



A Page for THRIFTY SHOPPERS and CLEVER COOKS



Proof of the Pudding

This column is for the benefit of Capital Journal readers. Contributions or recipes will be gladly accepted and are given as to recipe, party plans or menus should be addressed to **ROSEVA EYRE, Food Page Editor, Capital Journal**

Dear Miss Eyre: Some time ago you printed an excellent recipe for carrot pudding. I failed to keep the clipping and wonder if you would repeat the rule in Thursday's column. Thank you. Mrs. B.F., Salem

Also, I would appreciate any other recipes you have using caviar. Thank you. Miss G.E., Salem.
Ans.: Caviar Fingers: BROWN bread, butter, 2 ounces caviar, lemon, 1 1/2 teaspoon onion (minced), Cayenne pepper, 2 tablespoons mayonnaise, 1 hard-boiled egg yolk, 1/2 teaspoon parsley, 1/2 teaspoon catsup, 1/2 teaspoon prepared mustard. Cut thin slices of brown bread into finger lengths. Butter the slices lightly. Mix two ounces of caviar carefully with a squeeze of lemon, a dash of Cayenne pepper. Spread the slices with caviar. Mix mayonnaise with strained egg yolk, parsley, one-half teaspoon chopped onion, catsup and mustard. Put through small pastry tuber around edge of canape. Stand in cool place until required.
Caviar and Oyster Canape: Cut rounds of toast about two inches in diameter and spread with caviar seasoned with lemon juice and finely chopped onions. Place a raw oyster with thin slices of lemon and parsley. Serve on lettuce.
Savory Canape: 12 strips toast, 1/4 cup butter, 2 tablespoons capers, 1 tablespoon minced parsley, 1 teaspoon onion juice, 1 teaspoon lemon juice, 1 hard-boiled egg, 2 ounces caviar. Cream butter and mix with it, parsley, onion juice and lemon juice. Spread on toast. In the center place one slice of hard-boiled egg and a small round of caviar.

Food Page Editor: I have guests coming for Thanksgiving dinner who do not care for the proverbial plum pudding and I would like to serve Crepes Suzette for dessert. Do you have a recipe that could be managed at home and one that would be satisfactory? Thank you for past favors. J.H.D., Salem.
Ans.: Crepes Suzette: I have a rule for the same thing as Crepes Suzette except that it is called "Crepes Cuban" merely because Cuban rum is used in the serving. These miniature pancakes aren't nearly as fancy as their name implies and they may be prepared at home very easily. Use one large ripe pineapple cut into small dice, four ounces each of granulated sugar and water, six tablespoons apricot jam, one tablespoon Cuban rum, six ounces flour, three eggs, one pint milk, pinch of salt. Cook diced pineapple in sugar and water until water has been absorbed. Add apricot jam and rum. Cook two minutes more. Make batter of flour, eggs, milk and salt. In a six-inch frying pan make twelve the hot pineapple filling, roll and very thin pancakes. Cover each with place on a fireproof platter. Sprinkle with powdered sugar and glaze under broiler flame. Put three pancakes on each plate, pour about an ounce of rum on each and set a match to the rum just as it is placed before the guest.

Outline Chores Of Thanksgiving

Salt and pepper shakers and sugar bowls could be filled and liners and silver made ready on Tuesday. Wednesday chores should include preparing turkey for the oven, making chestnut dressing, cranberry and applesauce, molded salad, washing lettuce and celery and putting in cheesecloth bags in refrigerator, also arranging a centerpiece of chrysanthemums and autumn leaves.

Dear Miss Eyre: A friend of mine recently served a dish made of a combination of squash, honey, pineapple and some coconut—and I don't know what else. I wonder if you have a recipe for this, giving the correct amount of the ingredients. Mrs. G. A., Silverton.
Ans.: I found something called "Squash Surprise" which seems to be exactly what you are looking for. Use 1 1/2 lbs. squash, 3 tbs. of honey, 1/2 tsp. of salt, pepper as desired, 9 slices of pineapple, shredded coconut. Cook the squash until tender, then drain, mash and add the honey, salt and pepper. Arrange the slices of pineapple in the bottom of an old baking dish, and put a mound of seasoned squash on top of each slice. Sprinkle with a little coconut and put in a moderate oven, 375 degrees, to heat thoroughly and brown the coconut.

Miss Eyre: I would like to know how to prepare "Caviar Fingers" to be used as canapes before dinner.

FRUIT SALAD DRESSING
One-third cup pineapple juice.

one-quarter cup sugar, one and one-half teaspoons lemon juice, one egg, one cup whipping cream, grain of salt. Mix fruit juices, add egg and sugar and cook in a double boiler two minutes. Cool. Beat cream until thick but not stiff and add with salt. Continue beating until blended.

