

TABLE TALKS Jeanette Beyer

Recipes from Our Readers Dear Readers: From time to time we will devote our Table Talks to the recipes which are sent in by you.

Apple Roll This is one of my favorite recipes: 1 qt. apples 2 cups water 1 1/2 cups sugar

Ever Ready Biscuit Dough 1 quart milk 1 cup mashed potato 2 1/2 tsp. salt 1 cup melted fat

Lima Bean Loaf With Bacon 1/4 lb. thinly sliced bacon 3 cups of lima beans 1 tsp. salt 1-2 tsp. pepper

Cheese Salad 1/2 lb. of American cheese grated 1/2 pint of whipped cream Salt and paprika

Crumb Cookies 5 cups ground crumbs (cake crumbs are best) 2 cups sugar 1 cup shortening

Salem Markets Table with columns for FLOUR, EGGS, POULTRY, SOGS, BUTTER, VEGETABLES, FRUITS and prices.

2 tsp. soda 5 cups Rex flour, sifted Cream the shortening with the sugar, add well beaten eggs

Dato Bars 3 eggs 1 cup sugar 1 cup walnut meats 2 cups dates stoned and cut in pieces

Tuna Fish Salad 1/2 lb. can tuna fish 1 cup diced celery 1 cup finely shredded cabbage

Custard Pie 4 beaten eggs 3-4 cup sugar 1 pint cold milk Mix eggs, sugar and milk. Pour in unbaked pie shell and sprinkle top with nutmeg.

Plain Butter Cake 2 cups Rex flour 2 1/2 tsp. baking powder 1 cup sugar 1/2 cup butter

General Markets LIVESTOCK PORTLAND, Dec. 31.—(AP)—Cattle, calves, hogs, sheep and lambs nominally steady; no receipts.

GRAIN PORTLAND, Dec. 31.—(AP)—Wheat bids: BBB hard white, HW, 88, 84 1/2; soft white Jan. Feb. \$1.32 1/2

DAIRY PORTLAND, Dec. 31.—(AP)—Dairy Exchange, net prices: Butter extras 46c; standard 45 1/2c; prime firsts 44 1/2c; firsts 41c.

WHEAT UNSETTLED CHICAGO, Dec. 31.—(AP)—Last minute attempts to get rid of December holdings of wheat tumbled quotations for that month down quickly today to a 5-8c under yesterday's finish.

MEXICAN TOMATOES SELLING ON MARKET

Lettuce Continues Weak While Potato Demand Remains Dull PORTLAND, Dec. 31.—(AP)—A few tomatoes are arriving from Mexico and selling for \$4.75 per box in the fringe, \$5.25 repacked.

HOUSEHOLD NOTES

"Sharp and Sweet" "Between these two extremes of sharp and sweet lies the relish and flavor of the Pine." So wrote the Englishman, Richard Ligon, speaking of pineapple in his book "The True and Exact History of the Island of Barbados."

Pineapple Fritters Pineapple and lamb chops is celebrated among those who would reduce. But those who don't have to watch the scales may enjoy it as well in a more delicious form.

An Economy Hit For pies, puddings, sherbets and drinks, use crushed pineapple. It is better for the purpose than sliced pineapple and cheaper.

Ham Baked With Pineapple Virginia ham is never better than when baked with Hawaiian pineapple. Use slices of ham one inch thick. They must be soaked in warm water for at least an hour before using.

A Well Balanced Food Did you know that Hawaiian pineapple is as rich in proteins and carbohydrates as many vegetables? It contains more protein per pound than any vegetable, except lima beans, brussels sprouts, onions and peas.

Eating Ice Cream Means More Vitamins in Use In a diary written soon after the Revolutionary war, one Monsieur Brillat-Savarin remarks at some length on the astonishment and pleasure of ladies eating frozen ice cream.

NOBLE ANDREWS And His Sales Room Now Located At 217 S. High St. With E. Tallman The place where you can get the big sweet Noble French prune trees which will bring you the big sweet prune like the ones which Mr. Andrews has exhibited for three years at the State Fair.



DIETETIC IMPORTANCE OF CANNED PINEAPPLE

With almost seven million cases of canned pineapple exported annually from Hawaii, an increased interest is being shown by scientists and physicians in the role which pineapple plays in dietetics. Canned pineapple, rather than the fresh fruit, is the subject of a great deal of the scientific investigation, since the fresh pineapple which we get in this country has been picked green, and therefore contains less food value than the canned product which has been picked at maturity.

Experiments at the Hawaiian agricultural experiment station have shown that during the growth of the fruit relatively small amounts of sugar are stored in it, but within the short period of normal ripening there is a rapid accumulation of sugar. Therefore pineapples gathered green do not develop a normal sugar content.

Ice Cream Still Considered Luxury Although Cheap Economic, rather than dietetic wisdom is the reason which prompts our grandmothers to refuse ice cream to their families except on holiday occasions. So asserts Milo Hastings, director of Physical Culture food research laboratory. An added reason originated in the old puritanical doctrine that all pleasure is sinful.

PNEUMONIA THREATENS LADY SILVERTON, Ore., Dec. 31.—(Special)—Mrs. E. Lott is seriously ill at her home on High street. Mrs. Lott contracted a serious cold which now threatens pneumonia.

Salts. Its juice contains "bromelin," a highly digestive juice which is especially beneficial in aiding the digestion of meats. Physicians, realizing the value of these elements contained in pineapple, have found certain specific uses for it, notably diphtheria cases where the juices have proved very soothing to the throat.

Physicians, realizing the value of these elements contained in pineapple, have found certain specific uses for it, notably diphtheria cases where the juices have proved very soothing to the throat. Owing to the digestive properties in pineapple, it is also used in many hospitals for invalids and convalescents. It not only aids in the digestion of other foods, but is a spur to the appetite.

Certain grades of "crushed" pineapple and a small quantity of sliced are packed especially for diabetic patients without sugar. With the exception of these few cases packed for medicinal purposes, all other pineapple contains the rich syrup made from refined pineapple juice and pure cane sugar.

Housewives who are using the largest part of the seven million cases of pineapple exported every year from Hawaii, will find in this product not only the delicious tropical tang which lends itself to a variety of uses in the meal, but valuable nutritive and digestive qualities which should give a regular place in the daily menu.

Portland—New, fast river steamer will replace old 'Lurline,' on Astoria run.

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LISTEN IN SATURDAY MORNING 10:00-11:00—K6W (291). Town Crier, music, household help.

LISTEN IN SATURDAY AFTERNOON 12:00—KPEG (282). Weather reports. 12:30-1:00—KFWV. Studio program.

LISTEN IN SATURDAY NIGHT 6:00-7:00—K6W (491). Concert. 6:00-6:30—KTRB (268). Tourist guide.

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Sawyer to Give Lecture on Curative Properties Ionaes, declared to be an electro magnetic therapeutic device with curative properties, caused by the action of magnetism on the iron in the human body, will be explained by Dr. H. H. Sawyer, lecturer, following the opening of offices next Tuesday by G. S. King and E. L. Wyckoff on the third floor of the new First National bank building.

FAT U.S. Government Inspected MEAT'S Steusloff Bros. Market Corner Court and Liberty Phone 528

Happy New Year Director's DEPARTMENT STORE A chemist of Ugedin, New Zealand, has discovered a process for cleaning wool badly stained by branding. Hitherto such stains have been ineradicable.

May the Happiness and Prosperity of Last Year Be Doubled a Thousand Fold THIS IS OUR NEW YEAR WISH TO OUR FRIENDS AND PATRONS H.L. Stiff Furniture Co. COMPLETE HOUSE FURNISHING