



Thoroughly cooked, crusty browned fried chicken quarters in a tangy lemon barbecue sauce make just about the nicest possible buffet supper menu. With it serve crusty corn sticks, buttered asparagus and a molded fruit salad. Let guests select their favorites from a plate of assorted cupcakes.

Fresh Rhubarb Comes to the Aid of Housewife in Spring

Rhubarb season is here. Even though Webster classifies this food as an herb and others say it's technically a vegetable, we put it in the fruit family because it's more logical in meal planning.

The first of this rosy spring fruit has appeared in the grocery store and in the fruit market, buy some right away. Rhubarb gives a delightful lift to menus.

Remember there's more to rhubarb desserts than just good feasting. Rhubarb is a good source of minerals and vitamins. Add these nutrients to the good plant protein, B-vitamins and food iron of flour and the sum is good food value.

Any collection of rhubarb recipes must start with the traditional favorite pie. Lace wide strips of pastry over the top and let the blushing pink of the fruit show through. Some will like the pie plain, others will like a spoonful of ice cream heaped on top while the pie is still warm.

LATTICE RHUBARB PIE
2 eggs, well beaten
1 1/2 cups sugar (about)
1/4 cup flour
1/2 teaspoon salt
4 cups sliced rhubarb
Butter or margarine
Mix together eggs, sugar, flour and salt. Add rhubarb and mix well. Arrange in pie shell. Dot with butter or margarine. Top with pastry lattice. Makes 1 9-inch pie.

Here's another dessert using rhubarb.
SPRING SURPRISE PUDDING
1 pound fresh rhubarb
1/2 cup water
1 1/2 cups sugar
Cut cleaned rhubarb into half-inch lengths. Put into saucepan. Add water and cook until tender, 10 to 15 minutes. Add sugar. Simmer 10 minutes more.
1 cup sifted flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup shortening
1/2 cup sugar
1 teaspoon grated orange rind
1 egg
1/2 teaspoon vanilla extract
1/2 cup milk
Sift together flour, baking powder and salt. Cream together shortening and sugar. Add grated orange rind and egg and beat until light and fluffy. Add vanilla extract to milk. Add to creamed mixture alternately with flour mixture. Stir until smooth. Pour batter into greased 8-inch square baking pan. Pour bubbling hot rhubarb sauce over the batter. Bake in moderate oven (350°) about 45 minutes. Serve portions in dessert dishes, spooning some of the sauce over each serving. If desired, serve with cream. Makes 6 servings.

QUICK DESSERT
If you're looking for a dessert that's ready in a jiffy, serve hot pineapple ambrosia. In a 1-quart baking dish, combine a No. 2 can (2 1/2 cups) of pineapple chunks, juice and all, with 1 cup shredded coconut. Then add 12 marshmallows cut in quarters. Bake in a moderate oven (350°) until coconut toasts, about 20 minutes.

Delicate Cookies Crisp, Little Chewy

In a class by themselves are these Delicate Beau Knots, for they are crisp, rich, slightly chewy all at once. Bake the cookies on a cookie sheet so they will have space to spread and one sheet at a time to receive your full attention.
DELICATE BEAU KNOTS
1/2 cup sugar
1/4 cup brown sugar, firmly packed
1/2 cup butter or margarine
1 egg
3/4 teaspoon vanilla extract
1/2 cup sifted flour
1/4 teaspoon salt
1 cup finely chopped pecans
Cream together sugars and butter or margarine; beat in egg with a spoon; stir in vanilla extract. Add dry ingredients and nutmeats all at once and mix well. Drop by teaspoonfuls about 3 inches apart onto a generously greased cookie sheet. Bake in a moderate oven (350°) about 6 minutes or until centers of the cookies are light and edges medium brown.
Let cookies cool for a minute on the cookie sheet, then with a wide turner, start at one edge of flat cookie and coax it from sheet. The bow shape is made by pinching together in center.
Makes about 4 dozen cookies.

SUGAR FILLER
For added interest to your plain, dropped or rolled cookies sprinkle them with sugar mixed with grated orange or rind just before baking. Sesame, caraway or poppy seeds with beet or cane sugar are good toppers too.

Age of Growth Important Period

The period from 4 to 11 years in a child's life is one of steady growth. Dr. Genevieve Stearns, University of Iowa research professor said, in speaking on the nutrition of children at the Department of Agriculture's recent Food and Nutrition Institute. During these growing years, Dr. Stearns said, food lacks can be remedied by a good diet better than in later years. She reported that during this steady-growth period earlier lacks in protein, for example, can be overcome in 6 weeks to 2 months by the right food, because protein foods seem to be well absorbed by sick and by well children alike.

