

TRY VEGETABLE CASSEROLE NOW

Cheese biscuits are "tops"—and particularly on this vegetable casserole we're going to tell you how to make. And you'll delight in preparing it, for it is such fun selecting the vegetables—the color and flavor combinations are almost limitless. We chose carrots, peas and asparagus because they're in season right now. Remember, too, any time you have "left-over" vegetables, this will be a grand way to use them.

Cheese biscuits are "tops"—and you will be too when you serve your family this vegetable casserole! So don your apron and go to it!

VEGETABLE CASSEROLE

1 cup sliced onion
2 cups cooked carrots
1 cup cooked peas
1 cup cooked asparagus
2 tablespoons butter
2 tablespoons flour
1-1/2 cups boiling vegetable liquid
1-3 cups evaporated milk

Freshly cooked or canned vegetables may be used. 2 thops. caps may be added. Place vegetables in a buttered, shallow baking dish. Pour white sauce, made of remaining ingredients, over vegetables and cover top with thin cheese biscuits. Bake in a hot oven (450 degrees F.) until biscuits are brown, about 15 minutes. Yield: 8 to 10 servings.

CHEESE BISCUITS

2 cups flour
4 tablespoons baking powder
1/2 teaspoon salt
1/2 cup melted butter
1/2 cup cold milk

Sift flour, then measure. Rub with baking powder and salt, and mix with the melted butter. Rub fat into dry ingredients. Add diluted milk and mix quickly but thoroughly. The dough should be soft. Turn out on a floured board. Pat to 1/2 inch thickness and cut.

This vegetable casserole with golden cheese biscuits sitting around on top is an excellent one-dish meal, for it is appealing and nutritious.

Marketing For Two

Be careful not to over-supply the larder with perishable foods so that there will be waste. Staples should be purchased wisely and well stored in containers or refrigerator. Fresh fruits and vegetables should be carefully selected and menus planned to avoid such duplications as too many starches or too few greens.

DINNER SERVING TWO

Corn Cheese Souffle
(Meat Substitute)
Creamed Green Beans
Biscuits, Currant Jelly

Chocolate Cookies, Prosted Coffee

2 tablespoons butter
2 tablespoons flour
1 cup milk
1/2 cup brown sugar
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 teaspoon minced parsley
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 cup grated cheese
2 eggs
2 egg whites, beaten

Melt butter and add flour. Mix and add milk and seasonings. Cook slowly and stir constantly until creamy sauce forms. Add corn, cheese and yolks. Beat 2 minutes, fold in whites and pour into buttered baking dish. Set in pan of hot water and bake 35 minutes in moderate oven. Serve soufflé in dish in which baked.

CHOCOLATE COOKIES (2 dozen)

1/2 cup fat
1/2 cup sugar
3 tablespoons cocoa
1/2 teaspoon vanilla
1/2 cup confectioner's sugar
1/2 cup flour
1/2 teaspoon soda

Cream fat and sugar. Add rest of ingredients, mix lightly. Drop portions of dough from tip of spoon on to greased baking sheet. Flatten well and bake 10 minutes in moderate oven.

CREAMY FROSTING

2 tablespoons butter
2 tablespoons hot coffee, leftover
1/2 teaspoon vanilla
1 cup confectioner's sugar
1/2 cup flour
1/2 teaspoon soda

Mix ingredients, beat well until creamy. Frost tops of cookies.

Deviled Eggs

8 hard cooked eggs
2 tablespoons chili sauce
1 tablespoon salad dressing
1/2 teaspoon chopped pickle
1/2 olive chopped
1/2 teaspoon salt
2 tablespoons grated cheese
Paprika

Cut eggs in halves, remove and mash yolks. Add sauce, dressing, pickles, olive and salt. Refill egg white cases, sprinkle with cheese and paprika. Chill and serve.

Apple Sauce placed on biscuit dough,

baked and served with cream is a hearty dessert and one suitable for children.

