

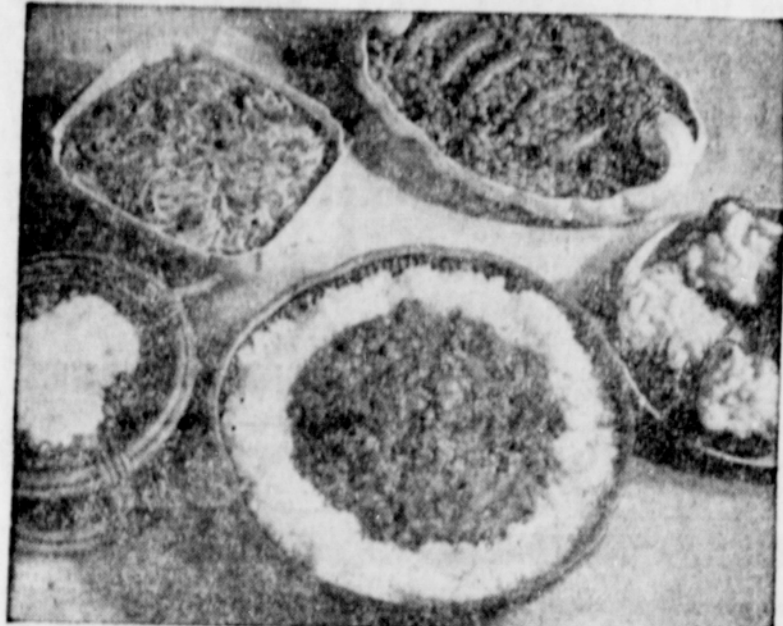
Cottage Grove Sentinel

COTTAGE GROVE, LANE COUNTY, OREGON THURSDAY, APRIL 1, 1948

NUMBER 34

COOKERY CORNER

Slow down the drain on your pantry purse with combination dishes like these. Four canned chili con carne into a ring of steaming rice; top oven-baked beans, vegetarian style, with a nippy cheese rarebit; sprinkle tangy cooked spaghetti with India relish. Or dress up oven baked beans with pork and tomato sauce with juicy frankfurters. Baked canned macaroni in green pepper cases.



takes planning and careful buying. both. However, there are still some money savers and they form delicious and filling bases for five main-dishes.

We have in mind those ready-to-eat foods that came out of cans—canned cooked spaghetti, cooked macaroni in cream sauce with cheese, chili con carne, oven-baked beans with pork, and oven-baked beans in tomato sauce. Serve them right from the can or in combination with meats, fish or vegetables. They are wonderful masquerades for left-overs, too.

Cooked spaghetti is a hearty, thrifty one-dish meal just as it comes from the can with all the good flavor of tomatoes and cheese right there. Or quick as a flash you can make it fancy fare by giving it a topping of Vienna sausages and mushrooms or a garnish of mushroom, onions, and green peppers. Combine it with leftover chicken or turkey, diced, and peas for a filling casserole. Top it with bread crumbs. Or make individual muffin molds of ground fresh lean pork, raw cured ham, and spaghetti. Garnish with parsley and cucumber pickles.

Who doesn't like rich, creamy macaroni and cheese? It wins your heart too for the wealth of nutrition it offers for only a few cents per serving. Heat it right from the tin till bubbling thru or try combining it in a casserole with cream style canned corn flavored with minced green peppers and salt. Cauliflower and browned mushroom

rooms are perfect casserole companions for creamy macaroni. For a novel touch try the macaroni and cheese heaped high on toast which has been spread with anchovy paste; or add some sauteed tuna flakes to it and serve with ketchup butter (1 part ketchup and 1 part butter).

Chili was always a burdensome dish to prepare so when the 'kitty' is low try the canned chili con carne which is perfect served 'as is' with plenty of crisp, salty crackers. Or, you might like it with a green salad and hot French bread. The combination of chili and spaghetti makes a perfect late snack for party guests who have worked up an appetite during the evening's festivities. Have plenty of cold milk and the aforementioned crackers to go with it.

Never disappointing is the genuinely American dish—oven-baked beans will stand out front on the pantry shelf of penny conscious home makers. Feature baked beans heated with canned deviled ham or with cooked rice and sauteed onions. Even better, saute onion slices and frankfurters in fat, then add baked beans, dash of mustard, and salt. Have some brown bread, steamed, to go with this tempting combination.

On strictly meatless days try baked beans, vegetarian style, served with corn bread. Hearty and wholesome, these same beans take on more nutritive value when served 'dairy style' covered with sour cream and grated American cheese. Your family will delight in the touch of sweetness found in baked beans served with sauteed apple rings or pineapple grilled with brown sugar and dabs of butter.

Sprinkle some of those dishes through the week and watch how much further your dollar reaches.

Army Recruiting Inquiries Gain

Concern for the maintenance of world peace has been indicated in the past two weeks in the Cottage Grove area, by the marked increase in the number of inquiries at the local Army and Air Force Recruiting Office.

Technical Sergeant J. L. Johnson, the recruiting representative at the Armory, reports that the number of veterans showing interest in going back in the service has more than doubled during this period.

This increased interest has been reported from all sections of the country.

It is gratifying to know that Americans will respond, voluntarily, when they believe their services will help keep their country as it is—the best on earth.

KOAC TO BROADCAST FREEDOM TRAIN

CORVALLIS—KOAC, the state owned station, will climax a series of broadcasts planned around the visit of the Freedom Train to Oregon on Monday, April 5, at 1:30 p.m., with a transcribed broadcast of an actual tour of the train while in Corvallis Sunday, April 4. The three radio stations of the Benton-Linn county area, KOAC, KWIL, and KRUL, have cooperated in daily broadcasts during American Heritage Week. Programs planned by the station staffs have been released over all three stations of the area.

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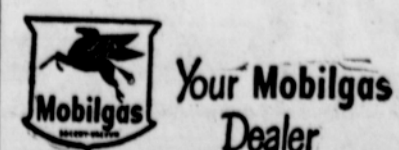
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