



FOOD & MARKET PAGE



ECONOMICAL MENUS GIVEN BY EXPERTS

Examples of good, nutritional yet cheap meal for a family including children have been prepared by food experts of the United States bureau of home economics. One dinner menu includes liver, which is especially good for children because it helps to build red blood. Beef, pork, or lamb liver, which are comparatively cheap, are practically as nutritious as the more expensive calves' liver. Kidney, too, are good blood builders. Liver has a delicate flavor if properly prepared, according to the food-preparation specialists of the bureau of home economics.

The raw cabbage and raw carrots suggested in this week's menus can be given to the younger children if grated or chopped fine, with a little butter, margarine, or other fat, and made into sandwiches.

Menus suggested are:

BREAKFAST
Cereal
Toast
Coffee

DINNER
Liver and Onions
Mashed Potatoes
Bread and Butter

STUFFER
Milk Vegetable Soup
Toast or Grated Raw Carrot Sandwich
Fruit Muffins with Marmalade

BREAKFAST
Cereal
Toast
Coffee

DINNER
Meat and Vegetable Stew
Bread and Butter
Stewed Raisin Apples

STUFFER
Branchelet and Tomatoes
Raw Cabbage or Cabbage Salad
Bacon Cup Cakes

LIVER AND ONIONS
1 1/2 pounds liver, cut in 1/2 inch slices
Pepper
Butter, margarine, or other fat
4 cups thinly sliced onions

Wipe the slices of liver with a damp cloth. Place on a lightly greased griddle or skillet, and cook slowly from 8 to 10 minutes over a low fire, turning frequently. When done, the liver will have lost its red color and be lightly browned. Sprinkle with salt and pepper, and serve with or without onions. To prepare the onions, melt about 1 tablespoon of fat in a frying pan. Add the onions, sprinkle with salt and pepper, cover, and cook slowly until the onions are tender. Stir frequently. Serve over the liver.

MILK VEGETABLE SOUP
2 tablespoons finely chopped carrots
2 tablespoons finely chopped onion
2 tablespoons melted butter or other fat
1 tablespoon flour
1 quart milk
1 teaspoon salt

Cook the finely chopped vegetables in fat for 10 minutes, add the

flour, and stir until all are well blended. In the meantime beat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup stands for a short time to blend before serving. Reheat and serve.

RAW CARROT SANDWICHES
Butter, margarine, or other fat
Grated carrot
Salt
Thin slices of bread

Soften the butter, margarine or other fat and use just enough to bind the grated carrot. Season with salt and spread between thin slices of bread.

BAISIN OR CUP CAKES
1/2 cup sugar
1/2 cup milk
1/2 cup soft wheat flour
1/2 cup raisins
2 tablespoons baking powder
1/2 teaspoon salt
1/2 teaspoon vanilla

Cream the fat and sugar and add the well-beaten egg. Roll the raisins in 2 tablespoons of flour. Stir the other dry ingredients and add alternately with the milk to the first mixture. Stir in the raisins and vanilla. Bake in greased muffin tins for 15 to 20 minutes at a temperature of about 275 degrees F. Serve while still warm.

**Pennsylvania Court
Backs Blood Tests**

Uniontown, Pa., (UP)—Blood tests were upheld by the Fayette county court as a valid proof of parentage. Judge St. John Morrow, in granting a new trial to Nicholas Zammerelli, ruled that the jury disregarded testimony of Dr. H. A. Hulse, Uniontown Hospital pathologist.

Dr. Hulse testified that tests showed the blood of the baby and Zammerelli was of different types. He based his conclusions on the discovery of Dr. Karl Landsteiner, of the Rockefeller Institute.

LONDON WARNS AMERICANS
So many Americans are reported to have been victims of old-time swindling games in London recently that visitors from across the Atlantic have been warned to "watch their wallets." One American is said to have fallen to the wiles of a genial stranger whose Irish accomplice had just inherited a fortune and wanted some honest person to help him distribute it. The American put up \$2,000 as a guarantee of good faith, and is still waiting for the fortune.

Elephant in Circus Battle
Elephants won a battle between a crowd of young men and Irish Free State, recently. The youths attacked the tents, at midnight, and the circus horses were called, but the youths were winning when the circus proprietor led two of his performing elephants in a sortie through an adjoining street. He surprised the attackers, who fled. Several persons were injured in the battle.

MENUS of the DAY

MEALS FOR SUNDAY
Breakfast
Cereal
Toast
Fruit and Syrup
Coffee

Roast Beef and Mashed Potatoes
Brown Gravy
Creamed Asparagus
Bread
Butter
Fruit Gelatin Salad
Spice Cake
Coffee

FRUIT GELATIN SALAD
1 pint lemon flavored gelatin mixture
1 cup boiling water
1/2 cup pineapple juice
1/2 cup orange juice
1/2 cup diced pineapple
1/2 cup diced peaches
1/2 cup diced cherries
1/2 cup red berries

Pour boiling water and fruit juices over gelatin mixture and stir until dissolved. Cool and allow to thicken a little. Pour in rest of ingredients and fold into shallow mold. Chill until stiff. Cut in squares and arrange on lettuce and surround with salad dressing or mayonnaise.

