

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS

Muffins for Every Day

Nothing tastes better on a cold, wintry morning than a good hot muffin. In fact they are so generally popular that they make a most acceptable variation to the hot breads for luncheon and supper as well.

Muffins are one of many hot breads which are classed under the head of thick puddings, but among the children they are more popular than biscuits, corn bread or many others less sweet mixtures.

Although it may seem that the baking of a hot bread for breakfast takes a little too much time, especially if one is rushed in the morning, if the ingredients are measured out the night before and the muffins then greased, they can be quickly put together and baked while the coffee is percolating.

Muffins require a hot oven (about 400 degrees F.). Grease the pans well, using a pastry brush. Fill them two-thirds full and place in the center of the middle rack in the oven and bake from 15 to 30 minutes according to the size and type of the muffins.

If the family consists of only two or three, half of the batter may be covered, placed in the ice box and baked the following day. The popular Date Muffins, served in so many tea rooms during the winter months, are easy to prepare following this recipe:

Date Muffins
1-3 cup butter
1-4 cup sugar
2 level teaspoons Calumet Baking powder
1 egg
7-8 cup milk
2 cups flour
1-4 level tsp. salt
1-4 pound dates

Cream the butter, add the sugar gradually and the dates chopped fine. Mix well together, then add the beaten egg. Sift the flour, salt and baking powder together twice and add to first mixture alternately with the milk. Bake in greased muffin pans 20 to 25 minutes in hot oven (400° F.).

Cereal Muffins
1 cup cooked left-over cereal
3 cups flour
4 level tsp. Calumet Baking powder
1 1/2 cups milk
1-4 cup sugar
1 level tsp. salt
1 egg, well beaten
2 tbsp. melted butter (partially cooled)

Add milk to cereal. Sift together flour, sugar, baking powder and salt twice; combine with cereal and milk. Then add egg and melted butter. Beat well. Bake 30 minutes in hot oven (350°-400° F.).

Bacon Muffins
2 cups sifted flour
2 level tsp. Calumet Baking powder
1-4 level tsp. salt
1 tbsp. sugar
1 tbsp. bacon drippings
2 eggs, beaten thoroughly
2 tbsp. crisp bacon, broken in bits

1 1/2 cups milk or water
Sift flour, salt, baking powder and sugar together twice. Put in mixing bowl, add well beaten eggs, bacon dripping and liquid. Beat thoroughly before adding bacon. Bake in greased muffin pans 25 to 30 minutes at 400 degrees F.

Household Hints

To use up the last two or three tablespoons of a jar of pickles or relishes, add it to French dressing and pour over a head of crisp lettuce. If the relish is quite moist, just mix salad oil with it. Odds and ends may be added to mayonnaise.

Ask for
KRAFT CHEESE
At your dealer's

Peerless Bakery

170 NORTH COMMERCIAL STREET

Our regular Prices of Bread,
1 1/2 lb. loaf, 15c, 2 for 25c; 1 lb. loaf 9c, 3 for 25c
Cookies, 2 dozen for 25c
Butter Tarts, 6 for 25c
Apple Turnovers, 6 for 25c
Cakes, all varieties 15c up to 50c
Doughnuts, Cinnamon Rolls, Tea Sticks and Buns, per dozen 20c
Pies 10c and 25c
Milk, Bread, French and Rye Bread, 3 loaves 25c

We Serve Coffee and Lunches
Try Our Krause's Candy

naine dressing with equally good results.

When I wish to use grated cheese and find it to soft to grate, I cut it into small pieces and press it through my potato ricer.

During cold weather, when the butter gets too hard to spread, heat a bowl by pouring hot water into it. After letting it stand for a few minutes, empty, place it over the butter. In several minutes butter will be soft enough to use.

Instead of using sugar to sweeten whipped cream, I sometimes use maple syrup. This gives the cream a delicious flavor and is a change.

Reason why ungreased pans are used for Angel cake—this is again a matter of friction. When the sides of the cake rise they will stick or cling to the ungreased tin, and thus help to hold up the rest of the cake as it rises. If the pans were greased there would be no sticking, no friction to interfere with the outside of the cake sliding down again and drawing with it the inside.

Recipes

Sausage and Fried Apples
Fry the required amount of small sausages, and in some of the fat as many halves, cored and unpeeled, apples as required, first dipping them in flour to which a little sugar has been added. Fry until soft and browned. Place on a hot serving dish with two small sausages on each half.

