

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.

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.

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, bacon or pig's feet can all be used.

At this time of the year our old stand-bys, the "root" vegetables, 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 many ways in which we can add variety by learning new ways of preparing them.

However, there are many housewives who are really not capable of cooking these common vegetables plainly. Take squash for instance, which often has a watery taste; if properly prepared, makes a most tasty dish.

Steam a Hubbard squash, mash smoothly, season with salt, pepper, and plenty of butter; also a couple of tablespoons of cream and a bit of sugar. Hardly any summer vegetable can surpass its deliciousness.

Then we have that homely turnip. Select young, small ones, and boil until tender. Dice and add a rich cream sauce. You can

EXPLORING PINEAPPLE PLANTATIONS A NEW TRIP FOR TOURISTS



Not so many years ago, pineapple was a fruit for kings. Poets used it as a symbol of rare luxury. Haizac spent months scheming to get rich by raising pineapples under glass, in a suburb of Paris.

Today, any family can have it on their table.

The enormous growth of the pineapple industry and the novel features of growing and canning this fruit, have made the exploration of pineapple plantations and canneries one of the most popular sight-seeing trips for tourists who visit Hawaii.

Besides giving the tourist a view of the endless pineapple fields as they can be seen from the roads that wind in and out among them, guides also make a stop at the plantations of Oahu where experts explain the interesting facts about pineapple culture.

Then at the invitation of the guide visitors delight in eating samples of the monarch of fruits as it comes directly from the sun-ripened fields.

If the novice is allowed to break scarcely detect the old strong flavor of turnip.

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

RAFFETY URGES CHANGE IN AUTO TRAFFIC LAWS

mobiles would be required if another recommendation becomes law.

The automobile conference 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 tomorrow.

the fruit from the stem, he is surprised to find how heavy the "Smooth Cayenne" variety feels. Its average weight is ten pounds.

Then follow very enjoyable moments of dashing the big pineapple against a rock, so that the shell can be broken away from the choice fruit inside.

The guide suggests that those uninitiated to the richness of pineapple sample some of the meat close to the shell, since it is the part—from which, incidentally the "crushed" pineapple is canned, that is most choice.

A brief glance at the history of the pineapple gives some idea of what modern inventions have done to supply this luxury at so low a price.

Indians were the first to offer the fruit to Spanish explorers as something unusually luscious. Since it took a long time to get back home to Spain and pineapple was too perishable to stand the

long voyage, the Spaniards took the suckers from which pineapples are grown, and it was raised in Morocco under glass. From Spain it spread to other countries, and in London a breeder developed the variety known as "Smooth Cayenne."

It is this variety for which Hawaii has become famous since it is the very finest pineapple grown. Captain Kidwell, an Englishman who heard much of the wonders of Hawaii, went over and established a modest canning plant there, and began to raise this choice variety.

The fruit is raised by planters who sell it to canners and the farming is done in a modern way with tractors for preparing the soil and plowing after which native and South Sea Island workers set out the slips and keep them free from weeds. The plants grow from two to three feet in height, with sawed spiky leaves and in eighteen to twenty months after planting the fruit is picked dead ripe, a delicious sun-ripened product.

Newspaper Jacket Keeps Ice Cream From Melting

The famous "Mr. Dooley" recently discoursed at large on newspapers and their weight, making the statement that in order to bring the Sunday morning editions into the house it was necessary to carry the various sections separately.

So here's another use for this tonnage of Sunday reading matter when the family 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 Couples Guests at Church

SILVERTON, Or., Jan. 7.—(Special.)—Couples who have celebrated their golden weddings, or who will do so within the near future, will be special guests at the evening services of the Methodist Episcopal church.

Among those eligible to be special guests are Mr. and Mrs. M. S. Hohlitt, Mr. and Mrs. C. S. Bristol, Mr. and Mrs. C. S. Shattuck, Mr. and Mrs. Heater, Mr. and Mrs. Marsh Ramsey, Mr. and Mrs. A. G. Steelhammer, Mr. and Mrs. Scott Hobart, Mr. and Mrs. E. S. Longacre, Mr. and Mrs. J. Karstetter, Mr. and Mrs. William Towne, Mr. and Mrs. C. E. Scott, Mr. and Mrs. J. H. Mosher, and Mr. and Mrs. M. L. Barnett.

