



# FOOD & MARKET PAGE



## EXPERTS GIVE ADVICE FOR JELLY MAKING

Do you know how to judge your own jellies? To determine whether they are superior, fair-to-middling, or poor? Actually, it's quite easy, and you might begin now with the rhubarb and strawberry jellies you are undoubtedly making while these fruits are so plentiful and moderately priced.

If you want to be dead certain of perfect strawberry jelly made by the short-boil method, take the advice of experts who recommend that for 1934 berries, you boil the fruit juice and sugar mixture four minutes before adding the pectin, as well as half a minute after. They say, too, to add the juice of one lemon. These extra precautions are needed because unusual weather conditions this year have resulted in a berry crop that varies more than usual in moisture content.

Since most jellies and jams "set up"—get progressively firmer—for a week to a month after they are made, do not score them until they are at least a week old.

Here's how to be your own jelly judge. (The United States Department of Agriculture has laid down the following rules, adhered to at most prize-giving state and county fairs.)

- Try this on your strawberry and rhubarb jellies:
- Container .....5%
- Clearness .....10%
- Your jelly should contain no pulp particles, no bubbles, no visible crystals.)
- Color .....10%
- (It should have the rich, red hue of ripe strawberries, or the pale pink of rhubarb.)
- Texture .....40%
- (Your jelly should hold its shape when turned onto a plate, yet it should quiver when the plate is moved. Furthermore, your jelly should cut easily with a spoon; be tender, yet break with distinct cleavage and show sparkling faces. If it's sticky, gummy, tough, syrupy, sugary or contains any crystals, mark yourself down.)
- Flavor .....35%
- (That means strawberry jelly should taste like the fresh, fully ripe fruit, etc.)
- The use of bottled fruit pectin insures ripe fruit flavor.
- In order to have jellies to judge, you will need simple, up-to-the-minute recipes such as the ones below, to guide you in making these tasty spreads. Note particularly the boiling time on strawberry jelly.

## Proof of the Pudding

By Rovena Eyre

This column is for the benefit of Capital Journal readers. Contributions of notes will be gladly accepted and any queries as to recipes, party plans or menus should be addressed to Rovena Eyre, Food Page Editor, Capital Journal.

**Food Page Editor:**—Will you please give me a recipe for custard sponge cake? Thank you. Mrs. M. L., Salem.

**Ans.**—Take 1 cup of cake flour, 1 teaspoon baking powder, 3 eggs, 1 cup sugar, 2 teaspoons lemon juice and 8 tablespoons hot milk. Sift the flour once, measure, add baking powder and sift three times. Beat eggs until very thick and light (about 10 minutes) and nearly white. Add sugar gradually, beating constantly. Add lemon juice. Fold in the milk. Bake in a 9-inch round pan for 35 minutes in a moderate oven. Sprinkle with powdered sugar. Serve as dessert or as an accompaniment to ice-cream or fruit sauce.

**Dear Miss Eyre:**—Kindly publish a filling for raspberry pie. Mrs. T. E. B., Salem.

**Ans.**—Take 3 cups of raspberries, 1 cup sugar, 2 tablespoons flour, 1 teaspoon cinnamon, ¼ teaspoon nutmeg, ½ teaspoon salt, 1 tablespoon lemon juice, 1 tablespoon water, 3 tablespoons butter. Thoroughly wash berries. Add sugar and flour and blend well. Add rest of ingredients. Pour into unbaked pie crust. Cover with top crust and bake 10 minutes in moderately hot oven. Lower fire and bake 40 minutes in moderately slow oven.

**Woman's Editor:**—Can you suggest some way to clean glazed chintz curtains? E.S., Salem.

**Ans.**—Shiny chintz curtains can be cleaned by dusting thoroughly, then washing with a rubber sponge, which has been dipped in luke warm water and soap suds.

instead of a cocktail before luncheon, without canapés. It is not customary to serve cordials at luncheon, though your guests might be glad if you did. Cordials are the ideal last touch to a good dinner.

