

Section of Vital
Interest to
Women

FRIDAY HOUSEHOLD HELPS

The Oregon Statesman
The Shopper's Guide

You Will Save
By Watching
This Issue

The OREGON STATESMAN, Salem Oregon, Friday Morning, January 17, 1930

PAGE THREE

3 Squares

Merchants are doing their best to meet weather conditions although it is difficult to keep fruit and vegetables at this temperature. Look out for frozen potatoes as they will not keep after they thaw.

Lettuce is of excellent quality and even if frozen it will be delicious if used at once. It will not keep, however.

Practically all root vegetables such as turnips, carrots and parsnips have been dug and the supply is all from storage. Prices are very reasonable.

Dessert for the family should not be a problem in this weather. "Snow ice cream," so dear to the youngsters has a very attractive cousin in "Frozen in snow ice cream."

Any cream may be frozen in the family freezer by using equal parts of snow and salt and turning the freezer as usual. However a real labor saver is to simply pack the ice cream or sherbet in equal parts of salt and snow and bury the container in a snow bank.

This may be packed in the ordinary freezer but for a small family a pint salad dressing jar and a large kettle or bucket is better. Simply fill the jar with your favorite cream or sherbet, fasten the lid securely and pack the jar in a bucket of snow and salt, then bury the bucket in a snow bank for two or three hours. The resulting ice cream is very good and the labor is slight. Try it and see how much extra milk the kiddies will take, if they get it in this form.

Do not forget salads even if the weather is cold. Fruits and vegetables are plentiful and reasonably priced and every family should have at least one salad a day.

Celery is still good and offered at 10 cents a bunch. Celery hearts are more expensive but are very good. The price varies with the size of the bunches.

Apples are very good and so far the prices have not been advanced to any extent.

To avoid monotony is one of the great problems of the home cook. This may be done very well by offering the family some of the many varieties of bread that are for sale in the various markets and bakeries. The range of choice is very great and all are good. The old "staff of life" is now offered in most attractive guises.

Guiding Your Child

By MRS. AGNES LYTLE
The school platform was heaped high with Thanksgiving offerings for the poor.

On it were seated the principal and one very small girl of the sort that invariably arouses the exclamation, "Oh, isn't she cute?" or "What a darling!"

The principal stepped forward, leading the little girl by the hand, and read aloud the list of the good things which had been brought by the children. He listed the sugar, coffee and so on, and concluded:

"—And one turkey given by little Eda here."

And little Eda held up an enormous turkey which she then laid among the rest of the offerings. Obviously little Eda and her turkey were meant to supply the human touch to the proceedings and the audience of school children and parents and teachers responded by delighted hand clapping.

It really was a very charming occasion if one could forget the fact that little Eda was being used as if she were a piece of stage property without apparently any thought of the possible effect of this sort of scene upon her personality.

The ceremony must have given the child a wholly fictitious sense of her own importance, which, if it is reinforced by similar happenings may become a definite trait of character.

It is hard to resist the temptation to show off anything so ingenuously delightful as a sweet little child. And yet it is a most unfair thing to do.

E. J. KLEMME TO SPEAK AT DALLAS

DALLAS, Jan. 16.—On Friday, January 17th, two popular lectures will be given in the high school auditorium by E. J. Klemme of Seattle. At 3:30 p. m. Mr. Klemme's daughters are invited to hear Mr. Klemme in his lecture: "The Girl in Her Teens." Two items of special music will be furnished by the Evangelical and the Methodist churches. R. R. Turner, superintendent of city schools will preside and sons hear Mr. Klemme in his lecture "The Horrid Boy." Two items of special music will be provided by the Christian and Presbyterian

HOUSEWIFE TO PROFIT Marketing Act Expected to Aid Home Buyer FOOD PRICE REGULATED

The American housewife is expected to share in benefits the farmer derives from the Agricultural Marketing Act. C. B. Denman, member Federal Farm Board, said in an address delivered recently before the Maryland Agricultural society and the Maryland Farm Bureau Federation at Baltimore.

Mr. Denman made this statement in discussing the provision of the Agricultural Marketing Act directing the Board, so far as possible, to prevent inefficient and wasteful methods in distribution of farm products. He sought to demonstrate that the consumer has a real interest in the success of the cooperative marketing program for agriculture which the Farm Board is fostering.

