



FOOD & MARKET PAGE



MACAROONS BASIS OF NEW FROZEN DESSERT

Frozen sweets are quite in vogue now. They are sweet, cool and nourishing. They often bring up to standard the calories in our otherwise frugal summer meals. It is unusual to be talking about increasing calories but the fact is that some of us do not eat enough during the summertime. Our appetites are lazy and we just let them have their own way.

Macaroons are good summer cookies and with them you can make several delightful desserts.

MACAROONS
 2 egg whites
 1/2 cup chopped nuts
 1 cup brown sugar
 1 cup coconut (shredded)
 2 cups corn flakes
 1 teaspoon vanilla
 Beat egg whites until they are stiff enough to hold their shape but not until they lose their shiny appearance. Fold in sugar carefully. Fold in corn flakes, nutmeats and coconut. Add vanilla. Drop on a well greased baking sheet. Bake in a moderate oven (350 degrees F.) about 15 to 20 minutes. Remove from oven, place on damp towel and remove macaroons immediately with a spatula or sharp knife. If macaroons become hardened to pan, they may be put in the oven a few minutes to soften.

MACARON MOUSSE
 Yield: 1 1/2 dozen macaroons.
 1 1/2 cups cream
 1/4 cup powdered sugar
 1/4 cup honey
 1/2 teaspoon salt
 1 1/2 cups crushed macaroons
 Beat cream until stiff. Add powdered sugar gradually, then the honey and salt. Fold in crushed or rolled dry macaroons and put mixture in refrigerator and put in chilling unit four hours. Can be packed in 3 parts ice to 1 part salt for four hours. Yield: 1 1/2 quarts.

PEACH MACARON PUDDING
 1 cup milk
 1 tablespoon cornstarch
 1-2 cup sugar
 3 eggs (separated)
 1 teaspoon vanilla extract
 1/2 teaspoon almond extract
 1 cup canned sliced peaches
 3 cups macaron crumbs
 Scald the milk. Mix cornstarch with sugar and moisten with a little cold water. Add the beaten egg yolks and stir into milk. Cook, stirring continually, until custard is smooth and thick. Remove from fire, add flavorings and peaches. Fold in beaten egg whites. Place macaron crumbs in a bowl or pudding dish and pour custard mixture over them. Allow to set in refrigerator overnight. May be served garnished with fresh berries. Yield: 8 large servings.

WAFFLE COOKIES
 2-3 cup shortening
 1 cup sugar
 2 eggs (well beaten)
 2 cup milk
 2 cups flour
 1 teaspoon baking powder
 1/2 teaspoon salt
 1 cup shredded coconut
 2 cups corn flakes
 Cream shortening and add sugar gradually. Add eggs and mix well. Stir in sifted dry ingredients alternately with milk and add coconut and corn flakes. Drop by spoonfuls on hot waffle iron and bake until golden brown. Yield: 30 cookies, 2 1/2 inches in diameter.

MENUS of the DAY

A MENU FOR SUNDAY
BREAKFAST
 Cantaloupe
 Waffles and Maple Syrup
 Broiled Bacon Coffee
DINNER
 Fruit Cocktail
 Mint Sauce
 Broiled Potatoes
 Fresh Vegetable Salad
 Pineapple Sherbet
 Coffee
SUPPER
 Cheese and Pear Salad
 Salt Water
 Sugar Cookies
 Lemonade

LEMON CAKE
 1/2 cup fat
 1/2 cups sugar
 1 cup milk
 2 teaspoons lemon extract
 2 egg yolks, beaten
 2 cups pastry flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 2 egg whites, beaten
 Cream the fat and sugar. Add milk, extract, yolks, flour, baking powder and salt. Beat 2 minutes. Fold in egg whites. Pour into 2 layer cake pans fitted with waxed papers. Bake 25 minutes in moderately slow oven. Cool and add filling.

FILLING
 1/2 cup sugar
 2 tablespoons flour
 1 tablespoon lemon juice
 1 tablespoon grated orange rind
 1/2 teaspoon salt
 2 1/2 cup water
 1 egg yolk
 Blend sugar, flour. Add rest of ingredients and cook in double boiler until thick and creamy. Stir frequently. Cool. Use as filling between 2 baked cake layers. Cover with frosting.

