

A Page for THRIFTY SHOPPERS and CLEVER COOKS

CANAPES ADD TO SUCCESS OF PARTIES

Hostesses these days outdo their friends, or at least try to, in the making of canapés. These intricate little gadgets are important in the success of a party and today we are offering you the method of making several new types, each one delicious and most attractive to gaze upon when placed on huge platters on the serving table.

PATE DE FOIS GRAS BISCUITS

Grill bacon very crisp and chop it fine. Break small tea biscuits open. Spread bacon on one half and on its mate spread pate de fois gras that has been moistened with cream. This goes particularly well with a Manhattan cocktail.

EGYPTIAN CANAPE

Cut chilled beef in small pieces, moisten with equal quantities of catsup and mayonnaise and season sparingly with cayenne pepper. Spread on rounds of toast or crackers. Suggested for daiquiris.

DEVILED SARDINE CANAPES

Place skinned and boned sardines in a buttered pan. Season with equal parts of Worcestershire sauce and mustard and a speck of cayenne. Cover with bread crumbs, bake ten minutes and serve hot on toast rounds.

ROQUEFORT CANAPES

Cream together one cup butter and one cup Roquefort cheese. Season with two tablespoons of Worcester sauce and five drops of tabasco sauce. Spread on salted crackers.

SWISS CHEESE BALLS

One and one-half cups grated Swiss cheese, one tablespoon flour, three egg whites, two tablespoons sherry, salt, pepper and paprika. Mix cheese, flour and seasonings, then fold in the stiffly beaten egg whites. Form into balls and roll in cracker crumbs. Fry in deep hot fat. Place a toothpick in each ball for a handle.

HAM AND RICE GUMBO GOOD

Here is a menu that is different. A luscious ham and rice gumbo served with buttered spinach and graham muffins. And to top the meal, a great chocolate filled cake. It's one of the best cakes we've ever tasted. Here's how:

HAM AND RICE GUMBO

1/2 pound beef (uncooked)
1/2 pound ham (uncooked)
4 tablespoons fat
2 tablespoons chopped celery
2 tablespoons chopped onions
2 tablespoons chopped green peppers
1 teaspoon salt
2-3 cup cooked okra
1 cup cooked rice
2 cups cooked tomatoes
2 tablespoons butter
3 tablespoons flour

Melt fat in frying pan. Add and brown beef and ham. Add seasonings, salt, okra, rice and tomatoes. Cover and simmer 30 minutes. Mix butter with flour and add to mixture. Cook 2 minutes. Serve.

GRAHAM MUFFINS

1 cup graham flour
1 cup flour
4 tablespoons baking powder
4 tablespoons sugar
1-1/2 teaspoon salt
1 egg
1 cup milk
2 tablespoons fat melted

CHOCOLATE FILLED CAKE

1-3 cup fat
2-3 cup sugar
1/2 cup milk
2 eggs
1/2 teaspoon vanilla
1/4 teaspoon salt
12-3 cups flour
2 tablespoons baking powder

CHOCOLATE FILLING

1 square chocolate, cut fine
1/2 cup sugar
4 tablespoons flour
1 egg
1/2 cup milk
1/2 teaspoon salt
1/2 teaspoon vanilla

Recipes for Small Family Units

An especially valuable feature of EVERYBODY'S COOK BOOK is the fact that the recipes are practically all measured for small family units of from four to six. The cook does not have to worry about how many people a certain recipe will serve, or how to reduce the quantities so that the dish produced will fit her family. Young housewives, in particular, will find this helpful.

This cook book runs to 64 pages with 300 recipes, is indexed, and has special cooking information that is useful in every kitchen. It costs only 15 cents a copy, and is printed on heavy paper with a strong cover. Use this coupon:

The Capital Journal Information Bureau,
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I enclose herewith FIFTEEN CENTS in coin (carefully wrapped) for a copy of EVERYBODY'S COOK BOOK.
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Patrick Malloy, right, superintendent of the huge Formay plant of Swift & Company in Los Angeles, retired the other day after working for the company for 44 years. Left is V. M. Ekdahl, general manager and in charge of Formay sales on the Pacific Coast, who presented Malloy with a set of matched golf clubs in behalf of employees. Malloy and Ekdahl together have served with the organization a total of 75 years.

