



FOOD & MARKET PAGE



HOLIDAY VIANDS DISPLAYED FOR COMPLETE MENU

Fruits, nuts, and vegetables are presented in their most perfect condition in anticipation of the Thanksgiving trade, and the week end will show many bargains for the observant housewife. Prices are holding to a steady level, but the market shows ample offerings of all kinds.

Grapes in at least three staple varieties, brilliantly polished apples of the more delicate eating quality, pears, bananas, oranges, grapefruit and lemons are augmented by casabas, about the only melon on the market, and casabas, which are being offered here very reasonably. Canned fruit will supply further variety for fruit cocktails.

All the good old vegetables without which no Thanksgiving dinner, or any other dinner for that matter, is complete will be on hand. Rich squash, in the Hubbard, banana, marbled and Danish varieties; egg plants, pumpkins for pies, both home-grown and hot house tomatoes, hothouse cucumbers, onions, cauliflower, exceptionally fine quality celery, cabbage and lettuce, root vegetables of all kinds, and other staples are supplied by local growers. Sweet potatoes will be popular, while the white potato remains low in price.

The new crop of nuts, including chestnuts to stuff the turkey, will be eagerly welcomed by the housewife.

OYSTERS LUSCIOUS ADDITION TO FEAST

Oysters are just the very special kind of dainty that one is looking for to set off the Thanksgiving feast. Oyster cocktail, with the dainty little Olympia oyster, or oyster soup, with the large Indian Rock oyster, is a savory start for the traditional American feast.

But best of all, is the oyster stuffing for the turkey. Three cups of soft bread crumbs, 1 teaspoon salt, one-eighth teaspoon pepper, a few drops of onion juice, 1 tablespoon chopped parsley, 1 pint or 25 large oysters, 2 tablespoons melted butter or shortening, and one-fourth cup oyster juice are the ingredients for one of the finest stuffings for the turkey. Mix the crumbs, salt, pepper, onion juice and parsley together, then toss in the oysters working quickly with a spoon, add the melted butter and the oyster juice—and presto! the simplest kind of a dressing to make and without peer for adding a holiday taste to the big bird.

Unsulphured, sun-dried extra fancy pulled figs are California's latest contribution to the many lines of fruit sent from the golden state. The figs can be served "as is" as a compact on, or cooked. The latter way they should be covered with cold water, standing 24 hours, then cooked slowly until tender without boiling. This is a good method to cook any dried fruit, preserving the natural taste and sugars and avoiding the "cooked" taste.

Sumpin' new! Yes, there really is. Some bright person chopped up green olives stuffed with pimento and has the chopped olive and pimento on the market in pretty glass jars. Very nice for sandwiches, to serve with cold meats or as a salad garnish.

FOOD EXPERT TO GIVE RADIO ADVICE

Safeway Stores Friday announced the establishment of the Safeway Home-makers' bureau. Through this bureau, it is stated, women of Salem are to be offered the advice of a recognized nationally-known authority on household problems free of charge.

The director of the bureau is Julia Lee Wright, a woman of outstanding reputation in her field. She will have ample facilities in the way of test kitchens, able assistants, etc., for giving individual attention to requests for advice.

Mrs. Wright will offer helpful suggestions to local women. An invitation to communicate with her on household subjects is to be open to all. Mrs. Wright's series of radio broadcasts, every Tuesday and Friday morning at 11:10 Pacific Standard time, will start November 18 as a new feature of the Woman's Magazine of the Air.

Julia Lee Wright, the bureau director, is well known in home economics circles all over the west and in the Hawaiian Islands. She has conducted cooking schools the length of the coast, through the middle west and in the Hawaiian Islands for the past six years and directed many of the cooking schools conducted by newspapers as well as cooking schools in Oakland, Seattle and Portland, Honolulu and Hilo.

PICKLE AND OLIVE ADD EXTRA TOUCHES

It is the little "extra" touches and dishes that make the holiday dinner. A table looks flat and lifeless without the little extra dishes of olives and pickles, and the special touch which these add to the meal is thoroughly appreciated.

Olives of all shapes and sizes, both green and ripe, are favorites for festive dinners. Stuffed green olives offer a wide choice, with pimento, nuts, maroons and pickling onions used for stuffings. Minced olive meat and colored olive rings make effective garnishes.

