

New Test Told For Potato Cooking; No More Messes

Remember the last time you cooked a pan of potatoes in their jackets, waiting anxiously to pop 'em open, drizzle on the butter or your favorite cheese sauce?

But when you uncovered the pan—ugh!

Lots of potato water—lots of potato skin—but not enough potato to stick in a thimble.

Mad? Call your grocer a few uncomplimentary names?

Don't blame your grocer—these were mealy potatoes and right now he has no way in the world of knowing that they were.

Potatoes of the future may come to the market labeled to show how they should be cooked—baked, boiled or fried.

While certain varieties of potatoes look much alike from the outside, research shows they differ in interior texture. Some are mealy, others waxy.

Mealy potatoes are delicious baked, mashed or french fried. But if they're boiled they may slough off, break up and be soft on the outside while still hard at the center.

Waxy potatoes are best when boiled. They retain

their shape and are excellent served whole, sliced for salads or cooked in casseroles.

And now you can find out—at home, not in the market—with a simple test to determine if that bag of spuds you bought Saturday is mealy or waxy.

Dissolve one cup table salt in 11 cups water and immerse the potato. If it floats it has low solids content and is best for boiling or use in casseroles and salads. If it sinks, it has a high solids content and will be best baked or mashed.

This test works because all potatoes will sink in plain water but in a salt solution, potatoes with a low starch and solids content will float—while those with a high starch content will sink.

This same solids content determines texture of the potatoes when they are cooked. Low solids floaters have a waxy texture and high solids sinkers have mealy light fluffy texture.

Even the same named type of potato will vary with crop from low-solid to high-solid during the storage period.

Today potatoes old commercially aren't divided according

to solids content. But when practical methods of using the salt solution test are developed, packers will be able to classify each spud for its best use.

Cookbooks of the future may give the homemaker additional help by specifying high or low solids potatoes in recipes. Till then, Oregon State College Home Economist have developed recipes designed especially for low and high solids potatoes.

If you want this little folder of special potato recipes, ask for circular 600, Agricultural Experiment Station, Oregon State College, Corvallis.

4H NEWS...

Seven 4-H leaders from Clackamas County attended a Home Economics judging school in Corvallis April 20-22. Purpose of the school is to train persons to judge home economics exhibits at county fairs in Oregon. Attending the school from this county are: Mrs. W.G. Morrison, Boring; Mrs. Clifford Fosberg, Damascus; Mrs. E.E. Cannon, Ardenwald; Mrs. W.A. Cook, Milwaukie; Mrs. Louis Babcock, Molalla; Mrs. Elmer Pugh, Canby; and Mrs. George Sattler, Willamette.

Funny that when a girl's old enough to go out alone, she doesn't.

Rivers Stocked With Salmon

Oregon rivers and lakes were stocked with approximately 3,000,000 salmon and March, according to a report just issued by the Fish Culture division of the Oregon fish commission.

The largest number of any species liberated was 1,850,000 silver salmon. Fall chinook totalled 453,000, chum 385,000, steelhead 138,000, spring chinook 87,000 and blueback 27,000.

The fish commission is impressed with the excellent conditions of the fingerlings liberated during the first three months of this year, especially yearling spring chinook, silvers and steelhead. Final success of this year's operation will not be known until the adults return, although genuine optimism is expressed by fish culture authorities.

At Sandy one of the largest single plantings of silvers was made in Cedar Creek; Siletz set silvers free in Rock Creek; Trask released chum into the Trask and Miami rivers; and, Willamette planted the only other steelhead into the Middle Willamette River.

Sandy Cook Scores Success

When the Women's Club gave its annual Silver Tea a week ago, the biggest hit at the tea table were some dainty confections which sent every lady present scurrying to find the inspired cook who baked them.

The demand sent the cook to the Sandy Post in a kind of quiet desperation.

"Please help," she asked or "I'm going to have to rent me a mimeograph machine."

