

BEAUTY AND THE FEAST



PRETTY BETTY GRABLE, who does her Christmas shopping and giving early, joins the popular "Give Grocery Gifts" movement by presenting Wheeler and Woolsey a well chosen basket of unusual foods. The famous comedians chorused: "Just what we wanted!" when they saw the delicious assortment.

Like many others, Miss Grable considers the "Give Grocery Gifts" idea a smart solution to the vexing Christmas problem.

Nuts Contain Many Valuable Qualities; Enhance Old Dishes

Early in life I knew what a nut tree should look like because in kindergarten we cut out green, billowy tops which were pasted just above short slender trunks on sand brown landscapes. The nuts were put on with brown crayons and would have been the pride of any nut grower for they were giants of their kind.

Nuts are best used to supplement carbohydrate foods which are high in starch and low in protein and fat. Combine them with breads, muffins, cakes, sweets, vegetables and fruits, rather than milk, eggs, cheese or meat mixtures. Or, if you do use nuts and cheese together, for instance, add a starchy food to balance the combination. Use the cheese and nut spreads for sandwiches or as a spread for gingerbread.

Cereals are particularly good with nuts. Not only do the food values of one supplement those of the other, but each seems to enhance the flavor of the other. Add chopped nuts to ready-to-eat cereal for variety in flavor as well as increased food value. Both cereals and nuts can be added to the usual ingredients for quick breads or cakes.

Freshen nuts by heating them in a buttered skillet for a few minutes. This is a little secret which has much to do with fine flavor in nut cakes.

MOCHA NUT CAKE
 1/2 cup shortening
 1 cup sugar
 2 eggs (separated)
 1/2 cup flour
 2 teaspoons baking powder
 1 teaspoon salt
 1/2 cup milk
 1 cup decaffeinated coffee
 1 teaspoon vanilla

Cream shortening, add sugar and beat until fluffy. Add egg yolks and beat thoroughly. Mix and sift flour, baking powder and salt. Add to flour mixture the ingredients listed in small pieces and add in creamed mixture alternately with the decaffeinated coffee. Fold in stiffly beaten egg whites and the vanilla. Bake in a buttered cake pan (8-inch square is a good size) in a moderate oven (350 degrees F.) for one hour.

FROSTING
 1 cup brown sugar
 1/2 cup granulated sugar
 1/4 teaspoon salt
 1/2 cup strong decaffeinated coffee in foam
 2 egg whites

Cook the sugars, salt and coffee in a small saucepan until sugars are dissolved. Continue cooking without stirring in a temperature of 230 degrees F. and slowly pour the syrup slowly over the beaten egg whites. Beat until mixture is hot and beat until firm.

Schilling Pepper
 The flavor of fine pepper lingers long after the bite has gone.

A BRAND NEW SHOW
 for a brand old brand!
The Borden FRIDAY FROLIC
 7:30 P.M.
 COLUMBIA - DON LEE NETWORK

EDUCATIONAL UNIT MEETS AT MONMOUTH

Monmouth—The association for childhood education, Polk county unit, met at the Monmouth Training school December 4.

New members who were invited into the association at Institute time, were heartily welcomed by the president, Miss Ruth McClure. It is the intention of the organization to study mental hygiene in its different phases as applied to the child.

POTATO NUT BALLS
 Add chopped nuts to seasoned mashed sweet potatoes. Form into balls or croquettes. Roll in corn flakes, then into slightly beaten egg and again in corn flakes. Fry in hot, deep fat (about 350 degrees F.) until brown. Drain on brown paper or paper towel and serve hot.

many child and much time was devoted to the discussion of the year's work. The next meeting which will be held January 8 will have a well known authority on the above subject as the principal speaker.

ARNETT FAMILY LEAVES
 Dever—Mr. and Mrs. Joseph Arnett and children have returned to their home in California after a visit of two weeks with relatives in this district. Arnett is a brother of Mrs. William Hoefler of Dever and George Arnett of Plainview.

Aumsville—Mozart Tappin has joined the U. S. army and has been sent to San Francisco, Calif., for training.

GO with Carnation Wheat
 A Vitalizing Cereal

CAPITAL JOURNAL WANT ADS SATISFY THE WANTS

Economical—Use one LEVEL teaspoonful to a cup of flour for most recipes.
Dependable—Scientifically made by baking powder SPECIALISTS to produce best results.
KC BAKING POWDER
 Same Price Today as 44 Years Ago
 25 ounces for 25c
 You can also buy
 A full 10 ounce can for 10c
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 MILLIONS OF POUNDS HAVE BEEN USED BY OUR GOVERNMENT

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FINER FOODS at GREATER SAVINGS

- Produce Features**
 Salem's Leading Produce Depts.
 Friday and Saturday Specials
- BANANAS** 5c
Golden Ripe Fruit, lb.
 - Potatoes** 39c
Yakima No. 28, 30-lb. bag
 - Grapefruit** 35c
Florida—Size 64—Finest Grapefruit grown!
 - ORANGES** \$1.19
Large size Navel, half case.
 - PEARS doz.** 19c
Now is the time to get your Christmas supply of oranges.
 - Cranberries** 25c
Crown brand, 2 lb.
 - Avocados** 5c
Nice size. Try some in salad, etc.

