### Vegetable Casserole Dinners

Do you think because you haven't a casserole that casserole meals are impossible? The last few years have developed more new casserole dishes or meals than any other type of meal. Home service departments, radio talks, cooking, and both magazine and newspaper articles have given us many new ways of serving and combining the everyday foods which have an interesting appearance as well as flavor.

The question confronting every housewife, whether summer, fall or winter, is how can the preparation of food be made easier, in more instances than one.

Tender meat is not necessary for casserole cooking-here this type of cooking is a money saver. Tough cuts are equally as nutritious as those higher in price, and the flavor just as good when properly cooked. Cut the meat into pieces and sear on top of the stove. Have the vegetables cut into cubes or strips and parboil or saute for about five minutes: then place the meat and vegetables in the casserole and cover with water or soup stock. Season and cook until meat is tender.

Be generous with your seasonings in casserole cooking. A dash of kitchen bouquet catsup or onion will greatly enhance the flavor.

Most all vegetable casserole dishes require a bit of meat to add the desired flavor. Beef, ham bone, bason or pig's feet can all he used.

At this time of the year our old stand-bys, the "root" vegetables. Paris, with squash, onions and cabbage, are in their prime.

We need not confine the cooking of these fall vegetables to plain boiled or mashed. There are plneapple industry and the novel fully ripened goodness intact tour- the very finest pineapple grown. many ways in which we can add features of growing and canning ists claim that there is no more Captain Kidwell, an Englishman preparing them.

However, there are many houseof cooking these common vege- visit Hawaiia. tables plainly. Take squash for taste; if properly prepared, makes fields as they can be seen from that is most choice.

a most tasty dish. Steam a hubbard squash, mash among them, guides also make a the pineapple gives some idea of soil and plowing after which nasmoothly, season with salt, pep- stop at the plantations of Oahu what modern inventions have done live and South Sea Island workers per, and plenty of butter; also a where experts explain the interest- to supply this luxury at so low a set out the slips and keep them couple of tablespoons of cream and ing facts about pineapple culture. price. a bit of sugar. Hardly any sum- Then at the invitation of the guide mer vegetable can surpass its delictousness.

nin. Select young, small ones, ed fields. and holl-until tender. Dice and add a rich cream sauce. You can

## Salem Markets No. 1, wheat, white Red, wheat, sacked FORK, MUTTON AN DEREF-Heavy colored frys .. EGGS, BUTTER, BUTTERFAT-EGETABLES, PRUITS-

## EXPLORING PINEAPPLE PLANTATIONS A NEW CONSUMER WIELDS TRIP FOR TOURISTS



Not so many years ago, pine- the fruit from the stem, he is sur- long voyage, the Spaniards took apple was a fruit for kings. Poets prised to find how heavy the the suckers from which pineapples used it as a symbol of rare lux- "Smoth Cayenne" variety feels, are grown, and it was raised in ury. Balzac spent months schem- Its average weight is ten pounds. Morocco under glass. From Spain ing to get rich by raising pineapples under glass, in a suburb of ments of dashing the big pineap- in London a breeder developed

Today, any family can have it

variety by learning new ways of this fruit, have made the explora- delectable fod in the world. tion of pineapple plantations and

Besides giving the tourist a the roads that wind in and out visitors delight in eating samples the fruit to Spanish explorers as height, with sawedge spiky leaves of the Monarch of Fruits as it something unusually luscious, and in eighteen to twenty months Then we have that homely tur- comes directly from the sun-ripen- Since it took a long time to get after planting the fruit is picked

carcely detect the old strong fiaor of turnip.

Common vegetables plainly cooked, in order to be good, must be well cooked, well seasoned and

### RAFFETY URGES CHANGE IN AUTO TRAFFIC LAWS (Continued from page 1.)

mobiles would be required if another recommendation becomes

wants it to be illegal to advertise any speed contest or record run contest which would involve the violation of any law, and asks that the legal speed of trucks equipped with pneumatic tires be increased. The conference went on record

as favoring the adoption of the Hoover uniform vehicle code, but it wishes to make permissible certain deviations in municipal laws governing the use of intersections Another meeting of the automotive conference will be held to-

## Household Notes

Pumpkin Pic Season The traditional season

just as well have pumpkin pie all year around, for in canned form the filling is available at any time. One large can of pumpkin makes two good pies. Measure the contents and to three cups pumpkin add one and a third cups brown sugar, two teaspoons cinnamon one teaspoon each of ginger and salt, four well beaten eggs, four cups of milk, mix and pour into ready baked pie shell. Bake 15 minutes.