The little cordial glasses are not set on the table at the beginning of the meal. In the old days when drinking traditions were established people lived in big houses and it became the habit to saunter from dining room to the living room for coffee and cordials. If all your eating and drinking must be done in one room, bring on your cordial glasses with the coffee. I've seen some lovely sets recently, inexpensive, too, that look very handsome on a tray that is passed around the room.

**Food Page Editor:**—May I request the publication of a pineapple whip recipe? Thanking you in advance. Mrs. B.E.R., Salem.

**Ans.**—Take ¼ cup cooked rice, ¼ cupful sugar, ½ cupful dried pineapple, ¼ cupful whipped cream and ½ teaspoon vanilla. Mix the rice, sugar and pineapple. Add the vanilla and fold in the cream. Serve in sherbet glasses. Garnish with maraschino cherry.

**Food Page Editor:**—Can you give me instructions on how to prepare French fried onions. Mrs. A.P., North Howell.

**Ans.**—Peel large, mild onions, cut in thick slices and separate into rings. Let stand in ice water for a half hour or longer, drain and wipe dry. Dip in flour with which salt and pepper have been mixed and fry in deep fat at 365-370 degrees until delicately browned. Drain on absorbent paper and sprinkle with salt. Serve at once.

When making dumplings, cover the pan with a glass cover or pie dish. The dumplings can be watched during their cooking without removing the lid. Dumplings fall easily if a draft strikes them.

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# Salem-Columbia Market

## Food Bargains

Thank You!

We wish to thank the hundreds, yes, thousands of people who visited us during the opening party of our new market and to voice our appreciation to the hundreds of people who have made this store their headquarters for strictly fresh foods dispensed in a modern method. You will find values unsurpassed, not only on week-ends but every day in the week.

