

SEVEN POINTS WAY TO FINE HEALTH

Fourteen Combinations to Aid in Solving the Problem Given

That salads, properly prepared, fulfill a definite health purpose is generally agreed by food authorities. The leafy greens, fresh fruits and vegetables which make up the average salad, contain not only valuable mineral salts, but a liberal supply of the precious vitamins so essential to health.

But to be most beneficial and most appetizing, salads must be carefully thought out—they must be planned to include the right combinations of foods.

Fourteen Salad Points

- 1—Pineapple, cream cheese, Maraschino cherries.
- 2—Grapefruit, dates, nuts and marshmallows.
- 3—White or toky grapes and pecans.
- 4—Cooked spinach and hard boiled eggs.
- 5—Oranges or apples with Bermuda onion.
- 6—Flaked fish with celery and hard boiled egg.
- 7—Apples and nuts, raisins or dates.
- 8—Tomato, celery and cucumber.
- 9—Bananas and cherries, stuffed with nuts.
- 10—Watercress or Romaine with any fruit.

The principal salad groups are fruit salads, vegetable salads, meat and fish salads. Some unusual recipes in each of these groups are contributed by the Best Foods Home Economics service.

- #### Autumn Salad
- 1 cup tart apples, diced
 - 1/2 cup seeded raisins
 - 1 cup choice celery (cut fine)
 - 1/2 cup hokien nut meats
 - 3 Maraschino cherries
- #### Mayonnaise
- Mix together all the ingredients, except cherries, with Mayonnaise, pile on lettuce leaves and garnish with slices of cherries.

- #### White Salad
- 1/2 cup white grapes
 - 1/2 cup pineapple
 - 1/2 cup diced pears
 - 1/2 cup cherries
 - 1/2 cup white cherries
 - 1/2 cup diced marshmallows
 - 1/2 cup blanched Brazil nuts (chopped)
- #### Lettuce
- Mayonnaise
- Mix the fruits and nuts together and pile on lettuce leaves. Top each pile with a spoonful of Mayonnaise.

General Markets

LIVESTOCK

PORTLAND, Jan. 14.—(AP)—Cattle and calves steady; receipts 20. Hogs, sheep and lambs nominally steady; no receipts.

DAIRY

PORTLAND, Jan. 14.—(AP)—Milk steady; best churning cream 48c, in valley 49c, net shippers 47c. Federal, cream delivered 50c @ 52c per pound. Raw milk (4%) \$2.00 cwt. f. o. b. Portland.

GRAIN

PORTLAND, Jan. 14.—(AP)—Wheat bids: BBB hard white, hard white, B3, hard, 2 1/2, Feb. \$1.33 1/2; Federal, soft, 2 1/2, Feb. \$1.33 1/2; hard winter, Jan. Feb. \$1.31 1/2; northern spring, Jan. Feb. \$1.32; western red, Jan. Feb. \$1.28 1/2.

STOCK MARKET BRIEF

NEW YORK, Jan. 14.—(AP)—Spectacular bidding for the common stock of the Delmar Valley railroad, which soared 1 1/2 points for a new record high at 12 1/2 and then eased to 11 1/2 on what was described in brokerage circles as open market buying for control, featured today's erratic stock market.

WHAT UNSETTLED

CHICAGO, Jan. 14.—(AP)—Big shipment from below the equator had a bearing on the price of the commodity. The wheat did ample snow covering for the domestic winter crop. Wheat closed weak at 1.54 1/2 to 1.55 1/2, with a decline to 1.54 1/2 and a recovery to 1.55 1/2.

DAIRY

PORTLAND, Jan. 14.—(AP)—Dairy Exchange, net prices: 44c; standard 44c; prime firsts 42c; firsts 40c; eggs, extras 92c; firsts 90c; pullets 20c; current receipts 20.

