

# . . has arrived

(Continued from page 2 column 3)  
24 hours before cutting out and frying the noggets.

## EGG NOG PUFFS

- 1 cup all purpose flour
- 1 teaspoon sugar
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¾ cup milk
- ½ cup butter or margarine
- ½ cup rum, brandy or Southern Comfort
- 4 eggs.

Sift together flour, sugar, nutmeg, and salt onto waxed paper. In medium saucepan, combine milk, butter and alcoholic spirits; bring to boiling. Quickly stir in all the flour mixture and continue stirring until the paste forms a ball that does not stick to the pan. Remove from heat and let cool 2 minutes.

Beat in eggs one at a time, beating

after each until paste loses its gloss. Drop paste by teaspoonfuls onto greased baking sheets, about 1½ inches apart. Sprinkle lightly with a few drops of water. Bake at 400°F. for 5 minutes, then reduce heat to 350°F. and bake about 25 minutes longer, until golden brown. Loosen from baking sheet and cut a tiny slit side of each puff to allow steam

to escape. Cool completely before filling with Egg Nog Filling.  
Note: Puffs can be baked, cooled, and frozen for several weeks.

## EGG NOG FILLING (Use for cream puffs)

- ½ cup sugar
- 3 tablespoons cornstarch

- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 2 cups heavy cream - divided
- 2 egg yolks
- ¼ cup rum, brandy, or Southern Comfort

In medium saucepan, mix together sugar, cornstarch, nutmeg and salt. Gradually stir in 1 cup of the cream. Cook, stirring constant-

ly, over medium heat until mixture begins to simmer and is very thick and smooth. Remove sauce from heat. Stir a small amount of sauce into egg yolks and mix well. Add egg yolk mixture back to remaining sauce and mix well. Cook over low heat, stirring constantly, until mixture changes texture (about 2 minutes). At once remove from heat and turn into small ceramic or glass

bowl. Cover with plastic wrap and chill thoroughly, at least 3 hours.

Whip remaining cream until stiff, then gradually whip in alcoholic spirits. Stir sauce, then gently fold whipped cream mixture into sauce. Spoon filling into pastry bag fitted with small tip. Press filling through tip into slits in puff shells.

Makes about 2¼ cups, enough to fill 3½ dozen small puff shells.

## Try a live Christmas tree

A living Christmas tree is not only an attractive holiday decoration but later can be a valuable addition to the home landscape as well.

Some of the more popular living Christmas trees are Scotch pine, Douglas fir, shore pine, blue spruce, noble fir, Austrian pine, redwood and giant sequoia.

Check at local nurseries to find out which varieties are adapted to the different growing conditions found in Oregon.

Living Christmas trees come in two forms: containerized or balled-in-burlap. Trees grown in containers are more likely to survive the indoor-outdoor transitions and are simply easier to deal with, McNeilan says.

However, a nursery-grown balled-in-burlap tree that has been properly root-pruned can make an excellent living Christmas tree, even if it requires a bit more work.

Other than taking the tree directly indoors once it is brought home, McNeilan recommends a two or three step relocation procedure that will allow the tree to adjust to warmer inside temperatures gradually.

First place the tree in an unheated garage for four days, then in an unheated room in the house, if possible.

A containerized tree can be left in its container indoors. The balled-in-burlap tree must be placed in a tree stand or pot that will support the tree and allow it to be watered. Leave the burlap on the roots and tree trunk while the tree is in the house, says McNeilan.

Place the tree in the coolest location in the room where it will be a decoration. Keep it away from hot air ducts and direct exposure to sunlight. Also keep the tree at normal indoor temperatures no more than four to five days.

If the tree isn't watered enough it will dry out and the roots may be damaged, McNeilan warns.

Decorations are fine as long as they don't break twigs and branches. Keep hot bulbs away from the foliage and do not use flocking or artificial snow on the tree.

When it's time to plant the tree outdoors move it to successively cooler locations in the house before placing it completely outside.

To plant a containerized tree dig a hole at least twice the size of the tree's estimated root area. Mix the soil from the hole with an equal amount of organic matter such as peat moss, compost, rotted manure, sawdust or leafmold.

The organic matter is especially important in clay soils that don't drain well, says McNeilan.

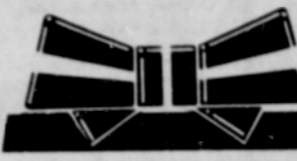
Remove the tree from the container and spread the roots out as much as possible. Then place the tree in the planting hole so the soil surface meets the tree trunk at the same place it did when the tree was in the container.