HANKOW GROWS MORE PERILOUS FOR WHITES

Business ceased despite Chinese government assurances that law and order would be kept. Further developments were being awaited anxiously.

The correspondent of Reuter's News agency was confined in the Asiatic Petroleum company's premises by "Chinese pickets," but was expected to be liberated soon.

The flag was not flying from the British consulate general yesterday, the premises being watched by Chinese troops, said Japanese consulates. Consul General Goffe remained within. Other British residents who still remained in Hankow took refuge in the Hong Kong bank and Asiatic Petroleum company's buildings, about which were Chinese troops and pickets.

Members of the local Knomintang, the political organization supporting the Cantonese government, took over the administration of the British concession.

Eugene Chen, foreign minister of the nationalist government, said another dispatch, met leading Americans Friday afternoon to discuss their position. He assured them that there was no reason for panic, asserting that the Chinese government could control the situation. Later, the majority of

Ice Cream Furnishes Necessary Food Elements

America's Gargantuan sweet-tooth must be satisfied! We take our ice cream sweet. In fact, the sweeter the better, judging from a recent comparison to determine which of three percentages of cane sugar should be used in ice cream. When the votes were tallied, 61 customers voted for 19 per cent sugar; 29 for 16 per cent sugar, and 10 for 13 per cent sugar.

The sweetest won. But provided this sugar intake is balanced with other nutrients, no deleterious effects can result, for scientists tell us that no body cell can survive one minute without the heat energy which sugar supplies so plenteously. Ice cream satisfies the sweet-tooth while it 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 satisfactory evidence," he says, "that eaten slowly and in moderation, properly balanced with other nutrients, ice cream serves a useful place in the dietary. Our consumption of the commercial product will increase. I believe such a situation is entirely justifiable and that manufacturers are conscientiously working to insure such a product."

Colds

The utmost help

One help has proved itself the utmost for a cold. It is efficient, so quick and complete that we paid \$1,000,000 for it. That was 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 to you.

Be Sure It's HILL'S. Price 30c. CASCARA & QUININE. Get Red Box.

CONSUMER WIELDS STRONG INFLUENCE

U. S. Department Agriculture Completes Survey of Meat Industry

Need for improvements in retail meat marketing, including better business methods in operating stores, the use of adequate equipment and refrigeration, accounts and careful bookkeeping, and the elimination of unscrupulous dealers are recommended.

There are signs, says the department, of an increased interest among consumers in learning about cuts and qualities, and it is to the ultimate interest of the meat industry that retail dealers take an active part in helping customers to learn what constitutes quality in meat.

Selling meats by grades is recommended as an effective step toward attaining many desirable ends in the meat industry.

The portion of the retail price of meat absorbed by retail agencies is reported to average from 22 to 25 per cent. Yet, almost 27 per cent of 142 individual retail meat markets of all types of stores and volumes of business were found to be operated at a loss when wages for proprietors were included in total expense.

Losses were incurred in 10 of 13 stores studied in detail where annual sales were less than \$14,000, it being apparent that in such small sized stores the total amounts returned to the proprietors were not equal to the wages usually paid meat cutters.

Sixty-two per cent of the housewives of the American white group indicated that steaks and chops were bought because of their palatability, 40 per cent stated this as the reason for buying roasts, and 29.4 per cent assigned this reason for using boiling meat.

Economy was given greatest weight by housewives as a reason for using roasts and boiling meat than for using steaks and chops. Meat was served in the households of the American white group an average of 2.1 times per week at breakfast and lunch, and 5.5 times per week at dinner.

Detailed results of the survey have been printed in three department bulletins, copies of which may be obtained upon request to the department of agriculture, Washington, D. C.

General Markets

LIVESTOCK PORTLAND, Jan. 7.—(AP)—Cattle, calves, sheep, hogs, and lambs nominally steady, no receipts.