Britons Use More Canned Foods

The British people are taking a leaf from the book of their American cousins and turning more and more to the use of canned foods. This has been accelerated by the British coal strike lengthens out. Britons must be more and more watchful of money. To lower gas bills, eliminate waste, and in other ways trim his financial sails. John Bull is using quantities of canned soups, vegetables, potted meats. The price of gas in some places has gone up fifty per cent. Salmon Pierre

Remove the tops from a bunch of celery and parboil the larger stalks until they are tender. Place on a buttered pan. Stuff the stalks with a mixture of a pound can of salmon, two cups bread crumbs and three-fourths cup of milk, easoning of a fourth teaspoon salt and a dash of pepper. Dot with butter and heat in oven until crumbs are brown, Serve with Hollandaise or white sauce.

Spraghetti Now Americanized The American people eat five ounds of spaghetti per capita per ear. Most of the spaghetti, macimported from Italy, but nine- of milk.

ty-one per cent of what we eat is now manufactured in the United States, Spagetti in its convenient canned form is even exported countries. The best of Italian recipes is used in the preparation of canned spaghetti and the dish is entirely complete and needs Marsh Ramsley, Mr. and Mrs. A. only to be reheated before serving.

Health experts recommend tomatoes highly for their medicinal properties. Raw or canned tomatoes have equal properties in vitamins and minerals and as body and bone builders, and in canned tomatoes the health remedy is cheap the year round.

In a Chicago hospital, the children receive tomato juice instead of orange juice as a tonic food. A well known New York hospital put tomatoes at the head of the list of reducing foods. The use of tomatoes in their varied canned forms in all kinds of dishes is to be encouraged.

Chicken Pie

Boneless chicken is excellent in chicken pie and has the distinct large pieces. To a can of chicken broth add four tablespoons flour mixed to a paste with cold water. dash of celery salt and paprika to taste. Into a buttered pie dish nut a small can of tiny peas, three fourths a cup of cooked onions, three fourths cup cooked carrots, mintang, the political organization cut in small strips. Add chicken and sauce and mix. Cover top of dish with rings of small biscuits, which make the serving easier. Brush over with milk and bake in a hot oven (450F) 20 minutes. Make the biscuit dough of two cups flour, five teaspoons baking

Then follow very enjoyable mo- it spread to other countries, and ple against a rock, so that the the variety known as "Smooth shell can be broken away from the Cayenne. choice fruit inside. Still warm The enormous growth of the from the sun, and with all of the waii has become famous since it is

canneries one of the most popular unitiated to the richness of pine- lished a modest canning plant wives who are really not capable sight-seeing trips for tourists who apple sample some of the meat there, and began to raise this o close to the shell, since it is the choice variety. part-from which, incidentally instance, which often has a watery view of the endless pineapple the "crushed" pineapple is canned, who sell it to canners and the

A brief glance at the history of with tractors for preparing the

back home to Spain and pineapple | dead ripe, a delicious sun-ripened If the novice is allowed to break was too perishable to stand the product.

The fruit is raised by planters farming is done in a modern way calves,

It is this variety for which Ha-

free from weeds. The plants Indians were the first to offer grow from two to three feet in

### Newspaper Jacket Keeps Ice Cream From Melting

der to bring the Sunday morning editions into the house it was ne- and property made safe. has thrown it aside. Everyone knows that paper is an excellent insulator. When the ice cream for Sunday dinner arrives in its carton a heavy newspaper jacket will keep the coldness within the carton and tend to keep the ice cream hard for as long as an hour. After wrapping of course, the package should be placed in the coldest place in the house.

## Golden Wedding Anniversary

SILVERTON, Or., Jan. 7 .who will do so within the near future, will be special guests at J. Hardie will deliver the address. a men's quartet will sing "Love's Old Sweet Song.