The school-age child is exposed to many infections, and adequate protein in the diet increases his resistance to infection, studies indicate. For example, the cited studies of children recovering from rheumatic fever. These indicate that the child who is well fed and well cared for has as low a recurrence rate in this disease as does the child given continuous preventive treatment with antibiotics.

Milk and milk products are of special value to the child both for protein and for calcium. Dr. Stearns said that children given ample calcium in their diets tend to store this important mineral most heavily during the year or so before the period of rapid growth in height.

If a child gets enough protein and calcium during the growing years, he generally gets enough of two important B-vitamins—thiamine and riboflavin. But farm families in the North especially may well give more attention to vitamin C foods for growing children. Dr. Stearns noted that in many families, potatoes and canned tomatoes are the chief sources of this vitamin in winter. Though these foods provide enough of the vitamin to prevent outright cases of scurvy, studies show that many children run lower in this vitamin than is desirable for good nutrition.

NEW WRINKLE
A little time-saver while ironing is a towel rack at the broad end of the board. You can hang small ironed pieces on the rack and save time and trotting to put each one away unwrinkled.

GAIN WEIGHT
Meat is a valuable food to include in the diet of the person who wants to gain weight. Its high protein content builds body tissue and assures a gain in weight which will be lasting.

Washington Socialites Dancing To Stately Waltzes and Tangoes

By JANE EADS
WASHINGTON (AP)—After an era of live, Dixieland and hillbilly tunes, local socialites are getting back to the stately Viennese waltzes and tangoes favored several decades ago in Capital ballrooms. This makes Sidney, the town's most popular society orchestra leader, happy.

"When I first played here everything was on a much higher plane," he told me. "The cycle of change is bringing us back to a taste for a mixture of continental music, more elegance and refinement." Sidney is an institution in the Capital. He has played in the White House and at the embassies. Sidney Seidenman, a shortish, slightly balding, pleasant-face of a man who studied violin and harmony at the Peabody Conservatory of Music in his hometown, Baltimore, first came to Washington to play Sunday concerts at a residential-type hotel, the Wardman Park, then occupied by many diplomats. In 1926 he opened at the Mayflower, where he still plays. He began to branch out, playing for embassy and deb parties. Now he boasts 10 units. Sidney Jr., 28, is a member of the firm.

Sidney has played for Mrs. Morris Caffritz' lavish affairs. Her predecessor as to the so-called No. 1 hostess, Perle Mesta, who became U. S. Minister to Luxembourg, "had good parties, home-like and simple," he said. He played for Ike Eisenhower and many other notables at Mrs. Mesta's.

"Eisenhower liked to sing around the piano," he told me. "He was crazy about the old song 'I've got Spurs that Jingle, Jangle, Jingle.' Mamie was a grand party girl, bubbly and stimulating. Gen. Omar Bradley always liked to dance."

President Truman was pleased when Sidney played special favorites at parties where he was present and personally acknowledged the tribute. "He likes all the Viennese waltzes and is crazy about Victor Herbert," he said. "He is also fond of Chopin and I used to play it for him at the more formal parties. Margaret Truman liked the waltzes."

Sidney foresees a larger number of parties than the Capital has yet coped with looming up after the Lenten season. "Young people are more sophisticated than they used to be and go out dancing in public at a much earlier age," he said, "but there's one thing certain—there's less drinking by young people than there ever was during prohibition, and they're all a good bunch of kids."

Mariner's Salad Salmon Special

National Canned Salmon Week comes with Lent, when many families serve more fish dishes, whether or not they are observing fast days. Canned salmon dishes are economical as well as high in nutritional value. For highest mineral and vitamin conservation serve the entire contents of the can.

MARINER'S SALMON SALAD
2 half-pound cans salmon
2 hard-cooked eggs
2 tomatoes
1 lemon
Salad greens
Salad dressing

Drain liquid from 2 half-pound cans salmon. To the liquid add 2 tablespoons vinegar and 2 teaspoons mixed spice. Pour the liquid back over the salmon, which has been carefully turned from the can into a shallow bowl. Put in refrigerator to chill for several hours.

When time to serve, arrange the salmon on a bed of salad greens and garnish with hard cooked eggs, sliced, and tomatoes cut in wedges.