Beef Pot Roast
 Lb. 10 1/2c
 Cut from young and tender beef

STEAKS
 Cut from choice young beef—Tender and juicy
 15c lb.

BACON
 6 to 8 lb. average—Nice and lean
 25c lb.

Sauerkraut
 In bulk—the very best
 9c qt.

Dill Pickles
 Firm and Crisp—New Crop
 5c qt.

Ground Beef
 Fresh
 No water or cereal
 10c lb.

Don't Forget It Pays to Buy at Pay'n Takit — Because You Get Quality and Reasonable Prices

- OATS** 38c
Peacock, No. 10 bag
- Pancake Flour** 47c
Blue Seal, No. 10 bag
- SYRUP** 42c
Log Cabin, Med. size can
- RAISINS** 22c
Thompson Seedless, 4 lb. bag
- JELLO** 11c
Assorted Flavors, 2 Pkgs.
- Salad Dressing** 35c
Best Foods, full qt.
- SOUP** 5c
Van Camp Tomato, can
- Crackers** 29c
Sunshine, 2-lb.
- Baby Food** 25c
Libby's, an innovation in baby food, 3 cans
- DOG FOOD** 8c
Cala, can

- Carnation Wheat** 24c
A vitalizing cereal, rich and nourishing
Large Pkg.
- RINSO** 39c
Washing Powder, 2 large Pkgs.
- MATCHES** 24c
A full 6-box carton
- WALDORF TISSUE** 4c
A real value, roll
- S. O. S.** 21c
The perfect scouring pad, 8 for...
- BROOMS** 39c
A fine 4-new, each
- IVORY SOAP** 5c
Medium bars, each

ALBERS' FLAPJACK PANCAKE FLOUR
 FULL 2 1/2 POUND PACKAGE 19c

- SYRUP** 29c
Maximum, qt. jar
- CORN MEAL** 29c
Eastern, 9-lb. bag
- CATSUP** 10c
Ruby, large 14-oz. bottle
- HOT SAUCE** 10c
Monte Rio, 3 cans
- CALUMET** 25c
Baking Powder, lb. can

BAKER'S PRODUCTS

- Cocoa, Baker's Breakfast, 1/2-lb. can 9c
- Cocoa, Baker's Premium, 1/2 lb. Pkg. 9c
- Cocoa, Baker's Southern Style, can 12c
- Chocolate, Baker's Premium, 1/2 lb. cake 12c
- Candy Bars, Baker's Chocolate, 3 for 10c

Reg. Size Pkg. Swansdown **CAKE FLOUR**
 and a complete Cake Set—
 (Total value \$1.25) ALL FOR 89c

The Family Circle
 Ask for your copy

GROCERY PRICES
 SAT. TO MON.
 Dec. 8 to 10, Inc.

Cake Set includes cake pan, mixing pan, 4 measuring spoons, spatula, measuring cup, cake tester, wood ladle and cook book.

- Pineapple** 15c
Hillsdale Broken Slices Large No. 2 1/2 can
Libby's 8-oz. Tubs, can 6c
- SUGAR** 50c
Pure Cane Fine Granulated 25 lbs. \$1.24 10 lbs.
- FLOUR** \$1.79
Blue Seal Hardwheat Every sack guaranteed 49 lb. sack
- OYSTERS** 2 for 21c
Gulf Best 5-oz. cans
- PEANUTS** lb. 10c
Fresh Roasted
- Peels** 22c lb.
Orange or Lemon New crop
- Snowdrift** 49c
3-lb. Pail Sealed air-tight pail
With other prices so high, don't let the bargain pass you by
- Clams** 22c each
Warrington No. 1 can

Fresh Coffee
Coffee
 Airway—always fresh
3 lbs. 59c

Headquarters for Christmas Candy

- Chocolates** 98c
Holiday Delights 1-2 lb. box
- Fancy Creams** 39c
2 lbs.
- Chocolate Drops** 25c
2 lbs.

Old Mr. Boston says:

you can drink it straight because it's as smooth as old brandy

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Pay'n Takit

GIVE Grocery Gifts