

A Page for THRIFTY SHOPPERS and CLEVER COOKS

DISCOVERY OF CANNED MILK INTERESTING

Half a century ago the world was young. The great Pasteur was struggling then to convince scientists that he had discovered how we could protect ourselves against the invisible armies which in so many ways had invaded the fortress of health and taken heavy toll of human life.

In that day a farmer in the vicinity of St. Louis, turning from his plow, took up the study of science and found the way to protect the most important item of all our food from these invisible enemies. The Pasteur theories were thus proved in practice in this community before they were generally accepted in the world of science.

On February 15, 1885, Pet Milk company was founded at Highland, Illinois. A chemist from Switzerland had the idea that milk could be kept in cans as fruit was kept. But milk turned out to be a different problem. After a year of effort, the enterprise was about to fail. Then Louis Latzer, a farmer 37 years of age, went into the little plant to see what was the matter. His first discovery was that he

POT ROAST IS POPULAR

A pot roast of beef with horseradish sauce. Does that tempt you? Most men are extremely fond of this dish, we've discovered, and the following recipe is a honey. For dessert serve a simple prune pudding with a custard sauce. The recipes follow:

POT ROAST OF BEEF
4-pound beef roast
4 tablespoons fat
2 tablespoons chopped celery
2 tablespoons chopped onions
2 tablespoons chopped green pepper (optional)
1 teaspoon salt
4 tablespoons flour
1 cup water
8 peeled potatoes
8 peeled carrots
8 peeled turnips

Heat fat in deep kettle, add and quickly brown beef. Add celery, onions and pepper. Cook 5 minutes, water. Simmer 2 hours. Add rest of ingredients and simmer 1 hour.

HORSERADISH SAUCE
2 tablespoons meat drippings
2 tablespoons flour
2-3 cup water
2 tablespoons horseradish
2 tablespoons vinegar
1/2 teaspoon salt
1/2 teaspoon paprika
Drain drippings from cooked meat and add flour. When blended add rest of ingredients. Cook 2 minutes.

CUSTARD SAUCE
3 egg yolks
3/4 tablespoon flour
1/4 teaspoon salt
1-2 cup sugar
2 cups milk
1/2 teaspoon vanilla
1/2 teaspoon lemon extract
Beat yolks, add flour, salt and sugar. Add milk. Cook in double boiler until mixture becomes creamy and a little thick. Be careful not to over-cook or sauce will curdle. Remove from stove, beat and add extracts.

PRUNE PUDDING
1 pk. lemon flavored gelatin mixture
1-2 cups boiling water
2 tablespoons lemon juice
1/2 cup sugar
3 egg whites, beaten
1/2 cup cooked, mashed prunes
1/2 teaspoon vanilla
1/2 teaspoon salt
Four water over gelatin mixture and stir until dissolved. Add juice and sugar. Chill and thicken a little. Beat until frothy, fold in rest of ingredients and pour into mold.

Dates In Spring Menus Inexpensive And Nutritious

By ROVENA EYRE
In the spring, or so we've been told, a young man's thoughts turn to—dates. Not the sort of dates you're thinking of, though. But the sort that are a fine natural

spring tonic, a regular molasses and sulphur substitute. And what's more, dates are at their lowest price in 25 years! Plan to use dates in the preparation of your meals. They're excellent and nutritious when cooked with cereal. When stuffed with nuts they become superb confection. Spiced date bars are good at tea-time or with a fruit-compote for luncheon. Try these date recipes and watch your family ask for an encore!

SPICED DATE BARS
Three-fourths cup flour, 1/2 teaspoon baking powder, 1/2 teaspoon salt, 2 eggs, 1 cup brown sugar, 1/2 cup chopped nut meats, 1 cup pitted and sliced dates, 1/2 teaspoon cinnamon, 1/2 teaspoon cloves.
Mix and sift, baking powder, flour, spices and salt. Mix dates and nuts with flour. Beat eggs until light, beating in sugar. Stir in dry mixture. Spread evenly in a shallow pan which has been well oiled and dusted with flour. Bake 20 minutes in a slow oven. Cut in strips when cool and roll in sifted confectioner's sugar.

