



FOOD & MARKET PAGE



SUNDAY NITE SUPPERS PROVE DELIGHTFUL

Sunday evening is the one night in the week when we can be with our families without the incessant urging of our friends to go places and do things or to have to rush forth to a library, church, club or school board meeting after we've finished with dinner, so it is only right and proper that the menu planner for the household plan a charmingly simple but interesting meal for Sunday night supper. In some families the children are urged to bring their friends in for tea on Sunday evening and in front of a roaring hot fire at small tables supper is served.

- Here are some simple menu suggestions for Sunday night supper:
- Creamed Corners or Potato Salad
 - Roasted Potatoes
 - Vegetable Salad
 - Chocolate Cake
 - Coffee
- Chicken Steaks
- Canned Sweet Potatoes
 - Boiled
 - Coffee
- Chicken Omelet
- Mixed Green Salad
 - Boiled
 - Chicken Omelet
 - Chocolate Cake
- Beef Steaks
- Canned Sweet Potatoes
 - Coffee
 - Peach Mousse
 - Cake
- Chicken Toast
- Hot Chocolate
 - Custard Pudding
 - Waffles
- Toasted Cheese Sandwiches
- Tomato Salad
 - Fruit Whip
 - Coffee

MENUS of the DAY

- MENU FOR DINNER**
Rice and Ham Casserole
Buttered Spinach
Graham Gems
French Dressing
One Egg Cake
Bananas
- RICE AND HAM CASSEROLE**
(Serving 6)
1 1/2 cups chopped cooked ham
2 cups boiled rice
2 tablespoons chopped onions
2 tablespoons chopped green peppers
1/2 teaspoon salt
1/4 teaspoon paprika
1 cup cream
1/2 cup butter, melted
2 cups tomatoes
- Mix ingredients. Pour into buttered casserole and bake 25 minutes in moderate oven.
- GRAHAM GEMS**
(Serving 4)
1 1/2 cups Graham flour
1/2 cup flour
1/2 cup sugar
1/2 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1 egg
1 1/2 cups buttermilk
2 tablespoons fat, melted
- Mix all ingredients and beat two minutes. Half fill greased muffin pans and bake 15 minutes in moderate oven. Serve warm with butter.
- PEACH PRESERVES**
4 cups sliced peaches
2 tablespoons lemon juice
1 tablespoon cinnamon
1 cup sugar
- Mix ingredients. Boil gently and stir frequently until mixture thickens. Pour into sterilized jars. When cool, seal with melted paraffin. Store in dark, dry place.
- ONE EGG CAKE**
1/2 cup flour
1/2 cup milk
1/2 cup vanilla
1/2 cup sugar
1/2 cup butter
1 egg
1/2 cup cream
1/2 cup sugar
- Cream fat and sugar. Add rest of ingredients and beat two minutes. Pour into shallow greased pan. Bake 20 minutes in moderate oven. Serve plain or covered with fresh fruit or any kind of frosting.
- RICE AND SHRIMPS**
THE SINGLE MEAT
Rice and shrimp, buttered approach, bread, cherry conserve, fried potatoes, French dressing, sliced peaches, sauce, one egg cake.
- RICE AND SHRIMPS** Serving 4
4 tablespoons butter
- 6 tablespoons flour
2 cups milk
1 teaspoon salt
1/2 teaspoon paprika
2 tablespoons chopped, cooked celery
3 tablespoons chopped, cooked green peppers
1 1/2 cups shrimp
1 egg, beaten
2 1/2 cups hot boiled rice
- Melt butter and add flour. When mixed, add milk and cook until creamy sauce forms. Add seasonings and shrimp. Cook 2 minutes, stirring constantly. Add egg, mix well and pour at once over and around hot rice which has been heaped on serving platter. Garnish with parsley and serve at once.
- CHERRY CONSERVE**
4 cups washed cherries
1 cup diced raisins
1/2 cup sugar
2 tablespoons lemon juice
1/2 teaspoon orange juice
1/2 cup sugar
- Mix ingredients. Let stand 5 minutes. Simmer 30 minutes or until mixture is thick. Stir frequently. Pour into sterilized jars and seal.
- RUSSIAN DRESSING**
1/2 cup mayonnaise
2 tablespoons chili sauce
2 tablespoons pickles
2 tablespoons catsup
1/2 teaspoon horseradish
1/2 cup sugar
- Mix and chill ingredients. Chill. Serve on lettuce or tomato salads.
- SPICE COOKIES**
(Sour cream)
2-3 cup fat
2 cups brown sugar
2 eggs
1/2 cup sour cream
1/2 teaspoon vanilla
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
2 1/2 cups flour
1/2 teaspoon soda
1/2 teaspoon baking powder
1/2 teaspoon salt
- Cream fat and sugar. Add eggs and cream and beat 2 minutes. Add rest of ingredients. Chill dough. Break off bits and flatten down 1/4 inches apart on greased baking sheets. Bake 12 minutes in moderate oven.
- PEELING ONIONS**
Pretty maiden, dry those tears. You can now peel onions without weeping into the soup. A simple trick but one your grandmother probably never knew. Just peel them under water, and you won't shed a single tear.

