

3 Squares

This is the season when our grandmothers used to take "spring tonics." The very description of some of those home-manufactured concoctions makes one shudder but they were deemed essential to health. Now we realize that nature has provided these spring tonics for us if we are only wise enough to use them.

Rhubarb, with its wealth of electric, malic and other acids is a valuable addition to the diet, provided it is not ruined with too much sugar. An equal measure or more of sugar on rhubarb ruins its value and kills the flavor.

Many prefer the flavor of brown sugar combined with rhubarb and if it is cooked in slowly the resulting flavor is much better. Try sprinkling the fresh washed and cut (not peeled) rhubarb with brown sugar, adding a small amount of water and baking in a slow oven until tender.

The ever popular orange juice is being replaced in many homes by grapefruit juice. This is delicious and serves an important place in the diet.

Smelt are at the height of the season now and while the price is so low (4 to 5 pounds for 25 cents) is a good time to use them. The trouble with the average cook is that she knows only one way to prepare them and that is ordinary frying. This is undoubtedly the least attractive way to serve the little fish and should be used only occasionally.

Smelt egged and crumbed and tried in deep fat are very good but many prefer them baked in a spiced vinegar solution. To do this one has to work out the spices the individual. One good combination is to use weakened vinegar, finely cut lemon peel, salt, pepper, a dash of cayenne, bay leaf and a dash of mace. Pour the mixture over the fish which have been placed in a shallow pan and bake until tender.

If you value your time always use scissors in cleaning smelt. The heads can be cut off and the body slit so quickly in this way and the cleaning operation will be less than half the time needed when a knife is used.

Asparagus is dropping in price now and excellent quality is available at prices ranging from 15 to 19 cents per pound.

Now for dessert try—Nut Drop Cakes 1-3 cup fat 1 cup sugar 2-3 cup milk 1 teaspoon vanilla 1/2 teaspoon almond extract 1-2 teaspoon salt 3 cups flour 3 teaspoons baking powder 3 eggs 1/2 cup nuts. Cream fat and sugar. Add other ingredients and beat 2 minutes. Beat egg whites in stiff peaks. Bake 20 minutes in a moderately slow oven. Cool and frost.

FROSTING 4 tablespoons hot cream 1-2 teaspoon salt 1 teaspoon vanilla 1 cup sifted confectioner's sugar. Mix ingredients and beat 2 minutes. Let stand 3 minutes and beat again until thick and creamy. Carefully frost tops and sides of cakes.

Thornton Buys Cherry Acreage From F. Brown

DALLAS, March 20—A. W. Thornton of Dallas has purchased the remaining seven acres of sour cherries formerly owned by Frank Brown, who now makes his home in Salem. These cherries command an extremely good price at all times, and Mr. Thornton has already contracted the 1930 crop for a good figure. Last year the seven acre produced a crop of 11 tons, which was light; 19 tons is not an unusual production for this orchard. Mr. Thornton paid in excess of \$3000 for the seven acres. Mr. Brown has been selling off his holdings near Dallas for several years, and now has just a piece remaining along the banks of the Rickreall.

COME INTO THE KITCHEN

By ELLA M. LEHR

Strange, isn't it?—the joy there is in the little things, if we try to see it—a bird's song, the whisper of leaf to leaf as a dainty prancing breeze whips past, the brave little new blossoms on the struggling slip of a tree outside, and a woman singing as she washes her kitchen windows.

We think it was a gay little blue bowl with jaunty golden jonquills and soft gray pussy-willows that started us off. 'Twas in a home where Beauty reigned—and we were the unbidden guest. There was no pretense at elaboration, but it was such a colorful meal that we shall never forget.

A puffy golden-brown omelet with wee flowerlets of cauliflower in white sauce, a casserole dish from which roses of some particular cheese oozing down the sides, a salad of pineapple and creamy cottage cheese against a gorgeous background of crisp green lettuce leaves, and then home-canned peaches and cream with great slices of coconut cake.

Course we like to include the soft glow of tall yellow candles and the silver so beautifully arranged, the snowy white linen and the charm of the hostess. But we noticed too that the dinner plates were warm warm, the salted and key cold, the coffee was spilled into the saucer, the muffins reposed under a napkin to keep them piping hot, Jimmy was not admonished about his table manners, father wasn't dragged into a discussion of the leaking

Guiding Your Child

A BAD BARGAIN

By MRS. AGNES LYNE  
When your child has come to you with a request for some particular toy you ever struck with him an outrageous bargain? Have you said in effect, "Yes, I'll get you a tricycle if you are a good boy for the next two weeks." Nine times out of ten of course he isn't a "good boy" for two weeks. No healthy child is ever "good" as we adults are apt to think of being good for more than a few hours at a time. So you had your choice of either refusing him the toy he wanted or giving it to him anyway. If you gave it to him anyway you added to a ready existing confusion in his mind.