DATE TORTE
One-half cup flour, 1/2 teaspoon salt, 1 teaspoon baking powder, 2 eggs, 1/2 cup sugar, 1/2 teaspoon vanilla, 1 cup chopped nut meats, 2 cups pitted and sliced dates.
Mix and sift flour, salt and baking powder. Beat eggs until light, beating in sugar gradually. Add vanilla, dates and nuts and sift over dry mixture. Turn into a shallow pan which has been lined with waxed paper and well oiled. Bake in a slow oven (300 to 325 degrees F.) for one hour. Cut in squares when cool and serve with whipped cream or a small ball of vanilla ice cream.

DATE COOKIES
Two cups flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1 cup sliced dates, 1/2 cup shortening, two-thirds cup sugar, 1 egg, 1/2 cup milk, 1/2 teaspoon vanilla.
Mix and sift flour, salt and baking powder. Mix dates with dry mixture. Cream shortening and slowly add sugar, beating until creamy. Add egg, beaten and mix well. Add milk and vanilla and then add dry ingredients. Drop by teaspoonfuls on the reverse side of a well oiled and floured dripping pan and bake in a moderate oven (375 degrees F.) until firm to the touch and a delicate brown in color.

DATE TORTE
One-half cup flour, 1/2 teaspoon salt, 1 teaspoon baking powder, 2 eggs, 1/2 cup sugar, 1/2 teaspoon vanilla, 1 cup chopped nut meats, 2 cups pitted and sliced dates.
Mix and sift flour, salt and baking powder. Beat eggs until light, beating in sugar gradually. Add vanilla, dates and nuts and sift over dry mixture. Turn into a shallow pan which has been lined with waxed paper and well oiled. Bake in a slow oven (300 to 325 degrees F.) for one hour. Cut in squares when cool and serve with whipped cream or a small ball of vanilla ice cream.

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HOUSEWIVES GIVEN "DEAL" WITH CRISCO

V. S. Peterson of Seattle, district manager for the Procter & Gamble company, was in Salem today arranging details for a special offer to the housewives on Crisco. For a few days all dealers are authorized to give to everyone, purchasing a three pound can of Crisco, one 1 pound can of Crisco for 5c. The deal is available at all grocers over the week end.

Silverton — Mrs. Arthur Dahl plans to make the trip to the mid-western states in the near future for a visit with relatives. Her mother, Mrs. H. Julson, will return to Silverton with Mrs. Dahl to make her home.

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REMARKABLE SAVING

This 1-lb. can of CRISCO only 5¢



when you buy this 3-lb. can of CRISCO at regular price



This week at your Dealer's to introduce the economical 3-lb. can—Buy while supply lasts

You get a 1-lb. can of Crisco for 5¢ in this phenomenal sale if you buy the 3-lb. can of Crisco at its regular price. Two handy sizes of snowy pre-creamed Crisco for quick fluffy cakes... tender biscuits... flaky digestible pies... or digestible crisp fried foods.

A wonderful offer! It's extended because the makers of Crisco want new friends to try this digestible shortening and they want old Crisco friends to learn the economy of the 3-lb. size.

CRISCO helps you cook light digestible food
Again and again Crisco could eat pie or fried foods, until I started cooking with Crisco. But Crisco pastry is so flaky—and Crisco fried foods are absolutely free of greasiness. They don't upset my stomach. Thanks to Crisco, I can eat like a normal person again.

CRISCO advised by many doctors
When you open a can of pure digestible Crisco, you're seeing wholesome vegetable oils after they have been creamed and creamed! See how light and fluffy Crisco is! Taste it. See how sweet and fresh it is! Your eyes and your taste tell you the truth—Crisco is wholesome. Doctors know this—that's why they often advise frying foods with Crisco!

3-lb. can is the SAVING size
Buy Crisco regularly in the 3-lb. can—for the 3-lb. can costs less than three 1-lb. cans.