PRODUCE PORTLAND, Jan. 7.—(AP)—Milk best morning cream 48c; Valley 48c; net shipping, fresh in zone 1c cream delivered Portland 51c; 25c per pound. Raw milk (4 per cent) \$2.60; 4% 3c; 5% 4c.

GRAIN PORTLAND, Jan. 7.—(AP)—Wheat bids: BBH hard white Jan. Feb. \$1.34 1/2; HW. B. hard, redation, soft white western white Jan. Feb. \$1.34; hard winter Jan. Feb. \$1.32; northern spring Jan. Feb. \$1.33 1/2; western red, Jan. Feb. \$1.30.

HAY PORTLAND, Jan. 7.—(AP)—Hay buying prices: Eastern Oregon timothy \$20 1/2; ditto valley \$17 1/2; cheat \$15; alfalfa \$17.50; 18; oat hay \$13; oat and vetch \$14.50; 15; straw \$7.50 per ton. Selling prices \$2 a ton more.

DAIRY PORTLAND, Jan. 7.—(AP)—Dairy Exchange, net prices: Butter, extras 43 1/2; standards 42 1/2; prime firsts 42; first 41.

WHEAT UNSETTLED CHICAGO, Jan. 7.—(AP)—Stimulus for an advance in wheat came today from predictions by a noted speculator that end-of-the-season world stocks will prove below normal. Wheat closed unsettled at yesterday's finish to 21c higher, corn at 3-8 1/2 decline to 1-4 advance and oats unchanged to 1-4 better.

ARMED FORCES OPPOSED IN NICARAGUA BY BORAH

United States Legation to Declare Rama a Neutral Zone as American Interests are Largely Represented There

Liberal supporters in Managua are requesting President Sacasa head of the liberal government, to name a representative to treat with the conservative government.

Admiral Latimer, in command of the American naval forces in Nicaraguan waters, is reported to have announced his willingness to use his good offices to bring about such an arrangement.

TALL BUILDING PLANNED First construction on an 81-story 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 20c Pound, Our Best Bacon 30c Pound, Lean Bacon Backs 25c Pound, Pure Lard 18c Pound

MANAGUA, Nicaragua, Jan. 7.—(AP.)—Two hundred well armed liberals occupied Nandaimo today, the small garrison of conservative troops withdrawing to Granada, about 20 miles southeast of Managua.

The liberal attack on Rama, situated on the Escondido river, about 30 miles west of Bluefields, on the east coast of Nicaragua. The conservative government under President Diaz requested the

Officers to Speak

President seeks ideas of members in planning

All eleven of the new officers and directors of the Salem Chamber of Commerce will appear on the program at the weekly chamber luncheon Monday noon. Scott Page, newly elected president, will introduce the members to the chamber.

Each director and officer will make a brief talk outlining what he thinks ought to be some objective 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 decisions."

McDowell Market "Where a Dollar Does Its Duty" 173 S. Commercial Telephone 1421

EAT U.S. Government Inspected MEATS STEUSLOFF BROS. MARKET Corner Court and Liberty Phone 1528

Household Notes

Pumpkin Pie Season The traditional season for pumpkin pie is here. We may 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, seasoning 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.

Spaghetti Now Americanized

The American people eat five pounds of spaghetti per capita per year. Most of the spaghetti, macaroni and kindred products used to be imported from Italy, but nine-

ty-one per cent of what we eat is now manufactured in the United States. Spagetti in its convenient canned form is even exported to Italy as well as many other countries. The best of Italian recipes is used in the preparation of canned spaghetti and the dish is entirely complete and needs only to be reheated before serving.

Tomatoes Are a Real Health Food

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 merit of needing no preliminary preparation. Cut chicken in to large pieces. To a can of chicken broth add four tablespoons flour mixed to a paste with cold water, a dash of celery salt and paprika to taste. Into a buttered pie dish put a small can of tiny peas, three-fourths a cup of cooked onions, three-fourths cup cooked carrots, 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 powder, one teaspoon salt, three tablespoons butter, two thirds cup of milk.