Serve with salad dressing, mayonnaise, or a French dressing made from the liquor from salmon.

MARINER'S FRENCH DRESSING
1/4 cup liquor from salmon
1/4 cup catsup
2 tablespoons salad oil
1/2 teaspoon salt
1/4 teaspoon paprika

Put ingredients in fruit jar and shake well. Serve with Mariner's Salmon Salad.

for "Quick-trigger" Energy
SERVE
HOPALONG CASSIDY'S FAVORITE TUNA!
WHITE STAR TUNA

GUMMY
You can get chewing gum off clothes or upholstery by rubbing the spot with a piece of ice until the gum peels off. On clothing, you can also try putting the gum spot face-down on a newspaper and then pressing it with a hot iron until it comes off easily.

SOFT AGAIN
That old stiff paint brush can be salvaged if you boil it in vinegar to make it soft again.

Shop with CONFIDENCE at PIGGLY WIGGLY NATIONALLY KNOWN

1240 N. Capitol

Compare Savings! Compare Quality!

For He-man appetites
Serve Hoppy's Favorite TUNA!
Ounce for ounce more body-building proteins than practically any of the 751 basic foods!

WHITE STAR TUNA
WILLIAM BOYD

Chunk 1/2 size 29c

COFFEE
AT ITS FINEST

Plymouth 1-Lb. **77¢**

Sunrise 1-Lb. **79¢**

GRIND IT HERE

SUNSHINE BUYS!
CHOCOLATE CHERRIES
1-Lb. Box **45¢**

HI-HO CRACKERS
2 1-Lb. Boxes **49¢**

SHREDDED WHEAT
2 Boxes **29¢**

FRESH FRUITS and VEGETABLES

| | | | |
|--|---|--|---|
| <p>Bananas 2 POUNDS 29c</p> <p>Tomatoes Tubes — Beautiful Each 17c</p> | <p>Walnuts 2 lbs. 49¢</p> <p>Potatoes U. S. No. 1 Deschutes 10-lb. 45¢</p> <p>Celery Really Nice lb. 8¢</p> | <p>Drifted Snow Flour With Premium Bowls</p> <p>25-lb. Sack 2.09 50-lb. Sack 4.15</p> | <p>OLD BOARDER SPAGHETTI DINNER 33c</p> <p>Family Favorite for LENT 12-oz. V8 VEGETABLE JUICES 3 cans 35c</p> |
|--|---|--|---|

FRESH CUT UP—1 1/2 lb. & Over

FRYERS Ea. **1.09**

U. S. INSPECTED

Pot Roast Lean & Meaty lb. **49c**

SWIFT'S GOVT. INSPT.

ROUND of BEEF For Roasts, Swies, Fry, Stew, Grind lb. **59¢**

SWIFT'S PREMIUM

Canned Ham 1 1/2-lb. tin Pear shape Ea. **\$2.39**

It's the Heart "O" the HAM None Finer

Swift's Polish Sausage Ring lb. **49¢**

Just simmer slowly and serve hot.

DEL MONTE TOMATO JUICE \$1

48-oz. Can 4 for

HUDSON HOUSE TOMATOES 903 Cans 7 for

CAKE MIX CINCH 3 for

Luncheon Meat Oscar Mayer 12-oz. Can 3 for

CLOROX
1/2-Gal. **27¢**

SPECIAL ANNOUNCEMENT
The American Association of University Women will present Dorothy Thompson, Noted Columnist and Lecturer at

Salem High School Auditorium—March 4
At 8:15 P. M.
Tickets \$1.20—On Sale At Wills Music Store Stevens and Sons, Jewelers

Store Hours:
Week Days **8:30 to 9 P. M.**
Sundays **10 A. M. to 7 P. M.**

PIGGLY WIGGLY

FOUNDED IN 1916 - STILL FIRST WITH MORE SAVINGS

WE DO NOT HAVE
Meat From Any Foreign Countries But We Do Have Some Good "OLD HICKORY" **SMOKEHOUSE HAMS**
Much Milder — One More Week at **58¢** 1/2 or Whole lb.

INDIVIDUAL
T-Bone Steaks lb. **65c**
Beef Roast lb. **45c**
Sliced Bacon lb. **39c**
Liver lb. **28c**
Lard lb. **10c**

McDowell's Mkt.
1190 S. 12th - Since 1920
OPEN SUNDAYS