Swiss Eggs
To one tablespoonful of butter melted in a small skillet, add one half cupful of cream or top milk; when simmering, slip four eggs in carefully, one at a time. Sprinkle with salt, pepper, and a dash of cayenne, and when nearly set, with two tablespoons of grated cheese. When cooked as you like them, take up rounds of hot buttered toast, shake paprika on liberally, sprinkle with minced parsley and sweet pepper, and pour the cream around.

Curried Ham on Toast
3-4 cup chopped ham
1-2 tsp. curry powder
Hot toast
1 1/2 cup milk
2 tbsp. flour
2 tbsp. butter

1 hard cooked egg chopped.
Make a white sauce of flour, butter and milk. When done add rest of ingredients and serve on toast.

Coffee Cake
4 1/2 cups flour
4 level tsp. Calumet Baking powder
1 tsp. salt
1-4 tsp. mace
5 level tbsp. butter or lard
2 eggs
12-3 cups milk and water (half and half)

1 cup sugar
Sift flour, then measure; add baking powder, salt and sugar; sift three times; chop butter in with spoon, beat egg whites with half egg-shell of water added to each until stiff, then add yolks and beat in; add milk and beat all together; turn into two square pans and spread even; brush top with milk. Spread with the following, first with egg:

1/4 cup graham cracker crumbs.
1/2 cup sugar
1 level tsp. mace
5 level tbsp. butter
Mix crumbs, sugar and mace, rub butter in until it is crumbly; spread thick on top of cake; bake in moderate oven thirty to thirty-five minutes, at 325°-350° F.

SALEM MARKETS

GRAIN	
No. 1, wheat, white	\$1.42
No. 2, red, sacked	1.38
White oats	.40
Gray oats	.42
Barley	.40
Barley	.40
POULTRY	
Top hen	.12
Sows	9 1/2 @ .10
Dressed hens	.06 @ .07
Cows	2.00 @ 4.00
Bulls	8 1/2 @ 9
Spring lambs under 50 lbs.	13 1/2
Heavy	9 @ 10
Dressed veal	.15
BUTTER AND BUTTERFAT	
Butterfat	.45
Creamery butter	.45
Standard eggs	.34
Milk, cwt.	2.44

Eat More Cheese

One of the most important foods for women to study and know how to use at this time is cheese. Until the last year or so this article of food has been used in most households as an extra, to be served with pie. Through the efforts of the government and different domestic societies departments, bulletins have been sent out telling the food value of cheese.

Just as beans and peas have been unknown to the housewife as substitutes for meats, so have they failed to use cheese in many good forms and have in many cases condemned it as an indigestible article of food.

Bear in mind that cheese dishes cooked at a moderate heat are the most wholesome. If cheese is cooked at a high temperature it becomes leathery and tough, also indigestible.

Putting cheese through a meat chopper saves a lot of time and for the majority of dishes is as satisfactory as the slower process of grating it. When used in casserole dishes or sauces it is only necessary to slice it.

Cheese has twice the food value that meat has. One ounce of cheese is equal in food value to one egg. Therefore, it can be used in the same way as meat as the main dish of the meal, as a meat substitute. Cheese soups and vegetables cooked with cheese are tasty and nutritious. Cheese salad, sandwiches, and loaf make excellent luncheon dishes.

General Markets

Portland Hay Market
PORTLAND, Feb. 12.—(By Associated Press.)—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, Feb. 12.—Cattle weak; receipts 45; calves 30; steers, good \$5.00 @ \$5.35; medium \$4.75 @ \$5.00; common \$4.50 @ \$4.75; canners and cullers \$3.50 @ \$4.50; hogs, good \$6.50 @ \$6.75; common and medium \$4.75 @ \$6.50; cows, good \$5.50 @ \$6.75; common and medium \$4.00 @ \$5.50; canners and cullers \$2.50 @ \$4.00; medium \$7.50 @ \$4.50 @ \$5.50; common to medium canners and hogs \$3.75 @ \$4.50; calves, medium to choice, (milk fed excluded) \$8 @ \$9.50; culls and commons \$5.00 @ \$8.00; vealers, medium to choice \$11.00 @ \$13.00; culls and commons \$6 @ \$11.

