

"MEAT SUNDRIES" VALUABLE ADDITION TO MENU

Sweetbreads, Liver Fricassee And Other Recipes Are Given

When the question comes up as to how to cut down on food bills, invariably the first one considered is that for meat. Several ways may be effective here. One is to serve meat substitutes such as beans, corn and other vegetables with a high protein content. Another is to serve the so-called tougher cuts, or those in less demand. Still another is to utilize those parts called sundries, which should be used more just for their own merits than for any other reason.

Sundries are the edible portions of the glandular tissues of animals, aside from the muscle tissue usually served as the meat food. These should be included in the diet not only because they are reasonably priced, but because they offer a way of introducing variety and because of their excellent dietary properties. Internal organs are practically the only meats containing vitamins as well as iron needed to prevent or cure certain types of anemia.

While everyone is familiar with such parts as the liver, heart, kidneys and tongue, some of the internal organs are less used. Sweetbreads furnish a most delicate meat that can be used anywhere in place of veal as the flavor and texture blend well. This is the thymus gland of calf and young beef. Because of the delicacy and fine flavor, they are suitable for any company luncheon or Sunday supper.

CREAMED SWEETBREADS, MUSHROOMS AND ALMONDS
1 pair sweetbreads
1 tsp. salt
1 tsp. vinegar
1/2 pound mushroom caps
5 tsp. butter
3 tsp. flour
1/2 cup scalded milk
1/2 cup mushroom stock
1-3 cup cream
1/2 tsp. salt
Pepper
Celery salt

Cook sweetbreads for twenty minutes in boiling water and vinegar. Plunge in cold water until

required. Cut into one-half inch slices. Blanch the almonds, cut in small pieces and put in oven until delicately browned. Peel mushroom caps and remove stems. Cover skins and stems with one cup of cold water and cook gently until reduced to one-half cup. Cut caps in halves and saute in two tablespoons butter. Remove mushrooms and add three tablespoons butter to butter in pan. When melted add smooth add milk and mushroom stock slowly, skimming all the time. Bring to boiling point, add sweetbreads and mushroom caps and cream. Again bring to the boiling point and keep hot over hot water. Just before serving add salt, pepper, celery salt, and almonds. Serve in patty cakes or on toast points.

VEAL TONGUE
1 veal tongue
2 carrots
4 stalks celery
1 tsp. salt
1 tsp. onion
6 cloves
4 peppercorns

Clean tongue and simmer with vegetables in boiling salted water until tender, three hours or more. When tender, remove skin and roots and split. Serve with tomato sauce and vegetables.

BOILED HEART WITH RICE
1 heart
6 cups boiling water
1/2 cup rice
1/2 cup raisins, seeded
1/2 cup wheat meats
1 1/2 tsp. lemon juice
Salt
Pepper

Wash heart thoroughly. Cover

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 45.

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

with boiling water, boil ten minutes, then simmer until tender. Add the uncooked rice and cook for thirty minutes; then add raisins, nuts, lemon juice, and salt and pepper to taste. Bring to the boiling point. Lift heart to center of platter and surround with the rice, pouring the liquor over all.

STUFFED PORK HEARTS
4 pork hearts
2 tsp. salt

KC Baking Powder

Same Price for over 38 years

25 ounces for 25¢

The price is right

Quality is right

MILLIONS OF POUNDS USED BY OUR GOVERNMENT

2 cups bread cubes
1 onion or one tart apple
2 tsp. butter
2 tsp. lard
1/2 tsp. pepper
1/2 tsp. sage

Wash hearts in cold water; remove tough skin and veins. Stuff hearts with dressing and skewer or sew loosely. Sprinkle with salt, roll in flour and brown in hot fat. Place in deep baking pan, half cover with hot water. Cover closely and bake slowly until tender, basting occasionally. Make gravy of liquid and serve with hearts and browned potatoes.