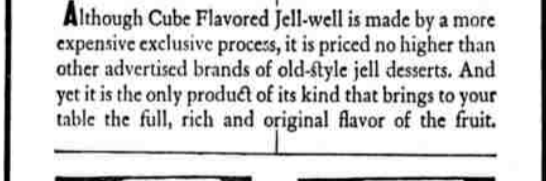
Patrick Malloy, plant superintendent of the \$1,500,000 Swift & Company Formay refinery in Los Angeles, has retired after being in the service of the company for 44 years. He is going to enjoy life by running his ranch at Downey, Calif., and using the de luxe set of golf clubs presented to him by V. N. Ekdahl, general manager, in behalf of the hundreds of employees. The big plant shut down for a time while men and women assembled to hear Ekdahl, who is in charge of Formay sales on the Pacific coast, pay tribute to Malloy and present the farewell gift. With his golf bag over his shoulder Mal-

CUBE FLAVORED* Jell-well

Costs no more!

Pure Fruit Flavor Sealed in Cubes, Priced No Higher Than Old Style Jell Desserts!

Although Cube Flavored Jell-well is made by a more expensive exclusive process, it is priced no higher than other advertised brands of old-style jell desserts. And yet it is the only product of its kind that brings to your table the full, rich and original flavor of the fruit.



Old. All other brands look alike. Much of the flavor is lost because it dries out in the powder. What is left is further weakened by evaporation on the grocer's shelves.

New. Cube Flavored Jell-well looks different. Pure white crystals of naturally dry ingredients, plus two cubes of sealed-in flavor. Full strength no matter how long kept.

New Process!... After over forty years of effort by makers of jell desserts, the problem of concentrating and retaining the original flavor of the fruit itself has been solved.

Cube Flavored Jell-well is the answer, containing an entirely new kind of pure fruit concentrate, never before used in jell desserts. This flavor, too thick for mixture in powdered form, is compressed into cubes and sealed against evaporation by a coating of pure sugar glaze, keeping the flavor fresh until moment of use.

Cube Flavored Jell-well is Different!... You can see this... the moment you open the package; again, when you stir it in the hot water and note the rich fruity flavor as it is released from the cube. And finally your first taste will tell you that here, at last, is a jell dessert with flavor that

Try Jell-well
A delicious custard-like dessert... Served hot or cold. In three favorite flavors... chocolate, butterscotch, and vanilla.

* PATENT PENDING

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TRY SPANISH DISHES SOON

Let's go native and have some Spanish dishes for a change! A warm dash of Spanish flavoring on a blustery evening is something you'll welcome. You don't have to go to a swank restaurant in a metropolis to get a foreign dinner. You'll be surprised what real fun it is to prepare it right in your own kitchen. Try these recipes and see if we aren't right!

EGGS MADRID STYLE (Pisto Madrillena)

Skin and chop a fresh tomato. Put in a fireproof earthenware dish

Chicago, just a year after the first refinery was opened. Now there are 47 Swift refineries in the United States and foreign countries.

Born in Darry county, Ireland, Malloy earned his way to the top. He was married to an Irish colleen in Chicago. They have seven children and eight grandchildren. One son is a Jesuit priest, another studying for the priesthood, one daughter is a nun, and two sons are employed by the Swift organization. "I've had a grand life. I'm still fit as a fiddle and can lift as much as the youngest man. I'm going to keep in shape by ranching and playing golf. I've been lucky in every way. All my children are well and happy. They are all grand kids, because they take after their mother. We have been married 41 years, and I'm looking forward to our golden wedding anniversary," Malloy said.

with a teaspoon of olive oil and two pats of butter. Cook over a slow flame for five minutes. Add cooked fresh peas and lima beans, also three shrimps. Season with salt and Spanish pepper. Whip two eggs, scramble them lightly, combine with the other ingredients and place over a low flame for a minute. Serve immediately.

