

FOOD AND MARKET BASKET PAGE

CHEF DECLARES U. S. BANQUETS FAR TOO HEAVY

Chicago, (AP)—A plea that Americans use sanity in ordering banquet menus is voiced by Ernest H. Amlet, executive chef of the Palmer house and president of the Chefs de Cuisine.

Amlet, writing for the American Hotel Journal, declares hotels and caterers are being forced to provide meals that are far too heavy, in filling the menus for various banquets.

Amlet pointed to the banquet given Gen. Dawes by the London Press club, a copy of the menu of which was forwarded the chef. This menu follows.

Cremé Andalous, Filets de Sole au vin blanc, poulet en casserole, haricots verts, pommes rotes, Pêche Melba, Gâufrette, Café mocha.

Another menu, served at the American embassy in London, was: Cantaloupe, consommé julienne, coquilles de sole cardinal, haricots verts, pommes frites, salade au cresson, bombe haricots and baquettes Parisienne.

Amlet compared these menus with those served at banquets in this country saying the difference was striking. Here, the banquets demand everything from soup to nuts, with heavy soups, heavy salads, heavier meats and vegetables and still heavier desserts.

The chef declared people dread to go to these banquets because of the foods and the subsequent results.

"The basic cause of diets is over-eating," he asserted. "I believe that all diets should be condemned by every hotel man. Each individual should know his own stomach so as to vary his diet and eat what appeals to his appetite."

Washington, (AP)—Fashionable women have long insisted on harmony in the color scheme of their homes, cars and frocks, and now government chemists have made possible a further step in this direction.

Brilliant blue pancakes and biscuits may soon grace the breakfast tables of rooms in which blue is the predominating color if society takes up the suggestion of the Ford and Insecticide Division of the Agriculture Department for colored foods.

Coloring of foods is now made generally possible through a new dye which has just been found harmless to health and which is designed officially as brilliant blue F. C. F. The new dye will replace a present blue dye used by candy and beverage manufacturers which which have been found rather unsatisfactory. They are fugitive and gradually fade.

Recognizing the attraction of color, the division permits manufacturers to color their foods, but only with pure, harmless colors. The act further provides that no color be used to cover defects or deficiencies in poor foods.

Lump sugar in tints and flavors of lemon, orange or lime have found a place on lady's table. Now she may soon add to that a blue lump flavored, perhaps, as the grape or loganberry.

Ultra modern infants may now have taffy with the blue tint of the ocean, true color candy flags for Independence Day, and blue pop from clear glass bottles. The food mother need have no fear, as the division chemists assure her the new color is harmless.

LEAVING FOR PANAMA
Silverton—Hal Campbell, musical director and composer, motored to Portland Thursday to see his son, Bruce, who expects to leave Saturday for Panama to assist his uncle, Edward Hall, who is an interior decorator.

SCHAEFER'S
HARD MIXED
Candy

Made especially for us and you know that means it is good.

15c

FOR 16 OUNCES
FOUR LBS. FOR 50c

Only at

Schaefer's
Drug Store

The Original Candy Sale Store

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Penslar Agency

Relative Merits Of Animal, Vegetable Fats Are Discussed

By MILDRED NYE

Query—Which is preferable for deep fat frying—animal or vegetable fats? What is the best way for testing the temperature for this type cooking? Mrs. D. F.

Answer—Vegetable fat is better for this purpose than animal fat or lard because it does not burn at so low a temperature. Burning converts the fat into undesirable substances for food. Of the tests for cooking temperature, the only truly reliable one is use of the thermometer. The smoke test is unreliable because different types of fat start smoking at various temperatures, thus giving no constant degree of cooking temperature to use for the food. The degrees vary for different types of food, following this chart as a basis:

Croquettes, fish balls and all previously cooked food, 390 degrees F. until brown.
Doughnuts, fritters and all raw dough mixtures, 365 degrees F. until brown.
French fried potatoes, 395 degrees F. about 3 minutes.
Query—Would you publish recipes for the old-time plum pudding (steamed) and also the carrot pudding served in the same way? Mrs. L. U.
Answer—Carrot pudding is an excellent substitute for heavy

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.

steamed puddings of any type, not only because of the smaller expense, but also because of the ingredients being more easily digested and less

rich. Both recipes are printed here.

PLUM PUDDING

1/2 pound each citron, currants, candied pineapple, cherries and apricots
1 1/2 pound raisins
1/2 cup flour
1/2 cup butter
1/2 cup brown sugar
3 egg yolks
1/2 cup flour
1/2 teaspoon baking powder
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1/2 cup cider

Slice the citron, pineapple and apricots and add the other fruit, well looked over and cleaned. Mix these thoroughly with three-fourths cup of flour. Mix together the butter and brown sugar until creamy; add the beaten yolks of eggs. Sift and mix the dry ingredients and add to the second mixture. Stir in the cut fruit; add the cider and put into a pudding mould. Steam five hours. To make this into a fruit cake, remove the cover after steaming and bake the contents as cake one hour in a slow oven.

CARROT PUDDING

1 cup each ground carrots and potatoes
1 cup sugar
1/2 cup flour

1 cup raisins and nuts
1 teaspoon each cinnamon and allspice
1/2 teaspoon cloves
1/2 teaspoon salt
1 teaspoon soda
2 teaspoon cooking oil
Mix sugar with carrots and potatoes.

toes. Add oil. Sift and add dry ingredients. Last, add nuts and raisins. Pour into pudding or steam mould and steam for three hours or place in pressure cooker 45 minutes.