SPICE CAKE
(With butter milk)
1 1/2 cups dark brown sugar
1 egg
1 cup butter milk
2 tablespoons cinnamon
1 teaspoon cloves
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/2 cup dates
1/2 cup raisins
2 cups flour
1 teaspoon soda

Cream the fat and sugar. Add rest of ingredients and beat 2 minutes. Pour into shallow pan lined with waxed paper. Bake 30 minutes in moderately slow oven. Cool and frost.

CARAMEL FROSTING
1 cup dark brown sugar
1/2 cup granulated sugar
2-3 cup water
2 tablespoons butter
1/2 teaspoon vanilla
Mix sugars, water and butter. Boil gently and stir frequently until soft ball forms when tested in cold water. Beat aside 15 minutes. Add vanilla and beat until creamy. Frost cake.

AN EVENING PARTY
Menu
Creamed Chicken and Mushrooms
In Potato Cakes
Fruit Salad Delight
Toasted Walnuts
Chocolate Ice Box Cake

CREAMED CHICKEN AND MUSHROOMS
(Serving 8)
1-3 cup butter or chicken fat
4 tablespoons flour
2 cups milk
1 cup chicken stock
2 cups diced cooked chicken
1 cup cooked mushrooms
3 tablespoons chopped pimientos
1/2 teaspoon salt
1/2 teaspoon paprika
Melt butter and add flour. Add

milk and stock and cook until creamy sauce forms. Stir constantly. Add rest of ingredients. Cook 3 minutes, stirring constantly. Serve in patties, cakes.

FRUIT SALAD DELIGHT
1 tablespoon granulated gelatin
1/2 cup cold water
1 cup diced pineapple
1 cup diced white cherries
1 cup diced marshallava
1 cup dried cherries
1 cup salad dressing
1 cup whipped cream
2 tablespoons sugar

Soak gelatin in cold water 5 minutes. Dissolve over hot water. Cool. Mix rest of ingredients and add gelatin. Pour into shallow mold or dish, and chill. Serve on lettuce and top with more dressing.

CHOCOLATE ICE BOX CAKE
1 cup chocolate
1/2 cup confectioner's sugar
4 eggs
1/2 cup vanilla
1/2 cup butter
4 ounces sweet chocolate, melted
2 dozen lady fingers

Cream the butter and sugar. Add whites and beat 2 minutes. Fold in lady fingers. Add one-half chocolate mixture. Add one-half chocolate mixture. Add layer of lady fingers and cover with rest of chocolate mixture. Cover with rest of lady fingers. Chill for 12 hours or longer. Unmold carefully and spread with whipped cream. Serve cut in slices. This is a rich dessert, so a small serving is sufficient.

GERMAN COOKIES
Breakfast
Cereal
Toast
Fruit and Syrup
Coffee

Roast Beef and Mashed Potatoes
Brown Gravy
Creamed Asparagus
Bread
Butter
Fruit Gelatin Salad
Spice Cake
Coffee

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2 cups milk
1 cup chicken stock
2 cups diced cooked chicken
1 cup cooked mushrooms
3 tablespoons chopped pimientos
1/2 teaspoon salt
1/2 teaspoon paprika
Melt butter and add flour. Add

ROAST BEEF PIE
(Uses leftovers)
2 cups diced cooked beef
1 cup cooked carrots
2 tablespoons chopped onions
2 tablespoons chopped celery
1/2 cup gravy or milk
2 cups mashed potatoes
3 tablespoons butter, melted
Mix potatoes and butter, spread over rest of ingredients which have been mixed together and poured into buttered baking dish. Bake 20 minutes in moderate oven. Serve in dish in which baked. Other leftover meat and vegetables can be used and this makes an excellent food to serve the hungry family.

WOMEN SEE ADS
Columbus, O., (UP)—The bureau of business research at Ohio State university learned following a recent survey that, irrespective of social status, a majority of Columbus women habitually perused newspaper advertisements of special sales in retail stores.

The bureau, taking cognizance of a long-standing controversy among retailers relative to the desirability of such advertisements, and believing that definite conclusions could not be reached in any other manner, asked "the only person who knew"—the ultimate consumer.

A group led by Prof. R. B. Alpaugh, of the bureau staff, questioned 1,823 women. The survey revealed that more than 80 per cent, or 1,481 of the 1,823 watched the advertisements daily.