Mr. and Mrs. Heater, Mr. and Mrs. G. Steelhammer, Mr. and Mrs. Scott Hobart, Mr. and Mrs. E. S. Longacre, Mr. and Mrs. J. Karstetter, Mr. and Mrs. William Towne, Mr. aand Mrs. C. E. Scott, Mr. and Mrs. J. H. Mosher, and Mr. and Mrs. M. L. Barnett,

## HANKOW GROWS MORE

Business ceased despite Chinese

Asiatic Petroleum company's such a product." premises by Chinese pickets, but var expected to be liberated soon.

The flag was not flying from the British consulate general yesmerit of needing no preliminary terday, the premises being watched preparation. Cut chicken in to by Chinese troops, said Japanese uspatenes. Consul General Goffe remained within. Other British residents who still remained in Hankow took refuge in the Hong Kong bank and Astatic Petroloum company's buildings, about which

> members of the local Knoapporting the Cantonese government, took over the administration of the British concession. Eugene Chen, foreign minister of the nationalist government,

cre Cuinese troops and pickets.

said another dispatch, met leading Americans Friday afternoon to discuss their position. He assured them that there was no reason for the Dak powder, one teaspoon salt, three panic, asserting that the Chinese and kindred products used to tablespoons butter, two thirds cup government could control the situation. Later, the majority of

the American community decided to leave Hankow.

The famous "Mr. Dooley" re
a similar object was a fiasco. Only winter can, Feb. \$1.32; northern spring the program at the weekly chamber of the program at the program at the weekly chamber of the program at the weekly chamber of the program at the weekly chamber of the program at the weekly chamber of the program at t cently discoursed at large on one other Britisher attended. Feb., \$1.30. Anglo Americans were unani- Feb. 831

order would be restored and Me

tions separately. So here's another and British warships in the Yanguse for this tonnage of Sunday tse opposite Hankow, but sailors reading matter when the family and marines were kept aboard. Chinese officials said that their presence might inflame the mobs. Chinese troops continued to patrol the streets, and the populace continued hostile to foreigners.

### Ice Cream Furnishes **Necessary Food Elements**

America's Garguantuan sweettooth must be satisfied! We take our ice cream sweet. In fact. the sweeter the better, judging from a recent comparison to de-Couples Guests at Church termine which of three percentages of cane sugar should be used (Special.)-Couples who have cel- were totalled, 61 customers voted ebrated their golden weddings, or for 19 per cent sugar; 29 for 16 per cent sugar, and 10 for 13 per cent sugar. The sweetest won. the evening services of the Metho- But provided this sugar intake is dist Episcopal church. The Rev. balanced with other nutriments, no deleterious effects can result. for scientists tell us that no body out the heat energy which sugar cial guests are Mr. and Mrs. M. S. supplies so plenuously. Ice cream Hoblitt, Mr. and Mrs. C. S. Bris- satisfies the sweet-tooth while it tol, Mr. and Mrs. C. S. Shattuck, furnishes food elements we cannot do without.

### Dr. Eddy Recommends Use of Ice Cream for Children

An answer to the question, "Is ice cream good for children," is given by Dr. Walter H. Eddy in the November Modern Priscilla."

"We have entirely satisfactorily evidence," he says, "that eaten PERILOUS FOR WHITES slowly and in moderation, properly balanced with other nutriments, ice cream serves a useful government assurances that law place in the dietary. Our conand order would be kept. Further sumption of the commercial proddevelopments were being awaited uct will increase. I believe such a situation is entirely justifiable The correspondent of Reuter's and that manufacturers are con-News agency was confined in the scientiously working to insure

The utmost help

One help has proved itself the ut-most for a cold. It is so efficient, so quick and complete that we paid \$1,000,000 for it. That way is HILL'S. It does four things at once. It stops the cold in a day, checks the fever, opens the bowels, then tones the entire system. It has won millions by proving that nothing else compares. Don't rely on lesser help, and don't delay. Learn now how much HILL'S means

U. S. Department Agriculture Completes Survey of Meat Industry

culture following a survey of the try. retail meat industry in 20 cities over the United States.

qualities, the department says.

parts, including methods and pracer habits and preferences in the purchase and consumption of

### General Markets

LIVESTOCK PORTLAND, Jan. 7 .- (AP) -- Cattle

PRODUCE PORTLAND. Jan. 7 .- (AP) -- Milk best churning cream 48c in valley, 49c

milk (4 per cent) \$2.60 cwt, 1. \$27@28c; light 22c; springs 21@22; broilers 26@28c; pekin white ducks 280

Onions steady: local \$1,75 % 1.85.