FROSTING
 1 cup sugar
 1/2 cup water
 1 teaspoon vanilla
 2 egg whites, beaten
 Mix sugar, vinegar and water. Boil gently and without stirring until a fine thread forms when portion is slowly poured from spoon. Slowly pour into beaten egg white. Beat until creamy. Add vanilla. Frost top and sides of cake. Cut in wedge shaped pieces and serve.

A SUMMER PARTY MENU
 Fruit Beverages
 Orange Circles
 Salted Almonds
 Lemon Candies
HERMITS
 (Soft, spicy kind)
 1 cup fat
 1 cup brown sugar
 1 cup white sugar
 1/2 cup sour cream
 2 eggs
 2 teaspoons cinnamon
 1 teaspoon cloves
 1 teaspoon nutmeg

PLAN ROUND-TRIP OCEAN HOP



Capt. J. P. Saul (left), the Irish navigator for Kingsford-Smith on his Atlantic hop, and J. A. Mollison (right), British flier who flew from Australia to London in record time, are preparing to take off from London on a round-trip flight to New York. They are shown with Amy Johnson, Great Britain's premier aviatrix and Mollison's Nancy. (Associated Press Photo)

FRUIT BEVERAGE
 1 cup water
 1 cup sugar
 2 cups food tea
 1/2 cup lemon juice
 2 cups orange juice
 1 cup pineapple juice
 6 cups food water
 Boil sugar and water 2 minutes. Cool. Add rest of ingredients. Chill. Serve in glasses half filled with chopped ice. Mint leaves and red cherries add to flavor and color of this beverage and be served on tops of glasses.

ORANGE CIRCLE
 1/2 cup fat
 1 cup sugar
 2 eggs
 2 table spoons cream
 1 teaspoon orange extract
 1 teaspoon lemon extract
 3 tablespoons grated orange rind
 1 tablespoon orange juice
 2 1/2 cups flour
 1 teaspoon cream of tartar
 1/2 teaspoon salt
 Cream the fat and sugar. Add eggs and cream and beat 2 minutes. Add rest of ingredients. Chill dough. Break off bits and flatten down 3 inches apart on greased baking sheets. Bake 12 minutes in moderate oven.

ORANGE CIRCLE
 1/2 cup fat
 1 cup sugar
 2 eggs
 2 table spoons cream
 1 teaspoon orange extract
 1 teaspoon lemon extract
 3 tablespoons grated orange rind
 1 tablespoon orange juice
 2 1/2 cups flour
 1 teaspoon cream of tartar
 1/2 teaspoon salt
 Cream the fat and sugar. Add eggs and cream and beat 2 minutes. Add rest of ingredients. Chill dough. Break off bits and flatten down 3 inches apart on greased baking sheets. Bake 10 minutes in moderate oven.

CHINESE HEAR TROUBLES OF FOUR FAMILIES

San Francisco (AP)—Sixteen Oriental business men, well-tailored, quiet thinking, polished in their manner, sat in a room over-looking Chinatown's main thoroughfare.

There was much business to be transacted. Four disputes had arisen between members of the Four Family society. One concerned the payment of a loan; another had to do with a storekeeper's lease; another involved disposition of an estate; the last revolved about a break of contract on a large shipment from China.

Claims of the disputes were considered; the assembly dealt with each case as equitably as possible, and settlement was reached only when both parties accepted the findings of the directors. Fairness was assured by the fact that four members of each family in the organization were on the council.

Thus a 200 year old custom and tradition was carried on in modern Chinatown. The 16 business men represented the Four Family society. There are only a few hundred family names in all China, and some 25 of the families, the most numerous in Chinatown have their own organizations to consider family problems.

and welded China into a single nation. It was from such organizations as the Four Family society that much of the support for the heroic defense of Shanghai came.

St. Paul—Miss Marie Gooding left recently for eastern Oregon where she is the guest of her sister and brother-in-law, Mr. and Mrs. Kelso Drapper of Enterprise. She expects to remain a month.

St. Paul—Mrs. Eugene Davidson is spending the week in Portland visiting with her daughter, Leona.

Gelatine Used In Refreshing Punch

A brand new drink for hot summer weather, in event hot weather every arrives, is lime punch made with gelatine. Dissolve one package lime flavored gelatine in one cup of boiling water. Add the juice of three lemons and two cups of ice water. Pour over ice cubes in tall glasses and serve immediately.

