



FOOD & MARKET PAGE



BAKED FISH SERVED WITH ITALIAN SAUCE

Next time the next-door neighbor, back from a fishing trip, offers you a large fish, take it and bake it. Stuffed and served with a tasty sauce. Whether the fish be a large trout, set bass, lining or rock cod, grouper, chicken halibut or even a fair-sized piece of royal Chinook salmon, the following recipe will be found appropriate.

Clean the fish, or large piece of fish. Sprinkle inside with salt and pepper. Fill with a stuffing made of one cup cracker crumbs, two tablespoons finely chopped parsley, one tablespoon finely chopped pickles, one teaspoon salt, one teaspoon grated onion, three tablespoons butter melted in one-fourth to one-half cup boiling water in which the other ingredients have been mixed lightly with a fork. Sew the fish up. Spread with soft butter, sprinkle with salt and pepper.

Lay the fish in a baking pan just big enough to hold it. Cover with one-fourth cup white vinegar, one-half onion finely chopped, ten canned mushrooms, cut in small pieces, and one-fourth cup water. Cover tightly.

Bake in very hot oven for about 10 minutes, then reduce heat and bake fish one hour. Remove to serving platter and pour contents of baking dish over fish. Serve with the following sauce:

2 1/2 tablespoons butter
2 tablespoons finely chopped onion
2 tablespoons finely chopped carrot
2 tablespoons finely chopped lean uncooked ham

1/2 teaspoon peppercorns
2 teaspoons finely chopped parsley

1 cup brown stock
1 clove garlic
2 sprays marjoram
2 tablespoons flour
1/2 cup white vinegar
1 cup water

Broken butter in a sauce-pan, add onion, carrot, ham, peppercorns, cloves and marjoram, and cook five minutes. Add flour and stir until flour is well browned; add gradually stock, water, vinegar, strain, add Remove garlic and pour sauce around baked fish. Sprinkle with parsley.

SCREAMS SCARE THIEF

Nice (P)—A large and apparently hungry eagle, seeing a woman skier put aside her opposition coat, swooped down and seized it and flew away. Believing that she was losing her coat, the woman screamed. The noise frightened the eagle so badly that it dropped the coat.

Mrs. Sarah Garret, of Oxford, England, who is 102, does her own washing because, she says, "there is no one who can do it like myself."

MENUS of the DAY

FRIZZLED BEEF

The dinner menu
Frizzled beef, mashed potatoes, buttered spinach, bread, rhubarb, conserve, fruit gelatin salad, cocoa, spongecake, dessert, coffee.

FRIZZLED BEEF FOR 4

1/2 pound dried beef
6 tablespoons fat
6 tablespoons flour
3 cups milk
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
Pick apart beef with fingers. Heat fat in frying pan and add beef. Cook slowly and stir frequently until edges of beef become brown and curl up. Add flour and cook until browned. Stir constantly. Add rest of ingredients. Cook until mixture becomes creamy. Stir constantly. Serve plain or poured over toast.

RHUBARB CONSERVE

6 cups diced rhubarb
1 orange chopped
4 tablespoons lemon juice
1 cup chopped pineapple
1/2 cup water
1/2 cup sugar
1 cup blanched, shredded almonds.
Mix all ingredients, except almonds. Let stand 10 minutes. Boil gently 30 minutes. Stir frequently. Add almonds and cook 5 minutes. Pour into sterilized glasses and when cool, cover with melted paraffin.

COCOA SPONGE CAKE

4 egg yolks
1 cup sugar
1 teaspoon vanilla
1/2 tablespoon cold water
4 tablespoons cocoa
1/2 cup pastry flour
1/2 teaspoon baking powder
4 egg whites, beaten.
Beat yolks and add sugar. Add vanilla, water and cocoa. Beat 2 minutes. Fold in rest of ingredients. Mix lightly. Pour into shallow greased pan and bake 25 minutes in moderately slow oven.

MEALS FOR A DAY

BREAKFAST
Rhubarb conserve, ready cooked corn cereal, cream, bran muffins, coffee.

LUNCHEON

Egg salad, bread, butter, fruit cookies, tea.

DINNER

Tomato supreme, baked sweet potatoes, bread, butter, fruit salad, French dressing, strawberry shortcake, coffee.