Hogs weak; receipts 1190; heavyweights (250 to 350 lbs.) medium, good and choice \$13.00 @ \$13.75; medium weight, (200 to 250 pounds), medium good and choice, \$13.50 @ \$14.15; light wt. (160 to 200 pounds), common medium good and choice \$13.75 @ \$14.25; light weights, (130 to 180 pounds), common, medium, good and choice \$13.00 @ \$14.25; packing hogs (rough and smooth) \$10 @ \$12; slaughter pigs (90 to 130) medium good and choice \$13.00 @ \$14.00; feeder and stocker pigs (70 to 130 lbs.) medium, good and choice \$14.00 @ \$14.25.

Soft and oily hogs and roasting pigs excluded in above quotations.

Sheep, steady; receipts none; lambs good and choice (Mt. Adams \$12.75 @ \$13.50; lambs medium to good (valley), \$12.00 @ \$13.50; heavyweights (\$2 lbs up) \$10.50 @ \$12.50; all weights, culls and commons \$10.00 @ \$12.00; yearling weathers medium to choice \$9.00 @ \$11.50; ewes, common to choice \$5.00 @ \$8.00; canners and culls \$2.50 @ \$5.00.

Choice Meats

Buy Your Lard Now

For in the Near Future Lard Will Advance

Pure Lard - - 20c

Our Own Make

See us for all your meat needs. We can fill them at reasonable prices

McDOWELL MARKET

"Where a Dollar Does Its Duty"

173 South Commercial Telephone 1421

Hominy and Cheese

1 can hominy.

2 c white sauce.

1/2 c chopped cheese.

Drain and rinse one can of hominy, chop or leave whole, melt cheese in white sauce, mix with hominy, put in baking dish, cover with buttered crumbs and brown in oven; or add hominy and cheese to sauce and when is melted serve. A speck of baking soda added will aid in melting the cheese.

How To Grow Thine

The cause of obesity is generally brought about through the over indulgence in fat forming foods, therefore, the main point is to correct the diet. The first essential is to greatly reduce the fat forming foods, in which case nature draws on the reserve fat tissue until that which is above surplus and normal is gone.

When the person has reached the normal, the desire for the excessive indulgence in fatty food has generally left him, and he may safely eat a more varied diet. In any case however, he must permanently renounce all excess of fat forming foods and also must take some vigorous exercise daily.

Sugar, starch, fat, cream, milk, butter and oil are fattening foods.

Foods that may be eaten freely are the following:

Squash	Olives
Lettuce	Radishes
Celery	Turnips
Spinach	Parsnips
All cooked greens	Lean Meat
Asparagus	Shrimp
Cabbage and	Oysters
Kraut	
Cauliflower	Skimmed Milk
Onions	Buttermilk
Tomatoes	Clams

All fresh fruits except bananas. Water may be taken freely between meals, but the amount of water taken with meals should be reduced.

In reducing, the following will be found to be a valuable asset. Add the juice of half a lemon to a pint of hot water and drink during the morning.

Broiled Whitefish
Sliced Cucumbers
Mashed Turnips
Canned Pineapple
Vegetable Soup
Cold Boiled Tongue
Asparagus
Lettuce and Tomato Salad
Berries

Portland — Seventh steamer, West Gambo, 8800 tons, added to Pacific Argentine-Brazil line.

DALLAS MEETING OF BEE MEN GREAT

That City Was Named as the Place to Hold the Next State Convention

The meeting of bee keepers and the honey luncheon at Dallas yesterday was well attended by keepers of bees in Polk and Marion counties.

The meeting was opened by Lucy A. Gase, nutrition specialist of the Oregon Agricultural college. She showed the superior qualities of honey in cooking. She emphasized the keeping quality of honey and of foods cooked with honey. She told of a cake made with honey as the sweetening that lasted ten months, and of a loaf

cake that lasted a year, in good condition.

She said honey is preferable to sugar, for it is practically a pre-digested food.

She illustrated the needed foods for a balanced ration with charts—the sugars, water, starches, fats, proteins, etc., and the foods containing vitamins.

She suggested a new slogan, instead of "Say it with flowers," she advocated, "Say it with food." She stressed the necessity of preparing foods in the most attractive manner—said a very poor food may be made glorious by a good cook, and a good food horrid by a poor cook.