LARGE ORANGES SCARCE

PORTLAND, Jan. 14.—(AP)—Large oranges, which are predominantly supplied in the season, are now scarce and the differential in price against them has disappeared. There is a temporary shortage of grapefruit but several lots are nearly due to arrive. Supplies of lettuce are more liberal and the price is slightly weaker. The movement of apples is good but it is usually in fact-and-fill stock around \$1.00 per box. A few hot house cucumbers are still on the ground but they are being only 75c to \$1.00 per dozen. Hot house melons are expected from Sumner, Wash., in a few days.



PINEAPPLE BRINGS PROGRESS TO HAWAII

Visitors to Hawaii are sometimes surprised to find instead of grass huts, ovens built in the ground, beautiful American homes, cosmopolitan cuisines and pineapple plantations which are among the most modern of any plantations in the world.

They are apt to forget that although the islands of Hawaii have been civilized only a comparatively short time as civilization goes, during that time they have been civilized at high pressure. Owing to the magic of Hawaiian climate and natural beauty, they have quickly become one of the most cosmopolitan spots of the world.

It is this curious mixture of the old and the new which makes Hawaii so interesting.

Yesterday the little girl who sat before her grass hut knew only the art of mat-weaving or lauhala hat making. In the long Hawaiian evenings she sat inside her hut listening to the legends of the Fire-gods told by the old folks as they sat mending their nets for the next day's catch. She could swim and dive, shimmie a coconut tree and drop down the big nuts whose milk was so cooling even under tropical sun; and she could go "torch fishing" with the men who waded deep out at sea with torch and spear to catch the squid and eel.

Today she sits on the lanai, or veranda, and reads, or chats in very good English with friends, over Kona coffee, Hawaiian pastry, pineapple jam or poha jelly. She still loves adventure. Often in the evenings she goes down to the big American hotels and enjoys the jazz music, even though it is so different from the wailing melodies of her people. For adventurous sport she chooses surf riding—dashing into the shore at the rate of 25 to 30 miles an hour, erect and poised on a bit of board driven by breakers.

Most of the changes in the manner of social life in Hawaii have come in the last 25 years, and much of it can be traced to the time when Hawaii was found to be the ideal spot for pineapple plantations and the biggest ones in the world began to be established there.

With the pineapple plantations came the opportunity for natives to find abundant work in the field—out-of-door work in the land they loved best. Higher wages than they had ever before received enabled them to think of things outside the little banana and taro patch at home.

Schools were built and with education came the desire for better homes. Slowly the little grass huts gave way to small cottages. These cottages grew in size as the workers became more prosperous and many who became rich in the industry built homes which are now pointed out to sightseers of the Paradise Islands.

Women were employed in the new pineapple canneries and ideals of cleanliness instilled into them which were carried to the home. They enjoyed wearing the snowy white caps and aprons which were the uniforms supplied to workers in the factories, and with the rubber gloves policy of pineapple canneries which prohibits human hands ever touching the fruit, came a new idea of sanitary methods of cooking.

Warm meals served the workers at noon in the pineapple canneries introduced into Hawaii some new dishes which the women found lent variety to their rather monotonous diet.

Salad Japanese

- 1 1/2 cups cooked rice
- 1 1/2 cups salmon
- Salt
- Paprika
- 2 tablespoons chopped green pepper
- 4 tablespoons chopped celery
- Relish spread

Mix cold rice with flaked salmon, celery, green pepper, seasoning and relish spread. Serve on crisp lettuce leaves.

1925 Standard Buick Coach, in excellent condition. Looks and runs like new car. Otto J. Wilson, The Buick Man, 388 N. Com'l. Tel. 220. (*)

The Marion Automobile Co. The Studebaker, the world's greatest automobile value. Operating cost small. Will last a lifetime, with care. Standard coach \$1510. (*)

Trained Men Required in Making Ice Cream

The constantly spreading use of scientific principles in industry is well demonstrated in ice cream manufacturing plants where hit-and-miss methods are not tolerated. So great is the desire for trained men in this industry that many universities include demonstration courses in the how's and why's of ice cream manufacture. In addition, and sometimes as subsidiary to the dairy husbandry courses, ice cream manufacturing methods are taught in the following universities of high standing: Universities of Minnesota, Idaho, Nebraska, Wisconsin, and Missouri. Also at Iowa State College and Penn State College similar courses are afforded to students. The well filled classrooms and laboratories of the ice cream courses show the opportunities which young men see in the manufacture of this nourishing fresh milk and cream product.