And the 3-lb. can is convenient—you've enough Crisco on hand for many cakes, pies, biscuits or fried foods.

Visit your dealer today—before his supply of special 1-lb. Crisco cans is gone.

NOTE: This offer may not have come to your locality yet, but it's on its way!

Buy the 3-lb. size for economy

SAVE MONEY! The 3-lb. can of Crisco costs you less than you'd pay for three 1-lb. cans.

for convenience

With a 3-lb. can, you have enough Crisco for whatever you want to make—whether it's a cake, pie, biscuits or deep-fried foods.

for deep-frying

To deep-fry correctly you need enough fat to cover the food well. So the big 3-lb. can of pure digestible Crisco is the secret of tempting, digestible French-fried foods!

Crisco does not smoke at correct frying temperatures. No decomposition takes place—Crisco keeps digestible. That's why Crisco is so economical for frying. For, if you strain Crisco, you can fry in it over and over again.

FRENCH-FRIED POTATOES the easy, digestible Crisco way:

1. Peel potatoes. Cut into sticks 1/2 inch thick. Soak in ice-cold water for at least one hour. Then dry thoroughly in towel.
2. Melt enough Crisco slowly to fill flat-bottomed deep saucepan 1/2 full. Bring slowly to heat that browns cube of bread in 30 seconds (395° F.).
3. Fry small batches of potatoes at a time, always raising heat for 1 minute as a new batch is put in. Fry until brown. Drain on absorbent paper. Salt before serving.
4. Strain Crisco back into its can. DO NOT mix other fats with CRISCO! Use for frying croquettes, fritters, doughnuts, onions, fish. Crisco will not give the taste of one food to another.

CHOCOLATE PEPPERMINT CAKE

1/4 cup Crisco 1 1/4 cups flour
1 cup sugar 1/4 teaspoon salt
2 egg yolks 1 teaspoon soda
2 squares unswartened chocolate 1 cup sour milk
1 teaspoon vanilla

Beat Crisco, sugar and egg yolks (no creaming needed with fluffy Crisco). Add melted chocolate. Sift flour, salt and soda. Add to Crisco mixture alternately with sour milk. Mix. Add vanilla. Pour into square (7 1/2-inch) or oblong cake pan, rubbed with Crisco. Bake in moderate oven (350° F.) 50 to 60 minutes. Cool.

Easy Frosting: Put 1 1/2 cups granulated sugar, 2 unbeaten egg whites and 1/4 cup water to cook over boiling water. Beat 4 minutes with Dover beater. Add 1/4 teaspoon peppermint flavoring. Beat until thick. Remove from boiling water. Continue beating until of spreading consistency. Spread over cake. Melt 2 squares unswartened chocolate. Blend with 1 teaspoon Crisco. Four over frosting, letting chocolate run down sides.

CRISCO digests quickly

REG. U. S. PAT. OFF.

SUPPLY LIMITED act quickly

BALTIMORE CAKE IS FAVORITE

One of the favorite cakes on the American table is the Lady Baltimore cake. It's extremely rich and can be served alone as a dessert. Today we offer an excellent recipe for this old favorite. Try it.

LADY BALTIMORE CAKE

2-3 cup butter
2 cups sugar
1 teaspoon vanilla
1/2 teaspoon almond extract
1/2 teaspoon salt
1/2 cup milk
3 cups pantry flour
3 teaspoons baking powder
3 egg whites, beaten
1 cup chopped candied cherries
1 cup broken nuts
1 teaspoon vanilla
1 teaspoon lemon extract
1/2 teaspoon almond extract
Boil sugar, vinegar and water without stirring until fine thread forms when portion is slowly poured from spoon. Pour into egg whites, beating steadily. Beat until frosting is thick and cool. Add rest of ingredients. Frost cake.

Youths Held At Bend As Murder Suspects

DUNSMUIR, Calif., March 21 (AP)—The body of A. L. Angermeyer, proprietor of the Showman Hill restaurant near McCloud, Calif., was found here yesterday, shot through the head.

Police said two youths had been apprehended at Bend, Ore., in possession of Angermeyer's automobile.

