

FRIDAY HOUSEHOLD GREEN

The Shoppers' Guide

Salem, Oregon, Friday Morning, September 21, 1928

This Guide To Economy Goes to All Salem Homes

MARKETS TAKE ON FALL TONE

Salem Offerings In Fruit and Vegetables Now Cover Wide Field

Salem wholesale houses are taking on a true fall air, with the arrival of more and more apples, more varieties of pumpkins and squash, bigger and better grapes, not to mention the big red, ripe tomatoes coming in from the local gardens to supplant those not so tasty that have been with us for weeks. Cranberries, too, tell of the approach of the cooler months.

Grapes are more plentiful than the demand and are accordingly quite cheap. Also all varieties are of excellent quality, provided the buyer is careful to see that he or she does not carry home those which have waited too long for a purchaser. The following varieties are now available:

Grapes Reasonable
Humphrey's Lady Gingers, at \$2.50 wholesale.
Fresno Seedless, 90 cents.
Red Malagas at \$1.35 and white Malagas at \$1.00.

California Tokays, \$1.75.
Carnichons, \$1.75.
Local Concord, 85 cents.

Besides the Concord, the only other grape offered by local growers are a few Delaware, which resemble the muscats.

Apples of all varieties and packs are now in the warehouses of local jobbers. Most of these are coming in from Yakima valley, with the exception of a few Kings and Gravensteins offered from the local orchards. Local Gravensteins are quoted at \$1.75, with the Yakima Gravensteins bringing \$1.75 and \$2.50.

Among the apples from Yakima are the Jonathans, at \$1 to \$1.75, and Pippins at \$2 to \$2.25. Siberian crab apples in the 40-pound boxes, are also available, at \$2.

Quinces on Market
Portland local quinces are now 6 cents per pound, with the first shipments of any quantity arriving this week.

The early season shipments of cranberries show large well colored and sound berries. The better grades are quoted at \$6.50 per box, equivalent to one-third a U. S. standard barrel.

Pears, in practically all varieties in the different packs and grades range in price from \$1.75 to \$2.75 per box.

The peach season is gradually coming to an end, with about the last of the Yakima offerings now on the market. At least one more car of this fruit is expected by local retailers to care for the late requirements. These are expected to sell at the same price that prevailed during the peak of the season.

A limited supply of The Dalles J. H. Hale peaches and Chings are still on the market, with prices for the latter from \$1.25 to \$1.50 per box. These are running extra fine, the size being particularly pleasing.

PRUNE PRICES CLIMB HIGHER

Washington huckleberries in good quantities are available yet, the price remaining at 12 cents per pound.

According to the latest federal market reports, the 1928 prune crop is only about one-tenth that of last year's and accordingly the shortage is reflected in the prices growers are demanding for the fruit.

The better grades of Italian prunes are now quoted here at 60 cents a box of 15 pounds.

The orange market has taken its customary fall rise, with this week's jump bringing the wholesale figure to \$9. Oranges will travel upward in price from now on until about the first of December. Jobbers say, with a drop to half the prevailing figure usually the procedure at that time.

Bananas Standardized
The staple banana has again reached its old standard price of 8 and 9 cents, following weeks of sickness, in the market when this commodity reached a low level of less than a nickel a pound.

The last of the Klondyke melons have been placed on the markets, jobbers believe. There are still some local low cream melons and muskmelons in the warehouses, but only in limited quantities. These are quoted at 2 and 3 1/2 cents, respectively.

There is also a limited supply of Persian melons and casabas, these billed at \$2.25 and 3 cents, respectively.

Fresh California figs are now \$1.50 a tray.
Mexican limes are \$2 a carton.

A two hour entertainment by leading artists is being arranged for the Radio Industries banquet to be held in New York the evening of September 18. Chains expected to number more than a hundred stations are to broadcast the event. Artists will include Mme. Schumann Heink, Paul Whiteman and his orchestra, John Charles Thomas, baritone; Fannie Brice Vincent Lopes and his orchestra. Moran and Mack and a number of others.

Back to School Lunches



BACK to school means back to school lunches.

Fortunately, the innumerable excellent prepared foods on the market make it comparatively easy for mothers to solve the school lunch problem effectively and intelligently. Be sure to have a vacuum bottle or other container in which milk can be kept cold, or hot cocoa, soup or a hot creamed dish may be carried. A firm baked custard or pudding made with milk may be carried in a custard cup.

Vitamin Foods are Needed

Foods rich in vitamins should be a part of the school lunch. Among the prepared foods always available that are good nutrition sources are canned beans, carrots, cabbage, grapefruit, peaches, peas, pineapple, spinach and tomatoes. These canned foods may be carried, moistened with a bit of salad dressing, in paper cups.