PRAYER SERVICE FRIDAY

Clear Lake—The Clear Lake valley.

prayer service will be held at the home of Mr. and Mrs. Ector, who live near Quinaby, next Friday evening.

The Belgian government is preparing large quarters in Antwerp for the creation of a maritime university.

Piggly Wiggly

131 N. High Street
Across from Court House
OPEN UNTIL 8 P. M.

245 N. Commercial St.
Between Court and Chemeketa
MINERAL OIL.....33c Qt.

FREE CAPITOL THEATER TICKETS AT BOTH STORES

Famous Foods and Saving Prices

That's the program of your PIGGLY WIGGLY—to offer you the very food items you want and price them to show you a real saving in the cost of supplying your table. Our constant growth is evidence of how we succeed. Shop the Modern Way—at Piggly Wiggly. It means satisfaction and a saving.

WEEK-END FEATURES

Vegetable Margarine Fresh, Sweet Spread—Pound 11c
WITH OTHER ITEMS NOT ADVERTISED (LIMIT)

SALAD OIL High class, fresh quality—Quart 33c Gal. \$1.19
PREFERRED FIRST IN MANY FINE KITCHENS—SAVE

Sperry Pancake Flour
Makes brown fluffy cakes
Large Size 19c

Franco-American Spaghetti
Baked with selected cheese and tomato sauce
3 Tall Cans 28c

Royal Baking Powder
Never leaves a bitter taste
No. 1 Cans 43c

Mama Dolls, 89c
REGULAR \$1.50 VALUE
Large size with hair—they walk—your choice of many colors.

CHESTERFIELD CIGARETTES
Christmas wrapped—carton
\$1.19

PRINCE ALBERT
1/2 Pound
49c
Pipe FREE

Cherry Wine MINCE MEAT
2 Pound 29c
Oh! so tasty, much more economical than home-made.

Pure Sweet APPLE CIDER
Gallon 29c
1/2 Gal. 18c—Quart 10c
Everyone enjoys good cider.

Palmolive SOAP
4 Reg. Size 29c

Dark Karo Syrup
Golden Amber Color
5 lbs. (1/2 gallon) 39c

Jell-A-Teen Jell Powder
Many different flavors of tested quality
3 Packages 20c

Black Figs
Choice fruit
2 Lbs. for 23c

Coaster Wagons 3.95
REGULAR \$7.00 VALUE
Disc wheels, rubber tires. Built very sturdily in all respects. A toy that is more than practical.

M.J.B. Coffee 2 lb. can 83c limit
A DRINK APPRECIATED BY THE BEST OF AUTHORITY

STEP LADDERS Handy sturdy piece of furniture—Reg. \$3.00 \$1.99
GET YOURS TODAY—THIS IS YOUR LAST CHANCE—SAVE

P. C. B. Crackers—Graham or Snowflakes—2 lb. box..... 29c

BREAD
Fresh Twin—White or dark 8c

MOUSE TRAPS
These are always handy
3 for 10c

MILK
Grade A—Pasteurized—Quart 9c

CATSUP
From red ripe tomatoes
2 Tall Bottles 35c

Piggly Wiggly Market Features

Quality Meats and a Free Guest Ticket to Capitol Theater

Fresh Open Kettle Rendered
Pure Lard
2 lbs. 25c
WITH MEAT PURCHASE

SUGAR CURED EASTERN Boneless Picnics
27c lb.
Direct from Iowa—Half or Whole

CHOICE MILK FED

Young Hens... 26c lb.

FRESH AND CLEANLY PICKED

LEAN SUGAR CURED EASTERN
BACON
29c lb.

CRISP AND TASTY BULK
Sauerkraut
2 quarts 25c

Busick's
in the new
Market
Bldg.



Busick's
Court St.
At Com'l.

Busick's Stores are full to capacity of exception-food values this week-end. There's plenty for all.

Pure Lard
No. 5 Pail
65c

No. 10 Pail
\$1.25

DUNBAR Shrimp
2 cans 35c

Deviled Meat
Small Tins
6 for 23c

UMECCO Margarine
3 lbs. 44c

BREAD
Whole Wheat, White, Bran, Graham, French, Rye or milk loaves.
3 for 25c

ONIONS
Fancies
25 lb. Bags
49c

Netted Gem POTATOES
100 lb. Bags
\$2.59

Sweet ORANGES
Family Size
2 doz. 49c

Crystal White SOAP
12 bars 48c

COFFEE
M. J. B. Lb. 48c
Hills Red Can Lb. 48c
Golden West Lb. 48c
Maxwell House Lb. 45c

APPLES
Choose your favorite apple: Starks, Delicious, King, Staymen Winesaps, Willow Twig, Rome Beauties, Black Twig or Spitz-embergs.

SQUASH
Fine Bakers
Per lb. 2c

Heinz Food Sale at all three stores this week

Corn Flakes
5 for 39c

Bulk Dates
Fancy Quality
2 lbs. 25c

Libby MILK
Tall Cans
3 for 25c

OREGON MILK
Tall Cans
3 for 25c

CANDIES

Our supply of Christmas candies is beginning to arrive daily. Last year it took tons of candy. This year we expect to sell much more. Look at our display.

Cream Oats
9 lb. bag 45c