Crab Orchard

A GOOD GUIDE TO GOOD WHISKEY

The American Medicinal Spirits Corporation, Louisville, Ky.; Baltimore, Md.

CHICKEN BONES

These Are Made From Peanut Butter Base

Toasted and rolled in pure coconut. These are all pure candy, very healthful and are sure to please the young as well as old alike.

19c per Lb. 2 Lbs. 37c

Another Schaefer Candy Special!

DOLLAR MINTS

Creamy Dollar Mints dipped in chocolates— 25c
By the lb. 2 lbs. 45c

SCHAEFER'S DRUG STORE

Bewize and Schaeferize

The Original Yellow Front Drug and Candy Special Store of Salem

135 N. Commercial St. Phone 5197

SONNY SKINNER'S LUCKY DAY READ WHAT HAPPENED TO HIM

SNIFF! SNIFF! THE KIDS WON'T PLAY WITH ME 'CAUSE I'M SO LITTLE AND SKINNY.

THERE, THERE... COME OVER HERE AND MOTHER WILL READ THE FUNNY PAPER TO YOU.

WHAT'S THIS?

WELL... I'LL CERTAINLY MAIL THAT COUPON NOW.

SKINNY SAM REIGNS WITH OVALTINE

IT'S A SWISS FOOD-DRINK, SONNY... AND WE'RE GOING TO SEE IF IT WON'T HELP YOU GET HUSKY AND PUT ON WEIGHT, THE WAY IT SAYS HERE.

WHAT'S OVALTINE, MOM... AND WHY ARE YOU SENDING FOR A SAMPLE?

IT'S YOUR TURN NEXT SEND THIS COUPON IN AND SEE FOR YOURSELF HOW REMARKABLE OVALTINE IS!

A FEW DAYS LATER

IT'S FOR YOU, SONNY!

OOH! IT'S OVALTINE!

YES, BUT THE IMPORTANT THING IS TO SEE IF IT WON'T MAKE YOU BIG AND HUSKY LIKE THE OTHER YOUNGSTERS.

LOOK! ANOTHER POUND IN JUST "NO TIME!"

GREAT GUNS! YOU'RE GETTING SOLID AS A ROCK!

LOOK, DEAR... ARE YOU PROUD?

SONNY... SAY FOR OVALTINE AGAIN!

YES... AND GRATEFUL TOO FOR OVALTINE!

How Ovaltine Helps To Build Up a Child Often At a Surprisingly Rapid Rate

OVALTINE is a delicious pure food concentrate—originally created in Switzerland and now made over here. . . . Already its use has been approved by more than 20,000 physicians. While thousands of mothers give it religiously for the health benefits it fosters.

First: Ovaltine usually helps to add weight remarkably—and surprising increases are regularly reported by mothers everywhere.

Second: At the same time, appetite is stimulated in a scientific way. Not by merely "tempting" the taste. But by actually helping nature to create the sensation of hunger.

Thus when a child drinks Ovaltine, he not only inclines to eat more of the healthful every-day foods that are set before him—but usually manifests a greatly increased desire for milk.

Third: As appetite and weight increase, it is frequently noted that nervousness diminishes to a marked degree.

For the sake of your child, we urge you to try Ovaltine. You simply give it mixed with milk (either hot or cold) and children love it for its delicious taste. You can get it at any drug or grocery store. Ask for it today.

NOTE: Thousands of people, men and women, are using Ovaltine to restore vitality when fatigued. It is also highly recommended by physicians as a strengthening food for nursing mothers, convalescents, and the aged. When taken as a hot drink at bedtime, it promotes sound sleep quickly with resulting new energy next day.

MAIL FOR TRIAL SUPPLY

THE WANDER CO., 189 N. Michigan Ave., Dept. 316-2, Chicago, Illinois.

Send me your sample package of Ovaltine. I enclose 10c to cover cost of packing and mailing. (Or 25c for special offer at night.)

With colored pictures of Orphan Annie and Sandy, her dog, Captain Anne Mug and sample package, 25c.

Name _____

Address _____

City