BRAN MUFFINS (9)

1 cup bran
3/4 cups flour
4 tablespoons sugar
1/2 teaspoon salt
1/2 teaspoon soda
1/2 teaspoon baking powder
3 tablespoons molasses
1 cup sour milk
1 egg
2 tablespoons fat melted
Mix ingredients and beat 2 minutes. Bake 15 minutes in moderate oven. Serve hot or cold with butter.

EGG SALAD FOR 4

4 hard cooked eggs, diced
1/2 cup diced celery
2 tablespoons chopped pimientos
1 tablespoon chopped onions
1/2 teaspoon salt

BRAISED TONGUE ECONOMICAL MEAT

Braised beef tongue is a real all-round meat dish. Served hot, it is an excellent main dish for dinner or late supper. Cold, it slices into an excellent sandwich filling, or served with salad is a fine luncheon dish.

Wash and put fresh beef tongue in a kettle, cover with boiling water and cook slowly two or three hours. Remove tongue from water, peel off skin and trim off roots. Place in Dutch oven or deep earthen dish each carrot, turnip, celery and onion diced into half-inch cubes, one green pepper cut in shreds (seeds and veins removed), and two sprays parsley. Pour over one quart of brown sauce seasoned with one-half tablespoon Worcestershire sauce. (Stock in which tongue was cooked may be used for making sauce.) Cover closely and simmer slowly, two hours or until tongue is tender. Do not allow sauce to boil. Serve on hot platter, surrounded with sauce.

BOAST FIRST LODGE

Virginia City, Nev. (P)—This ancient mining camp, home of the famous Comstock Mine, possesses the first Rebekah Lodge established in the world, it was disclosed by a recent tracing of the lodge's history. The Rebekah degree was designated March 4, 1860, and immediately Colfax Rebekah Lodge No. 1 was organized here. There are now more than 10,000 lodges.

Aurora—Homer Oliver, son of Mr. and Mrs. Joe Oliver was taken to the Salem Deaconess hospital, the first of the week where he underwent an emergency operation for appendicitis. He is reported to be doing as well as can be expected.

Oranges Used In Refreshing Salad

New crop oranges coming into the local markets are so sweet, so tender and yet of firm structure that they are an incentive to make a delicious fruit salad.

Remove the peel from six large oranges. Separate the sections and peel off the membrane, keeping the pulp in its original shape. Cut each section crosswise once. Dispose the orange cubes equally in nests of lettuce-heart leaves. Arrange the halves of English walnuts over these and garnish with French Dressing, using lemon and orange juice, also some of the fine orange pulp in place of vinegar. Sprinkle with paprika.

LEAVE FOR INDIANA

Monmouth—Mr. and Mrs. W. T. Hockema left Wednesday for Indiana. The trip is being made by motor and a number of stops and visits will be made along the way. They plan to be away three months.

Amity—Thursday was "Flunk Day" for the senior class of Amity high school. The day was spent at Newport. They were accompanied by Miss Edna Strout and Miss Mary Magee of the school faculty and Mr. and Mrs. A. G. Massey.

BUY cane sugar

refined in U.S.A.
Help home industry

GAS USERS PAID STATE MILLIONS

Harrisburg, Pa. (P)—Gasoline users have paid Pennsylvania \$179,500,000 in gasoline taxes in 11 years, records of the department of revenue showed.

The first state tax on gasoline was applied in 1921 at the rate of one cent per gallon. In 1923 the tax was increased to two cents and two years later to three cents. The 1929 legislature established an emergency four-cent rate for a period of one year, ended June 30, 1929. Since that time the tax has been three cents.

Pickles for Every Palate

Any menu will find its most effective accent in this list of appetizing pickles. The Kerr process of selection, spicing and curing brings you the tastiest varieties of these:

Sweet Pickles
Burr Pickles
Dill Pickles
Mustard Mix
India Relish
Mixed Sweet
Cucumber Chips



Royalty of the table

Save Master Loaf

Coupons
for
Free Birthday Cakes

See cake on display at your Grocer's

Hillman's Master Loaf

Made in Salem by
CHERRY CITY BAKING CO.

