



FOOD & MARKET PAGE



FOR A THIRSTY SUMMER

It isn't necessary for a man or woman, boy or girl, to go "somewhere East of Suez" to raise a thirst in summer. Our American summers always provide us with thirsts which we can contemplate with great satisfaction, as a nation, with other countries. In fact our American summers have done more than that, for invention has followed our need, and we have a greater variety of delicious thirst quenching drinks in this country than in any other in the world. It may be our more liberal use of ice that has enabled us to do this, but, on the other hand, it is equally likely to be our more liberal use of all sorts of delicious ingredients, each one of which lends its special flavor to a concoction so that tastes of every sort can be pleased and all thirsts assuaged. At any rate, here are some of the best of them, which have not only been carefully tested by a graduate dietitian, but won't do you any harm because they are not of the kind Kipling had in mind when he advised that "trip to the Far East, but temperance drinks, every one of them."

Tomato Drinks
No other country has made as much use of the tomato as this one in making delicious and healthful drinks. Here are a couple of the latest variations on straight tomato juice:

Sparkling Tomato Beverage: Add the juice of one lemon, one tablespoon sugar and salt to taste to the contents of two 10-ounce cans of tomato juice, and have very cold. Add half a pint of ice cold charged water, and serve at once in small glass cups. This will make six cups.
Tomatoade: Heat two cups of strained tomato juice, or the contents of a 15-ounce can, and one-fourth cup sugar to boiling to dissolve the sugar. Add one-fourth cup lemon juice and one-half teaspoon Worcestershire sauce, and chill. Serve very cold in cocktail glasses. Serves six.
Plums and Apricots
Many fruits have been called upon to assuage the fever of our summer in which plums and apricots play their parts:
Fruit Flipp: Boil one cup sugar and one cup water for a few minutes, that with green coloring, and cool. Add the contents of a No. 2½ can of green gage plums, pressed through a sieve, one-half cup fresh lime juice and two pints charged water. Serve with ice, and garnish with a sprig of mint and a green cherry. Makes nine cups.
Golden Goblet: Steep one teaspoon tea in one cup boiling water for two minutes, and strain. Add four tablespoons sugar, and cool. Press the contents of an 8-ounce can of apricots through a sieve,

and add with one cup orange juice and four tablespoons lemon juice. Serve over crushed ice with a garnish of sliced orange. Makes three cups.
Pineapple, Of Course
The drinks made of pineapple juice are legion. A good summer egg nog is made with it in this way:
Pineapple Egg Nog: Put two eggs, two tablespoons sugar and the contents of two 12-ounce cans pineapple juice into a cocktail shaker or jar, add cracked ice, and shake until well mixed and frothy. Serve with a sprinkling of nutmeg on top. Makes four and a half cups.
Chocolate Drink: Boil together one 13-ounce can of chocolate syrup, two and a half cups water, and four tablespoons sugar for three or four minutes. Add one cup thin cream or evaporated milk, and chill. Add the contents of a 12-ounce can of pineapple juice, and pour over crushed ice. This makes six cups. If you like, shake it in a jar or cocktail shaker.
Fruit Beer: Dissolve one-third cup confectioner's sugar in one and a half cups fruit syrup (peach, grapefruit, etc.) and three tablespoons lemon juice. Beat one egg white stiff, and pour fruit juices over, beating constantly. Pour on two pints ice cold ginger ale, and serve at once over cracked ice. This makes eight tall or sixteen punch glasses.