And as for pickles—the tastes of any guest can be suited. Bread-and-butter pickles, pickled onions, watermelon rinds, sweet chutney and imported chutney, India relish, sweet and sour spiced gherkins, chow chow, dills, and the many other kinds form a wide variety from which to choose.

Menus of the Day

MENU FOR THANKSGIVING

Oyster Cocktail
Roast Turkey and Giblet Stuffing
Mashed Sweet Potatoes
Creamed Onions
Spiced Prunes
Cranberry Jelly
Cabbage
Baked and Macaroni
Frozen Holiday Delight
Coffee

1½ pints small oysters, 3 tablespoons lemon juice, 1 cup thick chili sauce, 3 tablespoons catsup, 2 tablespoons horseradish, 1 tablespoon chopped parsley, 2 tablespoons finely chopped celery, ½ teaspoon salt.

OYSTER COCKTAIL, SERVING 4
Carefully look over the oysters and remove any shell particles. Mix rest of ingredients. Chill the oysters and the sauce mixture. Serve portions of the oysters in small glass cups which have been lined with lettuce. Top with the sauce mixture and serve at once.
Salted or dressed waters can be served with cocktail, if desired.

GIBLET STUFFING
Giblets, 2 cups water, 1 teaspoon salt, ½ teaspoon pepper, 1 tablespoon chopped onions, 2 tablespoons chopped parsley, 2 tablespoons chopped celery, 4 cups soft bread crumbs, ½ cup butter, melted.

Wash the giblets. Add the water and seasonings. Cook slowly 1 hour in covered pan. Chop giblets and add with the giblet stock, to rest of ingredients. Mix lightly with a fork. Stuff the turkey.

FROZEN HOLIDAY DELIGHT
2 cups canned peas, 1 cup diced pineapple, 1 cup red cherries, 2 tablespoons lemon juice, 1 cup water or fruit juices, 1 cup sugar, 1 cup whipped cream.

Boil sugar and water one minute. Mash the peas and add with the rest of the fruits to the syrup mixture. Put in rest of ingredients. Pour into a mold. Cover lightly and bury in three parts of chopped ice to one part of coarse salt. In four hours the dessert will be frozen and it can be served, cut in thin slices or roughly piled in sherbet glasses.

If desired this dessert can be frozen in a mechanical refrigerator.

FRIED NOODLES USED WITH MEAT OR FISH

An appetizing luncheon dish is French fried noodles. Cook six ounces of fine egg noodles until tender, drain, and set aside to cool. Beat three eggs slightly, and one cup milk, and stir lightly into cooled noodles. Drop by spoonful into deep hot fat until a golden brown.

Make a nest of the noodles and fill with small pork sausage fried, creamed salmon or tuna fish, or other cooked meat or fish.

MAPLE APPLES MAKE MID-SEASON DESSERT

Combining two delicious autumnal flavors, a favorite winter dessert is maple apples, which requires 1 cup maple-flavored syrup, one and a half cups water and six tart apples, pared and cored.

Heat syrup and water to boiling and add apples. Simmer apples gently, turning frequently to insure even cooking. When soft, remove apples from saucepan. Cook liquid until thickened and pour over apples. Serve with cream.

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THERE ARE SMILES THAT MAKE US HAPPY

Says Lee S. Roberts, the composer, on the "Sperry Smiles" program over the NBC every Tuesday, Thursday and Saturday evening at 8:45—KFSB KECA KGO KGW KONO KHQ

CANAPES SMART INTRODUCTION TO GAY DINNER

Canapes are becoming more and more the proper introduction to a feast, and being easy to make and even more easy to serve, are popular with the busy housewife who desires to add style to her entertainments without sacrificing ease.

Foundations for canapes are rounds or strips of fried bread or toast or of brown or white bread. Specially prepared wafers make an attractive foundation, always crisp, fresh, and ready to spread with filling and to garnish attractively.

When the savory pastes of sardine, lobster, or anchovy are used for canapes they are usually blended with equal amounts of softened butter. This is used as a spread for the canapes which are then garnished in all kinds of attractive ways. Sometimes ketchup, mustard, chutney, horseradish, minced parsley, or pimento is mixed with the creamed butter for a spread. Ketchup dressing which comes ready to use in tubes makes a delicious foundation for canapes.