<b>Flour</b> Bell For every household purpose—49 pounds <b>\$1.49</b>	<b>Old Dutch Cleanser</b> Goes further—Doesn't scratch because made with pure seismotite. can <b>7c</b>	<b>Sunny Monday Soap</b> 10 bars in handy carton <b>19c</b>	<b>Prince Albert Tobacco</b> 2 oz.—No sale to dealers <b>9c</b>
<b>Columbia Best Coffee</b> High Grade Central Brazilian Coffee, Pound <b>25c</b>	<b>K C Baking Powder</b> 50 oz.—Millions of pounds used every year by the Government. <b>31c</b>	<b>White Corn Meal</b> Seasonal close out price 10's <b>19c</b>	<b>Libby Corn Beef</b> 12 oz. can—all meat, no gristle. can <b>13c</b>
<b>TOMATO JUICE</b> Del Monte, Unadulterated Number One Size <b>2 cans for 15c</b>	<b>Campbell Tomato Soup</b> Tall cans <b>2 for 13c</b>	<b>PINEAPPLE JUICE</b> Dole's Fancy Hawaiian Number One Size <b>2 cans for 15c</b>	<b>MIRACLE WHIP Salad Dressing</b> Pints <b>16c</b> Quarts <b>25c</b>
<b>FRESH Fruits and Vegetables</b> FRIDAY and SATURDAY	<b>IRRADIATED PET MILK</b> New and better milk at no extra cost Large Can <b>6c</b>	<b>CITRUS Washing Powder</b> large package <b>14c</b>	<b>Beef Roast</b> Prime <b>8c lb.</b>
<b>Potatoes</b> 50 lb. sack No. 2's <b>19c</b>	<b>No. 1 Tomatoes</b> 3 Pound Basket <b>14c</b>	<b>Beef Boil</b> Xtra Good <b>6c lb.</b>	<b>Beef Boil</b> Swiss Cut <b>10c lb.</b>
<b>Juice Oranges</b> 2 Dozen <b>33c</b>	<b>Red Onions</b> 3 Pounds <b>7c</b>	<b>Short Ribs</b> Fancy Beef <b>7c lb.</b>	<b>Short Ribs</b> Individual <b>15c lb.</b>
<b>New Peas</b> 4 Pounds <b>25c</b>	<b>New Potatoes</b> 10 lbs.—locals <b>10c</b>	<b>Sirloin Steak</b> Choice <b>12½c lb.</b>	<b>Sirloin Steak</b> Round Steak <b>10c lb.</b>
<b>Golden West Coffee</b> 1 pound glass jar <b>29c</b>	<b>Kingsford Starch</b> Corn or Gloss, 16 ounce pkg. <b>8c</b>	<b>Ground Beef</b> Fresh <b>10c lb.</b>	<b>Ground Beef</b> Just that <b>10c lb.</b>
<b>Snowflake Soda Crackers</b> 2 2 pound pkgs. <b>55c</b>	<b>Wesson Oil</b> , quarts <b>34c</b>	<b>Hams</b> Whole or half <b>18c lb.</b>	<b>Hams</b> Just that <b>10c lb.</b>
<b>Zalo Toilet Tissue</b> , 4 rolls <b>29c</b>	<b>Wesson Oil</b> , ½ gal. <b>63c</b>	<b>Sliced Bacon</b> A full pound <b>22c</b>	<b>Sliced Bacon</b> A full pound <b>22c</b>
<b>All Pure Milk</b> , 4 tall cans <b>23c</b>	<b>Kipper Snacks</b> , ¼'s, can <b>4c</b>	<b>PICNICS</b> Boil or bake <b>11c lb.</b>	<b>PICNICS</b> Boil or bake <b>11c lb.</b>
<b>Fels Naptha Soap</b> , 2 bars <b>9c</b>	<b>Tuna White Star</b> or Del Monte—for sandwiches or salads, ¼'s <b>14c</b>	<b>Sausage</b> Pure Pork <b>15c lb.</b>	<b>Sausage</b> Taste tells <b>15c lb.</b>
<b>Puffed Wheat</b> —See papers for prize offer Pkg. <b>8c</b>	<b>Wax Paper</b> —40 foot with safety cutter edge, each <b>6c</b>	<b>Bologna</b> Old Fashioned <b>10c each</b>	<b>Bologna</b> Economical <b>10c each</b>
<b>125 foot, each</b> <b>15c</b>	<b>Golden West Coffee</b> —1 pound glass jar <b>29c</b>	<b>DAINTY PORK TENDERLOINS</b> , per lb. <b>20c</b> A quick meal delicacy. An unusually low price	<b>DAINTY PORK TENDERLOINS</b> , per lb. <b>20c</b> A quick meal delicacy. An unusually low price
<b>FREE!</b> Your choice sponge rubber, Scottie Dog or Duck made in the northwest.	<b>Wax Paper</b> —40 foot with safety cutter edge, each <b>6c</b>	<b>When you see it in our ad it's so</b>	<b>When you see it in our ad it's so</b>

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<b>Beef Roast</b> Prime <b>8c lb.</b>	<b>Beef Boil</b> Xtra Good <b>6c lb.</b>	<b>Short Ribs</b> Fancy Beef <b>7c lb.</b>
<b>Sirloin Steak</b> Choice <b>12½c lb.</b>	<b>Round Steak</b> Swiss Cut <b>10c lb.</b>	<b>T-Bone Steak</b> Individual <b>15c lb.</b>
<b>DAINTY PORK TENDERLOINS</b> , per lb. <b>20c</b> A quick meal delicacy. An unusually low price	<b>"Flavorized" Hams</b> Whole or half <b>18c lb.</b>	<b>"Flavorized" Sliced Bacon</b> A full pound <b>22c</b>
<b>Ground Beef</b> Fresh <b>10c lb.</b>	<b>Sausage</b> Pure Pork <b>15c lb.</b>	<b>PICNICS</b> Boil or bake <b>11c lb.</b>
<b>HOME RENDERED PURE LARD</b> , 4 lbs. <b>25c</b>	<b>Just that</b>	<b>Economical</b>

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