



FOOD & MARKET PAGE



MEAT DISHES PLEASE MEN

Perhaps you have never thought of certain meat dishes as being particularly pleasing to men, but nevertheless this is true. To please a man, the meat must not only be appetizing to the eye, but it must also have a distinctive flavor.

You will find men favoring certain eating places because of a particular meat dish they serve. It may be a savory stew, a roast, corned beef or other meat dishes that keeps them coming back. But no matter what the popular dish may be, you will find that it is well seasoned and cooked, as well as being nicely served.

Men generally prefer well seasoned foods and there are many aids to seasoning that are well employed. Green pepper, tomatoes, either whole or juice, parsley, onions, lemon, curry powder, grated horseradish, chili sauce, and prepared mustard aid in the preparation of tasty meat dishes.

The following recipes have been found to be favorites with men:

SAVORY POT ROAST
4 to 5 lb. pot roast (round or chuck)
1 thinly sliced Spanish onion
1 green pepper sliced
1 lemon
4 teaspoons salt
1 teaspoon pepper
2 teaspoons horseradish
2 cups tomato ketchup

Wipe a roast with a damp cloth. Rub with salt and pepper and place on a rack in a baking pan. Put sliced onions over meat. Then add a layer of sliced pepper rings. Put a portion of the horseradish in tomato ketchup over all. Bake uncovered in a moderate oven for two hours. Baste with the liquid in the pan several times during baking period. Serve on a warm platter garnished with parsley.

SOUTHERN LAMB ROAST
Wipe breast of lamb with damp cloth and make a pocket by making an opening near the bone. Fill with well seasoned bread dressing and sew or skewer the opening. Rub in salt and pepper, allowing ½ with flour and sear in hot oven 500 degrees F. Lay strips of bacon over the meat and continue baking in a covered roaster in a slow oven 300 degrees F. Serve with Creole sauce.

ONE DISH LAMB DINNER
2 lbs. lamb shoulder
2 cups diced potatoes
1 finely chopped onion
1 cup canned tomatoes
2 cups diced carrots
1 cup diced peas
Have lamb cut in small pieces, roll in flour and brown in hot bacon drippings. Put in buttered casserole, and season with 2 teaspoons salt and ½ teaspoon pepper. Add tomatoes and 1 cup water. Cook in a slow oven (350 degrees F.) for two hours. Add potatoes, carrots and celery and continue baking for ½ hour. Add peas ten minutes before removing from oven. Serves 6.

Scotts Mills—Mr. and Mrs. W. A. Saueressig have gone on a trip to eastern Oregon, hoping that the change of climate will be helpful to Mrs. Saueressig's health.

Jefferson—Mr. and Mrs. J. A. Smith and two daughters of Long Beach, Calif., have purchased the Dora Chiles property east of the depot.

GET FIRST OF NEW FARM LOANS



E. A. Purvies, Pleasant Plains, Ill., farmer, at the right accompanied by his wife, is shown receiving the first loan granted under the new \$200,000,000 emergency farm loan measure. Purvies was given a check for \$3,500 by E. J. Bodman, St. Louis agent for the federal farm loan commission. In the rear is Wood Netherland (left), president of the St. Louis federal land bank, and O. J. Boyd, (right), president. (Associated Press Photo)

MENUS of the DAY

By MRS. ALEXANDER GEORGE

DINNER FOR TWO

Chicken Shortcake, Baked Potatoes, Spring Salad, Spiced Cake, Coffee

CHICKEN SHORTCAKE (Serving 2)

1½ cups flour
3 tablespoons baking powder
¼ teaspoon salt
2 tablespoons fat
1 egg
1-½ cup milk

Mix flour, baking powder and salt. Cut in fat. Mixing with knife, slow-

ly add egg and milk. Mix lightly.

When soft dough forms, pat out until ½ inch thick. Cut out the short-cakes. Bake 10 minutes on greased pan in moderate oven. Split and add chicken mixture.

CHICKEN MIXTURE

3 tablespoons butter
3 tablespoons flour
1½ cups milk
2-3 cup diced cooked chicken
¼ teaspoon salt
¼ teaspoon paprika
1 teaspoon chopped pimientos
¼ teaspoon celery salt

Melt butter and add flour. When blended, add milk, cook until creamy sauce forms. Stir constantly. Add rest of ingredients, cook 2 minutes. Serve as a filling between the short-cakes.