He learned that you are good to get what you want and that then when you aren't good you get what you want just the same. If you withheld the gift your child quite properly cherished feelings of resentment which in no way contributed to his general desire to be a good boy in the future.

It is never right to make a gift contingent on good behavior. Whether or not a child ought to have a particular plaything depends not upon his moral state but upon whether or not the plaything is one he ought to have.

Whether or not Jimmy ought to have a tricycle depends upon such considerations as expense, the amount of fun he will be able to get out of it, and the amount of space available for keeping it. A child's right to good playthings has nothing to do with his virtues. If he is not obedient and cooperative because of the way you have trained and educated him, bribing him to be so will add to the list of your mistakes.

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pipes and the mud on the porch. Truly—it was the little things that counted!

We'd like to give you some spring loveliness in meals—for instance—Omelettes For omelettes select large eggs. Use 1 tablespoon liquid and 1-8 teaspoon salt for each egg. Never try to make an omelette using more than 4 eggs as the mixture will brown before being cooked through. Omelet pans must be kept clean and smooth. Ingredients: 4 eggs 1/2 teaspoon salt 2 teaspoons butter 4 tablespoons hot water or milk 1-8 teaspoon white pepper. Beat the eggs slightly, enough to blend yolks and whites. Add liquid and seasonings. Melt butter in hot omelet pan and pour in mixture and place over slow flame. As it cooks draw the edges toward the center with a knife. Increase heat so that it may brown quickly. Fold and turn on hot platter.

For a foamy omelet, beat yolks of eggs until light and creamy; add seasonings and milk. Beat whites until stiff and fold into the yolks. Cook over a low flame. When set, put in hot oven or under broiler for a few minutes to dry on top. Fold and serve at once. Variations may be made with grated cheese, jelly, jam, chopped meat, peas or parsley placed in omelet before folding, or a seasoned tomato sauce.

Cheese Muffins 2 cups sifted flour 4 teaspoons baking powder 1/2 teaspoon salt 1 egg 2 tablespoons sugar

Hot Cross Buns, dozen 25c  
2 Rainier Malt Syrup 75c  
3 cans Van Camp's 25c  
10 oz. Beans 85c  
Percolator Coffee, 3 lb. for 98c  
Mellow Blend coffee, 4 lb. for \$1.15  
Royal coffee 20c, 3 lb. for \$1.15  
Rice, Macaroni, Prunes and Onion Sets, 4 lb. 25c  
7 bars Claxo Soap 25c  
Purex while it lasts) large, 2 for 25c

The Happy Market

- Mustard, pure, jar, 25c  
25c, qtz. Prepared, 40c  
Solid Pack Tomatoes, Peas, String Beans, 25c  
2 cans for 25c  
Mackerel (canned Salmon style), large cans, 15c  
Toilet Tissue, 4 rolls, 25c  
15c oval Sardines, on sale, 10c  
Fresh eggs, large, 45c  
Small, dozen 35c  
We Pay Cash for Eggs

Who Pays Your Bills?

Practically every business and professional man in Salem depends upon Salem earned dollars for his very business or professional existence, and yet—some of the wives of these leaders of our community thoughtlessly send thousands of these Salem earned dollars away from Salem every month by patronizing the chain stores. Send them to St. Louis, Chicago, New York and Wall Street chain store owners, for food, for clothing. Can Salem afford this? Can you afford to be dictated to by your source of income? Dr. Kerr, in a recent speech said: "Buy Oregon made goods!" He could have added, and patriotic merchants who spend their profits at home! Think it over folks!

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PEACHES Libby's Fancy Yellow Cling No. 3 1/2 size cans 2 CANS FOR 49c  
VANILLA SCHILLING'S PURE 2 OZ. BOTTLES 30c  
LEMON BUCKEYE EXTRACT 2 OUNCE BOTTLE 23c  
GINGERSNAPS FRESH CRISP 2 POUNDS 35c  
BISCUITS SUPERIOR A fresh crisp soda wafer 2 large packages 2 FOR 65c  
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