Lunch Canned: Beat two eggs slightly. Add one-fourth cup sugar and one-eighth teaspoon salt. Pour over slowly one cup evaporated milk scalded with one cup water. Strain into custard cups, sprinkle with nutmeg, and bake in hot water in a slow oven. When beginning to set sprinkle top with one teaspoon moist canned coconut and finish baking.

Younger School Children Given Tests By Expert

Miss Carlotta Crowley, elementary supervisor of the first six grades in the Salem schools, has been busy the last few days giving intelligence tests to pupils under six years of age who seek to enter the Salem schools this year. By this evening some 12 children

will have taken the tests. These mental tests are required of all children who desire to enter the local schools for the first time, but who will not be six years old until between Nov. 5 and Jan. 1. Otherwise, all students entering the 1b class must be six years old at the beginning of school or within six weeks after school starts, or before Nov. 5.

"Chemists To Farm Rescue" explains an editorial caption. Gas masks!

TOMATOES ON MARKET FINE

Vegetables Now Plentiful in Salem at Good Quotations

Local tomatoes are now carrying the trade for that commodity and are exceptionally fine, both in size and appearance, with the real tomato flavor that was lacking in the bulk of imports. The rains of last week, however, caused considerable damage to the crop, many otherwise fine tomatoes being racked about the bottom. Sixty-five cents is the present quotation per box.

Green Beans Plentiful
Local green beans are plentiful with a demand considerably less than the supply. These are still 5 cents.

The Lake Labish onions are taking the place of all other varieties, with the price firm at \$2.75 per hundred on the U. S. No. 1's and \$1.85 on the No. 2's.

Cabbage, of fine firm heads, is 3 cents per pound.

Peppers look splendid and the supply is practically unlimited. They are 5 cents a pound.

There are a few red peppers, on the whole not so large as the bells, but also of good quality, at 20 cents. Pickling onions are limited, the price now 8 cents. Local spinach is offered at six cents. This is of good variety.

Pickling cucumbers have undergone no change in price, nor have the root and bunch vegetables. Tacoma cauliflower is plentiful, the best grades bringing from \$1.85 to \$2.

Radishes Appear
Local radishes, the long red, round red and round white tip varieties, have made their appearance recently and are all quoted at 45 cents a dozen. Pomograntes are \$2.25 a box.

Washing of Canned Peas Still Puzzles Housewife

To wash, or not to wash canned peas! That is the question that has troubled cooks and housewives without number since the days when the canning industry was in its infancy. Today the washing of canned peas has become, with many, one of those sacred traditions that cannot be traced back to its origin. But like The Ivory Door, in the play by A. A. Milne, it is one of those legends which one does not care to deny.

Apparently even the best cook book makers dodge the issue. Often an author will advise washing at least using them as they come from the can in another recipe.

Are we to believe that canned peas should be washed for one recipe, and not washed for another? Or are we to investigate for ourselves, and reach our own conclusions, based on fact? The following facts about the canning of peas have been collected to enable housewives to answer: "No!" In telligently, one need for all times to the perplexing question of whether or not canned peas should be washed before using.

From Vine to Can
In the largest pea cannery in the world there is only a two hour interval between the time that the peas are growing in the field and the time they are sealed in cans. Here is the history of those two hours:

The pea crop is harvested with mowing machines, and is transported, on the vines, to so-called viner-stations not more than five miles from the field. Here the

hermetically sealed ready to be cooked.

Cooking Sterilizes
The sealed cans are placed in iron cages and electric conveyors carry them to the cook room. More than 1,000 cans at a time are placed in a mammoth retort, a lid is clamped down and the peas are cooked under scientific control, at a uniform temperature, for a specified length of time. Next the cans are given an external cold water bath to cool the contents so as to insure safe storage, and they are then stored in the warehouse. The labels are not put on the cans until the peas are to be boxed and shipped.

And so fact, and not legend, decides the point as to whether canned peas should be washed or not. For there is no more time reason in the washing of canned peas after taking them from the can than there would be in washing canned peaches, or canned tomatoes or any other food that is prepared and canned under modern scientific and hygienic methods.

Save Nourishing Liquor
The liquor covering the peas is rich in food value (it contains the

soluable vitamins from the peas) and it should be preserved to use in soups or sauces. The peas are clean, since so much water is used to wash them that a pea cannery is the wettest place in the world. Peas used just as they come from the can are sweet, full of flavor, sterile and wholesome.

Rickey Family Returns After Extended Tour

RICKEY, Ore., Sept. 20.—(Special)—Mr. and Mrs. Irvin Caplinger have returned from an extended eastern trip.