Bacon fat gives good flavor to meats and fish when browning.

Pineapple Orange Ice Cream

2 cups orange juice
1 cup lemon juice
1 cup crushed pineapple
2 cups sugar
1/2 teaspoon salt
1 cup milk
4 cups cream

Mix fruit and sugar. Let stand 10 minutes, slowly add rest of ingredients and freeze by regular method. This cream can be frozen in mechanical refrigerator by beating well for first 1 1/2 hours at 30-minute intervals. It will require about 4 1/2 hours to freeze. The cream really improves in flavor if allowed to stand, well packed, for 2 hours or longer before serving.

Here's a Red-Letter Day Dessert



FAMILIES cherish as red letter days the occasions when a dessert they really love to eat puts in an appearance. Every day, of course, can't be a red letter day—but when luscious fresh peaches are in season the housewife's batting average in champion desserts is likely to reach a new high. Here are two contributions to that happy state of affairs:

Peach Tarts Glass

8 fresh peaches, sliced, or 3 cups sliced peaches
1/2 cup sugar
1 package orange-flavored gelatin
1 1/2 cups warm water
Dash of salt

Combine peaches and sugar and let stand 10 minutes. Dissolve gelatin in warm water.

Chill. When slightly thickened, fold in fruit. Turn into ring mold. Chill until firm. Unmold. Serves 8.

tin in warm water. Add salt and pour over peaches. Chill until gelatin begins to thicken. Fold 4 tablespoons thickened gelatin into whipped cream. Chill. Place layer of whipped cream in bottom of each tart shell. Chill about 10 minutes. Cover with layer of jelly peaches, arranging slices in attractive design. Add thickened gelatin to fill tart.

Peach and Grape Temptation

1 package raspberry-flavored gelatin
1 pint warm water
1 cup halved white grapes, seeded
1 cup sliced peaches

Dissolve gelatin in warm water. Chill. When slightly thickened, fold in fruit. Turn into ring mold. Chill until firm. Unmold. Serves 8.

Proof of the Pudding

This column is for the benefit of Capital Journal readers. Contributions or recipes will be gladly accepted and any queries as to recipes, party plans or menus should be addressed to Rovena Eyre Food Page Editor, Capital Journal.

Dear Miss Eyre: Will you please print a recipe for canning tomato soup (puree). I enjoy your food page very much. Mrs. R. M. Slayton.

Ans: Tomato Purée: Use 6 onions, 3 carrots, 3 stalks celery, 1 turnip, 3 sweet peppers, 1/2 peck tomatoes. Run ingredients, except tomatoes, through a food chopper, cover with boiling water and simmer until soft. Cut the tomatoes, do not peel, and bring to boiling point. Add the other ingredients and boil for 40 minutes, or until all parts are tender. Strain through a colander, season

Sweet Potatoes

With Apples

4 tablespoons fat
2 cups sliced sweet potatoes
2 cups sliced raw apples
1/2 cup brown sugar
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 teaspoon minced parsley
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 cup grated cheese
2 eggs
2 egg whites, beaten

Melt fat in frying pan, add potatoes and apples. Cover and cook 5 minutes. Add rest of ingredients, stir frequently and cook 10 minutes in covered pan.

Berry Waffles

2 cups flour
2 tablespoons baking powder
1/2 teaspoon salt
1/2 cup brown sugar
1/2 cup milk
1/2 cup butter, melted
2 eggs, beaten

Melt butter and add flour. Mix and add milk and seasonings. Cook slowly and stir constantly until creamy sauce forms. Add corn, cheese and yolks. Beat 2 minutes, fold in whites and pour into buttered baking dish. Set in pan of hot water and bake 35 minutes in moderate oven. Serve soufflé in dish in which baked.

