

OREGON PRUNES HAVE HIGH NUTRITIONAL VALUE

Willamette Valley Product Easily Put To Numerous Uses

Are we all loyal Oregonians? Of course—that goes without question. The big problem is how to show this loyalty or booster spirit, which ever it should be called. One of the best ways is to buy, use and boost all Oregon products, not the least of which is prunes grown in abundance in the Willamette valley. Because of the large quantity raised, and no heavy transportation costs this is one of the least expensive fruits obtainable.

Not only is an economic advantage, but nutritionally as well should prunes head our list of fruits for consumption, for they are rich in both food and fuel value. Four prunes are the equivalent of three and one-third cups rhubarb, one and one-fourth medium oranges or two medium pears in furnishing calories or energy. As for food constituents, this fruit is rich in vitamin A, necessary to promote growth and high physical vigor, vitamin B, the lack of which leads to nervous and digestive disorders, and minerals, especially iron which carries oxygen to the red blood corpuscles and increases cell activity.

The next problem is how to prepare this fruit without simply falling into the routine of sliced prunes for breakfast, which has given this fruit the reputation of dead monotony. Prunes may be substituted for dates, figs, or raisins in many choice dessert recipes. Try dropping a pitted prune in the center of each muffin before baking and see if the family doesn't welcome the surprise.

Even the breakfast stewed prunes may be varied somewhat by adding sliced lemons or oranges, rind and all, raisins or nuts during the cooking. The following recipes give suggestions for ways to serve from breakfast to party menus, hot or cold.

JELLIED PRUNES IN GRAPE JUICE

2 cups large dried prunes
3 tbsp. gelatin
1 cup sugar
Juice of one lemon
1/2 cup grape juice

Cook the prunes slowly for an hour in a pint of water in a closely covered saucepan. Hydrate the gelatin in water until thoroughly soaked. Remove the stones from the cooked prunes, and add to them the liquor they were cooked in and the hydrated gelatine. Stir until dissolved. Add the sugar, lemon juice and grape juice. As the mixture cooks, stir it constantly to distribute the prunes evenly through the liquid, then turn into a mould. When firm, unmould on a glass dish and pour around it a cup of soft custard or whipped cream and garnish with maraschino cherries.

JELLO PLUM PUDDING

1 package orange jello
1/2 cup grapefruit or walnuts
1/2 cup cooked prunes
1/2 cup raisins
1/2 cup currants
Pinch of cloves, cinnamon, nutmeg and all-spice.
Dissolve jello in boiling water, and add other ingredients, chill until set and serve with whipped cream. Serves six.

NORWEGIAN PRUNE PUDDING

1 pound prunes
2 cups cold water
1 cup sugar
1 in. cinnamon stick
1 tbsp. lemon juice
1-3 cup cornstarch
1/2 tsp. salt

Wash and soak prunes in cold water over night. Stew until soft in same water. Remove stones and return prunes and water to kettle. Add, well mixed, sugar, cinnamon, and cornstarch. Slowly add boiling water and boil 20 minutes, stirring constantly until spoon leaves streak to mixture. Remove stick cinnamon and add lemon juice. Mold, and chill. Serves six.

PRUNE DELIGHT

2 cups prunes
15 marshmallows
1 cup whipping cream
Soak, cook and mash well the prunes. Add marshmallows cut fine and let stand over night. Beat cream stiff; adding other mixture and continue beating until fluffy. Chill well before serving.

STEWED PRUNES AND DUMPLINGS

1 cup flour
1 tsp. baking powder

1/2 cup rolled and sifted bread crumbs
1 tsp. melted shortening
1/4 tsp. salt
2 tsp. sugar
1 egg
1/2 cup milk

Raw or slightly soaked prunes
Sift flour with the baking powder; mix this with the bread crumbs, shortening, salt and sugar. Make into a dough with the slightly beaten egg and just enough milk to moisten—the quantity will depend on the staleness of the crumbs. Drop in spoonfuls over the prunes in casserole or baking dish, cover, and set into a hot oven for 15 to 20 minutes, or until prunes are cooked and dumplings are firm. Serve hot with hard sauce or cream.

