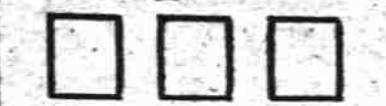


HOME VENTILATION SOLVED BY SCIENCE

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 has found that its first winter cold dated from the time the heat was turned on, and statistics on respiratory diseases show a decided increase in the number of cases during the months when artificial heat is on, reaching a peak in February.

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.

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 apparatus, are definitely dust-born. After one member of the family has had a cold, the dust in the house is contaminated with the germs, which is the reason why a cold so often seems to run through an entire family in spite of precautions.

Science has only recently, within the last year or two, learned how to control air conditions in the home.

With the modern high standards of health and comfort in the home, air-conditioning is rapidly becoming an important factor in house-planning, to assure the proper conditions of temperature, humidity, circulation and absolute purity essential for health.

This, with the salad we are offering, will make a very satisfactory meal with very little effort on the part of the cook.

and the price is very reasonable. Very large heads may be purchased 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 at 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 pleasing zest to meals and the variety of their uses is limitless.

One store is offering small cans of tomato sauce, not the very hot kind, 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 as ever and today we have a recipe for one that is savory and tempting.

Scrambled Ham and Corn

- 2 slices bacon, diced
1 cup canned corn
2 tablespoons chopped onions
2 eggs, well beaten
3 tablespoons cold water
1 cup sliced, cooked ham

This, with the salad we are offering, will make a very satisfactory meal with very little effort on the part of the cook.

Guiding Your Child

By MRS. AGNES LYNE

The individual who mopes over injuries and disappointments is pretty sure to be unpopular in every walk of life.

The habit of indulging in such temperamental 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 pouts 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 to do.

Has rain made the baseball game impossible? Then suggest that your boy invite the fellows

COME INTO THE KITCHEN

By ELLA M. LEHR

We decided to talk this week about a few wrinkles we've lately discovered: Oh no—not the kind you spend dollars and time to eradicate—far be it from us to hint at such! We mean the kind 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 carrots, slice of cabbage, few potatoes, beans, string and otherwise, rings of onion, and oh yes, the pale green celery tops, some leftover tomatoes and a bay leaf—would you believe it?—Vegetable soup! Try it. Really with soup you can toss in most everything except the kitchen sink. Just watch the love light shining in his eyes. It's a most satisfying luncheon dish.

When the weather has prevented his going on some long anticipated outing, do not permit him to nurse his disappointment. When your little girl pouts 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 to do.

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 years.

Has rain made the baseball game impossible? Then suggest that your boy invite the fellows

or? 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 most decorative.

Cooked chicken livers made into a paste with melted butter, then lemon juice, chopped olives, salt and cayenne added—there's a brand new sandwich filling! Later, we're been experimenting with curry. It's different and delicious. Buy the best grade, 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 it by degrees, for we're going to help you to spring a real East Indian curry on the family one of these days.

Saving Sarah Says The pancake batter left from breakfast may be used for chops, veal steak or any other meat which would otherwise be dipped in eggs and crumbs.

In making pies from canned fruits which are juicy, you can get an extra pie from each quart by slightly thickening the juice with cornstarch or flour. When juice is cool, the pie can be filled with fruit and juice without danger of the filling running over or soaking through the crust.

Juice left from sweet peach or crabapple pickle is delicious for

pickling beets. It may be used in making mince meat too.

Leftover cauliflower, asparagus 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 advance improves the flavor. Instead of the usual buttered carrots, put them through a potato ricer, season with salt, paprika and butter. We eat them then because they're good—not cause they're good for you! Leftover cereals may be used in croquettes, stuffed peppers, and meat or fish loaf. Not so bad in soup, stew or muffins either!

Leftover hot chocolate may be thickened with egg, and cornstarch and served as dessert. Cold coffee may be used for coffee jelly coffee blanc mange in frostings made with powdered sugar and in spice or chocolate cakes. Use your sour cream—for

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

Another Sour Cream Filling Sweeten and chill 1 cup sour cream; whip it, keeping it cold while doing so. When stiff, fold in a cup of chopped nuts. If for any reason the cream does not become stiff, add 1 teaspoon melted gelatin at the last and set on ice. Excellent for chocolate or spice cakes—baked in layers.

HARRY I. PEARSON GROCERIES 236 North Commercial Street 1523-1524 FRESH MEATS

No One Is To Blame but yourself if you don't set a good table daily for your family, as this can very easily be done at moderate cost if properly purchased. Quantity purchases always afford a substantial saving.

Table with multiple columns listing grocery items and prices: COFFEES: Maxwell House, Golden West, Special Blend, Full Cream Cheese, Out of Potatoes? EXCEPTIONAL VALUES IN CANNED FRUITS: Peaches, Sliced Peaches, Grape Fruit, Peaches, Pears MEAT Department: Apricots, Pineapple, Gerber's Strained Vegetables, Netted Gem Potatoes, Sperry Pancake Flour, Fischer Pancake Flour

A NOTE TO WEST SALEM AND SALEM HEIGHTS—One trip daily—let this one delivery daily save you 10% on your Meats and Groceries. No extra charge for delivery.

The Market NOT A CHAIN STORE CENTRALIZED DISTRIBUTION FOR ECONOMY This is a Salem Store—The money you spend for foods with this store is spent right here to build up your own community. Not only is that a fact, but at Busick's Store, Commercial street at Court, or the Market Grocery or Busick's Self Selecting Store, located in the New Market Building you can actually save money on the full line of food as sold in these stores.