Stuffed Crabs

2 cups crabmeat
1/2 cup milk
2 tablespoons butter
1/2 cup brown sugar
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 teaspoon minced parsley
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 cup grated cheese
2 eggs
2 egg whites, beaten

Melt fat in frying pan, add potatoes and apples. Cover and cook 5 minutes. Add rest of ingredients, stir frequently and cook 10 minutes in covered pan.

JUICY PIE

To prevent the juice of a berry pie from running over while baking, place the pie tin in one a few sizes larger before putting in the oven.

SHREDDED WHEAT

"BAY—IF YOU WANT a real treat, just take home a pack of Shredded Wheat and some fresh, juicy peaches. Try them for tomorrow's breakfast—you'll agree it's the season's best flavor combination."

SHREDDED WHEAT

Mix fruit and sugar. Let stand 10 minutes, slowly add rest of ingredients and freeze by regular method. This cream can be frozen in mechanical refrigerator by beating well for first 1 1/2 hours at 30-minute intervals. It will require about 4 1/2 hours to freeze. The cream really improves in flavor if allowed to stand, well packed, for 2 hours or longer before serving.

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ROLLED CHICKEN SANDWICH GOOD

Looking for a sandwich that's new and different? Roll up this one of chopped chicken and ripe olives in a creamy sauce. Bet you'll vote this the best and most interesting sandwich you've ever poked under your broiler.

The creamy sauce, made with undiluted evaporated milk, is of perfect consistency—and doubly rich in milk solids and the "sunshine" vitamin D.

These sandwiches can be made ahead of time and kept in the refrigerator. It takes only a few minutes to slice and toast them—and they're excellent served piping hot. And here's a tip—you can buy cans of ripe olives already chopped—and save yourself time and work!

ROLLED CHICKEN SANDWICHES

5 egg yolks
1 tablespoon flour
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1 cup evaporated milk
1 cup chopped ripe olive (3/4 cup)
1/2 cup chopped cooked chicken
1 pound loaf bread
Dash of cayenne

Beat egg yolks. Add flour and salt, blend well, then add milk. Cook over boiling water until thickened. Add seasonings, olives and chicken. Remove crusts from bread. Cut in thin slices lengthwise. Spread with butter and thickly with the chicken mixture. Roll as for jelly roll. Chill thoroughly. Cut in slices about 1/2-inch thick. Toast under broiling flame. Yield: 36 small sandwiches.

Cut rather generously, these sandwiches are grand with a fruit salad and beverage for a summer-time supper. And sliced more daintily, they're the perfect accompaniment for a friendly cocktail.

Chicken and Ham Loaf

1 cup chopped cooked chicken
1 cup chopped cooked ham
1 cup soft bread
1 cup milk
2 eggs or 4 yolks
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 teaspoon minced parsley
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 cup grated cheese
2 eggs
2 egg whites, beaten

Mix bread and milk, let stand 5 minutes. Add rest of ingredients and pour into buttered loaf pan. Bake 30 minutes in moderate oven. Let stand 5 minutes on back of stove. Carefully unmold and serve warm, cut in slices. Chicken fat can replace the butter and chicken stock the milk, if desired.

CREAMY EGG SAUCE

3 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 teaspoon minced parsley
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 cup grated cheese
2 eggs
2 egg whites, beaten

Melt butter and add flour, seasonings and milk. Cook until creamy sauce forms. Stir constantly. Add rest of ingredients and cook slowly 2 minutes. Serve immediately.

Bacon Omelet

1/2 cup of bacon, cooked
4 egg yolks
1/2 cup cream
1/2 cup salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 teaspoon minced parsley
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 cup grated cheese
2 eggs
2 egg whites, beaten

Beat yolks with cream and seasonings. Fold in white and pour into butter, heated in frying pan. Heat slowly until omelet has become puffed on top and is brown underneath. Sprinkle with the cooked bacon and fold half over. Cook 3 minutes. Carefully turn onto heated platter.

