How to Buy Food How to Prepare

Helping the Homemaker

SUNDAY DINNER MENU

Roast veal; Browned potatoes; buttered beets; bread; Currant Jelly; Fresh Vegetable Salad; French Dressing, Chocolate ice box cake; coffee.

SATURDAY PREPARATIONS

Cook and peel the beets. Store in the ice box.

Chill all salad ingredients and make the French dressing.

Make the Ice Box Cake.

Make a gelatin fruit salad for serving for Sunday tea.

Make a cocoanut cake to serve with sliced peaches for the dessert for Saturday dinner.

FRENCH DRESSING

(Make this in quantities and store in a bottle in the ice box)

1 teaspoon salt; 1 teaspoon sugar; ¼ teaspoon paprika; ¼ teaspoon dry mustard; ¼ teaspoon celery salt; 4 tablespoons vinegar or lemon juice; ½ cup salad oil.

Mix all the ingredients in a bottle. Cork tightly and shake for 2 minutes. Chill. When ready to serve shake for one minute and pour over the salad.

CHOCOLATE ICE BOX CAKE

(This is a nice dessert served with coffee for an afternoon party)

¼ pound sweet chocolate (not candy bars); 3 tablespoons powdered sugar; 3 tablespoons boiling water; 1 teaspoon vanilla; ¼ teaspoon salt; 3 egg yolks; 3 egg whites, stiffly beaten; 2 dozen lady fingers.

Line the sides and bottom of a glass dish with lady fingers. Melt the chocolate in the upper part of a double boiler, add the sugar, water and egg yolks. Beat for 2 minutes. Cool. Fold in the stiffly beaten egg whites and pour a layer into the mold. Alternate, in layers, the rest of the chocolate mixture and the lady fingers, having the lady fingers at the top. Chill for 24 hours. Unmold and serve with whipped cream. Serve in wedge shaped pieces or slices.

COCOANUT CAKE

½ cup sugar; 1¼ cups fat; 2-3 cup milk; 2 eggs; 1 teaspoon vanilla; 1 teaspoon lemon extract; ¼ teaspoon salt; 2¼ cups flour; 2 teaspoons baking powder.

Cream the fat and sugar. Add the rest of the ingredients and beat for 3 minutes. Pour into 2 layer cake pans which have been fitted with waxed papers. Bake in a moderate oven for 25 minutes. Cool and frost.

COCOANUT FROSTING

4 tablespoons butter; 4 tablespoons hot cream; ½ teaspoon salt; 1 teaspoon vanilla; ¼ teaspoon lemon extract; 3 cups sifted powdered sugar; ½ cup cocoanut.

Mix all ingredients and beat for 2 minutes. Let stand for 2 minutes and beat for 3 mintues. Frost the cake. This is good frosting to use to cover small cakes or cookies.

AFTERNOON PARTY REFRESHMENTS

Fruit salad; Nut bread sandwiches; assorted cakes; salted nuts; coffee.

FRUIT SALAD SUPREME, SERVING TWELVE

1 cup diced pineapple; 1 cup seeded white cherries; 1 cup diced pears; 1 cup diced peaches; ½ cup red cherries; 1 cup diced marshmallows.

Mix and chill the fruits. Drain and add the marshmallows and serve portions in cups of crisp lettuce. Top with fruit dressing.

FRUIT SALAD DRESSING

(Using leftover juices from canned fruit; this may be served on other fruit salads)

2 eggs or 4 egg yolks; 1-3 cup sugar; ½ teaspoon salt; ¼ teaspoon pepper; 2 tablespoons flour; 1-2 cup lemon juice; 1 cup fruit juices; ½ cup stiffly whipped cream.

Beat the eggs and add the sugar, salt, pepper and flour. Mix well and add the lemon and fruit juices. Cook in double boiler until thick and creamy. Stir frequently to prevent lumping. Cool and add the whipped cream.

