

# CAPITAL JOURNAL COOKING SCHOOL

## MIDGET MARKET SUPPLIES COOKING SCHOOL TURKEY

The turkey which is to be cooked by Miss Bernice Lowen, nationally known economist, at the armory during The Capital Journal cooking school will be furnished by the Midget Market. Harry Levy, manager of the establishment, has picked out a large juicy bird from his Thanksgiving stock of turkeys.

"The women of Salem should not wait, however, to see this one come out of the oven before they make their selections," said Mr. Levy. "Turkeys this year are in fine condition and the sale is brisk. By Wednesday evening our stock will be exhausted."

## SCOUT AUXILIARY FORMED

Mill City, Or., Nov. 23.—A branch of the "Friendly Indians" club was recently organized here, with the following officers elected: Billy Sipple, chief; Russell Kelly, wampum bearer; Robert Allen, medicine man; Howard Farmen, tom tom beater; Earnest Brown, Indian runner; Rev. C. Stanley Knott to be the big chief.

This club is sponsored by the Y. M. C. A., Mr. Kimber, county secretary, helping them to get started. It takes in boys from 10 to 15 years of age and fits them for the Boy Scout movement and they have 15 members to start with. They start as bucks, advance to warriors, then to braves.

## MENUS

There are two general divisions to cakes: butter cakes and sponge cakes. In making butter cakes, cream the shortening used and the sugar together thoroughly, add beaten egg yolks and then the flour, baking powder and salt sifted together, alternately with the liquid used and lastly fold in the egg whites beaten stiff.

Layer cakes usually bake for 25 minutes at from 350 to 400 degrees. Loaf cakes bake at 300 degrees for 45 to 60 minutes, depending upon the thickness and the ingredients. Sponge cakes are usually made without baking powder. Egg yolks are beaten until light, sugar is added and mixture beaten and then flour and salt sifted and measured and added and egg whites folded in last. These cakes bake at a lower temperature (usually 300 degrees) for 30 to 50 minutes.

**Creamed Mushrooms**  
 1 1/2 tablespoons butter  
 1 1/2 tablespoons flour  
 1 egg yolk  
 1 cup of milk  
 Salt and pepper (to taste)  
 1 1/2 cups of cooked mushrooms (canned or fresh)

Make a white sauce of the butter, flour and milk, add to the mushrooms and cook gently for a few minutes. Just before serving, add the beaten egg yolk and re-heat.

**Golden Cake**  
 3/4 cup butter  
 1/2 cup sugar  
 3 eggs yolks  
 1 cup flour  
 2 teaspoons baking powder  
 3/4 cup milk  
 1 teaspoon orange extract

**Stuffed Onions**  
 6 medium sized onions  
 1/2 cup of chopped ham  
 1 cup of soft bread crumbs  
 1 tablespoon butter  
 1/2 cup milk  
 Pepper (to taste)  
 1/2 teaspoon salt  
 Sprinkling of dry bread crumbs

Remove a slice from the top of each onion and parboil until almost done. Drain and carefully remove the centers, making little cups of the onions. Chop the scooped out onion with the ham and soft crumbs, add the seasonings and re-fill the cups. Place in baking pan, cover with crumbs and add the milk and bake 20 minutes at 350 degrees.

**Sweet Potatoes With Pineapple**  
 6 small sweet potatoes  
 1/2 as much pineapple as potato  
 1/2 cup of water  
 1-3 cup of honey

Boll the potatoes with the skins on. When cool, peel and cut into pieces about 1/2 of an inch thick. Mix the honey and the hot water and just cover the bottom of the baking dish with this mixture. Add a layer of the potato and a layer of the pineapple, then pour the remaining honey mixture over all and bake for 10 minutes at 400 degrees. Delicious to serve with baked pork spare ribs or with baked pork chops, or with roast pork

**Plain Cake**  
 1 cup butter  
 2 cups sugar  
 3 cups flour  
 4 eggs  
 2 teaspoons baking powder  
 1 cup milk

## FIRE DESTROYS MT. ANGEL HOME

Mt. Angel, Nov. 23.—The first serious fire to occur here in more than a year broke out yesterday morning about nine thirty in the home of Mr. and Mrs. Henry Salfeld at the southeast edge of town. The fire started from the furnace in the basement and caught in the winter's supply of wood which was piled there. It burned for some time before it was discovered by the family. The house was entirely

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ruined by the fire and only the walls remain standing. The loss, partially covered by insurance, is figured at several thousand dollars. Work of the fire department was hampered by the lack of water. The Salfeld home was just outside the city limits and not on the city water system. Until the Silverton fire department arrived, after a rush call, the local fire truck did not have enough hose to

## How Skinny Kids Gain Needed Weight

Weak, undernourished, underweight boys and girls who are peevish, fractious and sickly need McCoy's Cod Liver Oil Compound Tablets.