"It would not matter how economically we produced our products nor how efficiently we operated our cooperative marketing machinery, we still could not find a profit from our operations unless there was someone to furnish us a market and with the ability to buy at a price that would provide that profit," Mr. Denman said. "Therefore, the main consideration that we must give is that we will be able to produce and offer to the housewife of this country a product which will meet their present-day demands and be attractive enough in package form and price that they will want to buy it."

"I think I can talk with you about specific things now as regards live stock and livestock products, because I am supposed to more particularly represent these on the Federal Farm Board. Since early in September I have personally shipped from my own feed lots twenty-six carload shipments of cattle, hogs and sheep, totalling more than 1300 animals. . . . On three consecutive weeks I sold fat sheep on the St. Louis market and in every instance at the top of the market, and on parallel days bought mutton chops paying more than seven times the price for mutton chops that I received for fat sheep. Despite the fact of efficient handling, the sheep lost money. Undoubtedly there is some wasteful and inefficient distribution going on between my sale as a feeder and my purchase as a consumer. On another day when I topped the St. Louis hog market at \$9.40 per cwt., I bought pork chops the same day and

made this interesting test: The price of the pork chop cut before it was sliced was 25c per pound; for the slicing alone I paid 10c a pound or 60c per cwt. more than I got for a live hog that day.

"I do not believe until we have an organization which takes in the producer with his money invested in his farm and feeding plant and the processor and the packer who has his money invested in converting that which is material to him, and permits us to stabilize the price all along the line in such a way that the price will be rather well understood, so that we can offer to the housewives packages of meat with grade and price stamped thereon, not only in an attractive package but at a price which they can afford to pay and will be glad to pay, will we have carried out the provisions under No. 2 of the policies of the Agricultural Marketing Act. This is it quite apparent that the consumer's interest is manifest in this legislation. I do not mean to leave the impression that the retailer is dishonest or his profits are excessive, but I do believe that a more economical system can be developed whereby the producer can obtain a more stable price and the consumer have a better article for less money."

Discussing the prevention of surpluses of any agricultural commodity, Mr. Denman said in part: "I do not believe that any industry can determine a profit from its operations unless it does control both the production and the marketing of its product. We cannot know what consumptive demand is, where it is located, nor when it wants our products until we do control our marketing, and when we do know this we can use that information to tell our farmers what sort of an intelligent production program they should embark upon. Certainly there is something wrong with our production program when we have such an experience as we had in 1928, when we sold 49 million hogs for \$140,000,000 less than we received for 41 million hogs in 1926. We have too often believed that abundance of production was efficient production, but in the market place we come to a full realization that that theory is wrong. Yet I believe that through control of marketing machinery and in possession of all the facts we can base our production upon consumptive needs in our domestic market and effectually meet that demand with what it wants, and no more, at a price that will be profitable enough to keep the average farmer in business."

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COME INTO THE KITCHEN

By ELLA M. LEHR

Oh, boy, "ain't it a grand and glorious feeling" when Sunday comes and no thought of the daily grind after bed and beans disturbs your slumber; you can grin revengefully at the silent alarm; when just as you begin to come to a realization of your bliss, a heavenly aroma of bacon and coffee creeps out from the sanctum of the cook—Sunday morning breakfast!

Because of the lateness of the hour when, we usually partake, thus eliminating the necessity of lunch, some clever far-seeing personage has combined the meals into "brunch." So it's "brunch" we'll talk about!

Fruit, egg or an easily digested meat, and not breads with perhaps a creamed vegetable, make up a substantial and appropriate combination for such a meal. Hot biscuits, coffee cake, muffins, waffles or griddle cakes, if cooked minus the grease, are a change from the customary toast or rolls of the week-day breakfast.

French toast is a good way to use up dry bread, beside providing a departure from the conventional breads. This is really pan-fried bread. A mixture of milk and egg—usually 1 egg to 2 cups of milk is prepared for 6 or 7 slices of stale bread. Dip bread into mixture having hot griddle ready with hot butter and pan-fry each slice a golden brown.