STUFFED EGGS

4 hard-cooked eggs
3 tablespoons salad dressing
2 tablespoons chili sauce
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 teaspoon minced parsley
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 cup grated cheese
2 eggs
2 egg whites, beaten

Remove and mash egg yolks after cutting eggs in halves lengthwise. Roughly refill egg whites with rest of ingredients combined with yolks. Chill and arrange around veal.

CHIFFONADE SALAD DRESSING

1 cup French dressing
1/2 cup hard-cooked egg, diced
1/2 teaspoon chopped green pepper
1/2 teaspoon chopped pimientos
1/2 teaspoon celery salt
1/2 teaspoon minced onion
1/2 teaspoon minced parsley
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 cup grated cheese
2 eggs
2 egg whites, beaten

To separate the leaves of lettuce, after removing outside leaves and core, place under running water. CHIFFONADE SALAD DRESSING

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McDowell's Market

PHONE 8757 SALEM'S LEADING MARKET 171 S. COMMERCIAL ST.

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We are now offering our customers the the choicest lot of beef we have ever had in our market. At these low prices it is a real treat for you, so please don't pass this up.

Fresh Side Pork or Salt Pork 18c

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This Sausage is the Best We Know How to Make

Sliced Liver Beef or Pork ... 10c

Fresh Pork Shoulder 17c

BEEF TO ROAST	12 to 14c	SIRLOIN STEAK	15c
PRIME RIB ROLL	15 to 17c	BEEF TO BOIL	8c
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VEAL TO STEW	8c	BACK BONES	5c
MUTTON TO STEW	5c	LEG OF YOUNG MUTTON	15c

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Hamburger or Ground Beef, 2 lbs. 25c

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Broadway & Columbia Sta.

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WITH 2 PGS. MORTON'S SALT

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10's 24 1/2's 49's

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1936 Pack, noted for their tenderness, 2's 13c

San Wan Peas 3 for 37c

Lifebuy Toilet Soap 2 bars 11c

Washing Powder 25c

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ECONOMY COFFEE — A Mild Brazilian Blend, 3 lbs. 49c

TEA—High Grade India Ceylon, 8 oz. in cello 29c

TEA—High Grade Japan Green, 8 oz. in cello 19c

SWANSDOWN CAKE FLOUR, 1 lb. pkg. 25c

PICKLING SPICES—A mixture of No. 1 spices, 8 oz. 15c

MUSTARD—For Home Made Pickles, 8 oz. 15c

EDGEMONT CHEESE-IT 12c

CRAX, pkg. 14c

CATSUP—Del Monte Fancy, 14-oz. bottle 14c

SHORTENING—Westminister, 1 lb. pkgs. 4 lbs. 43c

DEPT. NO. 2

TOMATOES 4 Pound BASKET... 10c

BEANS BLUE LAKE 4 Pound.. 10c

LEMONS... Dozen 23c

ORANGES PICNIC SIZE 2 Dozen 29c

DEPT. NO. 3

Lemon Lime Cake with Lemon Iceing 34c & 44c

Butterflies or Pineapple Rolls 6 for 12c

Jelly Rolls 2 for 25c | Pan Rolls 1 DOZ PAN 10c

DEPT. NO. 4

FRESH MEATS

BEEF IS A GOOD WARM WEATHER FOOD

Beef lends itself very readily to use during warm weather. You may roast a Rib of Beef or cook a Pot Roast in the early morning hours before the day grows warm and put it aside to cool—for dinner, luncheon, or picnic, sliced cold beef is excellent and you get the needed mineral nutrients and vitamins for this time of year. SPECIAL VALUES—BUY BEEF TODAY.

STEAKS SIRLOIN OR RIB lb. 19c

BEEF ROAST CHOICE SHOULDER CUTS lb. 14c

BOILING BEEF RIB or BRISKET lb. 10c

Savory Pressed Steaks Tenderized and Seasoned ea. 5c

Leg 'o Mutton lb. 12c

Shoulder Mutton lb. 10c

Mutton Chops lb. 12c