Fill the hole around the plant with the mixture of soil and organic matter and water it in.

To plant balled-in-burlap trees dig a hole twice the size of the root-ball and mix the soil from the hole with an equal amount of organic matter. Cut the twine from around the tree trunk and unwrap the burlap from the upper half of the root-ball.

# Fred Meyer

## ONE STOP HOLIDAY SHOPPING



Prices good today thru Friday, Dec. 24, 1982.  
Food Sections except Midway Warehouse Foods.

### Meat Market

#### Armour Mellowwest Boneless Hams

Fully Cooked  
Half or Whole  
Water Added  
Sweet Smoked  
Flavor. Reg. \$2.89 lb.

**\$1.98** lb.

#### Sugar Cured - Tender Smoked Hams

Oregon Chief  
Bone-In  
Water Added  
Whole or Shank Half  
Reg. \$2.59 to \$2.89 lb.

**\$1.49** lb.

Butt Half Bone-In-Water Added - Reg. \$2.69 lb. **\$1.52**

#### Hormel Cure 81 Hams

Fully Cooked - Boneless  
3 lb. Reg. \$4.89 lb.

**\$4.09** lb.

#### Swift Butterball Young Turkey

U.S.D.A. Grade A  
15-24 lb. avg.  
Self-Basting  
Flash Frozen

**98¢** lb.

#### Hostess Pride Young Turkeys

U.S.D.A. Grade A-10-22  
lb. avg. • Butter Basted  
Flash Frozen • Bastes  
Itself in rich creamy  
butter, with timer that  
lets you know when it  
is done • Reg. \$1.09 lb.

**89¢** lb.

Ducklings U.S.D.A. Grade A Maple Leaf with Orange Reg. \$1.09 **\$1.09**

#### Louis Rich Turkey Breasts

U.S.D.A. Grade A  
½ Oven • ½ BBQ  
• ½ Smoked • Reg. \$4.29 lb.

**\$2.98** lb.

#### Boneless Turkeys

U.S.D.A. Inspected  
Armour Golden  
Star Fresh  
Butter Basted  
3-5 lb. avg.  
Reg. \$2.18 lb.

**\$1.68** lb.

Extra Lean Ham Bone-In-Fully Cooked Boneless • Reg. \$4.89 lb. **\$3.98**

Oregon Chief Sausage German • Polish Reg. \$2.59 lb. **\$2.08**

Oregon Chief Fresh Link Sausage Reg. \$2.48 lb. **\$1.98**

#### Lassco Herring

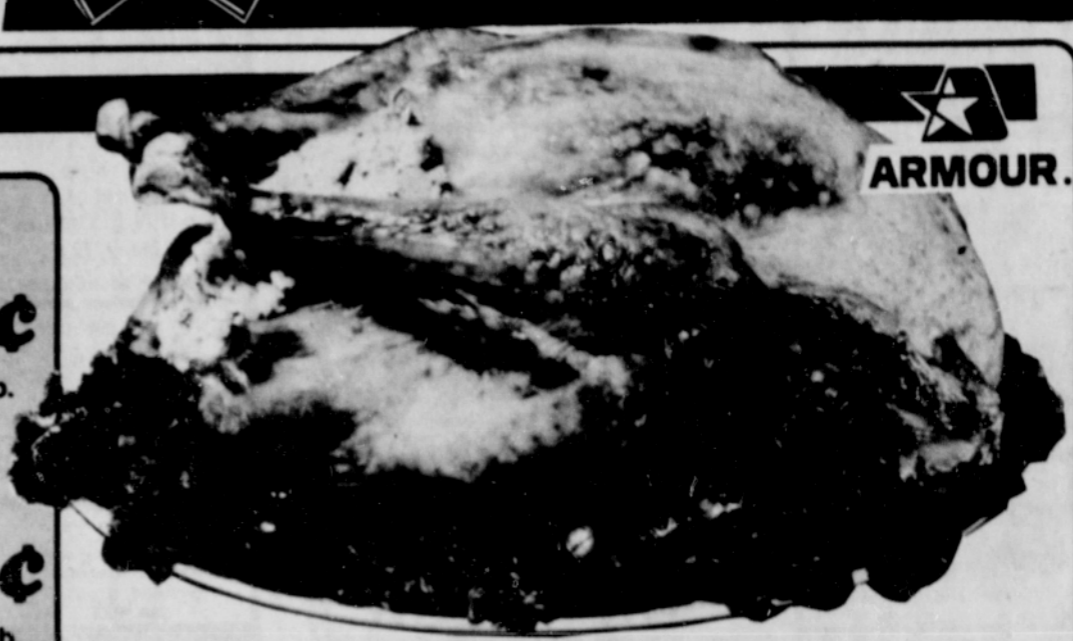
• Sour Cream  
• Wine Snack  
Reg. \$2.99 ea.

