

WHITE BREAD IS DEFENDED

Both White and Whole Wheat Breads Declared Wholesome Food

That white bread is a wholesome food is the opinion expressed by specialists of the U. S. Department of Agriculture and five nationally known authorities on nutritional problems who were consulted by direction of Secretary Hyde.

White and whole-wheat breads are both wholesome foods. They are among the most important and cheapest sources of energy and protein in the diet.

No person subsists on one food. Each food should be chosen in relation to the other constituents of the diet.

Those who were consulted in the preparation of the statement are: Dr. R. Adams Dutcher, head of department of agricultural biochemistry, Pennsylvania State college; Dr. E. V. McCollum, professor of chemical hygiene, Johns Hopkins university; Dr. Lafayette B. Mendel, professor of physiological chemistry, Yale university; Dr. H. G. Sherman, professor of chemistry, Columbia university; Dr. Harry Steenbock, professor of agricultural chemistry, University of Wisconsin; and from the department of agriculture: Dr. A. F. Woods, director of scientific work; Dr. Henry G. Knight, chief, bureau of chemistry and soils; N. A. Olsen, chief, bureau of agricultural economics; Dr. W. W. Skinner, assistant chief, chemical and technological research, bureau of chemistry and soils; and Dr. P. C. Blanck, in charge, food research division, bureau of chemistry and soils.

"It should be evident," said Dr. Woods, in commenting on the official statement, "that because a particular food lacks a certain vitamin or other important food factor, its value is not necessarily thereby seriously reduced in a mixed diet, in which other foods contain the necessary elements. Practically all dieticians nowadays recommend a diversified diet. The American people have available from the farms, ranches, and fisheries everything needed for producing a sound body. Those who give out information on food values, should be particularly careful not to draw unwarranted conclusions as to food values based on the presence or absence of some particular factor."

Do you sometimes wonder what vegetable to serve to the family? Then try buttered celery. Cut the clean celery into one-half inch lengths, boil in a very little salted water and season with salt, pepper and butter. You will not realize how good it is until you have tried it.

COOKING SCHOOL PLANNED SILVERTON, May 15 — The F. E. P. company cooking school which closes Friday will commence the judging of cooked foods by ten o'clock Friday morning. In the afternoon the local Women's club will hold a food sale of the articles. The funds received from the sale of the foods will be used to purchase more books for the Silverton library.



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COME INTO THE KITCHEN

By ELLA M. LEHR

"Culinary Questionings." "Oh, dear," sez the new little bride to me, as she gingerly scanned the pages of an old cook book inherited from her grandmother. "How do I know how much flour to use 'until thick'?" How much water do I add in making pie crust? What'll I do with that chicken fat that mama-in-law bequeathed me? Why are my dumplings like rocks? What shall I make out of this sour milk? Why, why doesn't a blue print and culinary guide book accompany our wedding rings?" "How do you know?"

"It'll come, my dear, it'll come!" I counseled with a grandmotherly air and voice. "Experience! Here now, I'll slip you this which, honest has only been found after many spoiled cakes and more maltreated digestive systems!"

Do you know that— All measurements are level in modern cook books? 3 teaspoons equal 1 tablespoon. 16 tablespoons equal 1 cup. 12 tablespoons liquid, equal 1 cup.

2 cups equal 1 pint. 2 pints equal 1 quart. 4 quarts equal 1 gallon. 8 quarts equal 1 peck. Dash, pinch or speck equals 1-16 teaspoon. Size of a nut equals 1 tablespoon. Size of an egg equals 1/4 cup or 4 tablespoons. 1 tablespoon equals 1 ounce dry or 2 ounces liquid.

Substitutions Baking powder, 1 teaspoon equals 1-3 teaspoon soda and 1/4 teaspoon cream of tartar. Baking soda—1/2 teaspoon added to 1 cup sour milk is the equivalent of 2 teaspoons baking powder and 1 cup sweet milk. If your recipe calls for sour

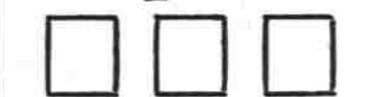
milk and you do not have any on hand, 1 tablespoon fresh lemon juice added to 1 cup sweet milk will give the equivalent to sour milk. Chocolate—cocoa. 1 square chocolate equals 1/4 cup ground chocolate.

For substitution of sugar, use 1 cup of honey for 1 cup sugar, and omit 1/4 cup of the liquid to be used to neutralize the acid. Honey, equal amounts may be substituted for molasses, using a bit less soda. Molasses—Substitute 3-4 cup molasses for 1 cup sugar, add 1/2 teaspoon soda for each cup molasses omitting or using only a small amount of baking powder. Butter substitutes—For 1 cup of butter use bacon fat, clarified or butter use lard, 1 cup; suet, 1-1/2 cups; lard, 1 cup; suet, 1-1/2 cups.

