purchase of Lard 90e

Fresh Daily COLUMBIA RIVER SMELT, 4 lbs. 25c

Take advantage of our Lard special to cook them with

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# 456 State PGGBW GGBW PRICE AND OUAL

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

> Wilso MARGARINE 3 Pounds 77c

Nucoa MARGARINE Per Pound 27c

Best Creamery BUTTER 2 Pounds 93c Small White Navy

BEANS

5 Pounds

2 Cans

罗思德

37c SHRIMP 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 21/2 Cans 43c Libby's Sliced

PINEAPPLE 2 No 21/2 Cana 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 21/2 Can 50c

31.50

No. 10 Can Crystal White SOAP 10 Bars

No. 5 Can

38c Fels Napha SOAP 10 Bars 59e

Old Dutch Cleanser 3 Cans 19c

Citrus Washing Powde 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 Chipso I Ivory Flakes

1 P. & G. Naptha 1 Galvanized Pail

All For 49e