SPRING SALAD (Serving 2)

1 cup chopped cabbage
1 cup cooked peas
1-3 cup chopped celery
1 tablespoon chopped onion
2 tablespoons chopped pimientos
¼ teaspoon salt
¼ teaspoon paprika
4 tablespoons salad dressing

Chill ingredients. Combine, serve on crisp cabbage leaves.

SPICED CAKE

4 egg yolks
¼ cup sugar
¼ cup butter
¼ cup water
¼ teaspoon cream of tartar
¼ teaspoon salt
4 egg whites
1 teaspoon vanilla
1 teaspoon lemon extract

Beat yolks. Add sugar, beat 2 minutes. Lightly fold in remaining ingredients, pour into ungreased pan. Bake 50 minutes in slow oven. Cool and serve.

Russia is buying twice as many German agricultural implements as a year ago.

Enviably Record Is Made By Pupil

Dallas—Mary Stewart, a pupil of the Buell school, who graduated on May 26, hung up an enviable record during her eight years as a pupil. During that time she has been neither tardy or absent. Miss Stewart is the daughter of George D. Stewart, who is a candidate for a directorship in the non-high school district located in the northwestern part of Polk county.

Measles Reported

Scotts Mills—It is well that the grade school closed May 23 as an epidemic of measles are going through the community and many of the children following the close have taken them. They are Leland Hicks, Lucille Crites, Virgil Lawrence, Walton Dixon, Scotty Dimick, Gale Smith, George Kells, Louise Heinz, Junior Heinz, Maycie Syron and LaVerne Culley.

OUTDOOR MENUS PROVE HEALTHY

Unfortunately, indeed, is the boy or girl who does not know the wholesome joys of summer camp; who has not felt the exhilaration that comes from being close to nature and under the "spell of the open sky"; whose nostrils are not familiar with the savory odor of steaks sizzling over an open fire. Judged city appetites are revived after a long tramp through the woods or an invigorating swim. Johnny, who wouldn't drink milk at home, finds it tastes surprisingly good at camp. And Susan who usually turns up her nose at eggs welcomes them with zest when they are served on a bacon triangle hot off a large stove.

Do you know how to fix them that way? Find some flat stones and place them beneath the fire to get hot. When they are heated and out from beneath the fire, lay triangles of bacon on them. Place the three strips of bacon for each triangle close enough together so that when the fat melts, and the egg is broken in to it, it will hold together and you can turn it by lifting the bacon. Simple, isn't it?

It's surprising how easily a full meal can be prepared over an open fire without the use of even a single cooking utensil. And it is heaps of

fun too. Wouldn't the following menu meet a hearty welcome after a long hike?

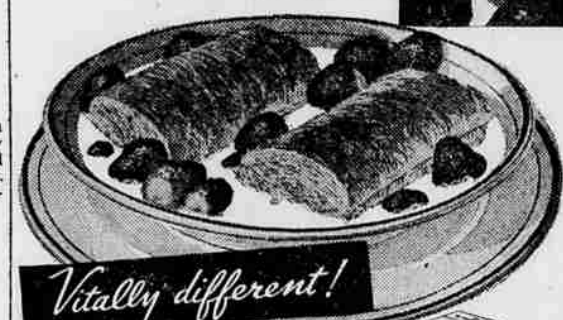
Kabobs
Baked Potatoes
Buttered Whole Wheat Rolls
Baked Bananas
Cup of milk

Kabobs are the campers' name for broiled steak. To make them, you will need 4 pound of round steak and a half of an onion for each person. Ask the market to cut the slices of meat into 1½ inch pieces when it is ordered. Cut a green stick, and sharpen it at one end. With it, pierce one of the pieces of meat, then a slice of onion, then a slice of meat and then another piece of onion, and so on, until everything is on the stick. Broil the meat by holding or suspending the stick over the fire. It will probably take about ten minutes to broil over hot coals.

