



FOOD & MARKET PAGE



Suggestions For Housewives Who Fail To Utilize Sour Cream

A good tip for the housewives this week, we believe, would be some suggestions for utilizing sour cream in the preparation of food and "dainties." Most of you would not believe the facts of the case if you knew the amount of sour cream and milk that is thrown away each day as simply useless and not worth bothering with! You know, our grandmothers used to say that they could make the best of their famous recipes with sour cream—so why not depart from the modern idea that it can not be utilized and try some of these delicious rules. You may have almost anything a good cook desires!

SOUR CREAM SALAD DRESSING
 1/2 teaspoonful sugar
 1/2 teaspoonful salt
 1/2 teaspoonful mustard
 1/2 teaspoonful celery seed
 1 cup of sour cream
 1 tablespoonful vinegar

Put the dry ingredients into a bowl and add the sour cream and vinegar. Mix thoroughly. Either dry or prepared mustard may be used.

MENUS of the DAY

- MUSHROOM SAUCE**
 3 tablespoons butter
 4 tablespoons flour
 1/2 cup chicken stock
 1/2 cup cream
 1/4 cup milk
- Melt butter and add flour. When blended add stock, cream and milk and cook until creamy sauce forms. Stir constantly. Add rest of ingredients and pour around croquettes.
- If fresh mushrooms are used, they should be peeled and cut into 1/2 inch dice and browned for 5 minutes in 3 tablespoons of butter.
- CHICKEN CROQUETTES**
 4 tablespoons butter or chicken fat
 4 tablespoons flour
 2-3 cup chicken stock
 1/2 cup milk
 1 tablespoon chopped pimiento
 1 tablespoon finely chopped green pepper
- Melt butter and add flour. Blend well and add stock and milk. Cook slowly and stir constantly until thick, creamy sauce forms. Add rest of ingredients. Cook 2 minutes, stirring constantly. Cool. Take tablespoonsful of mixture, dip into crumbs, then into egg mixture and again into crumbs. Shape into 2 inches high and 1 1/2 inches wide at the bottom. Fry in deep hot fat until well browned. Serve hot and garnish with parsley.
- CRUMBS AND EGG MIXTURE**
 2 eggs or 4 yolks
 2 tablespoons milk
 1/2 teaspoon salt
 2 cups rolled bread or cracker crumbs
- Place the crumbs on shallow pan or paper and mix eggs, milk and salt in a small shallow dish. Dip croquettes.
- CELERY SOUP**
 1 cup diced celery
 1 tablespoon chopped onion
 2 cups water
 1/2 teaspoon salt
 1/2 teaspoon paprika
 3 tablespoons butter
 1 tablespoon flour
 3 cups milk
 1 teaspoon chopped parsley
- Mix celery, onion, water and salt. Cover and cook slowly 20 minutes. Press through strainer. Melt butter and add flour. When blended add milk and cook until creamy sauce forms. Add seasonings and strained celery mixture, cook 2 minutes.
- APPLE CAKE**
 3 cups flour
 4 tablespoons baking powder
 1/2 teaspoon salt
 4 tablespoons lard
 2-3 cup milk
- Mix flour, baking powder and salt. Cut lard into dough. Mixing with knife, add milk. When soft dough forms, pat out until it is 1/2 inch thick. Place in greased shallow pan, spread with apples.

LIQUOR BOARD SEEKING UNITY

L. M. Voorsanger, vice-president and chairman of the board of the E. G. Lyons & Raas company, pioneer liquor manufacturers of San Francisco, who is attending the organization meeting of the Code Authority being held in Washington. Voorsanger is Code Authority and chairman of the California Wholesale Liquor Dealers' Association. It is the purpose of this meeting to create a unifying program of liquor distribution and it is anticipated that the 18 Regional Boards will commence to function immediately after the Code Authority has adopted the necessary administrative rules.

One of the amendments which may be enacted would enable the Code Authority to assess all members of the industry for an equitable proportion of the expense of administering the code, whether or not a particular member had signed the Constitution of the State Association. Another amendment would give the Administration the power to place the entire Wholesale Industry under a permit system.

Provision For Milk Should Be Made In All Meal Planning

"A quart of milk a day for every child and a pint for every adult" is an all-time rule in meal planning, but how often is the housewife confronted with the fact that her family does not like milk and "wouldn't drink a glassful for a farm" to quote Johnny.