Automobile registrations in Egypt increased from 10,300 in 1925 to 27,575 in 1930.



Start the day with flavor!

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A BOWL of crisp Kellogg's Corn Flakes and cool milk or cream at breakfast makes your appetite get busy. And it's great for you! Rich in energy. Easy to digest. Enjoy Kellogg's for lunch. And what could be better for the children's supper? Kellogg's make any meal better! Made by Kellogg in Battle Creek.



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 - PICNICS Sugar Cured lb. **11c**
 - COTTAGE ROLLS lb. **13c**
 - FRYERS Each **35c**
Dressed and drawn
 - BOILING BEEF Pound . . . **6c**
 - LARD 3 Pounds **19c**
- FREE DELIVERY DIAL 8686

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FRIDAY - SATURDAY - MONDAY

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COFFEE Golden West 29c lb. In 3 lb. tins	BUTTER Brookfield—Cloverbloom Piggly Wiggly 19c	COFFEE S & W 29c lb.
Swans Down 23c pkg.	CRISCO 3 lb. tin 48c	MILK Alpine Brand 5c can
TEA Lipton's Black 1 lb. tin 69c	Macaroni in bulk 3 lbs. 10c	CHEESE Full Cream 11c lb.

- Palmolive Soap, 3 bars...22c
- Peets Gran Soap, Med...19c
- Pen Jell, 2 pkgs...27c
- Calo Dog Food, 3 tins...25c
- Grape Nut Flakes...10c
- Onions, 4 lbs...10c

JELLO Toy Akron Balloon with each **3 pkgs. at 21c**

- QUALITY MEATS -

Fancy, Rhode Island Red & Plymouth Rock
Spring Fryers 20c Per Lb.
 Milk Fattened, Plump and Meaty

Open Kettle Rendered **3 Lbs.**
PURE LARD 19c

- Pot Roasts**
Choice Young Beef
10c Pound
- Bacon Squares**
Thick Meaty
10c Pound

Upston's Grocery

STATE AND COMMERCIAL STREETS
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A Penny saved is two earned, and that can be said in dollars by taking advantage of these exceptional values, offered for the two days, Friday and Saturday, July 22nd and 23rd.

Vegetables NEW POTATOES — 25c 14 lbs. for WALLA WALLA ONIONS — 10c Very Mild, 6 pounds TOMATOES—Fresh 17c 3 lbs.	MELONS CANTELOUPES—Best quality— Good size— 25c 5 for KLONDIKE WATER-MELONS—lb. 1 1/2c	CHEESE BROOKFIELD BRAND— 25c Full cream, 2 lbs. for COFFEE OUR BEST—Ground as 25c you like it—lb. 2 Pounds 49c ECONOMY BLEND— 19c A real value, lb.
CANNED FOODS SAUERKRAUT— 10c No. 2 1/2 TOMATOES with Puree, 27c No. 2 1/2, 3 cans for PINEAPPLE—Broken Slices—No. 2 1/2 10c PEACHES—Choice, 10c No. 2 1/2 VAN CAMP'S PORK & BEANS— Medium Size, can 5c	BALE GOODS SPERRY P. C. FLOUR— 37c No. 10 sack CORN MEAL—White or yellow, 9 lb. sack 19c ROLLED OATS— 32c 9 lb. sack	FLOUR MAPLE LEAF—A guaranteed product, 49 lb. sack Barrel \$3.25 SPERRY'S DRIFTED SNOW— 49 pound sack \$1.25
BAKING SUPPLIES S & H SODA— 5c 1 lb. pkgs. CALUMET BAKING POWDER—1 lb. 25c Trial Pkg. Swans Down Cake FLOUR FREE! SCHILLING'S VANILLA—2 oz. 23c	SUGAR C & H GRANULATED — Pure Cane, cloth sacks— 25 pounds \$1.05 POWDERED SUGAR— 15c 3 pounds BROWN SUGAR— 15c 4 pounds CORN SUGAR— 25c 5 pounds	CANNING SUPPLIES PARAWAX— 25c 3 packages JAR RUBBERS— 10c Only the best, 3 pkgs. BALL or ECONOMY CAPS—2 doz. 45c BALL MASON JARS— 73c Pints BALL MASON JARS— 83c Quarts
SALAD OIL PURE VEGETABLE— 17c Quart Gallon 65c—Bring container		

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