

Penny-Savers Are The Order Of The Day

Brown Sugar Is The Secret Of Many A Chef's Delight

Do you keep brown sugar handy on your pantry shelf? And do you use it often? We're wondering whether you realize the versatility of this rich, flavor-packed sweetener.

We've printed here more than one taste-tempting recipe that utilizes brown sugar. Who would dream that crispy sweet pickles could begin with four sour pickles, and just by a quick, easy method, become so yummy? Doubtful? Let's prove it.

Easy Sweet Pickle, Slices

4 large sour pickles (canned or bulk)
1 cup brown sugar
2 tablespoons mixed pickling spices
Slice pickles 1/4 to 1/2 inch thick into bowl. Add sugar and spices mix well, and let stand, stirring occasionally, for 3 days or longer before using. Makes about 1 pint.

And here are a few more easy-as-pie recipes that prove our point. Add them to your permanent "favorite recipe" file.

Easy Apple Pudding

1 egg, beaten
1/2 teaspoon vanilla
1/2 cup brown sugar
1/2 cup uncooked rolled oats
2 tablespoons flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 teaspoon cinnamon
2 apples, pared and finely diced
Beat egg in mixing bowl; add vanilla; gradually beat in brown sugar. Stir in rolled oats mixed with flour, baking powder, salt and cinnamon. Add nuts and diced apples. Bake in greased 8-inch square pan in moderate oven (350 Deg.) about 35 minutes. Spoon out of pan into dessert dishes. Serve warm or cold with plain or whipped cream. Serves 4 or 5.

Oatmeal Refrigerator Cookies

3 cups uncooked rolled oats
1 cup brown sugar
1 cup sifted flour
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 cup melted shortening (part butter or margarine for flavor)
1 teaspoon soda
1/4 cup boiling water
1 teaspoon vanilla
Mix first five ingredients in bowl. Stir in melted shortening. Dissolve soda in hot water, add vanilla, and stir into first mixture, blending well. Shape dough into long rolls, wrap in waxed paper, and chill for several hours. Slice thin and bake on ungreased sheets in moderate oven (375 Deg.) about 10 minutes. Makes 5 to 6 dozen crisp, dainty cookies.

Butterscotch Crumb Pudding

3 cups milk, scalded
3 cups broken pieces of bread
2 tablespoons butter or margarine
3 egg yolks, beaten
1/2 cup brown sugar
1/4 teaspoon each salt, cinnamon, nutmeg

1 tablespoon grated orange peel
Pour hot milk over bread, add butter, and let stand till bread is very soft. Add remaining ingredients and beat thoroughly with rotary beater. Pour into 1/2 quart baking dish, set in a pan containing hot water 1 inch deep, and bake in moderately slow oven (325 Deg.) 1 hour or longer, until firm when tested with a knife. Remove from oven, spread roughly with meringue made by beating 3 egg whites stiff with dash of salt, then beating in gradually 6 tablespoons brown sugar and 1 teaspoon grated orange peel. Put back to bake 20 minutes longer until lightly browned. Serves 6 to 8.

Raisin Cup Cakes

1 1/4 cups sifted flour
1/2 cup brown sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1-3 cup shortening
1/2 cup raisins
1 egg, beaten
1/2 cup buttermilk
1/2 teaspoon soda
Sift flour, sugar, salt and spices into mixing bowl cut in shortening with pastry blender or rub with fingers until fine as coarse corn meal. Take out 1/2 cup of this crumbly mixture and set aside to use for topping. Add raisins to the remainder. Stir soda into buttermilk, mix with beaten egg and stir quickly into dry mixture, stirring just until blended but still lumpy. Drop into greased muffin pans and sprinkle with crumbly topping. Bake about 20 minutes in moderately hot oven (375 Deg.). Serve warm.

A dash of allspice is delicious in a tomato sauce. And some cooks like to add a suspicion of cinnamon, too. Or if you want to add herbs, rather than spice, to the sauce try dill, parsley or basil. If you use parsley be sure to add enough to give real flavor. A tomato sauce usually also benefits from a dash of sugar; the amount of sugar needed will depend on the acidity of the tomatoes.

A steak should be at least an inch thick if it is to be broiled. If it is a thinner cut, try pan-broiling it. To pan-broil well, you'll need a heavy lightly greased skillet. As the steak cooks, pour off any fat that accumulates in the pan. Turn the meat occasionally so it will brown and cook evenly. Never add fat or water when you are pan-broiling!

Baking biscuits? Place them on a cookie sheet without sides, and they'll brown better than they would in a deeper pan.