LAMB'S KIDNEY OMELET
Take three lamb's kidneys, skin and cut into thin slices. Put these in a stew pan; sprinkle with salt and pepper to taste and let them simmer until tender. Meanwhile, prepare an omelet with six eggs.

Spread the kidneys over it when cooked. Sprinkle with a little finely chopped parsley and serve.

FRICASSEE CALVES' LIVER AND NOODLES
1 pound calves' liver
1/2 tsp. each salt and celery salt
1/2 tsp. pepper
1/2 cup each flour and bacon fat
1 1/2 tsp. poultry seasoning
3 each ripe tomatoes and green peppers
6 small white onions
3 cups cooked noodles

Peur boiling water over the liver and soak for five minutes, then drain. Wipe dry, dredge both sides with the salt, pepper and flour, then brown quickly in the hot bacon fat, using for this purpose an iron skillet or other heavy utensil of similar nature. Meanwhile cut the vegetables into quarters, and when the liver is crisply

browned, turn them into it, adding at the same time a pint of boiling water. Stir in the celery salt and poultry seasoning, cover and boil gently for about forty-five minutes. This makes a delicious one-dish meal when served on a large platter surrounded with a border of freshly cooked noodles.

CALVES' LIVER AND HEART, JULIENNE
1 pound calves' heart
1/2 pound calves' liver
1 slice onion
1/2 tsp. salt
1 tsp. butter
1 blade of mace
1 bay leaf
Pepper

Wash the heart thoroughly, remove the veins and arteries and soak for two or three hours in salted water. Drain and rinse in cold water. Cut the heart and liver into Julienne strips and brown quickly in fat with the minced onion. Cover with boiling water and simmer about two hours with the mace, bay leaf and salt. Serve with boiled rice and gravy made from the liquor in which the meat was cooked.

Raina, Mrs. Robert Bowes, Mrs. Blanche Dean, Mrs. Marietta Smith, Mrs. Arnold Syverson, M. J. and Mrs. George McCurdy, Mr. and Mrs. Otis Dike, Mrs. A. B. Horner, Mrs. E. J. Richards, Mrs. Hazel Brown and Mrs. Herbert Schroeder.

RETURNS TO SILVERTON
Silverton—Mrs. Scotty Butler who moved from Silverton to Salem about month ago, has returned to Silverton and is now living in one of the Cal Schlader houses on Newlywed avenue. The Butlers were at Camp 16 where Mr. Butler is superintendent of the Silver Falls Timber company camps, until the fire some weeks ago. The Butlers expect to remain here during the winter.



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So he never has a single pound which is not Fresh WHEN IT REACHES YOU!

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COLONIAL COFFEE CO., Inc., PORTLAND

SIXTEEN WAYS TO SERVE POTATOES

For a time we snubbed the potato rather rudely, in our zeal to banish excess weight. But now that strenuous dieting is no longer the fashion, potatoes are again firmly entrenched in our menus. Meals aren't meals, we find, without them.

To make up for past neglect, I suggest that you send potatoes to the table in a constantly varying dress. Sometimes you will want the simple, mealy goodness of steamed potatoes or the fluffy whiteness of mashed or riced potatoes. Other times, nothing will fit in the menu so well as bursting baked potatoes, golden with butter and glowing with paprika.

For more elaborate dinners, have potatoes soufflé, in the half shell or French fried. Cheese combines deliciously with potatoes in various ways—potatoes au gratin, Chantilly and Delmonno all being favorites of mine.

It all depends upon the milk

In all of these recipes which call for milk or white sauce, I have found that the quality of the milk is most important. If you use the best of creamy whole milk, pure and sweet, you can count on a delicious sauce. You can be sure of such results, by always using Carnation Milk. It is simply the best of whole milk from selected herds, with nothing added and nothing taken out except part of the water.

Being evaporated to double richness, Carnation Milk makes the creamiest of sauces, without the extravagant use of butter. Being "homogenized"—which means that the double cream content is broken up into the minutest particles—it gives a wonderfully fine, smooth texture. And this same richness and velvety-smooth texture are found in every dish in which Carnation Milk is used. Because of its uniformity, dependability, convenience and real economy, you will want it for all cooking.