Sso, ladies, and the lucky gentlemen who will be raiding the cookie jar, here they are:

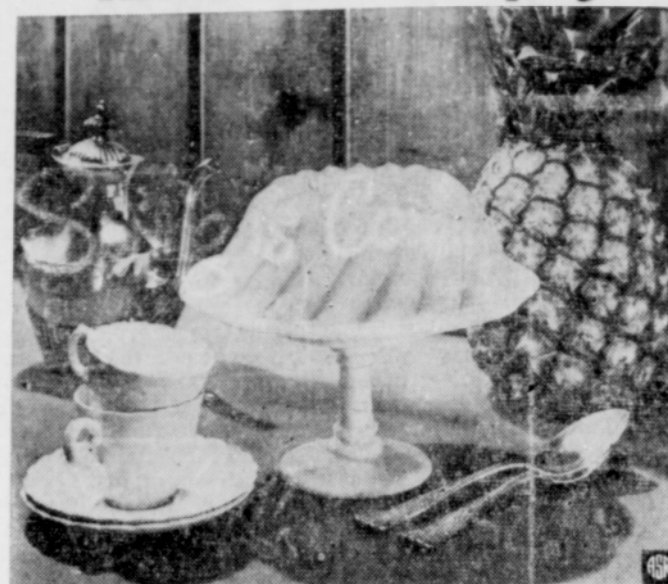
Minnie's Date-Nut Squares (Makes 3 doz., 1 1/2 inch squares.)

Ingredients
1-2 cup shortening
1 cup sugar
2 eggs
2 cups chopped pitted dates
1 cup chopped nuts
1 teaspoon vanilla
2-3 cup sifted enriched flour
1 teaspoon baking powder

Blend shortening and sugar and beat in eggs. Stir in remaining ingredients and spread batter in 9-inch square pan rubbed with shortening. Bake at 350 degrees for 35 to 40 minutes.

Cut into squares while warm and roll in powdered sugar.—Minnie Reed.

Hawaiian Dessert For Spring



"Sweeter than springtime" might well describe the jellied pineapple dessert, shown here. The delicately sweet flavor and light texture of this eye-catching dessert makes it especially welcome with Spring in the air.

This golden beauty is simple to make—and simply wonderful to taste. Lemon-flavored carbonated beverage (the calorie-free variety), cinnamon and cloves give the dessert jelly its tantalizingly different flavor. Sucaryl, the non-calorie sweetener, is responsible for its delicious, natural-tasting sweetness, and at the same time holds calories down to a minimum. Just with the help of this sweetener, calories have been whittled to a mere 39 calories per serving (less than half the count when sweetened in the usual way).

Spiced Pineapple Jelly
(A Low-Calorie Dessert)
3 tablespoons (or envelopes) unflavored gelatin
1 tablespoon Sucaryl solution
1 1/4 cups pineapple juice
1 stick cinnamon
4 whole cloves
1 1/4 cups lemon-flavored, non-caloric carbonated beverage

Soften gelatin in Sucaryl and 1/4 cup of the pineapple juice. Heat remaining juice with spices. Remove spices and add juice to softened gelatin, stirring to dissolve. Add carbonated beverage; pour into a 3-cup mold and chill until firm.

Makes 8 servings. Each serving contains 39 Calories; 3.5 grams protein; 0 fat; 7 grams carbohydrate. If made with sugar, each serving would contain 87 Calories.

WONDERLAND VALUES



Bigger than ever!
BLUE BELL
Potato Chips
TRIPLE-PAK

59c

PARKAY - REG. 29c - 6 lbs. \$1.00

KRAFT OIL REG. 55c NEW LOW PRICE qt. 29c

Cut-Rite
4 for 95c



Waldorf
4-PACK
3 for \$1.00



Scotties

Reg. 29c



SCOTT NAPKINS

80 count

4 for \$1.00

10c

SUNSHINE CRACKERS

2 lb. box 49c

DOXSEE CLAM Chowder reg. 29c

4/89c

S and W COFFEE 2 lb. tin

\$1.29

Peter Pan CORNED Beef Hash Reg. 35c

3/89c

PRODUCE

WINEAP APPLES lb. 10c

TEXAS PINK GRAPEFRUIT ea. 10c

Lettuce 10c head

LANE'S QUALITY MEATS

FISH AND POULTRY

Custom Slaughter, Cutting, Wrapping, Curing and Rendering
Pickup Day is Wednesday Slaughter Day is Thursday
FREE Pickup If We Get the Cutting and Wrapping MU 7-3941

TENDER BEEF POT ROAST
lb. 53c

FRESH GROUND BEEF OR Pork Sausage
2 lbs. 89c

PURE LARD

LOCKER MEAT FOR SALE

SLICED BACON
2 lbs. 79c
lb. 45c

LARGE DINNER SIZE FRANKS
2 lbs. 79c

2 lbs. 25c

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WE RESERVE THE RIGHT TO LIMIT

THURSDAY, FRIDAY and SATURDAY, April 28 - 29 - 30