FOOD features

SECOND SECTION THE NEWS-REVIEW ROSEBURG, OREGON — THURSDAY, MAY 13, 1954 Established 1873



"ALL AMERICAN" is the Pot Roast, no matter what name it's given. Here we see a Rolled Beef Chuck Roast, with browned carrots, buttered noodles, a tossed vegetable salad. The noodles are dressed up with poppy seeds.

The carrots are placed around the roast to cook in the savory liquid during the last hour of the three to four hour roasting time.

Budget-Easy Recipes Use Economy Meats

Noodles And Macaroni Budget Team, Can Be Dressed As Well

Here's A Handy, Nutritious Dish That's Easy On Your Piggy Bank

The magic phrase used in connection with cooking macaroni foods is a negative one. "Don't overcook." In other words, cook them just until tender. Drop in rapidly boiling, salted water. Use about 2 to 3 quarts (1 tablespoon salt) for 4 to 6 ounces macaroni. Add the macaroni food to the water slowly so that the water continues to boil. You may want to stir gently with a wooden spoon or spatula if there tends to be slight sticking.

To test for doneness, press a piece gently against the side of the pan with a spoon or fork. It should break cleanly and evenly when done. When done, drain the macaroni food in a colander or large coarse sieve. Rinse well by allowing water to run through the product. Use cold water if the food is going into a cold dish; hot if it is going into a hot dish. When you cook macaroni or spaghetti a little ahead of time for later use in a salad, "freshen" it by running cold water through it before mixing with the other ingredients.

Macaroni And Cheese Burgers

4 ounces elbow macaroni
1/4 pound ground beef
1/4 teaspoon salt
1/2 teaspoon Worcestershire sauce
1 tablespoon fat or drippings
2 tablespoons butter or margarine
2 tablespoons enriched flour
1/2 teaspoon salt
1/4 cup milk

1 cup shredded American cheese
Cook macaroni in boiling salted water until tender (about 10 minutes). Drain and rinse. While macaroni is cooking, combine ground beef, 1/4 teaspoon salt and Worcestershire sauce. Shape into small patties and brown in fat or drippings in heavy skillet. Melt butter or margarine in saucepan. Stir in flour and 1/2 teaspoon salt. Add milk and cook until thickened, stirring constantly. Add 1/4 cup cheese and stir until melted. Fold in macaroni and pour into greased 1-quart casserole, or 4 individual casseroles. Arrange meat patties on top and sprinkle with remaining 1/4 cup cheese. Bake in moderate oven (350 degrees F.) until thoroughly heated (about 15 minutes). Makes 4 servings.

If you are buying meat with bone, you'll need one pound for two servings. A pound of lean meat without bone will make four servings.

Meat and potato eaters arise! This Meat Ring around Creamed Potatoes and Onions is just your dish, and it's a real bargain in nutrition, too, for it costs only about 93 cents for six servings (based on Super Market prices).

It's smart to use economical foods such as beef, potatoes, onions and non-fat dry milk. Nonfat dry milk plays a dual starring role in today's tested recipe. It enriches the meat ring and it is also used for the sauce in the Creamed Potatoes and Onions. Nonfat dry milk stands ready to play many roles of giving milk nourishment without fat — for drinking, in cooking and baking, with cereals and as a whip also. Nonfat dry milk is available at the grocer's in two convenient foil-lined packages — a one-pound package which yields five quarts of dairy sweet nonfat milk and a pre-measured package which contains three envelopes, each of which makes one quart of nonfat milk.

Meat Ring

(Makes 6 servings)
2 cups soft bread cubes
1-3 cup hot water
2 tablespoons grated onion
1 teaspoon Worcestershire sauce
2 teaspoons salt
1/4 teaspoon pepper
1/4 cup nonfat dry milk
1 1/2 pounds lean chuck, ground
1/4 cup catsup
Combine bread cubes, hot water

onion, Worcestershire sauce, salt and pepper. Add nonfat dry milk powder and ground beef; blend well. Pour catsup into bottom of 8-inch ring-mold baking pan. Press meat mixture lightly into pan. Bake in moderately hot oven (375 Deg. F.) 40 to 45 minutes. Unmold onto serving platter. Fill center with Creamed Potatoes and Onions. Serve at once. If desired, top with additional catsup.

(Makes 6 servings)

4 medium-size potatoes, pared and cubed
1 cup onion rings
1 cup water
1-3 cup nonfat dry milk
1 1/2 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon paprika
2 tablespoons chopped parsley
Cook potatoes and onion rings in boiling salted water until tender. Pour 1 cup water into top of double boiler. Sprinkle nonfat dry milk powder, flour, salt and paprika over surface of water. Beat with rotary beater until blended. Cook, stirring constantly, until thickened. Add parsley, cooked

The Modern Homemaker Asks About Meat Picture

"What's the picture on meats and meat prices this spring?" Mrs. Homemaker is asking these days.