The grandmother always added "two tablespoons of sugar, a pinch of salt, and a dash of nutmeg" to the liquid, thus making a sweet bread, which certainly hit the spot. If you prefer, merely add ¼ teaspoon salt and a dash of pepper and serve hot with butter and jam.

Biscuits are always in good standing. The standard recipe follows:

2 cups sifted flour, 2 or 4 tablespoons fat, 4 level teaspoons baking powder, 1 teaspoon salt, 3-4 cup milk or water—(about.)

Cut fat into dry ingredients, add liquid, the amount varying because of the difference in flours—hence judgment must be used. If to be rolled (or patted out—

which is better) have the mixture as soft as you can handle. If a firmer biscuit is desired knead dough about five minutes, adding as little flour as possible. Pat or roll to 1-4 inch thickness. Place on greased pan or baking sheet, about ½ inch apart. Temperature hot oven (450 degrees to 500 degrees) for about 10 minutes. May be baked on a greased griddle. Makes 8-2½" or 16 1¼ inch.

Biscuits for dinner may be made ready for baking in the morning or those wanted hot for breakfast prepared the night before. If they are kept in the refrigerator until baking time, they will be just as good as if freshly made. For such keeping, place on a lightly floured board or floured paper, but never on a greased pan.

There are many variations possible: for cheese—add with shortening ¼ cup grated cheese. Eggs—Add to liquid 1 beaten egg—reducing liquid as necessary. With the addition of 2 tablespoons sugar and 3-4 cup flour—currants to the dry mixture, a fine imitation of the Scotch scone is the result. The dough may be cut in squares or circles, or shaped into balls. Sometimes a cross is cut on top.

Flour—Use ½ entire or whole wheat or graham flour.

Liquid—Milk adds to the nutritive value, but hot water makes a more tender mixture.

Sugar—After biscuits are cut, dip as many lumps of sugar as there are biscuits into orange juice moistening thoroughly. Place lump in the center of each biscuit and sprinkle with grated orange rind.

Shapes—Usually round, varying in size. May be shaped like parker house rolls and brushed with melted butter.

For drop, emergency or quick biscuits. Make like biscuit, using one cup liquid. Instead of rolling, drop from spoon into muffin tins, preferably, or onto greased pans. Dropped from teaspoon the recipe makes 16 biscuits—from a tablespoon 8 or 9. The time saved is about 10 minutes.

For Soda and Sour Milk Biscuit: For liquid use sour milk or butter milk and instead of baking powder, one-half teaspoon soda. This amount of soda is enough to counteract the acid unless milk is very sour. In case of doubt, the addition of one-half teaspoon baking powder will insure the lightness of the biscuit. Treat soda as if it were gold—nothing is so disagreeable as the bitter yellow product a result of good-stepmother generosity with soda!

Roll biscuit dough one-fourth inch thick. Spread with following mixture: One-half cup soft butter or fat, 1 cup currants, 2 tablespoons cinnamon, 1 cup white or brown sugar. (Mix well before spreading.) Roll up like jelly roll, slice across three-fourths inch thick. Lay with one cut side down on greased pan, just touching—Moderate oven (375 degrees) about 20 minutes.

Eggs—there are all sorts of ways to prepare eggs. Omelette, if rightly made and served at once are most appropriate. Left over creamed vegetables, fish and meats make excellent sauce for either the puffy or French omelette.

Fruit may be served as a first or last course for "brunch."

We should have fruit every morning, or at least some time during the day. Remember the vitamins!

We're quite in favor of this innovation—"brunch." It's such a

time saver and so delightfully different. Try it and we know you'll give three cheers for the person who named it. But between you and me I'm betting 'twas a woman who did it.

You're remembering aren't you that we have a complex for recipes and cookery—so we may have the one you want. Won't you call upon us?

If you fail to receive your Statesman by 6:30 a. m., phone 500 and a copy will be sent to you.

INDEPENDENCE ASKED
WASHINGTON, Jan. 16—(AP)—An appeal for Philippine independence now, "whatever the consequence," was presented to the senate insular affairs committee today by the leaders of the two parties in the Philippine house of representatives.

STAYTON, Jan. 16.—At the regular meeting of Stayton Post American Legion, committees were appointed to take care of various activities for the coming year, and plans were made for a social meeting in the near future.

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