We are state distributors for the Viking tires and tubes. Malcolm's Tire Shop, corner Court and Commercial streets. Drive in for your tires. (*)

Patton's Book Store offers all the latest in Birthday Cards. Try them. Ask to be shown the fullest of all cards, Scotch Birthday, 340 State St. (*)

WILLIAMS SIGNS WITH SEALS

SAN FRANCISCO, Jan. 14 (AP)—Nick Williams, one of the familiar figures of baseball, today signed a contract to manage the San Francisco Seals for 1927.

W. G. Krueger, realtor, progressive, fair, equitable. Growing city and country makes possible buys that will make you good money. Complete listings, 147 N. Com'l. (*)

TALKS ON FORESTRY

McNARY GIVEN CREDIT FOR GREAT DEAL LEGISLATION

Encouragement in the difficult problem of reforestation of cut over lands in Oregon, so important to the future welfare of the state, will be given if the bill changing the method of taxation which is to be introduced if the present legislative session, is enacted into law, was the statement of James Preble, recently a student in the school of forestry at OAC who is now a member of the Oregon Statesman staff. He spoke at the Lions club meeting yesterday noon.

Oregon now has a million acres of cut over land which should be reseeded, but the private owners can hardly be expected to take this step so long as they must pay the regular tax on unproductive land, Preble said.

In fact some owners are even now letting valuable timber go back to the government because of the taxes they must pay from year to year.

The proposed bill would provide for a small tax each year and 12 1/2 per cent when the timber is cut, which would mean that it would pay about 25 per cent of its total value, an adequate return to the state.

Credit was given by the speaker to Senator Charles L. McNary for legislation which makes the state forestry department possible. Even yet, he said, forestry is not being given the attention it should in view of the importance of the industry. He described the work that is being done by the school of forestry at OAC, but said that there is need for more experimental work.

Army and Outing Store, Biggest bargains in clothing, shoes, underwear, hosiery, gloves, valises and suit cases. The working man's store, 189 N. Commercial. (*)

Parker & Co., 444 S. Commercial. Don't fail to see Parker about repairing your car. Expert mechanics at your service. All work guaranteed. (*)

Capital Camp No. 1 Holds Installation of Officers

Capital Camp No. 1 of the Pacific Woodmen Life Association held public installation of officers Thursday evening, January 13. F. J. Meindl, representative from Multnomah county, acted as installing officer and was assisted by F. J. Rehberg of Corvallis.

The following officers were installed for the local camp: Dr. George E. Lewis, consul commander; Thomas Clark, adv. lt.; E. A. Beard, banker; E. H. Leach, clerk; A. M. Byrd, escort; C. R. Peters, watchman; C. H. Shipman, sentry; and O. M. Kent, auditor.

A short program followed the installation: vocal solo by Mrs. George E. Lewis, piano solo by Miss Maxine Donaldson, a monologue by Mr. Frank Rehberg, an address by Mrs. Beattie Rehberg, State Manager of the Woodman Circle, and an address by Mr. F. J. Meindl.

Refreshments were served after the program.

H. T. Love, the jeweler, 325 State St. High quality jewelry, silverware and diamonds. The gold standard of values. Once a buyer always a customer. (*)

Fry's Drug Store, 380 N. Com'l, the pioneer store. Everything for everybody in the drug supply line, with standard goods and quality service always. (*)

PATTERSON TO SPEAK

Governor Isaac L. Patterson will deliver an address in the First Methodist church on next Sunday evening. The occasion will be the seventh anniversary of national prohibition and Rev. Fred C. Taylor for the pastor, has planned a program of ten minute speeches by distinguished laymen of the church. Besides the governor will be talks by Speaker of the House John Carlin of Medford, Senator L. L. Mann of Pendleton, and Senator Lloyd Reynolds of Salem.