According to recent surveys and reports, thus far in 1954, beef production is up 10 per cent over a year ago, but pork production is down 15 per cent. Increases in supplies of beef and veal approximately balance the decrease in pork and lamb.

"How will that affect my family and my budget?" she asks.

In answer to that, the reports state that there are two types of beef marketing cycles each year. The one we have been enjoying the past few months is that of higher grade, specially fed (grain-fed) beef. During the summer and fall, more of the leaner grades of beef come to market. This is beef which has been fed on the ranges and has had little or no grain "finishing."

But there's a beef cut for every pocketbook. For the family which must carefully watch household expenses, the less tender cuts of beef make economical stews, pot roasts and ground beef dishes. Rib roasts and steaks are ideal choices for the more liberal household allowance.

Since pork supplies continue substantially lower than a year ago, this means higher pork prices, especially on the more demanded cuts such as center-cut pork loin chops and roasts.

Today, we include a recipe and full instructions for the preparation of a Pot Roast of Beef. In addition, we include a special dividend of Chinese Beef with Asparagus.

What more all-American meal could you hope to set before your family than pot roast of beef served with browned carrots, buttered noodles and a tossed vegetable salad? Apple pie with cheese makes the perfect ending.

Beef Pot Roasts

The most frequently prepared pot roasts are those from the beef shoulder. These are called chuck roasts. Another popular pot roast is the rump roast.

Let's talk about chuck roasts, the most plentiful of beef pot roasts. Chuck roasts sometimes are found on the market in the form of boned, rolled roasts. These are popular because they're easy to carve.

Rolls Beef Chuck Roast

In a Dutch oven or other large heavy utensil melt a little lard and in it brown roast on all sides to a rich deep brown. Sprinkle roast with salt and pepper as you turn it during cooking. Slip a trivet (small rack) under the meat and there add a few chopped onions, a piece of bay leaf and a sprinkle of dried or powdered herbs (unless you're lucky enough to have fresh herbs). Add about one-half cup of water, bouillon or tomato juice. Turn the heat to a simmer.

potatoes and onions. Place in center of Meat Ring.

ing temperature and cover the utensil. Cook for 3 to 4 hours. A compact rolled roast requires somewhat more cooking time than a regular chuck roast with the bone left in. After about the first hour, the liquid will start cooking away and then it must be replenished in small amounts fairly frequently. The last hour lay whole carrots around the roast to cook in the savory liquid. Sprinkle them with salt.

And Then The Gravy!

The pot roast gravy is half the joy of eating this favorite meat. 1. Skim off all but about 4 tablespoons of the fat. (A roast baster is handy for this purpose.)

2. To the fat and liquid left in the pan, stir in about 4 tablespoons flour which has been mixed with just enough water to make a smooth paste.

3. Stir constantly over low heat until thickened, then add water to dilute to just the right strength. Taste and add seasonings.

Here's a beef dish which fits the spring menu theme. Fluffy seasoned braised beef is combined with fresh (or frozen) asparagus and served on cooked rice.

Chinese Beef With Asparagus

1 pound beef stew meat
1/4 cup fat
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons finely chopped onion

1 clove garlic
1/4 cup bouillon
1 bunch fresh asparagus or 1 pkg. frozen
1 tablespoon cornstarch
2 teaspoons soy sauce

Cut meat into strips about 1/4 inch thick. Brown in the hot fat in a 10-inch skillet. Drain off excess fat. Sprinkle with salt and pepper. Add onion, minced garlic and bouillon cube in 1/4 cup hot water.

Cover and cook over low heat until meat is nearly tender, about 45 minutes, adding a little water if necessary. Cut asparagus into 1/4 inch pieces and add with 1/4 cup water. (If frozen asparagus is used, first thaw, then cut into pieces.) Cover and continue cooking over low heat until meat and asparagus are tender, about 15 minutes. Mix cornstarch with 1-3 cup water and add to meat; cook, stirring constantly, until mixture is thickened. Add soy sauce and, if mixture is too thick, thin with a small amount of water. Heat and serve on cooked rice. Serve with additional soy sauce. 4 servings.



IT'S AMAZING what a pound or two of ground beef can do. With just a little imagination, a little seasoning and just the right combination of flavors, a near miracle can be wrought.