Another thing, she suggested that the prune growers take a leaf from the book of the California raisin men, who have an advertising catch-line, "Have you had your iron today?" meaning, have you had your raisins? Miss Case said the Oregon prune contains more iron than the California raisin, and it is a great food, deserving of exploitation.

The Honey Luncheon

Then came the honey luncheon, served in the basement of the Methodist church, in the auditorium of which the meetings were held. It was a luncheon with food fit for the gods, with better than the "honey of Hymettus," every item on the bill of fare of which was prepared with honey. Every one who was there—and the banquet hall was nearly filled—will have a better idea of the excellence of honey as a food.

The Speaking Program

The Slogan man of The States-

man spoke of the wonderful workings of the honey bee, and the absolute necessity of more bees in the Salem district to pollinate the fruit blossoms.

H. C. Seymour, head of the boys' and girls' club work of Oregon, for the Oregon Agricultural college, spoke of the bee clubs and their wonderful work. A great start has been made in this branch, and the work of these clubs in Oregon as a whole stands next to that of Minnesota, the premier state in this line—and may go to the head of the whole list this year, in proportion to population. That is a great showing. The individual members of the bee clubs averaged last year \$98.50 in cash returns for their work.

Kenneth Miller, assistant market director of the Portland Chamber of Commerce, spoke in an instructive address on that phase of the industry.

Prof. H. A. Scullen, head of the bee department of the Oregon Agricultural college, spoke on bee diseases and their control. He is the highest authority in Oregon in that field.

State Convention at Dallas

The next state convention of the bee men of Oregon will be held at Dallas, next December or January. There will be present some of the top notchers of the United States in the world of bee keeping.

Polk county already has a newly organized boys' and girls' bee club, at Eola, with Mr. Ferguson as leader. Organization along this line is to be pushed.

EAT U. S. Government Inspected MEATS

Steusloff Bros. Market

Corner Court and Liberty Phone 1528

Cooley & Pearson

Guaranteed Quality Foodstuffs

OUR ORIGINAL POLICY

of guaranteed Quality Foodstuffs replaces that old feeling of fear of getting one or more items in a large order that is not up to standard, replaces it with that feeling of security, the positive knowledge of getting 100 per cent good merchandise or money refunded. It makes the daily ordering of foodstuffs for your families a pleasure.

Phone 1371 or 1372 and secure prompt service

FREE DELIVERY

Fruits and Vegetables

We specialize in fruits and vegetables as we realize these are foods every family needs daily. Call for your choice of vegetables and fruits—we have them.

Good Week-End Values

Corn Meal

No. 10 bag 34c

Kerr's Hot Cake Flour

No. 10 bag 69c

Cream Oats

No. 10 bag 49c

Crackers

True Blue, that splendid Cracker

No. 5 box 49c

Pork and Beans

Armour's 15c Size

3 for 35c

Seedless Raisins

2 lbs 19c

Matches

6 box carton 23c

Tomatoes

Grand Island brand. Have you tried this wonderful home product? It excels in flavor.