HALLOWEEN PARTIES MOST AMUSING ONES

Halloween approaches once again and with its legends of black cats, witches and skeletons, to say nothing of colorful jack-o-lanterns, it seems just the right time to have a party for the youngsters—whether they be six or sixteen!

We remember the parties of our youth when we were bidden to spooky basement affairs on Halloween—and we went all decked out in a sheet to make us look like a real "ghost". When we arrived in the dark room we were greeted by a cold handshake (a wet rubber glove) that was oh so cold and slimy—and then we were introduced to other young ghosts. Bobbing for apples and all the other old games were fun then and the amusing part about it is that children still seem to love playing them.

Of course the orange and black colors predominate at Halloween parties—and they do make such gay decorations! Black paper cats, white skeletons and orange pumpkins of paper and grotesquely carved pumpkins can all be arranged to make the atmosphere a perfect one for such a party.

As young people adore dancing we suggest that you have the basement floor covered with one of the "slippery" soaps that make for good dancing—and turn them loose below stairs for the evening—with a great barrel of cider conveniently placed in a corner for punch—and a large sort of bowl filled with doughnuts and another with apples wouldn't be amiss, either. This younger generation still seems to have a healthy appetite.

At the supper hour we suggest that you give them orange sherbet covered with chocolate sauce and tiny cookies decorated with the Halloween motif—and don't forget that they have a weakness for a bit of cake, too. Hot chocolate seasoned with a bit of cinnamon makes a nice drink for the young folk after an evening's play and by the time they've finished with their supper they'll be ready for that spooky walk home all garbed as ghosts—and scaring folks "most to

Two-Decker Drain Board Saves Space

In these days of one-room apartments and collapsible kitchenettes, every inch of space is precious. An ingenious scheme for gaining more room is to hang a simple wire rack about two feet above the drainboard. The rack is attached to the wall or suspended from a shelf over the sink, and is used for draining dishes after washing. This leaves the drainboard itself free as a work-table. When not holding dishes, the rack may serve as a vegetable bin, or as a place to keep pots and pans.

LEFT-OVER ROAST BASIS FOR MEAL

Housewives are looking for ways to reduce waste in preparation. A "two in one" shortcut so far as meal preparation is concerned is: Roast a large enough piece of meat for two meals. It takes no more effort to roast a large piece of meat than a small one—then the second meal may be prepared in a minute. The roast may be served cold or it may be reheated, in one of the many sauces that are delicious with meat, for example:

- HORSERADISH CREAM**
2 tablespoons grated horseradish
1 tablespoon flour
1/2 cup milk
1/2 cup butter
1/2 teaspoon onion juice
1/2 cup cream
- Blend flour and butter but do not brown. Season with paprika, sugar and onion juice and add to the meat stock or water to thoroughly moisten. Cook slowly. Add the cream gradually, stirring to prevent lumping. When thickened add the horseradish and continue cooking about 5 minutes.
- PARSLEY SAUCE**
2 tablespoons butter
2 tablespoons flour
1 cup milk or broth
1/2 cup minced parsley
1/2 lemon
- Melt the butter, to this add the flour and cook for 2 or 3 minutes, stirring constantly. Add the liquid and cook until thickened. Season with salt and just before serving add the juice of 1/2 lemon and the parsley.
- death. Children's parties are such fun!

TAMALE PIE DELICIOUS DISH

A splendid dish for luncheon this sort of weather is tamale pie, and in most households where it is served for luncheon or supper as the case may be, it is hastily devoured and "seconds" are always called for. Take 3 cups of cooked, chopped meat, 1 onion finely ground, 2 tablespoons of butter, 1 pimento, 1 green pepper, 1 clove of garlic and 2 tomatoes, which have been peeled and cut in pieces or canned tomatoes may be used. Cook the onion in melted butter until golden brown. Add chopped peppers, garlic and tomatoes. Season with salt and celery salt and add chopped meat. Place in a buttered baking dish and spread over the top thick corn meal mush. Brown in a moderate oven.

