The OREGON STATESMAN, Salem, Oregon, Friday Morning, February 14, 1930

HOME VENTILATION **SOLVED BY SCIENCE**

Proper Ventilation of Homes In Winter Essential to **Family Health**

Are you sure the air in your home is really healthful? If your family has been having a lot of colds this winter, perhaps that's the reason. More than one family found that its first winter cold dated from the time the heat was turned on, and statistics on respiratory diseases show a de-cided increase in the number of cases during the months when artificial heat is on, reaching a

peak in February. The air of our homes in winter is usually overdry and over-heated to a point detrimental to health. Humidity in the average American dwelling during the cold-weathermonths, by actual tests, is less than that maintained in a lumberdrying kiln and below the minimum of the Sahara Desgert, This condition of the air not only caps our energies and lowers the body resistance, but irritates the sensitive membranes of the nose and throat so that they are an easy prey to the common cold, which so often leads to more serious ailments-bronchitis, grippe, influenza, and even pneumonia.

Scientific experiments conduct-

present in the air are another important health consideration, for der, warmed in winter, and even dust is the carrier of disease bac- cooled in summer, by a constant teria. Colds which are now recog-supply of warmed, humifled and nized by medical science as "an cleansed air.

3 Squares

House wives are facing that 'slump season" when it is difficult to have variety-in meals. It can be attained but much careful planning is necessary because very little that is new is being offered in the market, However the quality of fresh vegetables offered is very good so the situation is by no means hopeless.

New peas at 15 to 20 cents per pound may offer a temptation but the price is prohibitive with the average family.

Head lettuce is in its prime now

infection localized in the respiratory appartus," are definitely dustborn. After one member of the family has had a cold, the dust in the house is contaminated with the coryza germs, which is the reason why a cold so often seems to run through an antire family in spite of precautions.

Science has only recen'ly, within the last year or two, learned how to control aid conditions in the home.

With the modern high standards of health and comfort in the home, air-conditioning is rapidly ed by the American Society of proper conditions of temperature, Beat eggs and water, add ham Heating and Ventilating Engineers humidity, circulation and absolute and slowly pour into hot corn show that comfort and health re-purity essential for health. An mixture. Cook slowly and stir or even less, throughout the win- ington has now been adapted for parsiey. domestic usage, and physicists . The dust and dirt inevitably predict that the home of tomorrow will have its weather made-to-or-

and the price is very reasonable. Very large heads may be pur-chased for 10 cents and they are solid and of excellent flavor.

Do not fail to use the leaf vegetables such as lettuce, spinach and cabbage. One careful mother always sees that her family has as least one vegetable that grows above the ground and one that grows below. In other words a root vegetable and a leaf vegetable is an excellent combination.

In your attempts to avoid "heaviness" in meals do not neglect canned tomatoes. They add a leasing zest to meals and the variety of their uses in limitless.

One store is offering small cans of tomato sauce, not the very hot pretty sure to be unpopular in evkind, at 5 cents per can. It is of a standard, brand and very good. I know because I have tried it. As a sauce for soups, escalloped dishes or with macaroni or noodles it is excellent.

Now for labor saving meals. The one dish meal is as popular ever and today we have a recipe for one that is savory and tempting. Try Berambled Hars and Corn

f slices bacon, diced cup canned corn tablespoons chopped onlons eggs, well beaten

2 tablespoons cold water 1 cup diced, cooked ham. Heat bacon in a frying pan, becoming an important factor in add corn and onlone and cook unhouse-planning, to assure the til a little brown, Stir frequently.

quire a relative humidity of from air-conditioning system developed constantly until mixture becomes 35 to 40 per cent. In most houses on the same principle as that in- thick and creamy. Pour on a it is more apt to be 20 per cent stalled in the Capitol at Wash- serving platter and garnish with This, with the salad we are offering, will make a very satis-

factory meal with very little ef-

fort on the part of the cook. Stuffed Peach Salad halves canned peaches to cup cottage cheese

tablespoons chopped celery tablespoons chopped raisins % cup mayonnaise. Mix 2 tablespoons of mayonnaise with cheese, celery and raisins. Fill cavities of peaches. Chill. Serve in lettuce cups and top with remaining mayonnaise. Serve at once.

Guiding Your Child

MOPING By MRS. AGNES LYNE The individual who mopes over injuries and disappointments is

ery walk of life. The habit of indulging in such tempermental fits it, of course, fixed in childhood, and the youngster who has a natural tendency to this sort of thing is much helped by the right sort of handling.

When your boy is disappointed because the weather has prevented his going on some long anticipated outing, do not permit him to nurse his disappointment.

When your little girl peuts because she didn't get the part she wanted in the play her class is giving, do not allow her to indulge in her fit of sulks.

Sympathize briefly with their disappointments and then show that you expect them to be good sports and find something else

The trick of offering the baby a bright rattle when it is necessary to take away from him some questionable plaything is a piece of common instinctive wisdom, which in its general principles, should be used continuously throughout the child's growing

Has rain made the baseball game impossible? Then suggest that your boy invite the fellows (Continued on page 6)

COME INTO THE KITCHEN

about a few wrinkles-we've lately about five minutes. After stuffdiscovered: Oh no-not the kind ing the peppers-place in a bakyou spend dollars and time to ing pan and bake about 30 min-eradicate—far be it from us to utes in a moderate oven 350 dehint at such! We mean the kind grees. of kitchen-quirks that eliminate those wrinkles and help you to truly get a laugh out of life!

