

# FOOD AND MARKET BASKET PAGE

## MANY DENIALS IN ISTY'S VOW TO DIVINITIES

Chicago (AP)—It took 41 separate and individual denials to 41 divine judges to make sure that you hadn't sinned, in the good old days of Isty. In case you never heard of Isty, she was the "housemistress, the chairwoman of Amos" who lived about 1,000 B. C. in Egypt.

These sins which she denied so vehemently in her "Book of the Dead" sound rather familiar and cover about as much ground as any modern maiden's. In fact, they cover a funeral pyre eight feet long and half a foot wide. The document is half in colored vignettes, and half in hieroglyphics. Then, too, there are pictures representing incidents connected with the lady's life, and some predicting her posthumous adventures.

Surrounded by the sacred Phoenix, the gods Nut, Osiris, and minor deities, are the pleas to the gods. Besides claiming that "I have not harmed an evil-doer" Isty says that she has not been guilty of murder, stealing, uttering falsehoods, sacrilege, wrathfulness, cruelty, violence, rebellion, extravagance, plundering, lust, blasphemy, uncleanness, nagging, quarrelsomeness, causing sorrow, or hasty judgment. And she closes her plea with a spiel supposed to enable her to join Ra, the sun-god, as he travels across the sky.

For those that doubt the existence of so remarkable a woman, the Field Museum of National History is exhibiting at tory with a line-by-line translation and explanation of the hieroglyphics. The document was found in a cache at Tell el-Bahri, part of the cemetery of Thebes, in 1891 and presented to the museum by Martin A. Ryerson.

## FOOD BUDGET FOR FAMILY IS \$15 WEEK

(Continued from Page 8)

purchase, slight seen, rather than by order.

Mrs. Blinks gave the following as a sample order for the week for a family consisting of father, mother, boy 14, girl 10, and boy 4. It totals \$14.50 for the expenditure:

FOOD	QUANTITY	COST
<b>Bread</b>		
Whitebread	4 loaves	\$0.44
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Flour	2 1/2 lbs.	.25
Macaroni	2 lbs.	.25
Rice	2 lbs.	.25
Onion	1 pk.	.11
Carrot	1 pk.	.12
Wheat cereal	1 pk.	.22
<b>Meats, Eggs and Cheese</b>		
Meat	2 lbs.	\$2.40
Flax	2 lbs.	.30
Eggs	1 doz.	.38
Cheese	1 lb.	.21
<b>Milk</b>		
21 qts.		\$2.10
<b>Vegetables and Fruits</b>		
Butter	2 lbs.	.40
Flour	2 1/2 lbs.	.25
Macaroni	2 lbs.	.25
Onion	1 pk.	.11
Carrot	1 pk.	.12
Wheat cereal	1 pk.	.22
<b>Fats and Oils</b>		
Butter	2 lbs.	.40
Lard	1 pint	.25
<b>Sweets</b>		
Sugar	2 lbs.	\$0.19
Milk	1 pint	.18
<b>Other Foods</b>		
Coffee	1 lb.	\$0.25
Tea	1 lb.	.17
Cocoa	1 lb.	.10
<b>Total</b>		
		\$14.50

North Rochester, Mass. (AP)—Elmer Lawrence of this community, a seventh son, recently became the proud father of a seventh son.

Constantly the lowest bacteria count in Salem.

**MILKY WAY**

"I'm out of luck," said the old M.D. "Whatever will become of me?"

"Drink milk," said to one and all, "and now I seldom get a call!"

"Cheer up, M. D., your conscience is clear. For good pure milk you send 'em here," says Billy Break 'O' Day.

**Curly's DAIRY**  
Phone 2420

## Smoke Prevention in Broiling Meat Told; Dessert Suggestions

By MILDRED NYE

Query—When broiling meat in the oven, is there any way to avoid the excess of smoke? My oven is always filled with burning smoke although the meat is not burned and does taste delicious. I hate to have to give up this method of cooking steaks just because of this. Mrs. W. Y.