The potatoes are baked by wrapping them in wet leaves or wet brown wrapping paper and burying them under the fire. This takes about an hour, depending upon the size of potato. As soon as the potatoes are done, be sure to break them open so that the steam may escape and the potatoes will be flaky and not soggy.

The bananas can be baked the same way as the potatoes, in about 15 minutes. You might want to squeeze a bit of lemon juice over the banana when eaten. Or here's another idea. Lay back a section of the banana peel, remove two or three small chunks of banana and

Some folks
are always on
the job...



Vitally different!

SHREDDED WHEAT is the happy answer to what-to-eat-to-keep-fit. It brings you minerals, vitamins, proteins, carbohydrates—the things you need for quick energy, vitality, ENDURANCE. Ready-cooked—ready to serve. It's good with milk, good with cream, good with fresh or preserved fruit.

And even better when you find out for yourself how good it is! Once a day, for at least TEN days, try this VITALLY DIFFERENT food—the favorite of millions for forty years.

SHREDDED WHEAT

A product of NATIONAL BISCUIT COMPANY "Uneeda Bakers"

PEACE REIGNS AT BENT'S HOPYARD

With Sheriff A. C. Burk acting as mediator a new compromise was effected in the Henry Bents hop yard near Newberg bridge yesterday where the workers are receiving 20 cents an hour instead of the original 15 cents. Burke said he would try to have a uniform scale of pay adopted throughout the county.

Only a day or so of labor remains in the yards, but the management, to accomplish the compromise, to reemploy the workers who went on strike Tuesday. The strikers agreed not to molest other workers and promised they would refrain from threatened destruction of property.

In bringing about a settlement of the difficultly Sheriff Burk was assisted by several deputies from his office.

Silverton—Master Andrew Fhner of Portland came to Silverton Sunday to spend two weeks at the home of his aunt and uncle. Mr. and Mrs. C. Hienke.

replace by bits of marshmallow to fill the spaces. Then bind the peeling on again and roast under the fire.

Rich in Cream
of course
— but
Rich Below the Creamline too!

RIECK BROS.
MEADOW GROVE
MILK
PHONE 8998
Tonight's milk for tomorrow's Breakfast

Do You Want To Sell

Pets, livestock, poultry
Farm Supplies

SEE THE
CLASSIFIED
PAGE

Store WANT ADS
READ wanted

MODEL FOOD MARKET

275 NORTH HIGH STREET

PHONE 4111

Friday & Saturday

Van Camps Tomato Juice 5c can

Van Camps Pork & Beans..... 5c can

Jello, all flavors 2 for 15c

Post Toasties 2 for 15c

Campfire Marshmallows, ½ lb. 10c

Thompson's Chocolate Malted Milk 39c

Libby's Pickled Peaches, Pears and Apricots, 2½ size 30c; 3 for 85c

Butler's Fancy Tomatoes, 3 cans 39c

Libby Deviled Meat, 6 cans 25c

Johnson's Floor Wax, 1 lb. can 53c

Battle Creek White Pyslla, 5 lb. can \$1.89

Golden West Black Tea, ½ lb. 29c

Orange Pekoe and Pekoe

This Weeks Coffee

— SPECIAL —

Chase & Sanborn Coffee

1 Pound 29c

The dated coffee

A package of the new Pineapple Quick Setting Gelatin FREE

Mione Demonstration

Come in and try their new product—

Vegetable Beef Soup, 39c

large cans, 3 for 39c

Mione Mince Chicken, 29c

7 oz. cans 29c

Mione Baked Chicken, 45c

7 oz. cans 45c

Mione Chicken and Noodles, 16 oz. jar 39c

VEGETABLES FRESH and CRISP

Tomatoes, Cucumbers, Peppers, Cauliflower, Peas, Carrots, New Potatoes, Celery, Lettuce, Spinach, Turnips, Beets, String Beans, Asparagus, Radishes, Green Onions, Artichokes.

SALAD TIME

Large assortment of Salads and Gelatin Salads—Anything made to order. Complete lunches made up for picnics and parties.

YOUR DOCTOR KNOWS, CLAUDETTE COLBERT,
THAT BEST FOODS MAYONNAISE ADDS

Extra

HEALTH BENEFITS to Salads

COMPARE YOUR FIGURE WITH CLAUDETTE COLBERT'S

Height, 5 ft. 5 in. Weight, 25½ in.
Waist, 107 lbs. Hips, 35½ in.
Bust, 32½ in. Calf, 13½ in.