EVERYBODY LOVES macaroni and cheese. And everybody loves cheeseburgers. Here's where we combine the two to make a family pleaser that's easy on the budget as well.



Three wonderful things are happening to coffee in the above picture. We have found three new tricks to make coffee more a part of your eating pleasure. It appears before dinner; in a wonderful new dessert; and now it can go traveling with you.

Picture 1: Petit Cafe the French call it. Literally "the small coffee." It's a wonderful way to fill in those awkward moments just after dinner is served, and especially welcome to those guests who don't take cocktails. Cinnamon sticks and twists of lemon peel are its traditional accompaniment. Tiny, tasty hot Cheese Wafers make perfect crispy partners for your Petit Cafe.

Hot Cheese Wafers

1/4 cup butter or margarine
1/4 teaspoon tabasco
1-3 oz roll snappy cheese
2 1/2 cups sifted enriched flour
Paprika
Cream butter; add Tabasco and cream well. Blend in cheese and flour and form into roll about 1 inch in diameter. Wrap in foil and chill several hours. Slice 1/4 inch thick. Bake on ungreased cookie sheet in moderate oven,



350 Deg. F., 12 to 15 minutes. Sprinkle with paprika. Serve hot. Makes 4 dozen wafers.

Picture 2: Oh, what a little imagination can do — even to an old stand-by like cottage pudding.

Who'd have thought that a few changes in the basic recipe would result in Mocha Cottage Pudding, with its rich coffee-and-chocolate flavor? Besides the improved taste, the alterations in the recipe produce a deep, velvety brown color that serves as a handsome background for a snowy sauce. Serve it with a thick, Fluffy Vanilla Sauce, since vanilla blends

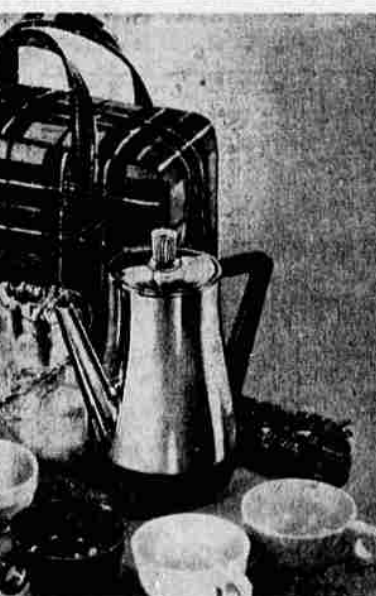


so well with a mocha flavor, and sprinkle it with halved walnuts for decoration.

Most important of all, make sure that it is escorted to the table by that one old favorite that never changes—a potful of really good hot coffee. Then watch for the astonishment when you inform your family that this well-accomplished good-looker is a cottage pudding.

Mocha Cottage Pudding

1/4 cup shortening
1/4 cup sugar
1 egg, well-beaten
1-1/4 sq. (1-1/2oz.) unsweetened



chocolate, melted
1 1/2 cups sifted enriched flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup evaporated milk
1/2 cup strong, cold coffee
1/2 teaspoon baking soda
Cream shortening and sugar, add egg and beat well. Add melted chocolate. Mix and sift flour, baking powder and salt. Combine evaporated milk, coffee and baking soda. Add flour mixture and coffee mixture alternately to chocolate mixture. Bake in greased 9-inch square cake pan in moderate oven, 350 Deg. F., 40 minutes



or until done. Serve warm, with Fluffy Vanilla Sauce. Makes 9 squares.

Fluffy Vanilla Sauce

Combine 1 cup sugar and 1-3 cup water in saucepan. Stir over low heat until sugar dissolves. Cook to 238 Deg. F. or soft ball stage. Beat 2 egg yolks until thick and lemon colored. Pour syrup slowly on yolks while beating. Continue to beat until creamy. Chill. Add 1 tablespoon vanilla. Whip 1 cup whipping cream and fold in.

Picture 3: A portable kit for making and serving coffee any-

where there is an electric outlet has been introduced just in time for what looms as the biggest vacation travel season in our history. For those millions of travelers to whom a delicious cup of coffee is a must before and after a long day on the road, this handy new kit provides the perfect answer.

Neatly stored in a compact waterproof, zipper bag, the kit includes a fully automatic electric percolator that brews 2 to 5 cups automatically, stops parking when coffee is just right, and keeps it hot as long as you like. Four un-

breakable plastic cups, four stainless steel spoons, a sugar jar, airtight bag for coffee container, and a flannel protective bag for the automatic perk are also included. The complete kit with attractive Scotch plaid carrying case weighs less than four pounds.