

HOW TO CHOOSE THAT CHRISTMAS BIKE

AP Newfeatures
 Almost every boy and girl gets a bike for Christmas some wonderful year.
 Usually the great day comes after a long campaign of Christmas hinting and letters to Santa Claus, and after months of being extra good and doing added chores.
 A shiny new bicycle is an important part of growing up, and its young owner usually assumes new importance.
 Nowadays the great day of acquiring a bicycle may come as early as the age of 3½, because of the new proportioned bikes equipped with extra "outrigger" wheels of the youngest cyclists. Even a very small child may ride one of these handsome affairs as easily as he manipulates a tricycle. Later, when he has acquired the necessary skill, the extra back wheels are removed, the seat and handle bars adjusted, and he has a full-fledged two wheeler.
 Assistant Santas are warned, however, of the importance of buying the right size bike, and the following table is issued by the Bicycle Institute of America, for guidance of parents or other bike purchasers:
 If the youngster is from 3½ to 5 year old, get him a 16-inch (wheel diameter) two-wheeler with extra "outrigger" wheels.
 If he is from 5 to 7, a 20-inch bike is the proper size.
 Eight to 10-year-olds will want a 24-inch size bike.
 For 11-year-olds and up a full-sized 28-inch bicycle is correct.
 It is pointed out that a bike that fits the rider is much easier and safer to ride.
 Now that toddlers are learning to ride the new proportioned bikes, some safety pointers also are in order, which parents should teach the children from the very first.
 Almost anyone can stay upright on a bicycle, says the institute, but how many actually know how to ride correctly?
 Probably the most common mistake new riders make is in having the seat and handle bars incorrectly adjusted. The seat is at the right height when, with the rider's leg straight and the pedal at "6 o'clock," the heel is on the pedal. Handle bars are right when, with the seat properly adjusted the hands comfortably placed on the



BIKES FOR ALL AGES . . . right size is important.

handle bar grips, the rider leans slightly forward.
 To ride properly and with the least effort, the ball of the foot should be on the pedal, not the instep or the heel. Knees should be kept close to the frame, not only because it is more graceful, but because the knee joint is a hinge that works much more efficiently if it bends normally.
 That's about all there is to it, except that when riding in town or on country highways use common sense and obey all traffic rules. If traffic is heavy at intersections, dismount and walk across. Don't hitch on to other vehicles, and don't above all, weave in and out of traffic. Ride sensibly and remember—a safe rider is a happy rider.

PARMESAN PAPRIKA

To 1 cup toasted filberts and 1 tablespoon butter or cooking oil, add 1 tablespoon Parmesan cheese and 1 teaspoon paprika.

FOOD SECTION

Sugar Plums Have Modern Type Stand-in

Just what do you think of when you hear that "visions of sugar-plums danced through their heads"? Candy, cookie, candy canes—the answers are varied and numerous, but every one includes Santy Claus and Christmas trees, for such is our rear memory of "The Night Before Christmas" and rightly so. But there isn't a better addition to the list of goodies than "sugar figs" as well as plums.
SURPRISE CHRISTMAS TREE COOKIES
 Make a rich cookie dough and color it a pale green. Roll out to a thin sheet and cut out with a tree shaped cutter or with a pattern. Place on a buttered baking sheet. In the center of each little tree, right where the trunk of the tree goes up the center, place a line of the following fig stuffing. Then place another cookie tree on top. With a fork dipped lightly in water, press the edges gently together clear around the cookie. Bake in a moderate oven (350 degrees F.) for about 12 minutes or until the cookies are done but only lightly browned. Remove from the pan to a cake drying rack with a pancake turner.