Popcorn Balls
(15 Balls)
2-3 cup sugar
1 cup molasses
2 tablespoons vinegar
2 tablespoons butter
4 teaspoon soda
3 quarts popped corn
Boil gently and without stirring the sugar, molasses, vinegar, water and butter. When hard ball forms when portion is tested in cold water, add soda and stir well. While foaming pour over the corn, mixing well. Let stand 5 minutes or until corn is cool enough to handle. Take portions in palms of hands and press into balls. Wrap in waxed paper and store in dry place.

FILLING THE TEA TABLE

A variety of foods lends interest to the tea table and really no more work nor expense is involved than if greater quantities of two or three foods are served.
TEA FOR TWELVE
Ham Circles Cheese Puffs Dainty Snacks
Butterscotch Fingers
Candied Ginger Tea Mint Candies
HAM CIRCLES
15 circles bread
1/4 cup chopped cooked ham
1 tablespoon chopped pickle
1 olive chopped
2 tablespoons salad dressing
2 tablespoons butter
Arrange bread on baking sheet. Mix rest of ingredients, spread on bread. Toast until brown.
DAINTY SNACKS
2 cups flour

4 teaspoons baking powder
1/4 teaspoon salt
4 tablespoons fat
2-3 cup milk
Mix flour, baking powder and salt. Cut in fat and add milk. When soft dough forms pat it out until 1/4 inch thick. Carefully remove to greased shallow pan. Cover dough with the topping.
TOPPING
2 tablespoons butter
1 teaspoon cinnamon
1/2 cup brown sugar
1/4 cup shredded nuts
1/2 cup chopped raisins
Mix ingredients and spread on top dough. Bake 12 minutes in moderate oven. While warm cut into small squares or diamond shapes. Serve fresh.

BUTTERSCOTCH FINGERS
(With Pecans)
2 eggs
1 cup dark brown sugar
1 teaspoon baking powder
1 cup flour
1/4 teaspoon salt
1 teaspoon vanilla
1/2 cup pecans, broken
Beat eggs and add sugar. Mix thor-

oughly. Add rest of ingredients and pour into greased shallow pan. Bake 25 minutes in moderate oven. Cut into bars 2-3 by 2 inches. Sprinkle with confectioner's sugar.

Sweet Potatoes and Apples
2 cups diced sweet potatoes
1 cup water
2 cups sliced apples
2-3 cup sugar
1/2 teaspoon cinnamon
1/4 teaspoon cloves
2 tablespoons butter
1 tablespoon lemon juice
Boil potatoes and water 10 minutes, add apples and boil 15 minutes. Add sugar and mix well. Drain and

reserve stock. Add rest of ingredients to potatoes and apples. Arrange in buttered baking dish and add stock. Bake 15 minutes in moderate oven.
ALLENS ARE HOME
Lyons—Mr. and Mrs. Earl Allen returned home Wednesday from San Diego, Calif. The family, Mexico and other places of interest. They have been gone for two weeks.

MIDGET MARKET

INSPECTION 440 ORE.S.D.A.

HERE AT LAST

Lower prices on fresh pork. The market has dropped and we are quick to follow TENDER CUTS FROM GRAIN FED PORKERS

Young Pig PORK ROAST 17c lb.	Young Pig PORK STEAK 20c lb.	Dainty Lean LOIN CHOPS 25c lb.
Tender Juicy Sirloin STEAK 15c lb.	Swiss Cut Round STEAK 15c lb.	Sugar Cured PICNICS 17c lb.

In Meats, especially QUALITY is the all-important consideration. That's why it pays to shop at the Midget

COUNTRY STYLE PORK SAUSAGE 22c lb.	FRESH GROUND BEEF 12 1/2c lb.
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We close at 6 p. m. — On Saturdays at 7 p. m. — HARRY M. LEVY, Prop.

Tested by Mary Mills

Tempting Dainties are easily made with FISHER'S quality CAKE FLOUR

For the Choicest Cakes—
... Angel Food cakes, layer cakes, jelly rolls, cookies, and tender waffles, always use Fisher's Cake Flour. Packed in the Handysacks with the red draw strings and sealed in Cellophane. Notice how long your cakes remain moist.

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Supply that needed energy with HONEY MAID GRAHAMS

"I'm hungry, Mother!" . . . the familiar theme song of healthy youngsters. On the go every minute, they need plenty of energy-giving nourishment. So see that he gets all the Honey Maid Graham's he wants. And he'll want plenty. For children love the nut-like, honey-sweetened flavor of these golden squares. Serve them with milk between meals, with fruit and other desserts, and put them in school lunches. They're crammed with nourishment and contain vital elements of growth.

Order Honey Maids today in the thrifty-size green package. They're wax-wrapped to preserve their oven-freshness.

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OVEN-FRESH

YOUR CHOICE OF 3 CONVENIENT SIZED PACKAGES

SLEEPLESS NIGHTS WERE WRECKING MY LIFE until...

