

3 Squares

How can one be a business woman and a hostess? There was a time when the answer would have been "It can't be done," but now with the wealth of prepared foods offered in the shops at such reasonable prices even the business woman of limited income may serve attractive refreshments at reasonable cost and a minimum of effort.

Such delightful times one may have by inviting a few friends to tea. The clever hostess has an emergency shelf with sufficient supplies to provide for such a tea at any time.

Tea is no longer just tea but a delightful beverage for the most fastidious taste. Nor is it necessary to purchase the very expensive "freak teas" but a fine grade of black or green tea served with the many attractive flavorings becomes distinctive.

Salem shops are now offering fruit flavored sugar in packages. These sugar cubes are in assorted flavors, usually orange, lemon and lime in each package with each flavor a different color. Your guests may select the flavor they like best.

Our old standbys lemon and cloves are always in demand and personally I like a bit of orange marmalade in my tea. Try it.

One need not spend weary hours over the stove baking tea cakes and wafers. Almost every type may be purchased in Salem shops. Personally I am partial to those thin almond flavored wafers packed in air tight containers which will keep fresh and crisp indefinitely. These may be found in all sorts of shapes, card figures for bridge teas, plain round wafers and many special shapes.

The variety of cakes and cookies one may buy is endless. Find the kinds you like and then know where to get them when needed.

Sandwiches will have to be prepared at home but with the materials available this is not difficult. Do not be afraid of canned meats, cheese and the variety of sandwich fillings.

Science has proved conclusively that we have everything to gain and nothing to lose by the use of commercially canned products. Having experimented and discovered the best methods of preparation, the most pleasing flavor and seasoning combinations, we are assured of a product which is always uniform and which is not dependent on the market supplies procurable on the day on which we wish to use it.

NEW LOW RECORD IN WHEAT IS MADE

CHICAGO, May 1.—(AP)—The beginning of delivery of wheat on May contracts today saw futures prices for the current month dip within a fraction of a bushel, establishing once more a low record for the year.

Values at the close were unchanged to 5-8c a bushel lower than yesterday with May selling at \$1.01 3-8 to 1/2, but the mid-session slump had recorded a low price of \$1.00 1/4.

A change in the board of trade regulations which, traders anticipated, might accentuate the grain storage problem was held responsible for the downward reaction after an early advance. The amendment rendered wheat in cars on track deliverable on May contracts on an equal basis with grain stored in elevators. There are approximately 9,000,000 bushels of wheat stored in private elevators in addition to glutted public warehouses of Chicago and under the change of rules this grain could be moved to railroad tracks to be delivered on futures contracts this month.

Junior Orators Will Contest

AURORA, May 1.—The Marion county declamatory contest will be held at the band hall of Aurora the evening of May 17th. The contestants will come from every grade and high school in Marion county with the exception of Salem.

Those eligible for the try out are those who have successfully won first place in their own school. Here-to-fore the final try out has been held in Salem. Aurora is fortunate in being selected for this event.

The local try out for this contest will be held at the school house Friday, May 9th at 2 p.m. Every one invited. One gold medal has come to Aurora and hopes are high that another may be won.

Brooks Cooking Club Is Feted

BROOKS, May 1.—Mrs. Charles Allison, leader of the cooking club in the Brooks public school entertained the club members in her home on Friday this being their last meeting of the school year, they having completed their work.

At the close of the meeting the hostess, Mrs. Allison served delicious refreshments. The following members were present: Laverna Canton, Beniah Otto, Gladys Epley, Clara Umamoto, Verna Ogura, Gladys Otto, Frances Colyer, Emaline Sears, Lois LaVett, Evelyn Molean, Violet Berry and the hostess.

COME INTO THE KITCHEN

By ELLA M. LEHR

Spring Tonics

How do you take your spring tonic? We know you need it—Do you combat it with a wry face, a hasty swallow, and a dark brown taste in your mouth? Or do you greet it joyously by delving into a golden crusted rhubarb cobbler or taking another helping of the fluffy baked spinach soufflé?

Far be it from us to knock the drug-store trade but there's more pent-up energy in a bottle of milk than on those pink pellets from the druggists' shelf—more red corpuscles from that casserole of gaily tinted arrowroot than in that iron concoction you swallow after every meal! And spinach—poor abused spinach can put more glorious color in milady's face than those diminutive boxes of color dabbed on with a puff. You know the contents of a cooking pot can make complexions beautiful—or not.

Have you noticed those long red stalks of rhubarb in the store windows? I know—"the family simply won't eat rhubarb." Don't tell them it's rhubarb rich in vitamin that builds better teeth and mineral that makes red blood? You can lead a horse to water, but you cannot make him drink—unless of course, you put salt in his oats!

There's a method to your madness when you serve **Surprise Rhubarb Pie**. 1 1/2 cups fresh rhubarb—cut in very small pieces, 1 cup sugar, scant, 3 tablespoons cream or milk, 2 egg yolks, (white for meringue) 2 tablespoons flour. Mix all together, cook in double boiler until fairly thick. Fill baked pastry shell. Cover with meringue made by whipping up the two egg whites, add 2 tablespoons sugar. Brown in slow oven 300 degrees for about 15 minutes.

To coax the jaded appetite, try **Glorified Spinach en Casserole**. Thoroughly wash 2 pounds spinach and in just the water that clings to the leaves cook until tender. Chop fine or grind. Have ready—cooked—1/2 pound of macaroni and 2 cups grated or

finely sliced cheese. Arrange these in layers in the order given, using one half of each ingredient in each layer, then repeat. Cover the top with buttered crumbs and bake 40 minutes at 350 degrees (moderate oven). Garnish with slices of hard cooked egg and sliced tomatoes.