NUT BREAD, Two Small Loaves

2 cups Graham flour; 2 cups flour; 1 cup sugar; 4 teaspoons baking powder; 1 teaspoon salt; 2-3 cup broken nut meats; 2 cups milk.

Mix all the ingredients and pour into well greased pans. Let stand for 20 minutes. Bake in a slow oven for one hour. Let stand for 5 minutes to allow the steam to collect which will loosen the sides. Use a spatula and slip around the sides and unmold the bread. When sandwiches are to be made, the bread should be 24 hours old.

RAISIN DROPS, Two Dozen

½ cup fat, 1½ cups light brown sugar; 2 eggs; 1 teaspoon vanilla; ¼ teaspoon salt; ¼ cup milk; 2¼ cups flour; 2 teaspoons baking powder; 1 cup raisins.

Cream the fat and sugar, add the eggs and beat for 2 minutes. Add the rest of the ingredients and drop small portions from the end of a spoon upon well greased baking sheets. Flatten down until very thin, using the broad side of a knife. Bake in a moderate oven for 12 minutes.

BUTTERSCOTCH ROLLS, 6 Dozen

(These are thin crisp cookies)

1 cup fat, 2 cups dark brown sugar; 2 eggs; ¼ cup milk; 1 teaspoon vanilla; ¼ teaspoon salt; 4 cups flour; 1 teaspoon soda.

Cream the fat and sugar. Add the eggs and milk and beat for 2 minutes. Add the rest of the ingredients and shape into 2 rolls, 1½ inches in diameter. Chill for 12 hours or longer. Use a sharp knife and cut off very thin slices. Place 2 inches apart on well greased baking sheets and bake in a moderate oven for 12 minutes.

Rinse out a jar in cold water to be used for holding salad dressing. The dressing will not stick to the jar, hence no waste.

SCHOOLS CROWDED

Mt. Angel, Sept. 21—Schools are filled to capacity here, many had to be turned away from Mt. Angel college, from lack of room. Only a limited number could be accommodated until the new college is built, which everyone hopes will be soon. Classes are well under way at the Mt. Angel Academy and Normal, more than twice as many pupils have registered to date than in former years.

USE RADIO WAVES TO PURIFY MILK

Berkeley, Calif., (U.P.)—Radio waves will kill germs found in milk, according to a report received by the Medical College of the University of California from Dr. Karl Seidel of the University of Vienna.

Research done by the Austrian professor indicated that intense radio beams of very short wave length will kill germs without altering the milk molecules and changing the natural flavor, the report said.

Milk so treated without the "cooked taste" of pasteurized milk, it was claimed.

SERVICE STATION AT MT. ANGEL IS SOLD

Mt. Angel, Sept. 21—The Mt. Angel service station owned by E. G. Emmett, has been sold to N. G. Mickel, who will take possession of the business next week.

Mr. Mickel also purchased the property on which the station is located, from the Knights of Columbus, and the lot adjoining the station property from J. A. Kaiser.

The service station was built in 1923 by Fred Uphoff and John Meyers, who in turn sold it to E. G. Unger. In 1925 Emmett purchased the station from Unger.

Emmett was formerly owner of the Nathman Hardware store in Woodburn, where he still makes his home. He has made no plans for the future, but expects to take a vacation before venturing in any new business.

HERMAN QUALL HOME

Silverton, Sept. 21 — Herman (Mutt) Quall has returned to Silverton to be at his old stand of several years ago, that of ice cream and candy maker at the Eat Shop. "Mutt" has been working for the Western Dairy Products in Portland.

STADELIS HAVE BOY

Silverton, Sept. 24—An eight-pound boy was born to Mr. and Mrs. Rudolph Stadeli at their home just south of Silverton Wednesday morning. The new arrival has been named Otto Bernard.

CASH BUYERS
Peppermint Oil
and Cascara Bark
W. J. LAKE & CO., Inc
Board of Trade Bldg. Portland, Or.