Never has Claudette Colbert's lovely figure appeared to better advantage than in her latest Paramount Picture, "Torch Singer."

You, too, can retain a youthful, supple figure, by following the safe, sane Best Foods Slenderizing Plan. Simply eat two salads a day, covered with Best Foods Mayonnaise, in place of heavy, fattening foods. Try it. Results will delight you!

MORE and more, Miss Colbert, women are coming to know that success and happiness and charm like yours go hand in hand with health.

That explains why so many are changing from other types of salad dressings to Best Foods Mayonnaise.

For recent scientific research has shown that this fine mayonnaise, made with breakfast eggs and fine salad oils, adds six special health benefits to all your salads... six extra food elements in addition to those you get from lettuce and tomatoes alone.

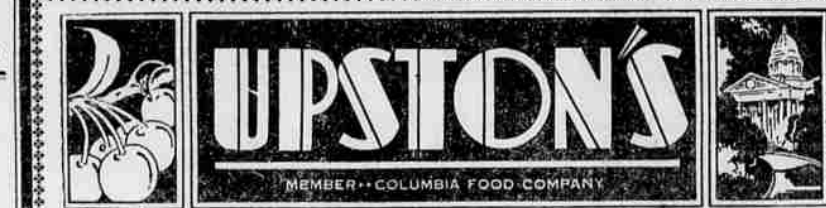
Yes, in Best Foods Mayonnaise you get all six of these very elements so urgently necessary—

1. To help build rich blood and strong bones.
2. To offset wear on nerve and muscle tissue.
3. To maintain mental alertness and furnish energy.
4. To help eliminate toxic products from body.
5. To maintain glandular and organic health.
6. To help maintain normal digestion.

Thus science now gives you an added, vitally important reason for insisting on Best Foods Mayonnaise—always!

You'll prefer its flavor too

Best Foods Mayonnaise—the Double-Whipped mayonnaise—has long been preferred by millions of women for its delicious, smooth, mild flavor. It is delivered to grocers weekly... is always superbly fresh... always delicious. Get a jar today.



State and Commercial Streets

Specially Low Priced Items For Friday, Saturday & Monday, June 2nd., 3rd. and 5th.

Milk Darigold Brand 4 Cans 19c

Sardines Packed in Natural Broth No. 1 tall cans 5c

Flour Crown—Fisher's Blend 49 lb. sack \$1.29

Matches "Every scratch a light" carton 19c

Pure Lard Your 3 lbs. 25c

Pure Vegetable Shortening Choice

Sperry's Deal 1 Package Pancake Flour—1 Package Wheat Hearts—BOTH FOR 39c

Syrup Liberty Bell Cane and Maple 5 lbs. 49c

Soap Sunny Monday Best Quality White Soap 10 bars 19c

Jell-Well One of the most popular desserts Package 5c

FRUITS & VEGETABLES

Potatoes, No. 2 Yakimas, 50 lb. sk. 52c

Asparagus, fancy local, 2 bunches 15c

New Potatoes, White Shafter, 10 lb. 19c

Onions, New Wax, 3 lbs. 10c

Oranges, new crop Valencia, 7 doz. 25c

Grapefruit, fancy Arizona, 6 for 19c

Dozen 25c

Lettuce, fancy romaine, dozen 19c

Bananas, ripened just right, 4 lbs. 19c

Cucumbers, 2 for 9c

PANTRY SPECIALS

Seedless Raisins, 4 lb. Pkg. 15c

Brown Sugar, 3 lbs. 19c

Powdered Sugar, 3 lbs. 23c

Vanilla, imitation, 2 oz. bottle 15c

Vanilla, imitation, 4 oz. bottle 29c

Cinnamon, Cloves, Nutmeg, 2 oz. can. 3 for 25c

Crown Pacific Flour, 9 lb. sack 29c

Swans Down Cake Flour, Pkg. 29c

Bakers Cocoa, ½ lb. can, 2 for 19c

RIGHT TO LIMIT QUANTITIES RESERVED