DRICED PRUNE PIE

Fill uncooked pie shell with partially soaked, but not cooked, prunes. Sprinkle with one cup sugar sifted with two tablespoons cornstarch. Cover with thick cream and bake. This is especially delicious.

PRUNE BREAD

1 cup prunes
2 1/2 cups graham flour or 1 cup white with 1 1/2 cups graham
1/4 cup sugar
1 tsp. salt
5 tsp. baking powder
1 cup milk
1 cup melted shortening
Stone and chop fruit. If prunes are very dry they should be soaked a short time but not until too moist.

Mix graham flour with white flour, sugar, salt and baking powder which have been sifted together four times; add milk and beat well; add fruit and shortening. Put into greased bread pan and allow to stand 20 to 25 minutes in warm place. Bake in moderate oven at 375 degrees Fahrenheit one hour. Makes one loaf. This would make delicious sandwiches, simply spread with butter, for the school lunch, and wholesome as they are good.

EPIDEMIC REPORTED

Clear Lake—An epidemic believed to be the flu has confined many Clear Lake residents to their homes during the last two weeks but its effects are wearing off. Among those afflicted were Mr. and Mrs. Cecil Boyd and son; Amos Smith, Mrs. David Schlag, Mr. Hamilton, Joan Evans, Roy Smith and family; Mrs. John Bair, Edith Foren, Ross Hammack and Mrs. Alex Harold.

ENTERTAIN GUESTS

Turner—Mrs. L. W. Robertson entertained guests in her home here from Washington, Mrs. J. W. Miller, Mrs. Howard Masters, and Miss Mary Miller, all of Centralia. Wash. Mrs. J. W. Miller is a sister-in-law of Mrs. Robertson.

Same Price

FOR OVER 38 YEARS
25 ounces for 25¢

KC
BAKING POWDER

Guaranteed Pure
Use KC for fine texture and large volume in your bakings

Millions of pounds used by our Government



Blue Ribbon Malt Extract

America's Biggest Seller

Queries Invited

Miss Mildred Nye, home economics expert for the Portland Electric Power company has been named to write a series of articles on food problems and food preparation, for the benefit of Capital Journal readers. Her knowledge is founded on personal experience and proven methods.

Questions addressed to Miss Nye in care of this newspaper, or in care of the Portland Electric Power company, Salem, Oregon, will be answered through these columns as space is available, while additional information may be obtained directly from Miss Nye by telephoning her at 85.

When it is desired, Miss Nye will answer questions by direct mail providing self-addressed, stamped envelope is enclosed for reply.

PAWPAW PLANT NOW FIRST AID TO BEEFSTEAKS

Chicago, (AP)—One of the Field Museum's expeditions, designed generally to add interesting zoological, geological, botanical or other specimens to the museum here, also contributed an aid to the eater of restaurant steaks.

The pawpaw plant discovered in tropical South America—not to be confused with the "Missouri banana," of the Ozark—yields a juice which will make the toughest steak tender and palatable, according to Dr. Paul Slanley, associate curator of botany at the museum.

Native in the regions where the pawpaw was found has been using the juice as a sauce for their steak for years, the scientists reported. The pawpaw of South America dwarfs the domestic fruit of the same name. The tree stands 30 feet high with a huge fruit much like a cantaloupe.

Native make preserves of its fruit. The juice has a property similar to pepsin. It has medicinal properties and the leaves are used as soap. South American natives consider it a magical tree.

The pawpaw tree has sex, both male and female being found. This museum warned, however, that this does not mean that the pawpaw is a missing link between animal and vegetable life.

Miss Nye Explains Cleaning of Range To Puzzled Reader

Query—How may brown stains from baking and meat roasting be cleaned from the openings around the door of the electric range? They seem to be almost burned into the enamel. Mrs. L. R.

Answer—Any cleaner that may be used without harm to granite or enamel cooking utensils may be used for cleaning these stains from the range, especially of the type to cut burned fat. The best way, of course, to keep the stains from burning on is to clean these parts of the range after each baking. This takes but a short time and little effort when the stains are fresh.