READ WHAT HAPPENED...

AT HOME
WOW, FRED—AREN'T YOU ASHAMED TO BE SO CROSS WITH JUNIOR?
YOU DON'T SEEM TO REALIZE THAT I LAY AWAKE TILL 3 O'CLOCK AGAIN LAST NIGHT. AND WHAT'S MORE, IF HE DOESN'T STOP THAT INFERNAL RACKET, I'LL SPANK HIM WITHIN AN INCH OF HIS LIFE!
SEE HERE THOMPSON—WE'VE HAD JUST ABOUT ENOUGH OF YOUR IRRITABILITY AND BAD TEMPER—YOU'VE LOST US 2 CUSTOMERS ALREADY. I'M GIVING YOU FAIR WARNING, IT'S GOT TO STOP RIGHT NOW!
SERVES HIM RIGHT—HE GETS MORE IMPOSSIBLE EVERY DAY!

MRS. THOMPSON TAKES A HAND
HE JUST TOSSES AND TURNS NIGHT AFTER NIGHT—AND IS SO IRRITABLE THEY'VE WARNED HIM TWICE AT THE OFFICE... I TELL YOU, JESSIE, I'M SIMPLY WORRIED TO DEATH.
BUT DORA, WHY DON'T YOU TRY OVALTINE? IT'S REALLY WONDERFUL THE WAY IT HELPS SO MANY POOR SLEEPERS GET TO SLEEP!
OVALTINE? YOU MEAN THE SWISS FOOD-DRINK DR. JENKINS IS ALWAYS TALKING ABOUT?
THAT'S IT. YOU SIMPLY GIVE IT MIXED WITH HOT MILK AT BEDTIME. AND IT WASN'T ANY DRUGS IN IT—THAT'S WHY WE LIKE TO RECOMMEND IT.

THAT NIGHT... FRED TRIES OVALTINE
WELL, I'LL ADMIT THIS OVALTINE TASTES GOOD. BUT THE WAY I FEEL, NOTHING COULD HELP ME SLEEP.
DON'T BE TOO SURE, HONEY—BUT NOW HURRY ALONG TO BED.
WELL, THANK HEAVENS! IT LOOKS LIKE THE LAST OF THOSE SLEEPLESS NIGHTS!

SOME WEEKS LATER
BIG NEWS, HONEY! YOU PROMOTED ME TO OFFICE MANAGER TODAY—AND I OWE IT ALL TO YOU FOR SHOWING ME HOW TO GET RID OF THOSE SLEEPLESS NIGHTS!
OH FRED, I'M SO PROUD! I'M GOING TO PHONE JESSIE RIGHT NOW AND TELL HER WHAT A "GOOD TURN" SHE DID WHEN SHE TOLD ME ABOUT OVALTINE!
"Usually I have lain in bed from 2 to 3 hours before going to sleep. The first night after taking Ovaltine I went to sleep almost at once after I had the pill. After I had taken it for 3 nights, my nerves were much steadier and my brain much more clear. You may use this letter as an honest testimonial. It is solicited and written in good faith."—written Mr. Edward Felker of Erie, Pa.
Another letter from Mrs. A. Collamer, c/o Hospital, Atkinson, Neb., says in part:—"I find Ovaltine very beneficial in cases of nervousness, especially when taken at bedtime. After a hard day's work, a cup of Ovaltine in hot milk relieves the nerves amazingly and does away with tossing and restlessness while sleeping." These letters cover, of course, only two individual experiences. Naturally, we do not claim or guarantee that similar results will occur in every case where Ovaltine is used. But these statements are so typical of thousands we have received, that we believe a thorough trial of Ovaltine is justified by every intelligent person in cases of "nerves" and sleepless nights.
Ovaltine is a delicious pure food concentrate, first created in Switzerland as a strengthening food for nervous, underdeveloped children—as well as for invalids, convalescents and the aged. These physicians noted that, when taken as a hot drink at bedtime, it was also a remarkable aid to sound, restful sleep. But don't judge Ovaltine merely by what users claim for it. See for yourself how remarkable it is. Phone your druggist or grocer for a tin of Ovaltine now. Or, if your need is not immediate and urgent, mail the coupon for a 3-day, trial supply.

And Now . . . Read What These Delighted Users Write:

MAIL FOR 3-DAY TEST
The WATSON COMPANY, Dept. 316-14
150 North Michigan Ave., Chicago, Ill.
I enclose 10c to cover cost of packing and mailing. Send me your test package of Ovaltine. One package is a trial.
Name _____
Address _____
City _____ State _____
(Print name and address in PENNILE)
OVALTINE
The Swiss Food-Drink—Now made in the U.S.A.
LOOK FOR NEW LOW PRICES
AT DRUG, GROCERY AND DEPARTMENT STORES