Salem Representative
H. STEINBOCK
Care Capital Bargain House
145 Center St., Salem—Ph. 398

Stuffed Liar, Fainted Priest, Tasty Foods to Make up Turkish Meal

Bolou, Turkey (AP)—Birthplace of some of the best cooks in Turkey, this Anatolian town mourns as her sons come wandering home, out of a job because of the dietary reforms inaugerated by President Mustapha Kemal.

With the national hero's warning that his countrymen must stop eating so much if they wish to follow him up the steep hills of civilisations, patriotic Turkish families have dismissed some of their superfluous cooks and have cut down their meals from a dozen to a half dozen courses. But with retrenchment they have nevertheless shrewdly retained those dishes which are nothing less than a meal in themselves.

A favorite and filling number on the shortened menu is "Circassian Hen," shredded breasts of chicken buried beneath a mountainous sauce of grated walnuts, bread crumbs and red peppers made sticky with walnut oil and chicken gravy. Even with this as a starter, the Turks can wind up with another chicken for dessert.

"Hen's Bosom" is concocted of finely chopped white chicken meat, beaten up with the whites of eggs and plenty of powdered sugar, the whole sprinkled over with nutmeg and rose-water. Between the two hens there is room for such dishes as Imam Bailde (The Priest Fainted) and Yalandji Dolmas Stuffed Liars) as well as the traditional rice dish called pilaff.

The Priest Fainted is an affair . . . egg-plants stuffed with chopped vegetables and stone-pine nuts, swimming in oil. Once a Turkish priest who had just laid in a winter's supply of olive oil was presented by his wife with this new dish which she had concocted. Eyeing it suspiciously, he queried, "How much oil did you use."

"All you brought," she answered.

"All? All?" shouted the priest, and when again his wife answered "all" the priest fainted.

Stuffed Liars are little rice balls wrapped in grape leaves and cooked in the inevitable olive oil. They are called Liars because honest Dolmas have meat inside.

Special dishes are saffron pilaff, sweetened rice sprinkled with saffron, for weddings, and lokma for the dead. The latter are somewhat like doughnuts minus the hole, floating in syrup. They are distributed to neighbors and to the poor as a means of giving peace to the dead man's soul.

CLOSES BOARDING HOUSE

Stayton, Sept. 21—Mrs. Freda Spaniol, who has been running a boarding house in the building owned by Mrs. A. J. Chance, the past three months, has closed the doors and moved out.

ATTEND PRESBYTERY

Woodburn, Sept. 21.—Rev. Henry G. Hanson attended the fall meeting of Presbytery at McMinnville Tuesday and Wednesday.

Chocolate Cream Special
Lang's Assorted
Regular 60c a lb. this
week-end only
32c a lb.
or Two lbs. for 60c
Only—at
Schaefer's Drug Store
The Original Candy Sale Store
135 N. Com'l. Phone 197
Yellow Front
Penslar Agency

Honeymaid Grahams

...higher in nutriment.. more *delicious* in flavor

THESE crisp golden wafers contain all the nutriment of the whole wheat, *plus* the food value of pure sweet honey. They are wholesome, nourishing, delicious — a splendid sustaining food for every member of the family.

Every package is sold under our binding *"Guarantee of Freshness."* This guarantee is made possible because Honeymaid Grahams are baked within a few hours of your home and instantly packed in wax-wrapped moisture-proof packages. Pacific Coast Biscuit Co., Los Angeles, San Francisco, Portland, Spokane, Tacoma, Seattle.

Honeymaid Grahams

...a Snow Flake Bakers' Product

Hills Bros' Arab says
★ HILLS BROS Coffee is *more* than something hot to drink

★ *Hills Bros.' process of Controlled Roasting gives their coffee an exclusive flavor.*

Reg. U. S. Pat. Off.

LOOK for the Arab! It's the sign of the genuine Hills Bros. Coffee. *That famous coffee* of uniform deliciousness because every berry is roasted evenly by Hills Bros.' exclusive continuous process. No ordinary method of roasting could produce such a marvelous, full-bodied flavor.