Garnishes for canapes which lend themselves for attractive arrangements are: sliced stuffed olives, minced green or ripe olives, minced or shredded pickles, minced or shredded pimento, hard cooked eggs sliced or minced, sliced truffles, grated cheese, sliced anchovy fillets, sliced beets, pearl onions, capers or chutney.

Caviar canapes deserve a paragraph to themselves as they are the most generally popular of all the savories served with cocktails. Hard-cooked egg, minced onion, and pearl onions are the only accessories usually used with caviar. Sometimes the onion is served in a small bowl in the center of the canape tray for guests to choose if they wish. Sometimes it is used directly to garnish part of the canapes. Eggs are hard-cooked; the whites are finely minced and the yolks are rubbed through a strainer. The caviar is arranged in the center of the canape, the eggs are arranged in varying designs, around the edge, across, or in the center. Just before serving these canapes, a bit of whipped sour cream may be put in the center.

A few suggestions of combinations of garnishes and flavors follow:

Anchovy butter—garnish with sliced stuffed olives around edge, strips of pickle across center.

Lobster butter—garnish with minced pimento around edge, strips of green pepper in design in center.

Sardine butter—garnish with

WESTERN PACKERS CONTINUE BUSINESS

Oregon has not yet been affected by the slump in meat packing businesses now prevailing in middle western states, according to Dr. W. H. Lytle, state veterinarian.

As yet no Oregon packing houses have cut down working hours of their employees or reduced personnel, Dr. Lytle said.

"There has been no reflection of eastern packers' troubles on the west coast to my knowledge," Dr. Lytle said. "Meat purchasing has been greatly reduced as compared to last year, however."

MODERN WOMAN CAREFUL BUYER

BY ELIZABETH BENSON

I think women are more interested in making the pennies count today than they have been for years.

To me, it has always been an inspiration to see how the women of this country backed up their men-folk when business conditions slowed down.

They buy more wisely. They watch budgets closer. They take fewer chances on unknown articles and purchase only the known, dependable types of merchandise.

I often think that women do more to speed a return to good times than even the big business men. Because good times really depend a lot on putting the family budget on a sound basis. That is the woman's job in this country.

And it's so funny to me that some business men don't realize it. Just as soon as purchasers slow down a little—a few of them rush out a lot of cheap merchandise to offer women.

Some of these products may be good. But many of them—and I've examined a lot—are just cheap imitations of worthy products made by men who think women will try anything in times like this.

I've seen these floods of imitations come and go before. Usually they don't last—because they don't give value.

And most women are too smart

After School They Taste Even Better

Stayin' after school is real punishment. Youngsters get SO hungry by 4:00 p.m. It just seems that they can't wait for that after school lunch. Have a heart, Mother! See that they have access to plenty of

STOP! SEE THE MONARCH Miniature Grocery Store On Wheels at STEUSLOFF MARKET Saturday, Nov. 22 Special Prices on all Monarch Canned Goods

minced egg white around edge, strips of pimento in center.

Catsup butter—garnish with lattice of anchovy fillets.

Roquefort butter—garnish with chutney in center, slices of pickle around edge.

Crab butter—garnish with slice of hard cooked egg in center, ring of capers outside.

Parsley butter—garnish with square of pickled herring sprinkled with strained hard egg yolk, minced egg white around edge.

Westphalian ham cut in thin slices to fit caviar—garnish with green mayonnaise put through pastry tube.

Galantine of ham, veal and tongue cut in thin slices arranged on caviar—garnish with sliced truffle or pimento.

Pate de foie gras spread on caviar—garnish with sliced truffle or pimento.

TO BE FOOL. They buy standard, advertised products that they know give 100 per cent value for every penny.

And that's what really makes the pennies count.

Especially green olives stuffed with small pickling onions are arranged alternately in glass jars, presenting a very attractive appearance. And they are just as good to eat as to look at. Incidentally, olives stuffed with onions are new, and just the thing to startle the bridge club. Olives stuffed with nuts are not so new, but they certainly are good.

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