PORTLAND, Jan. 7.—(AP)—Wheat bids: BBB hard white Jan., Feb., \$1.3422, white A meeting with the British with HW, Bs. Baart, federation, soft white.

Corn. No. 2 EY shipment, Jan., Ed. 34.50; ditto No. 3, Jan., Feb. \$33.50, Millrun, standard, Jan., Feb. \$27.50. HAY PORTLAND, Jan. 7.—(AP)—Hay buy-ng prices: Eastern Oregon timothy \$20 (22) ditto valley \$176(17.50) cheat \$13: alfalfa \$17.50@ 18; cat hay \$13; cat and vetch \$14.50@ 15; straw \$7@ 7.50 per ton. Selling prices \$2 a ton more.

PORTLAND, Jan. 7,—(AP)—Dairy xchange, net prices: Butter extras 43 ½c; standards 42 ½c; rime firsts 42c; first 41. Eggs, extras 36c; firsts 33c; pullets (3c; current receipts 32c; undersized 30c

WHEAT UNSETTLED CHICAGO, Jan. 7.—(AP)—Stimulus or an advance in wheat came today from predictions by a noted speculator that and of the season world stocks will prove low normal. Wheat closed unsettled at esterday's finish to 21-8c higher, corn oats unchanged to 1-4c better.

meats. Most cities have ordinance es governing sanitation, but in many cases the department found

lous dealers are recommended. There are signs, says the department, of an increased interest Need for improvements in re- about cuts and qualities, and it of Fonseca, where a Mexican guntail meat marketing, including is to the ultimate interest of the runner was supposedly seeking to better business methods in oper- meat industry that retail dealers make confact with the shore. The ating stores, the use of adequate take an active part in helping cus- navy said its advices indicated equipment and refrigeration, a re- tomers to learn what constitutes that the cruiser was steering in duction in labor turnover, and the quality in meat. Selling meats by another direction, on an undiseducation of consumers to a grades is recommended as an ef- closed mission. knowledge of grades of meats, is fective step toward attaining many Neither was an official word ob-

of meat absorbed by retail agen-Fifty per cent of nearly 4500 cies is reported to average from housewives declared that their 22 to 25 per cent. Yet, almost 27 mately 9 per cent of the cattle found to be operated at a loss in official silence. meat cutters.

Of the three groups, including wives of the American white group senate. Leaving just as the cabiproducer, distributor and consum- indicated that steaks and chops net was arriving for its regular er, the consumer is recognized as were bought because of their pal- Friday meeting, Mr. Borah told wielding the strongest influence atability, 40 per cent stated this inquirers that in his belief "the on production and distribution. as the reason for buying roasts, United States has no business in More definite knowledge of con- and 29.4 per cent assigned this the world in Nicaragua." sumer preferences and buying reason for using boiling meat. habits is considered of value as Economy was given greatest an aid in adjusting production and weight by housewives as a reason for using roasts and boiling meat The department urges stringent than for using steaks and chops. who heard much of the wonders enforcement of practical sanitary Meat was served in the households The guide suggests that those of Hawaii, went over and estab- regulations in connection with the of the American white group an average of 2.1 times per week at force the American recognized govbreakfast and lunch, and 5.6 times ernment of President Diaz.

> per week at dinner. Detailed results of the survey may be obtained upon request to the department of agriculture, Washington, D. C.

PRESIDENT SEEKS IDEAS OF MEMBERS IN PLANNING

and directors of the Salem Chamber of Commerce will appear on ber luncheon Monday noon. Scott Oats, No. 2, 36 pound white feed Jan. Page, newly elected president, will

Each director and officer will The conservative government unmake a brief talk outlining what der President Diaz requested the he thinks ought to be some objec-

tive of the chamber for 1927. In addition cards are being sent out to all members of the chamber asking them to give two or three objectives they think the chamber should take up.