Hills Bros. Coffee is packed in vacuum. All the rich flavor and exhilarating aroma come to you intact. Ask for Hills Bros. Coffee by name and look for the Arab on the can.

Fresh from the original vacuum pack. Easily opened with the key.

© 1928

Try the LITTLE LADY'S Home Baked DELICACIES

WEEK-END SPECIALS

HOME MADE NOODLES
Cooked in chicken broth with chicken
40c Pint

PIES—
Cherry and Pineapple Pie—30c each.

CAKE—
Lemon Sponge, Mocha and Angel Food Cakes

SALADS—
Vegetable and Potato Salad—freshly made.

Cold Meats, Groceries and Fresh Vegetables every day in the week.

LITTLE Lady's Store
12th and Center
PHONE 1357

DEPENDABLE GROCERS

Consider Your Food Market!

The 20th Century offers you the best values at all times, due to our large volume. High quality food, selected by expert buyers—a comlete stock of the popular brands, and courteous service by intelligent salespeople.

Values Saturday and Monday, September 22 and 24th

OLD DUTCH CLEANSER—Each (limit 3) 6c
SWANSDOWN CAKE FLOUR—Package 39c

KELLOGG'S SHREDDED WHEAT, 12½ oz. pkg. 2 for 25c & 1 pkg. 9 oz. Free

L & P Sauce Original Worcestershire Sauce, 5 ounce bottle 33c
Starch Amaizo, Corn or Gloss, 1 pound pkgs., 3 for 25c
White Star Tuna Fancy Halves, can 23c, 2 for 45c

Quaker OATS The ideal nourishment for growing children, large package 25c

Puffed Wheat 2 packages 25c
AMAIZO OIL—Save by making your own Mayonajise, quart can 45c
Rinso Large package 22½c

RAISINS Unbleached Thompson's 4 lb. bag 25c

PINEAPPLE Libby's—8 large mellow slices, in rich syrup, in each can, large cans, 3 for 69c

Grapefruit Tropiko—Golden Porto Rican Fruit, tree ripened and swetened to the taste—No. 2 cans, 2 for 45c

MILK — Libby's the nearest to fresh cream, 3 cans.... 28c, 6 for 55c
CORN — 20th Century Del Maiz—Fancy Golden 1928 pack, No. 2 cans, 2 for 35c
CAKE FLOUR—Crown. There's economy in this size—No. 5 bag 35c

FLOUR—Kerr Best Patent 49 lb. sack $1.79
Crown $1.83; Fisher's Blend $1.94

FLOUR—Patent or Pastry, No. 10 bag 49c
APRICOTS — Choice dried, 1928 pack, pound 25c
JELLO—All flavors, 3 pkgs.... 25c

20th CENTURY COFFEE As good as the best and better than most—Roasted every day in our own plant—It's always—fresh—Pound 48c
3 lbs. $1.43

SATURDAY FRUIT & VEGETABLE SPECIALS!

PEACHES Yakima Elberta, per crate, 18 lbs.... 55c
APPLES Hood River Jonathan, wrapped and packed, fine quality, per box.... $1.28
Sweet Spuds for Sunday Dinner, 6 pounds 29c
CELERY Direct from Lake Labish, extra fine bunch 9c
LETTUCE Home grown, large heads 5c

—MEAT DEPARTMENT—
SATURDAY SPECIAL

Bacon Squares pound 16½
Mutton Roasts pound 15c

Swift's Picnics—pound 22c
Fat Salt Pork, pound 15c
Hams, half or whole, lb. 30c
Chickens to Fry, Bake or Boil
Bacon Backs, pound 28c
Mrs. Ralph's Chicken Tamales. Try one.

Don't forget we have a big surprise for you next Saturday. It pays to watch our adds.

20th Century Stores
State & Commercial—179 N. Com'l.—19th & State—1996 N. Capitol