

DEBATERS CRASH REPORT IS FILED

Car Skidded When Driver Put on Brakes to Avoid Hitting Truck

Clark Durham was driving at 40 miles an hour when the car carrying Salem high school debaters was wrecked on its way to Portland, according to a report filed with Sheriff Bower by John P. Fowler, owner of the truck that Durham was trying to pass when the accident occurred. The report states that L. A. Miller of Hubbard was driving the truck. Miller stopped immediately to give what aid he could, according to the report. The truck is said to have been traveling between 20 and 25 miles an hour and was just endeavoring to pass a dealer's car when the accident occurred. The cars did not touch, but Durham's car skidded into the ditch when he slapped on the brakes to keep from bumping the rear end of the truck.

Educating the Taste of Finicky Folks

Finicky folks dislike many foods, and these, as a rule are the ones which they should eat. It seems as though some people are born finicky, while for others the cause may be due to ill health; then some people possibly may be stubborn and will not eat what is set before them. Whatever the cause, such people should use a little will power and learn to like all dishes. Frankly, they imagine certain foods give them indigestion, and therefore do not eat them.

As a rule vegetables top the list of food preferences; carrots, beets, onions, cabbage and spinach are a few vegetables which are so healthful, yet you will find them often refused by this group of particular food choosers.

In many instances when a member of your family refuses to eat a certain vegetable, it is due to the preparation. Foods which have such characteristic tastes or odors require both careful cooking and seasoning. Who wouldn't refuse to eat plain boiled vegetables cooked in a large amount of water day in and day out?

Often it is difficult to persuade young people, girls especially, from the age of 12 to 16 years to eat foods which are good for them. They will insist upon a selection of possibly one kind of food, from which they receive very little nourishment. Many become anemic at this age and so require foods rich in iron. Encourage them at all times to eat plenty of fresh raw fruits. Raw sea tables, too, such as cold slaw, or carrot salad are valuable for the vitamins which they contain.

Teach Truth By Example. There is no better, more logical, nor surer way of developing the habit of truth in the child than by permitting him to live in an environment where he may have truth as an example to imitate. Moralizing in an abstract way about the beauty and value of truth has but little effect in establishing the habit of truthfulness during the early years of childhood. Parents should avoid letting a child develop the habit of lying merely because it is easier for them to avoid the issue than to meet it squarely. The lying of children is not infrequently the imitation of the same practice by other members of the family who themselves are inclined to meet every issue in life either by self-deception or by deception of others. The ever useful headache, saying that one is out when an undesirable neighbor calls, lack of frankness between the parents in simple household matters, and warnings to the children, "Don't tell your father" or "Don't tell your mother," tend to give the child an idea that evading the truth is perhaps a very useful bit of technique in dodging new, untried and difficult situations.

It is not difficult to teach most children that telling the truth is worthy of effort, inasmuch as it brings them approbation of those

with whom they have to live and adds to their material pleasure. This may be accomplished by giving them an environment of truth-telling and by demonstrating to them that lying will invariably work out to their disadvantage. Meals For the Business Woman. The business woman's meals are very important, since her health depends upon the kind and the amount of food eaten, also upon the balance maintained in the menu.

Dinner in the evening is the important meal, her breakfast being light and her noon lunch eaten wherever she happens to be working.

Salem Markets

Table with market prices for various goods including wheat, corn, and other commodities.

General Markets

Table with market prices for various goods including wool, hides, and other commodities.

LIVESTOCK

Table with livestock prices for various types of animals including hogs, sheep, and cattle.

DAILY EXCHANGE

Table with daily exchange rates for various currencies and commodities.

DRIED FRUITS

Table with prices for various dried fruits.

Therefore the dinner being the one heavy meal, time should be spent in planning it, so as to have it just as nourishing and appetizing as possible, at the same time selecting dishes easily prepared. Variety is not so important (although it is well to observe) as the few foods well prepared, are better than many undercooked. Add More Bananas to Your Menu.