3 No. 2 1/2 cans 35c

Catsup

Gold Bar or Little Prince
Large bottle, each 18c

Baking Powder

1 lb. Calumet 27c

Royal B. Powder

12 oz. can 39c

Sardines

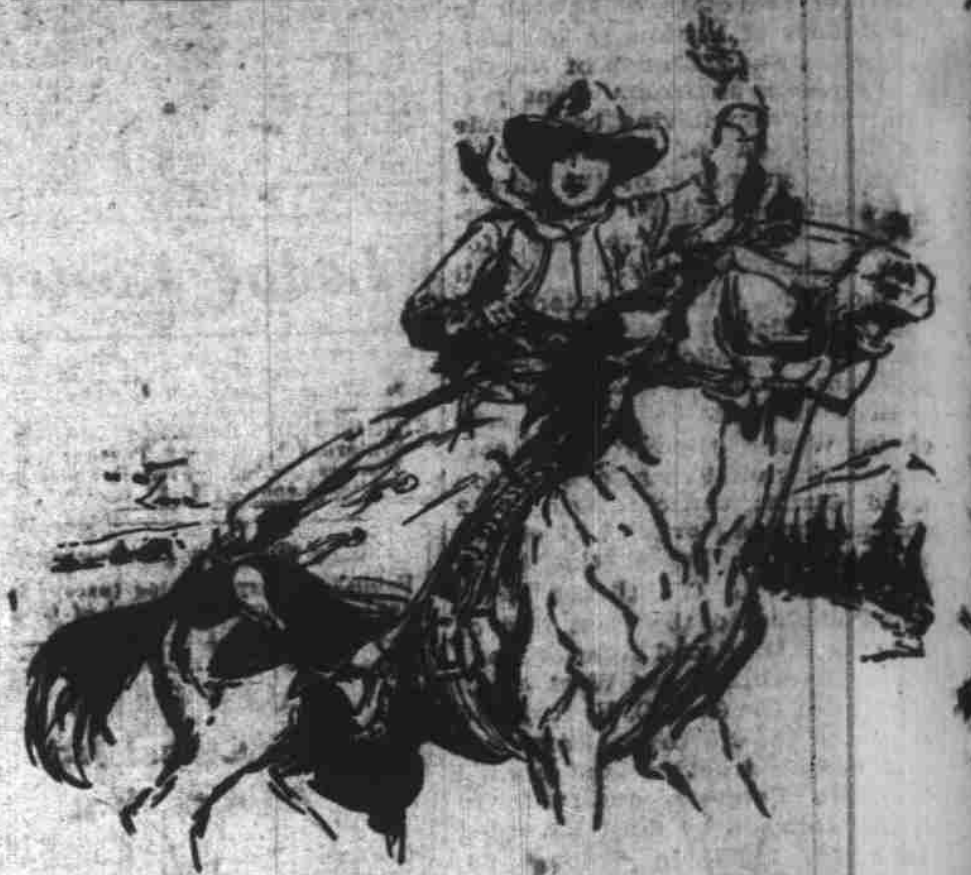
Fancy Imported in Pure Olive Oil
3 for 35c

Syrup

Monopoly Maple Syrup
Large table pitcher 45c

Peaches

In Light Syrup
5 No. 2 1/2 tins 98c



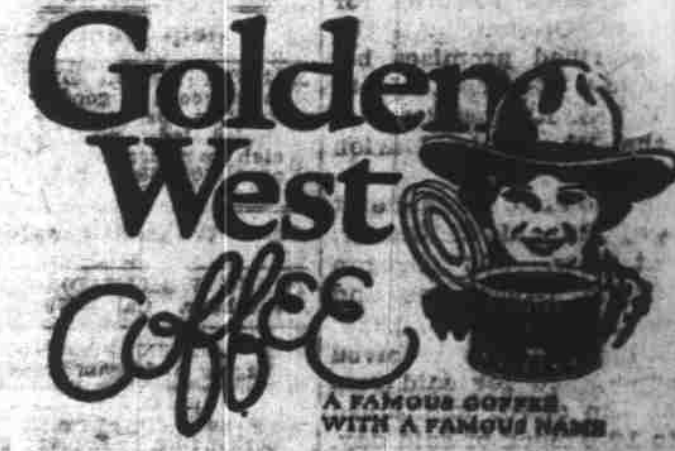
"The famous Coffee with the famous name"

A TRIBUTE TO THE WEST and to its great coffee.

As the favored drink of Western coffee lovers, Golden West Coffee has played a part in the spirit of fellowship that built the West.

The name is easy to remember. The Golden West Girl's picture in your grocery store is your assurance of a distinctive coffee. It is—

The Famous Coffee with a Famous Name



Choice Meats

At Prices That Cannot Be Duplicated
FOR SATURDAY WE OFFER

Choice	Round
SIRLOIN STEAK	SWISS STEAKS
15c lb.	20c lb.

Boneless Rolled Prime Rib Roasts, lb. 22c

Milk Fed	Choice
LEGS OF VEAL	VEAL STEAK
22c lb.	22c lb.

PURE LARD, No. 5 pail 80c
With 50c purchase of meats or fish
Single Purchase 90c

Prime	CHICKENS
ROASTS OF BEEF	Completely Dressed
15c lb.	35c lb.

FRESH DAILY
COLUMBIA RIVER SMELT, 4 lbs. 25c

Take advantage of our lard special to cook them

midget market

ORIGINATORS OF LOW PRICES

351 State Street

NOT IN THE COMBINE

We Close Saturday at 7 P.M.