Pomeroy & Keene, jewelers, never fail to give you 100% on the dollar. Watches, clocks, pins, charms. Standard high grade stock in all departments. (*)

Wirtz Chosen as Clerk of Repeal of Laws Body

Attorney Willard Wirtz, who lately resigned as district attorney of Crook county, has been chosen by the committee on repeal of laws as clerk. Mr. Wirtz has moved to Salem, and expects to make his home here. The members of the repeal of laws committee have found Mr. Wirtz highly recommended as to honesty and conscientiousness from all inquiries made.

Pierce Issues Proclamation Asking Cooperation of All

Ex-Governor Pierce, in a proclamation issued here yesterday, urged that the schools, churches and other civic and educational organizations cooperate with the citizens of the state in the observance of Thrift Week, January 17 to 22.

"No better tribute to the memory of an American citizen's genius could be offered than for the nation as a whole to observe a week dedicated to the promulgation of those precepts and policies for which that citizen holds preeminence, those principles which Benjamin Franklin, diplomat, statesman, printer and the father of American thrift, was born 221 years ago, and it is fitting that the anniversary of his birth on January 17 be marked by special attention to those principles which he fostered in his life and works."

SEALS BUY PITCHER

SAN FRANCISCO, Jan. 14.—(AP)—George Stanton, 25, a left handed pitcher, was signed today by President William H. McCarthy of the San Francisco Missions. He formerly twirled for the New York Giants and the San Francisco Seals. Last year he was with the Battle Mountain, Nevada, team, winning 24 and losing 2 games and batting for an average of .481.

HOUSEHOLD NOTES

A Digestive Aid

Most people eat pineapple simply because they like its flavor and unknowingly they have selected a food which should be eaten for many other reasons. One is its high content of "bromelain," an enzyme most important in aiding protein digestion. This is why pineapple is such an excellent dessert following a dinner rich in protein.

A delicious dessert is pineapple tapioca custard. Heat one pint of milk in a double boiler, add half cup sugar, one-third cup quick cooking tapioca, half teaspoon salt. Cook 15 minutes. Beat an egg, add a tablespoon cold water and beat again. Pour hot custard over it, return to boiler and cook a moment, stirring. When smooth and thick beat in a half cup of crushed pineapple. Chill and serve with the rest of the pineapple as a sauce.

A Rapid Rise

It is only within 20 years that pineapple in preserved form has become generally known, and within five years that it has risen to such great popularity. In 1900 a little more than 9000 cases of pineapple were imported from the Hawaiian Islands. Recently the estimated output, was over 6,000,000 cases.

Salad and Dessert in One

The busy housewife may save herself much trouble by combining fruit and salad into one course. Pineapple salad is especially good for this purpose since it is easy to prepare. Put a slice of Hawaiian pineapple on lettuce leaves and in the center put a ball or cube of cream or Neufchatel cheese. Neufchatel cheese is similar to cream cheese but with a little stronger flavor, a bit like Camembert cheese. If there are no nuts to top the cheese, sprinkle paprika over it. This is colorful and tasty, too.

MacDonald's 1927 Almanac gives prediction about crops, weather, sickness, lucky days and future events. 29c at J. F. Tyler's Drug Store, 157 S. Com'l. (*)

Nash leads the world in motor car values. Beautiful display of new models at the F. W. Pettyjohn Company, 365 North Commercial St. (*)

Pontiac Six—still sweeping toward unchallenged leadership. Landau sedan \$895 f. o. b. factory. Easy to pay on General Motors time payment plan. Vick Bros. (*)

Visitors Reported in Salem

E. H. Harbeck and M. Noll of Grants Pass are among the out of town visitors in Salem.

J. F. Steiwer of Jefferson was in the capital city Friday night. Leo Jaspers is in Salem from Pomeroy, Wash.

Jack H. O'Neill, traveling passenger agent for the Union Pacific, was in Salem Thursday.

John Murray of Butteville, who is president of the Hop Growers Mutual Insurance company, was in Salem Friday on business.