Answer—The apparent burning and smoking from broiling meat is due to the fat cooking out of the meat and dripping down on the broiler pan. This may be eliminated by pouring enough water into the pan to cover the bottom. The oven door may be left open during the broiling process since the cooking is by direct rather than stored heat.

Query—Would you suggest several "hurry up" desserts that might be prepared quickly without too much fuss and bother when company arrives unexpectedly? Thank you, Mrs. D. M.

Answer—Perhaps the easiest of all desserts to prepare, besides plain sliced fruit, are the fruit whips which are as delicious and healthful as they are easy to make. The following recipe is particularly for bananas, although any fruit in crushed or pulp form may be substituted.

### BANANA WHIP

1 egg white  
1/2 cup sugar  
1/2 cup banana pulp  
1/2 teaspoon salt  
Juice of one-half lemon

Into a large bowl put the egg white, sugar and banana pulp (bananas forced through a potato ricer). Salt and lemon juice. Beat with a strong egg beater until very light and fluffy. Heap in glasses and garnish with a slice of banana, decorated with bar-le-duc currents, or a tiny cube of currant jelly.

Another variation of the fruit whip recipe, but far more fattening, is the one for coconut prune snow. In this, as in the other, any fruit pulp may be used satisfactorily.

### COCONUT PRUNE SNOW

1 cup prune pulp  
1/2 cup powdered sugar  
2 teaspoons lemon juice  
1 egg white, stiffly beaten  
1/2 cup cream, whipped  
1/2 cup grated coconut

Combine the fruit pulp, sugar and lemon juice. Chill. Pour through a sieve. Fold pulp into egg white; then add cream and coconut in the same manner. Serves 6.

### COCONUT FIG PERFECTION

1/2 cup fig jam  
1/2 cup cream  
6 slices sponge cake or lady fingers

1 cup shredded coconut  
1/2 cup cream, whipped  
Spread jam on slices of cake or on lady fingers. Sprinkle with coconut. Fold remaining coconut into whipped cream and top each slice with this mixture. Serves six. Recipe for the fig jam is printed below—this is a most useful emergency preparation to have on hand.

### FIG JAM

1/2 lb. figs, finely chopped  
4 tablespoons sugar  
1/4 cup water  
1/4 cup lemon juice

Cook figs, water and sugar until smooth and thicken. Add lemon juice. Cook. Keep in air-tight jar in refrigerator until needed. Makes one cup jam. Dates may be substituted for the figs if desired.

Query—The two following recipes are being printed in answer to a request for waffle doughnuts. The first one is not very sweet, but may

and bake three minutes. This recipe makes thirty doughnuts.

**SWEET DOUGHNUTS**  
6 tablespoons fat  
1 1/2 cups sugar  
2 egg yolks  
5 cups flour  
1 whole egg  
1 cup sour milk  
1/2 teaspoon soda  
1/2 teaspoon each grated nutmeg and cinnamon

Cream fat with sugar thoroughly, then add beaten egg yolks. Add sifted dry ingredients alternately with the milk and egg beaten together. Drop one tablespoonful on each section of the waffle iron and bake about three minutes. Roll in powdered sugar to serve.

**ROUGH WALL SLOWS AIR**  
Urbana, Ill. (AP)—The engineering experiment station of the University of Illinois finds that smoothing the sides of air passages in mines reduces friction so much as to result in appreciable saving in expense of operating the air pumps that force the air into the mines.

**MAKE SEAWEED IODINE**  
Moscow (AP)—Russian scientists believe they can make all the iodine the country needs from certain native seaweeds. Several million rubles have been appropriated by the Soviet government to build four iodine plants with the hope that iodine need import it no longer.

**PARIS ARTIST IN LEGAL FIGHT ON MOONBEAMS**  
Paris (AP)—The wanly reflected beams of the moon are numerous enough and sufficiently varied to insure individual interpretation without swiping the other fellow's idea, according to a famous moonlight artist.