No longer does the banana hold its place in the "don't" list in the feeding of young children.

The banana is an excellent food for all of us provided it is properly chewed and masticated. It is a highly concentrated food and most healthful if it is eaten when thoroughly ripe. Experiment has shown that a raw, unripe banana is similar to an unripe peach or apple, and has the same effect upon the digestive organs. In the ripe condition nearly all the starch has turned to sugar, which is easily handled by the digestive tract.

As the fruit ripens the skin is first yellow, then it becomes thin, then covered with brown specks, and finally the entire skin is brown. It is also very soft. No wonder you hear people make the remark when they eat bananas they feel like rocks in their stomach, it is because they eat them when the skin is yellow and the fruit hard.

Bananas are mainly a carbohydrate food, valuable for their energy-giving properties. In serving bananas they may take the place of potatoes or other starchy foods in the menu, but they should not be compared to meat in food value or served in place of meat, since the protein content is low.

They may be served either as a fruit, dessert or as a vegetable, and since they are obtainable at all seasons, makes them an easy food to secure and serve.

We must remember too in purchasing fruit, bananas are one kind which reach the consumer in a germ-proof package, by the skin no germ or bacteria can penetrate this skin, therefore more use should be made of them, since they are so nutritious.

An Endorsement of Merit. After exhaustive tests in the Priscilla Proving Plant, Calumet Baking Powder was awarded the Modern Priscilla certificate of approval.

The tests covered a period of nine months, and Calumet proved its excellence in every way; in practical home use and under scientific examination.

This is but one of the many awards given Calumet Baking Powder and another proof to the housewife that a double acting powder which requires a moderate oven will assure her cakes evenly baked and up to every standard she maintains.

To Catch the Dust. Into an empty glass jar put two tablespoons of any one of the furniture polishes you like best to use, but pour it immediately out again. In this jar place a square

of velveteen or chambray or even Italian silk, although the two former give better results. Cheese-cloth does not absorb so uniformly. Leave the cloth in the jar for a day or two before you attempt to use it. It is surprising how the oil and wax penetrate the fabric in small amounts, but uniformly and in sufficient quantity to polish without leaving any traces of the polish itself. After all, that is what we wish in furniture cleaning. Use this cloth then for the routine dusting. It will dust and polish at the same time. It is adaptable for use on the piano or on any other highly finished wood, as well as unpolished furniture.

Baked Carrots

2 1/2 cups carrots. 5 tablespoons butter. 1 tablespoon salt. 1 1/2 teaspoons sugar. Dash pepper. Scrub and scrape the carrots and cut them lengthwise in thin strips. Place the carrots, butter, salt, sugar and pepper in a baking dish or pan. Cover, and bake at 400 degrees for half an hour. Cook winter carrots 45 minutes.

RECIPES

Calumet Strawberry Short Cake. Make dough as for Calumet biscuit, adding two tablespoons of sugar to the baking powder and flour, if sweet shortcake is desired. Roll dough in two round pieces and spread with butter. Bake in two round cake tins 15 to 20 minutes in moderate oven, at (350-400 degrees F.) Brush with melted butter. Put the strawberries and juice between the layers, and on top of shortcake. Whipped cream, sweetened and flavored to taste can be added.

Graham Muffins

1 cup white flour. 1 cup graham flour. 3 level teaspoons Calumet Baking Powder. 1 tablespoon sugar. 1/2 cup molasses. 1 level teaspoon salt. 1 cup milk. 1 egg, well beaten. 2 tablespoons melted butter. Sift together twice flour, sugar, baking powder and salt. Add gradually milk, egg and melted butter. Bake in greased muffin pans 25 minutes in quick oven (400-450 degrees F.).