Try the recipe for Carnation Potatoes au Gratin, given below. Or better still, send for the Carnation Cook Book. It is free. Carnation Milk Products Company, P. O. Box 2158, Station A, Portland.

Carnation Potatoes au Gratin—3 cups cooked potatoes, diced, 2 cups Carnation White Sauce, 1 tsp. chopped parsley, 1/2 cup grated cheese, 1/2 cup bread crumbs, stirred in 2 tsp. melted butter. Heat potatoes in Carnation White Sauce, pour into buttered baking dish, sprinkle top with parsley, then with cheese and finally with buttered crumbs. Bake in hot (400° F) oven until crumbs are brown. Serves 5.

*Carnation White Sauce—3 tsp. butter, 3 tsp. flour, 1 tsp. salt, few grains pepper, 1 cup Carnation Milk, 1 cup water. Melt butter in top part of double boiler; add flour and seasonings and mix thoroughly. Add Carnation milk diluted with water and stir constantly until smooth and thick. Continue cooking over hot water for 10 minutes, stirring occasionally.

REMEMBER

for the richest, smoothest, creamiest white sauces, you can count on Carnation Milk. It is pure whole milk in the most convenient and dependable form.

(See recipes above)

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Best Offerings Saturday & Monday, October 19 and 21st

WESSON OIL—The brand of known quality—Quart Can 45c	SALMON, Pink—1929 pack—An exceptional value—1 lb. tall cans, 2 for 29c	SNOWDRIFT—the decorated pail with the handy bail—3 lb. Can 69c
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Campbell's Soups—Select your favorite varieties (limit 12) 3 CANS 25c

Fels Naptha SOAP 10 Bars 59c	P & G Naptha SOAP 10 Bars 39c	S. O. S.—6 pads of steel wool saturated with a cleansing soap—Large Pkge. 19c
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Quaker Oats The children thrive on this wholesome cereal, and what's more—they like it—Large Package 25c

MAYONNAISE, Best Foods. Makes a good Salad better—Pint Jar 35c	SARDINES, Booths—Your choice of mustard, tomato or spiced—1 lb. Cans, 3 for 29c	RAISINS, Market Day Selected seedless Thompsons—4 lb. Bag 29c
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PINEAPPLE Broken Sliced—8 large mellow matched slices in each can—Large cans, 3 for 59c

RIPE OLIVES, Libby's 5 oz. Can, Only 10c	BEANS, Standard Cut—1929 Pack—Good quality—No. 2 Cans, 2 for 25c	DATES, Golden Hollowi, fresh shipment, 2 Pounds 25c
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MACARONI Fresh Curve Cut—You'll certainly enjoy a dish of baked macaroni and cheese for dinner at this season—3 Pounds 19c

LIPTON'S TEA—Ceylon and India (black) 1/2 lb. Can 45c 1 Pound Can 89c	POPCORN, Jolly Time—It pops—you can depend upon it—3 lbs. 25c	FLOUR, MacMarr Fancy patent milled from selected hard wheat—49 Pound Sack \$1.84
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Jelly Beans Pugs—These famous black and orange jumbos so appropriate for Halloween—2 Pounds 35c

LARD Pure fresh—In bulk—3 lbs. 49c	PEAS, Sweet Blossom Fancy—Medium size—Sweet and tender, No. 2 Cans, 2 for 25c	SHORTENING, Best vegetable—In bulk, 3 pounds 49c
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MacMarr COFFEE The Athletics won the World's Series this year—but MacMarr Coffee every day is winning favor for its flavor—Direct from our roaster to you it's always fresh—Pound 45c
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BUTTER—Saturday Only—2 Pounds 98c

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BEEF ROAST 19 1/2c		SHOULDER MUTTON 12c
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