Frank Harris, who has been ill at the home of his sister, Mrs. M. M. Magee, was able to return to his home at Grande Ronde Wednesday.

Miss Grace Humphrey of Portland was a week end guest of her parents, Mr. and Mrs. W. H. Humphreys.

M. M. Magee who underwent an operation last week, is recovering satisfactorily.

Miss Margaret Fitzpatrick began teaching at the school near Sublimity Monday.

SPECIAL Friday, Saturday and Monday

your choice of
1 1/2-pound Bar Padre Lemon Soap
or
1 1/2-pound Bar Bertie Castile Soap
For Three Days Only
on Special Sale at 27c a Bar
CARSON PHARMACY
Hotel Senator Bldg.

Phones 48 and 49 155 N. Com'l. St.

Simpson Grocery

Our Lines are Complete and our Prices are always Money Saving for Better Quality. Our Service is Time Saving for you.

In Our Front Window
Crisp and Fragrant from nearby gardens, Quantities of Fresh, Clean Vegetables, displayed in the fresh open air. Eat More Fresh Vegetables, they are Healthful. Let us help you by selecting the Best

FRESH RIPE Strawberries
Special for Saturday
2 Full Boxes 25c

Heinz Catsup
Friday and Saturday Only
2 Large Size Bottles 45c

COFFEE
Maxwell House
Per Pound 49c

DEL MONTE
Always the same High Grade
Per Pound 45c
2 Pound Can 89c

Blended for Flavor Priced for Economy
Our Breakfast Coffee
3 Pounds \$1.35

The preference of hundreds of our customers for "Our Breakfast" has developed a tonnage that makes its low price possible.

RICE
Extra Fancy Blue Rose Long whole grains
4 Pounds 29c

BEANS
Fancy California small White. Finest baking beans to be had
3 Pounds 25c

Cantaloupes
Genuine Rocky Fords Nice sizes
4 For 25c

TOMATOES
Nice big juicy, well-ripened Tomatoes, for canning purposes
Per Bu. \$1.19

FLOUR
Golden Glow Brand. Milled from the Best Valley Wheat
Per Sack \$1.49

Pancake Flour
No. 10 sack
Cherro 59c

BACON
Swift's Fancy Lean, for frying
Per Pound 35c

RAISINS
New crop Seedless Raisins from Modesto, Calif.
4 Pound pkg. 25c

SOAP
4 bars Fancy Milled Toilet Soap
A Peet Bros. Product

Rice Krispies
Kellogg's Latest Breakfast Food
2 Pkgs. 25c

Monarch Wheat Hearts
Cooks quick, tastes better. They are Toasted
Per Pkg. (1 1/2 lb.) 25c

Monarch Food of Wheat
Milled by Special Process from finest selected Durham Wheat.
Large pkg. 25c

CHEESE
Creamy, Rich, Yellow American Cheese, aged to give it a slightly snappy flavor.
Per pound 30c
2 Pounds 55c

EGGS
Selected Standard Eggs
Per do. 40c
2 Doz. 75c

BUSICK'S STANDARDIZED CASH STORES

Busick's Commercial Street at Court and Busick's at the Market—Serving thousands of families—Economically.

Crown Flour 49-lb. sack, milled from old wheat. \$1.85	CHOICE NETTED GEM Potatoes 100 lb. sacks of nice smooth potatoes, sack \$1.25	Wesson Oil Quart tins 49c
White River A fancy hard wheat, bleached flour 49 lb. sk. \$1.85	A & H Soda 3 For 25c	Shredded Wheat 3 pks. 31c
Perfection Flour Milled from choice valley and Waldo Hills wheat, at this low price this flour is a good buy. 49 lb. sk. \$1.45	CALUMET Baking Powder 1 lb. 29c	ROSEDALE Alaska Salmon 2 cans 39c
C & H Sugar Packed in 10-lb sacks 57c	ROYAL Baking Powder 12 oz. 43c	GRAND ISLAND Tomatoes Solid pack 2 large cans 25c
C. & H. PURE CANE Sugar Packed in 25-lb. sacks \$1.42	SCHILLINGS Baking Powder 16 oz. cans Cream of Tartar 43c	DROMEDARY Dates Freshly packed 2 pks. 45c
CRYSTAL WHITE Soap 6 Bars 25c	BUCK EYE Vanilla, Lemon 2 oz. 27c	IODIZED Salt 2 large pks. 25c
PALM OLIVE Soap 3 Bars 25c	Post Toasties 5 pk. 39c	Butter Crackers Large pk. 20c
FELL'S NATHA Soap 10 Bars 59c	KELLOGG'S Corn Flakes 5 pks. 39c	FRESH CRISP Ginger Snaps 2 lbs. 35c