ROTH'S

456 COURT ST. PHONE 3127

New Low Prices

Shredded Wheat 2 Packages 17c	S. & W. COFFEE Per Pound 29c
Full Cream CHEESE Per Pound 11 1/2c	JELL-WELL 6 Packages 35c Luncheon Plate FREE
Small White BEANS 5 Pounds 15c	RINSO Large Size 19c
Swans Down CAKE FLOUR 25c	Roth's GEM COFFEE 3 Pounds 83c

HOME MADE BAKERY GOODS

Large CAKES WILL SERVE 12 large helpings Your Choice 49c	Parker House Rolls 15c doz.
	Cloverleaf Rolls 15c doz.
	Round Buns 15c doz.
	Sugar Cookies, large 15c doz.
	Oatmeal Cookies 15c doz.
	Ice Box Cookies 15c doz.
	Coffee Cakes 20c doz.
	Whole Wheat Rolls 15c doz.
Whole Wheat Bread 8c loaf	

FRUITS AND VEGETABLES

Lettuce—large crisp heads, 2 for 15c
Green Peas sweet and tender 3 lb. for 25c
New Potatoes, fresh, clean, 4 lbs. for 25c
Rhubarb for sauce and pies 5 lbs. for 10c
Asparagus Local Variety — bunch 10c
Grapefruit, Arizona's 6 for 25c
Sunkist Oranges, the best, doz. 25c

ROTH'S AT 456 COURT STREET

MODEL Food Market

275 N. High St. Phone 4111

"Low Prices On Quality Foods"

SEE PURITY STORES AD FOR ADDITIONAL SPECIALS

12 oz. Royal Baking Powder 39c (1 Pk. Royal Chocolate Pudding Free)	White King Soap Powder, Lar. Pkg. 35c
Mission Bell Toilet Soap, 6 for. 25c	Bulk Salad Oil, quart 15c
Electric Marshmallow Toaster and 1 Pound Campfire Marshmallows 49c	Formay, 3 lb. can. 59c 1 POUND PACKAGE FREE
Johnson Floor Wax, 1 lb. can. 63c 2 POUND CAN \$1.15	M.F.M. Orange Pekoe & Pekoe Tea 49c FULL POUND

MEAT DEPT.

U. S. Inspected Meat

STEER BEEF

Swine 20c

Beef, Veal and Pork
for Loaf 14c

Pork Roast—
Rolled 15c

BAKERY DEPT.

SATURDAY SPECIAL

Chocolate
Cake 49c
(Three layers of goodness)

Small Short Cakes—
Dozen 30c

LUNCHES FOR PICNICS
PUT UP TO ORDER

Fiala Asparagus, 3 bunches 25c
Fresh Local Spinach, lb. 5c
New Potatoes, 4 pounds 25c
Artichokes, large, 2 for. 15c
Cucumbers, each 10c
California Tomatoes, lb. 20c
Hot House Tomatoes, lb. 30c
Peas, large full pods, 3 lbs. 25c
Yakima Gem Potatoes, 50 lb. sack 55c
Large Pineapples, each 50c

Radishes, Gr. Onions, Celery, Head Lettuce, Sweet Potatoes, Peppers, Mustard Greens, Turnips, Carrots and Beets.

HERE'S WHY HILLS BROS BANISHED "BATCH-AND-BULK" METHODS OF ROASTING COFFEE

The unavoidable flavor-variations in bulk-roasting led Hills Bros to invent Controlled Roasting

Patented process roasts "a little at a time"... produces same exquisite flavor in every pound

Imagine roasting several hundred pounds of coffee at a time, and roasting every berry alike. And imagine attempting to duplicate the roast in each batch. It can't be done! Each batch varies—and so does the flavor.

Years ago, Hills Bros. replaced that ordinary method with their own invention and patent—Controlled Roasting. Hills Bros. Coffee flows through the roasters evenly, continuously... a little at a time.

Variation is unheard of! Each berry is done to a perfect degree. Every time you make Hills Bros. Coffee, you know what flavor to expect... the smoothest, richest flavor of the rare coffees!

Hills Bros. Coffee can't go stale. The vacuum process of packing coffee is the only method that fully

As the accuracy of the hour-glass depends upon an even, continuous flow... a little at a time

... so the uniform flavor of Hills Bros. Coffee is produced by Controlled Roasting—the patented process that roasts evenly, continuously... "a little at a time."

No can of Hills Bros. Coffee will ever "go stale." The vacuum can keeps it FRESH ALWAYS!

HILLS BROS COFFEE