

Carload of Milk for Salem People



Getting back to the "good old days" when commodities arrived in carload lots. Above is shown a carload of Borden's Evaporated Milk shipped to Salem to fill anticipated orders expected as a result of the baby pictures now being run in the Capital Journal.

DECORATION DAY PICNIC

Menu for Twelve

- Savory Veal Loaf
- Potato Salad
- Cream Cheese and Olive Sandwiches
- Prune Bread and Nut Sandwiches
- Pickles Radishes
- Strawberry Ice Cream
- Cocoanut Drop Cakes
- Coffee for the Grownups
- Lemonade for the Children

- SAVORY VEAL LOAF**
2 pounds chopped veal shoulder
1/2 pound chopped pork steak
1 1/2 cups crumbs

- 3 eggs, beaten
- 1/4 cup minced celery
- 2 tablespoons minced onions
- 2 tablespoons minced parsley
- 1/2 teaspoon paprika
- 1/2 cup catsup
- 1/2 cup milk

- PRUNE BREAD**
2 cups Graham flour
2 cups flour
2 teaspoons soda
1 teaspoon baking powder
1 teaspoon salt
1 cup granulated sugar
1 cup chopped cooked prunes
1/2 cup raisins
1 cup prune juice
1 cup milk
2 tablespoons butter, melted

- rise 15 minutes and bake 50 minutes in a moderately slow oven.
- STRAWBERRY ICE CREAM**
2 quarts thin cream
2 tablespoons vanilla
3 cups granulated sugar
1/2 teaspoon salt
4 cups crushed berries

Allow about two-thirds of a cup of chicken or fish salad per serving.

Try a Journal Want Ad

Mayonnaise Variety

Try varying the ingredients in the mayonnaise dressing you use in salads. To each half a cup of dressing add two tablespoonful of any of the following: Ripe olives, green olives, pimiento-stuffed olives, chili sauce, catsup, horseradish, green peppers, pimientos, cheese, minced ham or other meat, parsley or chutney.

Carrots are a valuable source of calcium and vitamins. Older carrots should be cooked. Younger ones may be scraped and served in strips or grated. Calcium is needed for teeth and bone structure. It also regulates heart action and helps to keep the blood normal.

"THERE'S NO BETTER PLACE"

Salem-Columbia Market

260 North Liberty

Park Your Car in Our Parking Lot, Then Shop & Save

Prices Effective Friday, Saturday and Monday - May 21, 22, 24



BAKERY PRODUCTS

- White Cakes Ind. Caramel Nut Icing 49c
- PECAN ROLLS 5c—Fruit Tarts 3 for 10c
- COFFEE CAKES Filled Twist Each 15c
- Ginger Snap 6 doz. 25c—Pan Rolls Each 9c

Columbia BEST COFFEE lb. 25c

ROASTED FRESH DAILY... GROUND TO SUIT YOUR REQUIREMENTS FOR POT, DRIP, SILEX OR PERCOLATOR

Kellogg's RICE KRISPIES PEP SHRED' WHT' FLAKES 2 pkgs. 19c

PEAS DEW DROP SUGAR 6 tins 47c

Biscuit Mix Fishers 25c

Libby Chip Beef 9c

Libby CHILLI CON CARNE 2 tins 19c

Beans SMALL WHITE 3 lbs. 25c

Comfort Tissue 3 rolls 25c

Catsup Mission Tomato 9c

Armours Milk 3 for 23c

Starch ARGO CORN OR GLOSS 2 for 15c

FRUITS AND VEGETABLES

- Home Grown Lettuce 2 Heads 9c
- NAVAL ORANGES Fancy Eating Size, doz. 39c
- LEMONS Full of Juice, doz. 19c
- SPINACH Local Good Quality 2 lbs. 7c
- NEW SPUDS Shafter White 10 lbs. 29c

FRESH MEATS

- Leg 'o Mutton lb. 15c
- Mutton Chops lb. 12 1/2c
- Mutton Roast lb. 12 1/2c
- Mutton Stew lb. 7c
- Young Hens lb. 27c
- FRESH SALMON - HALIBUT FRYERS