Chocolate Pinwheels

1/2 cup butter. 1/2 cup sugar. 1 unbeaten egg yolk. 2 tablespoons milk. 1 1/2 cup bread flour. 1 1/2 level teaspoons Calumet Baking Powder. 1/2 teaspoon salt. Cream the butter, add sugar gradually, egg yolk; then sifted dry ingredients alternately with the milk. To one-half of the dough add 1 square of melted chocolate. Roll the white in a rectangular sheet 1/4 inch thick, then roll dark, same size and thickness and place on top of the white. Roll as for jelly roll.

Place in ice box and when firm cut into slices 1/4 inch thick. Bake in moderate oven 15 minutes. Two New Prize Cakes Worth Your Testing.

Most of us find we bake the same kind of cake week after week, possibly varying it only with a change of frosting or flavoring. Is it because we have sifted our tastes down and find we really care for one or two kinds of cake? I doubt it. I believe it is a habit we have acquired and that we need only a suggestion or two. Try these:

Rhubarb Cake. 1/2 cup butter. 2 1-3 cups flour. 1 cup brown sugar. 1 level teaspoon soda. 1 cup raisins. 1 cup chopped nuts (walnut or others). 1 teaspoon each cinnamon, cloves, nutmeg.

1 level teaspoon Calumet Baking Powder. 1 1/2 cups sweetened rhubarb (cooked). Cream sugar and shortening. Add spices. Add flour with leavening in it. Throw nuts and raisins on to the dry flour. Mix all very thoroughly together. Lastly add rhubarb. Be careful to have stiff batter. Bake in a loaf in a slow oven. This cake may be warmed and used as a pudding with hard-sauce. Calumet Crumb Cake. 3/4 cups flour. 1/2 cup soft butter. 2 cups brown sugar. 1 teaspoon cinnamon. 1 egg. 3/4 cup milk. 2 1/2 teaspoon Calumet Baking Powder. Abuse sometimes puts more attention in a man than praise.

It has a taste that makes friends and retains them



Golden West Coffee. Copyright Clouet & Deves

EAT U.S. Government Inspected MEATS Steusloff Bros. Market Corner Court and Liberty Phone 1538

LEHMAN'S for the Best-Vegetables Best-Fruits and Berries Best-Line of Groceries Best-Service and Free Delivery THE STORE THAT GIVES YOU 30 days account service with CASH and CARRY Prices.

BUSICK'S STANDARDIZED CASH STORES Today and Every Day C. & H. Pure Cane SUGAR 18 lbs. \$1 Eagle Brand hard Wheat FLOUR 49 lb. Sack \$1.99 Silver Leaf Pure LARD No. 5 Pail-4 lb. Net 85c No. 10, Silver Leaf, pure LARD 8 lbs. Net \$1.67 Heavy Sugar Cured BACON 1 lb. 31c New Garden Vegetables Green Peas New Potatoes String Beans Young Tender Carrots Beets Turnips Solid Head Lettuce Cucumbers Hot-house Tomatoes Green Onions Radishes Celery Strawberries Oranges Apples Sunkist Lemons Fancy Large Yellow Bananas Grape Fruit Shaker SALT 2 Packages 21c MATCHES 2 Cartons, 6 Boxes each 12 Boxes 39c Fancy Sliced Hawaiian PINEAPPLE 2 Large Cans 39c Preferred Stock Telephone PEAS 3 for 35c Gem Nut MARGARINE 3 lbs. 79c 2 large Pkgs. Kellogg's OATS 49c You'll like the bread we make-It's good-try a loaf today and see for yourself why we claim so much for it. 1 lb. Loaves Fresh from Oven . . . 3 for 25c

SALE OF BOYS' SWEATERS TODAY

A special purchase enables us to offer these fine sweaters at a great discount off the regular price. Regular \$4.00, \$4.50 Lumber Jack and Pullover styles, sizes 26 to 36. Beautiful patterns, some rayon striped. All fine quality. On sale at

\$2.95



McDowell Market 'Where a Dollar Does Its Duty' 173 South Commercial Telephone 1421