No coarse abrasive, scouring powder, or sharp tool should ever be used on enamel. To remove spots or discolorations, rub with a fine grade of steel wool, but take especial care not to scratch the enamel. The best possible cleaners for enamel and porcelain are hot water, soap or kerosene. Enamelled parts should be cleaned only when cold. Because it is impossible to remove spots on enamel caused by acids, such as lemon or vinegar, these should be wiped off immediately if accidentally spilled, as they remove the glazed surface finish.

Query—Would you print a recipe for graham cracker cake? I don't know whether the kind I want is cooked or uncooked, but it was fairly rich and was served with whipped cream. Mrs. S. N.

Answer—The following recipes are for both cooked and uncooked graham cracker cakes. Perhaps you can tell by just reading the recipes which is the one you have in mind.

GRAHAM CRACKER CAKE
4 tsp. butter
1 1/2 cups sugar
4 eggs
3 doz. graham crackers
3 tsp. baking powder
1 1/2 cups milk
1 tsp. vanilla
1/2 tsp. lemon extract

Cream butter and sugar. Add beaten yolks and continue creaming. Roll crackers fine (sifting them is a good plan) and add baking powder to them; then add alternately with the milk to the creamed mixture. Fold in stiffly beaten egg whites and the extracts. Bake in three layers in greased pans in a moderate oven, 350 degrees Fahrenheit, 30 to 35 minutes. Put layers together with

and beat for seven minutes, or until mixture holds its shape. Add flavoring at the end of three minutes and remove the icing from the range as soon as it has finished cooking or it will turn back. Marshmallows may be added one at a time as soon as the mixture begins to look like icing.

UNCOOKED MARSHMALLOW LOAF

1/2 pound marshmallows
1/2 cup thin cream
1/2 pound dates or prunes
1/2 pound graham crackers
1/2 cup walnuts or pecans

Sterilize, then butter the kitchen scissors and cut marshmallows into quarters and drop into one-half

cupful of thin cream to soften. Pit and cut dates into lengthwise quarters. Roll crackers until finely crumbed. Work all together with chopped nuts into a loaf and shape in a pan two inches deep. Cut when ready to serve. This will keep successfully for some time in a cool place or ice box. It may be served alone or with whipped cream, but should be in small servings because of the richness.

Query—What is the time and temperature for canning tomatoes in the electric oven? Is there any difference in these for pint and quart jars? Mrs. J. H.

Answer—For oven canning tomatoes, scald the tomatoes in boiling

water three minutes, dip in cold water to peel, and pack tightly in jars. Fill jars with boiling water to within one inch from top, adding one teaspoonful salt for each quart. Partially seal jars, place in partly heated oven and process for 30 minutes at 275 degrees Fahrenheit, starting the processing time only when the thermometer reaches this temperature. At end of processing time, the jars may be removed, sealed and inverted to cool. Since the heat can penetrate the interior of pint jars quicker than quarts, it is possible to cut down very slightly the processing time for pints, about 10 minutes in all.

In buying coffee the trademark to look for is Hills Bros'

Arab

Hills Bros' Arab stands for coffee quality developed by Controlled Roasting—the patented, continuous process that roasts coffee a few pounds at a time. No other coffee tastes like Hills Bros. Coffee because none is roasted the same way.



Circulating Profit Becomes Circulating Good Will—

Saturday Specials

Extra Large Cookies all kinds 10c doz.

- Large Loaf Bread, extra quality at 10c
- 2 double loaves 25c
- Boston Brown Bread 10c
- Pumpernickel Health Bread 10c
- Wholewheat Cream Doughnuts—Dozen 20c
- Pies, all kinds, 10c and 25c
- Buns and Rolls, Dozen 20c
- Maple Bars, Dozen 20c
- Marshmallow Puffs, 6 for 25c
- Our well-known Frankfurter Butter Cream Cake 35c
- Plain Cakes 25c to 35c
- Ice Cream and Pop on ice. Many other kinds of fresh pastry.

PEERLESS BAKERY
170 N. Commercial St. Phone 308

Every customer of ours realizes this:

Henry's Markets have taken a long step toward putting butchering on a merchandising basis, comparing with the most marked advancement in other Chain Store lines. Come in and share the profits in the meat business at Henry's.

