THE CAPITAL JOURNAL SALEM, OREGON

FRIDAY, OCTOBER 18, 1929 BLE ADDITION TO

"MEAT SUNDRIES" 2 cups bread cubes 1 onion or one tart apple 2 thep, butter 2 thep, lard 3 teap, pepper 5 teap, sage Wash hearts in cold water; re-more tough skin and veint, Stuff hearts with dresaing and skewer or new loosely. Sprinkie with sait, roll in flour and brown in hot fat. Place in deep baking pan, half cover with hot water. Cover close-ly and bake slowly until tender, Sweetbreads, Liver **Queries** Invited

Miss Mildred Nys, home consules gaperi for the Partland Effectic Power com-pany has been named to write a series of articles on food problems and food pre-paration, for the benefit of Capital Joarnal readers. Her knowledge is founded on per-sonal experience and proves nicthods. Fricassee And Other **Recipes** Are Given

methods. Questions addressed to Miss Nye in care of this newspa-por, or in care of the Pari-land Electris Power compans, Salem. Oregon, will be an-swered through these columns as space is available, while additional information may be obtained directly from Miss Nye by telephoning her at 85.

at 85,

ternal organs are leasured. Sweet-breads 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 best. Because of the deli-cacy and fine flavor, they are suit-able for any company luncheon of Sunday summer

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

Pepper Wash heart thoroughly. Cover

cupfuls boiling water

% cup raisins, seeded % cup walnut meats 1% thep, lemon julce Salt

VEAL TONGUE 1 veal tongue

points.

2 carrots 4 stalks celery 1 tensp. salt 1 thep. onlon 6 cloves

4 peppercorns

mart

% cup rice

SIXTEEN WAYS

**TO SERVE POTATOES** 

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 ment substitutes such as beans, corn and other vegetables with a high protein content. Another is to serve the so-called with a high protein content. Allocate is to a the second s

at 85, When it is desired, Miss Nye will answer questions by direct mail providing self-addressed, stamped envelope is enclosed for reply.

own merits than for any other rea-son. Sumdifies are the edible portions of the giandular tissues of animals andde from the muscle tissue usually and add three tablespoons butter to the scellent dictary properties. Internal organis are practically the only meaks containing vitamins as well as iron needed to prevent or ture extain types of anemia. While everyone is familiar with such parts as the liver, heart, kid-herys and tongue, some of the first turnal organs are less used. Sweet-breads furnish a most delicate breads furnish a most delicate points. Ten More nuts, lemon juice, and salt and pepper to taske. Bring to the boll-ing point. Lift heart to center of platter and surround with the rice, pouring the lijuor over all. STUFFED PORK HEARTS

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Veal or Baby Beef steaks or roast.....19c

Spread the kidneys over it when browned, turn them into it, add- move the veins and arteries and Raina, Mrs. Robert Bowes, Mrs. ly chapped parsies and serve. FRICASSEE CALVER AND NOODLES NOODLES to bolling water. Stir in the celery mailed water. Drain and rinse in George McCindy, Mr. and Mrs. and Mrs. Cut the heart and Dike, Mrs. A. B. Horner, Mrs. E. J.

over with hot water. Cover close-ly and bake slowly until tender, basing occasionally. Make graver of liquid and serve with hearts and browned polatoes. LAMIFS KIDNEY OMELET Take three lamb's kidneys, akin and cut into thin alices. Put these in a stew par; sprinkle with salt and pepper to taske and let these slimmer until tender. Meanwhile, prepare an omelet with six eggs, and when the liver is orisply

 RICASSEE CALVES' LIVER AND NOODLES
 aalt and poultry seasoning, cover
 cold water. Cut the the tab.
 Richards, Mrs. Hasel Brown and here and boil gently for about forty-five minutes. This makes a delicious quickly in fat with the minoed and boiling water and boil gently for about forty-five is teasp, pepper
 Richards, Mrs. Hasel Brown and Mrs. Herbert Schroeder.

 1 pound calves' liver
 and boil gently for about forty-five is teasp, pepper
 onion. Cover with boiling water and alimmer about two hours with border of freshly cooked modeles.
 RETURNS TO SILVERTON ... Silverton to Salem from the liquor in which the meat was cooked.

 3 cups cooked noodles
 1 pound calves' heart big teasp, malt
 1 pound calves' heart big teasp, malt
 Silverton to Salem from the liquor in which the meat was cooked.
 Silverton and is now living in one of the Cal Schlader houses on of the Cal Schlader houses on the Bulter were at Camp 16 where Mr. Bulter

 Table on on the state of t



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CREAMED SWEETBREADS.

MUSHROOMS AND ALMONDS

m cap

I pair sweetbreads 1 thep. rait 1 thep. rait 1 thep. vinegar is pound mushroom ( 5 thep. butter 3 thep. flour % cup scalded milk is cup such room ato;

1-3 cup cream

Pepper

Cook

16 tensp. ralt

cup mushroom stock

Celery salt ok sweetbreads for twenty

tes in boiling water and vine-Plunge in cold water until

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AND





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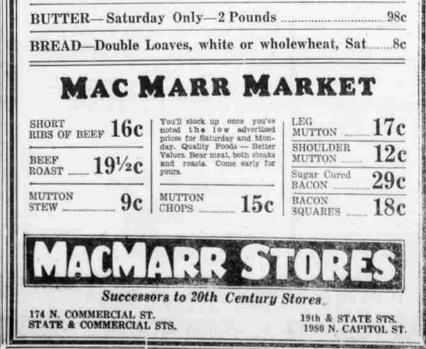


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Doughnuts- 20c	Pork, lean Steak or choice Roast19½c Fresh Side Pork, lean	MA
Pumpernikkel Health Bread 10c Wholewheat Cream	Beef Boil or Pot Roast141/2c	
Boston Brown Bread 10c	Mutton (extra fancy yearling from Lynn county) Chops, Steaks or Roast13½c	BUTTER-BREAD-I



2 for