ARROZ CON FOLLO (Chicken and Rice)

Prepare the following in a flat shaped crockery dish, known in Spanish as a cazuela. First put in a creole sauce made from sliced tomatoes, Salso di Pomado (a Spanish tomato paste which can be bought in any delicatessen store) and chopped red peppers. Flavor with a small amount of azapan (a Spanish condiment) and one tablespoon of olive oil. To this add one cup of rice, cooked, and two cups of warm chicken broth, which has been cooked by a slow fire. Cook entire ingredients half an hour over

a medium flame. Garnish lightly with pimientos, green peppers and parsley.

TOMATO CHOP-UP

Wash and chop 3 pounds green tomatoes, add 1/4 cup salt, let stand over night, rinse and drain. Peel, chop and drain 3 pounds firm red tomatoes. Cut up and remove seeds of 5 sweet red peppers and 5 hot red peppers. To the above mixture add 1 tablespoon celery seeds. Into a bag of thin cloth, put 1 1/2 tablespoons mixed spices, place this into 1 cup vinegar and 2 cups brown sugar and let come to a boil. Add the tomato mixture and cook for 45 minutes. Cover with paraffin and keep in a cool place. Makes five pints.

Keizer—A "hard times" gathering of the Keizer Ladies' Aid was held Thursday at the home of Mrs. H. R. Irvine. This was an all-day meeting.

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SOAP Crystal White 10 bars 29c
Mop Sticks Aluminum Head each 9c
Shinola black, brown, tan, can 7c
Special Brooms 43c
Toilet Soap Lifebuoy 2 bars 13c
SOAP Liberty White 10 bars 19c

FRUITS AND VEGETABLES

SPINACH fresh local lb. 5c
Asparagus tender green lb. 15c
Apples fancy Winesaps 5 lbs. 19c
\$1.19 Box
GRAPEFRUIT large 10 for 33c
Arizona Seedless
NEW POTATOES 4 lbs. 23c
Fancy Floridas

COFFEE

Columbia Best—more cups per pound
lb. 24c 3 lbs. 70c

28 oz. 17c
10's 10's 55c
Flour Curve Cut
Macaroni lb. 5c

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Special 34c and 44c
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SUNFLOWER BUTTER COOKIES—Extra Special. dozen 10c

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GET THIS FULL SIZE ONE POUND CAN for 5c
with THIS 3 POUND CAN at 15c
3 lbs. 58c
1 lb. 5c
Both 63c
Large Pkg. 30c

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FRESH MEATS

Government Inspected

BEEF ROAST Choice Young Steer lb. 16c
SIRLOIN Steak Tender and Juicy lb. 21c
PORK STEAK Young Pig Pork lb. 23c
PORK ROAST Center Cuts lb. 21c
PURE LARD Open Kettle Rendered 2 lbs. 33c
CORNEB Beef Serve with Cabbage lb. 15c

Hills Bros Red Can Coffee

Pound can 30c
Orange Pekoe Black Tea in cello. 25c
1/2 lb. 19c
Japan Green Tea—in cello. 19c
Van Camp's Tomato Juice—Soup—Pork & Beans, large tins, 2 for 19c
Kern's Catsup, 2 bottles 19c

Gulf Kist fancy Shrimp

3-ounce cans 12c
Gulf Kist oysters—5-ounce cans 12c
FAB Butter Clams—1/2's, can 10c
Pink Salmon—1's tall, 2 cans 19c
White Star Tuna—1/4's, can 10c
1/2's, can 15c

Searchlight Matches

Box 5c; 6 boxes 28c
White Cloud Shortening, 4 lb. cartons 49c
Florida Gold Fancy Grapefruit, 300's, 2 cans 19c
Alta Villa Tomatoes—2 1/2's, 2 cans 19c
Nature Gift Peas, 303's, 2 cans for 15c

All Pure Milk

3 tall cans 17c pkg. 23c
Wheaties—Package 11c

Cake Flour

pkg. 29c

SPERRY

Wheat Rolls