Friday and Saturday's Special:

- Veal Roast or Chops 17 1/2c
- Veal for Stew 12 1/2c
- Pork Steak or Roast 19 1/2c
- Fat Salt Pork 12 1/2c
- Beef Pot Roast 14 1/2c
- Beef Boil 12 1/2c
- Mutton Roast or Chops 13 1/2c
- 100 per cent pure Sausage or Hamburger 12 1/2c (No cereal, no coloring) all meat
- Fresh Sliced Liver 10c
- Fresh Dressed Chickens 25c
- Choice Sirloin Steaks 17 1/2c
- Loin Pork Chops 25c
- Eastern Breakfast Bacon, sliced and lean 25c
- Fresh Stew Meat 10c
- Pure Lard, U. S. Inspected. No limit with purchase, 2 lbs. 25c

Henry's Peerless Market
Henry's Capitol Market

MACMARR STORES

SCHOOL TIME FOODS!

School time foods must be healthful and nourishing. Wholesome meals prepared from fresh, clear foods are essential to build young bodies strong and sturdy. That's why we invite mothers to buy at MacMarr's. Here you will find just the right foods for children—fresh, nourishing and body-building. Economically priced, too!

Features Saturday and Monday, September 21st and 23rd

OLD DUTCH CLEANSER—Each, (Limit 3) 6c
RAISINS, Seedless Thompson's—4 lb. bag 25c
WESSON OIL—The housewife's favorite—Qt. Can 45c

Pineapple
Sweet Treat Fancy—1929 Pack—8 large, golden, mellow slices in each can—Packed by Jim Dole, the Hawaiian pineapple King—Large Cans, 2 for 49c

CRISCO—3 lb. Can 69c
QUAKER OATS—Strength for growing children—Large Package 25c
PEANUT BUTTER—Freshly ground from the very best peanuts—2 1/2 pound Jar 49c

TUNA WHITE STAR—Served in sandwiches, in salads, or creamed on toast, it is a delight to all—Halves, 3 Cans 59c

FISHER'S BLEND FLOUR—"Blend's mah friend"—49 lb. sack \$1.94
GINGER SNAPS, Big Value—"Fresh from the Oven"—2 pounds 29c
SEARCHLIGHT MATCHES—They're safe! Large full count boxes—6 boxes 25c

KILL THE FLIES

Before they raise large families

FLY TOX—1/2 pint bottle 29c—Black Flag—1/2 pint can 15c
FLY SPRAYERS—Regular 25c size—only 10c
PRICES GOOD AS LONG AS STOCKS LAST

CITRUS POWDER—Large Pkgs.—2 for 49c
CHESTERFIELD CIGARETTES—Carton \$1.15
TAPIOCA, Fancy white Java—Small or medium size—3 lbs. for 25c

QUAKER MILK MACARONI, MILK SPAGHETTI or EGG NOODLES—3 Packages 25c
Ask the salespeople about coupons for obtaining genuine Oneida Community Tudor Plate Spoons, FREE!

GEMTUN MAR-3 LIBBY'S MILK—Crystal WHITE SOAP—STEWART'S GARINE, 3 Cans 25c 10 Bars 39c BLUING, Lar. Bottle 15c

Shrimp Dunbar—Large, fancy quality packed in a sanitary manner—No. 1 Cans (5 oz. net) 3 for 49c

RICE, Fancy Southern Blue Rose, 3 lbs. 23c

Coffee MacMarr—Good Coffee makes any meal more satisfying—MacMarr Coffee even improves on that—Direct from our Roaster to you it's always fresh—\$1.39 Pound 48c; 3 lbs.

EXTRA SPECIAL!

SWEET SPUDS—Cheaper than white potatoes, fancy stock 7 pounds for 35c

MAC MARR MARKET

Tender Steak lb... 24c	Shorts Ribs Beef lb... 16c	Shoulder Mutton lb... 15c
Beef Roast lb... 22c	Mutton Stew lb... 10c	Bacon Squares lb... 17 1/2c

MACMARR STORES

Successors to 20th Century Stores

174 N. COMMERCIAL ST. STATE & COMMERCIAL STS.
1918 & STATE STS. 1980 N. CAPITOL ST.