Cornstarch—2 t a b l e s p o o n s flour equal 1 tablespoon cornstarch in thickening. Proportions—(Judge new recipes by this table.) Baking powder—2 teaspoons, 1 cup flour. Reduce 1/2 teaspoon for each egg added after the first. Soda—1/2 teaspoon to 1 cup sour milk; 1/4 teaspoon to 1 cup molasses. If acidity is very great, add a bit of baking powder. If substitution for soda, use 2 teaspoons baking powder for every 1/2 teaspoon soda. Thickening.—One egg thickens 1 cup milk—for baked custard. 3 tablespoons tapioca thickens 1 cup of water or milk for pudding.

Two trees from Belleau Wood battlefield have been planted in the Belleau Wood memorial section of the Cook county, Illinois forest preserve.

3 Squares



This is the season when the housewife is sorely tempted to buy things that "look good" but are so very expensive. Fruits and vegetables shipped a great distance are never as good as the fresh product but are much more expensive. Best be careful.

Using left overs is always a problem but perhaps no single item lends itself so well to "warming over" as does ham. The ways of preparing left over ham are legion but one of the most delicious is ham timbales. Try these:

Ham Timbales 1 cup stale bread crumbs 1 1/4 cup milk 2 tablespoons fat 1 cup chopped cooked ham 1/2 teaspoon salt 1-8 teaspoon pepper Dash cayenne 2 eggs

Cook bread crumbs and milk to a smooth paste, add eggs beaten and cook for 2 minutes longer. Add fat, ham, salt and pepper. Oil individual moulds and fill two-thirds full of mixture. Set in a pan of hot water and bake in a moderate oven (325 degrees F.) until firm. Serve on a hot serving dish and garnish with chopped parsley.

For the main meat dish have you tried baked stuffed pork chops? Prepared according to this recipe they are delicious and different.

Baked Stuffed Pork Chops 13 pork chops, cut 2-3 inch thick 1 teaspoon salt 1/4 teaspoon paprika 2 cups bread crumbs 1 tablespoon finely chopped onion 2 tablespoons chopped celery leaves 1/2 cup butter, melted

2 tablespoons chopped parsley 1-3 cup flour 1/4 cup water Wipe chops, sprinkle with salt and paprika. Mix crumbs, onions, celery leaves, butter and parsley. Spread on 6 of the chops. Top with the other 6 and hold in place with tooth picks. Sprinkle with flour. Place in a roasting pan, add water and cover with lid. Bake one hour in a moderate oven. Baste frequently.

Sandwiches are the ever faithful standby of the housekeeper and when several fillings are combined and the sandwich toasted, they make a most acceptable luncheon dish. Here is an example:

Sliced Tomato and Cheese Sandwiches (Toasted) 12 slices bread, buttered 1/2 cup yellow cream cheese 1/4 teaspoon salt 1/4 teaspoon pepper 2 tablespoons chopped onions 3 tablespoons salad dressing 6 slices tomatoes

Arrange bread slices in pairs. Place tomato slices on half the slices of bread. Sprinkle with salt, pepper, onions and salad dressing. Spread remaining slices with cheese and place cheese side down onto tomato slices. Arrange on shallow pan and bake 15 minutes in moderate oven. Serve with fork.

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Guiding Your Child

DANCING LESSONS BY MRS. AGNES LYNE

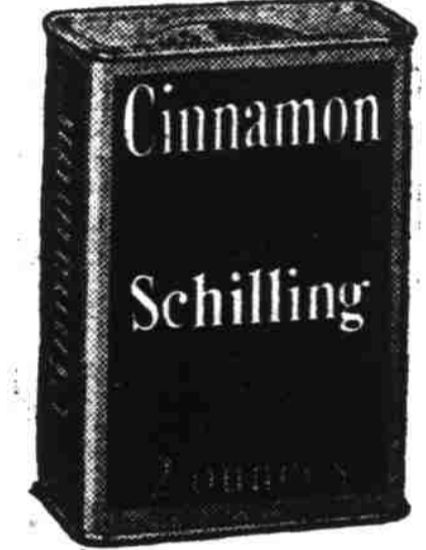
Nancy's dancing teacher was pleased with her. "You've been such a good girl today and we've had such a fine lesson that I'm going to give you a little present." And she held out to Nancy a tiny, brightly colored basket. "If you do well next week I have something else for you, but you will have to try hard and do quite perfectly that step I showed you today."