Professor Alpaugh found that all classes of consumers, from the wealthiest to the poorest, were interested in special sales announcements. In the well-to-do sections of the city, 81 per cent of those interviewed reported an interest in special sales. In the medium income sections, it was said, 82 per cent reported similarly.

Petroleum production in Trinidad is increasing this year.

**Racketeers Want In
On Theater "Grab"**

London, (UP)—Londoners fear that one of their most popular institutions, the theater queue, soon will descend to the status of an American racket.

The queue, to a first visitor, is one of the most curious aspects of London life. Hours before the curtain rises a line of small wage earners can be seen standing or sitting on small stools in front of any theater, waiting to buy seats a shilling or two cheaper.

For years widows, ex-soldiers and other men have made a living by renting stools to "organize" the stool renting. Concessionaries are contracting for the privilege. The average Londoner's anxiety, however, is that the tiny stool, which automatically holds his place in the line, may soon cost him more than a shilling.

AT NIGHT CLUB
Lloyd George, who recently saw his first horse race, has added to his experience by visiting a London night club. He and Mrs. Lloyd George attended a party given by his son, Major Lloyd George, and guests were surprised to see the dapper ex-premier, beaming with smiles, and obviously enjoying the entertainment. Lloyd George, it has been revealed, is also a movie fan, his favorite pictures being western cowboy thrillers of American production.

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Ford Salvage Plant Has New Equipment

Detroit, (UP)—New equipment, including a 400-ton furnace, hot metal mixers, and a baling press capable of "pancaking" salvaged automobiles into compact crates, is being installed at the Rouge plant of the Ford Motor Company. Cost of the improvements is approximately \$500,000.

All of the new equipment will be used in providing scrap metal, essential in the making of steel, and will increase the melting facilities of the open hearth furnaces by approximately 600 tons. This will bring the total capacity to 2,900 tons every 24 hours.

**MILK AND ORANGE
JUICE HELP PUPILS**

Sacramento, Cal. (UP)—The practice of serving milk to pupils in the kindergarten and first grade, as a mid-morning "lunch" has been augmented to include a small bottle of pure orange juice.

This new plan was included in the campaign against malnutrition of children, when experiments indicated that the gain in weight of a child taking both orange juice and milk is double that of the child taking only one or the other of the liquids.

When rag rugs do not lay straight dip them in a stiff starch solution and press until dry.

WASHINGTON PIE FAVORED DESSERT

A "Washington pie" which comes somewhere between pie and cake and yet seems to be in a class by itself makes a distinctive and delectable dessert. The recipe is:

WASHINGTON PIE
1 1/2 cups pastry flour
2 tablespoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1 egg
1/2 cup milk
1/2 cup vanilla
1/2 cup butter, melted
Mix ingredients and beat 2 minutes. Four into 2 layer cake pans fitted with waxed paper. Bake 20 minutes in moderate oven, add filling.

FILLING
1/2 cup sugar
4 tablespoons flour
1/2 teaspoon salt
2 eggs
1/2 cup milk
1/2 cup vanilla
1/2 cup butter, melted
Blend sugar, flour and salt. Add eggs and milk. Cook in double boiler until filling is thick and creamy. Stir frequently. Add rest of ingredients. Cook. Use as filling between baked cake layers. Sprinkle top with confectioner's sugar or spread with whipped cream.

When rag rugs do not lay straight dip them in a stiff starch solution and press until dry.

Model Food Market

275 N. High St. (Next to City Hall) PHONE 4111 (Three Lines)

A complete Food Market where you can purchase all your table supplies on one order, one delivery and on one account.

Libby's Peaches, Pears, Apricots 2 Cans 45c 6 Cans \$1.25 12 Cans \$2.45 Cans light or assorted dozens.	Saturday Meat Special We sell only U. S. Inspected Steer Beef. Your guarantee of wholesomeness. STEER BEEF POT ROAST—Pound 15c SHORT RIBS— Pound 10c RABBITS— Young Frys—Pound 25c	Parity Mayonnaise Full Quarts 45c Full Pints 25c Slider's Catsup Large Bottles— 2 for 35c
Mead's Best Mountain Honey Pint 20c Jar 35c 5 pound pails 55c	Saturday Cake Special Prune Cake A Three-Layer Cake that is rich and fruity. Reg. 60c—Special 49c Sherry Flavored Mince Pies 30c Pumpkin Pies 35c	Malted Milk HORLICK'S 50c size 42c HORLICK'S \$1.00 size 79c OVALTINE \$1.00 size 79c BORDEN'S 60c size 49c Toilet Soaps MISSION BELL— 5 for 25c LUX— 4 for 25c NAUSSOUR'S CASTILE, long bar 39c
Ginger Ale Cluquot Club— Dozen \$1.90 Cantrell & Cochrane Ginger Ale—Quarts \$1.75 6 for \$2.10 Rainier Lime Rickey—Dozen \$2.10	Catering The Services of Our Miss Bar- rett are available for parties, seas or luncheons of any kind.	Shopping Baskets Hundreds to choose from— 50c to \$1.00 baskets, Special 49c
Battle Creek Products White Pyella, full pounds 79c 5 Pound Cans \$3.85 Lacto Dextrin 79c 5 Pound Cans \$4.50		