MAKE JELLY FEW GLASSES AT ONE TIME

In jelly making as well as in everything else, the old proverb, "Don't bite off more than you can chew," holds. If you want a jelly to be proud of, don't make too many glasses at a time. You'll get a much better jelly to begin with, and you

won't find the jelly-making itself such a task. Instead of devoting a day to it, a short time in the afternoon will be enough.
Right now, cherry jelly is challenging you. The markets are overflowing with this delicious fruit that used to be made into jams, but never, never our grandmothers tell us, into jelly. "The cherry hasn't enough pectin," they used to say. So it hasn't. But, with the aid of bottled fruit pectin, the sweetness and pungency of the cherry can be captured in a clear red jelly to last for months after the fruit has disappeared from the market. The recipes below provide for all

kinds of cherries suitable for jellies and give you from 8 to 11 glasses from 3 to 3½ cups of fruit juice. When making jellies and jams, remember not to pass judgment on them too soon. Some fruits take longer to set than others—many grow increasingly firm for a week to a month after they are made.
WILD CHERRY JELLY
8 cups (1½ lbs.) juice
4½ cups (2¼ lbs.) sugar
1 bottle fruit pectin
To prepare juice, steam about 3 pounds fully ripe cherries. Add 3 cups water. Bring to a boil, cover, and simmer 15 minutes. (For strong

cherry pit flavor, add 4 tablespoons crushed pits during the simmering, or ¼ teaspoon almond extract before pouring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucpan and mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ¼ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 9 glasses (8 fluid ounces each).
CHERRY JELLY
(Any kind except wild cherry or chokecherry)
3 cups (1½ lbs.) juice

¾ cups (¾ lb.) sugar
1 bottle fruit pectin
To prepare juice, stem and crush 3 pounds fully ripe cherries. Do not pit. Add ¼ cup water, bring to a boil, cover, and simmer 10 minutes. (For stronger cherry flavor, add ¼ teaspoon almond extract before pouring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucpan and mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ¼ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once.

BUSICK

Complete FOOD Store

MARION STREET SUPER MARKET



You need not be an expert to select good meat at this, one of Salem's most popular meat shops. You can see at a glance the meat for sale here is prime quality, supremely tasty and tender -- unexcelled for delicacy of flavor. Our men have had years of training in caring for and selecting fine quality meats and the best of all is the Price is so low every one can enjoy this fine quality regardless of small incomes. -- Now after reading the foregoing you probably figure our meat is pretty good, which, by the way, is exactly what we were tryin' to tell you.

- ## STEAKS
- Sirloin Pound **15c**
 - Round Pound **17c**
 - Veal Shoulder Steaks lb. **13c**
 - Veal Roasts Lb. **13c**
 - Beef Pot Roasts Lb. **9c**
 - Veal Chops Lb. **15c**
 - Rib Boiling Beef Lb. **7½c**



The Morning Treat
Among the many brands of fine coffees featured here, Mandalay Coffee, while offering a 5c per pound saving at the same time makes a cup of coffee we're sure you will enjoy.
Mandalay Coffee
One Pound Vacuum Pack **25c**
Freshly roasted coffee in bulk 2 pounds **39c**

- Crisco, 6 lb. pail 96c; 3 pound Crisco 49c
- Post Toasties or Kellogg's Corn Flakes, 3 pkgs. 21c
- Mothers Oats, Crystal or China Premium, pkg. 25c
- Carnation Premium Wheat Flakes 25c
- No premium Wheat Flakes 19c
- Certo, bottle 22c; Pen Jell 2 pkgs. 27c
- Jelly Glasses, dozen 34c; Jar Rubbers, 3 doz. 10c
- Mason Jars, quarts dozen 84c
- Mild Sugar Cured Breakfast Bacon, half or whole, pound 20c, no charge for slicing.
- Circle (S) Shankless Picnics, lb. 16c
- Armour's Star Lard, 4 lb. pail 43c
- Fresh Ocean Caught Chinook Salmon, lb. 25c
- Fresh Halibut Steaks, pound 20c