K. M. Broadbent, county school superintendent of Baker county, was in Salem Friday on his way to Eugene to attend the state junior high school conference. Five teachers in the Baker schools also passed through this city for the same destination, Howard Makin, James Hendryx, Mrs. Irene Loring, Miss Eloise Stewart and Miss Agatha Davis.

Mr. and Mrs. W. B. Dalley of Detroit are visiting in Salem. They recently sold their train of pack and saddle horses to a Sayton man.

Mrs. C. G. Ferris and daughter Josephine of Klamath Falls are in Salem for a short visit. Lola Moorcraft of McMinnville was in this city Wednesday.

Stone Walls of Burned College Razed Recently

MT. ANGEL, Jan. 14.—Huge blocks of stone from the inside walls of the old Mt. Angel college buildings were blown high in the air yesterday when heavy charges of dynamite were set off to remove them in preparation for rebuilding of the college structures after the \$1,000,000 fire which swept the buildings of the institution in September.

The outside walls are to be blown to pieces with smaller charges, on account of the proximity of standing buildings.

GOOD FOR COMPLEXION

SILVERTON, Oregon, Jan. 13.—(Special)—Fifty cream bottles flew out over the street giving a small boy walking along the street a cream shower bath. Wednesday morning when the M. E. De Guire milk truck upset on East Hill, Elbert De Guire was driving the truck. Loss was estimated at \$50.

The Midget Meat Market never fails to give you the finest meats and fish. There is but one place in Salem to get the finest fish. The Midget Market has it for you. (*)

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UNDERDOG GIVEN DUE AT SERVICES

Evangelist to Tell of Bob Fitzsimmons at Elsinore Sunday Afternoon

Champ Clark's phrase "Stop kicking my dog around" formed the basis of Dr. James W. Kramer's sermon at the Baptist church Thursday night. The text was taken from the story of the Prodigal Son. It was the Elder Brother who said, "This Thy Son." It was the story of "the underdog."

There are three ways to injure your brother. Just leave him alone, neglect him, give him attention, do not notice him, turn the cold shoulder. "He refused to come in." This was said of the Elder Brother, when he had learned that his wayward brother had returned.

Then there is another way to hurt and injure, another way to kick the underdog. That is to lie about him. This is the Elder Brother still another, and closely resembling falsehood is the way of slander. The greatest sin of the church world today. Many a fallen life could be lifted by a little bit of love. This was amply illustrated by story and incidents from actual life.

Mr. McCravy sang, "Back to My Father and Home," just before Dr. Kramer's sermon. Some rich treats are in store for the people from the singing of the great chorus choir and Mr. McCravy's solo work. A great "Negro Spiritual" program is to be put on one of these evenings.

This evening Dr. Kramer's sermon will be on "The Second Coming." On Sunday there are to be three great meetings. In the morning a message to the church. In the afternoon one of the greatest men's meetings ever held in the city, when Dr. Kramer will preach on "How's Your Backbone" at the Elsinore theater, and tell the story of Bob Fitzsimmons, his personal friend. The meeting there will be for men and boys only from 2 to 4 P. M. All men will be admitted free.

In the evening a great meeting in the First Baptist church when the evangelist's great baseball sermon will be delivered; "Don't Die on Third."

POULTRYMEN PLAN MARION-POLK MEET

Organization to Be Completed at Chamber of Commerce Thursday

Steps to organize a poultrymen's association of Marion and Polk counties will be taken at a meeting at the Salem chamber of commerce rooms next Thursday at 7:30 o'clock. It was announced following a meeting recently of a committee which drafted plans for the new organization.

The principal activities of the new association, as outlined by this committee, will be the cooperative purchase of feed and supplies for poultry raising, and the arranging of lectures and demonstrations of new approved methods in the industry.

All persons who are interested in poultry raising from any standpoint are invited to attend the meeting next Thursday night and to become members of the association.

The committee which met last night was one appointed for the purpose of outlining the proposed organization, at a meeting of poultrymen a month ago.

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