You know, like fearfully tossing three cloves into the simmering soup pot-a fifteen cent soup bone, three earrots, slice o' cabbage, few potatoes, beans, string and otherwise, rings of onion, and oh ves, the pale green celery tons. some leftover tomatoes and a bay leaf-simmer three or four hours! Would you believe it?-Vegetable soup! Try it. Really with soup you can toss in most everything except the kitchen shining in his eyes. It's a most satisfying luncheon dish. Then there's always meat enough on and rich gravy ooging out the cre- stead of meat. vices! Or perhaps stuffed peppers -the meat ground and mixed with a bit of cooked rice or left-

We decided to talk this week well. Parboil the peppers for

Twentieth Century Hash (This is truly camoflaging left-

Have baked six medium-sized potatoes. With a spoon carefully remove the potato, leaving rest of skin unbroken. Season the potato with one tablespoon of butter, one tablespoon of cream or milk, one teaspoon of salt, and a little pepper, stirring lightly with a fork, but do not mash the potato.

Add one cup of any kind of well-seasoned chopped beef that has been moistened with a little sink, Just watch the love light gravy, stock or Worcestershire sauce. Fill the skins with this minture, letting it rise a little above the top. Put a piece of butthe bone to make a meat pie, with ter on each and heat in oven. puffy brown biscults ever the top Grated cheese may be used in-

Did you ever think of saving the best of the lemon skins and over mashed potatoes, seasoned putting them at once in cold wat- crabapple pickle is delicious for cakes—baked in layers.

EXCEPTIONAL

They will keep for several days and when used for serving the salad dressings with artichokes or salads, cocktail sauce for clams or oysters, or Hollandaise sauce for fish-they are

Cooked chicken livers made into a paste with melted butter, advance improves the flavor. Insalt and cayenne added-there's a brand new sandwich filling! Lately, we've been experimenting with curry! It's different-and then gently insinuate it into creamed eggs or lamb and serve it on crispy brown toast squares. Friend Hubby will probably think he's poisoned, but he might just as well become acquainted with

Saving Sarah Says The pancake batter left from sour cream-for breakfast may be used for chops, veal steak or any other meat which would otherwise be dipped

these days.

in eggs and crumbs. In making pies from canned fruits which are juley, you can get an extra pie from each quurt by slightly thickening the juice with cornstarch or flour, When ger of the filling running over or soaking through the crust. Julee left from sweet peach or

CEREALS

making mince meat too. gus and boiled potatoes added to shrimp salad "extends" the servings and makes it different. A bit of French dressing poured over the vegetables several hours in most decorative.

then lemon juice, chepped olives, stead of the usual buttered carrots, put them through a potate ricer, season with salt, paprike and butter. We eat them then because they're good-not cause delicious. Buy the best grade, they're good for you! Leftover cereals may be used in croquettee, stuffed peppers, and meat or fish loaf. Not so bad in soup, stew or muffins either! Leftover hot chocolate may be it by degrees, for we're going to starch and served as dessert. Cold

pickling beets. It may be used in

Leftover cauliflower, aspara-

PAGE FIVE

thickened with egg, and cornhelp you to spring a real East coffee may be used for coffee jelly Indian curry on the family one of coffee blanc mange in frostings made with powdered sugar and in spice or chocolate cakes. Use your

Sour Cream Filling for Cake Mix equal quantities of sour eream, chopped nuts and raisins; add a little lemon juice and powdered sugar.

Another Sour Cream Filling Sweeten and chill 1 cup sou ream; whip it, keeping it cold while doing so. When stiff, fold juice is each, the pie can be filled in a cup of chopped nuts. If for with fruit and juice without dan- any reason the cream does not be any reason the cream does not be come stiff, add 1 teaspoon melted gelatin at the last and set on ice. Excellent for chocolate or spice

HARRY I. PEARSON

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A wonderful value	Sliced Peaches	Lge. 21/4 tins 29c	for	Old Dutch Cleanser
pound 30c Three pounds 85c	Lge. 21/4 tins 33c	Gerber's	Puffed Wheat Two for 25€	White Wonder Soap
Full Cream Cheese	for 93c Six for \$1.80	Strained Vegetables For baby — strained	Kellogg's Pep	Ten Bars 35c
Two pounds 49c Our feature in corn this week is the very best obtainable in	Grape Fruit A real value. Every family should have at least one dozen of	Carrots, Spinach, Peas, etc. Per can10c	Cream Rolled Oats	Soap Three 25c Six 45c
white corn—All-Gold brand, 20c value. Any quantity as long as stock lasts, fea-	Per 20c Three 57c	Pineapple Broken Slice. Large 21/2 tins.	9-pound 47c	Ivory Soap Five 35c
Per can 15c If you wish stan-	for 51.10 Six sl.10 Twelve s2.19	Two 45c Netted Gem	Farina 9-pound 59c	Amaizo Corn Starch Three 25c
dard pack cann- ed goods, we have them. Green Beans Peas Tomatoes	Peaches Splendid quality, medium syrup.	Potatoes A wenderfully fine quality, 100 lb. \$2.90	Flour Need a good hard wheat flour k Our Montana Plour	Amaizo Gloss Starch Three 25c
White Corn ALL Two 25c	Lge. 2½ time 25c Three 73c Six 61 20	Meat	49-lb. \$1.89	Super Suda Larga package Three 22,C
Out of Potatoes?	for Blaingre	Department The way this department is growing	Sperry Pancake Flour No. 10 67C	Ivory Flakes 10c size package Four for 25c
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