Fig Pudding Takes Short Cut Route

Christmas pudding is tailor made, beginning with the well known fig newtons.
STEAMED FIG PUDDING
 2 (7¼-ozs.) pkgs. Fig Newtons
 ¼ cup milk
 ¼ cup butter
 1 egg, well beaten
 1 teaspoon cinnamon
 ¼ teaspoon ground cloves
 ¼ teaspoon nutmeg
 1 teaspoon lemon juice
 ¼ teaspoon grated lemon rind
 1 tablespoon baking powder
 but when obtainable is quite high milk; let stand 15 minutes or until soft, stirring to blend. Meanwhile, cream butter; add egg, cinnamon, cloves, nutmeg, lemon juice, lemon rind, and baking powder. Stir into fig newtons mixture. Pour into greased 1½-quart pudding mold. Cover tightly. Steam 2 hours. Let stand 10 minutes before unmold-

ing. Decorate top with a wreath of hard sauce and sliced maraschino cherries. Serves 6.

or margarine
 2 bananas, sliced
 1¼ cups sifted flour
 ½ cup sugar
 2 teaspoons baking powder
 ½ teaspoon salt
 1 egg, beaten
 ¼ cup milk
 3 tablespoons melted shortening
 Combine brown sugar and melted butter or margarine in 8-inch layer pan. Slice bananas and arrange in circular fashion in sugar mixture. Sift together flour, sugar, baking powder and salt. Combine egg, milk and shortening. Add to flour mixture, stirring until mixture is smooth. Spread batter evenly over bananas. Bake in moderately hot oven (400°) 25 minutes. Makes 1 coffee cake.
 Pumpkin makes a wonderful flavoring for a steamed pudding, as this recipe proves. Make it up as you would a cake, using the creaming method, and spicing it

Holidays Call For Plenty Cake, Pudding

Holiday time makes quite a strain on your recipes—especially those for cake and cookies and other desserts. Here are two recipes which may help along during the season.
 Busy homemakers will find this cake a good menu choice, because the batter is mixed quickly by the muffin method, then spread over banana-and-brown-sugar mixture in bottom of pan. Complete the breakfast menu with fresh orange juice, bacon omelet, and coffee.
GOLDEN BANANA COFFEE CAKE
 ½ cup brown sugar
 3 tablespoons melted butter



Soup's on, and welcome, too. Serve a big tureen of French onion, potato, or other filling soup and it will make almost a whole menu for Sunday night. With crisp crackers, French bread toast or croutons, company will go for soup.

STEAMED PUMPKIN PUDDING

1¼ cups sifted flour
 1 teaspoon baking powder
 1 teaspoon soda
 ½ teaspoon salt
 ½ teaspoon cinnamon
 ½ teaspoon ginger
 ¼ teaspoon cloves
 ½ cup shortening
 1 cup brown sugar
 2 eggs
 ¼ cup sour milk
 ½ cup cooked pumpkin
 Sift together flour, baking powder, soda, salt and spices. Cream together shortening and sugar until light and fluffy. Add eggs and beat well. Add flour mixture to creamed mixture alternately with milk and pumpkin. Pour into greased 1½ quart mold. Steam. To steam pudding, put about 2 quarts of water into large covered kettle with a rack in the bottom. Bring water to boil. Place pudding on rack and cover with double layer of waxed paper. Cover kettle and reduce heat so that steaming is steady but gentle. Steam 1 hour and 15 minutes. Remove pudding from kettle and allow to cool 10 minutes before un-

subly with cinnamon, ginger and cloves. Directions are given for steaming pudding.
 molding. Serve with hard sauce or whipped cream. Makes 1 pudding.

CHEESE POPCORN
Inopinde

Inopinde is just a fancy French word referring to the arrival of unexpected guests. Here's an easy solution to this problem:
 Pour ¼-cup of melted butter over a quart of hot popped corn. Sprinkle with grated mild American cheese and salt to taste. Toss until cheese is melted and butter distributed over all kernels. Serve hot... with cold, sparkling OLYMPIA BEER.
 P. S. Get Olympia by the case to be ready for any emergency.