And so with the very best intentions in the world Nancy's dancing teacher made a great mistake. It is the kind of thing we all are likely to do unless we stop and think. So many of the things we were made to learn in our childhood were difficult and tedious that we feel we must offer rewards to

children for things which they would naturally love to do for their own sake. Teachers today are more skillful than they used to be. Learning to dance should be a happy occupation, requiring no reward beyond its intrinsic satisfaction. When we reward children for doing such things we run the risk of spoiling their genuine pleasure in the activity. It becomes a means to an end instead of an end in itself.

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Clever things you can do with Prepared Mustard Cinnamon Maple. Roast beef acquires a delicious flavor when coated with Schilling Prepared Mustard Sauce, before slipping it into a hot oven. Spread slices of cold roast beef with Schilling Prepared Mustard Sauce, add a dash of Schilling Cayenne and Onion Salt. Brown in hot fat. Schilling Prepared Mustard Sauce added to batter in which fish is dipped before frying, will greatly improve its flavor. A thin layer of Schilling Prepared Mustard Sauce spread on an omelet before folding lends a most piquant touch. Fish dishes put on a new dress when served with a sauce made by adding 1 tablespoon Schilling Prepared Mustard Sauce to 1 cup medium white sauce. This sauce is a delightful accompaniment for cauliflower, asparagus, and artichokes. PEANUT SALAD DRESSING Mix together: 3 teaspoons Schilling Prepared Mustard Sauce. 2 teaspoons peanut butter. 3 teaspoons sugar. Add cream to make thin enough to pour over salad. For savory sandwiches, blend equal parts of Schilling Prepared Mustard Sauce and butter, and spread on the bread. Meat, chicken and cheese sandwiches are ever so good this way! Artichokes may be baked in oil and water to which 1 teaspoon Schilling Ground Cinnamon has been added. A sprinkle of Schilling Cinnamon over the top of meringue before baking gives an unusual touch to cream pies. To vary hot chocolate, add a dash of Schilling Cinnamon to each cup. Or, it topped with whipped cream, shake the cinnamon over the cream. Before placing muffins in the oven sprinkle the top with a mixture of 1 teaspoon of Schilling Ground Cinnamon and 4 teaspoons of sugar. Did you ever serve cinnamon honey with waffles? Just honey blended with Schilling Cinnamon to taste. A dash of Schilling Ground Cinnamon in cranberry sauce gives a new flavor. Sprinkle Schilling Cinnamon on pan-fried apples. And when you bake apples—Schilling Cinnamon dusted over each apple is a magic sprinkle. A bit of pastry rolled out, spread with a little melted butter, sugar and Schilling Cinnamon, and a piece of banana rolled up in it, is baked and served with cream or lemon sauce. To almost any plain sugar cookie dough, add 1/4 teaspoon Schilling Maple Flavoring and finely chopped nuts. When milk for the youngsters goes "a-begging," add 1/4 teaspoon Schilling Maple Flavoring to the glass. For a sweet dessert, prunes may be baked slowly in Maple Syrup (made the Schilling way—see below). Serve with a fluff of whipped cream. Home-made Maple Syrup is made by pouring one cup of boiling water over two cups of granulated sugar. Boil without stirring for two minutes. Remove from fire and add 1/4 teaspoonful of Schilling Maple Flavoring. A dash of salt improves the flavor. (This recipe makes one pint of delicious syrup at a cost of less than eight cents.) This easily made syrup has many uses beside the usual hot cake or waffle accompaniment. It may be used as a sauce for ice cream, pudding and cake, and for flavoring frosting and candies. Malted milks are delicious flavored with a bit of Schilling Maple Flavoring and colored a rich brown with Schilling Caramel Coloring. Tapioca cream is a long remembered dainty when Schilling Maple Flavoring (1 teaspoon to a quart of milk), and coconut or sliced bananas are added.

Also FREE with each Schilling purchase A copy of the 80 page book "Flavor Secrets" The latest thing in cookery. Thousands of new suggestions in the fine art of flavoring food. You have never seen anything quite like this book. Nothing of the sort has ever before been published. You will find it an adventure into a new realm of cookery which will delight you and those who gather around your board. It takes the monotony out of cooking. It shows how to dress up the "stand bys." You will keep it handy in the kitchen and refer to it frequently. In it you will find little tricks at your finger tips—unexpected touches that will give new zest to old favorites and add many new favorites to your kitchen repertoire. It will lead you into all manner of intriguing seasoning paths, the perfumed trail of spices and fragrant essences. This book has been three years in preparation. Its material has been gleaned from all over the world, and carefully tested in the kitchen. Everything in it is practical, and easy. You will find many complete recipes for new and interesting dishes. But the important part of the book is in the thousands of suggestions for adding new piquancy, new delights to your every-day recipes.

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