Cloverdale—Mrs. C. M. Cummings has left for California where she will spend the winter with her son-in-law and daughter, Mr. and Mrs. Lawrence Swenson, at their home at Compton, Calif.

LITTLE LADY'S Saturday Specials
12th and Center Street Phone 8961 Farmers' Public Market 256 N. Liberty St.

Mince Pie Special 23c

Individual Chicken Pies 20c

AT 12TH STREET STORE
SPERRY PANCAKE FLOUR and 1 PKG. WHEAT HEARTS 21c

FOR THE HALLOWEEN PARTY
Phone your orders for fancy decorated cookies and individual Pumpkin Pies for your Halloween party

LITTLE LADY'S STORE
12th and Center Street and Farmers' Public Market

EXTRA —:— EXTRA
GRAND OPENING SALE
PAY-N-SAVE
Phone 8873 **FOOD MARKET** 263 N. Com'l
"A SALEM OWNED STORE"

Formerly Table Supply
Monte Keene, formerly manager of Piggly Wiggly has taken over the Table Supply. This store has just been newly remodelled and the stock entirely repriced. Mr. Keene invites old customers and new to inspect his store and take advantage of these

MIDGET MARKET
Originators Of Low Prices 351 State St.
IT'S WORTH WHILE
To come to the Midget and purchase your meats. No other market can offer you the combination of quality and price obtainable here. In addition, ALL OF OUR MEATS ARE INSPECTED AND PASSED. Salem's only market offering you this protection.

REGULAR PRICES, NOT 'SPECIALS'
MILK FED VEAL
The firm white meat kind

Veal Roasts 10c lb	Veal Steak 12 1/2c lb
Veal Legs 15c lb	Loin Chops 15c lb

Flavorized Hams, half or whole 12 1/2c lb
The mildest, tastiest ham you can buy. They have that fresh, sweet home cured flavor.

Flavorized Bacon, sliced, per lb 15c
The price is lower this week

Young Pig Pork Roast 7c lb	Young Pork Steak 10c lb
Dainty Lean Loin Chops 12 1/2c lb	Fresh Ham Roast 12 1/2c lb

Young Grain Fed Oregon Porkers

Loin Backs, lb 11c
Cottage Rolls, lb 10c
Small Picnics, lb 8c
Margarine, 3 lbs 25c

Prime Beef Roast 8c lb	Finest Sirloin Steak 12 1/2c lb
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From first quality Beef

Out of consideration to our employees, we close at 6 p.m. On Saturdays at 7 p.m.
HARRY M. LEVY, Prop.

Would You PAY 10 CENTS
For A Full Pound Loaf Of Bread Made With **WHOLE MILK** Made To The **Government Standard?**

WHICH MEANS THAT IT CONTAINS THE GOVERNMENT REQUIREMENT OF 100% WHOLE MILK (not skimmed or separated) BUT MILK CONTAINING ITS NATURAL AMOUNT OF CREAM.

In these days of "price" there are but few makes of bread that would pass the government standard but we believe that there are many, many people who do not buy price alone and would be willing to spend two pennies to obtain the acme of quality in bread.

We cannot impress too strongly that this new loaf contains the government amount of whole milk and other nourishing ingredients that make this loaf the very highest standard of quality that is possible to make into bread—If you would pay 10c for an honestly made loaf of bread—Ask your grocer for the new—

BENSON'S
Government Standard **MILK BREAD**
Baked By Benson
ON SALE AT YOUR GROCER STARTING MONDAY

Money Saving Specials

Catsup Large 14 oz. Bottle 10c	BEST ALASKA PINT SALMON 8c	MINCED CLAMS—1/2s—2 for 25c
Brooms Pay-N-Save 19c	PINEAPPLE—Crushed or Tid-Bits 5c	VAN CAMP'S PORK & BEAN—16 oz. can 4c
Flour Hard Wheat—49 pound bag 75c	TUNA FISH—1/2s, White Meat—2 for 25c	HOODY'S PEANUT BUTTER—2 lbs. 15c
Soap White Laundry Regular Size Bars 10 for 15c	BULK TEA—Black, Green or Gun Powder, lb. 25c	BULK COFFEE—2 lbs. 35c
Kellogg's Whole Wheat Flakes 2 pkgs. 17c	CALUMET BAKING POWDER—1 lb. can 23c	MOON FLOUR—Equal to any—49 lbs. 95c

PURITY COFFEE DEMONSTRATIONS

—Market Specials—

Fancy Medium HENS Dressed and drawn 39c Each	Valley Pack HAMS Half or Whole 14c Pound
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CHOICE U. S. GOVERNMENT INSPECTED
Beef Roast 8 to 10c lb.