The average woman with a family to feed knows the importance of the fact that milk is the most nearly perfect food—that it contains valuable vitamins and minerals which are necessary for the health of her family—so she does not give up in despair, but turns her thoughts to schemes for getting the members of her family to eat milk in spite of themselves.

First of all for breakfast; cereals and milk go hand in hand, and strangely enough the family does not object to milk when poured over crisp corn flakes with sometimes a sliced banana over the top. The wise housewife plans for a variety of crunchy cereals—a different one every morning so her family will not tire of one kind, and during the season, fresh berries and peaches make a daily appearance. Breakfast is easy, but there are still several cupfuls to travel before the quarter-a-day-per-child goal is reached. So for lunch perhaps the piece de resistance will be creamed chipped beef, a casserole dish containing plenty of milk, or creamed chicken or eggs. There are dozens of combinations prepared with a white sauce which has milk as a foundation. If the housewife is milk-conscious she will have no trouble in selecting a dish containing this valuable food which her family will greet with enthusiasm.

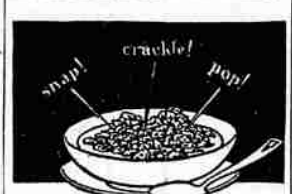
For dinner there can always be one creamed vegetable or a cream soup. Desserts containing plenty of milk are legion. So despair is not in order if yours is not a milk-drinking family—feed it to them disguised as "meat and potatoes" and make them like it.

PEANUT COOKIES (3 Dozen)
 2-3 cup fat
 1 1/2 cups light brown sugar
 2 tablespoons cream
 1 teaspoon vanilla
 2 eggs
 1/2 teaspoon cinnamon
 1/4 teaspoon salt
 2-3 cup broken roasted peanuts
 3/4 cup flour
 1 teaspoon baking powder

Cream fat and sugar, and rest of ingredients. Drop portions of soft dough from tip of spoon onto greased baking sheets. Bake 12 minutes in moderate oven.

Always hang up brooms by the handles. If allowed to stand on the bristles, they will soon lose their stiffness.

THEY SPEAK FOR THEMSELVES



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You'll love their flavor. Great for breakfast or lunch. Ideal for the children's supper. Light and easy to digest. Ready-to-eat. Made by Kellogg in Battle Creek.

Listen!—get hungry

BAKED CUSTARD
 4 eggs slightly beaten
 6 tbsps. sugar
 1/2 tsp. salt
 2-3 cups milk
 1/2 tsp. vanilla
 Few grains nutmeg

Blend all ingredients together. Strain into custard cups. Set in pan of hot water. Bake in slow oven (325 degrees) 45 minutes or until knife inserted comes out clean. Yield: 6 servings.

CREAMED EGGS
 2 tablespoons butter
 1 tablespoon chopped onion
 2 tbsps. chopped green pepper
 2 tbsps. flour
 1 cup milk
 1/2 tsp. salt
 2 cups milk
 5 hard cooked eggs, thinly sliced
 1/2 cup grated cheese

Melt the butter in saucepan. Add...

McDOWELL'S MARKET

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- Hamburg** NO WATER **10c**
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 Pork NO CEREAL
- They tell us these two are the finest quality sold in Salem. How's zat?
- VEAL STEW** 5c | **Veal Roast** 10c
- Bacon** Backs...12 to 15c | **Breakfast Bacon**...12 to 17c
 Boston Butts...9c | **Bacon Squares** 7c
- Our Hams and Bacon are made from the top most quality of pork grown in the Willamette Valley
- Beef Roast** 8-10c | **Pork Roast** 12c
Beef Boil 5c | **Spare Ribs** 10c
Pri-Rib Roll 13c | **Back Bones** 3c
Sirloin Steak 12c | **Pig Feet** 2c
- We have been a top market for the Salem stock farmers for 14 years
- We Close at 8 o'clock Saturday Evening**

the chopped onion and green pepper and cook until lightly browned. Blend in the flour, salt and pepper and add the milk gradually, stirring constantly. Cook until mixture thickens, add hard cooked eggs and grated cheese. Heat thoroughly, and served on whole wheat biscuits.

Yield: 6 servings.