Fruit Salad is always in order—the best sort of tempter. Molded—a different touch is added—so necessary to the slump in spring appetites. Soften a package of gelatin in 1-4 cup cold apricot juice. Dissolve in 1 1/2 cups of hot fruit juice. Add juice of 1 lemon and 1/4 cup sugar. Pour into small molds. Chill. When Mixture begins to thicken, add 1 1/2 cups of fruit in small pieces—grapefruit, bananas, pears, white grapes or what have you. Set aside to become set and cold. Serve on lettuce leaves with either cooked salad dressing or mayonnaise to which has been added whipped cream.

Welsh Rabbit (Rarebit) is a bit of artistry in itself. Suitable for lunch, Sunday night suppers, after the theater feeds—it is also a lighter protein food—so necessary to the wear and tear of the body—an excellent substitute for the more wintry meat dishes. 1/2 pound grated or sliced cheese, 1/2 cup liquor—milk, cream, white sauce, or tomato puree, 1/4 teaspoon salt, 1/4 teaspoon mustard, 1 to 2 tablespoons butter if desired. Melt all in double boiler, stir constantly until smooth. An egg yolk may be added if desired. Serve at once on toast squares or crisp crackers.

A delicious Lenten dish is **Risotto With Scrambled Eggs**. Put 1 cup rice on the range with 1 quart at least of boiling water and 1 tablespoon salt. Boil not cover. Test by crushing a grain between the forefinger and thumb. Do not over cook. Turn into a colander, rinse. Melt two tablespoons butter or oil into the saucepan, add 1/2 an onion and the rice. Let cook until the butter is absorbed. Then add 1 cup of tomato pulp, salt, a dash of paprika and water if necessary. Stir carefully. Pour on to a hot platter, making a hollow to hold **Scrambled Eggs**.

Melt 2 tablespoons butter in saucepan over fire. Add 3 tablespoons milk or cream and then four or six eggs beaten together slightly. Stir with fork constantly but lightly until egg is set. The eggs should be firm but not hard. Over all may be poured broiled mushrooms or Mushroom Sauce. Scrambled eggs are delicious served with vegetables, fish or meats and gives one a delightful way to serve leftovers. "Common Sense is good to have. But never let it master you. For then it might deprive you of The foolish things it's fun to do."

Guiding Your Child

MAKEUP

By MRS. AGNES LYNE Many a mother who has prided herself on the wisdom which she has trained her daughter and who is herself the very pattern of a well-bred lady is shocked and distressed to find that her 16-year-old daughter insists upon going about with her face painted.

What should we do about it? Let them go on making a spectacle of themselves or use ready-hand methods in putting a stop to their misguided efforts to make themselves attractive? It seems to me that when we are dealing with 16-year-olds we have passed the stage when we can successfully command obedience that is contrary to the child's wishes. Our chance to form tastes and standards was given us during their childhood years.

And where we have failed, perhaps through no fault of our own, we must accept the situation and be content not to command, but to use sympathetically such influence as we possess. To a 16-year-old it is far more important, and rightly so, that she conform to the conventions of her own particular group, crude and mistaken as these may be, than that she keep the parental approval which was so necessary while she was little.

The girl who is sympathetically approached by her elders on such personal matters as her appearance, who is made to realize that they are not simply trying to make her submit to their wishes regardless of her own, will perhaps make concessions to their standards.

If your copy of The Statesman is not delivered by 6:30, phone 500 and a copy will be sent to you at once.



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A. J. HECKER RITES AT MT. ANGEL TODAY

GERVAIS, May 1.—Mr. and Mrs. Jacob Hecker received word Wednesday morning that the body of their son, Arthur J. Hecker who was killed in an accident at Pittsburg, Calif., on April 23, will arrive so that the funeral may be held Friday. There has been unaccountable delay somewhere in getting the body through.

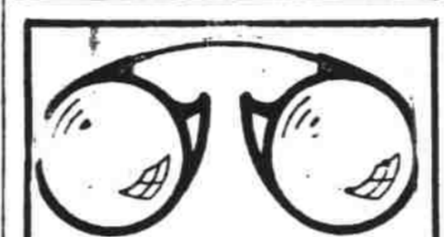
Mr. Hecker was born at Mt. Angel. He was 35 years of age. He was a contractor and engineer. He was a returned soldier and member of the American Legion. He is survived by his parents, Mr. and Mrs. Jacob Hecker of Gervais and four sisters and five brothers. Funeral services are to be held Friday morning at Mt. Angel, conducted by Rev. Father Berkhol and burial will be at the Mt. Angel cemetery.

Jefferson Girl Accepts Position At Independence

JEFFERSON, May 1.—Miss Marguerite Looney, daughter of Mr. and Mrs. M. D. Looney has accepted a position as instructor of English and Spanish in the high school at Independence.

Wm. Dunn Going To Vancouver

SILVERTON, May 1.—William Dunn, who for the past several years has been principal of the Silverton junior high school has announced that he will leave at the close of the school year for Vancouver, Washington where he has accepted the position of principal of Vancouver high school.



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- Cauliflower
- Turnips
- Green Peas
- New Potatoes
- Bermuda Onions
- Local Asparagus
- New Beets
- Artichokes
- Solid Head Lettuce
- New Cabbage
- Hot House Tomatoes
- Sweet Potatoes
- Bunch Celery
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