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Armour's Crescent Sliced Bacon lb. **33c**

Lean, Full Slices Dubuque Tender Hamlb. **49c**

FRUITS & VEGETABLES

GREEN CRISP CABBAGElb. **4c**

CELERYStalk **15c**

RADISHES2 bunches **15c**

BRUSSEL SPROUTSBkt. **19c**

JUICE ORANGESDoz. **35c**
 Florida Gold - 220 Size

GRAPEFRUIT8 lbs. **65c**
 Arizona - 8-lb. Bag

BANANAS lb. **15c** LEMONS Doz. **29c**
 Golden Ripe Sunkist, 360's

<p style="font-weight: bold; margin-bottom: 10px;">MARGARINE</p> <p>Tastewell2 lbs. 45c</p> <p>Sugar 10 lbs. 95c C&H Brand</p> <p>CAKE MIX . . . 33c Betty Crocker's Devil's Food</p> <p>PUMPKIN Standby No. 2½ can2 for 29c</p> <p>SPAGHETTI Heinz2 for 29c</p> <p>LUNCH MEAT Morrell's Snack 12-oz. can 43c</p> <p>RAVIOLIS . . . 19c Luncheon, 1-lb. Glass</p> <p>COFFEE . . . lb. 89c Coffee Hag</p> <p>MUFFIN MIX Fry-amy, Blueberry. With leaf cake pan freepkg. 35c</p>	<p style="text-align: center; font-weight: bold; margin-bottom: 10px;">CANDIES</p> <p>Marshmallows 10c 8-oz. pkg.</p> <p>Org. Slices, lb. 29c</p> <p>Choc. Drops, lb. 29c</p> <p>Choc. Cherries 65c Pound Box</p> <p>Pnt. Brittle, lb. 35c</p> <p>Thin Mints ¹²oz. 39c Chocolate</p> <p>Tom & Jerry Batter 69c Chevy Chase</p> <p style="text-align: center; font-weight: bold; margin-bottom: 10px;">NUTS</p> <p>Mixed Nutslb. 49c S&W</p> <p>Walnutslb. 29c</p> <p>Almondslb. 49c</p> <p>Crackerslb. 29c Sunshine</p> <p>Fruit Cake MixJar 39c S&W</p>
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CROWN'S Spice Cake



Here's a new, tasty spice cake sure to hit the spot whatever the occasion! Crown's Cook-of-the-Month...Mrs. E. A. Orr, prominent Longview, Washington, homemaker...relies on Crown Flour for every baking need. Mrs. Orr knows that by using Crown Flour, her baking delicacies will be light and moist with a wonderful uniform texture. No wonder the best cooks in town use Crown!

SPICE CAKE

Colia Lee Tested Recipe

Sift together:
 2½ cups sifted Crown Best Patent Flour
 1 teaspoon baking powder
 1 teaspoon soda
 ½ teaspoon salt
 1 teaspoon cinnamon
 1 teaspoon cloves
 1 teaspoon allspice

Cream until light:
 ½ cup butter (half shortening may be used)
 2 cups sugar

Add, one at a time and beat well after each addition: 3 eggs, unbeaten
 Add: 1 cup stewed apples
 Combine dry ingredients alternately with 1 cup buttermilk and blend thoroughly.
 Add: 1 cup chopped candied cherries
 1 cup chopped nuts, floured

Pour into two greased or paper-lined 9-inch layer pans. Bake at 350° about 40 minutes. Let stand in pans a few minutes, then turn onto cooling rack. When cool, frost with Caramel Icing.

CARMEL ICING

Combine together in sauce pan:
 2 cups brown sugar 1 cup cream 3 tablespoons butter

Stir until sugar is dissolved, then boil without stirring to the soft ball stage. Take from heat and beat until creamy enough to spread. Add a little cream if necessary.
 Add: 1 teaspoon vanilla, ½ cup chopped candied cherries, ½ cup chopped nuts.



Crown Cook-of-the-Month

MRS. E. A. ORR
 Longview, Washington



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