Because he claims that a certain M. Lafon not only sees the same moon in the same way but also paints it with the same technique as he, M. Chanabian is suing for plagiarism. Art experts are experiencing some bewilderment and a decided lack of agreement in ironing out this latest kink in artistic disputes. No unanimity of opinion can be reached as to just what rights belong to the painter of a picture.

M. Houricq and Laurent, members of the Institute, and M. Gelhay, an artist, say that while the right to produce nature is free to everyone, the manner in which a scene is reproduced belongs to the individual who conceives it.

On the other hand, M. Barthelmy, holder of the Prix de Rome;

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**water creped**

**BLEACHTEX**

**FORT HOWARD**

WATER CREPE TISSUE

"White as Snow Soft as Down"

## Midget Market

Originators of Low Prices 351 State St.

**Something For Nothing**  
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Dainty Lean <b>Loin Chops</b> 25c lb.	Young Pig <b>Pork Roasts</b> 18c lb.
Prime Beef <b>Round Steak</b> 25c lb.	Choice <b>Sirloin Steak</b> 22c lb.
<b>"Nut Sweet" Sliced Bacon 30c lb.</b>	

**HILLS BROS COFFEE**

**Little Links**  
25c lb.

**Ground Beef**  
20c lb.

**Beef Roasts**  
18c lb.

**Boiling Beef**  
15c lb.

**Fresh Frozen Salmon ... 10c lb.**

**Best Oleomargarine 2 lbs. 25c**

**Pure Lard**  
3 lbs. 33c

**Salt Pork**  
11c lb.

## GOPHER AND RABBIT RATED AS FARMERS

Washington (AP)—The original farmers of the western ranges were ground squirrels, rabbits, pocket gophers and prairie dogs, says a report to the American Association for the Advancement of Science by Walter P. Taylor of the U. S. department of agriculture.

He has been studying the harm they do to the ranges in consuming forage, impairing watersheds, and removing shelter and food for valuable animals.

Mr. Taylor concludes that their effects are not all bad; that they often disseminate valuable plants that some of them consume large quantities of insects that burrowing rodents are industrious soil cultivators, and that in some places they may do more good than harm.

**PARLIAMENT SPEAKER GIVES WOMEN REBUKE**  
London (AP)—Women members of Parliament are meeting with a series of rebuffs. Attacks have been made in the press about their attitude and now the Speaker has rebuked them.

All of the women members of the House of Commons, with the exception of the Duchess of Atholl, signed a petition to given women seats in the visitors galleries. When they presented their petition the Speaker announced that more seats have been reserved for women visitors than men and that the galleries can't be thrown open only to women.

**Journal Want Ads Pay**

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<b>Crown FLOUR</b> \$1.89 Sack	<b>Peet's Granulated SOAP</b> Large Package 39c	<b>Federal MILK</b> 8c can GUM—3 Pkgs. 10c
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## PIGGLY WIGGLY BEST FRESH Butter ... 33c 1 lb. Limit

<b>SALT—Morton's</b> 8c JODIZED OR PLAIN	<b>MALT—Large can</b> 53c BLUE RIBBON
<b>Ivory Guest Soap, 6 bars</b> 26c	<b>COCOA—2 pounds</b> 25c CHOICE MILK
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<b>B&amp;M Brown Bread, 2 for</b> 35c	<b>CORN—3 large cans</b> 35c TENDER—SWEET
<b>Apple Butter—3 tall cans</b> 35c	<b>SWEET POTATOES—</b> 2 large cans 33c Better than fresh and more economical—SAVE

## TEA 29c lb.

Uncolored—Japan—Green High Grade Selected—3 pounds 73c

<b>DOG FOOD</b> Finest food for dogs or cats 3 Tall Cans 31c \$1.20 Dozen	<b>PURE COUNTRY HONEY</b> 2 Heavy Frames 45c Sure fine for breakfast	<b>PUREX</b> Cleaning fluid 2 Quart Bottles 29c
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Lean and sugar cured Half or whole Something you will enjoy serving

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Out of consideration to our employees, we close Saturdays at 7:00 P. M.—Harry M. Levy, Mgr.