FRUITS and VEGETABLES

Grape Fruit Special CALIFORNIA GRAPE FRUIT— Dozen 39c FLORIDA GRAPE FRUIT— 4 for 25c FLORIDA JUMBO GRAPE FRUIT— 2 for 25c FIRM RIPE BANANAS— 4 pounds 25c AVOCADOS— Each 30c	Stacks of Crisp Vegetables Cauliflower, Spinach, Sprouts, Sweet Potatoes, Yams, Tomatoes, Cucumbers, Cabbage, Celery, Celery Hearts, Hub- bard Squash, Lettuce.
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MIDGET MARKET

Originators Of Low Prices 351 State St.

NO MEAT SALE

At this season of the year many firms are forced to have "SALES" as a means of cleaning house. With a meat business such as ours it isn't necessary. Our system combined with a large volume enables us to maintain a continual flow of fresh wholesome meat, direct from the stock raiser to the consuming public. Our fresh meats, such as beef, pork, veal and lamb, are of the highest quality. Our smoked meats, hams, bacon, etc., are equal in quality and have a fresher, sweeter flavor than most of the popular brands. Customers as far as Portland, make it a point when going through Salem, to stop and get their meat at this market.

REGULAR PRICES NOT "SPECIALS"

Hams Sugar Cured Half or Whole 15c lb.	Bacon Squares for Frying Or seasoning 10c lb.
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"Nut Sweet" Sliced Bacon 17 1/2c lb.
One whiff of this delicious bacon as it crisps and browns on the griddle will tempt an epicure. The result of natural wood smoke and dry sugar cure.

Bacon Back Sugar Cured 12 1-2c lb.	Pure Lard Home Rendered 10c lb.
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Pork Roast Young Pig 9c lb.	Ham Roast Fresh Pork 15c lb.
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Pork Chops Small Loin 15c lb.	Pork Steak Young Pig 12 1-2c lb.
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Sirloin Xtra Choice Steak 15c lb.	Beef Roasts No. 1 quality 10c lb.
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Veal Roasts Milk fed 12 1-2c lb.	Veal Steak Choice quality 15c lb.
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Out of consideration to our employees, we close at 6 p. m. On Saturdays at 7 p. m.

HARRY M. LEVY

SAFeway STORES

DISTRIBUTION WITHOUT WASTE

Another Year of Leadership in Low Prices For Quality Foods

Again Safeway Stores lead the way to greater savings . . . surpassing all former efforts, to bring you even greater Food Values. Foods from the world's finest markets . . . chosen for their genuine goodness, are offered at lowest possible prices.

Leadership Values for 4 Days, January 8, 9, 11th and 12th

CATSUP Highway for your meat and fish dishes 14 oz. bots. 10c	Corn Meal For delicious corn bread 9 lb. bag 19c	MALT Suburb, high grade, low price Large Can 27c
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MILK Maximum, Tall cans— 5c limit 5 cans	BEANS Great Northern, fancy re-cleaned beans and good cookers 5 pounds 15c
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CORN Butter kernel, extra fine Can 16c	PEAS Standard pack 3-for 25c	Tomatoes Silverdale—No. 2 1/2 cans Each 10c
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Luna Soap A good quality soap at an exceptionally good price Bar 2c	MJB Coffee Drink a cup of this steaming hot coffee for invigoration. Packed in 3 lb. cans. Pound 25c Limit—1 three lb. can while they last
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Cigarettes All brands 2 for 25c	BROOMS Kitchen, made of finest high quality straws Each 29c	PANCRUST For baking finer lighter cakes 3 lb. tin 49c
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COCOA The healthful beverage, bulk Pound 7 1/2c	Pineapple Hillsdale, Broken slices in heavy syrup No. 2 1/2 cans 9c	Rolled Oats Crystal Wedding, with glass premiums Pkg. 23c
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Choice Meats [Market Features]	ROAST Your choice, beef or pork all cut from prime young meats. 12 1/2c lb.	SMELT Fresh 3 lbs. 25c	LARD or Shortening Your choice—the very best 2 lbs. 17c
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STEAKS Sirloin, Rib, T-Bone, cut from young tender beef. 15c lb.	Cottage Rolls Dry sugar cured, fine to fry or bake. 4 to 6 pound average. 14c lb.	OYSTERS More of those good fresh oysters 25c Pint
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Store No. 37
162 N. Commercial
Phone 6169

\$1.00 Orders
DELIVERED FREE

Store No. 519
270 N. Commercial
Phone 9432