These cards will be considered at the next meeting of the board of directors.

"The officers and directors have some ideas on what the Chamber of Commerce should do this year" according to Scott Page, president, "but we are anxious to get a cross-section of what the members think to influence our de-

that enforcement has not been from Managua that the American made fully effective. Adequate naval commander had been authorthat enforcement has not been from Managua that the American retail equipment and refrigeration, ized to stop arms shipments to accounts and careful bookkeeping, "unauthorized persons," and that and the elimination of unscrupu- navy declared itself without information why the American cruiser Galveston suddenly left her station at Corinto at daybreak. The report current in Nicaragua was among consumers in learning that she was headed for the bay

urged by the department of agri- desirable ends in the meat indus- tainable about the six additional warships and the 400 marines or-The portion of the retail price dered south yesterday to augment the American naval squadron under Rear Admiral Lotimer. The ships are to report to the admiral for such disposition as he may dealers handled either the best or per cent of 142 individual retail find necessary. If any sudden dea very good quality of meat, when meat markets of all types of stores velopment in the situation lead to as a matter of fact only approxi- and volumes of business were their despatch, it remains clothed slaughtered were probably of these when wages for proprietors were It was just outside the doorway

included in total expense. Losses of the White House that Senator The survey was made under an were incurred in 10 of 13 stores Borah announced his disagreement appropriation especially for this studied in detail where annual with the policy of the administrapurpose, and was made in three sales were less than \$14,000, it tion. He had been summoned to being apparent that in such small the executive offices by the presitices of retailing meats, margins, sized stores the total amounts re-expenses and profits, and consum-turned to the proprietors were not of Virginia ranking democrat on equal to the wages usually paid the foreign relations committee, and Senator Robinson of Arkan-Sixty-two per cent of the house- sas, the democratic leader of the

> Later, in a formal statement issued from his offices at the capitol, the foreign relations chair man said that "if there is anybody in Nicaragua constitutionally entitled to be president, it is Sacasa," the former vice president, who is opposing by armed When Secretary Kellogg left the

cabinet meeting le responded to ave been printed in three depart- inquiries with the statement that nent bulletins, copies of which the United States was determined to protect American lives and property and that in furtherance of that determination, Admiral Latimer was expected to stop fighting in those parts of Nicaragua where it would imperil those American interests.

MANAGUA, Nicaragua, Jan. 7. -(AP.)-Two hundred well armed liberals occupied Nandaime today, the small garrison of conservative troops withdrawing to Granada, about 20 miles southeast of Managua. The conservative government is expecting an attack on Granada, but announces

The liberals are said to be preparing for an attack on Rama, situated on the Escondido river about 30 miles west of Bluefields, on the east coast of Niraragua.

methods and practices of retailing ARMED FORCES OPPOSED United States legation to declare Rama a neutral zone as American IN NICARAGUA BY BORAH interests are largely represented

Liberal supporters in Managu: are requesting President Sacas head of the liberal governmen to name a representative to treat with the conservative government Admiral Latimer, in command of the American naval forces Nicaraguan waters, is reported to have announced his willingness to use his good offices to bride such an arrangement.

### TALL BUILDING PLANNED

First construction, on an 81story tower, proposed as the tallest building in the world, will begin in Detroit in January.

### HERE IS THE PLACE TO BUY YOUR MEATS

You never will realize what you can save until you become one of our customers.

### Specials For Today

Pork Roast Pound. Our Best Bacon Pound

Lean Bacon Backs Pound ... Pure Lard

Pound

## McDowell Market

"Where a Dollar Does Its Duty"

173 S. Commercial. Telephone 1421

FAT Government MEATC

STEUSLOFF BROS. MARKET

Corner Court and Liberty

Special 30 Day Sale

# GAS and ELECTRIC APPLIANCES

2-New Electric Ranges 3-Used Electric Ranges 2—Gas Ranges

3—Used Automatic Washers 3-New Grand Ironers 1-Daylight Washer

Many Other Electric and Gas Appliances

To Close Out at REDUCED PRICES

SEE OUR WINDOW DISPLAY

PORTLAND ELECTRIC POWER CO.

237 North Liberty