**\$2.49** ea.

Shrimpmeat Reg. \$5.89 lb. **\$4.69**

Fresh Pacific Oysters Reg. \$1.78 **\$1.78**

We have a large selection of Poultry items available for your Holiday needs. Fresh Norbest Turkeys, Smoked Turkeys, Geese, Swift Stuffed Turkeys, Swift Lil Butterball Turkeys and Turkey Breasts.



## Young Turkeys

U.S.D.A. Grade A • Armour Star • Self Basting • 10 to 14 lb. Flash Frozen • Reg. 98¢ lb.

**59¢** lb.

Young Turkey Flash Frozen • Self Basting 16 to 22 lb. Reg. 98¢ lb. **69¢** First one-Additional at regular price

REGULAR GRIND

**Maxwell House** Coffee

- Regular
- Electric Perc
- ADC

3 lb. can • Reg. \$6.69

**\$5.69** each

Yuban Coffee Regular • Electric Perc • 3 lb. can Reg. \$6.17 **\$6.99**

**MY-TE-FINE** granulated Sugar

5 lb. pkg. • Reg. \$1.85

**\$1.29**

First one - Additional at regular price

Mrs. Smith's Bake & Serve Pie Pumpkin Custard

Mrs. Smith's **Pumpkin Pie**

26 oz pkg. • Reg. \$1.99

**99¢** each

First two Additional at Reg. Price

Mortons Pumpkin Pie 24 oz. pkg. Reg. \$1.28 **85¢**

**MY-TE-FINE** all purpose FLOUR bleached - enriched

- Regular
- Unbleached

10 lb. bag • Reg. \$2.25

**\$1.19**

First one - Additional at regular price

### Bakery

## Brown 'N Serve Rolls

**69¢** each

MY-TE-FINE Package of 12 Reg. 85¢

<b>MY-TE-FINE Pies</b> Pumpkin • Mince • Assorted Fruit • 10" Reg. \$2.89	<b>White Pan Rolls</b> MY-TE-FINE • Plain • Sesame Pkg. of 12 • Reg. 85¢	<b>MY-TE-FINE Fruit Cake</b> 12 1/2 oz. Foil Pan \$2.49 31 oz. Foil Pan \$4.99 24 oz. Tin \$3.99 24 oz. Holiday Tin \$2.99
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MY-TE-FINE Rolls Egg • Butter • Vicia Seed 69¢  
MY-TE-FINE Stollen 12 oz. pkg. 99¢  
French Bread MY-TE-FINE • 5 Varieties 15 oz. pkg. Reg. 85¢ **2 for \$1**

Vienna Bread 22 1/2 oz. loaf **2 for 99¢**  
Little Donuts MY-TE-FINE • Plain • Sugar • Cinnamon • Pkg. of 20 • Reg. \$1.25 **\$1.09**  
English Muffins MY-TE-FINE • Cheese • Honey • Plain • Pkg. of 8 • Reg. 99¢ **2 for \$1**

### Frozen Food

## Whipped Topping

**2 for \$1**

MY-TE-FINE 8 oz. tub Reg. 79¢

<b>Combination Vegetables</b> MY-TE-FINE • 20 oz. pkg. • Reg. \$1.25	<b>Orange Juice</b> Sonny Boy • 12 oz. can • Reg. \$1.15	<b>Birdseye Vegetables</b> In Cheese Sauce 10 oz. pkg. Reg. \$1.09
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• California • Oriental • Italian • Country Style • Broccoli & Cauliflower **99¢** ea.

• Broccoli, Carrots & Cauliflower • Peas & Onions • Broccoli • Cauliflower **99¢** ea.

Rhodes Dinner Rolls 20 oz. pkg. Reg. \$1.39 **\$1.19**  
Pet Ritz Pie Shells 12 oz. pkg. Reg. \$1.28 **89¢**  
Ore-Ida Tater Tots 22 oz. pkg. • Reg. \$1.58 **\$1.19**

MY-TE-FINE Strawberries 20 oz. pkg. **\$1.49**  
Apple Pie 8 1/2 oz. pkg. • Reg. \$2.69 **\$2.69**  
MY-TE-FINE Grape Juice 16 oz. can • Reg. \$1.18 **99¢**

Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad.