

A Page for THRIFTY SHOPPERS and CLEVER COOKS

GADGETS TO GO WITH OLD PET DISHES

New gadgets to go with old dishes. Today we've concocted several recipes which will work in splendidly with every day menus. Here's how:

SWEET PICKLED APRICOTS
(Blend Well With Fish Or Fowl)
4 cups apricots (sliced)
2 cups sugar
1 cup water or apricot juice
1/2 cup vinegar
1 cup whole cloves
1-2 cup bark cinnamon, broken
Mix ingredients and simmer 40 minutes, pour into sterilized jars and seal or store in ice box.

CHEESE ROLLS
3 cups pastry flour
4 teaspoons baking powder
1/2 teaspoon salt
4 tablespoons lard
1-2 cups milk
2 tablespoons butter
1/2 cup grated cheese
Mix flour, baking powder and salt. Cut in lard and slowly add milk. When soft dough forms pat it out until 1/4 inch thick. Spread with butter and cheese and roll up. Cut of 1/2 inch slices and bake fat sides up on greased pan in moderate oven 12 minutes. No butter need be served.

COCONUT FROSTED CAKE
1-3 cup butter
2-3 cup sugar
1/2 cup milk
1 egg
1 teaspoon vanilla
1/2 teaspoon lemon extract
1/2 teaspoon salt
1-2 cups flour
2 teaspoons baking powder
Cream butter and sugar. Add rest of ingredients and beat 2 minutes. Pour into shallow pan lined with waxed paper. Cover with topping.

TOPPING
2 egg whites
1-3 cup sugar
1/2 teaspoon vanilla
1/2 teaspoon lemon extract
1/2 teaspoon baking powder
1/2 cup coconut
Beat whites and add sugar and beat until creamy. Add extracts and baking powder. Sprinkle spread over cake batter. Sprinkle with coconut. Bake 35 minutes in a moderately slow oven. Serve fresh but not warm.

Pantry Patter
By R. C. E.

In washing dishes use very hot water and soap suds and rinse quickly. If there is plenty of space put the soapy dishes in a rinsing rack at once and let the hot water pour over them. Dry with toweling and no other polish or brightener will be required. But if you have any china decorated with gilt do not use excessively hot water or it will be injured.

Water is apt to discolor and crack knife handles, unless when made entirely of silver. Scour the blades of the knives and then wash them, while holding the handles so that they are out of the water.

Scientific investigation has revealed that table salt—the kind we buy in the big red carton at the grocery store—is one of the most versatile of all medical remedies. Besides playing an important part in hundreds of prescriptions, according to research findings, it also has countless home uses.

Some of the emergency uses are listed as follows: If it is necessary to induce vomiting in the case of a person who has swallowed poison pending the arrival of a doctor, a heaping teaspoonful of salt and a similar amount of ground mustard, stirred rapidly in a teacup of warm water, may be swallowed.

A WORD TO THE WIVES IS SUFFICIENT

The meals you serve help keep the family fit. In many homes, common constipation develops as a result of insufficient "bulk" in the menu. This can be overcome by a delicious cereal.

Research shows that Kellogg's ALL-BRAN furnishes "bulk" in convenient form. ALL-BRAN also provides vitamin B and iron.

How much better it is to eat this gentle natural food than to risk taking patent medicines. Continued use does not lower its effectiveness. Two tablespoonfuls daily are usually sufficient. Chronic cases, with each meal. If not relieved, see your doctor.

Exhibit New Model Frigidaire



Mrs. Otto Hogg, left, and Mrs. Carl Hogg, right, inspect a beautiful new 1935 model porcelain Frigidaire which is one of the new models received in a carload of Frigidaire equipment which has just arrived for Sale distribution by this firm.

Apricot Nut Bread Is Very Different

For a glorious breakfast—with a crisp morning—with the company good and the coffee piping hot—there could be nothing better than apricot nut bread.

Rich in irradiated evaporated milk (and that means beautiful browning qualities and full of tempting morsels of apricot)—this baked delight is practically perfect. It's different, tempting, easy to make, and keeps longer than bread usually does under ordinary conditions.

APRICOT NUT BREAD
1 1/2 cups dried apricots
2 tablespoons fat
1/2 cup sugar
1 egg
1/2 cup juice from stewed, dried apricots, and 1/2 cup irradiated evaporated milk, mixed
2 1/2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup chopped nuts
Wash apricots. Cover with water and boil 5 minutes. Drain, cool, and chop. Cream shortening and sugar, and well beaten egg. Then gradually add the flour which has been sifted with the salt. Add nuts. Bake in a greased bread pan 1 hour in a moderate oven (350° F.). Yield: 1 large loaf.

Paris (P)—Here's something new in spring hats. Suzy makes a straw sailor whose right side is yellow and whose left side is black. It is finished with a simple black ribbon trim.

here's news!

Your favorite GOLDEN WEST COFFEE is now roasted by the newest method known to coffee science... THERMALG. Try it... note the fragrance... the full body... the clear color... and, that ALL the goodness is in the cup.

MODEL FOOD MARKET

275 NORTH HIGH STREET
Phone 4111 (Three Lines)
Free Delivery 30 Day Account Service

HEINZ SOUP SALE
All 10c size 6 cans 55c; 12 cans.....\$1.08
All 15c size 6 cans 83c; 12 cans.....\$1.62
(Tomato, Pea, Onion, Noodle, Spinach, Creole Gumbo, Bean Beef, Mushroom, Celery, Asparagus, Oyster)
Calumet Baking Powder, 1 lb. can.....25c
(A Cake Pan FREE with each pound)

Ivory Soap, medium, 3 bars.....16c
Fort Howard Toilet Tissue, 3 rolls.....22c
Swansdown Cake Flour, large Pkg.....29c
Minute Tapioca, Pkg.....13c
Fisher's Biscuit Mix, large Pkg.....25c
Wheaties, 2 Pkgs.....23c
Elsinore Telephone Peas, 2 cans.....32c
New West Asparagus, 2's, 2 cans.....45c
Elsinore Asparagus Tips, picnic size, 2 cans.....29c
Maple Leaf Flour, 49 lb. bag.....\$1.69
Drifted Snow Flour, 24 1/2 lbs.....\$1.08
Gold Medal Flour, 24 1/2 lbs.....\$1.13
Ovaltine, 75c size.....59c
Ovaltine, 40c size.....33c
Shilling's Coffee, Drip Grind, 1 lb.....32c
Dole Pineapple Juice, 2's, 2 cans.....25c
D. M. Pineapple Juice, 10's.....55c
Glorietta Tomato Juice, 10's.....45c
Glorietta Tomato Juice, 1's, 3 cans.....25c
New Pack Grape Fruit, whole sections, 2 cans.....27c
New Pack Grape Fruit, broken sections, 2 cans.....23c
L of V Whole Kernel Corn, 16 oz., 2 cans.....35c
Del Monte Golden Bantam Corn, 3 cans.....42c
North Star Sardines, 3 cans 25c; dozen.....95c
Tiny Tot Sardines, 2 cans 25c; dozen.....\$1.40

APPLE SPECIAL
Hood River Spitzenberg, box.....\$1.39
7 lbs. 25c
Hood River Wine Saps, box.....\$1.49
6 lbs. 25c
Large Size Arizona Grape Fruit, 6 for.....25c
Medium Size Arizona Grape Fruit, 6 for.....19c
Avocadoes, each.....19c
Large Artichokes, 3 for.....29c
Brussell Sprouts, box.....10c
Fancy White Cauliflower.....10c, 15c, 20c head

TREASURES IN COOKY JARS

When the cookie jar is filled to overflowing with an assortment of cookie housewives become optimistic in the face of certain domestic emergencies.

Have neighbors dropped in unexpectedly for the evening? Cookies and a hot drink answer the refreshment problem. Is something needed to round off a fruit dessert? A plate of cookies will fill the bill. Are you looking for a surprise to tuck into the school lunch box? Again the cookie jar yields its treasures.

These cookie recipes are all tried and true:

ROLLED COOKY COOKIES
2 cups shredded coconut, cut
1/2 cup heavy cream
2 cups sifted flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup butter or other shortening
1 cup sugar
1 egg unbeaten
Add 1/2 cup coconut to cream; let stand. Sift flour once, measure, add baking powder and salt, and sift again. Cream butter thoroughly, add sugar gradually, creaming until light and fluffy; then add egg and beat thoroughly. Add flour, alternately with cream mixture, stirring well after each addition. Chill. Roll 1/4 inch thick on slightly floured board. Cut with floured 3/4-inch cutter and place on ungreased baking sheet. Sprinkle with remaining 1 1/2 cups coconut. Bake in hot oven (400 degrees F.) 12 to 14 minutes. Makes 2 1/2 dozen cookies.

Cut in fancy shapes; decorate

CHOCOLATE COCONUT SQUARES

with coconut nuts, raisins, strips of citron or dates, bit of candied pineapple or cherries, small cinnamon candies, or colored sugar, if desired.

1 cup sifted cake flour
1/2 teaspoon soda
1/2 teaspoon salt
4 tablespoons butter or other shortening
1/2 cup sugar
1 egg, well beaten
1 square chocolate, melted
3 tablespoons milk
2 cup moist sweetened coconut
Sift flour once, measure, add soda and salt and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and chocolate and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add coconut. Spread as thin as possible on greased baking sheet. Bake in moderate oven (375 degrees F.) 8 to 10 minutes, or until crisp. Remove from oven and cut into squares immediately. Makes 3 1/2 dozen squares.

COCONUT CREAM JUMBLES
3 cups sifted cake flour
2 1/2 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1 1/2 cups sugar
3 egg, well beaten
1 cup heavy sour cream
1 teaspoon vanilla
2 cups shredded coconut
Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Beat sugar into eggs. Add cream, vanilla, and coconut, and mix thoroughly. Add flour, a small amount at a time, mixing well after each addition. Drop from teaspoon, placing far apart on ungreased baking sheet and bake in hot oven (400 degrees F.) 12 to 15 minutes, or until done. Makes 4 dozen jumbles.

PLAN IDEAL FAMILY MEAL

A good substantial dinner for the tired business man and the hungry school children. An ideal menu for five is as follows:

Swiss Steak with Tomatoes
Baked Potatoes
Bread
Head Honey
Pineapple Apricot Upside-Down Dessert
Coffee

SWISS STEAK WITH TOMATOES
2 pounds round steak
2 tablespoons fat
1/2 cup flour
1 teaspoon salt
1/2 teaspoon pepper
3 tablespoons chopped onions
2 cups tomatoes
2 tablespoons chopped celery
Have steak cut about 1 inch thick. Pound well on both sides, using side of mallet or meat pounder. Roll in flour. Heat fat in frying pan, add and quickly brown meat. Add rest of ingredients. Cover and bake in frying pan 1 1/2 hours in moderate oven.

PINEAPPLE APRICOT UPSIDE-DOWN DESSERT
1-3 cup butter
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup sugar
2 egg, well beaten
1 cup dates, seeded and chopped
1 cup nut meats, coarsely broken
Sift flour once, measure, add baking powder and salt, and sift together three times. Add sugar gradually to eggs, beaten well. Add dates and nuts. Add flour gradually and mix well. Drop from teaspoon onto greased baking sheet. Bake in moderate oven (350 degrees F.) 12 minutes. Makes 4 dozen small cookies.

1 1/2 cups dark brown sugar
1/2 cup pineapple juice
2 tablespoons lemon juice
2-3 cup diced pineapple
2-3 cup cooked apricots
Mix butter and sugar in large frying pan. Heat slowly and stir constantly until mixture has blended. Add fruit juices. Arrange pineapple and apricots on top syrup mixture and cover with batter.

BATTER
1-3 cup butter
2-3 cup sugar
1/2 cup milk
1/2 teaspoon vanilla
1/2 teaspoon lemon extract

4 teaspoon almond extract
1/2 teaspoon salt
1 egg
1 1/2 cups flour
3 teaspoons baking powder
Cream butter and sugar. Add remaining ingredients and beat 2 minutes. Pour over fruits. Bake in frying pan 30 minutes in moderate oven.

Lyons—Miss Mildred Berry, instructor of the 4-H forestry club, received over 110 trees last week for the club members to plant. It is in the Fox Valley district.

WHEN IT'S COLD SERVE IT HOT!

When the frost is on the window pane put Shredded Wheat hot on the breakfast table. It's warming, healthful and delicious—you'll like it. Dip biscuits in hot water—drain and serve with milk or cream.

SHREDDED WHEAT

NATIONAL BISCUIT COMPANY "Uneda Bakers"

Ample Parking Space Salem-Columbia Market 260 N. Liberty Street

"THERE'S NO BETTER PLACE"

The Salem Columbia Market sells good food for low prices. It is a place for wise shoppers who pay no more than necessary for the best.

Prices Effective Friday, Saturday and Monday, February 22nd, 23rd and 25th, 1935

SUGAR Finest Cane cloth bag 10 lbs. 49c 25 lbs. \$1.23

COFFEE Economy lb. 18c 2 lbs. 35c

SOAP Peet's Granulated 2 for 49c 1 FREE

Jell-Well Natural Flavor Sealed in New Cubes 2 pkgs. 11c

Bulk Syrup BRING YOUR OWN CONTAINER qt. 20c gal. 65c

COLUMBIA FINEST TEAS—Orange Pekoe, Black, 1/2 lb.	25c	RICE—Water Maid Fancy Blue Rose Rice, 3 lbs.	15c
Green—1/2 lb. 19c		5 lbs. 23c	
GEO. WASHINGTON TOBACCO—10c size, special 3 for	20c	CRYSTAL WEDDING OATS—Large package	25c
GEO. WASHINGTON TOBACCO—15c size 12c		A & H BAKING SODA—2 Pkgs.	15c
GEO. WASHINGTON TOBACCO—1 lb. cans 53c		SALT—Leslie Iodized or plain salt, full 2 lb. Pkgs., 2 for	15c
for MARSHMALLOWS—Fresh from factory, 1 lb. in cellophane	15c	8 lb. bags 19c	
		OXYDOL—Large Pkg. with 2 bars Giant P & G Soap	22c
		SUNBRITE CLEANSER—3 cans	13c
		One can FREE	

COFFEE Columbia Best lb. 25c 3 lbs. 73c

FLOUR Northern or Bell 49's \$1.59

LIBERTY WHITE SOAP—10 bars	23c	BISQUICK—with chromium relish dish. Both for	55c
HAPPYVALE DILL PICKLES—qt.	17c	SEARCHLIGHT MATCHES	27c
HERSHEY COCOA—8 oz.	7c	ALTA VILLA TOMATOES—2 1/2's, 3 for	29c
1 lb. 12c		6 for 57c	
TRUE AMERICAN MATCHES—6 boxes	23c	GULF KIST OYSTERS or SHRIMP—5 oz. cans, 3 for	35c
ISLAND BELLE PEAS—303's, 3 for	29c	6 for 69c	
6 for 57c		PINK SALMON—Ocean caught, 1's tall, 3 for	29c
CORN—Wilton Fey. Golden Bantam Maine corn, 2's, 2 for	29c	6 for 57c	
6 for 85c		PEACHES—Yellow Cling, 15 oz., 3 cans	25c

SOUP Campbell's choice of ass't. 3 cans 25c

SOUP Heinz choice of assortment lge. cans 12c

FRUITS AND VEGETABLES

LETTUCE 2 heads 9c

SPUDS 50 lb. sack 39c
Local No. 2

Radishes 2 bunches 5c

Green Onions 2 doz. 49c

ORANGES Extra Fancy Large 2 doz. 49c

LEMONS 360s 2 doz. 25c

FRESH MEATS

GOVERNMENT INSPECTED

BEEF ROAST Choice Cuts lb. 12c

Ground Beef Freshly Ground lb. 10c

VEAL STEAK Fancy Milk Fed lb. 17c

SWISS STEAK Tender and Juicy lb. 17c

Stewing Hens Dressed and Drawn lb. 23c

Melrose Bacon 1/2 Lb. Cello Pkg. 19c

FRESH OYSTERS, CLAMS, CRABS