DOUGHNUTS
1 cup sugar
2 eggs
2 tablespoons butter
1 teaspoon vanilla
¼ teaspoon salt
1 teaspoon cinnamon
1 cup sour milk
4 cups flour
1 teaspoon soda
Beat eggs and add sugar, mix well and add butter (melted), vanilla, salt, cinnamon and milk. Let stand 5 minutes. Add flour and soda, mixing lightly. Place dough upon floured bread board, roll out quickly until dough is ¼ inch thick. Cut out doughnuts with cutter, fry in deep hot fat until doughnuts are well browned on both sides.
COCONUT PIE
To one-half pound grated coconut add a pint of milk, 3 eggs, 2 tablespoons of sugar, a small cracker powdered fine and a little nut-

meg. The eggs and sugar should be beaten together to a froth. Put them into the milk and coconut which should first be allowed to get quite cool; add the cracker and nutmeg and turn the whole into a deep pie plate with a lining and rim of paste and bake.
FRESH ASPARAGUS OMELET
Cook the asparagus tips just enough to have them tender, not more than 10 minutes. Have them with no extra juice on them and season with butter, salt and pepper. Do this before you make the omelet. Beat the eggs (1½ per person) until light and fluffy, yolks and whites all together, season with salt and pepper. Heat butter in a large skillet, when moderately hot, pour in eggs and when cooked on the bottom, lift up and let

the uncooked portion run underneath. Keep this up until all the egg is cooked. Let the very last brown just a little. Now spread the asparagus tips over half the omelet, fold the other half over and slide off onto a hot platter. Serve immediately.
FOR CANNING
Save THE JARS

Walker's Market

178 SOUTH COMMERCIAL STREET

A Salem Owned Market for Salem People

<p>All Beef</p> <p>Hamburger 6 Pounds 25c</p> <p>Tender BEEF to BOIL Lb. 5c</p> <p>Fresh Kettle Rendered Lard 3 lbs. 19c</p> <p>Free Delivery</p>	<p>Government Inspected</p> <p>BEEF ROASTS Lb. 8c</p> <p>Fresh Ground PORK SAUSAGE Lb. 10c</p> <p>Sugar Cured BACON SQUARES Lb. 10c</p>	<p>Vegetable</p> <p>Shortening 3 lbs. 19c</p> <p>Sirloin, T-Bone & Round Steaks 3 lbs. 25c</p> <p>Lean Sliced Bacon Rind off Lb. 20c</p> <p>Dial 8686</p>
---	---	---

Free-Sponge Toys-Free

Choice of Scotch Dog or Duck with 4 rolls Zalo Toilet Tissue.

Pure White 1000 Sheets
Finest Quality

Zalo 4 rolls **31c**

ABOUT SUGAR!

We have a limited amount of C. & H. sugar packed in 25-pound cloth bags to sell at the old price at—

\$1.23 Per Sack

The next shipment will sell at 60c per 100 higher. We guarantee this price only so long as present stock lasts.

Armour's Golden K or Morning Milk Tall Cans 4 For 23c

<p>Here's a Real Special!</p> <p>BAKING POWDER Full 3 Pound Can 26c</p> <p>PAR GRANULATED SOAP Lge. Pkg. 27c</p> <p>WHITE KING Lge. Pkg. 27c</p> <p>Amazo Golden Amber Syrup 5 Lb. pail 29c</p> <p>PALM OLIVE SOAP 3 Bars 19c</p>	<p>Save 10c on this Special—</p> <p>A limited quantity</p> <p>PILLSBURY'S CAKE FLOUR Regular size package to sell at 18c 2 Pkgs. 35c</p> <p>PEET'S GRANULATED SOAP Lge. Pkg. 22c</p> <p>CITRUS GRANULATED SOAP Large package 2 for 35c</p> <p>LOG CABIN SYRUP Table size 22c</p>	<p>PILLSBURY'S BEST FLOUR 49 pound sack \$1.75</p> <p>PILLSBURY'S OLD MILL FLOUR 49 pound sack \$1.49</p> <p>Mission Bell or White King Toilet Soap 3 Bars 14c</p> <p>HUNT BROS. FANCY SPINACH No. 2½ can 2 for 25c</p>	<p>TAMARAC FLOUR An all Hard Wheat Flour 49 lb. sk. \$1.41</p> <p>IVORY SOAP 5 Bars 25c</p> <p>Crystal White Soap 10 Bars 27c</p> <p>White King Laundry SOAP 10 Bars 25c</p> <p>IOWA WHITE SUGAR CORN No. 2 cans 3 cans 25c</p>
---	--	---	---