Cod Liver Oil would do just as well, but what parent would be so cruel as to give them the horrible tasting, ill smelling stuff, when sugar coated cod liver oil tablets made by McCoy's Laboratories of New York are as easy to take as candy and won't upset their delicate stomachs.

There's more vitamins of the first class in cod liver oil than in anything else and for that reason thin, scraggly, sickly children commence to live up and take on good healthy flesh after McCoy's Cod Liver Oil Compound Tablets have been taken for just a few days.

Be sure and ask J. C. Perry, Central Pharmacy, D. J. Fry or any druggist for McCoy's original and genuine Cod Liver Oil Tablet. If you want your delicate children to become strong, robust and active. For grown ups they are just as wonderful—one woman gained 15 pounds in five weeks. 60 tablets 60 cents and if they don't put 5 pounds of good firm flesh on any thin man or woman in 30 days, your druggist is authorized to hand you back the money you paid for them.—Adv

reach the hydrants on College St. The chemical truck helped for a time but the supply gave out before the flames were quashed. Much of the furnishings of the

house, including the piano and a bathtub, were carried to a place of safety by the neighbors. Nothing was saved from the second floor as the smoke was dense there that the rooms could not be entered.

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Tests by Domestic Science teachers over all the country have revealed in Crisco unique advantages:

In deep frying, they noticed that Crisco put a rich brown on croquettes and doughnuts.

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And pie-crusts made with Crisco were rich-brown, inviting—short and flaky.

So it is not surprising that Miss Bernice Lowen uses Crisco exclusively in the Edison Electric Cooking School now being conducted by the Capital Journal. She will be glad to show you how you, too, can serve—with the aid of Crisco—crisp, digestible fried foods; flaky, tender pastry; delicious, full-flavored cakes.

Crisco—for homes that want the best in cooking.



# PIGGLY WIGGLY

Thanksgiving and the one day when everyone is thinking of that Thanksgiving dinner. At Piggly Wiggly you will find a complete line of fresh, quality groceries for the dinner at popular prices.

### Thanksgiving Specials

<b>SUGAR</b> 15 lbs. 89c	<b>Market Day RAISINS</b> 4 lb. Pkg. 35c	<b>Van Camp TOMATO SOUP</b> 6 cans 49c
<b>Rosedale Sliced PINEAPPLE</b> 2 No. 2 1/2 cans 45c	<b>Pinnacle Rock CLAMS</b> 3 cans 43c	<b>1-50c Story Book FREE</b>
<b>Fancy PUMPKIN</b> 2 No. 2 1/2 cans 33c	<b>Baltimore OYSTERS</b> No. 1 can 19c No. 2 can 32c	<b>Franquette WALNUTS</b> Per lb. 32c
<b>Best Creamery BUTTER</b> Per lb. 57c	<b>Fresh Soda CRACKERS</b> 3 lb. Pkg. 45c	<b>Dunbar SHRIMP</b> Per Can 19c
<b>Fancy CRANBERRIES</b> 2 lbs. 35c	<b>Wilso MARARINE</b> 3 lbs. 77c	<b>Fancy Sweet POTATOES</b> 6 lbs. 27c
<b>Dromedary DATES</b> Per Pkg. 19c	<b>Royal Club PEACHES</b> 2 No. 2 1/2 cans 45c	<b>All Flavors JELLO</b> 3 Pkgs. 29c

### Thanksgiving Suggestions

Celery, Lettuce, Sweet Potatoes, Cabbage, Apples, Lemons, Oranges, Bananas, Green Peppers, Olives, Maraschino Cherries, Mixed Nuts, Figs, Dates, Mince Meat, Plum and Fig Puddings, Lemon, Orange and Citron peels, Jams, Jellies, Etc.

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