RICE KRISPIE PASTRY
 1 cup fine rice krispie crumbs
 1/2 cup butter
 1/2 cup sugar
 (4 cups rice krispies will yield 1 cup of fine crumbs)

Melt the butter in the pie tin. Add the crumbs and sugar. Mix well together and press mixture firmly into the pan.

PAN CAKES (Serving Four)
 3 cups flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 2 teaspoons sugar
 1 egg
 1-1/2 cups milk
 2 tablespoons fat, melted

Mix ingredients and beat well. Heat griddle and grease with unsalted fat. Drop batter from spoon and bake cakes until browned on under sides. Carefully turn and cook for one minute. Pan cakes should be turned but once and served as soon as cooked. A pan cake turner, a broad knife or spatula can be used.

MODEL Food Market

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 MODEL ORANGE CAKE—A three layer Gold Cake with Orange Filling and Icing **45c**
- GREEN APPLE PIES** **30c**
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- Knights Pickle Week**
 Pickled and packed in Portland, an all-Oregon product. In a handy usable jar. Dills, Sweet Gherkins, Sour Mixed, Burrs, Sour Onions, Mustard, Sweet Mustard.
- A BEAUTIFUL FOUR-PORTION PICKLE PLATE FOR** **10c**

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1 1/2 Fla— 3 cans...25c
 2 1/2 Fla— 2 cans...29c
 No. 10 cans, each...59c

Not only a good coffee but you get it in a usable jar for canning.

1 lb. Jar 30c
 3 lb. Jar 89c

- SAVINGS ON SOAPS**
 All soaps will soon be higher—A 3c processing tax on oils is the reason.
- Peet's Granulated, large package 25c
 Crystal White, 8 bars 17c
 Clitrus Washing Powder, large package, 2 for..... 35c
 Palm Olive, 5 bars 25c
 Woodbury's Facial Soap, 3 bars 29c
- This Week's New Items**
 Sky-flake Wafers, 1b. package 20c
 (A delicious new soda wafer by National Biscuit Co.)
 Pompeian Olive Oil, 25c (In a tall flower-blem bottle)
 Woodbury's Facial Soap, 3 bars 29c
 Halferty's Clam Juice, No. 2 cans, each 20c
 Underwood's Deviled Ham, 1/2's, 2 cans..... 25c
 1/2's 25c
 3 cans 25c

- PURITY SPECIALS**
 Pillsbury Pancake Flour, 2 large Pkgs..... 35c
 Swansdown, package 29c
 Pearls of Wheat, package 19c
 Wag Dog Food, 5 cans 25c
 K. C. Baking Powder, 50 oz. 33c
 Oronite Fry Spray, pints 39c
 Van Camp's Pork and Beans, 4 cans 25c
 Marshmallows, 1b. Pkg. 19c
 Postum Cereal, package 20c
- The Dailies APRICOTS**
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 Logans, Raspberries, Young-Berries, Lambert and Red Pie Cherries.
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 Stacks of fresh crisp Vegetables—Peas, String Beans, Asparagus, Peppers, Tomatoes, Cucumbers, Radishes, Green Onions, White Onions, Cauliflower, Spinach, Beets, Carrots, Cabbage, Lettuce.

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OH, THAT'S VERY NICE. COME RIGHT IN

IT WORKS FINE... BUT I CAN'T SEEM TO GET THE CLOTHES AS WHITE AS I'D LIKE

WELL, YOU OUGHT TO. THERE'S NOTHING WRONG WITH THE WASHER

IS THIS THE SOAP YOU'VE BEEN USING? DIDN'T MR. DOW WHO SOLD YOU THE WASHER TELL YOU ABOUT RINSO?

YES, BUT I HAD THIS SOAP IN THE HOUSE...

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ABC American Beauty Apex Automatic Barrow Bee-Vac Blackstone Boss Cinderella Conlon Decker Dexter Fandels Fandels Fidelco Galsaday Hag Horton Laundry Queen Magnetic Meadow Menzel National 1900 Norge One Minute Prima Princess Rotator Roto-Verzo Serrac Speed Queen Sunnysuds Toot Universal Vos Westinghouse Whirly Woodrow Zenith

RINSO IS FINE FOR TUB WASHING, TOO? YES—IT SAVES SCRUBBING!

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