TRY BAVARIAN CREAM DESSERT

- Breakfast Menu**
Grapefruit Juice
Poached Eggs
Buttered Toast
Coffee
- LUNCHEON MENU**
Cottage Cheese and Fruit Salad
Waffles
Caramel Cookies
Tea
- DINNER MENU**
Broiled Bluefish
Escalloped Potatoes
Biscuits
Asparagus and Cucumber Salad
Strawberry Bavarian Cream

BROILED BLUEFISH
3/4 pound blue fish
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
4 tablespoons butter
Wash, clean and split the fish. Place in a shallow pan and top with the rest of the ingredients. Broil 20 minutes. Cover with sauce and broil 10 minutes. (The fish may also be baked. For that case 20 minutes will be required for the first cooking and 15 minutes more when the sauce is added.)

TOMATO SAUCE
2 tablespoons butter
2 tablespoons minced celery
2 tablespoons minced onions
2 tablespoons minced green peppers
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons flour
1 1/2 cups strained tomato juice
Brown the celery, onions and peppers in the butter melted in a frying pan. Add flour. When blended add rest of the ingredients and cook 2 minutes, stirring constantly. Pour over the fish.

To clean a soiled felt hat rub it with a very fine grade of sandpaper.

Meat Filled Biscuit Ring

- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons fat
- 1 egg
- 1/2 cup milk

Sponge Cake Dessert Good

- 4 egg yolks
- 2 tablespoons orange juice
- 1 cup granulated sugar
- 4 egg whites, beaten
- 1 cup pastry flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon lemon extract
- 1/2 teaspoon almond extract

MUFFIN HINTS
Add half a cup of any of the following ingredients to your favorite muffin recipe: cranberries, nuts, raisins, currants, dates, coconut, grated cheese, drained crushed pineapple, chopped prunes, candied fruit or grated sweet chocolate.



Comments of a coffee pot

"Far be it from me to brag, but a camping trip wouldn't be complete without me. However, I never lose sight of the fact that my success is due to the grand coffee poured out of me—I'm always used for Hills Bros."

For fifty-nine years Hills Bros. have steadfastly maintained a tradition of unchanging quality in roasting and packing the finest coffee obtainable.



CRISPNESS CONCERT

CHILDREN love the "Snap, Crackle, Pop" of Kellogg's Rice Krispies in milk or cream.

A ready-to-serve rice cereal, extra delicious with fruit or honey. Easy to digest. And there's nothing crisper under the sun!

At grocers everywhere. Served in hotels, restaurants and dining-rooms. Made by Kellogg in Battle Creek. Quality guaranteed.



SO CRISP they actually crackle in milk or cream

MIDGET MARKET

ORIGINATORS OF LOW PRICES 351 STATE ST.

R-E-P-E-A-T-E-D A-G-A-I-N

Most of our SENSATIONAL PRICES of last week are continued. We have engaged extra meat cutters to serve you. SALEM'S ONLY MARKET UNDER DIRECT STATE INSPECTION... IT'S YOUR PROTECTION.

BEEF Pot Roast 12 1/2c lb.	PRIME Beef Roast 15c lb.	ROASTS OF Sirloin STEAK 15c lb.	CHOICE Beef to Boil 12 1/2c lb.
Prime Rib of Beef 20c Boneless Roll No Waste, Can Be Cooked Rare, Easy to Slice		Small T-Bone STEAKS 20c Just the Thing for Individuals About 10c Each	
YOUNG PIG Pork ROAST lb. 15c Real Economy	FANCY FRESH HAM ROAST lb. 22c A Wholesale Price	ALL PORK SAUSAGE — lb. 20c Lean Inspected Pork	
'Flavorized' HAM 22c Half or Whole Our Mild, Sweet, Home Cure. Ask the Man Who Tasted One!		BACON 17c SQUARES Sugar Cured, Better Than Bacon for Seasoning. Lean	

We close at 6 P. M. On Saturdays at 7 P. M. Harry M. Levy, Prop.